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1 Role of the Scoutmaster

As Scoutmaster, you have a key role at camp. The staff at Price Sanders Scout Reservation is eager to assist you in planning program and tending to your units needs during your stay. Below is a list of your duties as a Scoutmaster before and during Winter Camp.

1.1 Before Camp

- Read this guide thoroughly. Be aware of its contents. Share contents with the Senior Patrol Leader and supporting adult leaders. **ALL Adults attending Winter camp must be registered with BSA.**
- Meet with each Scout attending Winter Camp to determine their plan for advancement. Guide your Scouts in making decisions that meet age-appropriate advancement needs.
- Hold a parent information night about Winter Camp. Monitor each Scout's registration and fees payment.
- Complete online unit registration beginning on August 31, 2023. **To ensure your unit's participation, please be prepared to register at 9:00 am on August 31, 2023.**
- Alert the Camp Director of any food allergies via e-mail no later than November 30, 2023. (pssrcampdirector@gmail.com)
- Inspect each adult/youth medical form to ensure that it is up to date and completed to the standards specified in this guide. **Always submit copies of all medical forms to the camp, never originals.**
- Review Check-in/Check-out procedures with Scouts and parents prior to arrival to camp. Please encourage carpooling.
- Participate in the LIVE STREAM Unit Camp Planning Meeting on Thursday, December 7, 2023, at 7 p.m. Additional details will be provided closer to the meeting December 7.

1.2 During Camp

- The primary adult unit leader and the Senior Patrol Leader may arrive in camp on December 26, by 9:30 a.m. One vehicle may tow your unit trailer to your campsite. The vehicle must be parked in the main parking lot no later than 12 noon. Vehicles will not be allowed in the campsites while Winter Camp is in session.
- The primary adult unit leader and Senior Patrol Leader must attend the 10 a.m. Leader Meeting on December 26th to be briefed about unit check-in procedures.
- Meet on December 26 to reconcile your account and confirm your roster. This will take place immediately after the Leader Meeting in the Dining Hall.
- Meet with your campsite commissioner daily while in camp. Your campsite commissioner is your liaison for equipment needs and campsite issues.
- Review with your unit the Fire Guard Chart, Dining Hall Waiter Roster, Daily Campsite Inspection Checklist, all campsite bulletin board materials and trading post times. Refer any questions to your campsite commissioner.
- Close your camp experience by following the close-out procedures in this guide.
- Return all borrowed equipment to your campsite commissioner.
- Pick-up all medications from the Medical Lodge before your departure from camp.



- Pick-up all advancement paperwork from the Administration Building before your departure from camp.
- Fill out the Camp Evaluation Form at the end of Winter Camp.

2 Role of the Senior Patrol Leader

The Senior Patrol Leader is the primary leader while camp is in session. Listed below are his/her responsibilities before and during Winter Camp.

2.1 Before Camp

- This Leader Guide is also the Senior Patrol Leader's manual for Winter Camp. Read this guide thoroughly. Be aware of its contents.
- Before your unit registers for Winter Camp online meet with the members of your unit to discuss merit badge opportunities.
- Unit activities are available during Winter Camp. The form for these activities is located in the Forms Section of the Leader Guide.
- Ask an adult from your unit to complete online unit registration beginning on August 31, 2023. To ensure your unit's participation, please be prepared to register at 9:00 am on August 31, 2023.
- Attend the Unit Camp Planning Meeting LIVE STREAM on Thursday, December 7, 2023, at 7 p.m. Units attending this meeting will have first choice for scheduling unit activities.

2.2 During Camp

- The Senior Patrol Leader may arrive in camp by 9:30 a.m. on December 26 and attend the 10 a.m. Leader Meeting to be briefed on unit check-in procedures.
- Attend the daily SPL meeting on the parade field at 11:30 a.m.
- Complete the Fire Guard Chart and the Waiter Roster on the bulletin board in your campsite. Ensure that all Scouts are aware of their duties and see that they are carried out.
- Make daily announcements, before breakfast, to inform troop members and adults of the day's program items and unit activities.
- Make sure the members of your troop, through your patrol leaders, observe the times for taps and reveille. Be respectful of your campsite neighbors.
- Fill out the Camp Evaluation Form at the end of Winter Camp.



3 Directions to Price Sanders Scout Reservation

3.1 Street Address for your GPS

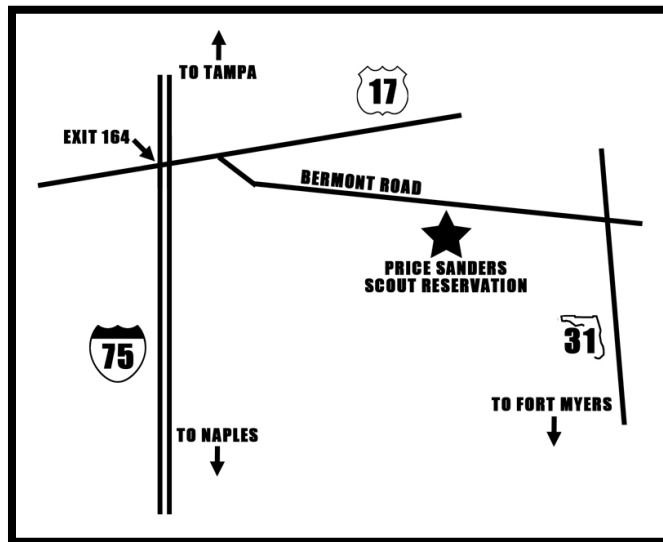
38751 Bermont Road
Punta Gorda, Florida 33982

3.2 Directions from points North

- Take Interstate 75 South towards Naples
- Take exit 164 and travel East on US 17 toward Arcadia for 1.5 miles.
- Turn right onto Bermont Road/County Road 74 and follow for approximately 12 miles.
- Price Sanders Scout Reservation will be on the right.

3.3 Directions from points South

- Take Interstate 75 towards Tampa
- Take exit 141 to merge onto State Road 80 East toward La Belle and follow for 2.9 miles.
- Turn left onto State Road 31 North and follow for 16.9 miles.
- Turn left onto Bermont Road/County Road 74 and follow for approximately 4 miles.
- Price Sanders Scout Reservation will be on the left.





4 Contact Information

4.1 Contacting Campers

The Camp Commissioner Corps offers an e-mail print and delivery service while the camp is in session. E-mails are printed, folded, stapled, and then placed into the unit mailbox at the camp Administration Building. All other routine contact should be made through your unit leader.

Camper e-mail instructions:

Email address: pssrcampersmail@gmail.com

Please include your Scout's name and unit number in the subject line.

4.2 Key Camp Staff Contact Information

Camp Director

Gus Fruauff

239-910-5230

pssrcampdirector@gmail.com

Staff Advisor

Lori Laumeyer

239-990-6801 Office

Lori.Laumeyer@scouting.org

Co-Program Director

Shannon McMahon

pssrprogdirector@gmail.com

Camp Health Officer

Lorraine Martins

pssrmeddirector@gmail.com

Co-Program Director

Jason Wolfe

wolfe.1414@gmail.com



5 Winter Camp Dates to Remember

- 11/30/23: Registration/Merit Badge Selection deadline (no registration drops/adds after this date)
- 11/30/23: Payment Deadline, all fees are due to Council Service Center
- 12/7/23: Unit Pre-Camp Planning Meeting (LIVE STREAM, 7 p.m.)
- 12/26/23 – 12/30/23: Winter Camp in session

6 Fee Schedule

A **\$50 non-refundable deposit, per youth camper, is due at online registration.** Registration will be limited to the first 350 campers. The balance of registration and all other fees must be paid to the Council Service Center before November 30, 2023. A late fee of \$25 per camper will be assessed to any registration or payment received after November 30, 2023.

Youth Registration w/ unit	\$145
Youth Registration Provisional	\$170
Adult Registration w/ unit	\$75
Discover Scuba Program Fee	\$125
Mountain Man Experience Program Fee	\$100
Camp T-Shirt (pre-sold only)	\$12
Extra Patch	\$4

Make all checks payable to:
 Southwest Florida Council, BSA
 1801 Boy Scout Drive
 Fort Myers, Florida 33907

Southwest Florida Council Service Center Phone Numbers:
 Voice: (239) 936-8072, Fax: (239) 936-7864



6.1 What is included in my registration fee?

Your fee includes registration, one patch, all meals (starting with dinner on December 26 and ending with breakfast on December 30 and most program supplies.

Kits required for certain merit badges are extra and are noted in the program section of this guide. Tickets for rifle and shotgun open shoots may be purchased in the trading post.

6.2 Cancellation Policy

Once registration fees have been paid, an individual may become ill or otherwise be unable to attend an event. As the event has already incurred expenses related to the activity such as program supplies, insurance, food, patches, etc., event fees are non-refundable & non-transferable. You may request a refund by submitting it in writing to the Southwest Florida Council Office by the individual no less than 72 hours before the date of the event. In most cases, only a partial refund can be made. **Refunds for inclement weather will be made only if the event is cancelled.** No refunds will be given on the Event Processing Fee.

An exception will be made if a request is received in writing or e-mail and submitted to the Southwest Florida Council Service Center by the requesting individual **no later than November 30, 2023.** In most cases, only a partial refund can be made. Refunds for inclement weather will be made only if the event is cancelled.

7 Campsite Assignments

Many factors go into assigning campsites during Winter Camp. The size of your troop, the medical needs of your Scouts and the timeliness of your registration will help our staff determine priority for campsite assignment. **The Council does not provide cots or tents at Winter Camp. All units will be required to bring their own tents.**

8 What do I bring to camp?

We suggest that each item your Scout brings to camp be labeled with the Scout's name and troop number. This will be helpful in returning lost items. Lost and found items should be brought to the Admin Building. At the end of this guide there is a list of recommended items each Scout should bring to camp. Please distribute this list to your Scouts and parents.

We strongly recommend leaving cell phones and electronic devices (other than cameras) at home to ensure that they are not lost or broken.



9 Medical Information

The health and safety of the Scouts and Scouters is a primary consideration at Price Sanders Scout Reservation. We provide a health lodge for minor medical care. The Southwest Florida Council supports and enforces all policies as outlined in the Guide to Safe Scouting. One or more persons trained to handle minor accidents or illnesses will staff the Medical Lodge the entire duration of Winter Camp. Special arrangements for the treatment of more serious cases have been made with the administration of Bayfront Health Center, 809 E Marion Ave, Punta Gorda, FL 33950. In the event such treatment is required, the Scout's parents will be notified by telephone to determine their desires concerning further treatment.

9.1 Medical Screening Process

As troops arrive at camp, a medical screening is required. During this process, the camp health officer will examine the troop's medical forms to see that all are complete, review each camper's history, and receive any medications to be administered at the health lodge. Southwest Florida Council reserves the right to refuse admittance to any Scout or Scouter who, in the opinion of the camp health officer and the camp director, has developed any physical or medical situation that could present a hazard to the Scout or Scouter, or other campers, by being in camp.

9.2 Medical Form

Check your Troop's medical forms early. A BSA medical form for all BSA members is mandatory and available at https://filestore.scouting.org/filestore/HealthSafety/pdf/680-001_ABC.pdf

These forms must be completed and signed before arriving at Winter Camp. Scouts and adult leaders without a signed medical form will not be permitted to participate in activities and will be sent home. Every Scout and adult leader must submit an up to date and complete BSA Annual Health & Medical Record form in order to attend camp, no exceptions. Parts A, B and C of the medical form must be completed for all campers. Any Scout participating in the Renegade Program or Discover Scuba Program must also complete part D of the medical form.

All medical forms submitted for Winter Camp must be signed and dated by a Medical Doctor, Licensed Nurse Practitioner or Licensed Physician's Assistant on Part C within 12 months of December 31, 2023. All medical forms submitted for Winter Camp must be signed and dated by a parent or guardian within 12 months of December 31, 2022; this gives the camp permission to treat in the event of a medical emergency.

The BSA Annual Health and Medical Record is the only permitted form to be used for Scouts BSA/Venturing resident camp, there are no exceptions. Please work with your doctor to include all information within the BSA form and avoid using attachments.



9.3 Medications

The National Boy Scouts of America policy mandates all medications at a resident camp session lasting more than 72 hours must be declared both upon the individual's arrival as well as on their medical form. Medications to be taken at camp must be turned in at the medical screening or the troop must have a secure lock box if decision is made to dispense drugs at the campsite. Medical staff will dispense medications if it is the wishes of the parent and/or troop leadership provided a Permission to Administer Form (see forms sections) has been completed and signed by the parents. Emergency medications (or other medications noted only by the health officer at check-in) are exceptions.

All medications are to be in their original containers with a doctor's name, patient name, administration instructions, dosage and date on the pharmacy label (or accompanied by a doctor's note with this information on his/her stationery). If any changes occur to the information provided on the pharmacy-labeled container (or doctor's note), an updated doctor's note must be included which describes and approves such changes. Only medications listed on the medical form will be allowed. Parental permissions do not replace, supplant, or alter doctor's written orders on medical forms. A note from the doctor must clearly indicate when and for what reason medications are taken on an 'as needed' basis. New medications prescribed after the medical form was completed must be accompanied by a current doctor's note authorizing its use. Over-the-counter medications will be permitted only with a note from the doctor authorizing such.

9.4 EPI-Pen & Inhalers

The Southwest Florida Council requires resident camp participants under the age of eighteen who carry EPI-pens and/or inhalers to submit a parental permission form (see forms section). Scouts who need inhalers or EPI-pens should plan to always have them with them. The parental permission form should be submitted with the participant's BSA medical form.

9.5 Special Dietary Needs

Campers with medical related special dietary needs (due to food allergies, etc.) should e-mail the Special Dietary Needs Form, found in the forms section of this leader guide, to the Camp Director psscampdirector@gmail.com no later than November 30, 2023, to ensure that necessary substitutions are available. Every effort will be made to accommodate the need; however, participants may want to bring items with them.

9.6 Hospitals and Doctors

It is the responsibility of the troop leadership to provide transportation for Scouts requiring services from a doctor or hospital. Two-deep leadership must be maintained with the injured Scout and the Troop at camp.



A leader must obtain the injured Scouts health record including the insurance form from the health lodge before going to the doctor or hospital. Parents will be notified immediately of any serious illness or injury. If a unit doesn't have transportation, then the camp will provide transportation.

9.7 Insurance

The Southwest Florida Council insures each of its registered Scouts and adult leaders for accidents, sickness or injury that may occur during their stay at camp. This insurance coverage is secondary, meaning that it will only cover those expenses that are not recoverable under any other policy. Out of Council units must provide written evidence of their insurance coverage through their local council or as an individual unit at the medical screening.

9.8 Key questions to check regarding medical paperwork

- Is the medical form signed and dated by a parent?
- Is the medical form signed by an MD, ARNP or PA and dated within the last 12 months?
- Are all medications listed on the medical form?
- If there have been any changes since the form was completed has additional documentation verifying the changes been attached?
- Did you keep the original medical form for your records and send a copy with the troop to camp?
- Does the form list all allergies (foods, medications, environmental)? **If the participant has food allergies, he/she should e-mail the Special Dietary Needs Form, found in the forms section of this leader guide, to the Camp Director (pssrcampdirector@gmail.com) no later than November 30, 2023, to ensure that necessary substitutions are available. Every effort will be made to accommodate the need; however, participants may want to bring items with them.**

9.9 Recommended medical practices before and during camp

- Please bring a copy of each camper's health insurance card. This will exponentially expedite the process for medical treatment at local hospitals, if necessary.
- Make certain medication and treatment practices from home are listed exactly on the medical form signed by the doctor. Parental interpretations, permissions or practices from home are not permissible by State Law at camp if those practices are not listed by a doctor on the medical form. To be clear: our medical staff are legally bound to follow what is written by the doctor on the medical form; not what the parent instructs whether in verbal or written form.



- Units should assign one adult to be familiar with all medical matters within the unit and to handle all medical questions at check-in.
- Please make copies of all forms prior to submitting them to the Southwest Florida Council.

10 Policies and Procedures

10.1 Telephone Use and Messages

If we receive an incoming call at the Administration Building, a message will be placed in your unit's mailbox. In the case of emergency, the message will be hand delivered. The contact numbers of camp key staff are for emergency or business use only. **Please discourage your Scout's parents from the need for daily updates.** "No news is good news" works best.

10.2 Cell Phone Usage

Cell phone usage is limited to adults only at PSSR. Cell phones may never be used in sight/sound of youth under the age of 18. Cell reception can vary depending on your carrier.

10.3 Radios and Walkie-Talkies

The use of citizen band radios/GMRS/FRS is permitted in camp. Use of two-way or ham radios must be approved in advance by the Camp Director as they might interfere with camp emergency radio equipment.

10.4 WiFi for Adult Leaders

Adult Leaders will find Wi-Fi available in the Admin Building. Leaders are responsible for providing their own computer/device which can access the Wi-Fi service. If any Scout is found utilizing the Wi-Fi at any time, even with an adult present, the router will be turned off. Like the cell phone and smoking policies, Wi-Fi usage is never to include Scouts. When possible, please use the internet in a way which will least interfere/distract other scheduled meetings and activities.



10.5 Prohibited Items

- Alcohol possession
- Firearms, weapons
- Fireworks, loud noisemakers, canons
- Drugs/un-prescribed medications (not from Camp Nurse)
- Unauthorized generators
- Unauthorized vehicles of any kind
- Unauthorized bikes or bikes w/o proper safety gear
- Chainsaws
- Logos, slogans, designs that conflict with Scouting ideals
- Pets of any kind
- Open-Toed Footwear

10.6 Southwest Florida Council Knife Policy

Folding knives with a blade length not exceeding 3 ½” are appropriate for legal and practical uses at Southwest Florida Council activities including resident camp. Sheath knives, knives with fixed blades of any length, machetes, bayonets, swords, cleavers, death stars, stiletos and switchblades are not allowed for youth or adult use at Southwest Florida Council functions. The only exception to this rule is the use of a chef’s knife for the sole purpose of food preparation.

10.7 Stoves, Lanterns and Fuels

Due to the extreme danger involving storage of fuels used in camping lanterns/stoves, you must make arrangements with your Campsite Commissioner to store fuels in a safe place. Lanterns may not be hung in tents. Use of lanterns and stoves must be used under adult supervision. **NO FLAMES IN TENTS.**

10.8 Wild Animals at Camp Miles/Price-Sanders Scout Reservation

Price-Sanders Scout Reservation Scout Reservation is a part of the Fred C. Babcock/Cecil M. Webb Wildlife Management Area and is home to many species of wild animals, from field mice to Florida panthers. To maintain safety for all, we mandate all campers/leaders observe these guidelines:

- No food in tents at any time
- Be careful of non-foods w/curious scents
- Never feed animals nor leave food for them

Any abnormally acting animal should be reported to the Administration Building immediately. Keep away from such animals regardless of size.



10.9 Campsite Cleanliness

Our commissioner staff will provide training and supplies for the purpose of keeping your campsite and shared camp facilities clean. Each campsite will be monitored daily for health & safety trends and upkeep.

10.10 Trash Cans and Trash Pick-up

Please help keep our camp clean. A trash can with bags is provided at each campsite. Please leave tied trash bags by the road so it can be emptied. This will also keep wild animals from coming into your campsite. Trash is picked up after breakfast each day. Trash cans are also located throughout camp.

10.11 Shower Houses and Bathrooms

Two shower facilities are available in camp:

- Central Shower Building behind the Dining Hall
- Pool House Showers on the west end of the Pool

Please remember to leave the shower facilities better than you found them. A duty roster will be issued which assigns various units the task of cleaning central facilities. A Scout is clean.

10.12 Footwear

Bare feet are only allowed in your tent, the shower, in a boat or in the pool facility. Everywhere else you must wear closed-toed shoes.

10.13 Smoking

Smoking is reserved for adults ages 18 and older. Smoking may never be within sight, smell, or knowledge of a youth. Smoking may never take place in a building or tent. This policy applies to e-cigarettes as well.

10.14 Youth/Leaders with Disabilities

Any special accommodation request must be made in writing by November 30, 2023. The Southwest Florida Council will do its best to assist with special needs but can make no guarantees.



10.15 Are you in shape for camp?

We do not provide or encourage any alternative means of getting around camp other than by foot. Any exception to this policy must be discussed and authorized by the Camp Director in writing by November 30, 2023.

10.16 Lost and Found

Please label all of your gear with name and troop number. The camp is not responsible for lost or stolen items. Lost and found items are collected at the Administration Building. When camp ends, items are sent to the Council Service Center in Fort Myers.

10.17 Buddy System

We always use the buddy system at Price-Sanders Scout Reservation. This is a great chance to make new friends and stay safe.

10.18 Promotional Photos

We are always taking photos and video throughout the session for camp promotional purposes. If you or any member of your unit has objections, please notify the Camp Director by November 30, 2023. If your troop is willing to share pictures, we would love to have a copy of them. We're always looking for pictures that capture our staff and campers in action.

10.19 Damage, Graffiti & Vandalism

There is to be no defacement or unauthorized alteration of buildings, picnic tables, trees, structures, or equipment in camp. The repair of all damage will be charged at an hourly rate of \$50/hour plus materials. Charges for damage/vandalism must be paid before checkout.

10.20 Commissioner Service

Your campsite commissioner is your host. The camp commissioner staff will make daily campsite visits to conduct your campsite inspection. Please offer suggestions, ask questions, and seek advice. Our goal is to help you deliver the best possible outdoor program to your troop.

10.21 Quartermaster / Supplies

The camp commissioner staff can provide you with a list of items available at Quartermaster located behind the trading post.

Toilet paper may be obtained from either your Commissioner or the Ranger Staff. Other cleaning supplies, American flags, brooms, axes, saws and service project tools are available from your



Commissioner. All unused supplies and loaned equipment must be returned before checkout. Please check the Unit Packing List for suggested items to bring from home.

10.22 Troop and Patrol Flags

Don't forget to bring your troop flag to camp. Your troop will assemble behind your troop flag three times each day on the parade field. Patrol flags are also encouraged.

10.23 Camper Departure or Dismissal

If a camper leaves camp, for any reason, before the end of the week, and isn't returning, the Camp Director must be notified. Please plan to gather advancement paperwork for early departures. And sign out of camp in the Admin Building.

10.24 Trading Post

Price-Sanders Scout Reservation has a trading post supplied with a wide selection of items.

- Toiletries
- Camping equipment
- T-shirts, hats, patches
- Snacks and ice cream
- Mosquito nets, bug repellent
- Soda, juice and smoothies

10.25 Parking and Vehicles in Camp

Carpooling is highly encouraged. All vehicles must park in the main parking lot. Do not block or park alongside roadways. The speed limit on the main camp road is 20 mph and 10 mph on all other roads in camp.

10.26 Quiet Hours, Reveille and Taps

A Scout is courteous. Quiet hours are from 10:00 pm – 7:00 am. Taps is at 10:00 pm each evening. All Scouts should remain in the campsite until reveille. Leaders are responsible for their unit's conduct. If your troop plays reveille or taps, it must be sounded at 7:00 am and 10:00 pm respectively.

11 Health and Safety

11.1 Emergencies in Camp

The camp staff has undergone extensive training to prepare for emergency situations that might arise in camp. The camp has emergency phone numbers posted near all building entrances; FM radio



communication throughout the reservation; a written agreement with the local emergency service providers; fire equipment and first aid material and a working relationship with the local Sheriff's Department and the Fire Department. If you have any questions about procedures after reading this section of the manual, please ask. During an emergency your responsibility is with your unit.

11.1.1 Emergency Horn, Emergency Assembly Area (EAA)

When you hear one, long continuous sound from the camp siren (between one and three minutes in duration), please assemble your unit immediately on the parade ground.

Once assembled, please take a head count and send a junior leader to report attendance to the staff member in charge next to the parade field flagpole. The staff member in charge will provide further instructions to the junior leader to share with your unit.

Please stay in the Emergency Assembly Area until the all clear signal is given (three steady 5 second blasts from the siren).

11.1.2 Earthquake

1. First check your surroundings for dangerous situations.
2. Avoid hazards such as falling debris, fallen utility lines or cracked water/gas pipes.
3. Proceed immediately to an open area free of hazards; vacate buildings; stay away from glass windows/doors. If you must remain in a building, proceed to a reinforced area.
4. Following earthquake, units proceed to emergency assembly area; take attendance; send junior leader to staff member at the flagpole with a two-way radio, report unit status; further instructions will follow.

11.1.3 Fire

1. Mobilize your unit in a safe area. Send someone to the Administration Building to report the location of the fire.
2. Fire-fighting tools are located in each campsite. We do not want youths/units fighting fires.
3. Proceed to emergency assembly area; take attendance; send junior leader to staff member at the flagpole with a two-way radio, report unit status; further instructions will follow.
4. Check your Fire Guard Chart provided at camp for further details.

11.1.4 Flood

1. Mobilize your unit in a safe area.
2. Proceed to emergency assembly area; take attendance; send junior leader to staff member at the flagpole with a two-way radio, report unit status; further instructions will follow.



11.1.5 Lost Bather/Boater

1. Upon hearing the emergency horn, report to the emergency assembly area and check attendance.
2. Send a junior leader to a staff member at the flagpole and report attendance.
3. Stay at the emergency assembly area until all clear is given.

11.1.6 Lost camper

1. Report situation to the administration building immediately.
2. The Camp Director/Program Director will provide further instructions.

11.1.7 Personal Accident

1. Give immediate first aid.
2. Report accident to Health Lodge.
3. Medical Officer will administer further first aid and complete the Incident Information Report.

11.1.8 Severe Weather/Storm

1. If you hear the camp siren give a 15 second blast, the Thor-Guard lightning prediction system has been triggered and you must cease program and move to a grounded shelter. All hard-roofed pavilions and camp building are grounded shelters.
2. Please stay under hard shelter until the all clear signal is given (three steady 5 second blasts from the siren).

11.1.9 Limitations to activities due to extreme weather

Always notify the Camp Staff if you wish to cancel an activity. We will create a safe alternative for you.

11.1.9.1 Aquatics: All waterfront activities will be suspended under the direction of the Aquatics Director or their designee at the signs of impending thunder and lightning storms. All campers, volunteers and staff will leave the waterfront safely under the direction of the staff. The Aquatics Director will open aquatic program activities when deemed safe.

11.1.9.2 Boating, sailing and kayaking: All boating, sailing and kayaking activities will be suspended under the discretion of the Aquatics Director or staff leader in charge due to pending lighting storms or unsafe wind. Campers and volunteers will follow the directions of the staff member in charge to bring boats ashore. Program will reopen when the Aquatics Director feels conditions are safe.

11.1.9.3 COPE and Climbing Tower: At the direction of the COPE/Climbing Director, the climbing tower and high and low elements will be evacuated pending severe electrical and lightning storm.



Participants will follow the directions given by COPE Department staff. Program will reopen when deemed safe by the COPE/Climbing Director.

11.1.9.4 Hiking and outpost camping: Weather conditions will be checked prior to starting the trip. Seek shelter from open areas during electrical and lightning storms. Be aware of dangerous dead trees and branches during high wind alerts when picking campsites.

11.1.10 Other Hazardous Weather Conditions

Special consideration must be given to atmospheric conditions that may affect campers and staff. You will be alerted to any changes in schedule and program when the following conditions exist:

1. Extreme temperatures or high humidity.
 - a. Strenuous activities will be suspended and extra time at the waterfront will be made available.
2. Severe weather warnings:
 - a. Administration staff will monitor weather warnings. Commissioner staff will advise leaders.

11.1.11 Power Lines Down

If you discover electrical wires on the ground:

1. Keep all people at least 50 feet from the wire. Follow protocol for a serious accident.
2. Call or send two runners to the Administration Building to report the incident and location.
3. Do not touch the wires.
4. If injury has resulted, do not move the person until the wire can be safely moved away from the person.

11.1.12 Chemical or Unknown Substance Leak/ Spill

Care should be taken when confronted with any unknown material, and they should be taken very seriously. Typical hazard areas at Scout camp could include but not limited to: kitchens, roadways and parking lots.

If you discover an unknown substance (leak, spill or container), or gasoline leaking from a vehicle:

1. Clear the area for at least 100 feet in all directions. Keep all people away.
2. Send two runners to advise the camp administration.
3. The camp administration will alert the Camp Director, the Camp Ranger and local emergency response personnel to handle the incident.



If you discover gas leaking from a pressurized cylinder or the smell of LP gas:

1. Clear the area for at least 1,000 feet, evacuating any adjacent structures.
2. Send two runners to alert the office about the LP gas leak.
3. Assure that the area remains clear until help arrives.
4. The camp administration will alert the Camp Director, Ranger and emergency response personnel.

11.2 Encounters with Wildlife

Price-Sanders Scout Reservation covers roughly 1,300 acres and offers a wide range of exciting adventures, including the opportunity to observe many types of birds, fish and wildlife. Undoubtedly the opportunity to observe these animals will provide lifetime memories.

Seeing them in their natural habitat is always a pleasure, but it is wise to remember that they are the permanent residents of the camp while you are the visitor. Treat them with respect; give wildlife enough space so it will not feel threatened by your presence. Most conflicts between people and wildlife are linked to careless handling of food or garbage.

In the event you are injured, provide first aid then please report to the Health Lodge immediately. For additional information or assistance contact your reservation director or camp ranger.

11.3 Home Sickness

Studies have shown that 83% of campers between the ages of 8 and 16 will become homesick during some point of their stay at camp. Homesickness can take many forms including headaches, sore throats, not eating or crying. It is important for adult leaders to be prepared for the possibility of one of their Scouts becoming homesick. Please consider the following:

11.3.1 Before Camp

- First and Second year Scouts are the most likely to become homesick during camp. Try to include them on at least two or three weekend camping trips before coming to winter camp. Not only does this provide Scouts with the valuable experience of being away from home, but it also allows them to get to know those in their unit better.
- Provide time during meetings for Scouts to discuss what camp is like with peers and troop leaders.
- Encourage parents calmly reassure their child and discuss camp with them ahead of time.
- Remind parents not to offer sentiments like, “Honey, if you don’t like camp, you can always call us and we’ll come get you.”



11.3.2 During Camp

- Our staff is trained to deal with homesickness. We are happy to help.
- Try to separate homesick campers, homesickness is contagious.
- Try to determine what is bothering your Scout. Children can get homesick for various reasons including missing their parents, not liking the food, being picked on or not sleeping well. Once you discover exactly what is bothering your Scout you can work to fix it. The solution most often does not involve giving them what they want. Consult the camp staff for assistance/advice. Remember, they came to camp to learn how to be independent.
- Slow times can be the toughest for homesick campers. They tend to focus on being homesick and this can make things worse. Try to keep your Scouts busy.
- Don't make promises that you can't keep. This will only compound the problem. Don't offer bribes to Scouts for staying in camp, this sends the wrong message to children. The real reward should be the pride and confidence of surviving the week. Also please consult the staff before using the phone for any homesick emergency.
- Be sure not berate or tease Scouts for feeling homesick. These are legitimate emotions and must be respected as such.
- In most cases, the first and second nights are the most homesick-prone at winter camp.



12 Dining Hall

We want to make sure your dining experience during camp is enjoyable. We try to make the meals satisfying and with variety. Staying on a tight meal schedule is always challenging. We ask for your cooperation in following instructions and being on time.

We also will do our best to accommodate any special dietary needs that arise. Giving us advance notice of special diets is recommended. You are free to bring your own special dietary foods and arrange to store them in the kitchen by coordinating with the kitchen staff upon your arrival.

During the check-in tour, you will be required to attend the dining hall orientation where your unit will get their table assignment and be given the general rules of the dining hall. The Dining Hall Steward is in charge of giving directions to waiters and participants during all meals.

ALL MEALS WILL BE SERVED FAMILY STYLE. This may be a new concept for some, so your patience and cooperation are needed. All meals are portioned to accommodate 10 people at each table. There will be no seconds available. All your portions for the main dish and sides will be brought to your table by your table waiter for that meal. It is important that you portion equally among all 10 members of your table. It may be necessary to split up your troop to an adjacent table to accommodate the 10 person per table requirement. *Should your table have leftover portions during any meal, please offer them to an adjacent table.*

After the meal, clean-up instructions will be given by the Dining Hall Steward. Additional details will be given during your dining hall orientation.



13 Planning Your Program

The Southwest Florida Council's goal is to support the troop in meeting the aims of Scouting by providing methods to get there. As a troop leader your goal is to:

- Grow Scouts in moral strength and character.
- Grow responsible citizens.
- Develop Scouts in physical, mental, and emotional fitness.

The Southwest Florida Council Winter Camp can help you meet these aims by providing camp specific methods such as:

- **Advancement** - We offer many advancement opportunities at each of our 9 program areas.
- **Ideals** - Our program has been designed to reflect the Scout Oath, Law, Motto and Slogan. Our Camp Staff is not only expected to exude these ideals but to help instill them in our campers.
- **Patrols** – PSSR expects and encourages each Troop to operate using the Patrol Method while at camp. We also take advantage of opportunities in each of our program areas to utilize the Patrol Method.
- **Outdoors** – PSSR is where the outdoors meets fun!
- **Adult Association** - Each of our program areas are led by adult leaders whose goal is to ensure that the campers in their area are having a positive experience.
- **Personal Growth** – PSSR encourages all Scouts, Patrols, and Troops to participate in service projects while at camp.
- **Leadership Development** - PSSR expects each Troop to utilize the youth-led method while at camp. All leader meetings at camp are geared towards elected Senior Patrol Leaders as well as the adult leaders.
- **Uniform** - PSSR expects all campers to wear the appropriate uniform at all times.



13.1 Merit Badge Period Sessions

Scouts can choose up to 5 merit badges to take while at camp at one of our 9 program areas. Refer to the Merit Badge Period Schedule at the back of this guide as a reference while scheduling your Scout's classes on the Double Knot online registration system. Remember, you will not be able to schedule merit badge classes until your initial \$50 per camper deposit has been paid online. Scouts must bring proof of completion for prereqs.

13.1.1 Shooting Sports Area

Archery Merit Badge



Periods Offered: 1-2 (Double Period), 3-4 (Double Period)
 Max. Class Size: 12
 Prerequisites: None
 Supplies Needed: Bow String Kit, Arrow Kit
 Additional Fee: \$15 (includes all kits)
 Recommended For: Second year campers and older
 Notes: Bow string and arrow kits are presold at registration and will be issued in class.

Rifle Shooting Merit Badge



Periods Offered: 1-2 (Double Period), 3-4 (Double Period)
 Max. Class Size: 10
 Prerequisites: None
 Supplies Needed: None
 Additional Fee: \$15
 Recommended For: Second year campers and older
 Notes: To earn this merit badge at camp, Scouts must attend extra free shoot periods for qualifying.

Shotgun Shooting Merit Badge



Periods Offered: 1-2 (Double Period), 3-4 (Double Period)
 Max. Class Size: 8
 Prerequisites: None
 Supplies Needed: None
 Additional Fee: \$25
 Recommended For: Participants must be 13 years of age or older.
 Notes: To earn this merit badge at camp, Scouts must attend extra free shoot periods for qualifying.



Fishing Merit Badge



Periods Offered: 1, 2, 3, 4
Max. Class Size: 12
Prerequisites: 10
Supplies Needed: None
Additional Fee: \$0
Recommended For: All campers
Notes:

Participants should bring personal fishing gear to camp. A limited number of poles will be available for rent in the trading post.

13.1.2 Scoutcraft Area

Camping Merit Badge



Periods Offered: 1, 2, 3, 4
Max. Class Size: 16
Prerequisites: Requirements 5e, 8d, 9a, 9b, 9c,
Supplies Needed: None
Additional Fee: \$0
Recommended For: All campers
Notes: None

Cooking Merit Badge



Periods Offered: 1-2 (Double Period), 3-4 (Double Period)
Max. Class Size: 12
Prerequisites: Requirements 4, 6
Supplies Needed: None
Additional Fee: \$5
Recommended For: All campers
Notes: None

Backpacking Merit Badge (NEW in 2023)



Periods Offered: 4
Max. Class Size: 12
Prerequisites: Requirements 10, 11
Supplies Needed: None
Additional Fee: \$0
Recommended For: All campers
Notes: None



Orienteering Merit Badge



Periods Offered: 3
 Max. Class Size: 16
 Prerequisites: Requirements 1 - 4
 Supplies Needed: None
 Additional Fee: \$0
 Recommended For: All campers
 Notes: None

Search & Rescue Merit Badge (NEW in 2023)



Periods Offered: 3
 Max. Class Size: 12
 Prerequisites: None
 Supplies Needed: None
 Additional Fee: \$0
 Recommended For: All campers
 Notes: None

Wilderness Survival Merit Badge



Periods Offered: 1-2 (Double Period)
 Max. Class Size: 16
 Prerequisites: None
 Supplies Needed: None
 Additional Fee: \$0
 Recommended For: All campers
 Notes:

Participants will be required to camp overnight in a shelter they constructed. This overnight outpost will take place on December 28.

13.1.3 Handicraft Area

Basketry Merit Badge



Periods Offered: 1, 3
 Max. Class Size: 12
 Prerequisites: None
 Supplies Needed: None
 Additional Fee: \$15
 Recommended For: All campers
 Notes: Basketry Merit Badge kits are presold at registration and will be issued in class.



Leatherwork Merit Badge



Periods Offered:	2, 4
Max. Class Size:	12
Prerequisites:	None
Supplies Needed:	None
Additional Fee:	\$15
Recommended For:	All campers
Notes:	Leatherwork Merit Badge kit is presold at registration and will be issued in class.

Indian Lore Merit Badge



Periods Offered:	2, 4
Max. Class Size:	12
Prerequisites:	None
Supplies Needed:	None
Additional Fee:	\$15
Recommended For:	All campers
Notes:	Indian Lore Merit Badge kit is presold at registration and will be issued in class.

Art Merit Badge (NEW in 2023)



Periods Offered:	6 (4:30-5:30 pm)
Max. Class Size:	12
Prerequisites:	None
Supplies Needed:	None
Additional Fee:	\$0
Recommended For:	All campers
Notes:	None

Wood Carving Merit Badge



Periods Offered:	1, 3
Max. Class Size:	12
Prerequisites:	None
Supplies Needed:	None
Additional Fee:	\$15
Recommended For:	All campers
Notes:	None



13.1.4 COPE/Climbing Area

Climbing Merit Badge



Periods Offered:	1-2 (Double Period), 3-4 (Double Period)
Max. Class Size:	12
Prerequisites:	Requirements 1, 2
Supplies Needed:	None
Additional Fee:	\$0
Recommended For:	All Campers
Notes:	

Participants must print out the merit badge workbook from <https://boyscouttrail.com/boy-scouts/merit-badges.asp> prior to coming to camp.

13.1.5 Aquatics Area

ALL Aquatics merit badges require onsite Swim Check.

Canoeing Merit Badge



Periods Offered:	1, 4
Max. Class Size:	12
Prerequisites:	Successful completion of the BSA Swimmer's Test
Supplies Needed:	None
Additional Fee:	\$0
Recommended For:	All campers
Notes:	None

Kayaking Merit Badge



Periods Offered:	2, 3
Max. Class Size:	12
Prerequisites:	Successful completion of the BSA Swimmer's Test
Supplies Needed:	None
Additional Fee:	\$0
Recommended For:	All campers
Notes:	None



Small Boat Sailing Merit Badge



Periods Offered: 1 – 2 (Double Period), 3 – 4 (Double Period)
Max. Class Size: 8
Prerequisites: Successful completion of the BSA Swimmer's Test
Supplies Needed: None
Additional Fee: \$0
Recommended For: Participants must be 13 years of age or older.
Notes: None

Swimming Merit Badge



Periods Offered: 3, 4
Max. Class Size: 16
Prerequisites: None
Supplies Needed: None
Additional Fee: \$0
Recommended For: All campers
Notes: None

Rowing Merit Badge (NEW in 2023)



Periods Offered: 6
Max. Class Size: 8
Prerequisites: Successful completion of the BSA Swimmer's Test
Supplies Needed: None
Additional Fee: None
Recommended For: Participants must be 13 years of age or older.
Notes: None

13.1.6 Trail To Eagle Area

Citizenship in the Community Merit Badge



Periods Offered: 1, 3
Max. Class Size: 12
Prerequisites: Requirements 2, 3, 7
Supplies Needed: None
Additional Fee: \$0
Age Requirement: **Participants must be 13 years of age or older.**
Notes: **Participants must print out the merit badge workbook from <https://boyscouttrail.com/boy-scouts/merit-badges.asp> prior to coming to camp.**



Citizenship in the Nation Merit Badge



Periods Offered: 2, 4
Max. Class Size: 12
Prerequisites: Requirements 2, 3, 6, 8
Supplies Needed: None
Additional Fee: \$0
Age Requirement:
Notes:

Participants must be 13 years of age or older. Participants must print out the merit badge workbook from <https://boyscouttrail.com/boy-scouts/merit-badges.asp> prior to coming to camp.

Citizenship in the World Merit Badge



Periods Offered: 1, 3
Max. Class Size: 12
Prerequisites: Requirement 7
Supplies Needed: None
Additional Fee: \$0
Age Requirement:
Notes:

Participants must be 13 years of age or older. Participants must print out the merit badge workbook from <https://boyscouttrail.com/boy-scouts/merit-badges.asp> prior to coming to camp.

Communications Merit Badge



Periods Offered: 2, 4
Max. Class Size: 12
Prerequisites: Requirement 5, 8
Supplies Needed: None
Additional Fee: \$0
Age Requirement:
Notes:

Participants must be 13 years of age or older. Participants must print out the merit badge workbook from <https://boyscouttrail.com/boy-scouts/merit-badges.asp> prior to coming to camp.

13.1.7 Ecology/STEM Area

Nature Merit Badge



Periods Offered: 3
Max. Class Size: 16
Prerequisites: None
Supplies Needed: None
Additional Fee: \$0
Recommended For: All campers
Notes: None



Oceanography Merit Badge



Periods Offered: 4
 Max. Class Size: 16
 Prerequisites: Requirement 8a, 8b or 8c
 Supplies Needed: None
 Additional Fee: \$0
 Recommended For: All campers
 Notes: None

Robotics Merit Badge



Periods Offered: 2, 4
 Max. Class Size: 12
 Prerequisites: None
 Supplies Needed: None
 Additional Fee: \$5
 Recommended For: All campers
 Notes: None

Weather Merit Badge (NEW in 2023)



Periods Offered: 3
 Max. Class Size: 16
 Prerequisites: None
 Supplies Needed: None
 Additional Fee: \$0
 Recommended For: All campers
 Notes: None

Space Exploration Merit Badge



Periods Offered: 1, 3
 Max. Class Size: 16
 Prerequisites: None
 Supplies Needed: None
 Additional Fee: \$10
 Recommended For: All campers
 Notes: None

Soil & Water Conservation Merit Badge



Periods Offered: 1
 Max. Class Size: 16
 Prerequisites: None
 Supplies Needed: None
 Additional Fee: \$0
 Recommended For: All campers
 Notes: None



Environmental Science Merit Badge



Periods Offered:	1-2 (Double Period)
Max. Class Size:	16
Prerequisites:	None
Supplies Needed:	None
Additional Fee:	\$0
Recommended For:	Second year campers or older
Notes:	None

13.1.8 Vocational Area

First Aid Merit Badge



Periods Offered:	1
Max. Class Size:	16
Prerequisites:	None
Supplies Needed:	None
Additional Fee:	\$0
Recommended For:	All campers
Notes:	None

Emergency Preparedness Merit Badge



Periods Offered:	4
Max. Class Size:	16
Prerequisites:	Must have earned the First Aid Merit Badge prior to the start of Winter Camp
Supplies Needed:	None
Additional Fee:	None
Recommended For:	All campers
Notes:	None

Entrepreneur / Salesmanship Merit Badge (NEW in 2023)



Periods Offered:	2
Max. Class Size:	12
Prerequisites:	None
Supplies Needed:	None
Additional Fee:	\$0
Recommended For:	All campers
Notes:	None





Welding Merit Badge



Periods Offered:	1, 2, 3, 4
Max. Class Size:	8
Prerequisites:	None
Supplies Needed:	None
Additional Fee:	\$15
Recommended For:	Second year campers or older
Notes:	None

Health Care Professions Merit Badge



Periods Offered:	2
Max. Class Size:	10
Prerequisites:	None
Supplies Needed:	None
Additional Fee:	\$0
Recommended For:	All campers
Notes:	None

13.2 Mountain Man Experience Program – NEW!!!

This is our NEW Mountain Man experience program in which youth and adult may participants embark on three all-day experience back to the 1800's. Participants will spend time participating in wood carving, blacksmithing, shooting and cooking and more 1800's style. Youth and adults who register in the program will not be camping or eating with their unit. Adults registered in the program will not be camping with their unit, but in the program area. Two deep leadership is still required in their unit campsite.

Participants will be provided with long shirts (your new uniform), canvas tents and cots. But bring your personal gear. They will learn about cooking over an open fire and then cooking their own meals.

Participants will arrive and check in at the Admin building and be directed to their campsite home to set up and get ready for the week.

Periods Offered:	All Day, All week
Max. Class Size:	20
Prerequisites:	Must be 14+ years of age
Supplies Needed:	None
Additional Fee:	\$100
Recommended For:	

Participants MUST be 14 years of age or older. Participants will be age checked prior to the start of camp. Any registered youth who is under the age of 14 will automatically be dropped from the program. No exceptions.

Notes: Participants will not be able to take merit badge instruction during period.



13.3 First Year Camper Program

Our First Year Camper program is led by friendly, adult instructors who will see to it that each Scout's first time at camp is a great one. Campers will be able to focus on becoming comfortable in basic camping and outdoor skills all the while having a lot of fun. Scouts will participate in activities such as swimming lessons, team building games, orienteering skills, pioneering skills, basic first aid skills, knot skills, cooking skills, and more.

This program is designed to teach your Scout the skills needed to complete many Tenderfoot requirements.

Periods Offered:	1-2 (Double Period), 3-4 (Double Period)
Max. Class Size:	20
Prerequisites:	None
Supplies Needed:	None
Additional Fee:	\$0
Recommended For:	New troop members
Notes:	Campers will be required to participate in a one-mile orienteering course during a unit activity period.

13.4 Second Year Camper Program

Our Second Year Camper program is led by friendly, adult instructors. Campers will be able to focus on becoming comfortable in basic camping and outdoor skills all the while having a lot of fun. Scouts will participate in activities such as swimming lessons, team building games, orienteering skills, pioneering skills, basic first aid skills, knot skills, cooking skills, menu planning and more.

This program is designed to teach your Scout the skills needed to complete many Second Class and First Class requirements.

Periods Offered:	1-2 (Double Period), 3-4 (Double Period)
Max. Class Size:	20
Prerequisites:	None
Supplies Needed:	None
Additional Fee:	\$0
Recommended For:	Tenderfoot/Second Class Scouts
Notes:	Campers will be required to take a five-mile hike during a unit activity period.



13.5 Discover SCUBA

Have you ever wondered what it's like to breathe underwater? If you want to find out but aren't quite ready to take the plunge into a certification course, Discover SCUBA will let you try scuba to see if you like it. While not an actual scuba certification, during the Discover SCUBA experience you'll learn how to use SCUBA equipment in our camp pool and get a 6-hour introduction to what it takes to explore the underwater world.

Periods Offered:	3-4 (Double Period)
Max. Class Size:	10
Prerequisites:	None
Supplies Needed:	None
Additional Fee:	\$125
Recommended For:	Participants must be 13 years of age or older.
Notes:	Participants must provide a completed BSA Annual Health & Medical Record Part D with the NAUI Medical Statement.

13.6 Lifeguard Training / Lifesaving Merit Badge (NEW in 2023)

Youth and Adults are able to participate in Lifeguard Training. Youth **MUST** be 15 by the end of camp in order to take the Lifeguard training. Youth who complete the Lifeguard training will also earn the Lifesaving merit badge. This is an **ALL** day program.

Max. Class Size:	10
Prerequisites:	Swimming Merit Badge, Second & First Class swimming requirements, Successful completion of the BSA Swimmer's Test
Supplies Needed:	Wet Suit encouraged
Additional Fee:	\$25

13.7 Unit Activity Periods

These two periods daily are your opportunity to enjoy a freestyle approach to how your unit wants to have fun. To your Scouts, a winter camp that is all merit badge classes isn't camp, its school. Units may schedule up to two unit-based activities per day on Dec. 27, Dec 28 & Dec. 29. These activities are listed on the a la carte menu in this section. The schedule will be provided during the LIVE STREAM Unit Camp Planning Meeting on Thursday, December 7 at 7 p.m.

13.7.1 Shooting Sports Area Unit Activities Offered

- Troop Rifle Shoot (\$5/Participant) - Max. 20 participants.
- Troop Shotgun Shoot (\$5/Participant) - Max. 16 participants, **afternoon unit activity period only.**
- Troop 3D Archery - Max. 12 participants, **afternoon unit activity period only.**
- Tomahawk Throwing Challenge – Max. 20 participants.

13.7.2 Scoutcraft Area Unit Activities Offered

- Dutch Oven Dessert Sampler – No Maximum number of participants. (\$5/Participant)
- Geocaching Treasure Hunt - No Maximum number of participants, **afternoon unit activity period only.**



13.7.3 Ecology Area Unit Activities Offered

Astronomy – Max. 12 participants; **evening activity period only.**

13.7.4 Handicraft Area Unit Activities Offered

Chess MB – Max. 20 participants.

Native American Pow Wow - No Maximum number of participants.

Fingerprinting MB – Max. 20 participants.

13.7.5 COPE/Climbing Area Unit Activities Offered

Troop Climbing Session – Max. 25 participants, **afternoon unit activity period only.**

13.7.6 Aquatics Area Unit Activities Offered

Assault Boats – Max. 40 participants, **afternoon unit activity period only.**

Troop Boating – Max. 20 participants, **afternoon unit activity period only.**

Watermelon Scramble - No Maximum number of participants.

13.7.7 Sports Field Unit Activities Offered

Troop Field Games - No Maximum number of participants, **no pre-registration.**

13.8 Camp-wide Activities

13.8.1 Opening Campfire

Sit back and enjoy the show as the PSSR staff entertain you at our Opening Campfire.

Location: Amphitheater

When: Dec. 26, 8:15 PM

13.8.2 Camp-wide Festival

A variety of games and aquatics activities for units to enjoy with a live DJ and an ice cream social.

Location: Pool, Activity Field

When: Dec. 27, 8:15 PM

13.8.3 Order of the Arrow Show, Call Out and Camp-wide Cracker Barrel

Learn all about the Osceola Lodge of the Order of the Arrow. Share in the excitement of seeing new Candidates, who were elected by their troop. After the ceremony, the entire camp is invited to the Dining Hall for a special cracker barrel hosted by the Lodge.

Location: Amphitheater

When: Dec. 28, 8:15 PM

13.8.4 Closing Campfire

You are the star of the show. Each unit will be responsible for one song or skit to be performed during the show. All acts must be screened by the Program Director no later than Lunch on December 29.

Location: Amphitheater

When: Dec. 29, 8:15 PM



13.8.5 Scoutmaster Corn Hole Tournament

This adult only competition is for a shot at the privilege of taking on the Camp Director & Program Director. Beat them in the finals and a steak dinner will be delivered to you in the Dining Hall that night by them. If you lose... let's just say the Camp Director & Program Director will never let you live it down.

Location: Parade Field next to Trading Post

When: Dec. 28, 1:15 PM

13.8.6 Adult Leader Appreciation Dinner

This catered meal is our thank you to you for taking time out of your busy schedule to come to camp with your Scouts.

Location: Staff Dining Tent

When: Dec. 29, 6:00 PM.

14 Forms & Documents

The following forms and documents have been provided in this section to assist you in your camp preparations.

1. Winter Camp Promotional Brochure
2. Winter Camp Advancement Period Schedule
3. Daily Schedule & Camp Map Brochure
4. Personal/Unit Packing List
5. Unit Duty Roster
6. Special Dietary Needs Form
7. Campsite Inspection Form
8. Unit Fireguard Chart
9. BSA Annual Health & Medical Record Parts A, B & C
10. NAUI Medical Statement
11. Permission to Possess/Use Epinephrine Auto Injector and/or Asthma Inhaler for Emergency Care Form



2023 Winter Camp Advancement Period Schedule

Merit Badge / Award	Capacity/ Period	9:00 - 10:00A	10:15 - 11:15A	1:00 - 2:00P	2:15 - 3:15P	4:30 - 5:30P
Shooting Sports						
Archery MB	12	X (Double Period)		X (Double Period)		
Rifle Shooting MB	10	X (Double Period)		X (Double Period)		
Fishing MB	12	X	X	X	X	
Shotgun Shooting MB*	8	X (Double Period)		X (Double Period)		
Scoutcraft						
Camping MB	16	X	X	X	X	
Cooking MB	12	X (Double Period)		X (Double Period)		
Orienteering MB	16			X		
Backpacking MB (NEW in 2023)	12				X	
Search & Rescue MB (NEW in 2023)	12			X		
Wilderness Survival MB	16	X (Double Period)				
Handicraft						
Basketry MB	12	X		X		
Leatherwork MB	12		X		X	
Wood Carving MB	12	X		X		
Art MB (NEW in 2023)	12					X
Indian Lore MB	12		X		X	
COPE & Climbing						
Climbing MB	12	X (Double Period)		X (Double Period)		
Aquatics						
Discover SCUBA*	10			X (Double Period)		
Canoeing MB	12	X			X	
Kayaking MB	12		X	X		
Small Boat Sailing MB*	8	X (Double Period)		X (Double Period)		
Swimming MB	16			X	X	
Rowing MB*	8					x
Lifeguard Training****	10	X (Full Day/Full Week Program)				
Trail To Eagle Program (13 years old or older)						
Citizenship in the Community MB*	12	X		X		
Citizenship in the Nation MB*	12		X		X	
Citizenship in the World MB*	12	X		X		
Communications MB*	12		X		X	
Ecology / STEM						
Nature MB	16			X		
Oceanography MB	16				X	
Robotics MB*	12		X		X	
Weather MB (NEW in 2023)	16			X		
Soil & Water Conservation MB	16	X				
Space Exploration MB	16	X		X		
Environmental Science MB	16	X (Double Period)				
Vocational						
First Aid MB	16	X				
Emergency Preparedness MB	16				X	
Salesmanship / Entrepreneurship MB (NEW 2023)	12		X			
Welding MB	8	X	X	X	X	
Health Care Professionals MB	10		X			
Specialty Programming						
Mountain Man Experience Program***	20	X (Full Day/ Full Week Program)				
First Year Camper**	20	X (Double Period)		X (Double Period)		
Second Year Camper**	20	X (Double Period)		X (Double Period)		

* Participant must be 13 years old or older

** First & second year camper program participants must choose the morning or afternoon double period. Participants may then choose up to three merit badges for the remaining three open periods.

*** Mountain Man Experience program participants must be 14 years old or older. Open to youth 14+ and adults.

****Lifeguard available for adults and youth 15 years old or older.



Winter Camp Packing List

**CLEARLY MARK ALL ITEMS WITH YOUR
NAME AND TROOP NUMBER**

Note: This equipment list is meant to serve as a guide. Use your discretion in choosing what to bring and what to leave. **Things do get broken or lost. Please plan accordingly and leave valuable items at home.**

Clothing

- FULL SCOUT UNIFORM
- JACKET/SWEATER
- PONCHO/RAIN GEAR
- RUGGED LONG PANTS
- T-SHIRTS (six or more)
- UNDERWEAR (six pair)
- TENNIS SHOES
- SOCKS (six pair)
- SWIMMING TRUNKS
- PAJAMAS
- HAT OR VISOR
- HANDKERCHIEF
- HIKING BOOTS & HEAVY SOCKS
- OA Sash

*Closed toed shoes must be worn everywhere
except the pool decks and lake front*

CAMP NECESSITIES

- SLEEPING BAG
- FLASHLIGHT WITH FRESH BATTERIES
- TEN ESSENTIALS

TOILET KIT

- TOOTHBRUSH/TOOTHPASTE
- SUNSCREEN
- COMB AND/OR BRUSH
- INSECT REPELLENT
- HAND SOAP
- KLEENEX
- BATH TOWEL
- BEACH TOWEL

SUGGESTED ITEMS

- SUNGLASSES
- CAMERA
- COMPASS
- AIR-MATRESS

MERIT BADGE ITEMS

- SCOUT HANDBOOK
- MERIT BADGE CARDS
- PENCIL/PEN & NOTEBOOK
- MERIT BADGE BOOKS
- ANY MERIT BADGE PARTIAL CARDS

FOR PATROL AND/OR TROOP

- CLOTHES LINE & PINS
- PATROL/TROOP LIBRARY
- PATROL BOXES (optional)
- LANTERNS (BSA approved)
- PATROL FLAGS & POLES
- TROOP FLAG
- CAMPSITE DECORATIONS

DON'T FORGET

- CAMP MEDICAL FORM/FIREARMS/
PROGRAM CONSENT FORM
- SPENDING MONEY (in addition to money
for merit badge projects and special activities).

MONEY IN CAMP

We recommend that one of the adult leaders serve as the "banker" for each troop, holding the money for each Scout, and issuing it to him in small amounts. Most Scouts bring around \$60 to camp.

MEDICATIONS

All medications should be turned in to the Troop leadership for safe keeping during the week. Our Medical Lodge can store medications that have to be refrigerated. Please keep items like Epi-Pens and inhalers with you at all times.

A NOTICE TO ONE AND ALL:

Do not bring firearms, ammunition, bows and arrows, or fireworks to camp. Camp Policy and insurance requirements prohibit their presence on the property. They cannot be stored in campsites or used on our ranges. Thank you for your cooperation.



Price Sanders Scout Reservation Patrol Duty Roster

Troop: _____

Patrol: _____

Duty	Dec. 26	Dec. 27	Dec. 28	Dec. 29	Dec. 30
Breakfast Waiter	XX				
Lunch Waiter	XX				
Dinner Waiter					XX
Fire Warden					XX
Latrine Clean-up					
Campsite Leave No Trace					

SWFC Winter Camp

SPECIAL DIETARY NEEDS REQUEST

***This form needs to be submitted to the council no later than December 4th, 2020.**

Unit Type / Number: _____ Council / District: _____

Campsite (if known): _____

Request Made For: Youth _____ Adult _____ Name: _____

Adult/Guardian Name: _____

Adult/Guardian Phone #: _____

Adult/Parent Email: _____

Type of Special Dietary Request (medical allergy, preference, religious reasons): _____

Gluten Free: _____

No Peanut: _____

No Soy: _____

Lactose Free: _____

No Tree Nut: _____

No shellfish: _____

No Dairy: _____

No Egg: _____

No fish: _____

Vegetarian / Vegan: _____

No Pork: _____

No Beef: _____

Other: _____

Specific Details and Explanation of Needs: _____

Please explain the immediate steps that should be taken if this person is accidentally exposed to the food that he or she is not supposed to have?

Please return completed forms to: bruce.hassy@scouting.org

Our food service staff will be contacting you to confirm the special diet request and exchange information.

For Office Use Only:

Status: _____

Date Received @ Council: _____

Copy to Kitchen Manager: _____

Date Response Sent: _____

Reason: _____



Price Sanders Scout Reservation Winter Camp Commissioner Inspection Worksheet

Campsite: _____ Unit: _____

Senior Patrol Leader: _____ Scoutmaster: _____

Your Commissioner: _____

FIRE SAFETY	Dec. 26th	Dec. 27th	Dec. 28th	Dec. 29th	Dec. 30th
Fire Barrel -- filled, clear of debris, near fire circle					
Fire Circle -- debris cleared, barrel near, correct location					
Fireguard Chart -- posted & signed daily by fire warden					
Fire Tools -- displayed on rack, readily available					

HEALTH AND SAFETY	Dec. 26th	Dec. 27th	Dec. 28th	Dec. 29th	Dec. 30th
Latrine -- area cleaned (in & out), disinfectant used					
Washstand -- clean (in, on & around) of trash/debris					
First Aid Kit -- displayed and stocked, easily accessible					
Travel Area -- free of debris, clotheslines placed properly					
Trash Can -- liner inside, emptied if full					
Axe Yard -- defined, safe, tools clean & safe guarded					

SCOUT-LIKE CONDITION	Dec. 26th	Dec. 27th	Dec. 28th	Dec. 29th	Dec. 30th
Bulletin Board -- neat, duty roster, program schedule posted					
Tents/Lean-tos -- neat, no trash, flaps all up or down, swept					
Campsite Entrance -- well kept, neat, show Scout skill					
Flags -- up (or down when raining), unit flags displayed					
Camp Improvements -- approved and a true improvement					

ENVIRONMENT	Dec. 26th	Dec. 27th	Dec. 28th	Dec. 29th	Dec. 30th
Litter -- site free of litter, full trash bags disposed of					
Beauty -- site kept as natural as possible					
Brush Piles -- fire wood stacked, other wood piled					
Structures -- neat, no markings or damage					
Assigned Service Area -- clean and free from litter					

TOTAL POINTS EARNED (out of 100 possible)	Dec. 26th	Dec. 27th	Dec. 28th	Dec. 29th	Dec. 30th
Commissioner's Initials					

0 = Unsatisfactory 1 = Needs improvement 2 = Fair 3 = Good enough 4 = Very good 5 = Excellent

UNIT FIREGUARD CHART

Fill out and post this chart on your campsite bulletin board.

Troop _____	Troop fire warden _____
Camp _____	Troop campsite _____
Dates _____	



We will prevent fires by breaking matches in two after using.



Putting fires COLD OUT with water.



Feeling with fingers to test heat.

FLAMMABILITY WARNING CAMPING SAFETY RULES

NO TENT MATERIAL IS FIREPROOF, AND IT CAN BURN WHEN EXPOSED TO HEAT OR FIRE. FOLLOW THESE RULES:

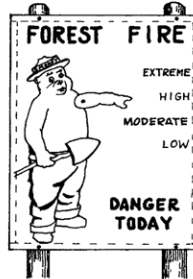
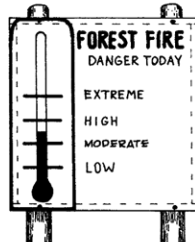
- Only flashlights and battery-powered lanterns are permitted in tents. **NO FLAMES IN TENTS** is a rule which must be enforced.
- Chemical-fueled stoves, heaters, lanterns, lighted candles, matches, or other flame sources should **never** be used in or near tents.
- Do not pitch tents near open fire.
- Do not use flammable chemicals near tents: charcoal lighter, spray cans of paint, or bug killer and repellent.
- Be careful when using electricity and lighting in tents.
- Always extinguish cooking and campfires properly.
- Obey all fire laws, ordinances, and regulations.
- Keep campers informed on a daily basis of your camp's fire danger.



Clearing all burnable material 4 to 6 feet away from the fires or as required by local law.

In the case of Cub Scouts, they should immediately seek adult help, sound the alarm by yelling, "Fire!" and stay away from attempting to fight any camp fire. If adult help is not readily available, the Cub Scout should continue to sound the alarm, send a runner for help, and/or dial the camp office or 911.

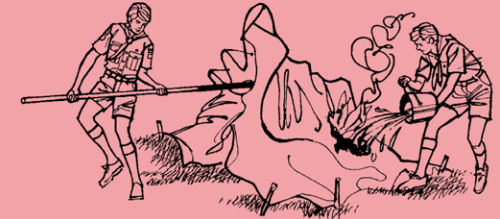
VARIOUS TYPES OF FIRE DANGER SIGNS IN CAMP



Unit Campsite Fire Prevention Assignments		Equipment Checked
First Day _____ Date _____	Patrol _____	Equipment Checked
Fire Warden _____		
Second Day _____ Date _____	Patrol _____	Equipment Checked
Fire Warden _____		
Third Day _____ Date _____	Patrol _____	Equipment Checked
Fire Warden _____		
Fourth Day _____ Date _____	Patrol _____	Equipment Checked
Fire Warden _____		
Fifth Day _____ Date _____	Patrol _____	Equipment Checked
Fire Warden _____		
Sixth Day _____ Date _____	Patrol _____	Equipment Checked
Fire Warden _____		
Seventh Day _____ Date _____	Patrol _____	Equipment Checked
Fire Warden _____		



SOUND ALARM



DROP TENTS (CANVAS ONLY) IF NECESSARY
AND SAFE TO DO SO

IN CASE OF FIRE REPORTING AND ASSEMBLY INSTRUCTIONS

At some camps local changes are made in these suggested procedures. All exceptions, however, should be made on the recommendation and with the approval of local fire authorities.

IN A UNIT CAMPSITE

1. Sound the alarm by yelling "Fire!" and then notify the first adult you see, then report to a camp officer or the camp fire warden.
2. Extinguish a fire only if it can be done quickly and easily.
3. When the central alarm is sounded to warn the camp, quickly mobilize in your unit. Move to your preassigned point immediately and await directions.
4. A runner reports to the camp office for instructions from the camp fire warden.
5. In the event of a tent fire, you can douse it with water or sand, or simply stand back and let professionals fight the fire.

OUTSIDE UNIT CAMPSITE

1. If you discover a fire anywhere in camp, report immediately to the camp office so the alarm may be sounded and fire authorities notified.
2. Camp fire warden sounds the central alarm, and your unit follows steps 3 and 4 above.
3. **Remember:** Campers should not be directly involved in the fire fighting process except for fires that can be quickly and easily extinguished.

In case of a fire in our campsite, we will notify _____
and follow the instructions of our unit fire warden. _____ Camp fire warden

Control of Flammable/Combustible Liquids and Gases in Camp

Because serious accidents can happen in connection with the use of liquid fuel, propane, butane, etc., in lanterns and stoves and as a result of igniting fires with liquid starters, adult supervision is required when chemical fuels are being used for lighting and cooking. Local councils have the option of restricting the use of chemical-fueled stoves, lanterns, and heaters in campsites under their jurisdiction.

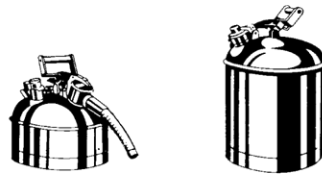
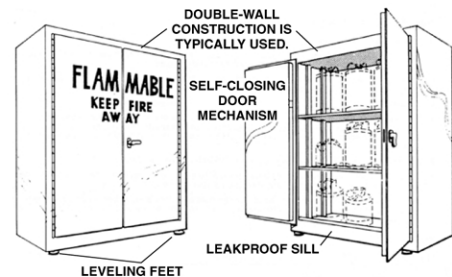
- **Knowledgeable adult supervision** must be provided when Scouts are involved in the storing, handling, and filling of stoves or lanterns or the lighting of chemical fuels.
- **Battery-operated lanterns and flashlights** should be used by Scouts in camping activities, particularly in and around all tentage. No chemical-fueled lantern, stove, or heater is to be used inside a tent.
- **Kerosene, gasoline, or liquefied petroleum-fuel lanterns** may, when permitted, be used inside permanent buildings or for outdoor lighting. When used indoors, there must be adequate ventilation. Strict adherence to the safety standards and the instructions of the manufacturers in fueling and lighting such stoves and lanterns must be carried out under the direct supervision of a responsible and knowledgeable adult.
- **Empty liquid-petroleum cylinders for portable stoves and lanterns** should be returned home or to base camp. They can explode when heated; therefore, they must never be put in fireplaces or with burnable trash.
- **The use of liquid fuels for starting any type of fire is prohibited.** This includes damp wood, charcoal, and cer-

monial campfires. Solid-type starters are just as effective, are easier to store and carry, and are much safer to use for this purpose.

- **Space heaters that use chemical fuels consume oxygen and must be used only in well-ventilated areas.** Using space heaters in poorly ventilated cabins, camper trucks, and recreation vehicles can cause fires and asphyxiation. The use of charcoal burners indoors can be lethal in causing carbon monoxide poisoning.

Bulk Storage and Practices

Storage of liquid fuel and other flammables is a camp maintenance function. Filling tanks for motors, vehicles, and motorboats should always be handled by someone qualified by age and training for this responsibility. Similar responsible handling and control are prescribed for the limited use of kerosene. Use kerosene only for outside night lights and stationary heating stoves (not portable). Both gasoline and kerosene should be kept in well-marked safety cans and stored in ventilated locked boxes located away from buildings and tents. Large quantities of gasoline should be stored in a properly installed fuel tank with pump. Keys to pumps and storage boxes or sheds should be given to one adult (primarily the camp ranger), who distributes these fuels. Propane or butane storage tanks and permanent caps should be installed by experienced and knowledgeable individuals and changed only by gas distributors. These installations must conform to local regulations and must be inspected regularly.



USE SAFETY CANS ONLY!

Year-Round Prevention Plan

Will your camp be there next season? This is a good question to ask at the close of each camping season as you pack away equipment and leave. In fairness to next year's campers, do everything that can be done to ensure the safety of camp equipment and camp timber.

Fall, with its dry, dead leaves that often bank high around camp buildings is, in many sections of the country, the most dangerous fire season of the entire year. Spring is another bad time.

Here is a checklist of things to do at all times to be sure that your camp is fireproof year-round:

1. Destroy greasy rags.
2. Dispose of all combustible refuse and trash safely.
3. Be sure that doors and shutters are strong enough to keep out trespassers, vandals, or thieves.

4. Stow away firewood and loose equipment that might be used by trespassers.
5. Clear away dead grass or trees, ferns, leaves, bushes, straw piles, and trash from buildings.
6. Clean grease traps and dispose of the grease by burning it at a safe place or burying it in mineral earth.
7. Be sure the camp is ready for winter use. Check fuels, wall and floor protection around heaters, and protecting screens for fireplaces. Inspect location of fire pails, fire extinguishers, and mobile fire-fighting equipment.
8. Develop a fire prevention plan in accordance with OSHA standard 29 CFR 1910.139.

SKU 33691



HOW YOUR UNIT FIREGUARD PLAN WORKS

DUTIES

When you arrived at camp, you were oriented and trained in the use of the unit fireguard plan. It is your responsibility as a unit leader to train your Scouts in fire prevention, fire detection, reporting, and fire control. Only implement fire control techniques that can be done quickly and easily.

Study the procedures outlined on this chart and then train your staff and youth members. Post the chart for all to see and follow. At some camps local changes are made in these suggested procedures. All exceptions, however, should be made on the written recommendation and with the approval of local fire authorities.

Organize to make the fireguard plan work by appointing capable fire wardens and deputies.

FIRE WARDENS AND DEPUTIES

As responsible Scouts appointed by their adult leader, the unit fire warden and his deputy are in charge of training, know where fire equipment is located, and are familiar with the unit fireguard chart. They instruct all unit fire wardens and Scouts in the operation of the camp fireguard plan. They conduct annual inspections of fire extinguishers and check to be sure all cooking fires, heating fires, and campfires are out at night or when no one is attending or monitoring the fire during the day. Unit fire wardens and deputies conduct fire drills at least once a week and follow the direction of the camp fire warden. They receive reports related to fire hazards daily from the duty fire warden.

Every boy in the unit should feel responsible for fire prevention, but the unit fire patrol for each day must be alert and ready to evacuate and account for everyone in case of fire emergency or drill.

If a small fire breaks out, the person discovering it should take immediate action, whether or not he is on the fire patrol for the day. Time is the most important element in the suppression of a fire. Some examples of fire control techniques are:

- Immediately send someone to seek assistance, send a runner for help, and/or dial the camp office or 911.
- Douse fire with water or sand.
- Smother fire with a lid.
- In the event of a tent fire (canvas only), simply kick out the end tent poles if it can be done safely.

Remember: Campers should not be involved in the fire fighting process except for fires that can be quickly and easily extinguished.

In making daily inspections of the unit campsite, the unit fire warden should follow the fire-prevention suggestions and use the fire-fighting equipment illustrations found throughout this chart as a guide. Campsite equipment will vary according to your camp. Results of the daily inspection should be posted on the chart in the space provided.

PATROL FIRE WARDEN

The patrol leader is responsible for training his patrol in the unit fireguard plan and leading the unit in practice evacuation and fire prevention.

He checks daily to be sure all members are preventing fires and are prepared in case a fire breaks out. He makes sure and double-checks that fires are built only on nonburnable soil in areas where they will not spread. He verifies to see that all fires are put COLD OUT and that open flames are not permitted in or near tents. He shows patrol members how to drop tents (canvas only) in case of fire. **In the event of a tent fire (canvas only), you can simply kick out the end tent poles if it can be done safely and let professionals fight the fire.**



BOY SCOUTS OF AMERICA®

Part A: Informed Consent, Release Agreement, and Authorization

Full name: _____
 Date of birth: _____

High-adventure base participants:

Expedition/crew No.: _____
 or staff position: _____

Informed Consent, Release Agreement, and Authorization

I understand that participation in Scouting activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health-care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

(If applicable) I have carefully considered the risk involved and hereby give my informed consent for my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

I also hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.

Every person who furnishes any BB device to any minor, without the express or implied permission of the parent or legal guardian of the minor, is guilty of a misdemeanor. (California Penal Code Section 19915[a]) My signature below on this form indicates my permission.

I give permission for my child to use a BB device. (Note: Not all events will include BB devices.)

Checking this box indicates you DO NOT want your child to use a BB device.



NOTE: Due to the nature of programs and activities, the Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. However, so that leaders can be as familiar as possible with any limitations, list any restrictions imposed on a child participant in connection with programs or activities below.

List participant restrictions, if any:

None

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity. If I am participating at Philmont Scout Ranch, Philmont Training Center, Northern Tier, Sea Base, or the Summit Bechtel Reserve, **I have also read and understand the supplemental risk advisories, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met.** The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider. If the participant is under the age of 18, a parent or guardian's signature is required.

Participant's signature: _____ Date: _____

Parent/guardian signature for youth: _____ Date: _____

(If participant is under the age of 18)

Complete this section for youth participants only:

Adults Authorized to Take Youth to and From Events:

You must designate at least one adult. Please include a phone number.

Name: _____

Name: _____

Phone: _____

Phone: _____

Adults NOT Authorized to Take Youth to and From Events:

Name: _____

Name: _____

Phone: _____

Phone: _____



Part B1: General Information/Health History

Full name: _____

Date of birth: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____

Age: _____ Gender: _____ Height (inches): _____ Weight (lbs.): _____

Address: _____

City: _____ State: _____ ZIP code: _____ Phone: _____

Unit leader: _____ Unit leader's mobile #: _____

Council Name/No.: _____ Unit No.: _____

Health/Accident Insurance Company: _____ Policy No.: _____



Please attach a photocopy of both sides of the insurance card. If you do not have medical insurance, enter "none" above.

In case of emergency, notify the person below:

Name: _____ Relationship: _____

Address: _____ Home phone: _____ Other phone: _____

Alternate contact name: _____ Alternate's phone: _____

Health History

Do you currently have or have you ever been treated for any of the following?

Yes	No	Condition	Explain
		Diabetes	Last HbA1c percentage and date: _____ Insulin pump: Yes <input type="checkbox"/> No <input type="checkbox"/>
		Hypertension (high blood pressure)	
		Adult or congenital heart disease/heart attack/chest pain (anginal)/heart murmur/coronary artery disease. Any heart surgery or procedure. Explain all "yes" answers.	
		Family history of heart disease or any sudden heart-related death of a family member before age 50.	
		Stroke/TIA	
		Asthma/reactive airway disease	Last attack date: _____
		Lung/respiratory disease	
		COPD	
		Ear/eyes/nose/sinus problems	
		Muscular/skeletal condition/muscle or bone issues	
		Head injury/concussion/TBI	
		Altitude sickness	
		Psychiatric/psychological or emotional difficulties	
		Neurological/behavioral disorders	
		Blood disorders/sickle cell disease	
		Fainting spells and dizziness	
		Kidney disease	
		Seizures or epilepsy	Last seizure date: _____
		Abdominal/stomach/digestive problems	
		Thyroid disease	
		Skin issues	
		Obstructive sleep apnea/sleep disorders	CPAP: Yes <input type="checkbox"/> No <input type="checkbox"/>
		List all surgeries and hospitalizations	Last surgery date: _____
		List any other medical conditions not covered above	



Part B2: General Information/Health History

Full name: _____

Date of birth: _____

High-adventure base participants:

Expedition/crew No.: _____
or staff position: _____

Allergies/Medications

DO YOU USE AN EPINEPHRINE AUTOINJECTOR? Exp. date (if yes) _____ YES NO

DO YOU USE AN ASTHMA RESCUE INHALER? Exp. date (if yes) _____ YES NO

Are you allergic to or do you have any adverse reaction to any of the following?

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
		Medication				Plants	
		Food				Insect bites/stings	

List all medications currently used, including any over-the-counter medications.

Check here if no medications are routinely taken. If additional space is needed, please list on a separate sheet and attach.

Medication	Dose	Frequency	Reason

YES NO Non-prescription medication administration is authorized with these exceptions: _____

Administration of the above medications is approved for youth by:

_____/_____
Parent/guardian signature MD/DO, NP, or PA signature (if your state requires signature)

Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor.

Immunization

The following immunizations are recommended. Tetanus immunization is required and must have been received within the last 10 years. If you had the disease, check the disease column and list the date. If immunized, check yes and provide the year received.

Yes	No	Had Disease	Immunization	Date(s)
			Tetanus	
			Pertussis	
			Diphtheria	
			Measles/mumps/rubella	
			Polio	
			Chicken Pox	
			Hepatitis A	
			Hepatitis B	
			Meningitis	
			Influenza	
			Other (i.e., HIB)	
			Exemption to immunizations (form required)	

Please list any additional information about your medical history:

DO NOT WRITE IN THIS BOX.
Review for camp or special activity.

Reviewed by: _____

Date: _____

Further approval required: Yes No

Reason: _____

Approved by: _____

Date: _____



Part C: Pre-Participation Physical

This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants.

Full name: _____

Date of birth: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____



You are being asked to certify that this individual has no contraindication for participation in a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient. You can also visit www.scouting.org/health-and-safety/ahmr to view this information online.

Please fill in the following information:

	Yes	No	Explain
Medical restrictions to participate			

Yes	No	Allergies or Reactions	Explain
		Medication	
		Food	

Yes	No	Allergies or Reactions	Explain
		Plants	
		Insect bites/stings	

Height (inches)	Weight (lbs.)	BMI	Blood Pressure	Pulse
			/	

	Normal	Abnormal	Explain Abnormalities
Eyes			
Ears/nose/throat			
Lungs			
Heart			
Abdomen			
Genitalia/hernia			
Musculoskeletal			
Neurological			
Skin issues			
Other			

Examiner's Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant (with noted restrictions):

True	False	Explain
		Meets height/weight requirements.
		Has no uncontrolled heart disease, lung disease, or hypertension.
		Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
		Has no uncontrolled psychiatric disorders.
		Has had no seizures in the last year.
		Does not have poorly controlled diabetes.
		If planning to scuba dive, does not have diabetes, asthma, or seizures.

Examiner's signature: _____ Date: _____

Examiner's printed name: _____

Address: _____

City: _____ State: _____ ZIP code: _____

Office phone: _____

Height/Weight Restrictions

If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

Maximum weight for height:

Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 and over	295



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Part D: High-Adventure Notes to Physicians and Parents

Participation at any of the BSA's high-adventure bases or in any unit high-adventure backcountry activities can be physically, mentally, and emotionally demanding. To be better prepared, each participant must complete the following before attending any high-adventure base or participating in any high-adventure backcountry activity:

- Fill in parts A and B of the Annual Health and Medical Record.
- Share Part D with the examining health-care provider.
- Have a physical exam by a certified and licensed health-care provider/physician (MD, DO), nurse practitioner, or physician assistant, and have part C completed.
- Read the following information, which focuses on specific risks at the high-adventure base you will be attending.

The Trek Experience. Each high-adventure base offers a unique experience that is not risk-free. Knowledgeable staff will instruct all participants in safety measures to be followed. Be prepared to listen to and carefully follow these safety measures and to accept responsibility for the health and safety of yourself and others.

Philmont. Each participant must be able to carry a 35- to 50-pound pack while hiking 5 to 12 miles per day in an isolated mountain wilderness ranging from 6,500 to 12,500 feet in elevation. Summer/autumn climatic conditions include temperatures from 30 to 90 degrees, low humidity (10 to 30 percent), and frequent, sometimes severe, afternoon thunderstorms. Activities include horseback riding, rock climbing and rappelling, challenge events, pole climbing, black powder shooting, 12-gauge trap shooting, .30-06 shooting, trail building, mountain biking, and other activities that have potential for injury.

Winter climatic conditions can range from -20 to 60 degrees. For the Winter Adventure, each person will walk, ski, or snowshoe along snow-covered trails pulling loaded toboggans or sleds for up to 3 miles, or more on a cross-country ski trek. Refer to the Philmont Scout Ranch website for specific information.

Northern Tier. Each person must be able to carry a 50- to 85-pound pack or canoe from a quarter-mile to 2 miles several times a day on rough, swampy, and rocky portages and paddle 10 to 15 miles per day, often against a headwind.

Climatic conditions can range from 30 to 100 degrees in summer/autumn and from -40 to 40 degrees in the winter. For the Okpik Experience, each person will walk, ski, or snowshoe along snow-covered trails or across frozen lakes, pulling loaded toboggans or sleds for up to 3 miles, or more if on a cross-country ski trek. Refer to the Northern Tier website for specific information.

Florida Sea Base. Climatic conditions at Florida Sea Base include temperatures ranging from 50 to 95 degrees, high humidity, heat index reaching to 110 degrees, and frequent, sometimes severe, afternoon thunderstorms. Activities include snorkeling, scuba diving, kayaking, canoeing, sailing, hiking, and other activities that have potential for injury. Refer to the Sea Base website for specific information.

Parte D: Notas para médicos y padres de familia sobre aventura extrema

La participación en cualquiera de las bases de aventura extrema de BSA, o en cualquier actividad de aventura extrema en terrenos campestres aislados puede ser física, mental y emocionalmente agotadora. Para estar mejor preparado, cada participante debe completar lo siguiente antes de acudir a cualquier base de aventura extrema o de participar en cualquier actividad de aventura extrema en terrenos campestres aislados:

- Completar las partes A y B del Registro Médico y de Salud Anual.
- Compartir la parte D con el proveedor de atención médica que realizará el reconocimiento.
- Someterse a un examen físico por un proveedor de atención médica/médico (MD, DO), enfermera profesional o asistente médico certificado y licenciado y que éste complete la parte C.
- Leer la siguiente información que se enfoca en riesgos específicos en la base de aventura extrema a la que acudirá.

Experiencia en las caminatas. Cada base de aventura extrema ofrece una experiencia única que implica riesgos. El personal experto dará instrucciones a todos los participantes con respecto a las medidas de seguridad que se deben seguir. Prepárese para escuchar y seguir con atención dichas medidas y a aceptar la responsabilidad por la salud y seguridad de usted y los demás.

Philmont. Cada participante debe poder cargar una mochila con un peso de entre 35 y 50 libras en un trayecto de 5 a 12 millas por día en un ambiente montañoso, silvestre y aislado con una elevación entre 6,500 y 12,500 pies. Las condiciones climatológicas del verano/otoño incluyen temperaturas de los 30 a los 90 grados, poca humedad (10 a 30 por ciento) y frecuentes, e incluso severas tormentas eléctricas por la tarde. Las actividades incluyen montar a caballo, escalar en roca, rapel, eventos desafiantes, treparse a un mástil, disparo con pólvora, tiro al vuelo de calibre 12, tiro con cartucho .30-06, senderismo, bicicleta de montaña y otras actividades que tienen posibilidades de causar lesiones.

Las condiciones climáticas invernales pueden abarcar de -20 a 60 grados. Para la Aventura Invernal, cada persona caminará, esquiará o caminará con raquetas para nieve a lo largo de senderos cubiertos de nieve jalando trineos de carga durante tres millas de distancia o más en un sendero para esquí a campo traviesa. Consulte el sitio web del Rancho Scout Philmont para obtener información específica.

Northern Tier. Cada persona debe poder cargar una mochila de 50 a 85 libras o una canoa entre media milla y dos millas varias veces al día en lugares escabrosos, pantanosos y rocosos y remar de 10 a 15 millas por día, con frecuencia con viento de frente.

Las condiciones climáticas pueden variar entre los 30 y 100 grados en el verano/otoño y de -40 a 40 grados en el invierno. Para la Experiencia Okpik, cada persona caminará, esquiará o caminará con raquetas para nieve a lo largo de senderos cubiertos de nieve o a través de lagos congelados jalando trineos de carga durante tres millas de distancia o más en un sendero para esquí a campo traviesa. Consulte el sitio web de Northern Tier para obtener información específica.

Base Marina de la Florida. Las condiciones climáticas en la Base Marina de la Florida incluyen temperaturas que van desde los 50 hasta los 95 grados, humedad elevada, e índice de calor que alcanza los 110 grados y hay frecuentes e incluso severas, tormentas eléctricas por la tarde. Las actividades incluyen snorkel, buceo, kayak, canotaje, vela, excursión, y otras actividades que pueden causar lesiones. Consulte el sitio web de la Base Marina para obtener información específica.

Risk Advisory. All of the high-adventure bases have excellent health and safety records and strive to minimize risks to participants and advisors by emphasizing appropriate safety precautions. Because most participants are prepared, are conscious of risks, and take safety precautions, they do not experience injuries. If you decide to attend Philmont, Northern Tier, Florida Sea Base, or the Summit Bechtel Reserve, you should be physically fit, have proper clothing and equipment, and be willing to follow instructions, work as a team with your crew, and take responsibility for your own health and safety.

Parents, guardians, and participants in any high-adventure program are advised that journeying to and from these bases can involve exposure to accidents, illness, and/or injury.

High-adventure staff members have been trained in first aid, CPR, and accident prevention and are prepared to assist the adult advisor in recognizing, reacting to, and responding to accidents, injuries, and illnesses as needed. Each crew is required to have at least one member trained in wilderness first aid and CPR. Medical and search-and-rescue services are provided in response to an accident or emergency.

However, response times can be affected by location, terrain, weather, or other emergencies and could be delayed for hours or even days in a wilderness setting.

Philmont. Participants and guests for Philmont activities that are conducted with limited access to the backcountry, including most Philmont Training Center conferences and family programs, should review Part D to understand potential health risks inherent at 6,700 feet in elevation in a dry Southwest environment.

High elevation; physically demanding high-adventure program in remote mountainous areas; camping while being exposed to occasional severe weather conditions such as lightning, hail, flash floods, and heat; and other potential problems, including injuries from tripping and falling, falls from horses, heat exhaustion, and motor vehicle accidents, can worsen underlying medical conditions. Philmont's trails are steep and rocky. Wild animals such as bears, rattlesnakes, and mountain lions are native and usually present little danger if proper precautions are taken. Please call Philmont (575-376-2281) if you have any questions.

Northern Tier. While participating in Northern Tier's canoeing and camping wilderness areas, life jackets must be worn at all times when on the water. Crew members travel together at all times. Emergency communications via radio, and in more remote locations by satellite phone, are provided by Northern Tier. Radio communication and/or emergency evacuation can be hampered by weather, terrain, distance, equipment malfunction, and other factors, and are not a substitute for taking appropriate precautions and having adequate first-aid knowledge and equipment. Please call Northern Tier (218-365-4811) if you have any questions.

Florida Sea Base. Several activities are offered, including snorkeling, sailing, camping, kayaking, canoeing, swimming, fishing, and scuba diving. Diving is an exciting and demanding activity. When performed correctly, it is very safe. When established safety procedures are not followed, however, there are extreme dangers. All participants will need to learn from the instructor the important safety rules regarding breathing and equalization while scuba diving. Improper use of scuba equipment can result in serious injury, so participants must be instructed to use the equipment safely under direct supervision of a qualified instructor.

Advertencia de riesgo. Todas las bases de aventura extrema tienen excelentes antecedentes de salud y seguridad y se esfuerzan por minimizar los riesgos para los participantes y asesores haciendo hincapié en las precauciones de seguridad adecuadas. Ya que la mayoría de los participantes están preparados, tienen conciencia de los riesgos y toman precauciones de seguridad, no experimentan lesiones. Si usted decide acudir a Philmont, Northern Tier, Base Marina de la Florida o Summit Bechtel Reserve, usted deberá estar en forma física, tener indumentaria y equipo adecuado, y estar dispuesto a seguir instrucciones, trabajar en equipo con su grupo y hacerse responsable de su propia salud y seguridad.

Los padres, tutores y participantes de cualquier programa de aventura extrema son notificados de que el recorrido hacia y desde dichas bases puede implicar exposición a accidentes, enfermedades o lesiones.

Los miembros del personal de aventura extrema han sido capacitados en primeros auxilios, RCP y prevención de accidentes, y están preparados para ayudar al asesor adulto a reconocer, reaccionar y responder ante accidentes, lesiones y enfermedades según sea necesario. Se requiere que cada grupo tenga por lo menos un miembro capacitado en primeros auxilios en la naturaleza y RCP. Los servicios médicos y de búsqueda y rescate son proporcionados como respuesta ante un accidente o emergencia. **Sin embargo, los tiempos de respuesta pueden verse afectados por la ubicación, el terreno, el tiempo, u otras emergencias y puede retrasarse por horas o incluso días en un entorno silvestre.**

Philmont. Los participantes e invitados de las actividades Philmont que se realicen con acceso limitado a las zonas campestres, incluyendo la mayoría de las conferencias y programas familiares en el Centro de Capacitación Philmont, deberán repasar la Parte D para entender los riesgos potenciales inherentes a los 6,700 pies de elevación en un ambiente seco del Suroeste.

La gran altitud; un programa de aventura extrema físicamente exigente en áreas montañosas remotas; acampar mientras se está expuesto a condiciones climatológicas ocasionalmente severas tales como relámpagos, granizo, inundaciones repentinas, y calor; y otros problemas potenciales, incluyendo lesiones a causa de tropezones y caídas, caídas de un caballo, golpe de calor, y accidentes de vehículos a motor, pueden empeorar condiciones médicas subyacentes. Los senderos de Philmont son empinados y pedregosos. Los animales salvajes tales como osos, víboras de cascabel y pumas son nativos de la zona y por lo general presentan poco peligro si se toman las precauciones adecuadas. Por favor, llame a Philmont (575-376-2281) si tiene preguntas.

Northern Tier. Mientras participe en las áreas silvestres de acampada y canotaje de Northern Tier, debe llevar puesto el chaleco salvavidas en todo momento que se encuentre en el agua. Los miembros del grupo viajan juntos siempre. Las comunicaciones de emergencia vía radio y en lugares más remotos por teléfono satelital, son proporcionadas por Northern Tier. La comunicación por radio y la evacuación de emergencia puede ser obstaculizada por el tiempo, el terreno, la distancia, mal funcionamiento del equipo y otros factores, y no substituyen el tomar las precauciones apropiadas y tener conocimiento y equipo adecuado de primeros auxilios. Por favor, llame a Northern Tier (218-365-4811) si tiene cualquier pregunta.

Base Marina de la Florida. Se ofrecen varias actividades incluyendo snorkel, vela, acampada, kayak, canotaje, natación, pesca y buceo. El buceo es una actividad emocionante y exigente. Cuando se realiza de forma correcta, es muy segura. Sin embargo, cuando los procedimientos de seguridad establecidos no se siguen, existen peligros extremos. Todos los participantes necesitan aprender del instructor las reglas de seguridad importantes referentes a la respiración y equalización mientras se practica el buceo. El uso inadecuado del equipo de buceo puede resultar en lesiones graves, por lo tanto, se les debe instruir a los participantes a utilizar el equipo de manera segura bajo la supervisión directa de un instructor calificado.

To scuba dive safely, participants must not be extremely overweight or in poor physical condition. Diving can be strenuous under certain conditions. Participants' respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with heart trouble, a current cold or congestion, epilepsy, asthma, or a severe medical problem, or who is under the influence of alcohol or drugs, should not dive. If taking medication, participants should consult a doctor and the instructor before participation in this program. If there is a question about the advisability of participation, contact the family physician first, then call the Sea Base at 305-664-5612.

The Sea Base health supervisor reserves the right to make medical decisions regarding the participation of individual at Sea Base.

Food. Each base offers food appropriate for the experience. If a participant has a problem with the diet described in the participant guide, please contact the high-adventure base you are considering attending.

Medications. Each participant who has a condition requiring medication should bring an appropriate supply for the duration of the trip. Consider bringing duplicate or even triplicate supplies of vital medications. People with allergies that have resulted in severe reactions or anaphylaxis must bring with them an EpiPen that has not expired.

Immunizations. Each participant must have received a tetanus immunization within the last 10 years. Recognition will be given to the rights of those Scouts and Scouters who do not have immunizations because of philosophical, political, or religious beliefs. In such a situation, the *Immunization Exemption Request* form is required.

Recommendations Regarding Chronic Illnesses. Each base requires that this information be shared with the parents or guardians and examining physician of every participant. There are no facilities for extended care or treatment; therefore participants who cannot meet these requirements will be sent home at their expense.

Staff and/or staff physicians reserve the right to deny the participation of any individual on the basis of a physical examination and/or medical history.

Adults or youth who have had any of the following conditions should undergo a thorough evaluation by a physician before considering participation at a BSA high-adventure base.

Cardiac or Cardiovascular Disease, including:

1. Angina (chest pain caused by blocked blood vessels or coming from the heart)
2. Myocardial infarction (heart attack)
3. Heart surgery or heart catheterization, including angioplasty (balloon dilation) or stents to treat blocked blood vessels
4. Stroke or transient ischemic attacks (TIAs)
5. Claudication (leg pain with exercise, caused by hardening of the arteries)
6. Family history of heart disease or a family member who died unexpectedly before age 50
7. Diabetes
8. Smoking
9. Excessive weight

Para bucear de manera segura, los participantes no deben estar extremadamente pasados de peso o tener condición física deficiente. Bucear puede ser extenuante bajo ciertas condiciones. Los sistemas respiratorio y circulatorio de los participantes deben estar en buena condición. Todos los espacios de aire del cuerpo deben ser normales y estar saludables. Una persona con problemas del corazón, un resfriado o congestión, epilepsia, asma o un problema médico severo, o que esté bajo la influencia del alcohol o drogas, no debe bucear. Si se está tomando medicamentos, los participantes deberán consultar a un doctor y al instructor antes de participar en este programa. Si hay alguna pregunta sobre la conveniencia de la participación, contacte al médico familiar primero, luego llame a la Base Marina al 305-664-5612. El supervisor de salud de la Base marina se reserva el derecho de tomar decisiones médicas con respecto a la participación de un individuo en la Base Marina.

Comida. Cada base ofrece comida apropiada para la experiencia. Si un participante tiene un problema con la dieta descrita en la guía, favor de comunicarse con la base de aventura extrema que está considerando visitar.

Medicamentos. Cada participante que tenga una condición que requiera medicamentos deberá traer consigo la cantidad apropiada para la duración del viaje. Considere traer suministros por duplicado o incluso triplicado de medicamentos vitales. Las personas con alergias que hayan resultado en reacciones severas o anafilaxia deben traer consigo una EpiPen que no haya caducado.

Vacunas. Cada participante debe haber recibido una vacuna contra el tétanos en los últimos 10 años. Se les dará reconocimiento a los derechos de aquellos Scouts o Scouters que no tienen vacunas a causa de creencias filosóficas, políticas o religiosas. En dicha situación, se requiere el formulario *Solicitud de exención de inmunización*.

Recomendaciones con respecto a enfermedades crónicas. Cada base requiere que se le comunique esta información a los padres o tutores y médico que realice el examen de cada participante. No hay instalaciones para atención o tratamiento prolongado, por lo tanto, los participantes que no puedan cumplir con dichos requisitos serán enviados a casa y deben asumir los gastos.

El personal y los médicos del personal se reservan el derecho de negarle la participación a cualquier individuo con base en el examen físico o historial médico.

Los adultos o niños que hayan tenido cualquiera de las siguientes condiciones, deberán someterse a una evaluación por parte de un médico antes de considerar participar en una base de aventura extrema BSA.

Enfermedad cardíaca o cardiovascular, incluyendo:

1. Angina (dolor de pecho causado por vasos sanguíneos bloqueados o que vienen del corazón).
2. Infarto al miocardio (ataque al corazón).
3. Cirugía de corazón o cateterismo cardíaco, incluyendo angioplastia (dilatación con balón) o stents para tratar vasos sanguíneos bloqueados.
4. Derrame cerebral o ataques isquémicos transitorios (AIT).
5. Claudicación (dolor de pierna con el ejercicio, causado por el endurecimiento de las arterias).
6. Historial familiar de enfermedad cardíaca o que un miembro de la familia haya muerto inesperadamente antes de los 50 años de edad.
7. Diabetes.
8. Tabaquismo.
9. Exceso de peso.

Participants who have a congenital heart disease or an acquired heart disease such as rheumatic fever, Kawasaki's disease, or mitral valve prolapse should undergo thorough evaluation by a physician before considering participating at a high-adventure base. The physical exertion at any of the high-adventure bases may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the first seven conditions listed above should have a physician-supervised stress test. More extensive testing (e.g., nuclear stress test) is recommended for participants who have coronary heart disease. **Even if the stress test results are normal, the results of testing done at lower elevations, without backpacks, do not guarantee safety.** If the test results are abnormal, the individual is advised not to participate.

Hypertension (High Blood Pressure). The combination of physical, mental, and emotional stress, increased exertion and/or heat, and altitude appears to cause a significant increase in blood pressure in some individuals. Occasionally, hypertension reaches such a level that it is no longer safe to engage in strenuous activity. Hypertension can increase the risk of having a stroke, heart attack, or angina. **Participants should have a blood pressure less than 140/90.** Persons with significant hypertension (greater than 140/90) should be treated and controlled before attending any high-adventure base, and should continue on medications while participating. **The goal of treatment should be to lower the blood pressure to normal levels.** Participants already on antihypertensive therapy with normal blood pressure should continue on medications. Individuals taking diuretics to treat hypertension are at increased risk for dehydration related to strenuous physical activity and should be careful to maintain good hydration during the trek.

Philmont. Each participant who is 18 years of age or older will have his or her blood pressure checked at Philmont. **Those individuals with a blood pressure consistently greater than 160/100 at Philmont may be kept off the trail until their blood pressure decreases.**

Florida Sea Base. Those taking beta-blocker medication should consider a change of medication before participating in any scuba program.

Insulin-Dependent Diabetes Mellitus. Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and to know how to adjust insulin doses based on these factors. The person with diabetes also should know how to give a self-injection. Both the person with diabetes and one other person in the group should be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and excessively low blood sugar (hypoglycemia). The person with diabetes and one other individual should know the appropriate initial responses for these conditions. An insulin-dependent person who has been newly diagnosed (within the last six months) or who has undergone a change in delivery system (e.g., insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate until better control of the diabetes has been achieved.

Los jóvenes que tengan alguna enfermedad cardíaca congénita o enfermedad cardíaca adquirida como fiebre reumática, enfermedad de Kawasaki o prolapso de la válvula mitral deberán someterse a una prueba de esfuerzo exhaustivo antes de considerar participar en una base de aventura extrema. El esfuerzo físico en cualquiera de las bases de aventura extrema puede precipitar ya sea un ataque al corazón o derrame cerebral en las personas susceptibles. Los participantes con antecedentes de cualquiera de las primeras siete condiciones enumeradas anteriormente deberán someterse a una prueba de esfuerzo supervisada por un médico. Se recomiendan pruebas más exhaustivas (por ejemplo, prueba de esfuerzo con radioisótopos) para los participantes que tengan una enfermedad coronaria. **Incluso si los resultados de la prueba de esfuerzo son normales, los resultados de la prueba realizada en elevaciones bajas, sin mochilas, no garantiza la seguridad.** Si los resultados de la prueba son anormales, se le aconseja al individuo no participar.

Hipertensión (Presión arterial alta). La combinación de estrés físico, mental y emocional, el aumento de esfuerzo y de calor, y la altura, aparentemente causan un incremento significativo en la presión arterial en algunos individuos. En ocasiones, la hipertensión alcanza tal nivel que no es seguro participar en una actividad vigorosa. La hipertensión puede incrementar el riesgo de tener un derrame cerebral, ataque al corazón o angina. **Los participantes deben tener una presión arterial normal menor de 140/90.** Las personas con una hipertensión importante (mayor a 140/90) deberán estar bajo tratamiento y su condición debe estar controlada antes de que acudan a cualquier base de aventura extrema, y deberán continuar con sus medicamentos mientras participen. **El objetivo del tratamiento debe ser disminuir la presión arterial a niveles normales.** Aquellos que ya se encuentren bajo tratamiento antihipertensivo y que tengan una presión arterial normal deberán continuar con su tratamiento. Los individuos que tomen diuréticos para tratar la hipertensión corren un mayor riesgo de deshidratación relacionada con actividad física desgastante y deberán tener cuidado de mantener una muy buena hidratación durante la excursión.

Philmont. A cada participante que tenga 18 años de edad o más se le tomará la presión en Philmont. **Aquellos individuos con presión arterial consistentemente mayor a 160/100 en Philmont serán apartados del sendero hasta que la presión arterial disminuya.**

Base Marina de la Florida. Quienes toman medicamentos beta bloqueadores deberían considerar cambiar de medicamento antes de participar en cualquier programa de buceo.

Diabetes Mellitus dependiente de insulina. El ejercicio y el tipo de alimentos que se consumen afectan la necesidad de insulina. Cualquier persona que padezca diabetes mellitus dependiente de insulina deberá ser capaz de autocontrolar su nivel de glucosa en la sangre y saber cómo ajustar las dosis de insulina con base en estos factores. Las personas con diabetes también deben saber cómo inyectarse. Tanto la persona con diabetes y otra más en el grupo debe saber reconocer los síntomas de niveles excesivamente altos de azúcar (hiperglucemia o cetoacidosis diabética) y los de niveles excesivamente bajos de azúcar en la sangre (hipoglucemia). La persona con diabetes y otra persona más deberán saber las respuestas iniciales apropiadas para dichas condiciones. Una persona dependiente de insulina que haya sido diagnosticada recientemente (en los últimos 6 meses) o que se haya sometido a un cambio en el sistema de dosificación (por ejemplo, una bomba para insulina) en el mismo periodo no deberá intentar participar. Una persona que haya sido hospitalizada frecuentemente debido a cetoacidosis diabética o que haya tenido problemas frecuentes de hipoglucemia, no deberá participar hasta que se obtenga un mejor control de la diabetes.

Philmont. It is recommended that the person with diabetes and one other individual carry insulin on the trek (in case of accident) and that a third vial be kept at the Health Lodge for backup. Bring insulin in a small insulated container. Bring enough testing equipment and supplies for the entire trip and trek. Extras are usually needed. If an individual has been hospitalized for diabetes-related illnesses within the past year, the individual must obtain permission to participate by contacting the Philmont Health Lodge at 575-376-2281.

Florida Sea Base. Persons with diabetes who are 18 years of age or older who wish to scuba dive should be assessed by a physician familiar with both hyperbaric issues related to diabetes and medications used for the control and treatment of diabetes. Persons 18 years old or older who are determined to be candidates for scuba diving must submit four hemoglobin A1c (HbA1c) tests, each with HbA1c values less than 7, taken within the previous 12 months. Any test within the past 12 months with an HbA1c value greater than 7 disqualifies a person from scuba diving as part of a BSA activity.

Persons less than 18 years of age with Type 1 diabetes will not be allowed to scuba dive. Persons under the age of 18 who control their diabetes with exercise and diet (no medications) and can provide three sequential hemoglobin tests with HbA1c values less than 6 may be approved to scuba dive.

Seizures (Epilepsy). A seizure disorder or epilepsy does not exclude an individual from participating at a high-adventure base. However, the seizure disorder should be well-controlled by medications. A minimum one year seizure-free period is considered to be adequate control. Exceptions to this guideline may be considered on an individual basis, and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew.

Florida Sea Base. Any seizure activity within the past five years, regardless of control and/or medication, disqualifies an individual from participation in any scuba program. A person with a history of seizure activity who has been asymptomatic AND medication-free for five years, as evidenced by a physician, will be allowed to dive.

Asthma. Asthma should be well-controlled before participating at any high-adventure base. Well-controlled asthma means: 1) the use of a rescue inhaler (e.g., albuterol) less than once daily; 2) no need for nighttime treatment with a rescue inhaler (e.g., albuterol). Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You must meet these guidelines in order to participate. You may not be allowed to participate if: 1) you have exercise asthma not controlled by medications; or 2) you have been hospitalized or have gone to the emergency room to treat asthma in the past six months; or 3) you have needed treatment with intravenous, intramuscular, or oral steroids (prednisone) in the past six months. *You must bring an ample supply of your medications and a spare rescue inhaler that are not expired.* At least one other member of the crew should know how to recognize signs of worsening asthma or an asthma attack, and should know how to use the rescue inhaler. **Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.**

Philmont. Se recomienda que la persona con diabetes y otra persona más lleve consigo insulina en el recorrido (en caso de un accidente) y que una tercera ampolleta sea guardada en el pabellón médico como reserva. Lleve la insulina en un pequeño recipiente aislante. Lleve suficientes suministros de prueba para el viaje y el recorrido. Normalmente se requieren adicionales. Si un individuo ha sido hospitalizado por enfermedades relacionadas con la diabetes en el último año, el individuo debe obtener permiso para participar llamando al Pabellón médico de Philmont al 575-376-2281.

Base Marina de la Florida. Las personas con diabetes que tengan 18 años de edad o más que deseen bucear, deberán ser evaluados por un médico familiar en temas hiperbáricos relacionados con la diabetes, como medicamentos utilizados para el control y tratamiento de la diabetes. Las personas de 18 años de edad o más que sean determinadas como candidatos para bucear, deben remitir cuatro pruebas de hemoglobina A1c (HbA1c), cada una con valores HbA1c menores a 7, tomadas dentro de los 12 meses anteriores. Cualquier prueba dentro de los últimos 12 meses con un valor HbA1c mayor a 7 descalifica a dicha persona de bucear como parte de una actividad BSA.

Las personas menores de 18 años de edad con diabetes Tipo 1 no podrán bucear. Las personas menores de 18 años que controlan su diabetes con ejercicio y dieta (no medicamentos) y que puedan proporcionar tres pruebas secuenciales de hemoglobina con valores HbA1c menores a 6, pueden ser aprobadas para bucear.

Convulsiones (Epilepsia). Las convulsiones o epilepsia no excluyen a un individuo de participar en una base de aventura extrema. Sin embargo, la enfermedad debe estar bien controlada con medicamentos. Se considera como bajo control cuando existe un periodo mínimo de un año sin convulsiones. Se pueden considerar excepciones a estos lineamientos según cada caso individual y se basará en el tipo específico de convulsión y la posibilidad de riesgo para el individuo y a los otros miembros del grupo.

Base Marina de la Florida. Cualquier convulsión dentro de los últimos cinco años, sin importar el control o el medicamento, descalifica a un individuo de participar en cualquier programa de buceo. Una persona con antecedentes de convulsiones que ha estado sin síntomas Y sin medicamentos por cinco años, según lo acredite un médico, podrá bucear.

Asma. El asma deberá estar bien controlada antes de participar en cualquier base de aventura extrema. Un asma bien controlada significa: 1) el uso de un inhalador de rescate (por ejemplo, albuterol) menos de una vez al día; 2) no tener la necesidad de tratamiento durante la noche con un inhalador de rescate (por ejemplo, albuterol). El asma bien controlada puede incluir el uso de broncodilatadores de larga duración, esteroides inhalados o medicamentos orales como Singulair. Usted debe cumplir con los siguientes lineamientos a fin de participar. No se le permitirá participar si: 1) tiene asma por ejercicio que no se previene con medicamento; ó 2) ha sido hospitalizado o ha acudido a urgencias para tratamiento contra el asma en los últimos seis meses; ó 3) ha necesitado tratamiento con esteroides intravenosos, intramusculares u orales (prednisona) en los últimos seis meses. **Debe llevar consigo suficientes suministros del medicamento e inhaladores de rescate de repuesto que no hayan caducado.** Por lo menos otro miembro del grupo debe saber cómo reconocer las señales de empeoramiento de asma o un ataque de asma y deberá saber cómo utilizar el inhalador de rescate. **Cualquier persona que haya necesitado tratamiento para el asma en los últimos tres años, debe llevar consigo un inhalador de rescate durante el recorrido. Si no trae uno, debe comprarlo antes de que se le permita participar.**

Florida Sea Base. Persons being treated for asthma (including reactive airway disease) are disqualified from BSA scuba programs. Persons with a history of asthma who have been asymptomatic and have not used medications to control asthma for five years or more may be allowed to scuba dive as part of a BSA activity upon submission of evidence from their treating physician. Persons with a history of asthma who have been asymptomatic and have not used medication to control asthma for less than five years may be allowed to scuba dive as part of a BSA activity upon submission of a methacholine challenge test showing the asthma to be resolved.

Allergy or Anaphylaxis. *Persons who have had an anaphylactic reaction from any cause must contact the high-adventure base before arrival. If you are allowed to participate, you will be required to have appropriate treatment with you.* You and at least one other member of your crew must know how to give the treatment. If you do not bring appropriate treatment with you, you will be required to buy it before you will be allowed to participate.

Recent Musculoskeletal Injuries and Orthopedic Surgery. Every participant will put a great deal of strain on feet, ankles, and knees due to negotiating steep, rocky trails with a backpack; paddling and portaging heavy gear over irregular terrain; or climbing into and out of a boat. Therefore, individuals with significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last 6 months must have a letter of clearance from their orthopedic surgeon or treating physician to be considered for approval to participate. Permission is not guaranteed. A person with a cast on any extremity may participate only if approved by the high-adventure base. **Ingrown toenails are a common problem and must be treated 30 days prior to arrival.**

Psychological and Emotional Difficulties. A psychological disorder does not necessarily exclude an individual from participation. *Parents and advisers should be aware that no high-adventure experience is designed to assist participants in overcoming psychological or emotional problems. Experience demonstrates that these problems frequently become magnified, not lessened, when a participant is subjected to the physical and mental challenges of a remote wilderness setting.* Any condition should be well-controlled without the services of a mental health practitioner.

Under no circumstance should medication be stopped immediately prior to participation, and medication should be continued throughout the entire high-adventure experience. Participants requiring medication must bring an appropriate supply for the duration of the trip.

Weight Limits. Weight limit guidelines are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems, and injury. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. These guidelines are to be in use for all Scouting high-adventure bases and high-adventure backcountry activities.

Philmont. Each participant in a Philmont trek must not exceed the maximum acceptable limit in the weight chart shown below. The right-hand column shows the maximum acceptable weight for a person's height in order to participate in a Philmont trek.

Base Marina de la Florida. Las personas que reciben tratamiento para el asma (incluyendo enfermedad reactiva de las vías respiratorias) son descalificadas de los programas de buceo BSA. Las personas con antecedentes de asma que no han tenido síntomas y que no han usado medicamentos para el control del asma durante cinco años o más, pueden bucear como parte de una actividad BSA una vez que remitan evidencia de su médico. Las personas con antecedentes de asma que no han tenido síntomas y que no han usado medicamentos para el control del asma durante menos de cinco años, pueden bucear como parte de una actividad BSA una vez que remitan una prueba de metacolina que muestre que el asma ha sido resuelta.

Alergia o anafilaxia. *Las personas que han tenido una reacción anafiláctica por cualquier causa, deben contactar a la base de aventura extrema antes de llegar. Si a usted le han permitido participar, se le requerirá que tenga el tratamiento adecuado con usted.* Usted y por lo menos otro miembro de su grupo debe saber cómo administrar el tratamiento. Si usted no trae consigo el tratamiento apropiado, se le requerirá que lo compre antes de que se le permita participar.

Lesiones musculoesqueléticas recientes y cirugía ortopédica recientes. Cada participante ejercerá una gran cantidad de presión en los pies, tobillos y rodillas a causa del efecto de andar por un terreno empinado y senderos escabrosos cargando una mochila; remando y cargando equipo pesado sobre terreno irregular; o al subirse y salir de una embarcación. Por lo tanto, los individuos con problemas musculoesqueléticos (incluyendo problemas de la espalda) o lesiones/cirugías ortopédicas en los últimos seis meses, deben tener una carta de autorización por parte de su cirujano ortopeda o médico tratante para que sea considerado para aprobación para participar. El permiso no se garantiza. Una persona con un yeso en cualquier extremidad puede participar sólo si lo aprueba la base de aventura extrema. **Las uñas encarnadas son un problema común y deben tratarse un mes antes del evento.**

Trastornos psicológicos y emocionales. *Los trastornos psicológicos no necesariamente excluyen a una persona de la participación. Los padres y consejeros deben estar conscientes de que ninguna experiencia de aventura extrema está diseñada para ayudar a contrarrestar problemas psicológicos o emocionales. La experiencia demuestra que estos problemas generalmente aumentan, no disminuyen cuando un participante se somete a los desafíos físicos y mentales de un ambiente remoto y silvestre.* Cualquier condición debe estar bien controlada sin los servicios de un profesional del cuidado de la salud mental. **Bajo ninguna circunstancia se debe suspender el medicamento inmediatamente antes de participar, y el medicamento deberá continuarse durante la totalidad de la experiencia de aventura extrema.** Los participantes que necesiten medicamento deben llevar la cantidad adecuada para la duración del viaje.

Límites de peso. Las reglas de límite de peso son utilizadas ya que los individuos con exceso de peso corren mayor riesgo de ataque al corazón, presión arterial elevada, derrame cerebral, enfermedades de altitud, trastornos del sueño y lesiones. Quienes están dentro de los límites tienen más posibilidades de tener una excursión placentera y evitar incurrir en riesgos de salud. Estos lineamientos deben utilizarse en todas las bases Scouting de aventura extrema y actividades de aventura extrema en terrenos aislados.

Philmont. Cada participante en una excursión en Philmont no debe exceder el límite máximo aceptable en la tabla de peso que se muestra a continuación. La columna a la derecha muestra el peso máximo aceptable para la estatura de una persona a fin de poder participar en una excursión en Philmont.

Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the Philmont medical recheck WILL NOT be permitted to backpack or hike at Philmont. They will be sent home. For example, a person 70 inches tall cannot weigh more than 226 pounds. All heights and weights will be measured in stocking feet.

For participants under 21 years of age who exceed the maximum acceptable weight for height, the Philmont physicians will use their best professional judgment in determining participation in a Philmont trek.

Philmont will consider up to 20 pounds over the maximum acceptable as stated on the chart; however **exceptions are not made automatically, and discussion in advance with Philmont is required regarding any exception to the weight limit for persons under 21 years of age.** Philmont's telephone number is 575-376-2281.

Under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs. This requirement is necessary due to rescue equipment restrictions and for the safety of search-and-rescue personnel.

The maximum weight for any participant in a Cavalcade Trek and for horse rides is 200 pounds.

Participants and guests in Philmont activities, including most Philmont Training Center conference and family programs, who *will* participate in limited backcountry access during their visit must not exceed the maximum acceptable limit in the weight chart.

Northern Tier. Each participant in a Northern Tier expedition should not exceed the maximum acceptable weight for height in the table shown on the Annual Health and Medical Record form. Those who fall within the recommended weight limits are much more likely to have an enjoyable trek and avoid incurring injuries and health risks. Extra weight puts strain on the back, joints, and feet. The portage trails can be very muddy, slippery, and rocky, and present a potential for tripping and falling. We also strongly recommend that no participant be less than 100 pounds in weight. Extremely small participants will have a very difficult time carrying canoes and heavy packs.

Canoes' loads are another important reason to limit participant weight. Northern Tier assigns three people to a canoe. The total participant load per canoe must not exceed 600 pounds, or an average of 200 pounds per participant. Northern Tier does not permit individuals exceeding 295 pounds to participate in high-adventure programs.

Florida Sea Base. Any participant or advisor who exceeds the maximum weight limits on the weight chart may want to reconsider participation in a Sea Base high-adventure program. Anyone who exceeds these limits is at extreme risk for health problems. Participants who fall within the guidelines are more likely to have an enjoyable program and avoid incurring health risks. The absolute weight limit for our programs is 295 pounds.

Los participantes de 21 años de edad o más que excedan el límite de aceptación máxima de peso correspondiente a su altura en la revisión médica en Philmont, NO podrán excursionar o ir de expedición con mochila en Philmont. Serán enviados a casa. Por ejemplo, una persona de 70 pulgadas de estatura no puede pesar más de 226 libras. Todas las estaturas y pesos serán medidos con calcetines puestos.

Para los participantes menores de 21 años que excedan el límite de aceptación máxima de peso correspondiente a su altura, los médicos de Philmont utilizarán su mejor juicio profesional para determinar la participación en un recorrido en Philmont. Philmont considerará hasta 20 libras sobre la aceptación máxima tal como se establece en la tabla; sin embargo, **las excepciones no se realizan automáticamente, y se requiere un análisis por adelantado con Philmont con respecto a cualquier excepción al límite de peso para personas menores de 21 años de edad.** El teléfono de Philmont es 575-376-2281.

Bajo ninguna circunstancia se le permitirá a ningún individuo que pese más de 295 libras participar en los programas en las áreas campestres. Este requisito es necesario debido a las restricciones del equipo de rescate y por la seguridad del personal de búsqueda y rescate.

El peso máximo para cualquier participante en el Sendero Cavalcade y para montar a caballo es 200 libras.

Los participantes e invitados de las actividades Philmont, incluyendo la mayoría de las conferencias y programas familiares del Centro de Capacitación Philmont que *participarán* en zonas campestres con acceso limitado durante su visita, no deben exceder el límite máximo aceptable en la tabla de peso.

Northern Tier. Cada participante en una expedición en Northern Tier no deberá exceder el peso máximo aceptable correspondiente a su estatura según la tabla que se muestra en el Registro Médico y de Seguridad Anual. Aquellos que entran en los límites de peso recomendables tienen mayor posibilidad de tener un trayecto agradable y evitar incurrir en lesiones y riesgos de salud. El exceso de peso causa estragos en la espalda, articulaciones y pies. Los senderos para trasladar embarcaciones pueden ser fangosos, resbalosos y pedregosos, y presentar riesgos de tropezones y caídas. Asimismo, recomendamos encarecidamente que no haya participantes que pesen menos de 100 libras. Los participantes extremadamente pequeños tendrán dificultad para cargar canoas y mochilas pesadas.

Las cargas de las canoas son otra razón importante para limitar el peso. Northern Tier asigna tres personas por canoa. La carga total de los participantes por canoa no debe exceder 600 libras, o un promedio de 200 libras por participante. Northern Tier no permite a los individuos que excedan 295 libras que participen en programas de aventura extrema.

Base Marina de la Florida. Cualquier participante o consejero que exceda los límites máximos de peso en la tabla quizá quiera reconsiderar su participación en el programa de aventura extrema en una Base Marina. Cualquiera que exceda dichos límites está en riesgo grave de tener problemas de salud. Los participantes que entran en los lineamientos tienen más posibilidades de disfrutar del programa y evitar incurrir en riesgos de la salud. El peso límite absoluto para nuestros programas es 295 libras.

Summit Bechtel Reserve. The Summit Bechtel Reserve offers many types of activities that can be physically demanding, including rock climbing, mountain biking, white-water rafting, zip-line canopy tours, and more. Due to the mountainous terrain and remote location, there are safety precautions that must be followed. Check the Summit's website for more specific information: <https://summit.scouting.org/en/Pages/default.aspx>. Please contact the Summit Bechtel Reserve at 304-250-6750 if you have any questions.

Summit Bechtel Reserve. Este lugar ofrece muchos tipos de actividades que pueden ser físicamente exigentes, incluyendo escalada en roca, ciclismo de montaña, descenso en ríos, recorridos en tirolesa y mucho más. Debido a los terrenos montañosos y ubicación remota, se deben seguir precauciones de seguridad. Consulte el sitio web de Summit para obtener información más específica: <https://summit.scouting.org/en/Pages/default.aspx>. Favor de contactar a Summit Bechtel Reserve al 304-250-6750 si tiene más preguntas.

Height (inches) Estatura (pulgadas)	Recommended Weight (lbs) Peso recomendado (libras)	Allowable Exception Excepción permitida	Maximum Acceptance Aceptación máxima
60	97-138	139-166	166
61	101-143	144-172	172
62	104-148	149-178	178
63	107-152	153-183	183
64	111-157	158-189	189
65	114-162	163-195	195
66	118-167	168-201	201
67	121-172	173-207	207
68	125-178	179-214	214
69	129-185	186-220	220
70	132-188	189-226	226

Height (inches) Estatura (pulgadas)	Recommended Weight (lbs) Peso recomendado (libras)	Allowable Exception Excepción permitida	Maximum Acceptance Aceptación máxima
71	136-194	195-233	233
72	140-199	200-239	239
73	144-205	206-246	246
74	148-210	211-252	252
75	152-216	217-260	260
76	156-222	223-267	267
77	160-228	229-274	274
78	164-234	235-281	281
79 & over 79 y más	170-240	241-295	295

This table is based on the revised Dietary Guidelines for Americans from the U.S. Dept. of Agriculture and the Dept. of Health & Human Services. Esta tabla está basada en la revisión de las Directrices dietéticas para estadounidenses del Departamento de Agricultura y del Departamento de Salud y Servicios Humanos de los EE.UU.

PERMISSION TO POSSESS & USE EPINEPHIRINE AUTO-INJECTOR AND/OR ASTHMA INHALER FOR EMERGENCY CARE

ATTENTION PARENTS/GUARDIANS: This form must be completed in its entirety and signed by a parent/guardian AND physician in order for your child to carry an Epi-Pen and/or asthma inhaler with him/her while at camp.

THIS SECTION TO BE COMPLETED AND SIGNED BY PHYSICIAN:

Camper's Name: _____

Diagnosis requiring Epi-Pen/asthma inhaler: _____

Are there any other medical conditions? YES NO

If YES, please list: _____

The following is about the medication and must include:

Date of order: ____ / ____ / ____ (MM/DD/YY)

Name/dose/route of medication: _____

Frequency/time of medication: _____

Does camper need assistance with administration of medication? YES NO

If YES, please describe what type of assistance is needed: _____

Specific recommendations for administration (what type of symptoms would indicate need for administration of this medication?):

List any special side effects, contra-indications and/or adverse reactions to be observed if the medication is administered: _____

List any adverse reactions that may occur to another child, for whom the above medication is not prescribed, should he or she

receive a dose of the medication: _____

As the child's physician, I give permission for this child to possess and use:

EPINEPHRINE AUTO-INJECTOR

ASTHMA INHALER

This child has the knowledge and skills to safely possess and use the identified medication in a camp setting.

Physician's Signature: _____ Date: ____ / ____ / ____

Physician's Name (printed): _____

Physician's Business Phone #: (____) _____ Physician's Emergency Phone #: (____) _____

Physician's Address: _____ USA

Street

City

State

ZIP

Country

THIS SECTION TO BE SIGNED BY PARENT/GUARDIAN:

I hereby give permission for the above-named camper to keep the above-named medication in his/her possession while attending a Southwest Florida Council camp. I will also provide a second Epi-Pen and/or asthma inhaler that, **by law**, must be kept at the health office for emergencies.

Parent/Guardian Signature: _____ Date: ____ / ____ / ____