

# Sequoia Council, Boy Scouts of America

## 2012 Camp Leader's Guide

10/7/2011



### Fresno Scout Office

6005 N Tamera  
Fresno, CA 93711

Phone: (559) 320-2100  
Fax: (559) 320-2114

[www.seqbsa.org](http://www.seqbsa.org)

[Google Map](#)

### Camp Chawanakee

43485 Dinkey Creek Rd  
Shaver Lake, CA 93664

Phone: (559) 841-2117  
Fax: (559) 841-8181

[www.chawanakee.com](http://www.chawanakee.com)

[Google Map](#)

\*Please note the camp phone is only used from  
June 10<sup>th</sup> to August 11<sup>th</sup>

\*If you want to send mail to your people up at camp  
be sure to include their troop/crew number, week and  
campsite.



# Camp Chawanakee 2012 Campsite Reservation Form

66 Years of Outdoor Adventure

Troop/Crew No. \_\_\_\_\_ Council \_\_\_\_\_

Estimated Number of Youth \_\_\_\_\_ Adult Males \_\_\_\_\_ Adult Females \_\_\_\_\_

**CAMPSITE SELECTION:** In order to make a reservation call the Fresno Scout Office at (559) 320-2100 and ask for the Camping Department. That way you can discuss what sites are still available in specific weeks and find the best site that works for you.

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Hupa (20)           | <input type="checkbox"/> Mono (28)         | <input type="checkbox"/> Tehachapi (28)   |
| <input type="checkbox"/> Indian Village (28) | <input type="checkbox"/> Paiute (28)       | <input type="checkbox"/> Thunderbird (30) |
| <input type="checkbox"/> Inyo (36)           | <input type="checkbox"/> Pioneer (36)      | <input type="checkbox"/> Winton (30)      |
| <input type="checkbox"/> Mariposa (28)       | <input type="checkbox"/> Pomo (36)         | <input type="checkbox"/> Yokut (22)       |
| <input type="checkbox"/> Mirimichi (22)      | <input type="checkbox"/> Sha-Cha-Quoi (16) | <input type="checkbox"/> Yosemite (28)    |
| <input type="checkbox"/> Miwok (30)          | <input type="checkbox"/> Tachi (20)        | <input type="checkbox"/> Yuki (20)        |
| <input type="checkbox"/> Modoc (30)          | <input type="checkbox"/> Tah-Heetch (30)   | <input type="checkbox"/> Yuma (46)        |
| <input type="checkbox"/> Mojave (28)         | <input type="checkbox"/> Tamarack (28)     |   |

Yes, we plan to arrive on Saturday after 5PM. We understand an early arrival fee will be assessed.

We plan to arrive on Monday morning by 6 a.m.

We are and LDS Sponsored Troop/Crew If Yes please tell us what

Ward: \_\_\_\_\_

Session Requested: Please indicate the session you would like to attend below.

- |                        |       |                        |       |
|------------------------|-------|------------------------|-------|
| Session 1: 6/10 - 6/16 | _____ | Session 6: 7/15 - 7/21 | _____ |
| Session 2: 6/17 - 6/23 | _____ | Session 7: 7/22 - 7/28 | _____ |
| Session 3: 6/24 - 6/30 | _____ | Session 8: 7/29 - 8/4  | _____ |
| Session 4: 7/1 - 7/7   | _____ | Session 9: 8/5 - 8/11  | _____ |
| Session 5: 7/8 - 7/14  | _____ |                        |       |

**BSA requires that all troops/crews must have a minimum of two adults present at camp.**

PRIMARY CONTACT LEADER
Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Home Phone: ( ) _____
Work Phone: ( ) _____
E-Mail Address _____

Within one to two weeks you will receive a confirmation email of your reservation. You can now have more than one contact leader for camp. Please provide us with the emails of who you want to receive information about Camp Chawanakee for 2012.

Name	E-Mail
_____	_____
_____	_____
_____	_____

Please make a copy for your records

\* Please list your Troop/Crew number and council name on all checks

Make all checks payable to Sequoia Council Boy Scouts of America

Mail to

Sequoia Council, Boy Scouts of America  
6005 N Tamera Ave.  
Fresno, CA 93711

Visit our websites for more information

[www.chawanakee.com](http://www.chawanakee.com)

[www.seqbsa.org](http://www.seqbsa.org)

[www.facebook.com/campchawanakee](http://www.facebook.com/campchawanakee)



## 2012 Trek Program at Camp Chawanakee

New for 2012!

-Designed as an older Scout and Venturer program, the Trek Program will provide for participants to arrive on Sunday with their units and then attend a shake-down seminar on Monday morning and hit the trail on Monday afternoon. The Trek will return to Camp Chawanakee on Friday morning and the participants will have the opportunity to make a **Leave No Trace** presentation to Scouts/Venturers and Leaders at Camp Chawanakee on Friday afternoon.

The Trek will take the participants on a backpacking and fishing trip for 4 nights and 5 days in the Sierra just east of Camp Chawanakee. Although we intend this to be an older Scout and Venturer program, we will leave the decision up to the unit leader. Please keep in mind that this may be a coed Trek on any given week. Those age 16 and older will need a California fishing license if they choose to fish. Meals will be trail food provided by us and we encourage participants to bring backpacking tents and their own backpack, stove, fishing rod etc. Adult leaders are welcome and if we have female Venturers at least one adult female leader will be required for the Trek.

Cost: Same as the normal camp fee. There is no additional cost.

To Register: Go to [www.Chawanakee.com](http://www.Chawanakee.com) and see sign up in the Merit Badge area. Provide us the name, age, sex and experience level of each participant.

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Camp Chawanakee: Summer Address 43485 Dinkey Creek Road Shaver Lake, CA 93664  
Sequoia Council, Boy Scouts of America

6005 N. Tamera Avenue · Fresno, CA 93711-3911 · (559) 320-2100 · Fax (559) 320-2114  
230 NW 3rd Avenue · Visalia, CA 93291-3628 · (559) 732-3424 · Fax (559) 732-0822

[www.seqbsa.org](http://www.seqbsa.org) [www.chawanakee.com](http://www.chawanakee.com)

# Camp Chawanakee

The Happiest Place in the Sierra

## MAP KEYS

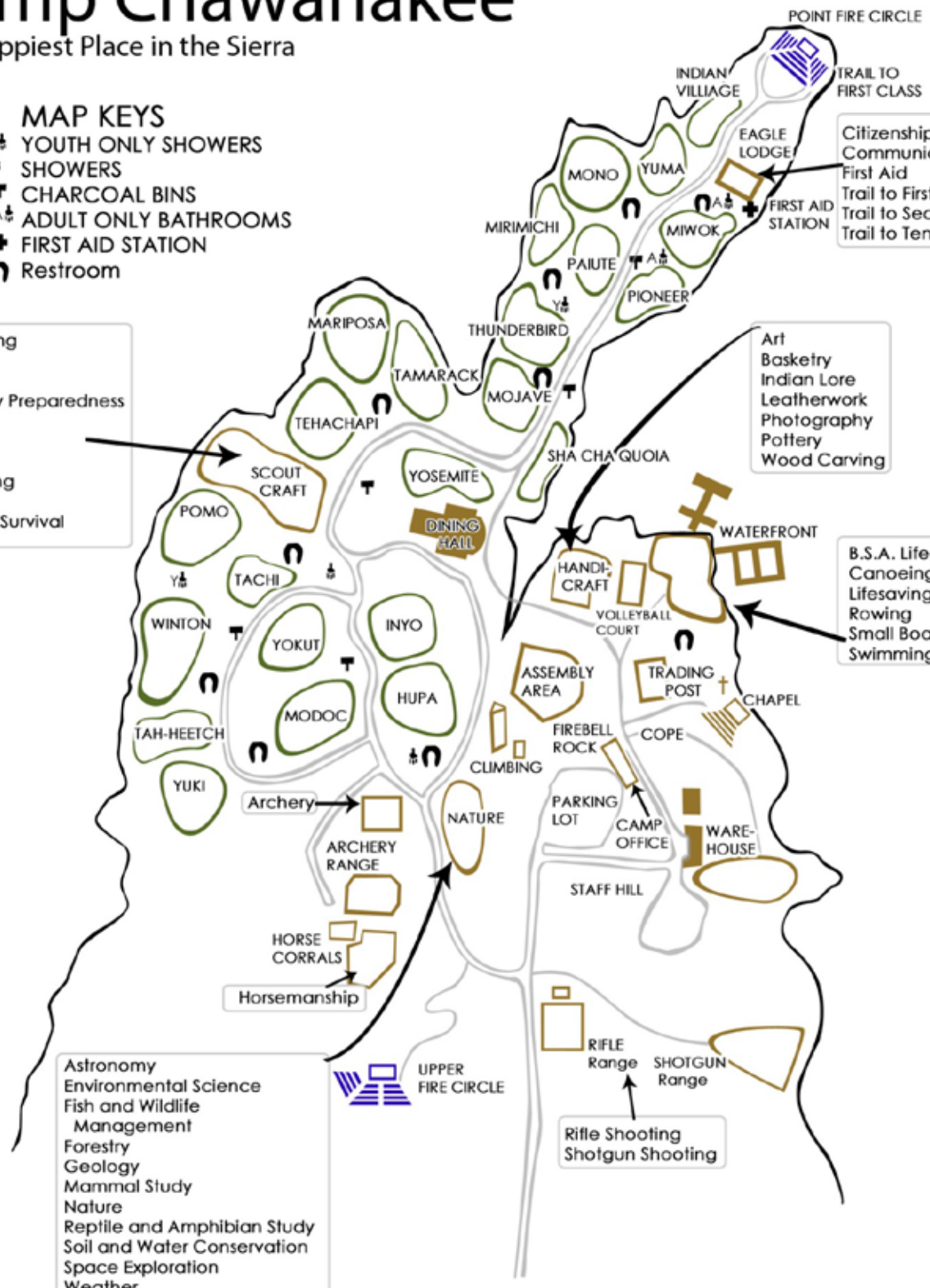
- Y♂ YOUTH ONLY SHOWERS
- ♂ SHOWERS
- T CHARCOAL BINS
- A♂ ADULT ONLY BATHROOMS
- ⊕ FIRST AID STATION
- U Restroom

- Backpacking
- Camping
- Cooking
- Emergency Preparedness
- Fire Safety
- Fishing
- Hiking
- Orienteering
- Pioneering
- Wilderness Survival

- Art
- Basketry
- Indian Lore
- Leatherwork
- Photography
- Pottery
- Wood Carving

- B.S.A. Lifeguard
- Canoeing
- Lifesaving
- Rowing
- Small Boat Sailing
- Swimming

- Astronomy
- Environmental Science
- Fish and Wildlife Management
- Forestry
- Geology
- Mammal Study
- Nature
- Reptile and Amphibian Study
- Soil and Water Conservation
- Space Exploration
- Weather



- Citizenship in the World
- Communications
- First Aid
- Trail to First Class
- Trail to Second Class
- Trail to Tenderfoot

- Rifle Range
- Shotgun Range
- Rifle Shooting
- Shotgun Shooting

## Introduction:

Camp Chawanakee offers an interactive, computerized leader's guide. This edition features several links to the various forms that are required to enjoy your stay at Camp Chawanakee. Use the links in blue for quick access to additional forms or helpful web pages that contain useful camp information. Any changes to these requirements will be communicated to you through our [Camp Website](#). **It is vital that you register your email address with this site so that communication is smooth and timely.**

[Chawanakee Website](#) Links you to the Chawanakee website where you will need to sign up for all merit badges and is another location for camp forms and merit badge information. Changes to our program will be communicated via this site. Be sure to register your email address on the site as soon as possible. Free email can be obtained at <http://www.gmail.com>, [www.hotmail.com](http://www.hotmail.com) or [www.yahoo.com](http://www.yahoo.com) if you do not have an email address. (Requires Internet connection)

[Sequoia Council Website](#) Links you to the Sequoia Council BSA website where you will find information about the council that owns and operates Camp Chawanakee. Also there is a wealth of knowledge regarding camp there as well. (Requires Internet connection)

[Camp Chawanakee Weather](#) Find out what the weather might be before you arrive. Weather reports are not 100% accurate, come prepared for all types of weather. (Requires Internet connection)

[Local Tour Plant](#) –A copy of the completed and approved tour plan will be required of all troops/crews upon check-in at the office. You will need to start this process at least one month prior to arrival at camp, in order to avoid delays.

[Medical Form](#) As per BSA Standards we use the standard BSA Medical Form. This form is used for scouts, venturers and adults and is good for only one year.

[Authorization and Consent Form](#) which is required for **all participants 17 years of age and younger** and can be found on our websites at <http://www.seqbsa.org> and <http://www.chawanakee.com>.

[Troop/Crew Roster](#) is required for check in at camp. The Chawanakee.com website will automatically generate this report. Go to Reports and print the Roster Report.

Dear Troop/Crew Leader,

We want to personally express our gratitude to you for choosing Camp Chawanakee. Your Troop/Crew is about to experience one of the finest Boy Scout camps in the nation.

Your Scouts and Venturers can join in the fun and adventures of camp by being a part of swimming, boating, hiking, field sports, and much more. The beauty and majesty of camp will act as a natural backdrop for an exceptional outdoor learning experience. Our Camp Chawanakee staff is eager to help make your summer experience a rewarding and meaningful one. Our program staff is well versed in the Scouting and Venture program. Serving your Troop/Crew is our number one priority. This guide contains a wealth of information to help your Troop/Crew receive the programs it expects at Camp Chawanakee. We are continuing to fine-tune our offerings at camp and this guide will help your Troop/Crew to have a good experience at camp. Remember a Scout and Venture is prepared! These guides supersedes all other Camp Chawanakee Leader's guides issued by Camp Chawanakee, read it carefully and feel free to email [Camp Director-Pete Maskovich](mailto:CampDirector-Pete.Maskovich) if you have any questions.

Again, thank you for choosing Camp Chawanakee; we look forward to meeting all of you this summer.

In the Spirit of Scouting,

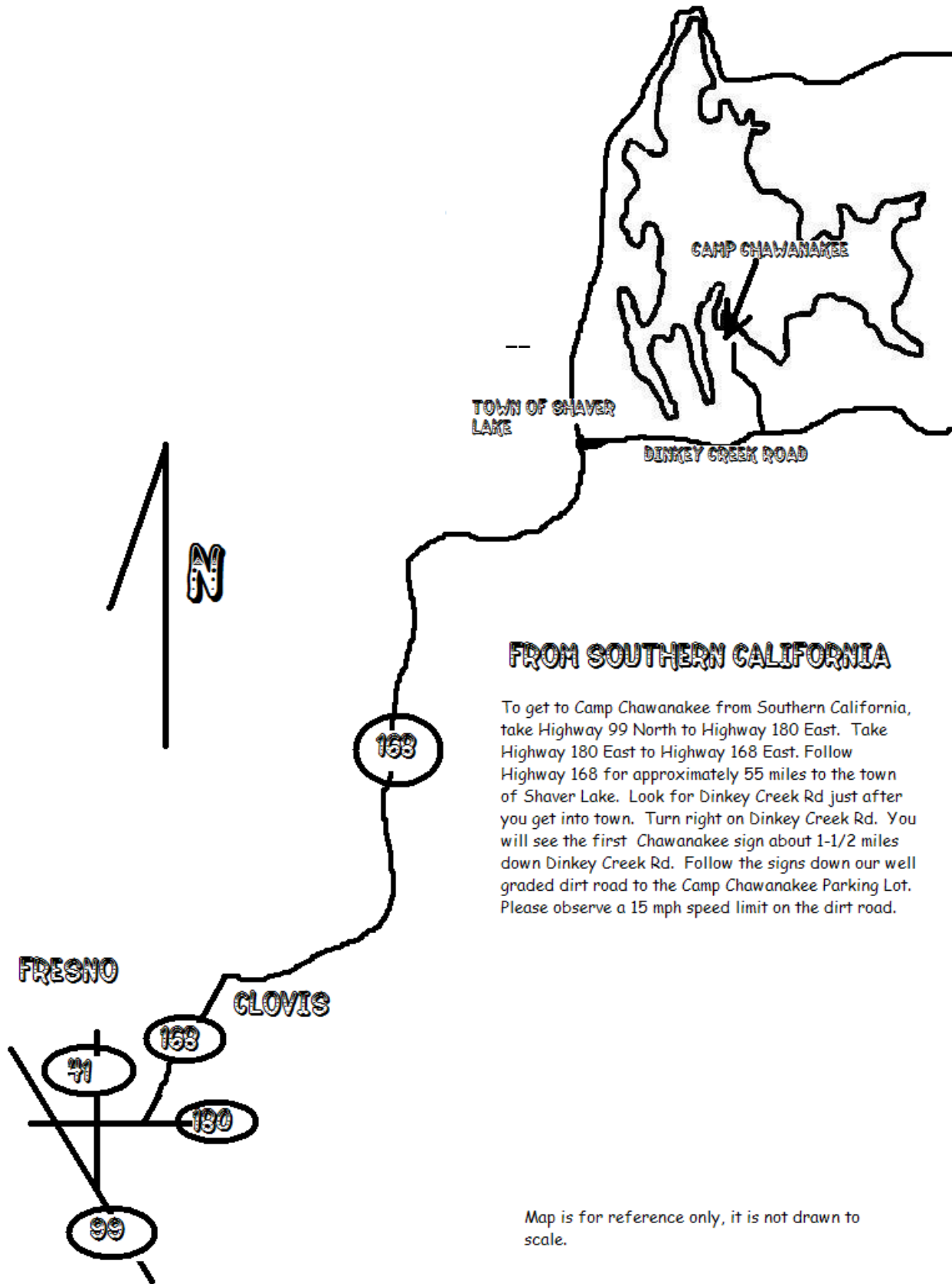
Visit our Council Website at  
<http://www.seqbsa.org>

Get Updated Information at  
[www.Chawanakee.com](http://www.Chawanakee.com)

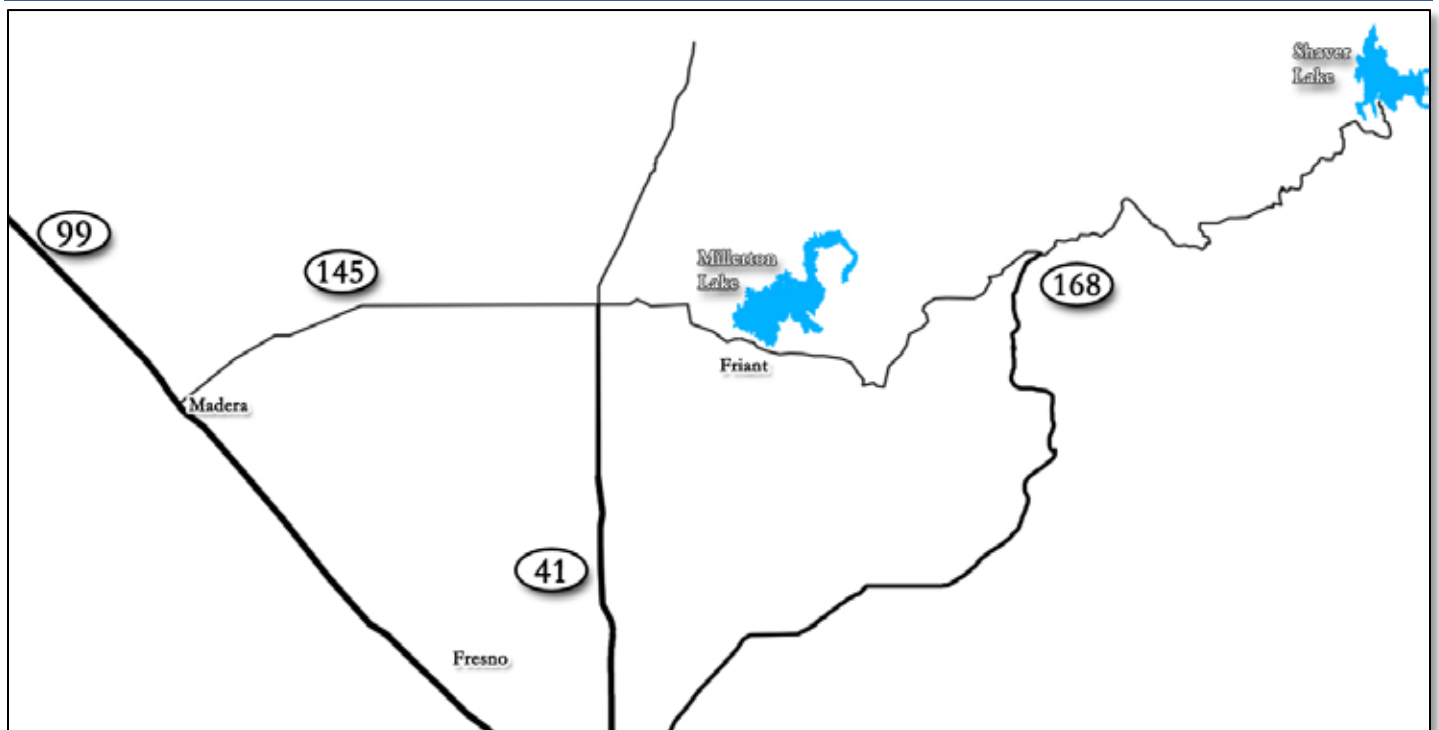
Like Camp Chawanakee on Facebook at  
[www.facebook.com/campchawanakee](http://www.facebook.com/campchawanakee)

Pete Maskovich  
Camp Director  
[CampDirector@Chawanakee.com](mailto:CampDirector@Chawanakee.com)

# Directions from the Southern California



## Directions from the Northern California



1. Get onto Highway 99 heading South
2. Near Madera, take Highway 145 exit Northeast (Cleveland Ave Exit). Continue on Highway 145 towards Highway 41.
3. When you reach Highway 41, go across it (do not get on it). You are now on Millerton Road.
4. Continue on Millerton Road until you come to Road 206 (Friant Rd) and turn right at the Stop sign. Continue towards Millerton Lake to a T intersection.
5. At the T Intersection, go left onto Millerton Road, staying alongside of Millerton Lake. At a gas station-store, turn left.
6. At a shopping center-snack area, turn left onto Auberry Road, towards Shaver Lake. You will eventually pass Marshall Station and continue on to Highway 168.
7. Continue on the 168 going up the mountain on the stretch of road known as the four lane (Be careful you don't overheat!)
8. At the top of the four lane continue on for five miles until you arrive in the town of Shaver Lake.
9. Make a Right hand turn onto Dinkey Creek Road.
10. Travel another two miles until you see the Camp Chawanakee sign on the left hand side.
11. Turn left onto the camp dirt road and travel till you come to a fork in the road. Turn right (going left will take you to family camp) and go down to the camp parking lot.

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# Paying For Camp

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The cost for camp is \$375 per Scout/Venturer and \$290 for adults for out of council troops/crews and \$320 per Scout/Venturer and \$280 for adults for Sequoia Council Troop/Crews. Your Troop/Crew can qualify for a couple of different discounts. **NEW FOR 2012!!** If you come week 1 or week 9 then the cost for out of council is \$365 per Scout/Venturer and \$285 for adults. In Council units the cost is \$310 per Scout/Venturer and \$280 for adults for week 1 or week 9.

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## Discounts and Extra Fees

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- Your first adult leader comes for free (You must bring at least two adults to get this discount)
- A brothers get \$25 off the cost
- Second week: If a Scout/Venturer wants to come back for a second week of camp you can take \$100 off
- If your Troop/Crew wants to arrive on Saturday then there is an extra fee of \$10 per person.
- Commissioner: Adults that want to help out camp by being Volunteer Commissioners can come to camp for free. There are a limited number of spots per week and they are first come first serve. Call the Fresno Office to find out more at (559) 320-2100 Ext 107. Each Troop/Crew can have only one Volunteer Commissioner.

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## Payment Dates

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- Deposit of \$100 per patrol site is due 2 weeks after you make your reservation
- January 16<sup>th</sup> a payment of \$75 per person (both youth and adults) coming to camp
- March 15<sup>th</sup> a second payment of \$75 per person (both youth and adults) coming to camp
- Three weeks before you come to camp you must have the remainder of your balance paid in full
- If a Troop/Crew misses their payment dates and does not contact the Fresno Office your reservation may be cancelled and all fees paid are forfeited.

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## Making Payments

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When your Troop/Crew is making payments for camp we ask that you collect all the money from the parents and write one check or use one card to make the payment. If you are paying by check then please be sure to include a copy of your troop's / crew's Fee Settlement Form (Fig 1) to make sure we credit your account. As always you can make payments for camp online at [www.seqbsa.org/camppay2012.htm](http://www.seqbsa.org/camppay2012.htm)

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## Final Payments

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Your Troop/Crew must have its final numbers into the Fresno Scout office by the dates below based off of your week that you are coming to camp. Once this date is passed **you cannot lower your numbers and will be expected to pay for the youth or adult even if they don't come to camp.**

**Week 1:** May 18<sup>th</sup> 2012

**Week 4:** June 7<sup>th</sup> 2012

**Week 7:** June 29<sup>th</sup> 2012

**Week 2:** May 25<sup>th</sup> 2012

**Week 5:** June 15<sup>th</sup> 2012

**Week 8:** July 6<sup>th</sup> 2012

**Week 3:** June 1<sup>st</sup> 2012

**Week 6:** June 22<sup>nd</sup> 2012

**Week 9:** July 13<sup>th</sup> 2012

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## Changing Campsites

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Camp Chawanakee reserves the right to move you from one campsite to another or to put another Troop/Crew in the same campsite as you. Before we move a Troop/Crew though we will do our best to made other accommodations without forcing a Troop/Crew to move to another spot.

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## Cancellations

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If your Troop/Crew cancels its reservation and does not come to Camp Chawanakee all money paid is forfeit. You must submit a letter of cancellation to the Fresno Scout Office to let us know that your Troop/Crew isn't coming.

Please note this is for the entire Troop/Crew, if you are reducing numbers this does not apply unless you are dropping after the final payment deadline. There are **NO REFUNDS** at Camp Chawanakee. You may transfer funds from one Scout/Venturer to another however.

## Fee Settlement Form

Below is a copy of a Fee Settlement Form (Fig 1). Throughout the year your troop's / crew's contact leader will be receiving updated copies of these detailing the costs of your stay at camp. If there are any changes that need to be made you can contact the Fresno Scout office and talk to the camping department (559) 320-2100 Ext 107.

Important, the numbers that are on your Fee Settlement form are your official numbers of who is coming to camp. If you want to change the numbers you must call the Fresno Scout Office. Simply dropping a person off of [www.chawanakee.com](http://www.chawanakee.com) does not count as dropping the person.

Unit		Week		Arrival	
123 Sequoia		2: 6/19/2011 -- 6/25/20		Saturday	

Please include a copy of this form whenever you make a payment.  
Make payments to Sequoia Council at 6005 N Tamera Fresno, CA 93711

Contact Leader  
1234 Anywhere St  
City Town, CA 12345-6890

Are you an LDS chartered unit? No

**Saturday Fees**  
\$10 X Person

**Camperships**

**Fees**

Scouts	23 X \$365.00 =	\$8,395.00
Adults	5 X \$285.00 =	\$1,425.00
Fees Due		\$9,820.00

**Campsites**

Name	Youth	Adult
Tehachapi	23	5

**Payments Received**

Date	Paid	Notes / Receipts
9/2/2010	\$300.00	Deposit
1/9/2011	\$2,100.00	Payment 1
3/8/2011	\$2,100.00	Payment 2

**Extra Fees / Discounts**

1st Adult Free	(\$285.00)
Brother	(\$25.00)
Brother	(\$25.00)
Saturday X 28	\$280.00

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print \_\_\_\_\_

<b>Fees Due</b>	\$9,820.00
<b>+Extra Fees / Discounts</b>	(\$55.00)
<b>- Camperships</b>	\$0.00
<b>-Payments</b>	\$4,500.00
<b>=Balance Due</b>	\$5,265.00

Please include a copy of this form whenever you make a payment.  
If you need adjustments made such as adding brother's discounts or other questions contact the Fresno office at 559-320-2100.

Fig 1.

## Summer Hours of Operation

During the weeks that camp is running our camping department is at camp on Sunday to do check in. As such they are off on Fridays. If you have any questions regarding camp or involving changing of Reservation Numbers you can leave a message in the Fresno Office and we will take care of your questions on Monday.

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# General Guide to Camp Chawanakee

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## **Before Arrival at Camp:**

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Please hold a familiarization meeting with your Scouts/Venturers and their parents. This is a good time to complete the necessary paperwork that needs to be signed by the parents. Make sure that each participant (including adults) has a B.S.A. physical form completely filled out and signed by a doctor.

Camp Chawanakee employs the patrol method of camping. Most activities will require that Scouts/Venturers be organized into patrols of approximately eight Scouts/Venturers each. It is also recommended that these patrols devise a name, yell, and flag. These patrols may be different from your regular patrol structure. Smaller troops/crews may organize into smaller patrols, but may or may not receive one patrol site per patrol.

During the spring time we will hold a couple of Camp Leader's Meetings. These are hosted by the Camp Director and give troops/crews an opportunity to meet and discuss what will be going on at camp. There is a lot of information given out at these meetings as well as chances for questions and answers. This is a perfect opportunity for first time troops/crews to get ready for their week up at camp. We typically do one in the Southern California area, Central California and Northern California Area. Once we have times and locations set we will publish them on the [www.chawanakee.com](http://www.chawanakee.com) website and send the information out to all troops/crews.

## **Saturday Arrivals**

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Troops/Crews that do not want to travel on Sunday can choose to have a Saturday Arrival at Camp. You must make sure to communicate with the Fresno Office that you want to arrive on Saturday. There is a Fee of \$10 per person extra for arriving on Saturday. Troops/Crews can start to show up at 5:00 PM at camp and are allowed to drive one vehicle into their campsite to unload gear. All cars must be parked in the camp parking lot by nightfall. Troops/crews arriving on Saturday will be **required to provide their own food until Sunday Dinner** when the camp Dining Hall opens up. Aside from Showers and Restrooms there are no program areas or facilities available to troops/crews that arrive on Saturday.

## **Sunday Arrivals and Checking into camp**

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Check in begins at 1:00 PM at the Camp Office however your Troop/Crew can arrive earlier. The adult most familiar with the Scouts/Venturers and the troop's crew's finances should check in. If your troop crew made any payments after the final deadline you may need to have your receipts to show that you are paid in full. You will also need to turn in the following papers:

- Tour Plan: All Troops/Crews that are not from the Sequoia Council need to submit a Tour Plan at least two weeks in advance to your local council for approval. Please be ready to show us an approved Tour Plan at the office.
- Troop/Crew Roster: You will need to have **two** copies of your Troops/crews' Roster to turn in at the **camp office**. You will need **one more copy** for **Medical Checks** and **one final** copy for your **campsite**. If you do not have four copies of your Troop's/Crew's roster the camp office has a copy machine you can use.

Your Troop/Crew will then receive their check in packet which will include all the papers your Troop/Crew needs to post in their campsite. We will issue the Troop/Crew their wrist bands which must be worn by all Scouts/Venturers and adults throughout the week. The camp will also give you a couple of rolls of toilet paper for your campsite. Your

Troop's/Crew's adults have the option to check out an adult restroom key. If you want a key there is a \$20 deposit per key that will be returned and the end of the week.

Each Troop/Crew will get a camp staff guide assigned to them to provide an orientation of camp and act as your commissioner for the day. This orientation will include medical screening (Scouts/Venturers need to have their own medical and permission form in their possession, adults need their medical form only), dining hall orientation to find out your eating session and table numbers, and a swim test (we recommend that participants wear their swim trunks under their uniform). While on the tour please ask questions, it is the best way to learn about Camp Chawanakee. Your guide will take you on a detailed tour of camp. A Scoutmaster/Crew Advisor and SPL meeting is scheduled Sunday afternoon at 5:00 p.m., at the Chapel to give you more important information about Camp Chawanakee.

Each Troop/Crew can have one car drive in at 5 mph to their campsites to transport **TROOP/CREW GEAR ONLY**. All cars must be returned to the camp parking lot by 6:45 on Sunday evening. Your Troop/Crew is allowed to leave a Troop/Crew trailer in your campsite but the cars that pull it in must be back in the parking lot by nightfall.

## **Monday Arrivals**

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Troops/crews that want to arrive on Monday should show up at the camp office at 6:00 AM. This will allow the Troop/Crew plenty of time to check in at the camp office and still have time to unload gear to their campsite and possibly get to the dining hall for breakfast. There will not be enough time in the morning to do Medical and Swim Checks so those will have to be done on Monday at 3:00 during Free Time. Scouts/Venturers that don't do their swim checks will not be penalized on Monday classes even if they are taking waterfront merit badges.

**Departure on the last day:** A camp staff guide will help you check your Troop/Crew out of your campsite. The head commissioner will send staff guides to your patrol site(s) between 6:30-9:30 a.m. If you require an earlier check out, you may schedule it at the 10:00 a.m. Friday leader's meeting, held in the chapel. Check out procedures (detailed at camp.) must be completed by 9:30 a.m. on Saturday.

**\*Any adult leaders desiring to spend a single night in camp with their Troop/Crew may do so by pitching their own tent in the Troop/Crew campsite or reserving a site at our Family Camp Facility. (Call the Fresno Service Center at (559) 320-2100 Ext 107 to reserve a site)**

**Transportation:** Each Troop/Crew is responsible for arranging transportation for their Scouts/Venturers to and from Chawanakee. Cars may be parked in the Camp parking lot, **PLEASE BACK THEM IN**. Due to limited parking space, car-pooling is highly recommended. Those arriving by bus should advise their driver to turn right at the top of the parking lot and proceed to the front of the warehouse. There is more than ample space for several busses to turn around and unload in that location without blocking the main road or parking area. Arrival at camp is advised to be between 12:30 and 1:00 p.m. on Sunday. Camp closes at 9:30 a.m. on Saturday. Troops/Crews may arrive on Saturday, **after 5:00 p.m.**, by indicating their intentions on their Troop/Crew fee settlement form. There is a nominal fee for this

privilege. Dining hall services are **NOT** available for early arriving troops/crews. B.S.A. policy requires that no passengers be transported in truck beds or trailers. **Motorcycles, ATV's, Jet skis are not permitted at camp. Personal boats may not be docked at campsites.**

**Please note that except for check-in and checkout, only camp approved medical and maintenance vehicles are allowed in patrol site areas.**

**Merit Badge Sign Ups:** Sign up for merit badges online at the [Camp Chawanakee Website](#). If you do not have a user name and password, contact the Fresno Service Center as soon as possible. After you sign up, don't forget to print a final list of your scouts' / ventures' merit badge schedule.

**Medical Forms:** Medical forms from prior years **ARE NOT** kept on file. Participants must bring the appropriate, valid form, with them to camp. **A check of this form is a mandatory part of check in, no one may participate in any camp activity until his or her medical form is completed and turned in.**

**Dining Services:** Camp will serve meals "cafeteria" for breakfast and dinner in two shifts each. You will be assigned to a shift and table(s) when you go through dining hall orientation during your camp tour. The Troop/Crew will need to clean up the tables and take the dishes to the cleaning window. The dining hall staff will give directions for each step. Scouts/Venturers will be required to listen for and follow all instructions.

**Lunch Meals:** Lunch is eaten in your campsite. Each Troop/Crew should send at least 2 stewards per patrol to the **back loading dock** of the dining hall to pick up lunch. Should there be a shortage of food or too much, please send a runner to the dining hall with that information. Three lunches will need to be **cooked** in the campsite. Charcoal will be provided for these meals, but charcoal lighter is not permitted, please plan on lighting your charcoal with a "stack" or other method. **Make sure to bring your Patrol Cooking Gear.** To clean up, simply put any trash and excess non-storable food in the provided trashcans and wash out the bus tub and pitcher. The bus tub must be returned to the dining hall loading dock immediately after lunch. Pitchers should be returned after lunch on Friday. **Scouts/Venturers need to bring their own eating equipment for lunches and the Friday Barbeque.** Any storable food (PB&J, bread, condiments, cookies, etc.) may be kept in your campsite for later use. FYI wildlife will enjoy your snacks if not properly stored.

**Friday Barbecue:** Camp Chawanakee ends each session with a Barbecue on Friday night. For this meal only, there will be one shift of eating (right after flags.) Families and other guest are invited. Guests may pay at the door or buy a meal ticket from the Trading Post. Everyone **MUST** bring their own eating utensils, including cup, plate, fork, spoon, and, knife.

Guests will get a meal packet, which includes eating utensils and their dinner for \$7.00 adults, \$5.00 kids 3-10, under 3 eat free.

**Special meals:** Campers requiring special dietary meals need to bring those already prepared (heat and serve) meals to the dining hall at check-in. These meals must be labeled with the camper's name, Troop/Crew number, shift number, and the meal it is replacing. Please indicate whether microwave or oven warming is required. Have your table steward ask for the meal when setup begins. Limited refrigerator and freezer space is available. Vegetarian, Kosher and Gluten Free meals are available upon request. Please indicate any special dietary needs prior to arrival as well as during check-in at the dining hall.

**Fires:** A Scout/Venturer is careful with fire in the woods. Please follow all fire safety guidelines closely:

- § Use only the designated campfire circle in the traditional campsites to build fires
- § Fire control tools may be checked out from the head commissioner
- § Smoking is prohibited in any area of camp where Scouts/Venturers are present. Smoking is also prohibited in any building or tent.
- § **NO OPEN FLAMES IN ANY TENT NO EXCEPTIONS**
- § Both state and county agencies prohibit the use of fireworks in camp. Fireworks are not to be brought to camp for any reason. Violators of this policy will be sent home and the appropriate law enforcement agencies will be contacted.
- § Personal firearms of any caliber and ammunition are not to be brought to camp. (This includes archery equipment; BB; pellet; air soft and paintball guns!)
- § New fire pits may not be constructed in the patrol sites. U.S. Forest Service guidelines will be followed for any fire built in camp.
- § Campsite fires must be kept small. Flames should be no higher than **two** feet.

**Your Patrol Site:** Patrol site equipment consists of four two man tents, eight cots, eight mattresses, one stand alone BBQ and one picnic table. It is recommended that troops/crews bring their own dining canopies. Garbage cans will be strategically placed for

easy access by patrol sites. Full garbage cans should be placed next to the road by 5:00 p.m. each evening for pick up. Do not put charcoal or campfire ashes in the trashcans.

**Commissioner Service:** Commissioners are one of the key ingredients for the Troop/Crew to have an outstanding week. Any needs, concerns and /or suggestions should be directed to your commissioner. Campsites will be inspected by your commissioner daily in accordance with a schedule set up between the commissioner and your Senior Patrol Leader. Campsite inspection scores are a key component to determining who wins the coveted "thumb-stick" award.

**Participants:** All leaders, Scouts/Venturers and staff must be registered members of the BSA. Acceptance in this program is the same for everyone without regard for race, color, national origin, sex, age, or handicap.

**Senior Patrol Leaders:** The SPL is the leader of the Troop/Crew. It is essential for each Troop/Crew to have one elected. The SPL will attend daily meetings with the Head Commissioner. Meetings are held daily, at the water front pavilion, at 1:15 p.m. These daily meetings are designed to be an opportunity for the troops/crews to receive updates on events or to the schedule. It is also the time sign up for the canoe outpost and cracker-barrel. During these meetings you can bring up questions or concerns your Troop/Crew may have.

**Scoutmaster/Crew Advisor Meetings:** A joint Leader and SPL meeting is scheduled for Sunday afternoon at 5:00 p.m., at the Chapel. A Scoutmaster/Advisor social is scheduled for 12:30 p.m. on Tuesday at the Dining Hall, where we will provide you with lunch and an opportunity to talk with the Council Executive Staff. On Friday, the Scoutmaster/Crew Advisor meeting will take place at 10:00 am at the Trading Post.

**Adult Leadership:** Per the Guide to Safe Scouting.... "Two registered adult leaders or one registered leader and a parent of a participant, one of whom must be 21 years of age or older, are required on all trips and outings. Troops/Crews who rotate adult leadership must make sure that this requirement is met the entire time they are at camp. Troops/crews not meeting this standard will not be allowed to participate in any Camp Chawanakee activity. All visitors and late arrivals must check in at the camp office upon arrival at camp.

**Adult Features:** Designated shower and rest room facilities on the point are reserved for adult leaders only. A fully refundable \$20.00 deposit **must be made** to obtain a key to

these restrooms. Adults will stay in strategically placed tenting near their patrols, which will house from two to four adults. At camp we offer a variety of activities and training for your adult leaders such as:

- § Safe Swim Defense
- § Safety Afloat
- § Climb on Safely
- § Leave No Trace
- § Trek Safely
- § Mt Boarding

- § Golf tournament
- § Intramural sports
- § Introduction to Outdoor Leader Skills
- § Mountain Biking
- § Paddle Boards

**Trading Post:** the Trading Post carries camping supplies, camp souvenirs, snacks and drinks, for the needs of Scouts/Venturers during their week at camp. Remember that certain merit badges do require the purchase of supplies (See merit badge listings). Merit badge advancement items are available including pamphlets, handbooks, kits, and shooting tickets. It is suggested that \$50.00 to \$60.00 should meet the needs of most Scouts/Venturers, but be prepared to bring more for a thrilling horse ride and a camp T-shirt and hat. Special Chawanakee merchandise will be available for sale at the Trading Post.

**Mail:** Mail is delivered to camp once a day. Letters or postcards can take anywhere from one to three extra days to get to camp. Scouts/Venturers are encouraged to write home at least once during their stay. Address your mail in the following manner (be sure to include Troop/Crew number, session, and campsite also be sure parents are aware of this information so they can write their Scouts/Venturers at camp. **It is suggested that you print a copy of this page and distribute it to all parents prior to leaving for camp.**)

Your Name  
Your Address  
Your City, State, Zip

Place Stamp Here

Scout's Name, Unit Number, Session, and Campsite  
C/O Camp Chawanakee  
Shaver Lake, CA 93664

**Telephones:** Adult leaders may make outgoing calls from the Camp Office.

CAMP PHONE NUMBERS-FOR BUSINESS USE ONLY

PETE MASKOVICH	(559) 709-9048
JOHN RICHERS	(559) 709-7929 Cell; (559) 434-5791 Home
CAMP FAX	(559) 841-8181
CAMP OFFICE	(559) 841-2117
COUNCIL OFFICE	(559) 320-2100
DINING HALL (Special Meal Requests)	(559) 841-5354

Messages and faxes may be left for individual Troop/Crew leaders and Scouts/Venturers, but **must include** the **person's name, campsite, and Troop/Crew number**. Messages are placed in the Troop's/Crew's box, unless described as an emergency, in which case every effort will be made to contact the Troop/Crew leader or Scout/Venturer as soon as possible. Mobile phones may be used from camp, but leaders must provide their own mobile phones and phone service agreements. Verizon and AT&T currently service Shaver Lake. Camp provides Wi-Fi for adult leaders located at the camp office.

**Medical Support:** A first aid person is present at camp at all times to treat medical emergencies and handle **minor problems**. Arrangements have been made with a local doctor and hospital for treatment of emergency cases. In accordance with BSA National Policy medication must be kept in a locked container. For your convenience, a locked container will be provided for each Troop/Crew.

***Adult leaders are responsible for making sure Scouts/Venturers receive the proper medication at the proper times.***

**Uniforms:** We encourage your Scouts/Venturers to wear full uniform for evening flag ceremonies each day, as well as the closing campfire. Through the day, encourage them to wear Scout/Venturer shorts and either a Troop/Crew T-Shirt, camp T-shirt, or other Scout/Venturer related shirt. The Boy Scout/Venturer Crew uniform is an important part of the BSA. A Scout/Venturer should wear it proudly and properly. Scouts/Venturers should arrive and leave camp in full Scout/Venturer uniform.

## What to Bring to Camp

Each Troop/Crew, patrol, and Scout/Venturer should "Be Prepared" to bring certain items to camp in order to have a successful camping experience. The following is a suggested list of what to bring.

### Troop/Crew Gear:

Troop/Crew flag, US flag, Patrol flag, Patrol cook kit (pot or kettle, spatula, tongs, frying pan, ice chest, charcoal chimney) and a small shovel. If you need the camp can provide an American flag upon request from the camp office. You can also request an American Flag for your Troop/Crew to perform your own flag retirement ceremony.

### Personal Gear:

The weather at Camp Chawanakee for most of the summer is sunny and warm. It can be cooler in the early morning and evenings so **Be Prepared** for all kinds of weather including cold and rain. Pack appropriate clothing for the season, outdoor essentials, extra shoes/boots (closed toed recommended), a pack (a frame pack is suggested, you do have to hike to your campsite), sleeping bag, pillow, foam pad or air mattress (we do provide a mattress), ground cloth, eating kit (spoon, fork, knife, plate, bowl, and a cup) must haves for lunches and the Friday night BBQ, toiletries (soap, toothbrush, toothpaste, dental floss, comb/brush, wash cloth, towel), full Scout/Venturer uniform (Field and Activity).

### Personal Extras:

Watch, camera with film, insect repellent, sunglasses, binoculars, OA sash, fishing pole and tackle, swim suit, water socks and of course extra money for souvenirs and other extras at the Trading Post.

### What Not To Bring:

These are items that are prohibited at Camp Chawanakee. **NO EXCEPTIONS.**

Personal firearms (any caliber, BB guns, pellet guns, paint ball guns), ammunition, personal archery equipment (bows, arrows, crossbows), liquid fuels unless you are participating in the Trek Program (white gas, lighter fluid, butane), slingshots, wrist-rockets, sheath knives/fixed blade knives, fireworks, alcohol, illegal drugs, ATVs, dirt bikes, personal watercraft, bicycles, and pets!

## 2012 Schedules

### Sunday

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1:00 p.m.- 4:00 p.m.	Check In
5:00 p.m.- 5:30 p.m.	S.M./S.P.L. Meeting @ Chapel
6:00 p.m.-6:45 p.m.	Dinner Shift 1
6:45 p.m.-7:00 p.m.	Evening Flags
7:00 p.m.-7:45 p.m.	Dinner Shift 2
8:45 p.m.- 9:45p.m.	Opening Campfire
10:15 p.m.-6:15 p.m.	Quiet Time

### Monday-Friday

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6:45 a.m.-7:15 a.m.	Breakfast Shift 1
7:30 a.m.-7:45 a.m.	Flag Raising
7:45 a.m.-8:15 a.m.	Breakfast Shift 2
8:30 a.m.-9:20 a.m.	Merit Badge Period 1
9:30 a.m.-10:20 a.m.	Merit Badge Period 2
10:30 a.m.-11:20 a.m.	Merit Badge Period 3
11:30 a.m.-12:20 p.m.	Merit Badge Period 4
12:30 p.m.-2:00 p.m.	Lunch and Patrol Time
1:15 p.m.-2:00 p.m.	SPL Meeting at the Waterfront Pavilion
2:15 p.m.-3:00 p.m.	Merit Badge Period 5
3:00 p.m.-4:45 p.m.	Free Time
5:00 p.m.-5:45 p.m.	Dinner Shift 1
5:45 p.m.-6:00 p.m.	Evening Flags
6:00 p.m.-6:45 p.m.	Dinner Shift 2
7:00 p.m.-8:00 p.m.	Open Time
8:45 p.m.-9:45 p.m.	Evening Activities
10:15 p.m.-6:15 p.m.	Quiet Time

### Friday Schedule

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10:00 am-10:30 am	Scoutmaster/Crew Advisor Meeting @ Trading Post
2:15 pm-4:15 pm	Blue Card Pick up @ Camp Office
5:00 p.m.-5:15 p.m.	Evening Flags
5:15 p.m.	Dinner - Camp wide BBQ
7:00 pm-8:00 pm	Blue Card Q&A @ Dining Hall Veranda
8:45 p.m.- 9:45p.m.	Closing Campfire

### Saturday

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6:45 a.m.-7:15 a.m.	Breakfast Shift 1
7:30 a.m.-7:45 a.m.	Flag Raising
7:45 a.m.-8:15 a.m.	Breakfast Shift 2
7:30 a.m.-9:30 a.m.	Check Out

**Schedules are subject to change upon arrival in camp.  
Changes will be submitted in writing as you check in.**

## *Free Time & Open Time*

Free Time (3:00pm -4:45pm) and Open Time (7:00pm- 8:00pm) are times in which campers can experience the program areas in an open format. During these times, every program area (except for COPE) will be open for all campers. Scouts/Venturers can work on merit badge requirements or just have fun.

## *Camp Program*

Camp Chawanakee is proud of its diversified and exciting programs. The following pages will walk you through our program. Take some time to review it in detail so you can be informed as to what is going on and of new activities.

### **Things you should know about our Merit Badge Program:**

The Council uses [www.chawanakee.com](http://www.chawanakee.com) website to help troops/crews get ready to come to camp. There are many things you can do on the camp website including download common forms, check out the latest news, make your payments for camp and more. The most important part though is signing your Scouts/Venturers and adults up for classes at camp. Each Troop/Crew that comes to Camp Chawanakee will have a user name and password emailed to them. For troops/crews that return multiple years you will get a new log on for each summer. After you log in you will be able to enter the Scouts/Venturers and adults that are coming to camp. Please note that you must have their person's actual birthdates when you enter them in. The site uses their birthdates to verify if they can take certain classes.

Merit badge classes are on a first come first serve basis. Your Troop/Crew will be able to log in when you receive your password but you will not be able to sign up Scouts/Venturers for classes until Thursday March 15<sup>th</sup> 2012 starting at 9:00 AM. We use this as the start date to make sure everyone has a fair and equal chance of getting into their merit badge classes. Most classes at camp can accommodate large numbers but a select few have a class cap because of either equipment issues or national standards. If a class is full then your Scouts/Venturers have the option to go onto a waitlist for the merit badge. That way if there is a cancellation they will be next in line to get into the class. If a Scout/Venturer is signed up for a waitlist they cannot enroll in any other classes that period.

### **Registration Cut Off and changing classes at camp**

Each week of camp will be closed off on the Thursday before you come to camp so that we can get the rosters in order for the next week. Once this happens you won't be able to change any more classes. If a Scout/Venturer decides they want to change a class they can simply not show up to the class they are signed up for and can go to the class they want to add.

**Difficulty Rating:** This is a Ten Point scale that is used to reference which merit badges are appropriate for younger Scouts/Venturers. It is our recommendation that younger Scouts/Venturers take merit badges whose difficulty ratings do not exceed 5 nor take more than 3 merit badges. Younger Scouts/Venturers are encouraged to participate in the Trail to First Class Program.

**Suggested Pre-Requisites:** These are items that need to be given attention to before arriving at camp. These are items that either cannot be satisfactorily completed at camp or are otherwise inappropriate in the camp setting. Requirements do not have to be completed in order to attend the merit badge class, however, Scouts/Venturers who have not completed pre-requisite requirements will be issued a partial at the end of the week. Pre-Requisites can change as National changes Merit Badge Requirements. Be sure to check at [www.chawanakee.com](http://www.chawanakee.com) for the most up to date Pre-Requisites for each badge. Partial merit badges do not expire and can be completed at any later date.

**Cost:** Certain merit badges have costs that are over and above those covered by the basic camp fee. Make sure Scouts/Venturers are prepared to cover any costs of their desired merit badges.

**Period Taught:** This refers to the period during the day that a merit badge is taught. The [Camp Chawanakee Website](http://www.chawanakee.com) will not allow you to sign up for a period in which the merit badge is not taught. (Note, some merit badges require more than one period to complete.)

**Location:** This is the area in camp where the merit badge is taught. Some classes may move locations during the week due to activities. Make sure your Scouts/Venturers pay attention to all announcements concerning their classes.

**Merit Badge Sign up:** To help ensure your Scouts/Venturers get the program they want and to promote fairness to all, all merit badges must be signed up for at [www.chawanakee.com](http://www.chawanakee.com). Due to equipment and quality concerns, many classes have a cap on the number of Scouts/Venturers each period will hold, please sign up early, all sign ups are on a first come, first serve basis.

**Age Requirements:** National Camp Standards requires each camp to have programs for older Scouts/Venturers. In order to meet this requirement, we have chosen programs for ages 14 and up. These programs were chosen based on the size, ability and experience of this age group. We have taken into account the safety of all of our Scouts/Venturers.

**Please do not ask for waivers on age requirements.**

**Changes to schedule may be made at camp, but cannot be guaranteed.**

**Because of the fact that merit badge requirements can during the year we recommend you check [www.chawanakee.com](http://www.chawanakee.com) for the most up to date pre-requisites.**

Name	Area	Difficulty	Cap	Age	Cost	Periods Taught	Pre-Reqs
<b>Archery</b>	Shooting Sports	10	25	All Ages	None	1, 2, 3, 4	
<b>Art</b>	Handicrafts	4	None	All Ages	None	2, 3, 4	4
<b>Astronomy</b>	Nature	6	None	All Ages	None	3, 4	6
<b>B.S.A. Lifeguard</b>	Waterfront	10	10	15 and up	None	3 4 5	
<b>Backpacking</b>	Scout Craft	9	None	All Ages	None	3, 5	10, 11b, 11c, 9e
<b>Basketry</b>	Handicrafts	2	None	All Ages	Yes	1, 2, 4, 5	
<b>C.O.P.E.</b>	High Adventure	10	12	13 and up	None	1 2, 3 4	
<b>C.O.P.E. Adult</b>	High Adventure	10	12	18 and up	None	5	
<b>Camping</b>	Scout Craft	5	40	All Ages	None	1, 2	5e, 7a, 7b, 8c, 8d, 9a, 9b, 9c
<b>Canoeing</b>	Waterfront	7	30	All Ages	None	1, 2, 3, 4	
<b>Citizenship in the World</b>	Eagle Point	8	30	All Ages	None	2, 3	3, 3a, 3b, 4b, 5c, 7, 7a, 7b, 7c, 7d, 7e
<b>Climb On Safely</b>	Adult Trainings	5	None	All Ages	None	Special time, more details at camp	
<b>Climbing</b>	High Adventure	10	12	13 and up	None	1 2, 3 4	
<b>Communications</b>	Eagle Point	8	30	All Ages	None	1, 2, 3, 4	5, 8
<b>Cooking</b>	Scout Craft	8	None	All Ages	None	2, 3, 4	
<b>Emergency Preparedness</b>	Scout Craft	10	25	All Ages	None	1, 2, 3, 4	1, 2c, 6b, 8a, 8b
<b>Environmental Science</b>	Nature	7	25	All Ages	None	1, 2, 3, 4, 5	
<b>Fire Safety</b>	Scout Craft	5	None	All Ages	None	4, 5	11, 6a
<b>First Aid</b>	Eagle Point	10	20	All Ages	None	1 2, 3 4	2b, 2d
<b>Fish and Wildlife Management</b>	Nature	6	None	All Ages	None	3	5, 5a, 5b, 5c, 5d
<b>Fishing</b>	Scout Craft	3	None	All Ages	None	1, 2, 3, 5	

Name	Area	Difficulty	Cap	Age	Cost	Periods Taught	Pre-Reqs
<b>Forestry</b>	Nature	6	None	All Ages	None	1	5a, 7
<b>Geology</b>	Nature	7	None	All Ages	None	1	
<b>Hiking</b>	Scout Craft	9	20	All Ages	None	5	5, 6, 7
<b>Horsemanship</b>	Horse Corral	10	15	All Ages	\$32.00	2, 3, 4	
<b>Indian Lore</b>	Handicrafts	7	None	All Ages	Yes	4, 5	
<b>Intro to Outdoor Leader Skills</b>	Adult Trainings	5	None	All Ages	None		Special time, more details at camp
<b>Leatherwork</b>	Handicrafts	2	None	All Ages	Yes	1, 2, 3, 5	
<b>Lifesaving</b>	Waterfront	10	20	All Ages	None	1, 2, 3, 4	1a, 1b
<b>Mammal Study</b>	Nature	4	None	All Ages	None	4, 5	5
<b>Nature</b>	Nature	5	None	All Ages	None	2	
<b>Orienteering</b>	Scout Craft	6	None	All Ages	None	1, 2	7a, 7b, 8, 9
<b>Photography</b>	Handicrafts	7	None	All Ages	None	1, 2, 4	
<b>Pioneering</b>	Scout Craft	6	None	All Ages	None	1, 3, 4	2a
<b>Pottery</b>	Handicrafts	3	None	All Ages	None	1, 3, 4, 5	7
<b>Reptile and Amphibian Study</b>	Nature	6	None	All Ages	None	3, 5	8, 9, 9a, 9b, 9c
<b>Rifle Shooting</b>	Shooting Sports	10	32	All Ages	\$8	1, 2, 3, 4	
<b>Rowing</b>	Waterfront	6	25	All Ages	None	2, 3, 4	
<b>Safe Swim Defense Safety Afloat</b>	Adult Trainings	5	None	All Ages	None		Special time, more details at camp
<b>Shotgun Shooting</b>	Shooting Sports	10	18	All Ages	\$35.00	2, 3, 4, 5	
<b>Small Boat Sailing</b>	Waterfront	10	14	All Ages	None	3, 4, 5	
<b>Soil and Water Conservation</b>	Nature	7	None	All Ages	None	4	

Name	Area	Difficulty	Cap	Age	Cost	Periods Taught	Pre-Reqs
<b>Space Exploration</b>	Nature	8	None	All Ages	None	2, 5	
<b>Swimming</b>	Waterfront	5	20	All Ages	None	1, 2, 3, 4, 5	
<b>Trail to First Class</b>	Eagle Point	4	None	All Ages	None	3	
<b>Trail to Second Class</b>	Eagle Point	4	None	All Ages	None	2, 5	
<b>Trail to Tenderfoot</b>	Eagle Point	4	None	All Ages	None	1, 4	
<b>Trek Safely</b>	Adult Trainings	5	None	All Ages	None	Special time, more details at camp	
<b>Weather</b>	Nature	6	None	All Ages	None	1	8, 9
<b>Wilderness Survival</b>	Scout Craft	6	25	All Ages	None	2, 3, 4	5
<b>Wood Carving</b>	Handicrafts	5	None	All Ages	Yes	1, 2, 3	

## Campfires

**Troop Crew campfires:** Your Troop/Crew can have a campfire in your campsite during the week. You are able to use any downed wood that you find at camp but troops/crews arriving at the end of camp may want to bring their own supply.

**Opening Campfire:** Start your week off right on **SUNDAY** night when our staff puts on the opening campfire for your entertainment and enjoyment.

**Commissioner Inter-unit Campfire:** On Wednesday night, Commissioners will host an inter-unit campfire in a pre-designated campfire bowl. Each Troop/Crew should have a skit, song, or cheer to perform at the campfire. The best songs and skits will be chosen to perform for Friday night's campfire. Sign-ups will be taken at the SPL meeting on Wednesday. All skits, songs, or cheers must be Scout/Venture appropriate.

**Tribe of Chawanakee Campfire:** On Thursday night the spirit of the Native Americans who inhabited this land when Camp Chawanakee was just a dream will come out to induct new members into the tribe and to advance in rank those who have returned. The highlight of this campfire is the reading of the legend followed by an

induction ceremony for the Tribe Honor you are advancing to. The evening ends with all of the Tribe members listening to the sage advice of the mighty Sachem. Scouts/Venturers must either have completed their service hours prior to this campfire, or promise on their honor as a Scout/Venturer that they will have them done before they leave camp. Adults are encouraged to participate too!

**Closing Campfire:** Friday evening at the Point Campfire Bowl there will be a variety show second to none and you provide the songs and skits. That's right, the troops/crews are the main attraction here so plan to participate. The highlight of the campfire is a Flag Retirement Ceremony so wear your cleanest Scout/Venturer uniform.

**Chawanakee Open:** Two and a half! If you think all of the activities at camp are for the Scouts/Venturers then you haven't played in the Chawanakee Open. Tee off with the rest of the adult leaders on Thursday with your own hand made club(s), we provide the ball (tennis ball.) Proclaimed by many leaders as the most fun they've had at camp we hope you join us for the Eleventh annual Chawanakee Open.

**Bocce Ball:** Test your lawn bowling skills Tuesday afternoon at 3:00 pm at the volleyball courts.

**Volleyball:** The volley ball court is available for troops to use. Feel free to schedule a match against another troop or if you feel daring enough against the camp staff.

**Horseshoes:** Come on out on Wednesday afternoon at 3:00 pm for a good time and some great laughs. Adult leaders can just show up, horseshoes are provided free of kicks.

**Aloha Friday:** Wrap up the week Hawaiian style with Aloha Friday. Make sure to bring plenty of items to decorate yourself and your campsite in the true Aloha spirit! The afternoon wraps up with our famous luau style Barbecue.

**Chawanadayze:** Chawanadayze is our exciting fast paced camp wide games. After our opening ceremonies at the waterfront, the troops/crews will break up into their patrols and compete in competitions that will test the leadership of your patrol leaders and the skills of your Scouts/Venturers. Awards will be presented, on a Patrol basis, for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in individual events and one overall prize. Leaders are invited to the rifle range to try their hand at Black Powder Shooting or you may want to find your way to the climbing wall to test your intestinal fortitude against 52 feet of vertical fun.

## *Special Events and Activities*

### **C.O.P.E.:**

Difficulty Level: 10

Pre-requisite: 13 Years Old or older

Cost: None

Merit Badge Period Held: 1&2, 3&4

Adult C.O.P.E. held period 5

Location: Fire Bell Rock

C.O.P.E. (Challenging Outdoor Personal Experience) is a course for older Scouts/Venturers who want to learn about themselves and teamwork. Through games and physical challenges the Scouts/Venturers learn the importance of working together while at the same time learning of their potential. Many Scouts/Venturers don't know how much they can do until they face a 40-foot drop and slide down our zip-line, one of the longest and fastest in the Western Region.

### **Climbing Wall:**

Difficulty Level: 10

Pre-requisite: 13 Years Old or older

Cost: None

Merit Badge Period Held: 1&2, 3&4

Location: Climbing Wall

Our 52-foot climbing tower is for older Scouts/Venturers who want to learn about themselves and teamwork. The Scouts/Venturers learn the importance of working together while at the same time learning how well they can climb. Our climbing tower has two "faces" to choose from, each with its own unique challenges.

### **Trail to First Class:**

Difficulty Level: 4

Pre-requisite: None

Cost: None

Merit Badge Period Held:

Period 1- Tenderfoot

Period 2- Second Class

Period 3- First Class

Period 4- Tenderfoot

Period 5- Second Class

Location: Eagle Lodge

Adults are strongly encouraged to accompany their Scouts/Venturers to this program area. New or younger Scouts/Venturers along with their adult leaders will receive an opportunity to learn the skills needed to achieve the rank of First Class. They will work together on a variety of activities and skills including: nature, hiking, orienteering, pioneering, first aid, and more. A final progress report will be given back to you on Friday with the rest of your Blue Cards. Scouts can also complete Trail to First Class requirements during free time and open time at various program areas.

### **Kayaking:**

Difficulty Level: 2  
Pre-requisite: Pass Swimmer Test  
Cost: None  
Held: Free Time & Open Time  
Location: Waterfront

One of the most popular waterfront activities at Camp Chawanakee is kayaking. With our numerous kayaks, Scouts/Venturers and Adults alike will have the opportunity to enjoy beautiful Shaver Lake.

### **Mile Swim:**

Difficulty Level: 8  
Pre-requisite: Pass Swimmer Test, Endurance  
Cost: \$3.00 (optional for patch bought at Trading Post)  
Merit Badge Period Held: Early Morning,  
Afternoon Open Time  
Location: Waterfront

This test of strength and endurance is a four-day event. To adjust to the altitude of Chawanakee Scouts/Venturers will be required to swim 200 yards, then ¼ of a mile, ½ mile and then the full mile. Scouts/Venturers must be successful on each preceding leg to advance to the next. Each leg MUST be accomplished on different days. Each swimmer will be required to provide a skilled rower and spotter to ensure their safety and success. Only one swimmer per boat is allowed.

## **B.S.A. Lifeguard:**

Difficulty Level: 10

Pre-requisite: Pass Swimmer Test, Swimming Merit Badge, First Aid Merit Badge, Proof of C.P.R. Certification, 15 years old or older

**Adults must have equivalent skills to merit badges.**

Cost: \$3.00 (optional for patch bought at Trading Post)

Merit Badge Period Held: 3 & 4 & 5, plus Open Time.

Location: Waterfront

A BSA Lifeguard can be a vital part for Troop/Crew outings. Our staff will help show your future lifeguards the proper techniques on how to keep a safe waterfront. Strong and responsible swimmers age 14 and older are required. Adults are welcome to participate. In order to complete this program, you **MUST be CPR trained** by a recognized national agency i.e. American Heart or Red Cross. Training may be held at camp, but we cannot guarantee a trainer will be available at this time. [B.S.A. Lifeguard is a three-year certification.](#)

## **Polar Bear Swim:**

Difficulty Level: 1

Pre-requisite: Getting Up Early and Cold Tolerance!

Cost: \$3.00 for patch bought at Trading Post

Merit Badge Period Held: 6:00 a.m.

Location: Waterfront

As you and the birds awaken in the early morning you will see the steam rising off of Shaver Lake. All of the brave souls in camp will meet at the waterfront and swim in sub-arctic waters. Don't worry we won't let such bravery go un-rewarded.

## **Trails of Chawanakee:**

Difficulty Level: 10+

Pre-requisite: None

Cost: None

Held: Anytime you can!

Location: Mile Swim- Waterfront, All other Trails-On the Scout symbol on the Dining Hall side of the bridge.

**Cat Eye Trail:** This night trail allows you to follow the path of the cat. The eyes you see guide you to the end of the trail where your super adventure ends.

**Nature Trail:** This self-guided tour takes you through the beautiful meadow of Chawanakee. Along the trail you will find signs that will explain the flora and fauna that can be seen throughout camp. If you have any questions, the trail goes through the nature area.

**Warrior Trail:** This trail calls for your knowledge of orienteering. Pick up the bearings at the Scoutcraft Area and set out with your buddy to find out where the warriors went.

**Adventure Trail:** Scouts, Ventures and Adults must navigate the wilds with a GPS and a topo map. Waypoints are identified with a log on which a special saying has been carved. Follow the supplied coordinates to find the waypoints. Collect all the sayings to become one of the pioneers of this wonderful event! Scouts, Ventures and Adults must supply their own GPS equipment.

**Chieftain Run:** The Chieftain Run is the latest trail to be added to the Trails of Chawanakee. Scouts, Ventures and Adults will wake early to take an early morning jog to the entrance of Family Camp. Show your strength and ambition and join us for the Chieftain Run!

An award is given at the closing campfire for any Scouts, Ventures and Adults who successfully completes all five trails and the mile swim. A scorecard is available in the Scoutcraft area and must be completed and turned in by the 10:00 a.m. Scoutmaster/ Crew Advisor meeting on Friday.

**Paul Bunyan Award:** Difficulty Level: 5  
Pre-requisite: Earned Tot'N'Chit  
Cost: None  
Held: Open Time  
Location: Scoutcraft

Follow the spirit of Paul Bunyan, Scouts/Venturers will learn the proper care of and safety with wood cutting tools. Those who complete the experience earn the right to wear the Paul Bunyan patch on his uniform.

## **Horse Trail Rides:**

Difficulty Level: 3

Pre-requisite: None

Cost: \$30.00

Held: 1:30 p.m., 3:00 p.m.

Mon-Thurs.

Location: Shaver Stables (10 Min. drive)

## **PARTICIPANTS ARE RESPONSIBLE FOR TRANSPORTATION**

Take a horse ride through the forests of Shaver Lake and observe the flora and fauna. On your 90-minute ride perhaps you will see a coyote or a herd of deer. The number of riders is limited to 20 per trail ride. Shaver Stables is a short 10-minute drive from Camp Chawanakee.

## **Canoe Outpost:**

Difficulty Level: 1

Sign up with Commissioner at SPL meeting

Pre-requisite: For Canoe- Pass Swimmer Test

For Rowboat- Arrange with Commissioner

Cost: \$3.00 for optional patch purchased at the Trading Post

Launch Times: First Shift Dinner- Begin 6:15 p.m.

Second Shift Dinner- Begin 7:00 p.m.

Deadline for all Canoe outpost launches is 7:30pm – no one will be allowed out past this time

Location: Waterfront

The Canoe Outpost is a chance to get out of camp and see what is on the other side of beautiful Shaver Lake. Troops/crews have the opportunity to paddle or row across the lake and camp under the stars. A cracker barrel will be provided for your troop's / crew's enjoyment. While on the other side, troops/crews can spend their evening enjoying leisure activities such as fishing, exploring, practicing your Scout/Venturer skills or just have a good ol' campfire. Two Deep Leadership is required for the Canoe Outpost. Canoe Outpost is subject to weather conditions. Sorry, swimming is not allowed.

## Special Awards and Recognition

**Pioneer Hiker:** This honor is bestowed upon a Scout/Venturer in your Troop/Crew that has exemplified the Scout Oath and Law. The Pioneer hike takes place after Friday's campfire. Pioneer hikers spend the evening under the stars and will write a short essay. Each Troop/Crew is allowed to send ONLY ONE Scout/Venturer. Turn in the Scout's / Ventures' name to the Program Director at the 10:00 a.m. Friday Leader's meeting.

**Honor Troop/Crew:** An honor Troop/Crew is one that adheres to the Scout Oath and Law in all their dealings. Honor troops/crews show scout spirit, have high inspection scores, use the patrol method, and participate in programs and meetings. All honor troops/crews will be recognized at the closing campfire. Turn in Honor Troop/Crew paper work to the Head Commissioner at the Friday 1:15 SPL meeting.

**Fishing:** Shaver Lake boast one of the most robust and diverse fisheries in the Sierra. Scouts/Venturers are encouraged to fish as much as they desire. A limited supply of fishing equipment is available to loan out, but campers are encouraged to bring their own.

**Spirited Arrow Award:** The purpose of the Spirited Arrow award is to encourage Scout Spirit. The Troop/Crew with the most enthusiasm and always doing their best will be given this award. Judgment will be based on Patrols having flags, patrol yells, doing good turns, wearing the proper uniform at proper times, and Scouts/Venturers simply doing their best to take pride in Scouting, but most of all, HAVING FUN!

**Thumbstick:** Each evening, the commissioner will each give out a special award known as a thumbstick. Thumbstick winners will keep and add to the thumbstick until the next evening's flags, where it will be returned to the commissioner. At the end of the week, the Troop/Crew with the highest average inspection score gets to take the thumbstick home with them.

**Stand up Paddle Board:** Experience what it is like to walk on water! Enjoy Shaver Lake from a unique perspective by taking out one of our Stand-Up paddleboards. All of our boards are available to all campers who pass a swim check during afternoon free time Monday-Thursday.

**Mountain Bikes:** While we do not allow personal bikes in Camp, we do have available mountain biking trails immediately outside of Camp. Whether you use one of our 8 bikes (for

Scouts/Venturers ages 14 and up. See the Camp Office to check one out) or bring your own from home you can fulfill your riding needs at Shaver Lake. Leaving from our parking lot, we have a self-guided 5 mile trail. If you require something more substantial, our trail links to the Perimeter trail that travels around the lake (a full day's ride).

**Mountain Boarding:** 3pm to 5 pm outside of the camp office. No age requirement.

**Fishing Spinner:** Make your spinner at Scoutcraft, then catch a fish in the lake!

## Tribe of Chawanakee

The Tribe of Chawanakee is Camp Chawanakee's honor service organization. This program is designed to recognize Scouts, Ventures and Adults who exemplify the Boy Scout and Chawanakee's ideals of Scout helpfulness. All Scouts, Ventures and Adults who attend camp are eligible for membership. On Thursday night, all of the hard work from the week will culminate in a ceremony and campfire that will strengthen the bonds of brotherhood and Scout Spirit. The circular patch for the Tribe of Chawanakee must be purchased at the Trading Post. The segments that go around the patch are given to you at checkout of camp. If you want to receive your segments you must turn in your tribe roster by Friday to allow time to sort out all the segments. The ranks and corresponding requirements are:

- Hunter:
- 1) One summer at Camp Chawanakee
  - 2) One hour of work on a service project
- Warrior:
- 1) Earned Hunter
  - 2) Two summers at Camp Chawanakee
  - 3) Two hours of work on a service project
- Chief:
- 1) Earned Warrior
  - 2) Three summers at Camp Chawanakee
  - 3) Three hours of work on a service project
- Medicine Man:
- 1) Earned Chief
  - 2) Four summers at Camp Chawanakee
  - 3) Four hours of work on a service project
- Sachem:
- 1) Earned Medicine Man
  - 2) Five summers at Camp Chawanakee
  - 3) Plan, organize, and complete an approved service project, of at least 5 hours. (Please contact the Camp commissioner for assistance.)

All ranks require Scouts/Venturers to show Scout/Venturer Spirit the entire time they are at camp.

# Camp Chawanakee Special Events

## **Sunday**

5:00p.m. Scoutmaster/SPL meeting @ Chapel  
8:45 p.m. Opening Campfire (Point Campfire)

## **Monday**

9:00 a.m. Youth Protection Training (Dining Hall)  
3:00 p.m. Trek Safely (Volleyball Court)  
3:30 p.m. Leave No Trace Awareness Award (Volleyball Court)  
4:00 p.m. Climb on Safely (Climbing Tower)  
7:00 p.m. Safe Swim Defense/Safety Afloat (Waterfront)

## **Tuesday**

6:00:32 a.m. Polar Bear Swim (Waterfront)  
12:30 p.m. Scoutmaster's Meeting (Dining Hall)  
3:00 p.m. Horse Shoe Tournament (Volleyball Court)  
7:00 p.m. Scout Vespers (Chapel)

## **Wednesday**

6:00:32 a.m. Polar Bear Swim (Waterfront)  
3:00 p.m. Bocce Ball Tournament (Volleyball Court)  
8:45 p.m. Commissioners' Campfire (Point & Upper Campfires)

## **Thursday**

10:00 a.m. Chawanakee Open (Office)  
7:00 p.m. OA Rededication Ceremony  
8:45 p.m. Tribe of Chawanakee Campfire (Upper Campfire)

## **OA Thursday**

## **Friday**

6:00 a.m. Chieftain Run (Meet at Trading Post)  
6:00:32 a.m. Polar Bear Swim (Waterfront)  
10:00 a.m. Scoutmaster's Meeting (Meet at Trading Post)  
1:45 p.m. Chawanadayze Kick-Off (Waterfront)  
2:00 – 4:00 p.m. Chawanadayze Competition  
2:15 p.m. Merit Badge Blue Card Pick-Up (Office)  
5:15 p.m. Camp Wide B.B.Q. Dinner (B.B.Q. Area)  
7:00 p.m. Merit Badge Blue Card Discussion (Dining Hall)  
8:45 p.m. Closing Campfire (Point Campfire)

## **Aloha Friday!**

# Fine Dining at Camp Chawanakee

Welcome to the Camp Chawanakee Dining Hall! Breakfast and dinners are served cafeteria style in the Dining Hall each day, except Friday. Please do your best to be on-time for your shift, with clean hands. The Friday's dinner is a *Hawaiian B.B.Q.* meal served outside. At the Sunday tour you will be assigned a table(s) and given details for clean-up. Each table accommodates eight to ten people. Troops are asked to invite a staff member to join them if there is an open seat. *California Happy Cow Milk* is available at breakfast and dinner. A variety of beverages, water, punch, coffee, tea, and hot chocolate, are also available.

Tuesday, Wednesday, and Thursday lunches are cooked in the campsites. Charcoal is provided in one of five charcoal stations placed all over camp. Charcoal bins will be unlocked for you to get your charcoal at your convenience.

Dining Stewards are to pick-up the lunch boxes at 12:30 pm each day at the back of the kitchen loading dock. The lunch boxes are prepared to feed eight people. Troop's cook box should contain tools for these meals. If not, arrangements can be made with the Food Service Manager to obtain some. The lunch boxes are to be returned after each lunch, clean and empty. The pitchers are to be stored in your campsite and returned on Friday with your final lunch box.

Non-perishable foods may be properly stored at your campsite for in-between meals or late night snacks. All trash and opened or perishable foods should be placed in the trash container.

We look forward to a great week of Scouting. If you have any suggestions or concerns, please direct them to the Food Service Manager or your Camp Commissioner.

**Have a great stay at the happiest camp in the Sierra!**

**The Chawanakee Dining Hall Staff**

## MEAL TIMES

### **BREAKFAST**

SHIFT 1	6:45-7:15 A.M.
MORNING FLAGS	7:30-7:45 A.M.
SHIFT 2	7:45-8:15 A.M.

### **LUNCH**

IN YOUR CAMPSITES	12:30-2:00 P.M.
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### **DINNER**

#### SUNDAY ONLY

SHIFT 1	6:00-6:45 P.M.
EVENING FLAGS	6:45-7:00 P.M.
SHIFT 2	7:00-7:45 P.M.

#### MONDAY – THURSDAY

SHIFT 1	5:00-5:45 P.M.
EVENING FLAGS	5:45-6:00 P.M.
SHIFT 2	6:00-6:45 P.M.

#### FRIDAY

EVENING FLAGS	5:00-5:15 P.M.
B.B.Q. DINNER (ALL)	5:15 P.M. (PICNIC AREA)

# TROOP DUTY ROSTER

## **Monday:**

Breakfast Steward(s) \_\_\_\_\_  
Lunch Steward(s) \_\_\_\_\_  
Dinner Steward(s) \_\_\_\_\_  
Shower / Latrines \_\_\_\_\_  
Other \_\_\_\_\_

## **Tuesday:**

Breakfast Steward(s) \_\_\_\_\_  
Lunch Steward(s) \_\_\_\_\_  
Dinner Steward(s) \_\_\_\_\_  
Shower / Latrines \_\_\_\_\_  
Other \_\_\_\_\_

## **Wednesday**

Breakfast Steward(s) \_\_\_\_\_  
Lunch Steward(s) \_\_\_\_\_  
Dinner Steward(s) \_\_\_\_\_  
Shower / Latrines \_\_\_\_\_  
Other \_\_\_\_\_

## **Thursday:**

Breakfast Steward(s) \_\_\_\_\_  
Lunch Steward(s) \_\_\_\_\_  
Dinner Steward(s) \_\_\_\_\_  
Shower / Latrines \_\_\_\_\_  
Other \_\_\_\_\_

## **Friday:**

Breakfast Steward(s) \_\_\_\_\_  
Lunch Steward(s) \_\_\_\_\_  
Dinner Steward(s) \_\_\_\_\_  
Shower / Latrines \_\_\_\_\_  
Other \_\_\_\_\_

# CAMP CHAWANAKEE

## FIRE PLAN FOR SCOUTS AND LEADERS

### Fire Bell:

The fire bells are located at the dining hall, at the base of the north staircase by the veranda and on the rock behind the parade area by the Trading Post.

The fire bell will be rung in the event of an emergency that may require either a full camp head count, and/or evacuation. I.E. Fire, lost swimmer, lost scout, etc.

### What to do when the fire bell rings:

Immediately, quietly and quickly (without running) take the most direct and safe route to the waterfront. Once there, line up by troop with the Senior Patrol Leader at the front of the line.

The Senior Patrol Leader will quietly take a head count (scouts and leaders) and wait for a staff member to call a troop roll call. Upon being called, the Senior Patrol Leader will report whether anyone from his troop is missing or not.

Troops will remain lined up and quiet until further instructions are given to them.

### What to do if you encounter an out of control fire:

Do not attempt to put out the fire yourself!

Take the most immediate and safest route to a fire bell and begin to ring it loudly. Continue to ring the bell until a staff member relieves you.

# CAMP CHAWANAKEE HONOR TROOP CRITERIA

Troop # \_\_\_\_\_ Council \_\_\_\_\_

Campsite \_\_\_\_\_ Week \_\_\_\_\_

An Honor Troop is one that adheres to the Scout Oath and Law in all their Dealings. Whether interacting amongst themselves or other troops at Camp Chawanakee, an Honor Troop shines as an example to all.

An Honor Troop Must:  
Leader Initials/Date

- \_\_\_\_\_ 1. Show Scout Spirit at all camp functions and adhere to the Scout Oath and Law.
- \_\_\_\_\_ 2. Participate in all camp wide events. (i.e. campfires, Chawanadayze, etc.)
- \_\_\_\_\_ 3. Maintain an average of 90 points or more on all camp inspections.
- \_\_\_\_\_ 4. Participate in a camp service project. (Tribe hours count)
- \_\_\_\_\_ 5. Organize and hold at least one Patrol Leader's Council (PLC) during the week.
- \_\_\_\_\_ 6. Attend all scheduled Scoutmaster and SPL meetings. (Scoutmaster/SPL meeting is 5:00 p.m. on Sunday, Scoutmaster Meetings are 12:30 p.m. Tuesday and 10:00 a.m. Friday, SPL meetings are 1:15 p.m. Monday-Friday)
- \_\_\_\_\_ 7. Attend and be on time to all flag ceremonies.
- \_\_\_\_\_ 8. Do not put new holes in the camp tents.
- \_\_\_\_\_ 9. Participate in an inter-troop campfire or activity during the week.
- \_\_\_\_\_ 10. Do ONE of the following:
  - 100% of the troop advances one rank in the Tribe of Chawanakee
  - Troop attends Scout Vespers (7:00 p.m. Tuesday at the Chapel)
  - Troop participates in a camp Flag Raising or Lowering or Retirement ceremony (SPL can sign up at the SPL meetings)
- \_\_\_\_\_ 11. Invite a camp staff member to participate in a troop activity.  
Name of staff member \_\_\_\_\_

Camp Commissioner will determine completion of the requirements and will recognize the Honor Troops at the closing campfire on Friday night.

# CAMP CHAWANAKEE

## Campsite Inspection Sheet

Troop # \_\_\_\_\_ Campsite \_\_\_\_\_ Commissioner: \_\_\_\_\_

Inspections will be completed each day between 9:00 AM and 12:00PM (NOON)

<b>ARRANGEMENT OF CAMP: (20 pts.)</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>TH</b>	<b>F</b>
1. U.S. Flag flying at troop entry	3	3	3	3	3
2. Troop Flag flying at troop entry	3	3	3	3	3
3. Proper placement of large fire bucket nearby campfire ring w/ water	3	3	3	3	3
4. Small fire buckets nearby tents (one w/ water, one w/ dirt)	3	3	3	3	3
5. Ax yard well defined, all tools in sheaths	3	3	3	3	3
6. "NO FLAMES IN TENTS" posted on all tents	3	3	3	3	3
7. Defined entrance to troop's tents	2	2	2	2	2
<hr/>					
<b>NEATNESS OF TENTS: (12 pts.)</b>					
8. Platform tents in good repair, open and properly secured	3	3	3	3	3
9. Bedding and personal gear neatly stored in tents	3	3	3	3	3
10. Tents are swept clean and generally in neat condition	3	3	3	3	3
11. Tents are free of new unmarked holes	3	3	3	3	3
<hr/>					
<b>OVERALL CLEANLINESS OF SITE(S): (27 pts.)</b>					
12. Proper disposal of garbage in cans	2	2	2	2	2
13. Full garbage cans/bags placed near road	2	2	2	2	2
14. No food particles next to water spigot	3	3	3	3	3
15. Proper storage of equipment/food	3	3	3	3	3
16. Fires out or properly attended (Barbecues included)	3	3	3	3	3
17. Site free of litter	6	6	6	6	6
18. Latrines in clean condition	4	4	4	4	4
19. Showers in clean condition	4	4	4	4	4
<hr/>					
<b>BULLETIN BOARD: (16 pts.)</b>					
20. Troop Duty Roster	2	2	2	2	2
21. Unit Fireguard Plan and Camp Fire Plan	2	2	2	2	2
22. Campsite Inspection Form	2	2	2	2	2
23. Troop Merit Badge Sign-up	2	2	2	2	2
24. Camp Schedule	2	2	2	2	2
25. Camp Map	2	2	2	2	2
26. Camp Special Events Schedule with troop activities added	2	2	2	2	2
27. Camp Meal Times	2	2	2	2	2
<hr/>					
<b>CAMP IMPROVEMENTS: (10 pts.)</b>					
28. New Pioneering Project or camp gadget each day. Bring own rope 10 pts. is only recommended, the scaling could be higher	10	10	10	10	10
<hr/>					
<b>SCOUT SPIRIT: (15 pts.)</b>					
29. Cooperation, quietness after taps, example set for all, on time at flags. Campsite Commissioners will judge behavior, willingness to follow SPL 15 pts. is only recommended, the scaling could be higher	15	15	15	15	15
<hr/>					
Total:	_____	_____	_____	_____	_____

SCORING: 100+ Excellent! 90-99 Good 80-89 Fair 70-79 Needs Improvement 0-69 Unsatisfactory

# TRIBE OF CHAWANAKEE ROSTER

Tribe Ranks

- 1<sup>st</sup> Year – Hunter
- 2<sup>nd</sup> Year – Warrior
- 3<sup>rd</sup> Year – Chief
- 4<sup>th</sup> Year – Medicine Man
- 5<sup>th</sup> Year - Sachem

Troop: \_\_\_\_\_

Session: \_\_\_\_\_

Campsite \_\_\_\_\_

	Name	Tribe Rank Completed					Scout Spirit	Service	Location of
	(Please Print)	H	W	C	MM	S	Yes / No	Hours	Service
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
	Total Ranks								

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# *Local Attractions around the Central Valley*

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## **McKinley Grove**

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Visit a grove of Giant Sequoia trees. McKinley Grove is one of the best kept secrets in the Central Sierra, just a 30 minute drive from Camp

### **Directions:**

9 miles east to the Intersection of the Dinkey Creek Road and the McKinley Grove Road. Turn right and travel 5.7 miles north on the McKinley Grove Road to the picnic area.

## **Big Creek Hydroelectric Project**

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Visit the town of Big Creek, established in 1911 by the Southern California Edison Company, where you will find Powerhouse #1, one of the first hydroelectric projects in the Sierra Nevada. Tours are conducted on Tuesdays at 11:30 am

### **Directions:**

Go west on Dinkey Creek Rd for 1.9 miles. Go right onto Highway 168, travel through the village of Shaver Lake, after 4.6 miles, and take the left turn to Big Creek. Travel 7 miles to the town of Big Creek.

## **Museum of the Central Sierra**

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The Museum is operated by the Central Sierra Historical Society and features historic materials and artifacts, books and photographs, art classes, speakers and special events. Learn about the flora and fauna of the various elevations and regions of the Sierra Nevada as well as the people who explored, lived and worked here.

In addition to the museum building, visitors will be able to see a fully restored, historic Caboose from the SJ&E Railroad that operated in the early days of the Southern California Edison Big Creek Hydroelectric Project. Throughout the summer months, the Sierra Steamers hold several day-long demonstrations of a DolBeer Steam Donkey. Visitors can experience the power of this amazing machine that was used to drag large logs from where trees were felled in the forest to a historic sawmill or railroad line. The Museum of the Central Sierra sits on 20 acres of land donated to the Central Sierra Historical Society by the Southern California Edison Company.

**Directions:**

Located at 42642 Tollhouse Road in Shaver Lake, California. The museum is located just off HWY 168, about one mile north of the village of Shaver Lake. Take the Camp Edison Road and the museum entrance is the first right hand turn.

Daily during the summer months (May - September). Spring and Fall, as weather permits.

**Hours Open:** 11:00 a.m. - 3:00 p.m.

**Fees:** No entrance fee. Donations are appreciated.

**Mountain Biking at China Peak Ski Resort**

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Mountain Biking is back at China Peak! Their lift-served Mountain Bike Park is open weekends, Saturdays and Sundays through Labor Day from 9AM - 4 PM. Rental bikes and helmets are available for rent. All minors MUST have a Summer Mountain Activities Participant Release signed by a parent or guardian. Visit [www.skichinapeak.com/summer.aspx](http://www.skichinapeak.com/summer.aspx) for more details on pricing, rental information, and to download the Summer Mountain Activities participant Release form.

**RV Rentals at Shaver Lake**

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Planning on camping at the Camp Chawanakee Family Camp area? If you are interested in renting an RV for use at Camp please consider "Shaver Lake RV Rentals" at 41579 Dinkey Creek Rd Shaver Lake, CA 93664 559-906-8446 or [www.ShaverLakeRVRentals.com](http://www.ShaverLakeRVRentals.com). We always try our best to patronize local businesses.



# National Youth Leadership Training

## Where and when is NYLT?

NYLT runs from Monday July 23rd through Saturday July 28th. The cost is \$250 per scout and is held at Family Camp up at Shaver Lake next to Camp Chawanakee.

## What is NYLT?

This is an intense week-long leadership training course for youth members of Boy Scouting or Venturing programs. As the third step in the Scout program for Youth Leader development, this course provides your Scouts with the leadership skills they need to be truly effective. It is the most advanced youth leader training offered by a local council.

- The first step in youth leader training is the "Introduction to Leadership". This is the individual counseling that the unit leader does with a youth when he undertakes a new leadership position within the unit. It is the training in the specific functions of his/her new position.
- The second phase of youth leader training is "Unit Youth Leader Training." This is training at the unit level to help the youth to do a better job of working together. It addresses many very practical situations a youth leader may encounter. This training can only be effectively carried out at the unit level.
- The third type of training is the "National Youth Leadership Training" (NYLT). The interaction among Scouts from all over the Council is a major ingredient in the course. That is why it is not provided at the unit level alone! NYLT supports the training done by the home unit leader.

All three types of training are necessary to develop the Scouts' potential fully.

## We've never sent anyone before - why should we now?

Sending Scouts to NYLT helps them develop their leadership potential. This results in a smoother running unit. If your unit is committed to having a true youth run program, your youth leaders need the skills presented in this course.

## Isn't the unit or unit leader training enough?

NYLT builds on and enhances the skills and ideas introduced at the other levels of training. NYLT is not designed to replace the training done by the unit leader, it is designed to provide additional leadership skills and enhance the youth leader's ability to lead within the unit.

## What will the Scout learn?

The Scout will learn the fundamentals of good leadership. These include the skills of motivating people and getting the job done. They are presented in a form that encourages the Scout to practice these skills as they are learned. The Scout will learn the importance of forming a group into a unit that is working together because they want to. The tools of communications, identifying and using resources, representing the group and dealing with problems will all be presented. Your Scout will have an opportunity to practice these skills while learning the kinds of results they can bring. The skills related to planning, effective teaching, and sharing leadership also will be presented. These tools are the ones that will get the job done. Scouts are challenged through various Patrol activities to provide practical, hands on, experience in the use of these skills. The Scout leaves with a "Leadership Tool Kit" to aid him/her in applying his/her newly acquired skills back in the unit.

### **Does NYLT teach Scoutcraft skills?**

Our focus at NYLT is on the leadership skills and providing an opportunity to use and strengthen those skills. Participants must have achieved the rank of First Class or higher prior to attending NYLT if registered in a Troop or Team. It is presumed they already possess skills in the areas of cooking, fire building, camping, knot tying, safety and first aid.

### **How many Scouts do we send?**

Send the Scouts who are now in leadership positions in your unit, or will soon be. This would include the positions of Assistant Patrol Leader, Patrol Leader, Assistant Senior Patrol Leader, Senior Patrol Leader, Troop Guide, Junior Assistant Scoutmaster and all Crew Officers to name a few. The real answer to the question of who and how many Scouts to send is more a question of who you think is mature enough to take part in a week-long intensive training course and who you believe the future leaders of your unit will be. It is always best to remember the benefits of the buddy system in Scouting and send two or more Scouts to share the information and support each other upon returning to the troop.

### **Scoutmaster's Minute:**

Some may think that a week isn't long enough to teach a youth how to become a leader. Others believe a week is just too long. Both are incorrect and both right! Becoming a leader is an evolutionary process. The more practice they get using their leadership skills the better leaders they become. At the NYLT course, we get the Scout started on the right path by presenting leadership skills, helping identify and strengthen the skills they already possess and giving them an opportunity to try them out and hone them in a controlled, training environment. The Scout really learns leadership by applying the skills he/she learns back in his/her home unit under the guidance of his/her unit leader. The training of youth leaders is the responsibility of the unit leader. NYLT is designed to support, not replace, the unit leader's role in the training process. Each scout who attends will do so as a representative of his/her home unit and will wear the uniform and insignia of his/her home unit.



# Family Camp at Camp Chawanakee

In order for Camp Chawanakee's Family Camp to be enjoyed by all a few guidelines have been set by camp management. By signing the front of this form, you state that you have read and understood these rules.

Please call (559) 320-2100 for further information.

**Camp Uses:** The use of the basic Camp Chawanakee program areas in the scout portion of camp, the observation of special events, campfires and programs are not available to Family Camp participants unless prior arrangements are made with the Camp Director at least 24 hours in advance. All persons wishing to use the regular waterfront must have a physical form, signed within the last year by a licensed physician. It is understood that Scout troops in the regular camp are our first priority.

**Reservations:** Reservations for family camp must be made through the Fresno Service Center at least ten days before arrival at camp. The Fresno Scout Service Center phone number is (559) 320-2100.

**Fees:** Family Camp fees include the use of the reserves site, a private shower, and restroom facility. Water is available for cooking and drinking. Limited electricity is provided in RV sites and Wall Tents only. If you want **All fees are due with this application.**

**Refund Policy:** There are no refunds at Camp Chawanakee but funds are transferable.

**Occupancy:** Occupancy is limited to one week during camp operation. Check out time is 11:00 A.M. on the last day of stay, and arrival is permitted anytime after 1:00 PM. Limit per site is 6 persons per night. A charge of \$10 per day will be made for each person over the six-person limit. **A maximum of two vehicles per site is permitted.** Please note that the road into camp is a dirt road.

**Meals:** Meals may be prepared in the campsite. Purchased meals are not available.

**Vehicles:** B.S.A. and Camp Chawanakee policy forbid passengers from riding in the back of trucks or trailers. Use of motorcycles in the camp area is not permitted. Motorcycles may be quietly driven out of the camp to the main road. **ATV use is strictly prohibited in any area of Camp Chawanakee.**

**Bathrooms & Showers:** Shower time is limited to five minutes in order to meet the needs of all family campers and allow the water heaters to maintain water temperature.

**Equipment:** One table is set aside for each campsite. Campers in Wall Tents are also provided with cots and mattresses. Do not remove any equipment from your campsite without the permission of the Family Camp host.

## **Beach Use:**

1. Motorboats are to be beached in the grass area only.
2. Family Camp Cove is reserved for swimming, fishing (must have fishing license) and canoeing.
3. Boats traversing the area must obey the posted 5-mile an hour speed limit. The Fresno County Sheriff's Department enforces this.
4. Water-Skiing may be done beyond the posted cover area.
5. **No lifeguards are on duty-Use of the water is at your own risk.**

## **\*\*Please Note**

No alcoholic beverages and, or non-prescription drugs.  
No firearms and, or fireworks.  
All Pets must be on a leash.  
Some tent platforms used in the past are no longer available.  
All reservations are on a first come-first serve basic.

2012 Sequoia Council B.S.A. Camp Chawanakee  
**Family Camp Site Reservations**

Mail form and payment to:

Sequoia Council, B.S.A.  
 6005 N Tamera Ave  
 Fresno, CA 93711  
 (559) 320-2100

Or Pay Online at

<http://www.seqbsa.org/FamilyCamp.htm>

**\*Please read Camp Guidelines before placing reservation.**

Name	
Address	
City	State / Zip
Phone (Home)	(Day)
E-Mail	

**Please indicate the type of site(s) needed:**

- |       |                                     |                                     |
|-------|-------------------------------------|-------------------------------------|
| _____ | Wall Tent on a Platform             | \$ 40.00 per night **               |
| _____ | Number of extra tents               | \$ 20.00 per extra tent per night** |
| _____ | Space with RV hook-up (water only)  | \$ 30.00 per night**                |
| _____ | Tent Area (you pitch your own tent) | \$ 25.00 per tent per night**       |

**\* Extra tents are for those who pitch tents around the Platforms**

**\*\*The weekend of the 4th of July  
 there will be a \$5 increase / site**

**Dates needed:**

Arrival Date (after 12:00 P.M.) \_\_\_\_\_  
 Departure Date (before 11:00 A.M.) \_\_\_\_\_

**Payment Included:**

Cost per site \_\_\_\_\_ X # of site(s) \_\_\_\_\_ X # of Night(s) \_\_\_\_\_  
**Grand Total Due = \_\_\_\_\_**

I/We have read the Camp Guidelines and agree to abide by the rules and fees set forth there. I/We agree that all members of our party shall be notified of the Family Camp rules and shall abide by them.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

Rules for acceptance and participation in the program are the same for everyone without regard to race, color, national origin, age, sex, or handicap.

To ensure your reservation Please call Joseph Potthast at the Boy Scout office.

**\*Please list all site number you would like to reserve here**

\*\*\* For July 15 - 28th Family Camp will be used for NYLT and families can get spots at Camp Chawanakee

# CLUB CHAWANAKEE 2012



Session 1 Friday August 24 through Sunday August 26, 2012  
Session 2 Friday August 31 through Monday September 3, 2012

Visit our website at [www.seqbsa.org](http://www.seqbsa.org)

Once again our beautiful Camp Chawanakee will be open for two weekends this summer.

The cost per person Session I is \$65, persons aged 15 and older; \$50 age 6 to 14 and children 5 and under are free.

The cost per person Session II is \$75, persons aged 15 and older; \$55 age 6 to 14 and children 5 and under are free.

A very relaxing way to wind up your summer! We have a great camp with an excellent staff ready to serve you plus get ready for some great food! That's right meals are included with your camp fees from. Session I meals begin with breakfast on Saturday and conclude with lunch on Sunday, Session II meals begin with breakfast on Saturday and conclude with lunch on Monday. Please submit your \$15 deposit per person with this form. We ask that your registration form with deposit be in our office four weeks prior to camp. Sorry there are no refunds. Please complete the registration form below and return it to the Fresno or Visalia Scout Service Centers.

If you have any questions please call Mike Foster at 559-320-2100 or e-mail him at [michael.foster@scouting.org](mailto:michael.foster@scouting.org).

*We will send you a camp information booklet once we receive your deposit.*

-----Please detach and mail in-----

## Club Chawanakee 2012

\_\_\_ Session I Friday August 24 through Sunday August 26, 2012

\_\_\_ Session II Friday August 31 through Monday September 3, 2012



Name: \_\_\_\_\_ Telephone Number (        ) \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email: \_\_\_\_\_ Preferred Campsite: \_\_\_\_\_

Credit Card: \_\_\_ Visa \_\_\_ Master Card \_\_\_ Discover    Card Number: \_\_\_\_\_

Exp. Date: \_\_\_/\_\_\_    V- code: \_\_\_\_\_ (last 3 digits on the back of the card)

Signature: \_\_\_\_\_

### Deposit:

Number of people attending \_\_\_\_\_ x \$15 = \$ \_\_\_\_\_ \*Number of children under 5 years old \_\_\_\_\_

\*Children 5 years old and under are free

Checks payable to BSA

Please mail to:  
Club Chawanakee  
Sequoia Council, B.S.A.  
6005 N Tamera Ave  
Fresno, CA 93711-3911  
Fax: 559-320-2114  
[www.seqbsa.org](http://www.seqbsa.org)

Club Chawanakee  
Sequoia Council, B.S.A.  
230 NW 3<sup>rd</sup> Ave  
Visalia, CA 93291-3628  
Fax: 559-732-0822  
[www.seqbsa.org](http://www.seqbsa.org)

Acct # 900107    1-6701-903-21

# Annual Health and Medical Record

(Valid for 12 calendar months)

## Policy on Use of the Annual Health and Medical Record

In order to provide better care for its members and to assist them in better understanding their own physical capabilities, the Boy Scouts of America recommends that everyone who participates in a Scouting event have an annual medical evaluation by a certified and licensed health-care provider—a physician (MD or DO), nurse practitioner, or physician assistant. Providing your medical information on this four-part form will help ensure you meet the minimum standards for participation in various activities. Note that unit leaders must always protect the privacy of unit participants by protecting their medical information.

**Parts A and B** are to be completed at least annually by participants in all Scouting events. This health history, parental/guardian informed consent and hold harmless/release agreement, and talent release statement is to be completed by the participant and parents/guardians.

**Part C** is the physical exam that is required for participants in any event that exceeds 72 consecutive hours, for all high-adventure base participants, or when the nature of the activity is strenuous and demanding. Service projects or work weekends may fit this description. Part C is to be completed and signed by a certified and licensed health-care provider—physician (MD or DO), nurse practitioner, or physician assistant. It is important to note that the height/weight limits must be strictly adhered to when the event will take the unit more than 30 minutes away from an emergency vehicle-accessible roadway, or when the program requires it, such as backpacking trips, high-adventure activities, and conservation projects in remote areas. See the FAQs for when this does not apply.

**Part D** is required to be reviewed by all participants of a high-adventure program at one of the national high-adventure bases and shared with the examining health-care provider before completing Part C.

- **Philmont Scout Ranch.** Participants and guests for Philmont activities that are conducted with limited access to the backcountry, including most Philmont Training Center conferences and family programs, will not require completion of Part C. However, participants should review Part D to understand potential risks inherent at 6,700 feet in elevation in a dry Southwest environment. Please review specific registration information for the activity or event.
- **Northern Tier National High Adventure Base.**
- **Florida National High Adventure Sea Base.** The PADI medical form is also required if scuba diving at this base.

## Risk Factors

Based on the vast experience of the medical community, the BSA has identified the following risk factors that may limit your participation in various outdoor adventures.

- Excessive body weight
- Heart disease
- Hypertension (high blood pressure)
- Diabetes
- Seizures
- Lack of appropriate immunizations
- Asthma
- Allergies/anaphylaxis
- Muscular/skeletal injuries
- Psychiatric/psychological and emotional difficulties

For more information on medical risk factors, visit Scouting Safely on [www.scouting.org](http://www.scouting.org).

## Prescriptions

The taking of prescription medication is the responsibility of the individual taking the medication and/or that individual's parent or guardian. A leader, after obtaining all the necessary information, can agree to accept the responsibility of making sure a youth takes the necessary medication at the appropriate time, but BSA does not mandate or necessarily encourage the leader to do so. Also, if state laws are more limiting, they must be followed.

## Frequently Asked Questions (FAQs)

- Philmont Scout Ranch: [www.philmontscoutranch.org](http://www.philmontscoutranch.org) or 575-376-2281
- Northern Tier National High Adventure Base: [www.ntier.org](http://www.ntier.org) or 218-365-4811
- Florida National High Adventure Sea Base: [www.bsaseabase.org](http://www.bsaseabase.org) or 305-664-5612
- National Scout Jamboree: [www.bsajamboree.org](http://www.bsajamboree.org)

For frequently asked questions about this Annual Health and Medical Record, see Scouting Safely online at <http://www.scouting.org/scoutsource/HealthandSafety.aspx>. Information about the Health Insurance Portability and Accountability Act (HIPAA) may be found at <http://www.hipaa.org>.



BOY SCOUTS OF AMERICA®

# 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"/>	<b>Tetanus</b> _____
<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.**

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 18)

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:** \_\_\_\_\_

**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				<b>Other</b>	<b>Yes</b>	<b>No</b>	
Heart				Contacts			
Abdomen				Dentures			
Genitalia				Braces			
Skin				Inguinal hernia			<b>Explain</b>
Emotional adjustment				Medical equipment (i.e., CPAP, oxygen)			

Tuberculosis (TB) skin test (if required by your state for BSA camp staff)  Negative  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:** \_\_\_\_\_

## Part D

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

- 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 Kanik Experience, 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.

**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, or Florida Sea Base, 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.

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 305-664-4173. 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 to treat blocked blood vessels, balloon dilation, or stents)
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

Youth 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 normal 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.** 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 should not attempt 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.

**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 will not be allowed to participate if: 1) you have exercise asthma not prevented 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.**

**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.

**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.

**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.

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

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

# MEDICAL STATEMENT

## Participant Record (Confidential Information)

**Please read carefully before signing.**

This is a statement in which you are informed of some potential risks involved in scuba diving and of the conduct required of you during the scuba training program. Your signature on this statement is required for you to participate in the scuba training program offered

by \_\_\_\_\_ and  
Instructor \_\_\_\_\_  
\_\_\_\_\_ located in the  
Facility \_\_\_\_\_  
city of \_\_\_\_\_, state/province of \_\_\_\_\_.

Read this statement prior to signing it. You must complete this Medical Statement, which includes the medical questionnaire section, to enroll in the scuba training program. If you are a minor, you must have this Statement signed by a parent or guardian.

Diving is an exciting and demanding activity. When performed correctly, applying correct techniques, it is relatively safe. When

established safety procedures are not followed, however, there are increased risks.

To scuba dive safely, you should not be extremely overweight or out of condition. Diving can be strenuous under certain conditions. Your respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with coronary disease, a current cold or congestion, epilepsy, a severe medical problem or who is under the influence of alcohol or drugs should not dive. If you have asthma, heart disease, other chronic medical conditions or you are taking medications on a regular basis, you should consult your doctor and the instructor before participating in this program, and on a regular basis thereafter upon completion. You will also 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. You must be thoroughly instructed in its use under direct supervision of a qualified instructor to use it safely.

If you have any additional questions regarding this Medical Statement or the Medical Questionnaire section, review them with your instructor before signing.

## Divers Medical Questionnaire

### To the Participant:

The purpose of this Medical Questionnaire is to find out if you should be examined by your doctor before participating in recreational diver training. A positive response to a question does not necessarily disqualify you from diving. A positive response means that there is a preexisting condition that may affect your safety while diving and you must seek the advice of your physician prior to engaging in dive activities.

- \_\_\_\_\_ Could you be pregnant, or are you attempting to become pregnant?
- \_\_\_\_\_ Are you presently taking prescription medications? (with the exception of birth control or anti-malarial)
- \_\_\_\_\_ Are you over 45 years of age and can answer YES to one or more of the following?
  - currently smoke a pipe, cigars or cigarettes
  - have a high cholesterol level
  - have a family history of heart attack or stroke
  - are currently receiving medical care
  - high blood pressure
  - diabetes mellitus, even if controlled by diet alone

### Have you ever had or do you currently have...

- \_\_\_\_\_ Asthma, or wheezing with breathing, or wheezing with exercise?
- \_\_\_\_\_ Frequent or severe attacks of hayfever or allergy?
- \_\_\_\_\_ Frequent colds, sinusitis or bronchitis?
- \_\_\_\_\_ Any form of lung disease?
- \_\_\_\_\_ Pneumothorax (collapsed lung)?
- \_\_\_\_\_ Other chest disease or chest surgery?
- \_\_\_\_\_ Behavioral health, mental or psychological problems (Panic attack, fear of closed or open spaces)?
- \_\_\_\_\_ Epilepsy, seizures, convulsions or take medications to prevent them?
- \_\_\_\_\_ Recurring complicated migraine headaches or take medications to prevent them?
- \_\_\_\_\_ Blackouts or fainting (full/partial loss of consciousness)?
- \_\_\_\_\_ Frequent or severe suffering from motion sickness (seasick, carsick, etc.)?

Please answer the following questions on your past or present medical history with a **YES** or **NO**. If you are not sure, answer **YES**. If any of these items apply to you, we must request that you consult with a physician prior to participating in scuba diving. Your instructor will supply you with an RSTC Medical Statement and Guidelines for Recreational Scuba Diver's Physical Examination to take to your physician.

- \_\_\_\_\_ Dysentery or dehydration requiring medical intervention?
- \_\_\_\_\_ Any dive accidents or decompression sickness?
- \_\_\_\_\_ Inability to perform moderate exercise (example: walk 1.6 km/one mile within 12 mins.)?
- \_\_\_\_\_ Head injury with loss of consciousness in the past five years?
- \_\_\_\_\_ Recurrent back problems?
- \_\_\_\_\_ Back or spinal surgery?
- \_\_\_\_\_ Diabetes?
- \_\_\_\_\_ Back, arm or leg problems following surgery, injury or fracture?
- \_\_\_\_\_ High blood pressure or take medicine to control blood pressure?
- \_\_\_\_\_ Heart disease?
- \_\_\_\_\_ Heart attack?
- \_\_\_\_\_ Angina, heart surgery or blood vessel surgery?
- \_\_\_\_\_ Sinus surgery?
- \_\_\_\_\_ Ear disease or surgery, hearing loss or problems with balance?
- \_\_\_\_\_ Recurrent ear problems?
- \_\_\_\_\_ Bleeding or other blood disorders?
- \_\_\_\_\_ Hernia?
- \_\_\_\_\_ Ulcers or ulcer surgery ?
- \_\_\_\_\_ A colostomy or ileostomy?
- \_\_\_\_\_ Recreational drug use or treatment for, or alcoholism in the past five years?

**The information I have provided about my medical history is accurate to the best of my knowledge. I agree to accept responsibility for omissions regarding my failure to disclose any existing or past health condition.**

\_\_\_\_\_  
Signature Date Signature of Parent or Guardian Date

# STUDENT

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**Please print legibly.**

Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Age \_\_\_\_\_  
First Initial Last Day/Month/Year

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State/Province/Region \_\_\_\_\_

Country \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ Business Phone ( ) \_\_\_\_\_

Email \_\_\_\_\_ FAX \_\_\_\_\_

**Name and address of your family physician**

Physician \_\_\_\_\_ Clinic/Hospital \_\_\_\_\_

Address \_\_\_\_\_

Date of last physical examination \_\_\_\_\_

Name of examiner \_\_\_\_\_ Clinic/Hospital \_\_\_\_\_

Address \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Email \_\_\_\_\_

Were you ever required to have a physical for diving?  Yes  No If so, when? \_\_\_\_\_

# PHYSICIAN

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This person applying for training or is presently certified to engage in scuba (self-contained underwater breathing apparatus) diving. Your opinion of the applicant's medical fitness for scuba diving is requested. There are guidelines attached for your information and reference.

**Physician's Impression**

- I find no medical conditions that I consider incompatible with diving.
- I am unable to recommend this individual for diving.

Remarks \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Physician's Signature or Legal Representative of Medical Practitioner Date \_\_\_\_\_  
Day/Month/Year

Physician \_\_\_\_\_ Clinic/Hospital \_\_\_\_\_

Address \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Email \_\_\_\_\_

# Guidelines for Recreational Scuba Diver's Physical Examination

## Instructions to the Physician:

Recreational **SCUBA** (Self-Contained Underwater Breathing Apparatus) can provide recreational divers with an enjoyable sport safer than many other activities. The risk of diving is increased by certain physical conditions, which the relationship to diving may not be readily obvious. Thus, it is important to screen divers for such conditions.

The **RECREATIONAL SCUBA DIVER'S PHYSICAL EXAMINATION** focuses on conditions that may put a diver at increased risk for decompression sickness, pulmonary overinflation syndrome with subsequent arterial gas embolization and other conditions such as loss of consciousness, which could lead to drowning. Additionally, the diver must be able to withstand some degree of cold stress, the physiological effects of immersion and the optical effects of water and have sufficient physical and mental reserves to deal with possible emergencies.

The history, review of systems and physical examination should include as a minimum the points listed below. The list of conditions that might adversely affect the diver is not all-inclusive, but contains the most commonly encountered medical problems. The brief introductions should serve as an alert to the nature of the risk posed by each medical problem.

The potential diver and his or her physician must weigh the pleasures to be had by diving against an increased risk of death or injury due to the individual's medical condition. As with any recreational activity, there are no data for diving enabling the calculation of an accurate mathematical probability of injury. Experience and physiological principles only permit a qualitative assessment of relative risk.

For the purposes of this document, **Severe Risk** implies that an individual is believed to be at substantially elevated risk of decompression sickness, pulmonary or otic barotrauma or altered consciousness with subsequent drowning, compared with the general population. The consultants involved in drafting this document would generally discourage a student with such medical problems from diving. **Relative Risk** refers to a moderate increase in risk, which in some instances may be acceptable. To make a decision as to whether diving is contraindicated for this category of medical problems, physicians must base their judgement on an assessment of the individual patient. Some medical problems which may preclude diving are **temporary** in nature or responsive to treatment, allowing the student to dive safely after they have resolved.

Diagnostic studies and specialty consultations should be obtained as indicated to determine the diver's status. A list of references is included to aid in clarifying issues that arise. Physicians and other medical professionals of the Divers Alert Network (DAN) associated with Duke University Health System are available for consultation by phone +1 919 684 2948 during normal business hours. For emergency calls, 24 hours 7 days a week, call +1 919 684 8111 or +1 919 684 4DAN (collect). Related organizations exist in other parts of the world – DAN Europe in Italy +39 039 605 7858, DAN S.E.A.P. in Australia +61 3 9886 9166 and Divers Emergency Service (DES) in Australia +61 8 8212 9242, DAN Japan +81 33590 6501 and DAN Southern Africa +27 11 242 0380. There are also a number of informative websites offering similar advice.

## NEUROLOGICAL

Neurological abnormalities affecting a diver's ability to perform exercise should be assessed according to the degree of compromise. Some diving physicians feel that conditions in which there can be a waxing and waning of neurological symptoms and signs, such as migraine or demyelinating disease, contraindicate diving because an exacerbation or attack of the preexisting disease (e.g.: a migraine with aura) may be difficult to distinguish

from neurological decompression sickness. A history of head injury resulting in unconsciousness should be evaluated for risk of seizure.

## Relative Risk Conditions

- **Complicated Migraine Headaches whose symptoms or severity impair motor or cognitive function, neurologic manifestations**
- **History of Head Injury with sequelae other than seizure**
- **Herniated Nucleus Pulposus**
- **Intracranial Tumor or Aneurysm**
- **Peripheral Neuropathy**
- **Multiple Sclerosis**
- **Trigeminal Neuralgia**
- **History of spinal cord or brain injury**

## Temporary Risk Condition

**History of cerebral gas embolism without residual where pulmonary air trapping has been excluded and for which there is a satisfactory explanation and some reason to believe that the probability of recurrence is low.**

## Severe Risk Conditions

Any abnormalities where there is a significant probability of unconsciousness, hence putting the diver at increased risk of drowning. Divers with spinal cord or brain abnormalities where perfusion is impaired may be at increased risk of decompression sickness.

## Some conditions are as follows:

- **History of seizures other than childhood febrile seizures**
- **History of Transient Ischemic Attack (TIA) or Cerebrovascular Accident (CVA)**
- **History of Serious (Central Nervous System, Cerebral or Inner Ear) Decompression Sickness with residual deficits**

## CARDIOVASCULAR SYSTEMS

### Relative Risk Conditions

The diagnoses listed below potentially render the diver unable to meet the exertional performance requirements likely to be encountered in recreational diving. These conditions may lead the diver to experience cardiac ischemia and its consequences. Formalized stress testing is encouraged if there is any doubt regarding physical performance capability. The suggested minimum criteria for stress testing in such cases is at least 13 METS.\* Failure to meet the exercise criteria would be of significant concern. Conditioning and retesting may make later qualification possible. Immersion in water causes a redistribution of blood from the periphery into the central compartment, an effect that is greatest in cold water. The marked increase in cardiac preload during immersion can precipitate pulmonary edema in patients with impaired left ventricular function or significant valvular disease. The effects of immersion can mostly be gauged by an assessment of the diver's performance while swimming on the surface. A large proportion of scuba diving deaths in North America are due to coronary artery disease. Before being approved to scuba dive, individuals older than 40 years are recommended to undergo risk assessment for coronary artery disease. Formal exercise testing may be needed to assess the risk.

\* METS is a term used to describe the metabolic cost. The MET at rest is one, two METS is two times the resting level, three METS is three times the resting level, and so on. The resting energy cost (net oxygen requirement) is thus standardized. (Exercise Physiology; Clark, Prentice Hall, 1975.)

## Relative Risk Conditions

- History of Coronary Artery Bypass Grafting (CABG)
- Percutaneous Balloon Angioplasty (PCTA) or Coronary Artery Disease (CAD)
- History of Myocardial Infarction
- Congestive Heart Failure
- Hypertension
- History of dysrhythmias requiring medication for suppression
- Valvular Regurgitation

## Pacemakers

The pathologic process that necessitated should be addressed regarding the diver's fitness to dive. In those instances where the problem necessitating pacing does not preclude diving, will the diver be able to meet the performance criteria?

\* NOTE: Pacemakers must be certified by the manufacturer as able to withstand the pressure changes involved in recreational diving.

## Severe Risks

Venous emboli, commonly produced during decompression, may cross major intracardiac right-to-left shunts and enter the cerebral or spinal cord circulations causing neurological decompression illness. Hypertrophic cardiomyopathy and valvular stenosis may lead to the sudden onset of unconsciousness during exercise.

## PULMONARY

Any process or lesion that impedes airflow from the lungs places the diver at risk for pulmonary overinflation with alveolar rupture and the possibility of cerebral air embolization. Many interstitial diseases predispose to spontaneous pneumothorax: Asthma (reactive airway disease), Chronic Obstructive Pulmonary Disease (COPD), cystic or cavitating lung diseases may all cause air trapping. The 1996 Undersea and Hyperbaric Medical Society (UHMS) consensus on diving and asthma indicates that for the risk of pulmonary barotrauma and decompression illness to be acceptably low, the asthmatic diver should be asymptomatic and have normal spirometry before and after an exercise test. Inhalation challenge tests (e.g.: using histamine, hypertonic saline or methacholine) are not sufficiently standardized to be interpreted in the context of scuba diving.

A pneumothorax that occurs or reoccurs while diving may be catastrophic. As the diver ascends, air trapped in the cavity expands and could produce a tension pneumothorax.

In addition to the risk of pulmonary barotrauma, respiratory disease due to either structural disorders of the lung or chest wall or neuromuscular disease may impair exercise performance. Structural disorders of the chest or abdominal wall (e.g.: prune belly), or neuromuscular disorders, may impair cough, which could be life threatening if water is aspirated. Respiratory limitation due to disease is compounded by the combined effects of immersion (causing a restrictive deficit) and the increase in gas density, which increases in proportion to the ambient pressure (causing increased airway resistance). Formal exercise testing may be helpful.

## Relative Risk Conditions

- History of Asthma or Reactive Airway Disease (RAD)\*
- History of Exercise Induced Bronchospasm (EIB)\*
- History of solid, cystic or cavitating lesion\*
- Pneumothorax secondary to:
  - Thoracic Surgery
  - Trauma or Pleural Penetration\*
  - Previous Overinflation Injury\*

- Obesity
- History of Immersion Pulmonary Edema Restrictive Disease\*
- Interstitial lung disease: May increase the risk of pneumothorax

\* Spirometry should be normal before and after exercise

Active Reactive Airway Disease, Active Asthma, Exercise Induced Bronchospasm, Chronic Obstructive Pulmonary Disease or history of same with abnormal PFTs or a positive exercise challenge are concerns for diving.

## Severe Risk Conditions

- History of spontaneous pneumothorax. Individuals who have experienced spontaneous pneumothorax should avoid diving, even after a surgical procedure designed to prevent recurrence (such as pleurodesis). Surgical procedures either do not correct the underlying lung abnormality (e.g.: pleurodesis, apical pleurectomy) or may not totally correct it (e.g.: resection of blebs or bullae).
- Impaired exercise performance due to respiratory disease.

## GASTROINTESTINAL

### Temporary Risks

As with other organ systems and disease states, a process which chronically debilitates the diver may impair exercise performance. Additionally, dive activities may take place in areas remote from medical care. The possibility of acute recurrences of disability or lethal symptoms must be considered.

### Temporary Risk Conditions

- Peptic Ulcer Disease associated with pyloric obstruction or severe reflux
- Unrepaired hernias of the abdominal wall large enough to contain bowel within the hernia sac could incarcerate.

### Relative Risk Conditions

- Inflammatory Bowel Disease
- Functional Bowel Disorders

### Severe Risks

Altered anatomical relationships secondary to surgery or malformations that lead to gas trapping may cause serious problems. Gas trapped in a hollow viscous expands as the divers surfaces and can lead to rupture or, in the case of the upper GI tract, emesis. Emesis underwater may lead to drowning.

### Severe Risk Conditions

- Gastric outlet obstruction of a degree sufficient to produce recurrent vomiting
- Chronic or recurrent small bowel obstruction
- Severe gastroesophageal reflux
- Achalasia
- Paraesophageal Hernia

## ORTHOPAEDIC

Relative impairment of mobility, particularly in a boat or ashore with equipment weighing up to 18 kgs/40 pounds must be assessed. Orthopaedic conditions of a degree sufficient to impair exercise performance may increase the risk.

### Relative Risk Conditions

- Amputation
- Scoliosis must also assess impact on respiratory function and exercise performance.
- Aseptic Necrosis possible risk of progression due to effects of decompression (evaluate the underlying medical

cause of decompression may accelerate/escalate the progression).

### **Temporary Risk Conditions**

- Back pain

## **HEMATOLOGICAL**

Abnormalities resulting in altered rheological properties may theoretically increase the risk of decompression sickness. Bleeding disorders could worsen the effects of otic or sinus barotrauma, and exacerbate the injury associated with inner ear or spinal cord decompression sickness. Spontaneous bleeding into the joints (e.g.: in hemophilia) may be difficult to distinguish from decompression illness.

### **Relative Risk Conditions**

- Sickle Cell Disease
- Polycythemia Vera
- Leukemia
- Hemophilia/Impaired Coagulation

## **METABOLIC AND ENDOCRINOLOGICAL**

With the exception of diabetes mellitus, states of altered hormonal or metabolic function should be assessed according to their impact on the individual's ability to tolerate the moderate exercise requirement and environmental stress of sport diving. Obesity may predispose the individual to decompression sickness, can impair exercise tolerance and is a risk factor for coronary artery disease.

### **Relative Risk Conditions**

- Hormonal Excess or Deficiency
- Obesity
- Renal Insufficiency

### **Severe Risk Conditions**

The potentially rapid change in level of consciousness associated with hypoglycemia in diabetics on insulin therapy or certain oral hypoglycemic medications can result in drowning. Diving is therefore generally contraindicated, unless associated with a specialized program that addresses these issues.

**Pregnancy:** The effect of venous emboli formed during decompression on the fetus has not been thoroughly investigated. Diving is therefore not recommended during any stage of pregnancy or for women actively seeking to become pregnant.

## **BEHAVIORAL HEALTH**

Behavioral: The diver's mental capacity and emotional make-up are important to safe diving. The student diver must have sufficient learning abilities to grasp information presented to him by his instructors, be able to safely plan and execute his own dives and react to changes around him in the underwater environment. The student's motivation to learn and his ability to deal with potentially dangerous situations are also crucial to safe scuba diving.

### **Relative Risk Conditions**

- Developmental delay
- History of drug or alcohol abuse
- History of previous psychotic episodes
- Use of psychotropic medications

### **Severe Risk Conditions**

- Inappropriate motivation to dive – solely to please spouse, partner or family member, to prove oneself in the face of

personal fears

- Claustrophobia and agoraphobia
- Active psychosis
- History of untreated panic disorder
- Drug or alcohol abuse

## **OTOLARYNGOLOGICAL**

Equalisation of pressure must take place during ascent and descent between ambient water pressure and the external auditory canal, middle ear and paranasal sinuses. Failure of this to occur results at least in pain and in the worst case rupture of the occluded space with disabling and possible lethal consequences.

The inner ear is fluid filled and therefore noncompressible. The flexible interfaces between the middle and inner ear, the round and oval windows are, however, subject to pressure changes. Previously ruptured but healed round or oval window membranes are at increased risk of rupture due to failure to equalise pressure or due to marked overpressurisation during vigorous or explosive Valsalva manoeuvres.

The larynx and pharynx must be free of an obstruction to airflow. The laryngeal and epiglottic structure must function normally to prevent aspiration.

Mandibular and maxillary function must be capable of allowing the patient to hold a scuba mouthpiece. Individuals who have had mid-face fractures may be prone to barotrauma and rupture of the air filled cavities involved.

### **Relative Risk Conditions**

- Recurrent otitis externa
- Significant obstruction of external auditory canal
- History of significant cold injury to pinna
- Eustachian tube dysfunction
- Recurrent otitis media or sinusitis
- History of TM perforation
- History of tympanoplasty
- History of mastoidectomy
- Significant conductive or sensorineural hearing impairment
- Facial nerve paralysis not associated with barotrauma
- Full prosthodontic devices
- History of mid-face fracture
- Unhealed oral surgery sites
- History of head and/or neck therapeutic radiation
- History of temporomandibular joint dysfunction
- History of round window rupture

### **Severe Risk Conditions**

- Monomeric TM
- Open TM perforation
- Tube myringotomy
- History of stapedectomy
- History of ossicular chain surgery
- History of inner ear surgery
- Facial nerve paralysis secondary to barotrauma
- Inner ear disease other than presbycusis
- Uncorrected upper airway obstruction
- Laryngectomy or status post partial laryngectomy
- Tracheostomy
- Uncorrected laryngocele
- History of vestibular decompression sickness

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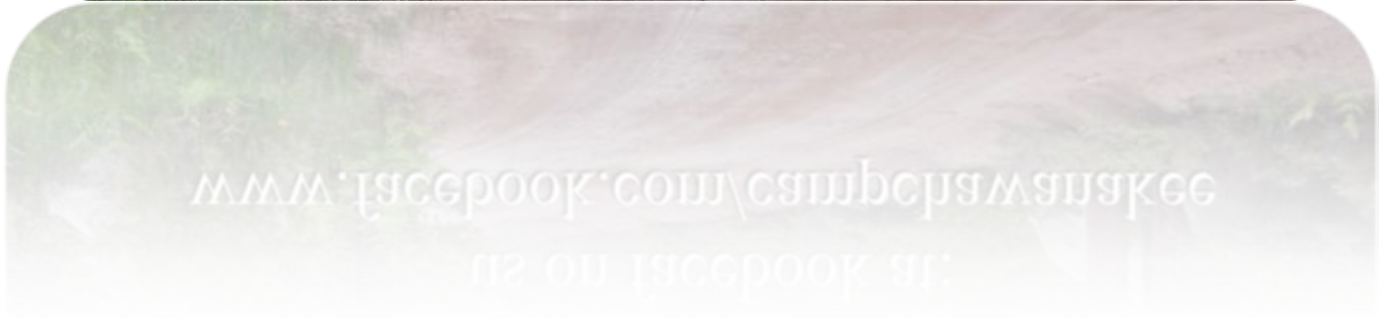
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