

2012 Camp Barstow Guide



34°3.787'N 81°35.980'W

PLEASE READ BEFORE ATTENDING CAMP

WELCOME LETTER

A decade has passed since I served as a volunteer Program Director for Camp Barstow and the camp has gotten better in those ten years. Our staff and programs have grown and become some of the most energetic and rewarding that can be found anywhere in Scouting. I invite you to use this simple guide to learn about our programs, many of them have remained the same through the years and some have been added, and to share with your Scouts what we have to offer on the shores of beautiful Lake Murray.

As you and your Scouts look through our 2012 Camp Barstow Guide, please recognize that we have opportunities for Scouts of all experiences and skill levels. From our outstanding Blazing a Trail program for new Scouts to our War Canoe treks for seasoned veterans of the summer camp, from our Ecology area to our Five-Stand Shotgun Range or Motorboating, not to mention COPE and Climbing – all Scouts can find a program and opportunity that is right for them. We feel that we can best serve your Scouts and their needs by providing them an EDGE experience in everything they do while at Camp Barstow.

If you have any questions, please call me at our council office (803) 750-9868, extension 105, or directly at (803) 451-1950. I can also be reached by email at greg.mcdaniel@scouting.org.

I do look forward to hearing from you and to welcoming you on a sunny Sunday afternoon and spending the week with you at our camp, Camp Barstow.

I'll see you this summer,
In Scouting,

Greg McDaniel
Camp Director

PS – Leaders, don't forget to bring a USB drive with you to camp, it might be helpful throughout the week to share photos or for camp records, etc.

Camp Barstow Grace

*For the Brotherhood of Camping,
The Spirit of Scouting,
The sun on the water,
The rain that falls on our red Earth,
And the food we have before us,
We Thank Thee, O'Lord, Amen.*

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WEEKS OF OPERATION AND FEES

Weeks of Operation

Week 1	June 10-16
Week 2	June 17-23
Week 3	June 24-30
Week 4	July 8-14

Fees

Troop Reservation Deposit (applied to total fees)	\$100.00
Camper fee, Indian Waters Council Scout	\$225.00
Camper fee, Out of Council Scout	\$235.00
Adult Leader fee	\$95.00
Lake Murray Sailing or Island Warrior Canoe Trek	\$245.00

Fees include a camp T-shirt, 17 meals, program, and facilities.

All fees are non-refundable, except in extreme circumstances, but are transferable to other Scouts. It is the responsibility of the Scout, parent, and/or unit leaders to handle the transfer of any fees; not camp management.

All fees are due May 15, 2012. After this date an additional \$10.00 fee per participant is added.

A sample payment plan for fees (in council Scout) is below:

Payment 1	February 15, 2012	\$60.00
Payment 2	March 15, 2012	\$60.00
Payment 3	April 15, 2012	\$60.00
Final Payment	May 15, 2012	\$45.00

This chart outlines the number of Leaders attending at no charge based on the number of Scouts attending from your troop.

# of Scouts	# of Leaders at no charge
1-16	2
17-24	3
25-32	4
32 or more	5

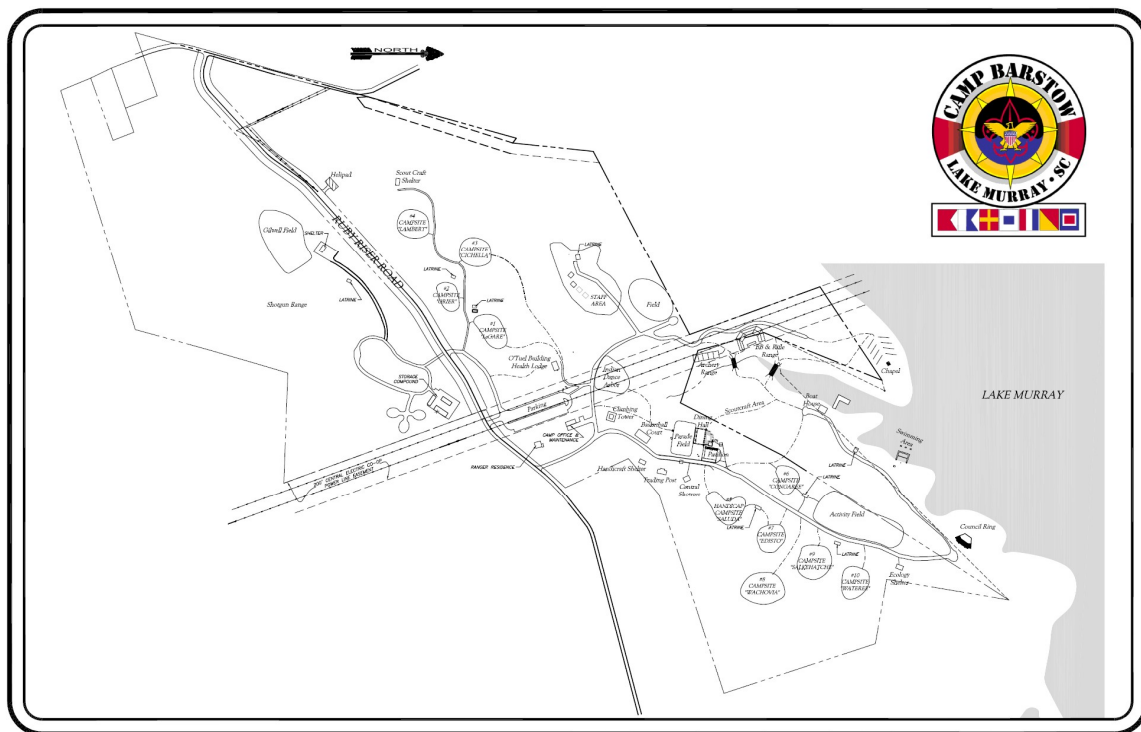
CAMPSITES AND CAPACITY

Campsite	Tent Capacity	Adirondacks Capacity	Total Campsite Capacity
1. Legare	18	12	30
2. Grier	28	12	40
3. Cichella	14	12	26
4. Lambert	24	12	36
5. Saluda	30	24	54
6. Congaree	26	24	50
7. Edisto	20	24	44
9. Salkehatchie	28	12	40
10. Wateree	34	12	46

All campsites are equipped with two-man, canvas wall tents. In order to maximize sleeping capacity, Adirondacks are for Scout and youth use only; adults should plan to use tents. Campsites housing multiple units are asked to share the Adirondacks equally.

All campsites have electricity and a free standing shelter with electrical outlets.

A \$100.00 reservation fee is due to secure a campsite for your preferred week of camp; these are refundable until February 1, 2012. After February 1st, these deposits may be carried over to the following year or used to clear any other fees.



PREPARING FOR CAMP

- Read the “2012 Camp Barstow Guide” thoroughly and make notes of any questions you may have. Check the guide again for answers and then refer to www.indianwaters.org or call 803-750-9868 if you still have questions.
- Have your Patrol Leaders’ Council review the guide with you and develop a list of necessary troop and patrol equipment the troop should bring to camp. Also, decide which program activities the troop and patrols will participate in while at camp.
- Meet with your Scouts to develop their personal activity plans and advancement programs, discuss any preparation they will need for specific merit badges. Begin collecting fees and registering for merit badges, make sure Scouts are not requesting badges they have already earned. Registration will be allowed once your troop makes its first payment for camp. Merit badge reservations are first come/first served basis. Also begin collecting required medical forms from Scouts.
- With your committee, arrange for proper adult leadership while your troop is at camp (two leaders in camp at all times) and ensure that all leaders attending have required medical forms. If you need help with leadership, please let us know before your arrival at camp. Work with the unit committee to arrange for necessary transportation to and from camp.
- Discuss with Scout parents:
 - Time, date, location of your departure for and arrival home from Camp Barstow
 - The mailing address of camp is: Camp Barstow, 115 Camp Barstow Drive, Batesburg, SC 29006
 - The emergency phone number is: 864-445-4991
 - Camp fees and payment schedule and medical forms
 - Wednesday night activities and directions to camp
- Schedule a presentation from your Order of the Arrow chapter and encourage parents to attend. Contact is Stan Haines, his email is adviser@muscogeelodge.org.
- Make final preparations to leave for camp:
 - Gather all troop and patrol equipment
 - Complete a troop roster with names, addresses, phone numbers, and emails
 - Collect all medical forms and make sure they are signed by parents or guardians, make sure all fees have been paid
 - Proof of insurance for out-of-council troops
- Plan to arrive at Camp Barstow between 1:00pm and 4:00pm on Sunday in Scout uniform

WHAT TO BRING TO CAMP

Here is a suggested packing list for Scouts and Leaders for their week at camp.

<hr/> Clothing/Bedding <hr/>	<hr/> Advancement Materials <hr/>	<hr/> Available at Camp <hr/>
Scout uniform	Scout Handbook	Garden hose
Sweater or jacket	Notebook & Paper	Cooking utensils
Swimsuit	Pens & Pencils	Cook kits
Sturdy pants	Merit Badge books	Cleaning supplies
T-shirts (3 minimum)	Completed Merit Badge work	Trash bags
Underwear		Rakes & Shovels
Raingear	<hr/> Other Items <hr/>	Dutch Ovens
Sturdy shoes (no open-toe)	Flashlight	Toilet Paper
Socks	Pocket knife	
Sleeping bag	Spending money (\$50 suggestion)	<hr/> B.A.T. Participants <hr/>
Pillow	Personal First Aid kit	Tent
	Fishing Gear	Ground Cloth
<hr/> Toiletries <hr/>	Sunglasses	
Toothbrush	Compass	<hr/> LEAVE THESE AT HOME <hr/>
Toothpaste	Camera	Large, fixed-blade sheath knives
Washcloth	Daypack	Fireworks
Soap		Bicycles
Deodorant	<hr/> Troop Gear <hr/>	Open-toe shoes
Towel	Flags	Firearms & Ammunition
Comb/brush	Unit First Aid kit	Radios, iPods, Computers
Sunscreen	Alarm clock	Electronic games
Shower shoes	Cooler	Scout cell phones
Water Bottle	Troop library	

Please mark all personal gear with name and unit number and protect your valuables while in camp.

Your mailing address while at Camp Barstow will be:

**Scout's Name, Unit #
Camp Barstow, BSA
115 Camp Barstow Drive
Batesburg, SC 29006**

Mail is delivered to camp daily, but might take a few days to get there depending on where you live. Mail is delivered to units during the flag-lowering assembly. Outgoing mail can be placed in the mailbox at the Trading Post to be collected by 9:30am daily.

In case of emergencies from home, phone calls can be placed to **864-445-4991**.

SUNDAY ARRIVAL

Arrival at camp should be no earlier than 1:00pm, upon your arrival please check-in at the Camp Office to meet your staff guide who will aide you in the check-in process.

Please bring with you these items:

- Unit roster of attending Scouts with name, address, email and phone number
- All health forms, including forms for leaders who might be coming later in the week. You may mail these prior to arrival, but bring additional copies also
- Medications to be taken to the Health Lodge
- Any updated merit badge registrations
- OA callout list
- Insurance forms and tour plans for out-of-council units

Your staff guide will begin your check-in process by arranging for your unit gear to be delivered to your site and then going through a Round Robin of check-in stations. These stations will be where you settle any outstanding fees, have medical rechecks and turn-in all medications, and then begin a camp tour.

Your camp tour will include a stop for a troop photograph, designation of program areas, a visit to the Trading Post, a stop at the Dining Hall to learn meal processes, a brief stop at your campsite to change for swim checks, and swim checks. The tour might not follow this exact route, but will include all stops along the way.

Sunday Schedule

1:00 - 4:00	Check-in at Camp Office
1:00-9:00	Trading Post Open
5:45-6:15	Group 1 Dinner
6:15-6:30	Assembly/Flag Lowering
6:30-7:00	Group 2 Dinner
7:15	Shooting Sports Safety Briefing
7:30	Leaders' Meeting
8:15	Assemble at Campfire Ring
10:00	Taps

WHILE AT CAMP BARSTOW

Camp Commissioner – The camp commissioner is your “go to guy” during your week at camp. He is there to serve your units and make your week relaxing and fun-filled. The commissioner can help arrange additional instruction or activities for your troop and coordinates the daily campsite inspections. He also hosts a daily Leaders’ Meeting and Adult training, the time and location is announced during the Sunday Leaders’ Meeting.

Campsite Fireguard Plan – Each site will have a posted Fireguard Chart, the SPL is responsible for appointing a troop fire warden who then trains the troop members on fire safety for the week. The fire warden will also inspect the site daily for any hazards. Do not build campfires outside of provided fire rings, fire extinguisher are located in each shelter. The Camp Ranger can assist your unit with understanding the proper procedures.

Campsite Inspection – At the end of the week, a camp ribbon will be presented to each unit that has maintained a 90% on their campsite inspections for the week. The Camp Commissioner arranges for inspections using the form in the appendix.

Camp-wide Campfires – There are three (3) camp-wide campfires throughout the week. The Sunday night campfire introduces our camp staff and sets the tone for the week. The Family Night campfire gives Scouts a chance to perform for their parents and visitors and includes an OA Callout Ceremony. The Friday night campfire recognizes campers for their hard work throughout the week.

Chemical Fuels – Adult supervision must be provided when Scouts are involved in using chemical fuels and all fuels are stored in a locked container. Battery operated lanterns and flashlights are encouraged to be used by Scouts. No fuel lanterns, stoves, or candles are to be used inside a tent.

Dining Hall – Each unit will be assigned tables for their meals, each with one seat reserved for possible guests. A waiter and assistant are needed for each meal and each table every day to help set the table and clean afterwards.

Emergency Procedures – All emergency procedures will be explained upon arrival at camp. If the camp alarm should sound, all Scouts and Leaders are to report to the parade field and form as a unit. Further instructions will be given by the camp staff once camp is assembled. **Please refer all emergencies to the Camp Director and/or Camp Ranger, they will assess the emergency and call 9-1-1 if needed.**

Firearms & Archery Equipment – Personal firearms and ammunition are not allowed in camp. Scouts that are working on the Archery Merit Badge may bring their personal bow to camp; it will be stored with camp equipment for that week and must meet BSA standards and have no more than 35 pounds of peak draw weight. No specialty arrows, hunting arrows, or specially tipped arrows may be brought to camp.

Flag Ceremonies & Assemblies – Patriotism and respect for our country and flag is a big component of Scouting and Camp Barstow. Units are encouraged to hold flag ceremonies within your campsite and expected to attend camp-wide assemblies with your troop flag.

Health & Safety – A health lodge, manned 24 hours a day, is located at camp and staffed with individuals trained to handle minor accidents and illnesses. Arrangements have been made with physicians near camp for treatment of more severe cases, if this is necessary the camper's parents will be notified by telephone and their desires concerning treatment will be respected. Everyone must have an authorized physical when they arrive at camp. All first aid administered in camp must be reported to the health lodge and recorded in the Camp First Aid Log.

National Camp Standards require that an Annual Health and Medical Form be completed and a copy given to the health lodge when checking-in to camp by both youth and adult participants.

Trips to the hospital or doctor:

- It is the responsibility of the unit leadership to provide transportation for unit members requiring attention from a doctor or hospital, all Youth Protection guidelines must be followed
- At least one adult leader from the unit will accompany the unit member requiring services and is asked to carry insurance forms for completion and to obtain the unit member's health history before leaving camp
- Parents or guardians will be notified immediately by the health officer of any serious injury or illness.
- Directions to doctors and hospitals are available at the Health Lodge
- The camp health officer must clear all cases requiring outside medical attention

Medications

- All medication needs to be in its original container upon arrival at camp
- Times for dispensing medications will be posted at the health lodge
- If a participant misses their medication, the health officer will notify the unit leader to have the individual come to the health lodge

Insurance

- The Unit Accident and Sickness plan must be in force at the time you attend camp, it covers your registered Scouts and Leaders attending
- Please register parents staying with your troop and have them complete a medical form
- In the event of a claim, the participant's insurance is primary and the unit or camp insurance is secondary
- All out-of-council units will be asked to present proof of unit and/or council insurance during check-in

HYDRATION!! – It is very important to stay hydrated while at camp, encourage Scouts to drink water throughout the day and at meals.

Leadership While at Camp – All units must be under the leadership of at least two registered adult leaders at all times, one of these leaders must be over 21 years of age. Leaders may rotate throughout the week, but a minimum of two is required at all times and they must be registered in the BSA and have a medical form on file with the camp health lodge. Assistant camp leaders must be at least 18 years of age.

Leaving Camp – Scouts and Leaders should have no reason to leave camp unless there is an emergency or Leaders are rotating. Scouts may leave camp ONLY with an adult and approval from the Camp Director. Both Scouts and Leaders need to sign-out in the Camp Office when leaving and update troop rosters.

Litter – Please do not litter and do our daily good turns by picking up any litter we see.

Lost & Found – This is located in the Trading Post, help identify items found by having Scouts write their name and unit number on all belongings.

Order of the Arrow – The OA hosts an ice cream social and patch trading on Monday at 8:00pm in the Dining Hall. OA elections should be conducted prior to your arrival at camp, if this is not the case, contact the Camp OA Representative.

Pets – All pets should be left at home and are not permitted by Camp Barstow policy. Please share with your parents and guests visiting on Family Night this policy, service animals are excluded from this policy. Also, do not take home any wild animals found while at Camp Barstow.

Provisional Campers – Scouts who cannot camp with their troop or wish to attend an additional week of camp may attend Camp Barstow as provisional campers. The Camp Office will provide names of troop leaders able to accommodate provisional Scouts.

Quartermaster – Camp has a limited supply of camp equipment that may be checked-out from the Quartermaster or Office Manager. Hours for the Quartermaster will be posted throughout the week, any items checked-out must be returned prior to departure on Saturday.

Reveille & Taps – Reveille is at 6:30am and Taps is at 10:00pm daily, Scouts should keep track of time during the day to make sure they are taking advantage of all activities.

Running – While always a fun activity, running in camp can lead to falls and visits to the health lodge. Please only run as part of a program requirement or an emergency.

Shirts & Shoes – These are to be worn at all times, except while in aquatics. No open-toed shoes are allowed in camp.

Showers – Hot showers are provided for all participants, BSA Youth Protection prohibits adults and youth showering together. Upper Camp has individual, private showers that can be used by all; Lower Camp has private showers only for adults. Allowing Scouts to use the private showers in Lower Camp can compromise the BSA Youth Protection Policy. Troops in Lower Camp are asked to encourage Scouts to shower at the same time period and to provide a Leader to remain outside during this time.

SPL Meetings – These will be held daily at 8:15am in the Pavilion and are important to disseminate information to campers, it also helps in the planning of the Family Night campfire. Troops should send their SPL or designee to each meeting.

Tobacco Free Policy – It is the policy of the Boy Scouts of America that leaders should not use tobacco products in any form in the presence of Scouts and that extreme care should be exercised to provide a smoke-free environment for all Scouting participants. All buildings and facilities under the control of the Indian Waters Council are designated as non-smoking facilities. Smoking outside entrance/exit doors is not permitted at any location and all Scouting functions, meetings, and activities are conducted on a tobacco free basis with permitted smoking areas located away from all participants.

Trading Post – Our camp Trading Post is stocked with supplies for merit badge programs, Scouting projects, basic equipment repair, snacks, drinks, and other items you might have forgotten. The Trading Post hours are posted and may vary by activity. Scouts should be provided with spending money for the week.

Uniform – Our Scouting uniform is a big contributor to Scouting Spirit. Our camp staff encourages all Scouts and Leaders to proudly and properly wear their “Class A” uniform to vespers, evening meals, and campfires. The “Class B” uniform of Scout t-shirt, shorts, belt, and socks is suggested for all other times in camp. Please encourage Scouts to wear their uniform properly and in a Scouting manner.

Valuables – Please plan to provide adequate protection for your valuables in the form of a foot locker or other means. Be sure to have combinations or spare keys for any locks you are using while at camp.

Vehicles – No personal vehicles are allowed past the parking lot of camp, troop trailers are allowed in campsites.

Visitors – All visitors must check-in at the camp office, except for Family Night. While all buildings are handicap accessible, there are considerable distances between activities and transportation may not be available during the week. There will be every effort made to have transportation available for handicapped visitors on Family Night.

2012 CAMP BARSTOW DAILY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30AM	Reveille	Reveille	Reveille	Reveille	Reveille
7:00-7:30AM	Breakfast 1	Breakfast 1	Breakfast 1	Breakfast 1	Breakfast 1
7:30-7:45AM	Flag Raising	Flag Raising	Flag Raising	Flag Raising	Flag Raising
7:45-8:15AM	Breakfast 2	Breakfast 2	Breakfast 2	Breakfast 2	Breakfast 2
8:15-8:45AM	Leaders' Meeting	Leaders' Meeting	Leaders' Meeting	Leaders' Meeting	Leaders' Meeting
8:30-9:15AM	Session 1	Session 1	Session 1	Session 1	Session 1
9:30-10:15AM	Session 2	Session 2	Session 2	Session 2	Session 2
10:30-11:15AM	Session 3	Session 3	Session 3	Session 3	Session 3
11:30AM-12:15PM	General Swim	General Swim	General Swim	General Swim	General Swim
12:15-1:00PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:15-2:00PM	Session 4	Session 4	Session 4	Session 4	Session 4
2:15-3:00PM	Session 5	Session 5	Session 5	Session 5	Session 5
3:15-4:00PM	Session 6	Session 6	Session 6	Session 6	Session 6
4:15-5:15PM	General Swim & Boating	General Swim & Boating		Mile Swim	Camp-wide Competitions
5:45-6:15PM	Supper 1	Supper 1	Flag Lowering	Supper 1	Supper 1
6:15-6:30PM	Flag Lowering	Flag Lowering	Family Night	Flag Lowering	Flag Lowering
6:30-7:00PM	Supper 2	Supper 2	Activities	Supper 2	Supper 2
7:00-9:30PM	Evening Activity	Evening Activity		Evening Activity	Evening Activity
7:00PM					Leaders' Meeting
7:30PM			Assemble for Campfire		
8:00PM					Assemble for Campfire
10:00PM	Taps	Taps	Taps (10:30PM)	Taps	Taps

Wednesday – Family Night

- It is Camp Barstow tradition to welcome family and friends on Wednesday night
- There is no General Swim & Boating on Wednesday in order to give units time to prepare for their guests
- The Dining Hall will not be open to serve a meal on Wednesday night, Scouts and Leaders should make arrangements with their guests for their meal. Any unit needing assistance should contact the Camp Director no later than Tuesday morning
- Each unit should alert their guests to not arrive before 5:00PM and should send at least two Scouts or representatives to the parking lot by that time to help guide guests to their proper destinations. All vehicles should be parked in the parking lot, transportation throughout camp is not provided, with exceptions made for our handicap guests
- The Family Night Campfire will include troop skits and an Order of the Arrow callout ceremony, it will begin no later than 8:00PM and end no later than 10:00PM, all guests are asked to depart no later than 10:30PM

Daily & Nightly Special Activities

MONDAY – *Sports Team Spirit Day*

Scouts & Leaders are encouraged to support their favorite sports team with their hats, shirts, or jerseys!

- CPR Training Course in the Dining Hall at 6:45PM (\$)
- Open Fishing in the evenings in all areas except program areas (#)
- Open Boating at the Boating Area from 7:30-8:30PM (#)
- Ice Cream Social in the Pavilion at 8:00PM
- Inter-Troop Campfires in campsites after dark

TUESDAY – *Goofy Hat Day*

Bring a goofy hat & tie-dye shirt!

- Boater Safety Course in the Scoutmaster Lounge at 7:00PM (*)
- Open Shooting Sports at respective ranges from 7:00-8:30PM (#,\$,~)
- Life to Eagle Seminar in the Dining Hall from 7:00-8:00PM (*)
- COPE Orientation at COPE Course from 7:00-8:30PM (#)
- Open Boating at the Boating Area from 7:30-8:30PM (#)
- Scout Vespers in the Chapel at 8:30PM (#)
- Inter-Troop Campfires in campsites after dark

WEDNESDAY – *2012 Camp Barstow T-shirt Day*

- Camp Barstow Family Night throughout camp from 5:00-10:30PM

THURSDAY – *Favorite Scout T-shirt Day*

Wear your favorite shirt from Scouting, Camp, Philmont, Jamboree, or OA

- Final Mile Swim in the Swimming Area beginning at 4:15PM
- Open Climbing Tower from 7:00-8:30PM (#)
- Adult Shotgun Shoot at the Shotgun Range from 7:00-8:30PM (#,\$,~)
- Black Powder Shooting at the Rifle Range from 7:00-8:30PM (#,\$,~)
- Barstow Cinema in the Pavilion beginning at 8:00PM
 - Leaders may pre-order pizza for their unit from the Trading Post by 12:00PM (Noon) Thursday, requests can be for cheese and/or pepperoni

FRIDAY – *Troop T-shirt Day*

- Camp-wide Scouting skills competitions beginning at 4:15PM
- Scoutmaster Golf Tournament (details will be explained at camp)

- Weather Permitting/Not a Merit Badge, * - Based on enough participation, \$ - Fees with activity,
~ Range Safety Officer has the option to limit participation

Fees
CPR Training \$30.00
All Shooting Activities \$5.00 each

PROGRAMS AT CAMP BARSTOW

We pride ourselves on providing a premier program at Camp Barstow. The following pages outline and highlight our program offerings for the 2012 camping season.

Merit Badge Offerings & Notes

Merit Badge/Activity

AQUATICS - Participants MUST pass a Swim Test for these activities

	BSA Lifeguard	A, 3	R	Swimmer must be 15, have 1st Aid MB & CPR
	Canoeing	2	R	Reqs. #1 & 2a, long sleeve shirt & pants (no jeans)
	Kayaking (not a MB)	3		
	Lifesaving	E, 2	R	Swimming MB, long sleeve shirt & pants
	Motorboating	3	R	Must be 16, SC Drivers License or DNR boater card
	Rowing	3	R	Swimmer, Reqs. #2ab & 3
	Small-Boat Sailing	2	R	Proof of CPR
	Swimming	E		long sleeve shirt & pants (no jeans)
	Water Sports	3		Proof of CPR
	Non-Swim Instruction (not a MB)			For Scouts needing help with Swim Test

ECOLOGY

NEW	Bird Study/Insect Study			Bird - #5,6,7,&8 not completed @ camp, Insect - #7
	Environmental Science	E, 2	R	#6
NEW	Fish & Wildlife Manage./Mammal Study	NWTF, 2	R	F&W #5, 7, & 8
	Fishing	\$		
NEW	Forestry/Geology		R	Forestry #5 & 7
	Nature		R	#5
	Reptile & Amphibian Study		R	#8
	Soil & Water Conservation		R	#7
	Weather	\$		

FIELD & SHOOTING SPORTS

	All Shooting Sports participants must attend the Safety Briefing on Sunday			
	Archery (\$5 fee)	NWTF, 2		
	Climbing/Rappelling (\$25 fee)	3		Need shoes with a gripping sole (no smooth sole shoes)
	COPE (not a MB)(\$25 fee)			Best for Scouts over the age of 14
	Rifle Shooting (\$5 fee)	NWTF, 2		Need Social Security # for Hunter Safety
	Shotgun Shooting (\$15 fee)	NWTF, 3		Scout must be able to handle a 20-gauge shotgun, Need Social Security # for Hunter Safety

HANDICRAFT

NEW	Art	\$		Materials purchased in Trading Post
NEW	Basketry, Leatherwork, Wood Carving	\$		Materials purchased in Trading Post, Wood Carving knife should be 3" without serration
	Indian Lore	\$		Materials purchased in Trading Post
	Painting	\$		Materials purchased in Trading Post
NEW	Textiles	\$		Materials purchased in Trading Post

OUTDOOR ADVENTURE & SCOUT SKILLS

	Blazing A Trail (BAT)	1		For new Scouts or 1st year campers who have not attained 2nd Class
NEW	Backpacking, Camping, Hiking	E, 2	R	Not all requirements will be met, seminar of all badges
	Citizenship in the Nation	E, 2	R	#2, 3, & 6
	Citizenship in the World	E, 2	R	#7
	Communication	E, 2	R	#5 & 7
	Cooking		R	#4a, 5, 6a, & 7d
	Emergency Preparedness	E, 2	R	1st Aid MB, #1, 5, 8ac, 9
	First Aid	E	R	#1, 2d
	Orienteering	2	R	#7ab, 8ab, 9 & 10 - needs a compass
	Personal Fitness	E, 2	R	#1ab, 8
	Pioneering	2	R	#10
	Wilderness Survival	2	R	#5

A=all day program; E=Eagle required; 1,2,3 = recommended for 1st, 2nd, or 3rd year campers; R=some requirements might not be completed at camp; \$= materials are needed and may be purchased at the Trading Post; NWTF = part of the NWTF Conservation Challenge

2012 Camp Barstow Merit Badge Session Schedule

Merit Badge/Activity	Session 1 8:30- 9:15AM	Session 2 9:30- 10:15AM	Session 3 10:30- 11:15AM	Session 4 1:15- 2:00PM	Session 5 2:15- 3:00PM	Session 6 3:15- 4:00PM	Length of Session
AQUATICS							
BSA Lifeguard							All Day
Canoeing							1
Kayaking (not a MB)							1
Lifesaving							2
Motorboating							2
Rowing							1
Small-Boat Sailing							1
Swimming				BAT			1
Water Sports							2
Non-Swim Instruction (not a MB)							1
ECOLOGY							
Bird Study/Insect Study							1
Environmental Science							2
Fish & Wildlife Manage./Mammal Study							1
Fishing							1
Forestry/Geology							1
Nature							1
Reptile & Amphibian Study							1
Soil & Water Conservation							1
Weather							1
FIELD & SHOOTING SPORTS - All participants must attend the Safety Briefing on Sunday, # → these sessions begin at Session 3 and run into Free Swim							
Archery (\$5 fee)			# →	open archery			2
Climbing/Rappelling (\$25 fee)							2
COPE (not a MB)(\$25 fee)							3
Rifle Shooting (\$5 fee)			# →	Winchester (not MB)			2
Shotgun Shooting (\$15 fee)			# →				2
HANDICRAFT - Merit Badges may have additional costs for supplies from the Trading Post							
Art							1
Basketry, Leatherwork, Wood Carving							open
Indian Lore							1
Painting							1
Textiles							1
OUTDOOR ADVENTURE & SCOUT SKILLS							
Blazing A Trail (BAT)							3
Backpacking, Camping, Hiking							1
Citizenship in the Nation							1
Citizenship in the World							1
Communication							1
Cooking							1
Emergency Preparedness							1
First Aid							2
Orienteering							1
Personal Fitness							1
Pioneering							1
Wilderness Survival							1
		MB Offered			MB Not Offered		

MULTIPLE MERIT BADGES

Several Merit Badges in the Ecology, Handicraft, and Outdoor Adventure areas either cannot be fully completed at camp or do not require the full amount of time allotted at camp for their completion. For this reason, we have worked to group these badges together into seminars that will cover requirements for all badges. Please refer to the Merit Badge Session Schedule for these. Any Scout participating in one of these seminars will cover all requirements that can be completed at summer camp for those badges. If a Scout has already earned one of the badges in the group, arrangements may be made for him to work on the other badge and additional requirements.

BLAZING A TRAIL (BAT)

This is Camp Barstow's superb first-year camper program and is designed for those Scouts that are new to your troop and have not yet attained the Second Class Rank. Its purpose is to provide a structured, basic skills summer camp program to fulfill the needs of the first-year camper – especially those who are new to Scouting.

The objectives of the BAT program are to teach basic Scouting skills, emphasize the Patrol Method through application, to make learning fun, and to help increase a Scout's tenure in his troop.

These objectives are accomplished by teaching the patrol method, developing Scout skills, building confidence through achievement, and exemplifying the Scout Oath and Law through quality staff and program.

Many of the skills highlighted in this program cover rank advancement requirements for Tenderfoot, Second Class, and First Class. These skills include:

Knot Tying	Lashing	Woods Tools Safety (Totin' Chip)
First Aid	Swimming	Orienteering
Camping & Hiking	Safety	Teamwork
Leadership	Citizenship	EDGE methods

The Scouts in this program will focus on the Patrol Method throughout the week and will work together as patrols the entire week.

The BAT program staff is more than willing to help "custom-fit" the program to meet the specific needs of your unit. In order to help facilitate this, we ask that you please send one leader familiar with the first-year program to assist with BAT instruction.

Scouts participating in this program may have the opportunity to go on an overnight camping trip and should plan accordingly.

ADDITIONAL OFFERINGS AND PROGRAMS

Aquatics

- *BSA Lifeguard* – An all-day program for Scouts and adults. All participants must be “Swimmer” proficient and have CPR training; Scouts are required to have First Aid Merit Badge. Recommended age for Scouts is 15 years old.
- *Kayaking* – Not a Merit Badge, recommended for Scouts who have been to camp at least three (3) years
- *Mile Swim* – Consists of three (3) practice sessions in the morning (Monday, Tuesday, and Wednesday) and then the actual Mile Swim on Thursday. Everyone is encouraged to participate; anyone participating must be “Swimmer” proficient and attend all practice sessions. Upon completion you will be able to purchase a Mile Swim patch from the Trading Post
- *Non-swim Instruction* – Not a Merit Badge, for those Scouts who need assistance with swimming fundamentals

Field & Shooting Sports

- *COPE* – Challenging Outdoor Personal Experience is best for Scouts who are at least 14 years old and consists of a series of obstacles and challenges designed to foster problem solving skills and group interaction. The program consists of Initiative Games, Low Course, and High Course. There are two, 3-hour sessions of COPE, one morning and one afternoon. The COPE Director reserves the right to refuse any Scout they deem not physically able to complete the course. There is a \$25.00 additional fee for COPE participation.
- *DNR Hunter Safety* – This will be offered as part of the Rifle Shooting and Shotgun Shooting Merit Badge programs. Upon successful completion, Scouts will be eligible to receive DNR Hunter Safety Cards. Archery Merit Badge participants and Adults may take this course on Friday of your week at camp with prior arrangement with the Shooting Sports Director.
- *National Wild Turkey Federation (NWTf) Conservation Challenge* – Not a Merit Badge, but an award given to Scouts for completing Fish & Wildlife Management, Archery, Rifle Shooting, and Shotgun Shooting Merit Badges. All badges can be worked on at Camp Barstow.
- *Winchester/NRA Marksmanship Qualification Program* – The perfect opportunity for Scouts or Scouters to enhance their shooting techniques while also earning awards for each level they reach. The courses of fire start at a level for Beginning Shooters’ Skills, meaning a participant can earn the first rating of Pro-Marksman even if they are just learning to shoot. The levels and ratings progress to more challenging skills through the intermediate levels (Marksman 1st Class, Sharpshooter, Expert) to the nationally recognized level of Distinguished Expert. There is an additional cost of \$10.00 for this program, recognition items may also be purchased in the Trading Post (with authorization from instructor).

HIGH ADVENTURE OPPORTUNITIES

War Canoe Adventure

Our famous War Canoe program is what sets our camp above the rest. This trek is designed for Scouts 13 years old and above. Under the supervision of trained canoe guides the Scouts will navigate the waters of Lake Murray using two Northern Indian War Canoes, which can accommodate up to 12 participants each. The Scouts will design their own trek, with advice from our knowledgeable staff, offering various options of camping opportunities on several different islands. This trek is created to give scouts first hand experience with open water navigation and self-sustainability. The Scouts will prepare meals from well-stocked coolers. This program is open to Venture Scouts/Crews as well. At least one adult leader, in addition to the staff, is required for each trek. For 2012, we have decided to convoy together with our sister program, The Sailing Adventure. By navigating together, this will help us continue to strive toward safety by supporting each other, as needed, but also let participants sample the sailing program and vice-versa. Scouts will have the opportunity to earn the 50 miler award while on the trek.

War Canoe Adventure Itinerary

Sunday: Swim Test, get overview of trek, Opening Campfire
Monday: Early wake-up, Pack canoe for weeklong trek, leave early for first destination
Tuesday: Pack up and leave for second destination, Work on navigation, meet up with Sailing Adventure
Wednesday: Pack up and leave for third destination with the Sailing Adventure, work on navigation, Dreher Island
Thursday: Switch off with the Sailing Adventure/sail around Dreher, cook meal for High Adventure Family Night, Share stories and then Tap-out ceremony for those eligible
Friday: Pack up and leave for Camp, clean canoes and cooking gear, Closing Campfire

Sailing Adventure

We have refined our growing Sailing Adventure for the 2012 summer! This fun adventure on Lake Murray is open to crews of three to four Boy Scouts or Venture Scouts, ages 14 years and up. These crews will take sailboats out into the "Big Water" on Lake Murray for a week. The number of Scouts in the program will be determined by the number of sailboats available each week. Departing from South Shore Marina, these older Scouts will leave on Monday and return to camp on Friday afternoon. Under the supervision of experienced sailing masters, the Scouts will learn the skills of sailing, from knots and sail handling to navigation and first aid. Along with adult leaders from the Scouts unit, they will spend their evenings camping at various islands on the lake. They will also meet up with the sister program, The War Canoe Adventure, allowing scouts to switch off and sample each of the programs. We have added a High Adventure Family Night on Thursday, allowing parents to see first hand what goes on, but also have a tap-out ceremony for the Order of the Arrow candidates that are participating in the High Adventure treks.

Sailing Adventure Itinerary

- Sunday: Swim Tests, Meet staff and other participants, go over itinerary
Monday: Pack sailboat and cast off from South Shore Marina, depart for first destination. Learn about sailing, knots, and maritime safety.
Tuesday: Sail for second destination, work on sailing terms, knots, and safety, Meet up with War Canoe.
Wednesday: Sail for third destination, Work on sailing terms, knots and safety.
Thursday: Switch out with War Canoe, get ready for High Adventure Family Night, share stories around the campfire
Friday: Depart for South Shore Marina, clean up, work on small boat sailing requirement, closing campfire

SCUBA

Scouts can learn to SCUBA dive during their week at Camp Barstow. Courses will travel to Saluda, SC, each morning, returning to camp that afternoon. Scouts will be able to work on other Merit Badges when they return to camp in the afternoon. There will be an additional fee for this program to cover fuel costs and supplies. More information will be made available to those interested in this program, as it is only offered when interest warrants.

CAMP-WIDE COMPETITION

Traditionally a week at Camp Barstow culminates on Friday afternoon with the running of the Barstowree, a cross-country style event testing the Scouting skills of the participants from every troop in camp.

This summer at Camp Barstow there will be a Friday afternoon competition focusing on Scouting skills and the troop and Patrol Method. Details are still being worked on for this event and will be shared when they become available. However, to help prepare Scouts for this competition, focus on those basic Scouting skills at weekly troop meetings and monthly campouts.

**DAILY CAMPSITE
EVALUATION**

Name of Site: _____ Troop #: _____

Unit Leader: _____

SPL: _____

Neatness/Uniformity	Points	Monday	Tuesday	Wednesday	Thursday	Friday
All tent flaps tied down	5					
All beds made or rolled	5					
Towels, wet clothing, on line	5					
Personal gear in order	5					
Fireguard Chart completed & displayed	5					
Cleanliness	10					
Paper & Trash in proper place	5					
Latrine swept, lids closed, disinfected	5					
Sink clean	5					
Troop gear properly stored	5					
General neatness	5					
Troop flag properly displayed	5					
American flag properly displayed	5					
Flammable material in locked container	5					
No safety hazards in camp	5					
Camp gadgets added	10					
Total	90					
Extra Credits:						
Conservation Project						
Camp improvement						

PARENT INFORMATION GUIDE

Please distribute this quick reference to parents or guardians of Scouts who will be attending Camp Barstow this summer.

WEEKS OF OPERATION AND FEES

<u>Weeks of Operation</u>	
Week 1	June 10-16
Week 2	June 17-23
Week 3	June 24-30
Week 4	July 8-14

<u>Fees</u>	
Troop Reservation Deposit (applied to total fees)	\$100.00
Camper fee, Indian Waters Council Scout	\$225.00
Camper fee, Out of Council Scout	\$235.00
Adult Leader fee	\$95.00
Lake Murray Sailing or Island Warrior Canoe Trek	\$245.00
<i>Fees include a camp T-shirt, 17 meals, program, and facilities.</i>	

All fees are non-refundable, except in extreme circumstances, but are transferable to other Scouts. It is the responsibility of the Scout, parent, and/or unit leaders to handle the transfer of any fees; not camp management.

All fees are due May 15, 2012. After this date an additional \$10.00 fee is added.

A sample payment plan for fees (in council Scout) is below:

Payment 1	February 15, 2012	\$60.00
Payment 2	March 15, 2012	\$60.00
Payment 3	April 15, 2012	\$60.00
Final Payment	May 15, 2012	\$45.00

Here is a suggested packing list for camp:

Clothing/Bedding	Advancement Materials	LEAVE THESE AT HOME
Scout uniform	Scout Handbook	Large, fixed-blade sheath knives
Sweater or jacket	Notebook & Paper	Fireworks
Swimsuit	Pens & Pencils	Bicycles
Sturdy pants	Merit Badge books	Open-toe shoes
T-shirts (3 minimum)	Completed Merit Badge work	Firearms & Ammunition
Underwear	Other Items	Radios, iPods, Computers
Raingear	Flashlight	Electronic games
Sturdy shoes (no open-toe)	Pocket knife	Scout cell phones
Socks	Spending money (\$50 suggestion)	
Sleeping bag	Personal First Aid kit	
Pillow	Fishing Gear	
Toiletries	Sunglasses	
Toothbrush & Toothpaste	Compass	
Deodorant & Soap	Camera	
Washcloth & Towel	Daypack	
Comb/brush	B.A.T. Participants	
Sunscreen	Tent	
Shower shoes	Ground Cloth	
Water Bottle		

PARENT INFORMATION GUIDE (page 2)

Please mark all personal gear with name and unit number and protect your valuables while in camp.

Your mailing address while at Camp Barstow will be:

**Scout's Name, Unit #
Camp Barstow, BSA
115 Camp Barstow Drive
Batesburg, SC 29006**

Mail is delivered to camp daily, but might take a few days to get there depending on where you live. Mail is delivered to units during the flag-lowering assembly. Outgoing mail can be placed in the mailbox at the Trading Post to be collected by 9:30am daily.

In case of emergencies from home, phone calls can be placed to **864-445-4991**.

Wednesday – Family Night

- It is Camp Barstow tradition to welcome family and friends on Wednesday night
- There is no General Swim & Boating on Wednesday in order to give units time to prepare for their guests
- The Dining Hall will not be open to serve a meal on Wednesday night, Scouts and Leaders should make arrangements with their guests for their meal. Any unit needing assistance should contact the Camp Director no later than Tuesday morning
- Each unit should alert their guests to not arrive before 5:00PM and should send at least two Scouts or representatives to the parking lot by that time to help guide guests to their proper destinations. All vehicles should be parked in the parking lot, transportation throughout camp is not provided, with exceptions made for our handicap guests
- The Family Night Campfire will include troop skits and an Order of the Arrow callout ceremony, it will begin no later than 8:00PM and end no later than 10:00PM, all guests are asked to depart no later than 10:30PM

Some Merit Badges require materials for completion; we have made every effort to make these materials available in our camp Trading Post. In addition to these materials, our Trading Post stocks souvenirs, Scouting supplies, snacks, T-shirts, and some toiletry items. Please make sure your Scout has some money for incidentals and supplies, we recommend \$50.00 per Scout.

Annual BSA Health and Medical Record

Part A

GENERAL INFORMATION

High-adventure base participants:

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

Name _____ Date of birth _____ Age _____ Male Female
Address _____ Grade completed (youth only) _____
City _____ State _____ Zip _____ Phone No. _____
Unit leader _____ Council name/No. _____ Unit No. _____
Social Security No. (optional; may be required by medical facilities for treatment) _____ Religious preference _____
Health/accident insurance company _____ Policy No. _____

ATTACH A PHOTOCOPY OF BOTH SIDES OF INSURANCE CARD. IF FAMILY HAS NO MEDICAL INSURANCE, STATE "NONE."

In case of emergency, notify:

Name _____ Relationship _____
Address _____
Home phone _____ Business phone _____ Cell phone _____
Alternate contact _____ Alternate's phone _____

HEALTH HISTORY

Are you now, or have you ever been treated for any of the following:

Yes	No	Condition	Explain
		Asthma Last attack: _____	
		Diabetes Last HbA1c: _____	
		Hypertension (high blood pressure)	
		Heart disease (e.g., CHF, CAD, MI)	
		Stroke/TIA	
		Lung/respiratory disease	
		Ear/sinus problems	
		Muscular/skeletal condition	
		Menstrual problems (women only)	
		Psychiatric/psychological and emotional difficulties	
		Behavioral disorders (e.g., ADD, ADHD, Asperger syndrome, autism)	
		Bleeding disorders	
		Fainting spells	
		Thyroid disease	
		Kidney disease	
		Sickle cell disease	
		Seizures Last seizure: _____	
		Sleep disorders (e.g., sleep apnea) Use CPAP: Yes <input type="checkbox"/> No <input type="checkbox"/>	
		Abdominal/digestive problems	
		Surgery	
		Serious injury	
		Other	

Allergies or Reaction to:

Medication _____
Food, Plants, or Insect Bites _____

Immunizations:

The following are recommended by the BSA. **Tetanus immunization is required and must have been received within the last 10 years.** If had disease, put "D" and the year. If immunized, check the box and the year received.

Yes	No	Date
<input type="checkbox"/>	<input type="checkbox"/>	Tetanus _____
<input type="checkbox"/>	<input type="checkbox"/>	Pertussis _____
<input type="checkbox"/>	<input type="checkbox"/>	Diphtheria _____
<input type="checkbox"/>	<input type="checkbox"/>	Measles _____
<input type="checkbox"/>	<input type="checkbox"/>	Mumps _____
<input type="checkbox"/>	<input type="checkbox"/>	Rubella _____
<input type="checkbox"/>	<input type="checkbox"/>	Polio _____
<input type="checkbox"/>	<input type="checkbox"/>	Chicken pox _____
<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis A _____
<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis B _____
<input type="checkbox"/>	<input type="checkbox"/>	Influenza _____
<input type="checkbox"/>	<input type="checkbox"/>	Other (i.e., HIB) _____

Exemption to immunizations claimed (form required).

(For more information about immunizations, as well as the immunization exemption form, see Scouting Safely on Scouting.org.)

MEDICATIONS

List all medications currently used. (If additional space is needed, please photocopy this part of the health form.) Inhalers and EpiPen information must be included, even if they are for occasional or emergency use only.

Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____
Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____

Administration of the above medications is approved by (if required by your state): _____
Parent/guardian signature and/or MD/DO, NP, or PA signature

Be sure to bring medications in sufficient quantities and the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication.

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Emergency contact No.:

Allergies:

DOB:

Full name:

Part B

INFORMED CONSENT AND HOLD HARMLESS/RELEASE AGREEMENT

High-adventure base participants:
Expedition/crew No.: _____
or staff position: _____

I understand that participation in Scouting activities involves a certain degree of risk and can be physically, mentally, and emotionally demanding. I also understand that participation in these activities is entirely voluntary and requires participants to abide by applicable rules and standards of conduct.

In case of an emergency involving me or my child, I understand that every effort will be made to contact the individual listed as the emergency contact person. 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.

I have carefully considered the risk involved and give consent for myself and/or my child to participate in these activities. I approve the sharing of the information on this form with BSA volunteers and professionals who need to know of medical situations that might require special consideration for the safe conducting of Scouting activities.

I 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 claims or liability arising out of this participation.

- Without restrictions.
- With special considerations or restrictions (list) _____

TALENT RELEASE AGREEMENT

I hereby assign and grant to the local council and the Boy Scouts of America 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 hereby 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 Boy Scouts of America, and I specifically waive any right to any compensation I may have for any of the foregoing.

- Yes No

ADULTS AUTHORIZED TO TAKE YOUTH TO AND FROM EVENTS:

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

- 1. Name _____ Telephone _____
- 2. Name _____ Telephone _____
- 3. Name _____ Telephone _____

Adults NOT authorized to take youth to and from events:

- 1. Name _____
- 2. Name _____
- 3. Name _____

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, Philmont Training Center, Northern Tier, or Florida Sea Base**: I have also read and understand the risk advisories explained in Part D, *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.

Participant's name _____

Participant's signature _____ Date _____

Parent/guardian's signature _____ Date _____

(if participant is under the age of 16)

Second parent/guardian signature _____ Date _____

(if required; for example, CA)

This Annual Health and Medical Record is valid for 12 calendar months.

Part B Full name: _____ **DOB:** _____

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High-adventure base participants:
 Expedition/crew No.: _____
 or staff position: _____

Part C

TO THE EXAMINING HEALTH-CARE PROVIDER (Certified and licensed physicians [MD, DO], nurse practitioners, and physician's assistants)

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 at one of the national high-adventure bases, please refer to Part D for additional information.

(Part D was made available to me. Yes No)

PHYSICAL EXAMINATION

Height (inches) _____ Weight (pounds) _____ Maximum weight for height _____ Meets height/weight limits Yes No
 Blood pressure _____ Pulse _____ Percent body fat (optional) _____

If you exceed the maximum weight for height as explained on this page and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle-accessible roadway, you **will not** be allowed to participate. At the discretion of the medical advisors of the event and/or camp, participation of an individual exceeding the maximum weight for height may be allowed if the body fat percentage measured by the health-care provider is determined to be 20 percent or less for a female or 15 percent or less for a male. (Philmont requires a water-displacement test to be used for this determination.) Please call the event leader and/or camp if you have any questions. Enforcing the height/weight guidelines is strongly encouraged for all other events.

	Normal	Abnormal	Explain Any Abnormalities	Range of Mobility	Normal	Abnormal	Explain Any Abnormalities
Eyes				Knees (both)			
Ears				Ankles (both)			
Nose				Spine			
Throat							
Lungs							
Neurological				Other	Yes	No	
Heart				Contacts			
Abdomen				Dentures			
Genitalia				Braces			
Skin				Inguinal hernia			Explain
Emotional adjustment				Medical equipment (i.e., CPAP, oxygen)			
Tuberculosis (TB) skin test (if required by your state for BSA camp staff) <input type="checkbox"/> Negative <input type="checkbox"/> Positive							

Allergies (to what agent, type of reaction, treatment): _____

Restrictions (if none, so state) _____

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 above)

True False

- Meets height/weight requirements
- Does not have uncontrolled heart disease, asthma, 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 their 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 less than 18 years of age and planning to scuba dive, does not have diabetes, asthma, or seizures

Provider printed name _____

Address _____

City, state, zip _____

Office phone _____

Signature _____

Date _____

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptance
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
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	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.

DO NOT WRITE IN THIS BOX

REVIEW FOR CAMP OR SPECIAL ACTIVITY
 Reviewed by _____ Date _____
 Further approval required Yes No Reason _____
 By _____ Date _____

Part C Full name: _____ **DOB:** _____

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