

Safety in Scouting Topics

# What is Safety in Scouting?

**No Scout is Injured**

**All Scouts return home in  
same condition**



## Safety in Scouting Topics

**Why Do I Need to Know This?**

**How do I Participate Safely  
In a Scouting Event**

**What do I Need to Know to Run  
Outdoor Scouting Events**

## Safety in Scouting Topics

### **SAFETY TOPICS TO DISCUSS**

- **Parent Permission & Scout Medical Emergency Forms**
- **Scout Medical Health Forms**
- **Scouts on Medication & Special Health Issues**
- **Youth Protection Training**
- **New Leader Essentials Training**
- **Minsi Local Troop Permits**
- **Safety on Scouting Trips – Guide to Safe Scouting**
- **Preventing & Treating Injuries to Scouts on Events**
- **Safety from Lightning**
- **Adult Training Requirements for Troop**

**Troop 131 Permission Form 2008-2009**

\_\_\_\_\_ (Scout's Name) has my permission to participate in Troop 131 hikes, campouts, activity nights, merit badge trips, and all other special events listed below (over):

For those events that are approved, write OK next to the event. If you want to approve all events, either sign across the entire column, or check here that all events are approved:

All Troop Events on Permission form are Approved

**For those events I do not grant permission, I have crossed out those events.**

I know of no health or fitness restriction(s) that precludes his participation in any of these events. In case of emergency, serious illness or injury involving my son, I understand every effort will be made to contact us. In the event that I cannot be reached, I give my permission to the medical provider selected by the adult leader in charge to secure proper treatment for my son including hospitalization, x-ray examination, anesthesia, medical or surgical diagnostic procedures, surgery, injections of medication, or treatment that is considered absolutely necessary. Medical providers are authorized to disclose to the adult in charge examination findings, test results and treatment provided for purposes of medical evaluation of my son and determination of our son's ability to continue in program activities.

**Hold Harmless Agreement**

We understand that participation in Scouting Activities involve a certain degree of risk. I have carefully considered the risk involved in all of these activities and have given consent for ourselves and our son to participate in the activity. I understand that participation in the activity is entirely voluntary and requires participants to abide by applicable rules and standards of conduct as outlined in the Troop 131 Handbook, Guide to Safe Scouting and any special rules for the events. I release Boy Scouts of America, Minsi Trails Council, the troop activity coordinators, and all employees, volunteers and related parties or other organizations associated with the activity from any and all claims or liabilities arising out of these participations. This release does not apply to any harm caused by willful misconduct of the council or its employees.

Signature (Parent) \_\_\_\_\_

Date \_\_\_\_\_

Phone numbers where I can be reached in cases of emergency

(Home) \_\_\_\_\_

(Work) \_\_\_\_\_

(Cell) \_\_\_\_\_

E-Mail Address for Scout: \_\_\_\_\_

E-Mail Address #1 for Parent: \_\_\_\_\_

E-Mail Address #2 for Parent: \_\_\_\_\_

**Parent**  
**Permission**  
**& Scout**  
**Medical**  
**Emergency**  
**Form**

## Parent Permission & Scout Medical Emergency Forms

**Each year - Parents or Guardians sign the Troop 131 Permission Form for troop events**

**Purpose of form is to get the parents' permission for the Scout to attend trips that are held any place other at Bethany Church for regular meetings**

**Form provides list of phone numbers that the parent can be reached in the case of an emergency**

## Parent Permission & Scout Medical Emergency Forms

**Troop roster updated these home and cell phone numbers and email addresses**

**Form lists all events troop will hold during entire troop year**

**Form includes "Hold Harmless Agreement"**

## Parent Permission & Scout Medical Emergency Forms

**Form covers all events for entire year –  
only one form needed for entire year**

**Form asks parents if there are any unusual  
medical conditions for the Scout**

**“I know of no health or fitness  
restrictions that precludes his  
participation in any of these events.”**

## Parent Permission & Scout Medical Emergency Forms

**Form tells parents that Scout leaders will make every attempt to contact the parents in case of an emergency**

**Form gives permission to adult leader to seek emergency medical care for Scouts**

## Parent Permission & Scout Medical Emergency Forms

**Forms kept confidential by one leader in  
troop**

**Forms posted in troop shed – can be taken  
along with leaders on events**



**PERSONAL HEALTH AND MEDICAL RECORD FORM—Class 3**

BOY SCOUTS OF AMERICA

All Class 3 activities require a health examination within the past 12 months by a licensed health-care practitioner.\* This includes youth and adult members participating in high-adventure activities, athletic competition, and world jamborees. Annually, this form is to be used by adults over 40 for all activities requiring a physical examination and applies to all Wood Badge participants/staff regardless of age.

**I. IDENTIFICATION** Age \_\_\_\_\_ Sex \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Name: Last name \_\_\_\_\_ First name \_\_\_\_\_ Initial \_\_\_\_\_ Mo. \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City & State \_\_\_\_\_ Zip \_\_\_\_\_  
 Health/Accident Insurance: \_\_\_\_\_ Policy no. \_\_\_\_\_

**II. EMERGENCY MEDICAL INFORMATION**  
 Has or is subject to (check and give details):  
 Allergy to a medicine, food, plant, animal, or insect toxin  
 Any condition that may require special care, medication, or diet  
 ADHD (Attention Deficit/Hyperactive Disorder)  
 Asthma  Convulsions  Heart trouble  Contact lenses  
 Diabetes†  Fainting spells  Bleeding disorders  Dentures

**III. PARENTAL STATEMENT**  
 Has it ever been necessary to restrict applicant's activities for medical reasons?  No  Yes Does applicant take medicine regularly or have special care?  No  Yes If yes, explain: \_\_\_\_\_

To the best of my knowledge, the information in sections I, II, III, IV, and VI is accurate and complete. I request a licensed health-care practitioner to examine applicant, to give needed immunization, and to furnish requested information to other agencies as needed. I give my permission for full participation in BSA programs, subject to limitations noted herein. In the event of illness or accident in the course of such activity, I request that measures be instituted without delay as judgment of medical personnel dictates.

Parent or guardian: \_\_\_\_\_ (Initial sign if applicant is 18 or younger)  
 Applicant's signature: \_\_\_\_\_  
 Date signed: \_\_\_\_\_

**IV. IMMUNIZATIONS**  
 If disease, put "D" and year. Last year given \_\_\_\_\_  
 Tetanus \_\_\_\_\_  
 Diphtheria \_\_\_\_\_  
 Pertussis \_\_\_\_\_  
 Measles \_\_\_\_\_  
 Mumps \_\_\_\_\_  
 Rubella \_\_\_\_\_  
 Polio \_\_\_\_\_  
 Chicken Pox \_\_\_\_\_  
 Religious preference \_\_\_\_\_

**V. LICENSED HEALTH-CARE PRACTITIONER'S EVALUATION AND ADVICE**  
 Approved for participation in:  
 Hiking and camping  Water activities  
 Competitive sports  All activities  
 Specify exceptions: \_\_\_\_\_  
 Recommendations (explain any restrictions OR limitations): \_\_\_\_\_  
 Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
 \*Licensed health-care practitioner

†Examinations conducted by licensed health-care practitioners other than physicians will be recognized for BSA purposes in those states where such practitioners may perform physical examinations within their legally prescribed scope of practice.

PLEASE TYPE OR PRINT.

NAME \_\_\_\_\_ UNIT \_\_\_\_\_  
 NOTE: Keep original form for your personal record. Make reproductions for agency use. Be sure information and signatures are legible on reproduced copies. This upper section may be reproduced and carried with you for emergency identification and care.

# Scout Medical Health Form

**VI. MEDICAL HISTORY**  
 Parent (or applicant if 18 or older): Fill in sections I, II, III, IV, and VI before seeing a licensed health-care practitioner. Check immunizations to be given at this time. Be sure to include any emergency information and restrictions or special care that should be observed. Especially be sure to record any injuries, illnesses, surgery, or significant changes in condition of health of applicant since last complete examination.

\* Date of most recent complete physical examination (month and year) \_\_\_\_\_ IS \_\_\_\_\_  
 \* Are you aware of any current health problems?  No  Yes  
 \* Now under medical care or taking medicines?  No  Yes  
 \* Has there been any surgery, injury, illness, allergy, or change in health status since last complete physical examination?  No  Yes

Give dates and full details below for any "yes" answers.

**IS THERE DISEASE OF (OR PAST OR PRESENT HISTORY OF):**

	No	Yes	Year	Disease/Medicines
Serious illness	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Serious injury	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Deformity	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Surgery	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Skin, glands	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Ears, eyes	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Nose, sinus	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Teeth, tonsils	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Dentures	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Bridge	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Chest, lungs	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Heart	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Murmur	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Rheumatic fever	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Stomach, bowels	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Appendicitis	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Kidneys or urine	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Albumin	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Sugar	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Infection	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Bed-wetting	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Menstrual problems	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Hemita (rupture)	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Back, limbs, joints	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Sleepwalking	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Nervous condition	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Other (explain)	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____

Please list ALL medications taken in the 30 days prior to arrival at the Scouting activity where this form is to be used:  
 \_\_\_\_\_  
 \_\_\_\_\_

**VII. HEALTH EXAMINATION**  
 Licensed Health-Care Practitioner:

The applicant will be participating in a strenuous activity that will include one or more of the following conditions: athletic competition, adventure challenge or wilderness expedition (afoot or afloat) that may include high altitude, extreme weather conditions, cold water, exposure, fatigue, and/or remote conditions where readily available medical care cannot be assured.

\* Please insist applicant furnish complete medical history (VI) before exam.  
 \* Review immunizations for youth (18 or younger) tetanus and diphtheria boosters, measles, mumps, and rubella vaccines, and trivalent oral polio vaccine are required; youths and adults must have had tetanus booster within 10 years. A measles booster is recommended at age 12.  
 \* After completing section VII, summarize any restrictions and/or recommendations in sections II and VI, above, and sign.

Date: \_\_\_\_\_ VISION: Normal \_\_\_\_\_ HEARING: Normal \_\_\_\_\_  
 Ht. \_\_\_\_\_ Wt. \_\_\_\_\_ Glasses \_\_\_\_\_ Abnormal \_\_\_\_\_  
 B.P. \_\_\_\_\_ / \_\_\_\_\_ Pulse \_\_\_\_\_ Contacts \_\_\_\_\_

Check box if normal; circle if abnormal and give details below:

<input type="checkbox"/> Growth, development	<input type="checkbox"/> Teeth, tonsils	<input type="checkbox"/> Genitourinary
<input type="checkbox"/> Skin, glands, hair	<input type="checkbox"/> Respiratory	<input type="checkbox"/> Skeletomuscular
<input type="checkbox"/> Head, neck, thyroid	<input type="checkbox"/> Cardiovascular	<input type="checkbox"/> Neuropsychiatric
<input type="checkbox"/> Eyes, ears, nose	<input type="checkbox"/> Abdomen, hernia, rings	<input type="checkbox"/> Other (specify)

COMMENTS: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**FOR THOSE ATTENDING PHILMONT OR NATIONAL HIGH-ADVENTURE BASES:**  
 \* The minimum age for all participants is 13 by January 1 of the year of participation, or have completed the seventh grade. No exceptions.  
 † The food is by necessity a high-carbohydrate, high-calorie diet. It is high in wheat, milk products, sugar, corn syrup, and artificial coloring/flavoring. Dinner meals contain meat. If these food products cause a problem in your diet, you need to bring appropriate substitutions with you and so advise base personnel.  
 Note: Licensed health-care practitioners representing high-adventure bases reserve the right to deny access to the trails or other program activity on the basis of a medical evaluation performed at the base after arrival.

## Scout Medical Health Forms

**Form used primarily for summer camp**

**Scout required to have a physical by family doctor every  
3 years**

**Adults over 40 required to have a physical by family  
doctor every year**

**Special health forms required for Philmont**

**Forms collected and kept together after summer camp  
by one leader to keep in safe location**

# Scouts on Medication & Special Health Issues



## Scouts on Medication & Special Health Issues

**Some Scouts require daily medication**

**Some Scouts require medication for emergencies (such as asthma)**

**Some Scouts have food allergies**

**Some Scouts require a special diet**

**A few Scouts have serious medical conditions that require specific knowledge and training**



## Scouts on Medication & Special Health Issues

**Method - ask parents if Scouts have any of these conditions prior to summer camp and high adventure events and winter camp**

**Lengthy conversations with parents on a Scout's conditions to know his limitations**

**Scouts with daily medication - leave it up to the parents to tell us if they want the Scout to be responsible for this or if it should be handled by the leader**

**At some summer camps, the camp rule has been that any Scout taking medication of any type, must turn it in at the health lodge at the time of check-in. Then the Scout must report each day at the proper time for his medication.**

# Scouts on Medication & Special Health Issues

## **EXAMPLES**

**Juvenile Diabetes**

**Severe Food Allergies**

**Psychological Issues**

# Youth Protection Training

## Youth Protection Training

**Youth Protection Training is a one-hour training course from BSA Minsi Trails Council**

**Scouting Rules for adults to ensure protection of Scouts**

**All direct contact leaders required to complete this training**

**Course is available on-line on the internet**

<http://olc.scouting.org/>

**Course is required as a one-time training course without refreshers**

# Youth Protection Training - CONTENT

## 1 - Two-Deep Leadership

Two registered adult leaders or one registered leader and a parent of a participant, or other adult, one of whom must be 21 years of age or older, are required on all trips and outings. The chartered organization is responsible for ensuring that sufficient leadership is provided for all activities.

## 2 - No One-on-One Contact

One-on-one contact between adults and youth members is not permitted. In situations that require personal conferences, such as a Scoutmaster's conference, the meeting is to be conducted in view of other adults and youths.

## 3 - Respect of Privacy

Adult leaders must respect the privacy of youth members in situations such as changing clothes and taking showers at camp, and intrude only to the extent that health and safety require. Adults must protect their own privacy in similar situations.

# Youth Protection Training - CONTENT

## 4 - Separate Accommodations

When camping, no youth is permitted to sleep in the tent of an adult other than his own parent or guardian. Councils are strongly encouraged to have separate shower and latrine facilities for females. When separate facilities are not available, separate times for male and female use should be scheduled and posted for showers.

## 5 - Proper Preparation for High-Adventure Activities

Activities with elements of risk should never be undertaken without proper preparation, equipment, clothing, supervision, and safety measures.

## 6 - No Secret Organizations

The Boy Scouts of America does not recognize any secret organizations as part of its program. All aspects of the Scouting program are open to observation by parents and leaders.

# Youth Protection Training - CONTENT

## 7 - Appropriate Attire

Proper clothing for activities is required. For example, skinny-dipping is not appropriate as part of Scouting.

## 8 - Constructive Discipline

Discipline used in Scouting should be constructive and reflect Scouting's values. Corporal punishment is never permitted.

## 9 - Hazing Prohibited

Physical hazing and initiations are prohibited and may not be included as part of any Scouting activity.

## 10 - Junior Leader Training & Supervision

Adult leaders must monitor and guide the leadership techniques used by junior leaders and ensure that BSA policies are followed.

# Youth Protection Training - CONTENT

## Member Responsibilities

All members of the Boy Scouts of America are expected to conduct themselves in accordance with the principles set forth in the Scout Oath and Law. Physical violence, hazing, bullying, theft, verbal insults, drugs, and alcohol have no place in the Scouting program and may result in the revocation of a Scout's membership in the unit.

## Unit Responsibilities

The head of the chartered organization or chartered organization representative and the local council must approve the registration of the unit's adult leader. Adult leaders of Scouting units are responsible for monitoring the behavior of youth members and interceding when necessary. Parents of youth members who misbehave should be informed and asked for assistance in dealing with it.

## Two-Deep Leadership

The rule of two-deep leadership requires that a sole adult should not be supervising Scouts alone.

There are certain times where this is difficult:

- 1 – Beginning of Event
- 2 – End of Event
- 3 – Driving to or back from Event
- 4 – Scoutmaster Conferences
- 5 – Merit Badge Counselors

# New Leader Essentials Training

## New Leader Essentials Training

All unit leaders are required to take this training course

### **New Leaders Essentials**

Unit leaders in Boy Scouts are defined as:  
Troop Committee Chair, Scoutmaster and  
Assistant Scoutmasters

This is a one-time training course with no refreshers required

# Minsi Troop Permits

# Minsi Troop Permits

**MTC approves local tour permit application forms**

**There are two types of BSA permits:**

**Local Tour Permit Application  
(for trips under 500 miles)**

**National Tour Permit Application  
(for trips over 500 miles)**

**A few locations we attend will require a copy of this tour permit and will not allow you to use their facility unless they receive a copy of your permit  
(example - Hawk Mountain Scout Camp)**

# Minsi Troop Permits

## **LOCAL TOUR PERMIT**

**The MTC requirement for the local tour permit is required when a troop holds any kind of event outside the geographical boundaries of Minsi Trails Council, but within 500 miles of the council**

### **Examples:**

**Weekend Campout by Boy Scout Patrol at Loyalsock Trail  
in Northwestern PA**

**Pack Trip to Statue of Liberty**

**Crew Trip to New Jersey Shore for Weekend Event**

# Minsi Troop Permits

## **NATIONAL TOUR PERMIT**

**Requirement for national tour permit is required when a troop holds any kind of event outside the geographical boundaries of Minsi Trails Council, more than 500 miles of the council**

### **Examples:**

**Week-Long Canoe High Adventure of Boy Scout Patrol at  
in Algonquin, Canada**

**Two Week-Long Backpacking High Adventure of Boy  
Scout Crew at Philmont, New Mexico**

# Safety on Scouting Trips



## Safety on Scouting Trips

# *Guide to Safe Scouting*



**A Unit Leader's Guide  
for Current Policies and Procedures  
to Safe Activities**

## Safety on Scouting Trips

**One of the best BSA  
manuals**

**“Guide to Safe Scouting”**

**This is a really good brochure to read  
Current version is on-line**

# Guide to Safe Scouting - Outline

- I. Youth Protection & Adult Leadership
- II. Aquatics Safety
- III. Camping Safety
- IV. Drug, Alcohol, and Tobacco Use and Abuse
- V. Emergency Preparedness
- VI. First Aid
- VII. Fuels and Fire Prevention
- VIII. Guns and Firearms
- IX. Sports and Activities
- X. Inspections
- XI. Medical Information
- XII. Transportation
- XIII. Winter Activities

# Guide to Safe Scouting

## Unauthorized Activities for Scouting

- 1 - ATV Use
- 2 - Boxing, karate, and related martial arts
- 3 - Chainsaws
- 4 - Exploring abandoned mines
- 5 - Varsity football teams, interscholastic, club football competition
- 6 - Fireworks use or selling
- 7 - Hang gliders, ultra-lights, experimental class aircraft, hot-air balloons, parachuting

# Guide to Safe Scouting

## Unauthorized Activities for Scouting

- 8 - Motorized go-carts and motorbike activities
- 9 - Motorized speed events, including motorcycles, boats, drag racing, demolition derbies
- 10 - Participation in amateur or professional rodeo events
- 11 - Pointing any type of firearm (including paintball, dye, or lasers) at any individual
- 12 - Hunting

# Guide to Safe Scouting

## Unauthorized Activities for Scouting

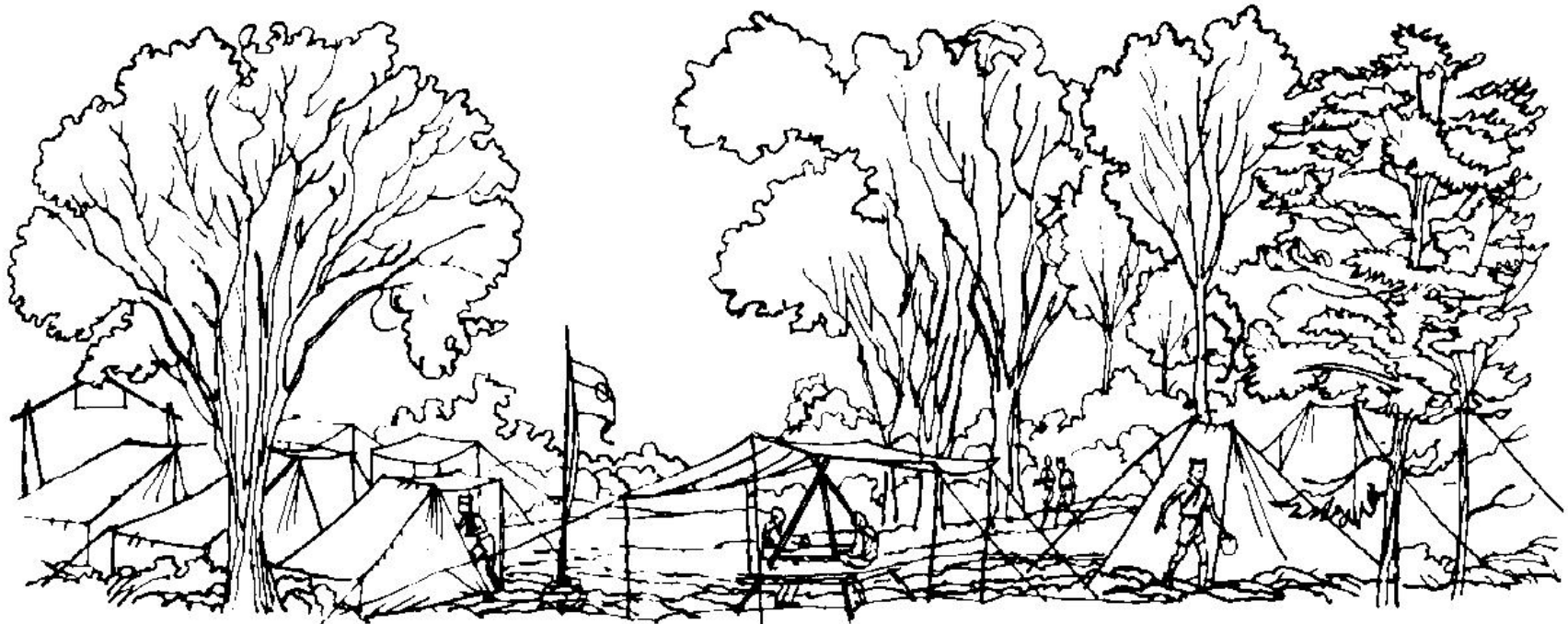
- 13 – Jet-Skis and similar equipment
- 14 – No firearms while on events
- 15 – Parasailing or similar
- 16 – Bungee Cord Jumping
- 17 – Technical tree climbing

Preventing &  
Treating Injuries to  
Scouts on Troop  
Events

# Injuries to Scouts on Troop Events

## **Typical First Aid on Outdoor Events**

### **Wilderness First Aid on High Adventure**



## First Aid on Outdoor Events

**Three types of first aid cases on Scouting Events**

**Most Likely – Typical First Aid**

**Occasional Serious First Aid Cases**

**Critical / Emergency / Life-Threatening**

# First Aid on Outdoor Events

## Most Likely – Typical First Aid



ADAM.

## First Aid on Outdoor Events

### Most Likely – Typical First Aid

The typical non-emergency first aid cases will occur on almost every outdoor event

#### Examples

**Mild Dehydration, Elevation  
Sickness, Blisters, Simple Cuts,  
Burns, Insect Bites**

## First Aid on Outdoor Events

### **Most Likely – Typical First Aid**

You will experience the vast majority of first aid cases in this category.

You have plenty of time to think about the best treatment for the injured person

Seeking emergency assistance is not required

## First Aid on Outdoor Events

### Occasional Serious First Aid Cases

More serious first aid cases will occasionally occur on a few outdoor events

#### Examples

**Broken Bones, Bad Sprains, Serious Dehydration, Or Moderate Hypothermia**

## First Aid on Outdoor Events

### **Occasional Serious First Aid Cases**

Serious injuries require the injured person to receive immediate first aid

Need to seek further treatment as soon as possible

Injured person is unable to continue the trek

These cases are not time dependant - not life or death situations but are important to tend to properly

## First Aid on Outdoor Events

### **Critical / Emergency / Life-Threatening Injuries**

Life threatening first aid cases will rarely occur

### Examples

**Severe Heat Stroke**

**Fall From Cliff Resulting In Broken Neck Or Back**

**Heart Attack Requiring Resuscitation**  
**Bear Mauling With Shock And Arterial Bleeding**

**Severe Reaction To Insect Bite**

## First Aid on Outdoor Events

### **Critical / Emergency / Life-Threatening Injuries**

Job of first aid responder - keep injured person alive until professional help is available

Real issue - how to keep someone alive until help comes to you or you transport injured person out for help

Further Treatment required immediately

These cases time dependant – life and death situations

## Seeking Further Medical Assistance

On almost all routine BSA camping trips and hikes, having the ability to call for help on a cell phone is common

You still need to have the knowledge of all types of first aid, but help is usually only 5 to 15 minutes away

On other campouts, sending someone by car to get help may result in an EMT at your site within 30 to 60 minutes

## Seeking Further Medical Assistance

On wilderness high adventure events, you may experience a critical injury that may take many hours or even more than a day to obtain professional help

When out of cell phone range and hiking on very steep and rocky terrain it is extremely difficult to carry a person on a stretcher to the nearest camp five to ten miles away

These are the first aid cases that will test anyone's abilities - thankfully, they do not happen often

But you need to be both mentally prepared and trained with experience in case it does happen

## Wilderness First Aid – High Adventure

How critical is it to know wilderness first aid for remote backpacking or canoeing treks?

**It is very important**



## Wilderness First Aid – High Adventure

Knowing first aid and applying the treatment required in both routine injuries and in emergencies represents information about hundreds of potential first aid cases

I have specific recommendations for being prepared for wilderness first aid on outdoor adventures and high adventure events

## Wilderness First Aid – Specific Skills

### **1 – Complete Wilderness First Aid Training**

**Every adult in a high adventure crew should complete the required training on wilderness first aid**

Be prepared in case any adult is in a situation that requires emergency first aid training and you are not relying on someone in the crew who may be somewhere else during an emergency

# Wilderness First Aid – Specific Skills

## **2 – Read First Aid Handbooks**

**Read and study the BSA Handbook and BSA Fieldbook sections on first aid**

There is a wealth of knowledge in these manuals

Constantly update your training and knowledge of first aid with refresher training as well as information on the internet and magazines

# Wilderness First Aid – Specific Skills

## 3 – Expertise in Outdoors

**Read and study BSA Merit Badge Books for basic understanding of outdoor skills**

Thoroughly read and understand the outdoor merit badge pamphlets, such as Camping, Hiking, Canoeing, Backpacking, Wilderness Survival and First Aid



These merit badge books are well written with enough overall information for most cases of survival and first aid

# Wilderness First Aid – Specific Skills

## **4 – Expertise in Type of Trek**

**Read and study books on the topic of your high adventure – backpacking, climbing, canoeing**

Read “Backpacker’s Field Manual”  
written by Rick Curtis

This book goes into significant detail in wilderness survival and emergency first aid for backpacking on high adventure treks

# Wilderness First Aid – Specific Skills

## **5 – Experience at Your Side**

**Someone on trek should have experience in this type of event**

Best type of training is experience

Experienced person has done this type of event many times before and understands advanced skills

Person with experience knows pitfalls and how to avoid bad situations

# Wilderness First Aid – Specific Skills

## **6 – Practice First Aid Skills on Events**

**Practice your first aid skills by going on many trips, events, campouts, canoe excursions and other events**

Practical experience in rendering first aid will be your best teacher

## Wilderness First Aid – Specific Skills

### **7 – Gain Confidence in First Aid Skills**

#### **Have confidence in your skills**



You've read about hypothermia, shock and heat stroke

But actually seeing someone with the condition and treating them will make you more prepared and confident in your ability to treat almost any first aid case

# Wilderness First Aid – Specific Skills

## **8 – Location Known to Others**

**Multiple people should know where you are at all times**

Even at Philmont, the staffed camps know which crews to expect that should be arriving at their camp every day

The worst thing you can do is to deviate from your trek or not tell anyone where you are going

# Wilderness First Aid – Specific Skills

## 9 – Maps, Plans, Directions

**Multiple people should know where you are at all times**

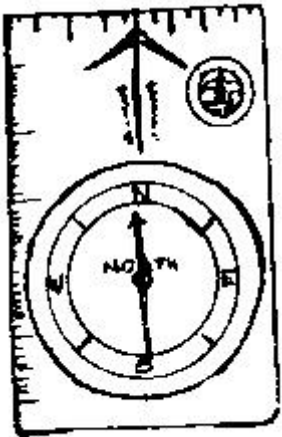
Carry a good large-scale map of your location

Have your route for each day well planned

Know where you are at all times on the map

Carry a Compass – Every Time

Know closest point to contact others in case of an emergency - even if five to twenty miles away



## Wilderness First Aid – Specific Skills

### **10 – Water – Lots of Water**

**Without water – your troubles multiply**

Bring lots of drinking water – more than you think  
you will need

Extra water in case you get lost

# Wilderness First Aid – Specific Skills

## **11 – Proper Equipment**

### **Proper Equipment is Essential**

Have all of the proper equipment you need for the type of high adventure trek you are undertaking

Do not skimp on equipment

Know how to use your equipment with practice prior to event

Have survival equipment in your gear

## Wilderness First Aid – Specific Skills

### **12 – Location Known to Others**

**Multiple people should know where you are at all times**

Even at Philmont, the staffed camps know which crews to expect that should be arriving at their camp every day

The worst thing you can do is to deviate from your trek or not tell anyone where you are going

## Wilderness First Aid – Specific Skills

### **13 – Know Common Outdoor Mistakes**

#### **Know Common Mistakes that will Get you in Trouble**

Read the article “A Dozen Ways to Die”  
article by Steve Howe

Describes twelve most probable ways that hikers are likely to die in the wilderness

Good information for any type of high adventure

# Wilderness First Aid – Specific Skills

## **14 – What To Do if Lost**

### **All Crew Members Should Know what to do if Lost**

All crew members should know what to do in case they are separated from the rest of the crew

Hold discussions repeatedly on what to do if “lost” and how to avoid being separated

Carry a whistle as part of your wilderness survival kit

# Wilderness First Aid – Specific Skills

## **15 – Physical Fitness**

### **All Crew Members Should be Trained & Fit for the Adventure**

Train rigorously for your high adventure event to make sure everyone knows their outdoor skills

All crew members need to be physically fit and experienced at least three less difficult events prior to the main event

Develop a good sense of teamwork among the crew members - Hold one meeting and one training event every month for one year prior to your trek

# Safety from Lightning



## Safety from Lightning

**Lightning strikes are very serious**

**Specific measures can be taken to avoid being struck by lightning**



# Safety from Lightning

Thunderstorms all produce lightning in varying amounts  
Sometimes there's just an odd flash or two  
Other times, the storms produce lightning nearly  
continuously, with lots of flashes to ground

It's the flashes from the cloud to the ground (CG flashes)  
that create problems

CG flashes typically are only a small percentage of the  
total flashes produced by a thunderstorm; most lightning  
stays within the clouds

But it only takes one CG flash to get you!

## Safety from Lightning

The human body is basically a bag of salty water

Your body conducts electricity a lot better than air, so the lightning will often try to travel through you to reach the ground

## Safety from Lightning

It's pretty unlikely that you'll ever be struck by lightning

Scientists cannot make accurate predictions of when and where lightning will strike or how often, so for all practical purposes, it looks pretty random

Nevertheless, more people are killed by lightning year in and year out than by any other weather phenomenon; typically on the order of 100 people or so annually in the United States

## Safety from Lightning

Furthermore, lightning does not have to kill you to create major problems in your life.

Several hundred people are affected by lightning in the U.S. every year, short of being killed.

Being struck is no joke and can affect you adversely for the rest of your life

## Safety from Lightning

### **Easy to Remember about Lightning**

- 1 – Avoid being the tallest object around
- 2 - Unwise to be *near* the tallest object around, like an isolated tree
- 3 - No "warning sign" that will tell you reliably that lightning is about to strike
- 4 - No distance from a thunderstorm that is absolutely safe

## Safety from Lightning

### **Easy to Remember about Lightning**

- 5 –You do not have to be ***directly hit*** by the lightning to be affected
  
- 6 - Avoid being near fence lines and power lines that lead into areas where lightning is occurring
  
- 7 - Go/Call for medical help immediately if someone is struck

# Safety from Lightning

## **Areas to Avoid During Lightning**

**Flagpoles**

**Water – Lakes, Streams**

**Single Tree in Area**

**Mountain Ridge**

**Mountain Peaks**

**Wide Open Areas**

## Safety from Lightning

### **Action NOT to Take During Lightning**

Assembling Everyone Together  
Using or Holding Metal Objects  
Standing on Hilltops & Open Spaces  
Wire Fences or Electrical Conductors  
Using any Electrical Device  
Near Elevated Objects

# Safety from Lightning

## 30 - 30 Rule



# Safety from Lightning

## 30 - 30 Rule

If you see lightning and within **30 seconds** hear it, lightning is too close – find safety

Once you have not seen or heard lightning within **30 minutes** the storm has passed  
It is all clear

# Safety from Lightning

## **30 Second Rule**

Light travels 5 times faster than sound

Begin counting when you see lightning

Every 5 seconds – lightning is one mile away

If you see lightning and within 30 seconds hear it, the lightning is within 5 miles – this is when action is needed

## Safety from Lightning

### **Four Types of Events**

**1 - Typical Outdoor Events**

**2 - Swimming & Boating**

**3 - Weekend Camping  
Events**

**4 - Wilderness Events**

# Safety from Lightning

## **Typical Outdoor Events**

### **Example: Mini-Golf Activity Night**

Return indoors when lightning is heard in the distance

Do not wait to react for severe overhead lightning

Do not walk outdoors to retrieve objects or equipment

Account for all individuals in group

## Safety from Lightning

### **Swimming & Boating**

#### **Example: Boating on Stillwater Lake**

Leave the water immediately at first hint of storm approaching

Do not wait to see or hear lightning

Account for all individuals in group

## Safety from Lightning

# **Weekend Camping Events**

## **Example: Campout at Camp Serranova**

Seek indoor shelter or return to cars if available

If no shelter – remain in tents – remain separated, not together

Assume lightning position instead of lying down

Account for all individuals in group after storm has passed

## Safety from Lightning

# Wilderness Events

## Example: Philmont, New Mexico

Avoid summits of mountains, crests of ridges, slopes above timberline

Avoid large meadows or open areas

Quickly descend to lower elevation

Assume lightning position instead of lying down

Dense forest located in a depression provides the best protection

**Adult Leader**  
**Training**  
**Requirements**

## Adult Leader Training

# **New Leader Essentials**

**For all Adult Leaders**

Type Course: Indoor Classroom

Course Length: 1 hour

Required by Council: Yes

Course Content: Introduction to Scouting

## Adult Leader Training

# Youth Protection Training

**For all Adult Leaders**

Type Course: Indoor Classroom / On-Line

Course Length: 1 hour

Required by Council: Yes

Course Content: Keeping Scouts Safe,  
Protection of Scouts from Abuse

## Adult Leader Training

# **Troop Committee Challenge**

**For all Troop Committee Members  
In Troop 131 – All Adults**

Type Course: Indoor Classroom

Course Length: 1.5 hour

Required by Council: Yes

Course Content: Theory of How a Troop  
Committee Operates – Roles of Key Leaders  
to Run a Troop

## Adult Leader Training

# Scoutmaster & ASM Specific Training

**For all Scoutmasters & ASM's**

Type Course: Indoor Classroom

Course Length: 2 nights each 3 hour

Required by Council: Yes

Course Content: Theory of How to run a  
Troop – Patrols, Leadership, SM  
Responsibilities

## Adult Leader Training

# Outdoor Leader Skills

**For all Scoutmasters & ASM's**



Type Course: Weekend Campout

Course Length: 3 days and 2 nights

Required by Council: Yes

Course Content: Learn Basic Scout Skills in One Weekend

Skills required by Scouts –  
Tenderfoot to First Class Skills

## Adult Leader Training

# Safety Afloat

## For Adults Conducting Boating Events

Type Course: Indoor Classroom / On-Line

Course Length: 1 hour

Required by Council: Yes



Course Content: Safety  
Requirements for Boating  
Activities

## Adult Leader Training

# Safe Swim Defense

## For Adults Conducting Swimming Events

Type Course: Indoor Classroom / On-Line

Course Length: 1 hour

Required by Council: Yes

Course Content: Safety Requirements for  
Swimming Activities



## Adult Leader Training

# Leave No Trace

## For Adults – Outdoor Conservation

Type Course: Indoor Classroom

Course Length: 1 hour

Required by Council: No

Course Content: Conservation & Preserving  
the Environment

## Adult Leader Training

# Trek Safely

## For Adults on High Adventure

Type Course: Indoor Classroom

Course Length: 1 hour

Required by Council: No

Course Content: Basic Aspects of  
Participating in a High Adventure Program

## Adult Leader Training

# **Wilderness First Aid** **For Adults on High Adventure**

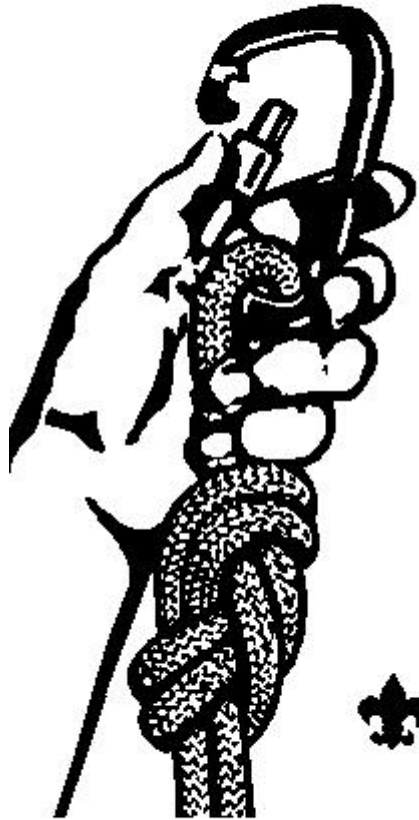
Type Course: Indoor Classroom & Outdoors

Course Length: 16 hours

Required by Council: Yes

Course Content: Basic First Aid, CPR,  
Emergency Response on Outdoor Events  
when EMS help is not immediately available

P R O J E C T  
C O P E



C L I P   I N T O  
A D V E N T U R E

## Adult Leader Training

# COPE

## For Adults on COPE Courses

Type Course: Outdoors on COPE  
Course

Course Length: 1 day or weekend

Required by Council: No

Course Content: Basic Instruction on  
Safely Participating & Helping to Lead a  
COPE Course Event for Troop

## Adult Leader Training

# **Minsi Scouting University**

## **For Adult Volunteers**

Type Course: Classroom

Course Length: Multiple 1-Hour Courses

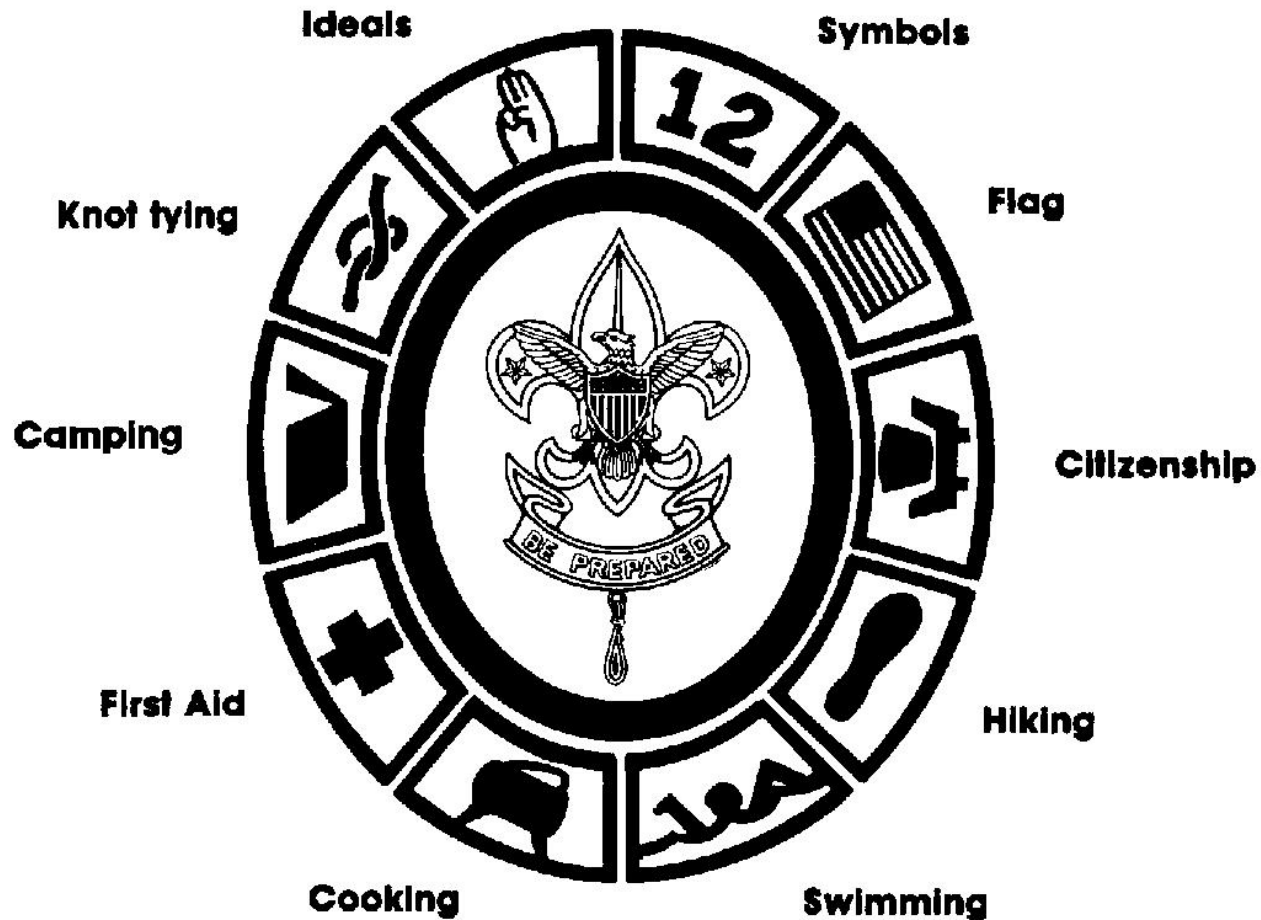
Required by Council: No

Course Content: Offering of 30+ Courses on a Saturday for Adult Training in Many Aspects of Running a BSA Program

# Adult Leader Training

## Wood Badge

### For Adults – Advanced Leaders



# Adult Leader Training

## **Wood Badge**

**For Adults – Advanced Leaders**

Type Course: Outdoors

Course Length: 2 Weekend Campouts

Required by Council: No

Course Content: Advanced Instruction on How to Run a BSA Unit and Advanced Scout Skills - live in the out-of-doors, camping, cooking and practicing Scout skills