

# Thunderbird District Cub Scout Day Camp 2010



## **DAY CAMP 2010**

Dates: June 28<sup>th</sup> – July 2<sup>nd</sup>  
South View Golf Course  
16001 S 71 Hwy  
Belton, MO 64012

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## What Is A Walking Leader?

Heart of America Council



Boy Scouts of America

### **WALKING DEN LEADER**

#### **Job Description / Day Camp Volunteer Agreement**

##### **The Walking Den Leader shall:**

- Be a person 21 years of age or older. Current registration in the Boy Scouts of America is preferred.
- Observe camp rules and regulations.
- Be youth protection trained.
- Control/discipline your den at all times.
- Attend district walking leader orientation training.
- Serve as an assistant when at the activity.
- Complete daily attendance and report to registrar.
- Have the Scouts at their activity on time.
- See that Scouts follow the Cub Scout promise to "Do Your Best".
- Build den spirit through songs, yells, etc.
- Notify the camp directors of any problems.
- Be an example of the "Cub Scouting Way".
- Accompany camper to first aid station for any medications.
- Report any injuries to First Aid immediately.
- Insure that none of your boys are carrying knives or matches.
- Always have at least 1 youth protection trained adult at camp daily, and insure two-deep leadership at all times.
- Have completed health form on file.

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Signature/Date

The Heart of America Council requires a roster of the boys registered for Day Camp. The roster must include the boy's name & address as listed on your charter. We suggest you turn this in when you register your pack for camp & pay the fees. It is REQUIRED this information be provided 30 days prior to camp. If additional boys sign up for camp at a later date, their information needs to be sent with their camp fee(s).

### Registration:

All boys attending day camp must be registered members of the Pack, and listed on the Pack Charter. We suggest you try to get a current copy of your Pack's charter and Highlight each boy attending Day Camp, then send it to Council. For any boy not shown on the roster, copy his registration form and attach it to the charter copy. Be sure your "sign-in" sheet lists the name of the boy AS IT IS PRINTED ON THE CHARTER!!!

We try plan your "activity group" by the number of boys you have registered for camp. We preplan to keeps groups equally sized (approximately 25 per group this year). If your group is larger, you will need to decide how to divide them. We want you to bring as many of your Cubs as you can; but, please - let us know if your numbers change after your initial registration. It is EXTREMELY unfair to a Pack who has done "their best" to divide their boys to end up in a group larger than the actual amount of boys they brought.

ANYTIME you change the number of boys your Pack is bringing, PLEASE update your Camp Director immediately!

Sometimes smaller packs join together in order to meet the leadership requirements. You MUST inform the Director of this decision. You still register as separate packs.

### PRE-CAMP INFORMATION PACK COORDINATORS:

The packs camp coordinator is responsible for all communications between the Day Camp and the pack, so it is very important to us to know who the pack coordinator is at all times. Coordinators should be aware that all leaders (with exceptions of Den Chiefs) must be 18 years old, or older. All youth under 18, must be registered members of the BSA. It is recommended that there be 1 ADULT leader for EVERY 5 boys. There MUST be 2 adult leaders with a group at all times, no matter how few boys you may have, and one of these two MUST be certified in Youth Protection Training (an online training link is available on this websites HOME PAGE).

### HEALTH FORMS:

Please try to put the last name first on the health form to help us with our filing. Please make sure these forms are filled out legibly.

A complete health form is required for EVERYONE attending camp. This includes any persons stepping foot onto the campgrounds at any time after camp has officially started, until camp is officially dismissed for the week.

PLEASE, do not leave any blank lines on any health form; we can't tell if you accidentally left out important information. The simple words "no" or "none" can save us a lot of time processing your forms. Make sure forms are filled out LEGIBLY (either hand printed or typed). Before

turning in forms, the pack coordinator needs to check that they are complete and signed. These health forms are good for 3 (three) years. Please be sure parents have a copy.

**EMERGENCY CONTACT PEOPLE listed on the health form MUST BE AVAILABLE in case of emergency!!** This contact person must be physically able to come to camp if necessary. They need to know how to get to camp and have access to a vehicle to get them to camp!! Their cell phone or alternative phone number MUST be available.

Completed Health forms are to be turned into the Camp Director by **June 1<sup>st</sup>, 2010** (earlier is preferred)

**NO CAMP SHIRT WILL BE ISSUED WITHOUT A COMPLETED HEALTH FORM ON FILE WITH THE CAMP DIRECTOR.** (This is a new policy through Council, but something our day camp has required for years.)

Shirt size requests will be filled in the order of completed health forms AND paid registration turned in, while supplies last. After that, you get what we got.

### **PERMISSION SLIPS:**

It is recommended that the Pack Coordinator have parental agreement for the transportation and supervision of the boys you are responsible for during day camp. This should include a daytime phone number in case you need to contact a parent while away from camp. The Pack Coordinator keeps this information, not the camp. Many Packs copy the health form in case of an emergency.

### **DAILY ATTENDANCE SHEETS:**

The Daily Attendance Sheets are forms for listing the adults, den chiefs, and boys that plan on being in camp at anytime (other than "campfire"). It is very important that the original sheets are used. ALL Daily Attendance Sheets copies must be kept at camp administration.

Daily Attendance Sheets should be filled out alphabetically, last name first, having one line per boy or adult. Separate boys from leaders (indicate Den Chiefs.) DO NOT list a staff or youth staff member on your roster unless they are actually walking with the unit sometime during the week. Do NOT indicate what days that you expect the adults to be attending camp on the Daily Attendance Sheet. There is no need to indicate what year a camper the boy is, nor do you need to separate by dens. Fill out the Daily Attendance Sheet as a PACK. Please type or print clearly. Use as many sheets as necessary - all adults should be listed on one sheet indicated as the LEADER page.

BEFORE returning the original Daily Attendance Sheets to the camp director, you should make 6 copies of each sheet. Keep the copies and use one set each day as your check in sheet. Return the original Daily Attendance Sheets, along with health forms by June 1st, 2010. (If you are waiting on one or two boys, turn in the rest and add them later.)

### **PARKING:**

Parking will be VERY tight, so carpool as much **as legally possible**. Please, try to arrive early Monday with plenty of patience, so we can squeeze as many cars in as possible. But, please

allow us to get our heads on straight before trying to check in.

### **DAILY CHECK IN:**

Before heading to camp, be sure you have every boy accounted for and/or the reason he is not with you. We HIGHLY suggest you get the boys "buckled up", and THEN do a head count of the ENTIRE pack. This helps reduce the possibility of arriving at camp without "little Davey", because you thought he was in the other car, and that driver thought he was with you. When actually, he had wandered off following a butterfly and is now at the church, alone and scared. The Pack Coordinator should take attendance and mark your daily copy indicating who is in camp. If a boy is absent, indicate by marking "A". You must have an explanation of why a boy is absent. (See below)

Only one adult is needed to turn in this sheet to the registrar, all other leaders and boys may go to your den home. Daily Attendance Sheets must be turned in BEFORE opening flag ceremony. Checking out will only be AFTER closing flag ceremony. You are expected to be at flag ceremonies with your Pack - NOT standing in line at administration. Late arrivals must check in at administration and be added to the check-in sheet. A staff member will escort the boy to his group.

### **REQUIRED BY BSA COUNCIL!!!**

Our first priority is the safety and protection of the youth attending our camp. As parents, we are certain you also want this for your son.

PLEASE read the following carefully, and understand it thoroughly. If you have a question, call your camp director - Kay Duncan at 524-7441 BEFORE camp begins June 28th, 2009.

#### **EARLY RELEASE**

No youth will be allowed to leave camp with ANYONE other than the adult(s) who are the designated camp leaders of the group (as shown on attendance sheet), without the following information filed during the daily sign-in (please print):

Pack # \_\_\_\_\_ Boys name \_\_\_\_\_ SS # \_\_\_\_\_

Date and time of early release: \_\_\_\_\_

Reason for leaving: \_\_\_\_\_

Name of adult picking boy up \_\_\_\_\_ SS# \_\_\_\_\_

Signature of adult picking boy up \_\_\_\_\_

SIGNATURE of legal guardian \_\_\_\_\_ Date \_\_\_\_\_

Official release sheets will be available at camp set-up.

The permission slip and IDENTIFICATION are required before a youth may leave camp early. Please inform adults to have their photo identification ON THEIR PERSON before we will release a child into their custody.

VERIFICATION of ABSENTEES or "no shows" is also a REQUIRED. We must know why a boy is not at camp, and know that the parent is aware of the fact that the child is not under our supervision.

When advising parents about day camp, **BE CERTAIN they know your PACK number!** Many do not understand that this is how we track their son at camp, and only can tell us his den meeting is at the 'brown house'.

## **GENERAL INFORMATION**

CAMP UNIFORM:

### **BOYS:**

- **2010 Day Camp T-shirt REQUIRED** - to be worn EACH day, it's how we know he belongs Onsite
- **nametag REQUIRED** (more information further into book)
- **shorts or jeans**
- **tennis shoes and socks** (NO sandals allowed)
- **hat** (wide brims help prevent sunburn)
- **5 gal. "pickle" bucket with lid** (this can/will be used to carry activity items throughout the camp, and also provide a seat at each activity. They can be awkward for the smaller boys. Feel free to ask around for other suggestions)
- **drinking water**

### **ADULTS:**

- **Your own T-shirt** (NO tobacco, alcohol logos or other inappropriate designs)
- **Shorts or jeans**
- **tennis shoes & socks** (NO sandals)
- **nametag REQUIRED** (**These are wristbands that change daily**. This is done to assure no "unauthorized" adults are walking around camp. Write your name & pack # on them with a "Sharpie" marker.)
- **Hat** (optional - but STRONGLY recommended)
- **drinking water**
- **a spare set of car keys kept in the den home or camp trailer**
- **NO short-shorts, halter tops, other types of "questionable" clothing allowed.**

Women - do not go bra-less, Men - wear a shirt.

Cub Scout Day Camp is ABSOLUTELY NOT the place for any improper kind of attire, and if you choose to wear it, you will be asked to change, or leave camp. We strongly urge the adults to stay away from wearing white or pastel colored shirts due to the fact that if the shirt were to get wet (rain, sweat, mist bottles, etc.) it can be quite revealing.

### **LOOK FOR SUNSHINE - BE PREPARED FOR RAIN:**

No wind, nor hail, nor rain will dampen our spirits. Camp will NOT be canceled due to normal rain. Just bring your rain gear and continue as scheduled, we will notify you of any necessary program changes. (Trash bags make a great disposable poncho.)

### **NAMETAGS:**

Each boy will receive a leather rounder and a multi-colored shoestring. We hope to have all of these pre-made for you. A sample will definitely be included in every pre-camp package. If you need to assemble one, just fold the shoestring in half - put the ends thru the smooth side of the rounder, past the smooth side, and thru the bottom hole. Once you have adjusted this to fit the boy, tie a knot above the leather rounder to prevent it from sliding up and choking the boy.

On the rough side (PRINTED neatly by an adult) should be the Pack # and the Cub's first and last name (as shown on his health form/sign-in sheet/pack charter). If this information is written on the smooth side, it will wipe off!

Name tags are the responsibility of each pack coordinator. Nametags should NEVER be worn outside of camp. This is to prevent chances of child abduction.

### **SWAPS:**

'SWAPS' are keepsakes HANDMADE by your boys and swapped with other boys outside of your pack. This is not a required activity, but will help promote getting to meet more boys.

Swaps should either have a hole so they can be worn on boys lanyard, or a safety pin to attach to boys hats. Keep it small so there is room to collect a lot!!

### **OFF LIMIT AREAS:**

There are areas in camp which are "off limits" to campers for safety reasons. They will be marked by flagging and/or signs. PLEASE observe these areas, and teach your boys to respect them.

The area between our storage area and the Administration/First Aid shelter stores a lot of our supplies and can be extremely cluttered. We ask that you not use this as a "short-cut" to activities. We do not rope it off because we must be in & out of this space frequently and would set a bad example if the boys were to see us constantly "breaking the rules".

## **TAKE AWAY ONLY MEMORIES - LEAVE ONLY FOOTPRINTS:**

It is your camp - Be PROUD of it! Keep it clean! Keep a trash bag in your den home and take trash home nightly. Be especially aware of left-over food scraps, it will attract animals after you leave and could damage your area.

### **DEN HOME:**

This is your shelter where you gather in the morning, at lunch, and in the afternoon before closing.

We encourage you to decorate it according to the 2010 theme, Centennial Luau.

(Veteran walking leaders have provided us with the following helpful hints.)

-Highlight the ropes of your shelter with colored markers like yellow trash bag strips - at the stake, in the middle, and at adult eye level. (this is for everyone's safety)

-Have a water jug and some other drink like Gatorade or Kool-aid Cooler. Keep it cold by freezing a pop bottle or milk jug of water for ice. Put one in your water jug. As it melts, you have additional cold water. You will also need a cooler to store lunches in.

-You will want a tarp/blanket or table/chair for the den home.

-A Hand Washing Station can be made from a milk jug of water & a bar of soap in pantyhose OR bring Pyrell or Wet Wipes.

-It gets HOT at camp. It is a good idea for LEADERS to have spray bottles or mist bottles to spray the boys down, especially while waiting for instructions or at ceremony. The boys have a tendency to waste the water. (Note from Camp Director - our "in camp" accessible water sources are for DRINKING water ONLY! Please bring "recreational water" from home to replenish your supply. Personally I love getting misted or sprayed, but drinking water is a priority for the health & safety of everyone at camp.)

-Sun tan lotion & bug spray should be applied by parents before coming to camp, and re-applied by leaders ONLY. Keep these stored inside of zip lock bags in your pickle bucket. NO AEROSOL CANS allowed. (Skintastic & Avon's Skin So Soft seems to be favorites.) If a boy absolutely insists he does this himself, MAKE HIM WASH HIS HANDS IMMEDIATELY after applying. Boys will rub their eyes or mouth and you will get to walk all the way to the First Aid Station for treatment.

-Other helpful items are: trash bags, a hammer, scissors, tape (masking &/or duck), pen or marker, paper towels, a container like Rubbermaid or camp box to keep supplies in, and a wagon to haul supplies.

The Den Home Area is a place for QUIET activities. The many shelter ropes provide hazards to boys. Flying discs and balls also cause injury to boys in other homes who were unaware of a game being played. If you MUST be active, please do it away from the den home community. We will try to provide a designated area to release excess energy.



## **CAMP SECURITY:**

We have never had an incident of vandalism. You may leave your "basic" supplies at camp if you wish. HOWEVER, the camp is not responsible for any damage to, or loss of, property.

## **TRANSPORTATION:**

The National policy of the BSA states "every boy MUST have a seat, with seat belt on". The transportation of boys in the bed of a pickup truck, camper, trailer, is prohibited. This policy will be strictly enforced. (For some odd reason, school buses are exempt from the seat belt requirement.)

**PARKING is in designated areas ONLY.** There will be staff to help you park, PLEASE respect their instructions.

## **LOST & FOUND:**

Any articles found not belonging to you, please return to the administration area and hang on "clothesline". If you have lost something, check there. We are not responsible for any misplaced items! Leave valuables at home. Be sure to mark names and pack number on everything that can be separated from the boys (and adults).

## **LUNCH TIME:**

**Each person is responsible for bringing their own lunch.** Adult leaders need to provide a cooler with ice to keep the group's lunches cold.

Please - no mayonnaise, fish, or other foods that spoil easily. Don't forget your lunch time drink, and water.

Concentrated drink mix will NOT be provided. It is the leader's responsibility to bring beverages for lunch. Soda pop is not recommended, but not forbidden. Water is the best drink to provide, but not the most favorite of the boys.

A 30 minute rest period after lunch is required by law. We try to provide noon guests but they are getting harder to find. Be prepared to quietly entertain your boys after lunch.

## **OPENING & CLOSING CEREMONIES:**

Packs are offered the opportunity of conducting a patriotic opening or closing flag ceremony, or an opening, closing, or noontime song. If you wish to participate, you need to sign your group up no later than the Sunday set-up of camp. (If you are doing a song, please have the title, so we do not duplicate.) Unfortunately, we have twice as many packs as we have "performing spots". It will be a first- come, first - served; type of decision as to who does what.

**Valuable information is announced at the ceremonies, so it is important you attend daily.**

**PLEASE DO NOT COME TO OPENING CEREMONIES BEFORE 9 AM! IT WILL BE HOT, AND WE'D LIKE TO KEEP THE BOYS OUT OF THE SUN AS MUCH AS POSSIBLE!**

## **FLAG ETIQUETTE**

The flag will fly each day in Day Camp, even during rain. (Our flag is nylon and therefore is allowed to fly during rain.) All Cubs, Den Chiefs, Leaders AND STAFF are expected to be present at flag raising and lowering ceremonies.

### **COMMANDS:**

"Camp Attention" - Everyone stands quietly, hands at side, eyes on color guards.

"Color guard Advance" - Color guards bring flag to flagpole.

"Camp Salute" - When raising flag, this command is given when the first loop is fastened to the flag rope. When lowering flag, the salute begins when the flag starts down.

Everyone in camp should remove head covering.

People in camp shirt/uniform use Cub salute, all others use civilian salute and hold it until "two".

"Two" - When raising the flag, this command is given when the flag reaches the top of the flagpole, and the Pledge of Allegiance or other patriotic ceremony has ended.

When lowering the flag, this command is given when the second loop is unfastened. **YOU ARE STILL at "ATTENTION"!!** No talking, giggling please.

"Color guard Retreat" - When opening, this command indicates end of patriotic ceremony. This does **NOT** signify the end of opening.

The color guards return to their place in the "flag circle".

When closing this command is given after the flag has been folded. The color guard carries flag, point forward, to designated Staff member (normally, one of the Directors), who will dismiss the camp.

**ANY PERSON, ANYWHERE ON CAMP GROUND SHOULD STAND AT ATTENTION, FACING THE FLAG, DURING FLAG CEREMONIES.**

If your Pack is running late and the flag is being raised, STOP! Salute, and respect the ceremony.

Useful information for flag ceremonies:

When the flag is raised in the morning, it is spoken of as "colors", and the flag is raised "briskly".

When the flag is lowered, it is called "retreat", and the flag is lowered "slowly".

HOISTING: Check the ropes, untangle if necessary. All clasps should be fastened on the flag before it is started upward. At colors, one guard may hold the flag as the color bearer attaches it to the rope before raising it. At retreat, the color guard steps forward to catch the flag as it is lowered so that it does not touch the ground. The upper corner of the flag should be in the color bearers hand before he unfastens the clasps.

FOLDING: The flag is held by the color guard with the blue field nearest the flagpole. The flag is folded in half lengthwise, and then folded in half again lengthwise so that the blue field is on the outside. Fold the flag in triangular folds beginning at the end away from the flagpole (striped end). When finished the flag will be folded in a triangle with blue showing all the way around. (See Wolf Book for more instruction.) You should have an adult leader ready to step in and help.

CEREMONY: The ceremony takes place after the flag has been raised or before it is lowered.

SONG: The pack performing a song will do it AFTER opening ceremony, or BEFORE closing ceremony.

## **SAFETY RULES & REGULATIONS GENERAL CAMP RULES**

\*Only registered Cub Scouts are allowed at camp activities. (Except for "Campfire".)

The only girls allowed in camp must be 18 or older, and a member of the staff or a Walking Leader. (Or 14 & registered with the BSA.)

\*There must be two-deep leadership; at least one who is a registered adult and one trained in Youth Protection.

\*Boys are to use the port-a-pots designated for them. NOT ones labeled "WOMEN".

\*Glass bottles and containers (other than program supplies) are discouraged.

\*Smoking is strongly discouraged while with the boys. If you do smoke, be aware of fire hazards and pocket your butts, don't throw them on the ground. We will try to designate "smoking areas" on the map that will keep the smoker out of sight of the boys, while still allowing them to maintain supervision. Please, do not use these areas as "short-cuts" to your next activity.

\*Water buffaloes and Igloo coolers are for drinking water, only.

\*Please bring water from home for mist bottles.

\*Do NOT honk horns (these are our emergency signals - see Emergency Signals section of this

book).

\*The QUIET SIGN (Cub Scout sign) will be enforced through out camp. This sign applies to EVERYONE.

\*No alcoholic beverages are allowed at any Scout function.

**SAFETY RULES:**

\*Park in designated areas only.

\*No vehicles will be allowed in program or den home areas during camp hours.

\*Notify registrar of any late arrivals or early departures.

\*Buddy system - boys must always have a buddy with them. Any boy found alone will be taken to administration until his leader comes for him.

\*Each leader will be responsible for their own boys. Know where they are at all times. A leader in front and one in back of the group will help you keep track of your boys.

\*Discipline of your Cubs is your responsibility. Staff should not have to stop the program to correct a boy.

\*If a Cub Scout is seen with a pocket knife, it will be confiscated and returned to his leader Friday, after the camp closes.

No SANDALS in camp.

No RUNNING in camp (except for designated program activities).

Stay on designated paths.

Recommended - one additional adult for each 5 boys.

## **EMERGENCY PROCEDURES**

**EMERGENCY SIGNAL:** One long, continuous siren or horn blast means a tornado WARNING has been issued. If you are in an activity area, the staff in charge will give you instructions on shelter to be taken. WALK! DONT RUN! If you are on a trail, go quickly to low ground and follow regular tornado drill crouch down on your knees, head down, and arms protecting the head. Remain until the ALL CLEAR has been given to you by the staff.

Tornado WARNING BEFORE camp begins:

Please feel free to contact Jason Bledsoe's voicemail at HOAC (816-569-4984) if you are unsure if camp is delayed or cancelled for the day. Any delays or cancellations will be recorded on Mr. Hobb's voicemail.

Day Camp will be delayed in the event of a warning in effect at 8:30. Camp will begin one hour after the warning has been lifted. Thunderbird is a very large district. The weather conditions at camp may not be the same as the conditions you experience in your community. It is your decision when it is safe to go to camp, stay, or leave camp. You must still sign in or out. You will be advised of any threatening weather while at camp.

### **IF YOU SPOT A FIRE:**

Report immediately to administration. Action to be taken will be determined by the administration staff. A repetitive blast of siren/horn is our FIRE ALARM. If this alarm is sounded, all Cubs, leaders, and staff are to report immediately to the flag area where further instruction will be given.

### **LOST BOY:**

Report a lost boy (or adult) immediately to area staff! Necessary action will be taken by the staff. Take a head count before you come to camp BEFORE and AFTER each activity, and again in your vehicle BEFORE LEAVING camp. A forgotten boy could become a lost boy.

Teach your entire group to "Hug A Tree". As soon as a boy becomes aware that he is no longer with his group, he should find a nearby tree and hug it, even talk to it; until he is located. The point being, he (or you) need to stay in one place and listen for searchers.

### **ANIMALS:**

Don't go near ANY animals, especially ones that appear to be choking, excited, or afraid. Even family pets will attack, if provoked. Report to any staff member immediately if you have seen a suspicious/stray animal.

### **EMERGENCY PHONE:**

This phone is for OUT-GOING, EMERGENCY CALLS ONLY! No personal calls are permitted. In-coming emergency calls may be directed to the camp director's (Kay Duncan) personal cellular phone (816-591-9275). This phone is also only for EMERGENCIES!! (It became apparent during previous storms, almost every group has access to a cell phone. We strongly suggest each pack provide parents with the Unit Leader's cell phone number and appropriate cell phone number of the Walking Leader for each day.)

REMEMBER, in case of emergency, stay together! Do not panic, WALK, don't run!

SHARE THIS INFORMATION WITH ALL YOUR BOYS AND ADULTS!

### **FIRST AID:**

Our camp is fortunate to have a trained staff of first-aiders. **These staff members are at camp ONLY to provide first aid and safety.** The First Aid Station can NOT give you information regarding program activities. All those questions need to be addressed to the administrative staff. (The FIRST AID STATION and director's office are located in the same shelter - but clearly marked at the "doors" which is which.) Questions regarding activities or routine paperwork should be taken to administration.

### **MEDICATIONS:**

NO medications will be distributed by walking leaders! Anyone requiring medication while at camp must turn this medication in to the person in charge of first aid, in the ORIGINAL container, with written instructions. Medication is only to be dispensed by first aid staff. NO band aids or aspirin, Tylenol, ect. are allowed in other parts of camp!

THE ONLY medication allowed outside of the first aid station is ASTHMA INHALERS, BEE STING KITS, and INSULIN!!! (Adult supervision required for all of these.)

**ABSOLUTELY EVERY INJURY, ACCIDENT, or ILLNESS must be logged in at the first aid station; no matter how small!!!** An adult leader must bring the "patient" to first aid, if you feel the person should not be moved: send for the first aid-er to come to you. (Incidents, accidents or medications not recorded in the district camp health log book become the liability of the Walking Leader, and/or Pack.)

### "COMMON CAMP ILLNESSES"

(must still be logged in at first aid station)

Stomach ache:

\*In the morning it can be caused by eating too much before camp, not eating at all before camp, OR homesickness.

\*By lunch time, it can be caused by anxiety, excitement, too much sugar, too little water AND homesickness. By afternoon it can be caused by eating too fast (or poorly prepared lunch), not enough water to drink, not being in air-conditioning, or fear of using the port-a-pots.

(This is an honest fear for first time campers - it is not a "normal" bathroom, and it can be scary the first time. Even scarier later on in the week)

Insect stings / ticks:

Bring the victim to First Aid station for proper treatment. If there is a life-threatening reaction to stings, administer medication from bee sting kit at once. If a tick is not imbedded, it is not necessary to bring it to first aid, just flick it off. Any imbedded tick removed from the body MUST

be logged into our records. Using clear tape, attach the tick to an index card. On the card include the person's name, Unit number, date of incident, and location on body where tick was imbedded.

Fainting/overheating:

Sit the victim down, (in the shade), head between knees. Send for first aid.

Snake bite:

DO NOT attempt to treat victim yourself - first aid is not that far away.

In all my years doing Day Camp, I have only seen one snake bite. It just happened to be my own son, who was instructing a nature class. He used this (accidental) live visual aid to demonstrate how a snake's jaw works. It HURTS! Most snakes in our area are harmless - even friends of nature. However, there could be some venomous species, so any bites should be treated as "serious".

Sunburns:

Prevention is best. Wear hats with wide brims, DO NOT get fresh hair cuts prior to camp. Wear sunscreen, especially on ears and back of neck.

REMEMBER Day Camp is a time for the boys to let go! The quality of fun the boys have at camp will depend partially on our program, but mainly on YOUR enthusiasm! Let the boys get dirty and have fun HAVE FUN WITH THEM!! You have a chance to be one of the kids again, plan on getting dirty with them no one will notice!

Actually, EVERYONE will notice, if you do it right! You have the chance to show other adults how to relax and have fun with the boys!

You will receive your activity schedule, map of the camp, and advancements earned, the day of camp set up SUNDAY June 27th, 2009 between noon and 4:00.

NO EXCEPTIONS!

Sorry, but we must set up the activity areas before we will know where space will be for den homes. Large trucks, mowers, staff vehicles will be moving through out the camp. If you MUST bring children, supervise them closely!! Camp has not officially begun & there will be NO first aid available.