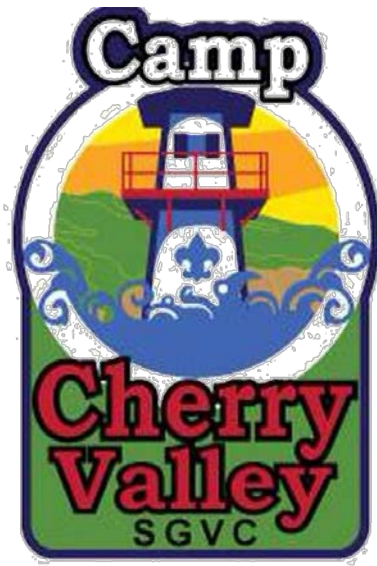


San Gabriel Valley Council Summer Resident Camp Leaders Guide 2011



Camp Cherry Valley

Santa Catalina Island, CA

San Gabriel Valley Council
Boy Scouts of America
3450 East Sierra Madre Blvd.
Pasadena, CA 91107
626-351-8815

Ext. 237 Maggie Gray or Ext. 249 Sonia Guerrero Kagan

ABOUT CAMP CHERRY VALLEY

Operated by the San Gabriel Valley Council BSA, Camp Cherry Valley is located on the leeward side of Santa Catalina Island, twenty-two miles off the Southern California coast. Camp Cherry Valley encompasses 157 acres, much of which is covered by unique Catalina cherry trees. The calm crystal waters of Cherry Cove are located two coves west of the ferry landing at Two Harbors. At Cherry Valley the ocean is clear, clean and averages between 68 and 70 degrees.

Facilities include an enclosed restroom and shower complex, a dining hall, trading post, rifle and archery ranges, an outdoor discovery marine aquarium, a 170 year old silver mine, a fabulous campfire bowl, nature trails, an activities area, and troop sites with wall tents, cots, and mattresses.

Opportunities for fun and adventure are endless. The boat ride over is impressive, from the grand sea swell to the active sea life, such as whales, dolphins, seals, and many species of fish. The aquatic facilities are equipped for sailing, kayaking, canoeing, row boating, snorkeling, and ocean swimming. The ocean is teeming with marine life and the campsites are surrounded with unusual desert plants and animals.

Established in 1921 by Skipper Robinson and the Pasadena Council, Camp Cherry Valley is rich in tradition. As one of the hallmark camps in the western United States, excellence in Scouting is achieved through a dedicated summer staff personnel, a hardworking professional staff, an army of volunteers, and a camp program that will meet every boy's camping goals. Teaching life skills, personal ethics, environmental responsibility, citizenship, and high moral values is at the core of the camping program.

2011 CAMP CHERRY VALLEY DATES

Session Dates:

Week 1– June 12-18

Week 2– June 19-25

Week 3– June 26-July 2

Week 4– July 3-9

Week 5– July 10-16

Week 6– July 17-23

Week 7– July 24-30

Week 8--July 31- Aug 6

Week 9– August 7-13

Thank you for choosing on of the San Gabriel Valley Council's camps. Please read this Leaders Guide before coming to camp. Its primary purpose is to assist your troop in preparing for a successful experience at camp. If you need further assistance, please feel free to call at (626) 351-8815 ext 237 for Maggie Gray or ext. 249 for Sonia Guerrero Kagan.



WELCOME TO CAMPING WITH THE SAN GABRIEL VALLEY COUNCIL

This guide will help answer your questions about what your week at camp will be like. In the following guide you will learn about our camp; the grounds, the programs run and everything that you will need to bring to make this a trip to remember. This guide is set up to give you information about Cherry Valley on Catalina Island.

NONDISCRIMINATION CLAUSE

The San Gabriel Valley Council and their Camp staff maintain a policy of nondiscrimination.

GETTING SET FOR CAMP

The following are recommendations for a successful trip to our camp:

1. Start your Scouts on their savings plan and fund-raising projects.
2. Begin each Scout's advancement goals and planning in your troop committee planning sessions. Remember this is **YOUR WEEK** at camp. The staff will do all they can to tailor a program to fit your needs.
3. Ensure all Scouts and adults have physicals. Check their medical forms to see they are current and signed by a physician and by a parent of a guardian. (See ** below)
4. Obtain health and accident insurance for your Troop (See *** below)
5. File a tour permit with your council
6. Collect signed PERMISSION FORMS for each Scout.
7. Complete camp fee payments at least four weeks prior to your sessions starting date.
8. Meet with each Scout to ensure that they have prepared for the merit badges they will take at camp. Wise Scouts do their "homework" and their merit badge prerequisite work prior to arriving at camp.
9. At your last regular troop meeting before camp, it is a good idea to check all personal gear.
10. **A troop roster of all scouts and adults attending camp, including phone numbers, will be needed at the camp program office.**

**** ALL CAMPERS MUST HAVE A CURRENT MEDICAL FORM (New A, B and C Form) AND APPROPRIATE PERMISSION SLIPS. ANYONE ARRIVING IN CAMP WITHOUT THESE COMPLETED FORMS WILL NOT BE ALLOWED TO PARTICIPATE.**

MEMBERS OF THE CHRISTIAN SCIENCE FAITH MUST PROVIDE THE CAMP WITH A WRITTEN LETTER FROM THE PRACTITIONER.

*****TROOP INSURANCE through Council: EACH TROOP IS REQUIRED TO CARRY ADEQUATE AND PROPER LIABILITY AND HEALTH INSURANCE. PLEASE PREPARE TO VERIFY THAT EACH CAMPER IS PROTECTED AND BRING INSURANCE CARDS OR NUMBERS TO CAMP.**

CAMP PAYMENT SCHEDULE

A \$200 initial deposit is required upon making a reservation. This fee will be applied to your total charge, and otherwise is non-refundable upon cancellation of your reservation. The following mandatory payment schedule will help you with your troop payments for camp:

- \$100 per paying person (scout and adult) due Friday, January 28, 2011 (non refundable and non-transferable, please see refund policy).
- \$100 per paying person (scout and adult) due Monday, February 28, 2011 (non refundable and non-transferable, please see refund policy).
- \$100 per paying person by Thursday, March 31, 2011 (non refundable and non-transferable, please see refund policy). Total of \$300 paid per camper by this date.
- **Remaining balance due by Monday, May 2nd, 2011 for early payment discount. (\$10.00 per paying person).**

Please Note: Missed payments can result in the loss of your reservation. Total camp fees are **due at least four weeks prior** to your scheduled arrival at camp. All troops who pay total fees by Monday, May 2 will receive the \$10 per person discount. All campers who have not paid in full by Monday, May 2 will have to pay full campers fees, thus negating the discount.

CAMP FEES

With each reservation there is one free adult. All other adults pay full price. If all payments are made by May 2nd, 2011, there is a \$10 discount per person.

Brother discounts are \$10 off the **second and third pairs of brothers who attend together**. This discount should be taken at time of final payment.

Adults who replace leaders during the week can share fees. Adults coming to camp who do not replace a leader in their troop CONSERVE will be charged at a rate of **\$65 per person per day (this includes room, board, and meals)**. Please notify Camp of any leadership changes.

The BSA summer resident camp fee for:

In Council troops is \$545 per person.

The Out of Council camp fee is \$595 per person.

****All campers who travel to and from camp on other than the boats reserved by the council are responsible for covering their own transportation costs.****

CAMP REFUND POLICY

The first three payments are non-refundable and non-transferable. Payment-in-full is expected at least three weeks prior to your camp week. Any drop in the number of scouts or adults, after that point, will result in no refund of money already paid and the remaining balance is still owed.

CAMPERSHIPS

Funds are available to supplement Scout fees for those who are **members of the San Gabriel Valley Council** and can demonstrate a need for this support. Information and applications are available through the San Gabriel Valley Council website www.sgvcbasa.org.

LEADERSHIP REQUIREMENTS

The role of adult leaders at summer camp is very important. In planning, supervising, teaching, and participating, their influence and support is critical. Start recruiting your leaders early and have alternates standing by. **Two registered adults are required per troop.** Usually the Scoutmaster and Assistant Scoutmaster attend; however, if other adults will be bringing the Scouts to camp, start preparing them early. At least one adult must be 21 years of age or older; the other must be at least 18 years old. Adult supervision is a critical component of a successful youth program. The leadership and guidance you provide your Scouts during your stay will keep them much safer. We ask our staff to lead by example and would ask you to do so as well. Please help us follow all written, spoken, and implied rules and regulations as they are in place to protect the children, adults, staff, facility, equipment, property, and environment.

DAY VISITORS

All day visitors to camp may buy meal tickets at \$5 for breakfast, \$6 for lunch, \$7 for dinner-per person, which will be paid to the Business Manager in the Program Office. Any visitor, who does not come with a completed and signed BSA medical form, will **not** be permitted to use the camp program equipment.

TOUR PLAN

National requires that troops file a tour plan when traveling to activities. Contact your local Scout Office for the proper form and further information. **Please have a copy of your completed and approved tour plan to show the staff.**

SPECIAL REQUESTS

FOOD: If you have special dietary needs while at camp, please let us know in writing and/or by telephone **at least two weeks before your arrival**. We are happy to do what we can to meet your needs. However, since food is purchased in large quantities, those with very restrictive diets will need to make arrangements to bring specialty items to camp. Arrangements will be made to store and prepare foods brought to camp for those individuals.

The San Gabriel Valley Council can not be responsible for lost, stolen, or damaged articles while in transport or while in camp. Please mark all property plainly.

CAMP MAIL

Mail delivery to the island varies with the weather and other factors. It is suggested that those parents wishing to mail their Scout a letter or care package do so the Thursday or Friday before the Troop leaves for Camp. Most packages mailed later than this will not arrive in camp during the week of camping. **Mail received after the Troop leaves camp will not be returned.** Please do not mail money, as it may get lost in the mail. An ATM is located in the town of Two Harbors for emergencies. Please address mail as shown below:

Scout Name
Unit Number
Camp Cherry Valley
PO Box 5067
Avalon, CA 90704



WHAT TO BRING TO CAMP CCV

PLEASE MARK EVERYTHING WITH YOUR NAME AND TROOP NUMBER!!!!

Personal equipment list:

1. Gear Bags - military type duffel bag is best. Please remember to flag it with red material.
2. Sleeping Bag
3. Jacket
4. Class A Scout uniform - must be worn while traveling.
5. Swim trunks and beach towel
6. Shower towel
7. Toilet kit: toothbrush and paste, soap, chap stick, personal medication, etc.
8. Flashlight
9. Change of clothes- long pants, shorts, and shirts
10. Underwear
11. Socks
12. Hat
13. Scout Book
14. Sun Screen
15. Watch
16. Canteens or drinking bottles
17. **COMPLETED MEDICAL FORM**
18. Small personal first aid kit
19. Day pack—must be large enough to carry a small lunch and water for the hike day
20. Hiking Shoes
21. Water Shoes or sandals (must have for shower and water activities)
22. Scout will need pen, pencil, and notebook to do merit badge work

Troop equipment list:

Please bring a collapsible pole for your troop flag, and each campsite has a pole for the American flag.

1. American flag
2. Troop flag
3. Electric battery light of a lantern. (No flames of any kind may be used. They are illegal on the island.)

WHAT NOT TO BRING TO CAMP

- | | | |
|---------------------------------|---|--------------------|
| 1. Weapons | 6. Alcohol and Drugs | 10. Ice Chests |
| 2. Fireworks | 7. No Animals | 11. Tents |
| 3. Valuables | 8. No Personal Sporting Equipment | 12. Tarps or poles |
| 4. Spear guns | 9. Propane or liquid gas lanterns or stoves | 13. Pole Spears |
| 5. Matches or flammable liquids | | |

Anyone who brings **any of the above listed items** is subject to removal from camp at their own expense

PACKING YOUR GEAR: Your gear will be moved many times and not always under your supervision. We recommend one bag per person, and that it be a military style duffel bag or other soft bag. Nothing can be attached to the outside of bags. Please do not pack breakables. All fishing poles must be in a hard case. You will not be able to carry them with you on the boat.

NOTE: DO NOT PACK MEDICAL FORMS OR FEE PAYMENT RECEIPTS AND OTHER CHECK-IN MATERIALS SUCH AS TROOP ROSTERS AND MERIT BADGE SIGN UP SHEETS; EVERY SCOUTMASTER SHOULD HAND CARRY THESE ITEMS INTO CAMP.

Please do the following to each bag, fishing pole, or flag case:

1. Mark it with your name, troop number and the letters **CCV**.
2. Camp Cherry Valley and/or the San Gabriel Valley Council cannot be responsible for lost, stolen, or damaged articles while in transport or while in camp. Please mark all property plainly.

TRAVEL INFORMATION: *Catalina Classic Cruises* will transport troops and leaders to and from Long Beach and Two Harbors at the beginning and end of camp. The fee is included in the cost of camp. They are located at The Catalina Express Terminal located by the Queen Mary at Port of Long Beach Queen Mary, 1046 Queens Highway, Long Beach, CA. A map and directions are at the back of this guide. **Departure will be 1:00 pm – with a 12:00 pm check in time/ Saturday return to Long Beach at 1 pm.** Once you arrive at the terminal, two representatives of Camp Cherry Valley will greet you. They will take your official troop count and give you instructions for departing to Catalina Island. Once all are on board, the boat will depart for the 2.0 hours trip across the channel.

Any additional transportation costs above and beyond the official prescheduled ticket, such as leadership changes, late arrival, early departure, or change of carriers, will be borne by the Troop or individual camper. Any adult leaders coming into camp mid-week or parents visiting their Scouts can make their ticket reservations through the **Catalina Express**. **TO MAKE RESERVATIONS TO TRAVEL MID-WEEK, CALL AS EARLY AS POSSIBLE. STANDBY SEATS ARE USUALLY AVAILABLE. ALL SERVICES REQUIRE EARLY CHECK IN AND HAVE LUGGAGE RESTRICTIONS. ALL COSTS ARE THE RESPONSIBILITY OF THE INDIVIDUAL. BE SURE YOUR BOAT IS TRAVELING TO TWO HARBORS FROM SAN PEDRO. THE CATALINA EXPRESS TELEPHONE NUMBER IS: (310) 519-1212.**

PARKING: Fee is \$15 daily per 24 hours and any part of 24 hours after the first day. **Payable in CASH ONLY.** There is an ATM machine available at the terminal.

ARRIVING AT TWO HARBORS: Once in Two Harbors all Scouts and adult leaders will have their luggage transported into camp via a truck, while they hike the 1.5 miles into camp. Any leader or Scout with a disability that prevents them from hiking into camp will be transported to camp by van. Shore boats are \$3.50 per person each way. If it is only one person traveling the cost is \$7.00. Please know that this service is provided only for those people who are unable to make the hike.

Those leaders traveling to camp via a private boat must contact the camp Director at 310-510-2895 before arrival and arrange for their own moorings with the Harbor Master using Channel 9. **All private boats are restricted from tying onto the Camp Cherry Valley dock or its moorings.**

Monday Travel

We are happy to arrange for Monday travel for troops in need of it. Troops arriving in Camp on Monday will be met in Two Harbors by the camp truck for the transporting of their gear to the camp. One adult leader will be driven to the camp for the purpose of registering their troop, while the rest of the troop hikes into camp. Remember, returning from camp will be via Long Beach on the Boy Scout boat, so accommodations will need to be made to have transportation waiting in Long Beach.

Coming from a long Distance?

Some troops stay at Camp Trask both ends of the week! Sleep under the stars; enjoy swimming, dinner and breakfast before you leave for your Cherry Valley adventure! Additionally, we are now offering an optional sack lunch to take with you to the boat. Reservation form is at the end of this guide. We will send directions to Camp Trask with confirmation of your reservation.

Ecology AT CAMP

1. **Animal Conservation:** Please make certain that all Troop members understand the delicate balance of plant and animal life on Catalina Island. Everyone should do their best to ensure that no animals are molested or killed. This applies to marine as well as land life. Please walk only on designated trails and roads.
2. **Pets:** No pets of any kind should be brought to camp. Pets are a threat to wildlife and are in danger themselves.
3. **Plant Conservation:** The vegetative life on the Island and in the sea is very fragile. Please make every effort to stay on the trails, do not pick the flowers, or collect specimens. Do not gather firewood or use natural materials for camp construction projects. The cherry trees are our special charge. Please do all you can to prevent name carving, hammock hanging, and other acts that damage the trees.
4. **The Salina** is an environmentally protected area that is vital to the health and well-being of the cove. Please help us keep the Scouts from walking through it or destroying it in any way.
5. **Fire:** The smallest spark is a deadly threat to wildlife and campers. No fireworks, open fires, flame utilizing lamps, or other equipment can be allowed in camp.
6. Please help us keep the campers on the roads and designated trails as this will help protect the animal habitat and plant life from destruction.

CAMP RULES AND POLICIES

Please understand that the purpose of camp rules is to insure the safety of all those who will be living together at camp.

Emergency Procedures and Information

As part of the first flag ceremony the camp will demonstrate the camp's emergency alarm. Any other alarms during the week will be real. If you hear the alarm, walk to the parade grounds, join up with your Troop, and ensure all are accounted for. Further instructions will be presented at the parade grounds. Fire is the greatest danger facing the camp and special attention needs to be applied to ensure that all campers understand this threat.

First Aid

The Health Lodge is designed to meet the emergency needs of our campers. All injuries must be reported and properly recorded. We are ready with emergency support and will make necessary contact with the Emergency Medical System in the area. We will store all medications that require refrigeration and will assist with dispensing if needed. Because of the high cost of medical supplies for common ailments, it is important that all Scoutmasters bring over-the-counter medicines and other supplies for Scouts in their troops who get colds, headaches, sore throats, or coughs. Some of these medicines will be available for sale in the Trading Post to any **adult leader** but it is best to bring your own. They will not be available in the Health Lodge except in emergency situations. **If emergency care is needed at Cherry Valley and the camp transports someone to Avalon, there is a \$55 charge.**

Youth Protection

The Boy Scouts of America is a leader in the fight against child abuse. We must do everything in our power to prevent physical, emotional, and sexual abuse. To protect youth and adults we must be extremely careful and follow the BSA **TWO-DEEP LEADERSHIP** policies. We will not tolerate any activity that can, in anyway, be interpreted as abusive. If you are aware of anything questionable please report it at once to the Camp Director. Do not become directly involved as an individual unless there is an immediate physical threat to the camper.

Campsite Procedure

The campsite is your Troop home at camp. Your Camp Friend and Commissioner are there to assist you if necessary. The Troop's conduct while in the site will be the responsibility of the units' adult leaders. Please instruct your Scouts to respect the other Scouts and troop campsites. Do not enter them unless invited. Failure to respect other troop campsites and personal belongings could result in individual or troop expulsion from camp. Control noise, respect quiet hours, and leave other people's personal property alone. Damage to tents and campsite equipment will be charged to the Scout troop.

Quiet Hours

We are required to provide all campers with at least eight hours of quiet time. Between 10:00 PM and 6:00 AM each day we ask that you enforce this quiet period. If there is a problem in your campsite or with campers from another troop please notify one of the commissioners living in the cabins adjacent to the campsites. Please do not take matters into your own hands to solve the problem.

Alcohol and Smoking Policies for Adult Leaders

No alcoholic beverages are to be ingested by adult leaders nor should alcoholic beverages be purchased and carried back to camp. The Camp Director will expel any adults violating this rule.

Los Angeles County fire code requires all smoking to be done in designated areas of camp. These areas will be shown to the adult leaders once at camp. In addition, the San Gabriel Valley Council's policy on smoking is the same as the BSA - always to be done with discretion and not in the presence of the Scouts.

Checking out of Camp

The council requires the following if adults leaving camp:

1. Adequate adult leadership remains in the camp to oversee the needs of the Troop. **Note: The two-deep leadership policy must always be followed.**
2. Adults should check out with the Camp Director; so in the case of an emergency the adult can be located.

Cleaning Squad

Immediately following breakfast and/or dinner, one camper from each troop is asked to meet the Ranger to clean the Grove restroom facility and shower house. Further information regarding time and meeting places will be given to you by your commissioner upon arrival at camp.

Campsite Equipment

The Commissioner and Scoutmaster will conduct an inventory of all campsite equipment when arriving in camp. Damage that may occur during the week will be assessed with the Troop. Report any damage as soon as it is noticed.

Camp Equipment

The San Gabriel Valley Council provides all troops with the opportunity to avail themselves of literally hundreds of thousands of dollars worth of program equipment during a week of camp. Normal "wear and tear" of equipment is expected. However, careless or intentional mistreatment of equipment is not permitted. All campers should take care of, and have respect for, all camp wide equipment and facilities including:

1. All shower and restroom facilities, camp wide buildings, and structures
2. All personal camp equipment belonging to others.
3. All program equipment including:
 - a) Masks, snorkels, fins, PFD's
 - b) Rowboats, oars, kayaks, paddles, canoes, sailboats, safety equipment
 - c) Rifles, archery, equipment, handicraft tools
 - d) Nature displays and sea lab displays

The San Gabriel Valley Council is proud of its camp equipment and facilities. All campers are asked to use the equipment as intended and to have a great time in doing so. Equipment, facilities, and property will need special attention to keep it in good working order and available to all campers throughout the summer. Tents need to be treated properly and as an adult leader your help in protecting them is vital. The restroom facilities need your supervision in staying clean and in good working order.

The campers who break camp equipment are expected to pay for the cost of replacing the product. Please contact the Camp Director if someone in your Troop damages equipment.

Phones and Phone Use

There is no public phone available. If campers wish to contact their parents they need to use their adult leaders' cell phone. Any leader bringing a cell phone can charge it in the Program office on the power strip provided. **Do not bring your own power strip.** All leaders charging cell phones are responsible for their security. Camp Cherry Valley is not responsible for cell phones that are lost or stolen. Please do not have Scouts' bring cell phones to camp. If there is an emergency, please feel free to use our business number at camp is (310) 510-2895. When leaving a message for a camper please include the name and troop number of the person.

Computer phone line access is not available. WIFI is available in Two Harbors.

CAMP FACILITIES

Camp Store

Each camp has a great store, which provides books, camp gear, snacks, and program supplies. Some other items available are batteries, stamps, toiletries, soda, and camp memorabilia. The camp will provide each camper with the current years patch and a leather totem to collect beads. The average Scout will spend between \$45 and \$60.

Shower and Restroom Facilities

Each camp provides shower and restrooms for all campers. Boys and male adults have separate areas, and another location is available for women campers. These facilities are always available to campers, but should be used before quiet time. Maintenance of the facility is the responsibility of all who use it. Report any malfunctions to the Camp Director at once. Please help everyone do their part to keep the restrooms and showers clean and safe. In keeping with Youth Protection guidelines, adults should be aware of their troop's behavior and control discipline by providing supervision while the boys are in the shower. If there are any difficulties with other campers, please contact the staff. Adult men share a gang shower, while adult women have private shower stalls.

Dining Hall

After a great night under the stars, or after a couple of hours of great activities, campers can't wait to get into the dining hall for a great meal. We use the "cafeteria style" dining system at camp and everyone in the troop plays an active role in food service and decorum during the week. Scouts take turns as table waiters for their own troop. At each meal time the watch will form on the parade grounds for grace and then move into the dining hall two troops at a time. While the troops are moving into the dining hall the remaining troops will be entertained by singing and skits performed by the Camp Staff. Troops will sit at their assigned tables the entire week; staff members will join each troop at meals. .

Waiter Duty

Each unit should provide one scout for every table used by their Troop to serve as a waiter for each meal. The waiters will:

1. Report to the Dining Hall fifteen minutes before the troop's watch is assigned mealtime.
2. Set tables, wipe down table, and clean area around table after the meal.
3. Accept further direction from the dining hall staff.

Dining Process

We will be feeding about 400 people per meal and the whole process will take about one hour and twenty minutes. **In order to facilitate Los Angeles County fire code, and for everyone's protection, meals at Cherry Valley have been divided into two watches.** Each troop will be assigned to either the starboard or port watch. Each watch is to assemble at the parade grounds just before each meal. Grace will be offered and then the troops will move inside for their meal. The troop's waiters will have already prepared tables and started some of the serving process. It is very important that each unit sits at the table assigned. If you are sharing a table with another Troop, please work out a waiter rotation schedule with them. Your assignment to the starboard or port watches will be based upon where your unit lines up at assembly. Troops from both watches will sit on both starboard and port sides of the dining hall.

DUTY TO GOD

The Boy Scouts of America is an ALL-DENOMINATIONAL organization, which encourages each member to actively participate in his religious beliefs and responsibilities. Our camps have a chaplain on duty and provide a chapel for individual scouts or groups. An all-denominational religious service is a highlight of our Sunday evening program, and all are encouraged to attend. Grace will be said before each meal, and all campers will be given an opportunity to participate. Please let your Scouts know they should feel free to pray as they have been taught, and remind them of the importance of showing respect for all forms and traditions of prayer.

PROGRAM OPPORTUNITIES

Along with the great locations and staff, our camp programs are the best anywhere! Scouts and leaders will be challenged to fit merit badge courses, free-time elective activities, and special programs into a busy week of camp. Pre-planning is essential! Check out our great programs.

Troop Service Project

If desired, we provide opportunities for your Unit to do service projects while in camp. Many Troops feel this is an important part of their summer camp. The camp will tailor projects to your Troop's age and skill. We are always looking for people who would like to help our camps become even better. Anyone interested in joining our support team, please notify the Camp Director. All aspects of support can be used and are greatly appreciated.

Leadership Training

Throughout the week, our senior staff will conduct Round Tables, which are open to all adult leaders. Those adult leaders needing to certify or re-certify in BSA Youth Protection, Safe Swim Defense, and/or Safety Afloat can do so upon request. Please contact the Camp Director or Program Director for this information.

Tribe of Torqua

Camp Cherry Valley has had an in-camp honor society for over 80 years. Scouts who meet the requirements are advanced in the **Tribe of Torqua** and are given an arc, which symbolizes their standing in the tribe. Adult leaders are given special tribal distinction upon completing their week of camp. Adults may attend the ceremonies if they wish. The Tribe of Torqua round patch must be purchased in the trading post at \$3.00 per patch. The Senior Patrol Leaders, along with shadow leadership from the Scoutmaster, is responsible for keeping track of completed requirements within the Troop. (See attached form at the back of guide)

Honor Ribbons

Each troop will have the opportunity to earn the Camp Honor Award as they participate and progress through the program during the week. This award honors those Troops who take an active role in promoting the values of Scouting through their service to the camp. This is not a competition between troops, but against the standard of the tradition and excellence of the Camp. Scoutmaster, Commissioners, Senior Patrol Leaders, and Camp Friends will work together to ensure success. Ribbons will be presented to each Troop to designate the level of excellence they have obtained.

Both of the forms for tracking this in-camp advancement and recognition will be given as part of the check-in material when you arrive at camp.

Camper Totem

Each Scout will be given a leather totem bearing the logo of the Camp patch. Throughout the week, each camper will be recognized for participation in programs by being presented with appropriate beads for each activity group. The camp asks that each adult camper have on them at all times their totem for identification purposes. This allows the camp staff and campers to identify those people who might be intruding.

Campfires

The Camp supports three campfires during the week. The camp staff will perform an opening and closing campfire for the campers. The Wednesday night Commissioner campfire allows each Troop to participate. Please come to camp ready to perform a run-on, skit, song, and cheer as a troop. The Commissioner will need to review and approve all skits and songs.

CCV TOTEM CHART			
<u>BEAD COLOR</u>	<u>REQUIRED ACTIVITY</u>	<u>BEAD COLOR</u>	<u>REQUIRED ACTIVITY</u>
Red	Opening Campfire <input type="checkbox"/> Commissioner campfire	Light Blue	Kitchen (waiter) duty
Yellow	Scouts own	Blue	Honor trail
White	Service project <input type="checkbox"/> Ranger approved service project	Dark Blue	Sea lab tour
Orange	Troop friend night <input type="checkbox"/> Patrol shoot out at the rifle range <input type="checkbox"/> Cobbler <input type="checkbox"/> Phosphorescence	Turquoise	Ocean adventure
Black	Hike day	Brown	Kybo
Green	Commissioner games	Gold	Prayer
Dark Green	Mine Tour	Clear Sparkle	Flag ceremony

ADVANCEMENT AT CAMP

The primary responsibility for rank advancement is that of the unit leaders and the unit committee. Our camp staff will assist Unit leadership by providing the finest in instruction and counseling. Although staff instructors and counselors will provide accurate records for information covered and skill accomplished, it is the responsibility of each unit leader to mark rank advancements in each boy's individual record (**usually in his handbook**). Camp counselors will also sign merit badge cards, but the Unit is responsible to ensure they are properly recorded in each boy's permanent record.

Council's Advancement Policies

1. All advancement will be in accordance with BSA National Standards.
2. Merit badge counselors must be 18 years of age or older.
3. No substitutions for any requirements will be allowed.
4. Blue card for completed merit badges will be provided by camp staff.
5. Those not completing all requirements for a specific merit badge will be given partial completion slips.
6. Boards of Review may be conducted in camp if adequate adult leadership is available. Appropriate adult representation on the board, however, is the responsibility of each Unit.
7. The Scoutmaster, Coach, or Skipper, is responsible to prepare, to monitor and verify completion of the Scout's advancement.
8. Scouts are encouraged to prepare for each merit badge they plan to work on at camp. Work done before camp is acceptable.
9. Any Scout receiving a merit badge from our camps will know the subject matter and have learned the practical skills associated with the merit badge.

NOTE: Unit leaders are given an opportunity to review all advancement records before leaving camp and are encouraged to review them at home and give the cards to the Unit Advancement Chairman.

MERIT BADGE CLASSES

The teaching of merit badges at camp is an important part of the program. Ensuring that campers receive the highest quality instruction is vital to the integrity of the Scouting program. While at camp, Scouts must complete all of the requirements **NO MORE NO LESS** in order to receive the completed blue card. Scouts who do not complete the merit badge will receive a partial.

Some of the merit badges offered at our camps can not be completed while at camp without some work prior to arriving. It is suggested that the Scoutmaster look through the merit badge requirements that each Scout is taking and plan on fulfilling those aspects before camp begins. This will ensure that the Scout will receive the completed merit badge while at camp. Many of these requirements can be fulfilled at camp with the assistance of the Scoutmaster during the boy's own free time.

Some merit badges require time commitments that cannot be completed in camp. Scouts should read requirements before coming to camp and begin any such requirements before coming, if they wish to complete the badges at camp.

Summer camp is not a merit badge mill where you pay a fee and get merit badges automatically. Instead, camp offers merit badges as only one part of the overall camp experience. It is suggested that leaders limit their Scouts to three merit badges to work on while at camp. This will allow the boy to participate in other areas of camp that create a well rounded camp experience. We do not want to see a boy come to camp and spend the entire week sitting in classes.

The more difficult merit badges will have a check mark next to them on the list below. It is suggested that only boys 14 years and older sign up for these classes.

When a Scout signs up for Handicraft merit badges he will be taught art, basketry, woodcarving, and leatherwork. He will need to spend some free-time working on completing some of the requirements as there will not be enough time to teach all during the class periods. This is a very hands on, go at your own pace opportunity for those who sign up. Some will not complete all four or even need all four, but the opportunity will be presented to them while they are in class. On the sign up sheet below this will count as one merit badge class, so please sign the Scout up for two more merit badge classes.

The sailing opportunity at Camp Cherry Valley is fantastic! All campers are invited to participate in free time sailing available Tuesday, Thursday, and Friday afternoons. We also encourage all scouts, fourteen and older, who wish to sign up for Small Boat Sailing do so. We will have five instructors who will work with the scouts to fulfill the requirements outlined by the BSA. This class is very challenging and requires a good amount of strength and maturity; therefore, it is recommended that only boys who are physically and mentally able to participate do so. **The sailing merit badge will take up two merit badge class times and may also require some free time, so plan accordingly. Remember, when signing up for this class to only sign the Scout up for one more merit badge class.**

At camp we work hard to see that every scout gets into merit badge classes that he would like to participate in. We will add additional staff to accommodate the needs of the merit badge classes as needed.

It is wise to look for merit badges that are not normally offered in your hometown and try for those while at camp. Try new things and look for variety. Proper planning between the Scout and their adult leader and parents will be a big help. Read the merit badge book before coming to camp. There is too much fun going on at camp to spend time reading merit badge books!

Merit Badge Class Recommendation

In order to complete the Lifesaving Merit Badge during camp we encourage those taking lifesaving to either have earned the Swimming Merit Badge, or take the **Swimming Merit Badge along with Lifesaving Merit Badge**. This will provide the Scout the opportunity to complete both Merit Badges during the week. The same is true for First Aid and Emergency Preparedness.

CCV MERIT BADGE CLASSES			
*OFFERED AT CLASS TIME AND FREE TIME			
**OFFERED AT FREE TIME ONLY			
☐SUGGESTED FOR SCOUTS 14 AND OLDER / \$\$ means there is cost for a kit or materials			
MERIT BADGE	PREREQUISITES can not be completed in camp without prerequisites being completed	MERIT BADGE	PREREQUISITES can not be completed in camp without prerequisites being completed
ARCHAEOLOGY*		LIFESAVING	
ARCHERY		MAMMALS STUDY*	
ART*/**	4	OCEANOGRAPHY	
ASTRONOMY*/**	6	ORIENTEERING*	
BASKETRY*	\$\$	PIONEERING*	
BIRD STUDY	5,7, 8	RIFLE SHOOTING ☐	
CANOEING		ROWING	
EMERGENCY PREPAREDNESS*/**	1, 2C, 6C, 8A-C, 9B	SMALL BOAT SAILING ☐	
ENVIRONMENTAL SCIENCE*		SOIL AND WATER CONSERVATION*/**	7
FIRST AID		SWIMMING	
FISHING*/**	9 CAN NOT COOK FISH AT CAMP	WEATHER*	
FORESTRY*		WILDERNESS SURVIVAL ☐	
GEOLOGY*		WOODCARVING*	\$\$
INDIAN LORE*	\$\$	offered at free time only	
LEATHERWORK*	\$\$	BUGLING	Bring your own bugle

In order for Scoutmasters to follow the progress of their Scouts throughout the week it is recommended that they come to camp with merit badge workbooks for the merit badge classes they are taking, with the exception of waterfront merit badges. In all of the nature and most of the outdoor skills classes the instructors will be requiring scouts to show knowledge and advancement by having them fill out the workbooks. In the more traditional classes that follow more of a classroom approach these workbooks are great for note taking and placing the learning squarely on the shoulders of the scout. They can be used for review by the scoutmaster and allow for greater retention of knowledge.

DON'T FORGET TO PRINT OUT YOUR MERIT BADGE WORKBOOK TO HELP YOU KEEP YOUR WORK IN ORDER. VISIT OUR WEBSITE AT www.sgycbsa.org, CLICK ON THE CAMPING PAGE, THEN THE MERIT BADGE HELPERS PAGE. ALL OF THE BADGES OFFERED AT CAMP ARE LISTED THERE.

FREE-TIME MERIT BADGES

- All Scouts who sign up for a merit badge during the class time can work on skills that fulfill requirements for that badge during the free-time.
- Due to free-time needs in select areas, the following merit badges are only available during class-time:
 - ALL waterfront merit badges, rifle shooting, and archery, will **not** be available to be taken during the free-time.
- **Free Time:** Scouts can come during free time to pass off any requirements that are taught during the classes. Special activities will also be offered during free time such as the mile long orienteering course, Tote'n Chip, and Firem'n Chit. We encourage all scouts to come during free time to pass off Tenderfoot, 2nd Class and 1st Class requirements.

TRAIL TO FIRST CLASS PROGRAM

Our camp offers a Trail To First Class program for all scouts needing to pass off advancement requirements for First Class, Second Class, and/or Tenderfoot. This program is offered every hour during the merit badge class time and any day during free time. It is suggested that any new scout take this class, as they meet everyday to work on necessary requirements. For scouts who have only a few requirements to pass off, it is suggested that they do not sign up for the class, but work on their requirements during free time. The class instructor will present, practice, and familiarize the boys with the requirement material. Each scout will be given a sheet with the requirements checked off which can then be used by troop leaders to ensure competency before signing off each individual scout's handbook checklist. Thus, scouts who plan on taking this class need to bring their Scout Handbook to camp so their individual leader can sign off the requirements

TRAIL TO FIRST CLASS SCHEDULE

Monday – “Helmsman”

Pass off most requirements dealing with compass use. Knots will also be started. Also, rules of safe hiking will be covered.

Tuesday – “Rambo”

Knot tying requirements will be completed. Scouts will learn proper care and handling of a knife, ax, and saw. Scouts will also go over requirements dealing with cooking fires and stoves.

Thursday – “Fire Marshall Bill”

On this day scouts will go over all Tenderfoot, 2nd Class, and 1st Class requirements dealing with First Aid. Scouts will learn fundamentals in CPR and emergency situations.

Friday – “Baywatch”

Scouts will learn basic principles of water safety. Safe swim defense and water rescues will be taught and passed off.

Free Time

Scouts can meet at the Monkey Bridge @ 2:00 pm to pass off any requirements that are taught during the classes. Special activities will also be offered such as the mile long orienteering course, Tote’n Chip, and Firem’n Chit and you will use your knot trying skills to lash and make camp gadgets. We encourage all scouts to come during free time to pass off Tenderfoot, 2nd Class and 1st Class requirements.

CCV Trail to First Class	
Monday	Requirement
<i>Tenderfoot</i>	4a, 4b, 5, 9
<i>2nd Class</i>	1a
<i>1st Class</i>	1, 7a, 7b, 7c,, 8a
Tuesday	
<i>2nd Class</i>	2c, 2d, 2e
<i>1st Class</i>	4a, 4c, 4d
Thursday	
<i>Tenderfoot</i>	12a, 12b
<i>2nd Class</i>	6a, 6b, 6c
<i>1st Class</i>	8b, 8c, 8d
Friday	
<i>2nd Class</i>	7a, 7b, 7c
<i>1st Class</i>	9a, 9b, 9c
Free time	
<i>2nd Class</i>	1b
<i>1st Class</i>	2
Firem’n Chit	
Tote’n Chip	

ADDITIONAL PROGRAMS OFFERED AT CHERRY VALLEY

Hike Day

Catalina Island provides hikers with spectacular views, easy-to-difficult terrain, and a safe place to hike and boat. On Wednesday, each Troop will be given an opportunity to leave camp for the day. All the other program areas will be closed and the staff will be available for hikes. Your Camp Friend will guide your Troop and a trail lunch will be provided. Hikes include:

1. **SILVER PEAK:** This is an 18-mile hike to the highest peak on the West End of Catalina Island. The hike takes the better part of the day and is done on Wednesday. Hats, canteens, heavy shoes, and sunscreen are necessary equipment and must be brought to camp by the hikers. A patch for completing this adventure is available for sale at the camp store.
2. **SHARK HARBOR:** This 16-mile hike crosses over the backbone of Catalina and leads campers to the windward side of the island. This hike provides opportunities to view buffalo and other unique wildlife in addition to enjoying a beautiful beach. Once again a good hat, sunscreen, and plenty of water should be taken on the hike. Lifeguards are stationed at Shark Harbor during the scout’s stay, and the eight points of Safe Swim Defense are strictly enforced.
3. **EMERALD BAY:** Approximately 6-miles round trip, this adventure allows the scouts to combine an ocean war-canoe adventure with a hike along the scenic West End coast hills. Campers should take their swimming gear; dry hiking boots, and water shoes. Plan to enjoy the beautiful beach and waters of Emerald Bay.
4. **PARSON’S LANDING:** Approximately 8-miles round trip or combination ocean canoe/hike adventure with a hike along the scenic West End coast hills. Campers should take their swimming gear; dry hiking boots, and water shoes. Plan to enjoy the beautiful beach and waters of Parson’s Landing.
5. **LITTLE FISHERMAN’S:** Approximately a five mile round trip hike up the Goat Whisker trail and down into Catalina Harbor. Once at Cat Harbor you will enjoy the sights, sounds, and water of the windward side of the island. Bring your snorkel gear and see the sea life that the Pacific has to offer. Once you are done snorkeling and climbing on the rocks get your hiking boots back on and spend the rest of the afternoon at Little Fisherman’s Beach collecting sea shells, swimming in the calm water of the leeward side, and playing in the sand.

Swimming

Camp Cherry Valley has the greatest premiere swimming areas on the entire West Coast! Cherry Cove is operated in strict accordance with the BSA policies and is used for general swims during free time, merit badge classes, and rank advancement instruction.

Boating

Cherry Valley provides sailboats, canoes, rowboats, and ocean kayaks. These are available for use during free time sessions on Tuesday, Thursday and Friday afternoons. Camp also offers a sailing opportunity on the sailboats or catamarans each afternoon. Come on down and enjoy! This is a great opportunity for Scouts and leaders to practice their boating skills or just have fun. Certified swimmers may use the canoes and kayaks. Everyone must use a PFD. An orientation and demonstration of ability is required to use equipment. Please remember that all persons on the water are responsible for their actions and care must be taken around the anchored yachts in Cherry Cove. **The sailing merit badge will take up two merit badge class times, so plan accordingly.**

Nature Area and Trail

Camp Cherry Valley area offers many opportunities to discover and learn about our environment and Catalina Island's unique plants and animals. We offer a nature trail which is set up to be staff-led or self-guided.

Eagle's Nest Snorkel

Each afternoon the staff provides a guided excursion to Eagle's Nest. Snorkeling equipment is available to check out, or you are of course welcome to bring your own. Along the coastline you will be able to snorkel under careful supervision in kelp forests and along the edge of the cliffs and open channel which team with fish and other wildlife.

Pirates Cove Snorkel

The staff will also accompany troops to Pirates Cove. As with the Eagle's Nest snorkel, you may check out snorkeling equipment or bring your own.

Rifle and Archery Ranges

Rifle and archery ranges are available for use. All participants must receive a safety orientation and skill training. Ammunition and arrows are provided at the range. In order to use the ranges, leaders must have signed permission slips from the parent of the Scouts (See attached document at the back of guide).

Fishing Program

Camp Cherry Valley is a great place to fish the clear waters of the San Pedro Channel. We practice the catch-and-release method of fishing and encourage Scouts to do so also. Camp does not have facilities to clean and prepare fish for eating, and County prohibits us from cooking game fish in our kitchen. Anyone wishing to fish and who is 16 years or older will need to have a current California fishing license. We will be able to issue poles and tackle on a limited basis. In order to have a successful fishing adventure at camp, it is advised that you bring your own equipment. We also request that you use barb-less hooks for easy release of the fish that you catch. Artificial tackle will be sold in the trading post.

Mile Swim

This is an individual activity. Participants will need another Troop member to supervise and count laps, and will need to work with the Waterfront Director for times, locations, and equipment to be utilized.

Mine Tour

Under the guidance of a Staff member, you can explore a 170-year-old silver mine right in Camp Cherry Valley, as well as hear the legend and study the geology of the mine.

Scuba

Camp Cherry Valley offers an introductory dive program for youth and adult campers.

You will find the reservation form at the end of this guide.

The **PADI Discover Scuba Diving Program** allows any camper 14 years and older the opportunity to experience scuba diving and provides one 20-30 minute ocean dive. This is a program that requires 4 hours of the campers' time throughout the week. Participants will spend time in class reviewing key terms and diving procedures, as well as developing their Scuba skills by diving in the confined waters of Cherry Cove and the surrounding open water. The cost for this program is an additional \$135.00 and all gear needed to participate is provided. All participants must be signed up and paid in full 30 days prior to coming to camp.

Catalina, being part of the Channel Islands, is one of the top 10 dive destinations in the world! The giant kelp forests are a habitat for an abundance of marine life including bright orange Garibaldi (the California state marine fish), giant black seabass (a protected species), California spiny lobster, and playful California sea lions – just to name a few.

Two Harbors Dive and Recreation Center is a full service PADI dive shop located in Two Harbors, just two coves east of Camp Cherry Valley. They have an outstanding dive instruction team, top-of-the line equipment, and our very own 45-foot dive catamaran, the "Garibaldi," all available to assist you in your adventure. We will have a satellite dive center set up at Camp Cherry Valley to support all the camp's diving instruction and activities.

Advanced Camper Experience Program (ACE)

During each summer camp session, we offer a program geared toward the older Scout (14 years and older). The Advance Camper Experience (ACE) Program gives returning Scouts an opportunity to meet others their own age, go on high adventure activities, and experience things they might never have done before. These scouts will stay in Troop campsites, eat, and participate in most Troop program activities and all camp wide activities. ACE Program can take the place of merit badge classes. Those campers who participate in every ACE activity will receive a special recognition at the end of the camping week.

Activities include:

1. Kayaking on the open ocean
2. Shark Harbor Hike
3. War canoe trips
4. Blue Cavern snorkeling
5. Sailing
6. Boardsailing



Prerequisites are:

1. 14 years of age by the first day of the program
2. Pass the camp swim test
3. Have a signed, current medical form on file in camp
4. Unit leader permission

ACE WEEK AT A GLANCE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am	Swim Checks assigned as troops	Ship Rock Kayak/Snorkel	Breakfast: 6:30 AM Shark Harbor Hike	Blue Caverns Snorkeling	Goat Whiskers Hike
2:10 pm	BSA Eagles Nest Snorkel	Windsurfing		Catamaran Sailing/ Windsurfing/	

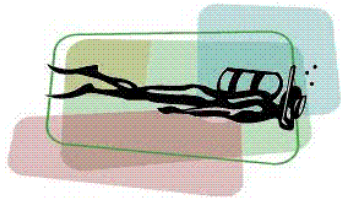
BSA Lifeguard

This program is for older Scouts (14 and up) and adults. It will take about 40 hours to complete during the week and will require the person to miss most of the free time activities and merit badge opportunities. The candidates will participate with our trained Waterfront Staff throughout the week in all aspects of our waterfront operation. If interested, please contact the Waterfront Director.

Special Opportunities

The following are special opportunities for boys to improve their skills and serve others. To have a chance to earn special recognition in these fields you must meet the requirements written next to the award. Those who participate and complete the requirements will be recognized at the end of camp and be eligible to purchase the patch or carry the card from the BSA.

- **Firem'n Chit**-Taught in the Handiland or Trail to First Class area during the free-time and is available to all adults and boys.
- **Boardsailing BSA**- Taught by the ACE program and is available to all adults or boys 14 years or older.
- **BSA Lifeguard**- See BSA Lifeguard requirements above.
- **Snorkeling BSA**- Taught by the ACE program and is available to all adults or boys 14 years or older.
- **Mile Swim BSA**- Available to all Scouts. See Mile Swim requirements above.
- **Totin' Chip**- Taught in the Handiland or Trail to First Class area during the free-time and is available to all adults and boys. Scouts must have this certification before they can handle knives at camp.
- **Kayaking BSA**- Taught by the ACE program and is available to all adults or boys 14 years or older.



Camp Cherry Valley 2011 Discover Scuba Diving

DO YOU WANT TO SCUBA DIVE ON CATALINA ISLAND?

The San Gabriel Valley Council, Boy Scouts of America has partnered with Two Harbors Dive & Recreation Center to offer you the underwater world. Camp Cherry Valley on Catalina Island is now offering you the opportunity to participate in a PADI Discover Scuba Diving program. This is an introduction program only. Minimum age for this program is 14 years old.

The PADI Discover Scuba Diving program:

- Available for an additional fee of \$135.00. (after summer camp fee)
- One dive under the direct supervision of a PADI instructor.
- Program takes about 4 hours.
- Not a certification course, but can count toward certification.
- The actual dive is about 20-30 minutes long.
- All equipment is included you just need your swimsuit.
- Tuesday- 7:00-9:00 pm - Instructional Class
- Thursday- 3:00-5:20 pm Confined water instruction and open water dive
- Friday- 3:00-5:20 pm - Confined water instruction and open water dive



So, don't miss out on a chance to experience Catalina Island from below the waterline. All registration MUST be done prior to arriving at camp. No sign ups will be accepted at camp.

Council _____ Troop # _____ Week _____ Date of camp session _____

Contact Person Name _____

Address _____

City _____ State _____ Zip _____

Home Phone (_____) _____

PADI Discover Scuba Program:

Cost per person \$135.00 X _____ number of people = \$ _____ Total Due

Payment Method: Cash Check Visa MasterCard American Express Discover

Credit Card Number _____ Exp. Date ____/____

Cardholder Name: _____

Cardholder Signature: _____

CANCELLATION POLICY: UP UNTIL TWO WEEKS PRIOR TO CAMP. CANCELLATION FEE OF 25% OF TOTAL COST. AFTER THAT, NO REFUNDS CAN BE GIVEN.

Mail or bring form and fee payment to:
San Gabriel Valley Council, B.S.A.

3450 East Sierra Madre Blvd., Pasadena, CA 91107; Fax 626-351-9149 **GL#711**

CAMP CHERRY VALLEY- MERIT BADGE SIGN-UP SHEET

*offered at class time and free time

**cannot be completed in camp without prerequisites being completed

WEEK# _____	TROOP# _____	SCOUTS NAME:	ARCHAEOLOGY*	ARCHERY	ART */**	ASTRONOMY */**	BASKETRY *(\$\$)	BIRD STUDY (\$\$)	CANOEING	EMERGENCY PREPAREDNESS */**	ENVIRONMENTAL SCIENCE*	FIRST AID	FISHING */**	FORESTRY*	GEOLOGY*	INDIAN LORE*	LEATHERWORK * (\$\$)	LIFESAVING	MAMMALS STUDY*	OCEANOGRAPHY	ORIENTEERING*	PIONEERING*	RIFLE SHOOTING ▼	ROWING	SMALL BOAT SAILING ▼ (2 MB PERIODS & 14 AND OLDER)	SOIL AND WATER CONSERVATION <small>*-small</small>	SWIMMING	WEATHER*	WILDERNESS SURVIVAL ▼	WOODCARVING*	TRAIL TO FIRST CLASS	BSA LIFEGUARD	BUGLING (FREE TIME ONLY)		
1.																																			
2.																																			
3.																																			
4.																																			
5.																																			
6.																																			
7.																																			
8.																																			
9.																																			
10.																																			
11.																																			
12.																																			

**Note: Please only sign up for 3 classes per boy. Other badges can be taken during free time and are arranged with class instructor.
BSA Lifeguard will require all MB periods and all free time**

CAMP CHERRY VALLEY WEEK AT A GLANCE 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Trading Post Hours Monday, Tuesday, Thursday, Friday: 9 AM-1 PM 2-5 PM 6-7 PM Wednesday: 3-7 PM Saturday: 7-9:30 AM	7:00 AM Starboard Watch Assembly Breakfast & Port Inspection	7:00 AM Starboard Watch Assembly Breakfast & Port Inspection	7:00 AM Starboard Watch Assembly Breakfast Flag Ceremony	7:00 AM Starboard Watch Assembly Breakfast & Port Inspection	7:00 AM Starboard Watch Assembly Breakfast & Port Inspection	7:00AM Starboard Watch Assembly Breakfast & Port Final Inspection
	7:40 AM Port Watch Assembly Breakfast & Starboard Inspection	7:40 AM Port Watch Assembly Breakfast & Starboard Inspection	7:40 AM Port Watch Assembly & Breakfast	7:40 AM Port Watch Assembly Breakfast & Starboard Inspection	7:40 AM Port Watch Assembly Breakfast & Starboard Inspection	7:40 AM Port Watch Assembly Breakfast & Starboard Final Inspection
	8:45 AM Flag Ceremony	8:45 AM Flag Ceremony	High Adventure Day	8:45 AM Flag Ceremony	8:45 AM Flag Ceremony	8:30 AM Closing Flag Ceremony
	9:15 AM Starboard Watch Swim Checks; Port Free Time	9:25 AM 1st Merit Badge Session		9:25 AM 1st Merit Badge Session	9:25 AM 1st Merit Badge Session	
		10:15 AM Scoutmaster Roundtable		10:15 AM Scoutmaster Roundtable	10:15 AM Scoutmaster Roundtable	
		10:25 AM 2nd Merit Badge Session		10:25 AM 2nd Merit Badge Session	10:25 AM 2nd Merit Badge Session	
	10:45 AM Port Watch Swim Check; Starboard Free time	11:25 AM 3rd Merit Badge Session		11:25 AM 3rd Merit Badge Session	11:25 AM 3rd Merit Badge Session	9:15 AM Hike to Two Harbors
12:00 PM Check in at Long Beach	12:20 PM Starboard Watch Assembly & Lunch	12:20 PM Starboard Watch Assembly & Lunch	Lunch on the trail	12:20 PM Starboard Watch Assembly & Lunch	12:20 PM Starboard Watch Assembly & Lunch	11:00 AM Boat Departs Two Harbors
1:00 PM Depart Long Beach	1:00 PM Port Watch Assembly & Lunch	1:00 PM Port Watch Assembly & Lunch		1:00 PM Port Watch Assembly & Lunch	1:00 PM Port Watch Assembly & Lunch	1:00-1:30 PM Boat arrives in Long Beach
	2:00 PM 1st Merit Badge Session	2:00 - 5:00 PM Free time program areas open		2:00 - 5:00 PM Free time program areas open	2:00 - 5:00 PM Free time program areas open	
2:30 PM Arrive in Two Harbors; Hike-in & Orientation	3:00 PM 2nd Merit Badge Session					
	3:00 PM Scoutmaster Roundtable					
	4:00 PM 3rd Merit Badge Session					
5:15 PM Starboard Assembly & Dinner	5:15 PM Starboard Assembly & Dinner	5:15 PM Starboard Assembly & Dinner	5:15 PM Starboard Assembly & Dinner	5:15 PM Starboard Assembly & Dinner	5:15 PM Starboard Assembly & Dinner	
6:05 PM Port Watch Assembly & Dinner	5:55 PM Port Watch Assembly & Dinner	5:55 PM Port Watch Assembly, Dinner & Flag Ceremony	5:55 PM Port Watch Assembly & Dinner	5:55 PM Port Watch Assembly & Dinner	5:55 PM Port Watch Assembly & Dinner	
7:00 PM Leaders Meeting @ Parade Grounds	7:00 PM Commissioners Team Building Games	6:45 PM Tribe of Torqua Inter-Troop Activity Night	7:30 PM Flag Ceremony & Commissioner Campfires	7:00 PM Flag Ceremony & Highland Games	6:45 PM Torqua Ceremony	
8:00 PM Scouts Own @ Chapel Area	8:30 PM OA Speech			8:00 PM Honor Trail	7:30 PM Flag Ceremony & Closing Campfire	
8:30 PM Flag Ceremony & Opening Campfire	8:30 PM Tribe of Torqua Ceremony					

Waiter's call is 15 minutes before each meal. Please send 1 waiter for every table. Port Watch Kybo duty after breakfast @ 8:00 AM. Starboard Kybo duty after dinner @ 5:45 PM. ** On Saturday all luggage & gear needs to be at the loading dock before breakfast.



San Gabriel Valley Council

BOY SCOUTS OF AMERICA

At the council's camps, the children have the opportunity to participate in the activities listed below. However, to participate, they must have the consent of their parent or guardian. Please indicate with a check mark, those activities which will apply to your child and the camp he/she is attending, sign and date the form and send it to camp with your child.

Troop #: _____

I give consent for _____, who is my son or ward, to use the following equipment:

- **Camp Cherry Valley**
- **Archery**
- **.22 Rifles**

Parent/Guardian Signature

Date

Print parent/guardian name

**TRASK SCOUT RESERVATION
MONROVIA CANYON**



Sleep under the stars, enjoy swimming, dinner and breakfast before you leave for your Cherry Valley adventure! Additionally, we are now offering an optional sack lunch to take with you to the boat. Some troops stay there at both ends of the week! We will send directions to Camp Trask with confirmation of your reservation.

Troop Number _____ Arrival Date _____

Council: _____

Leader Name _____ Estimated arrival time _____

Address _____

City/St/Zip _____

Daytime Telephone: _____ Number of people _____

\$15.00 per person X # of people \$ _____ (*includes dinner and breakfast*)

\$5.00 per person for sack lunch X # of people \$ _____

\$ _____ **Total enclosed**

Payment method Check Cash VISA MasterCard American Express Discover

Credit Card Number _____ Exp. Date _____

Cardholder Signature _____

***Return as soon as possible to reserve your space!**

There are a limited number of two person platform tents available. These tents will be assigned on a first come first serve bases. Please come prepared to sleep under the stars, you will need ground cover.

Annual BSA Health and Medical Record

Part A

GENERAL INFORMATION

High-adventure base participants:

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

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

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

In case of emergency, notify:

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

HEALTH HISTORY

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

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

Allergies or Reaction to:

Medication _____
 Food, Plants, or Insect Bites _____

Immunizations:

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

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

Exemption to immunizations claimed (form required).

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

MEDICATIONS

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

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

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

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

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)

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

Tuberculosis (TB) skin test (if required by your state for BSA camp staff) 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

- 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

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

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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11. Divers Alert Network (DAN) United States, 6 West Colony Place, Durham, NC www.DiversAlertNetwork.org
12. Divers Alert Network Europe, P.O. Box 64026 Roseto, Italy, telephone non-emergency line: weekdays office hours +39-085-893-0333, emergency line 24 hours: +39-039-605-7858
13. Divers Alert Network S.E.A.P., P. O. Box 384, Ashburton, Australia, telephone 61-3-9886-9166
14. Divers Emergency Service, Australia, www.rah.sa.gov.au/hyperbaric, telephone 61-8-8212-9242
15. South Pacific Underwater Medicine Society (SPUMS), P.O. Box 190, Red Hill South, Victoria, Australia, www.spums.org.au
16. European Underwater and Baromedical Society, www.eubs.org

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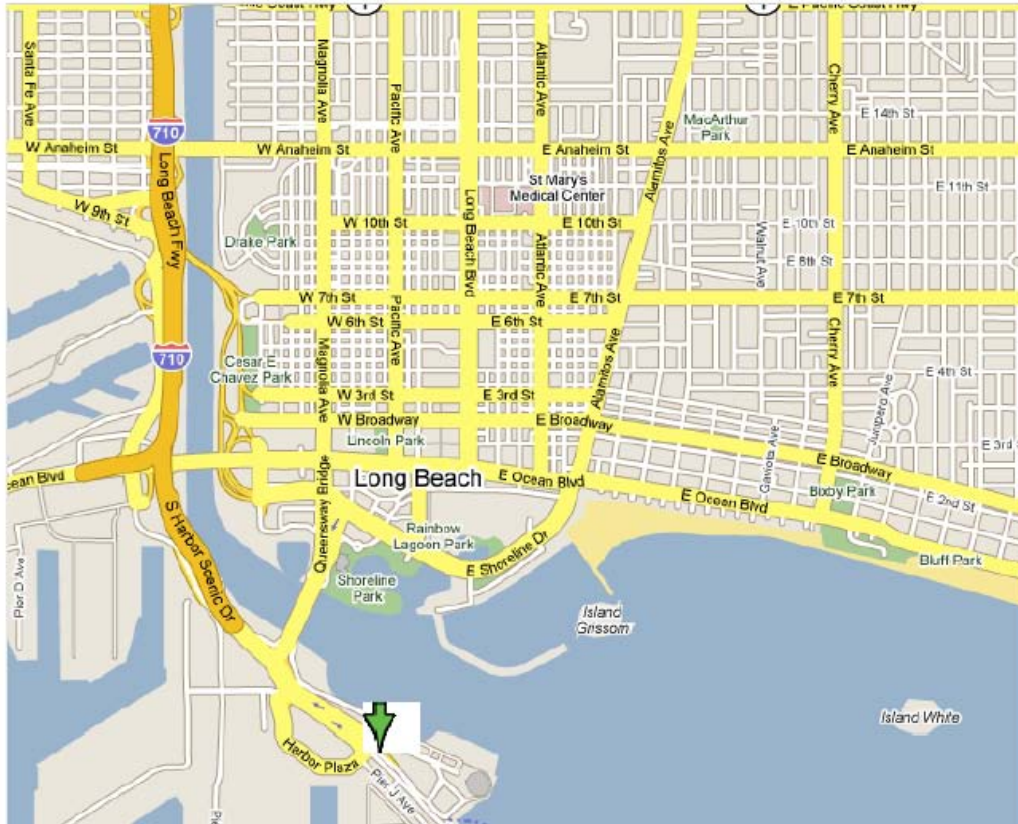
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