

HOLCOMB VALLEY SCOUT CAMP



2011 SUMMER RESIDENT CAMP GUIDE

SAN GABRIEL VALLEY COUNCIL
BOY SCOUTS OF AMERICA
3450 E. SIERRA MADRE BLVD.
PASADENA, CA 91107
626-351-8815, EXT 237 or 249

About Holcomb Valley Scout Reservation

Welcome to Holcomb Valley Scout Reservation. Please read this Leader's Guide before coming to camp. Its primary purpose is to assist your Troop in preparing for a successful experience. If you need further assistance, please feel free to contact the San Gabriel Valley Council's Camping Department at 626-351-8815, Ext. 237 or 249.

Somewhere between the crisp air of a mountain meadow and the burning of a western sunset lays Holcomb Valley Scout Reservation. Quickly becoming one of the premiere camps in the West through providing adventure and scouting in a uniquely Western Ranch setting, Holcomb Valley is a beautiful camp nestled in the San Bernardino Mountains near Big Bear Lake in California. A camp rich in history and legend serving as a base to enjoy the great out-of-doors, Holcomb Valley presents a ranch-style camp offering a full complement of merit badges. There are also great programs for both first year boys and adventurous Varsity/ Venturing programs for older boys. Whether you've been to Holcomb Valley before, or will be visiting us for the first time, you're sure to have a fantastic experience. From singing staff to horseback riding, rock climbing, to mountain biking, Holcomb Valley Scout Reservation is dedicated to making this summer a western adventure you'll never forget!

Operated by the San Gabriel Valley Council Boy Scouts of America, Holcomb Valley is located in the San Bernardino Mountains just over the ridge from Big Bear Lake. The sub-alpine forest is at its best at camp, and the large meadow stretching through the camp is a jewel known far and wide for its striking views. Facilities include a covered dining hall, trading post, rifle, shotgun, and archery ranges, a historical ranch, a swimming pool, a thirty-foot climbing wall, a fabulous campfire bowl, nature trails, an activities area, and troop sites with wall tents, cots, mattresses, showers, and flush toilets.

Opportunities for fun and adventure are endless. Holcomb 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, 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.

A BRIEF HISTORY

Early visitors did not come to Bear Valley to ski, hunt, or ride as they do today. They came to find gold. In 1845, Benjamin Davis Wilson and 22 young Californians went into the valley in search of Indians who had been raiding cattle from the Southland ranches. When they arrived, they found the valley full of grizzly bears. After killing 11 grizzly bears they named the place Bear Valley.

Gold was first discovered in 1848 far to the north in Coloma at Sutter's Mill. The Gold Rush was in full swing by 1849, hence the name "49ers". Around 1855, miners were getting about \$3.00 a day out of the area now called Baldwin Lake in Bear Valley. In 1859, Jo Caldwell ran a placer mine at the south end of the Stanfield Cutoff. This was known as "Starvation Flat", because of the small amount of gold mined.

About this time, Billy Holcomb and his partner joined these miners. Billy became known for his marksmanship among the prospectors. After about 10 years of prospecting they still had no major success. As food sources were diminishing, some of the prospectors hired Billy to hunt grizzly bears to provide food for the long winter months. "Uncle Billy" as he was known was hunting grizzly bears in Bear Valley, when he climbed the hilltop out of Polique Canyon, and saw a small valley among the mountains and canyons. The valley was home to the largest grizzly bear he had ever seen.

Billy Holcomb took aim and shot at the monster grizzly. He hit it, but as he approached the valley floor it was nowhere to be found. He trailed the bear until sundown and set up camp. The next morning, while continuing his pursuit of the monster grizzly bear, he found a quartz vein bearing gold.

NONDISCRIMINATION CLAUSE

Holcomb Valley Scout Reservation does not discriminate.

2011 HOLCOMB VALLEY CALENDER

Session Dates:

Week 1-June 26-July 2

Week 2-July 3-9

Week 3-July 10-16

Week 4-July 17-23

Week 5-July 24-30

Week 6-July 31-August 6

Week 7-August 7-13

The following is a recommendation for a successful trip at Holcomb Valley:

1. Start your scouts on their savings plan and fund-raising projects.
2. Begin each scout's advanced 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. Continue a payment schedule and remember the May 2nd full payment discount. (\$10 per paying person)
4. Ensure all scouts and adults have physicals. Check their medical forms to see that they are current and signed by a physician and by a parent or a guardian. (see * below)
5. Obtain health and accident insurance for your Troop. (See ** below)
6. File a tour plan with your council.
7. Collect signed forms for each Scout and leader.
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 prior to arriving at camp.
9. At your last regular troop meeting before camp, it is a good idea to check all personal gear.

*All campers must have a current completed medical form. Members of the Christian Science Faith must provide a written letter from the practitioner.

Anyone in camp without a current, complete, and physician signed medical form will not be allowed to participate at camp.

** **SGVC TROOPS:** Leaders and scouts are covered by accident and sickness insurance only if their names appear in the SGVC Unit Roster, they are currently registered members of the Boy Scouts of America, and all fees are paid in full.

OUT-OF-COUNCIL TROOPS: 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. Check with your Council office to see if your troop is covered by a Council accident and sickness insurance.

CAMP FEES

The BSA summer resident camp fee for In Council troops is \$345 per person. The Out of Council camp fee is \$385 per person. There is one free adult with each reservation. All other adults pay full price. If all payments are made by May 2nd, 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 and are not staying all week will be charged at a rate of **\$65 per day**. Please notify Holcomb Valley of any leadership changes.

PAYMENT SCHEDULE

A \$200 initial deposit is required upon making a reservation at Camp Holcomb Valley. 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 in your troop payment for camp:

- \$100 per paying person (scout and adult) due January 28, 2011 (non refundable and non-transferable, please see refund policy).
- \$100 per paying person by February 28, 2011 (non refundable and non-transferable, please see refund policy).
- \$100 per paying person by 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 May 2, 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 three weeks prior** to your scheduled arrival in camp. All troops who pay total fees by May 2nd will receive the \$10 per person discount. All campers who have not paid in full by May 2nd will have to pay full campers fees, thus negating the discount.

REFUND POLICY

The first two 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.

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 Scout office and on our website www.sgvcbosa.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. At least two registered adults are required per troop. Usually the Scoutmaster and Assistant Scoutmaster attend; however, if other adult will be bringing the scout to camp, start preparing them early. At least one adult must be 21 or older; the other must be 18 years or older. Adult supervision is critical component of a successful youth camp. The leadership and guidance you provide for 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 the written, spoken, and implied rules and regulations as they are in place to protect the children, adults, staff, facility, equipment, property and environment.

MEALS

All day visitors to camp must pay for meals per person (\$5 breakfast, \$6 lunch, \$7 dinner), which will be paid to the Business Manager in the Program Office.

SPECIAL REQUESTS

FOOD: If you have special dietary needs while at camp, please let us know, in writing and/or by the telephone at least two weeks before your arrival. We are happy to meet your needs; however, if we need to order special/ substitute food items, we must know in advance. Please call the San Gabriel Valley Council's Camping Department at 626-351-8815, ext. 237 or 249.

TOUR PLAN

All councils require that troops file a tour plan when traveling to activities. Contact your local Scout Office for the proper form and further information.

PACKING YOUR GEAR

Your gear will be moved many times, and keeping track of it all is vital. Military style duffels work well, but larger backpacks are fine too. As there are many people in camp, please make sure that all of your belongings are labeled with your name and troop number. Please do not pack breakables.

NOTE: Do not pack medical forms or fee payment receipts and other check-in materials such as Troop rosters and merit badge sign-up forms. The scoutmaster should hand carry these items with them.

The Holcomb Valley Scout Camp 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.

ARRIVAL AND CHECK-IN

Check-in time is Sunday between the hours of 3:00-5:30p.m. Please plan your trip as to arrive between these hours in order to ensure we can best accommodate your needs. Your troop will be met at the gate by the staff and your troop friend and commissioner will help you with all the particulars of unloading and transporting your gear. **Please arrive at camp with at least half a tank of fuel in case an emergency evacuation is necessary.** While your troop friend and the troop hike into camp with their gear, a second troop friend will accompany the Scoutmaster to the program office for check-in.

Scoutmaster: To aide in the ease of check-in, please have all physical forms, insurance information, consent forms, and medications packed separately so that you can quickly move through the process.

LATE ARRIVALS

Monday check-in is between 7:00-8:30a.m. Troops arriving in camp on Monday will be met by a staff member in the parking lot to assist with the transporting of their gear to the campsite. As the Scoutmaster will proceed to the program office for check-in, please have the appropriate physical forms, insurance information, and medication ready. To inquire about early arrival, contract the San Gabriel Valley Council office.

TRAVEL INFORMATION

Truck beds are for hauling equipment, never scouts. Passenger vehicles used to transport scouts to and from camp must be driven by properly licensed drivers 18 years of age or older. All scouts must use seat belts. Upon arrival in camp, unit leaders must possess a tour plan for their troop.

Vehicles will be allowed in the parking lot only. Please be prepared to carry your gear from your vehicle to your campsite. Once you arrive at the gate of Holcomb Valley Scout Camp, staff members will be available to assist with heavier troop items which cannot be carried easily by the troop.

WHAT TO BRING TO CAMP

PLEASE MARK EVERYTHING WITH YOUR NAME AND TROOP NUMBER

Personal equipment list:

1. Gear Bags – military type duffel bag or backpack (also, trash bags to put bedding and dry clothes in during the day in case of rain is a good idea)
2. Sleeping bag
3. Substantial Jackets (coat)
4. Class A Scout uniform *we encourage wearing it while traveling.
5. Swim trunks and towel
6. Shower towel
7. Toilet kit: toothbrush and toothpaste, soap, chap stick, personal medication, deodorant, etc.
8. Flashlight
9. **Several changes of clothes-long pants, shorts, and shirts (This is especially vital as storms are common)**
10. Underwear
11. Socks
12. Hat
13. Scout Handbook
14. Sun screen
15. Watch
16. Canteens, drinking bottles, or hydration pack. Each boy should have the capacity to carry at least 2 liters.
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. **Rain jacket or poncho (Again, this is especially vital as storms are common)**
22. Water Shoes or sandals
23. Gloves and beanie, if desired (mornings and evenings can get chilly)
24. Money for the General Store
25. Scout must have pen, pencil and notebook to do merit badge work

Troop equipment list:

1. American Flag
2. Troop Flag
3. Battery or propane lantern

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

WHAT NOT TO BRING TO CAMP

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

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

CAMP MAIL

It is suggested that those parents wishing to mail their scouts a letter or care package do so the Thursday or Friday before the troop leaves for camp, or the first of the week the scout is in camp. Most packages mailed any later than this will not arrive in camp during the week of camping. This should be taken into account if parents wish their letters to arrive on time. Please do not mail money, as it may get lost in the mail. An ATM is located in the town of Big Bear for emergencies. Please include Troop number and name with the address:

Scout's Name, Troop #
Holcomb Valley Scout Reservation, BSA
P.O. Box 157
Fawnskin, CA 92333



HOLCOMB VALLEY RULES AND POLICIES

Please understand that the purpose of Camp rules is to insure the safety and convenience of all those who will be living together at Holcomb Valley. These rules make it possible for us to safely do things we would otherwise never attempt.

EMERGENCY PROCEDURES AND INFORMATION

As part of the first flag ceremony, the staff 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. Fire is the greatest danger facing the camp and special attention needs to be applied to ensure that the youth 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 assist as 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 please bring your own. They will not be available in the Health Lodge except in emergency situations.

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.

ECOLOGY

1. Animal Conservation: Please make certain that all troop members understand the delicate balance of plant and animal life at Holcomb Valley. Everyone should do their best to ensure that no animals are molested or killed. 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 the wildlife and are potentially in danger themselves.
3. Plant Conservation: The vegetative life in camp is very fragile. Please make every effort to stay on the trails, do not pick the flowers or collect specimens. Please do all you can to prevent name carving, hammock hanging, and any other acts that damage trees.
4. Fire: The smallest spark is a deadly threat to the wildlife and campers. No fire works are allowed in camp, and special care and adult supervision should be utilized with lanterns and camp fires. The use of propane/gas stoves and lanterns is permitted under close supervision of a knowledgeable adult. An adult should do refueling and lighting of this equipment. All storage of fuels is to be in the flammable shed located near the camp maintenance warehouse. Only the amount of fuel contained in your stoves, lanterns, etc. is to be in the campsite and is to be under adult supervision. Use of liquid fuels and fire are subject to the National Forest Service safety conditions.
5. Please help us keep campers on the roads and designated trails as this will help protect the animal habitat and plant life from destruction.

CAMP PROCEDURE

The campsite is your troop home at camp. Your troop friend and commissioner are near to assist you if necessary. The troop's conduct while in the site will be the unit adults' responsibility. Please instruct your scouts to respect the other scouts and troop campsites. Do not enter them unless invited. Failure to respect other troop campsite and personal belonging 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 may 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. 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.

In accordance with fire code, all smoking by adult leaders is to be done in designated areas of the camp and in no other locations. The Camp Director will point these areas out upon request.

LEAVING CAMP

Holcomb Valley requires the following if adults leave camp:

1. Adequate leadership remains in the camp to oversee the needs of the troop. The two-deep leadership policies must always be followed
2. All adult leaders must check out with the Camp Director so in case of an emergency, the adult can be located.

CLEANING SQUAD

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

CAMP 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.

Holcomb Valley 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:
 - Bikes and helmets
 - Horse tack
 - Shooting sports equipment
 - Nature displays
 - Handicraft tools
 - Climbing equipment
 - Scout craft tools
 - Pool toys and equipment

Holcomb Valley is proud of its 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 equipment. Please contact the Camp Director if someone in your troop damages equipment.

PHONES

The camp has one phone, which is used for camp administration and emergencies. The camp phone may only be used in an emergency, with the permission of the Director. Personal calls will not be available on the camp phone. The camp number is for emergency use only: 909-866-9290

Cell phone reception is extremely limited in the area. Any leaders bringing cell phones are responsible for charging their own phones using designated outlets throughout the camp. Holcomb Valley is not responsible for cell phones that are lost or stolen during charging. **Internet access is not available.**

CAMP FACILITIES

HOLCOMB VALLEY TRADING POST

Holcomb Valley 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.

Some approximate costs are:

Sweatshirts \$22, T-shirts \$12, candy \$.85, handy craft kits \$6-\$10, patches \$2-\$5. Over the counter drugs such as Tylenol, Advil, cough drops, moleskin, and band-aids are available for purchase by adult leaders. (All prices outlined in this guide are subject to change based on shipping costs and wholesale costs).

The camp will provide each camper with this year's Holcomb Valley patch and a leather totem to collect beads. The store is open everyday but Sunday and the average Scout will spend between \$35 and \$55.

SHOWER AND RESTROOM FACILITIES

The camp provides shower and restrooms for all campers. New shower facilities are now available in each camp site. Boys and male adults have separate areas, and another location is available for female 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 nearby supervision while boys are in the shower. If there are any difficulties with other campers, please contact the staff.

DINING HALL

After a great night under the stars, or after a couple of hours swimming, climbing, biking, or hiking, campers at Holcomb Valley 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 and adults lead by example as far as table manners are concerned.

While the troops are moving into the dining hall from the pre-meal assembly on the parade grounds, the remaining troops will be entertained by singing and skits preformed by the Holcomb Valley staff. Holcomb Valley staff members will join each Troop at meals.

WAITER DUTY

Each unit should provide one Scout for every eight persons in their Troop to serve as a waiter for each meal. The waiters will:

1. Report to the dining hall fifteen minutes before mealtime.
2. Set tables, wipe down the table, and clear area around table after the meal.
3. Provide further assistance as directed by the dining hall staff.

DINING PROCESS

We will be feeding about 200 people per meal and the whole process will take about forty-five minutes. Each troop is to assemble at the parade grounds just before each meal. Grace will be offered and then the troops will move through the serving process. Troops will be dismissed one by one as the staff sings to those still waiting. Scouts are expected to move quickly and courteously through the serving line.

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. Holcomb Valley has a chaplain on duty and provides a chapel for individual Scouts or groups. An all-denominational religious service is the 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.

HOLCOMB VALLEY PROGRAM OPPORTUNITIES

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 Holcomb Valley 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, or camp leadership forums, which are open to all adult leaders. Those leaders needing to certify or re-certify in BSA Youth Protection, Safe Swim Defense, Climb on Safely, and/or Safety Afloat can do so upon request. Please contact the Camp Director or Program Director for this information.

CIRCLE OF WRANGLERS

Holcomb Valley has had an in-camp honor society for many years. Scouts who meet the requirements are advanced in the Circle of Wranglers and are given an arc, which symbolizes their standing in the Circle. Adult leaders are given a special Rancher distinction upon completing their week of camp. Adults may attend the ceremonies if they wish. The SPL, along with shadow leadership from the Scoutmaster, is responsible for keeping track of completed requirements within the troop.

Each troop will have the opportunity to earn the Holcomb Valley 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 tradition and excellence to the camp. Scoutmasters, Commissioners, Senior Patrol Leaders, and Troop Friends will work together to ensure success. A ribbon 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.

CAMPFIRES

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

SWIMMING

Holcomb Valley has a great swimming pool which serves a valuable role in helping you to cool off and have a lot of fun as a troop during your week at camp. The pool 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.

CAMP TOTEM

Each scout will be given a leather totem bearing the logo of the Camp patch. Through the week, each camper will be recognized for participation in Holcomb Valley by being presented with appropriate beads for each activity group. Holcomb Valley 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.

HOLCOMB VALLEY TOTEM CHART			
BEAD COLOR	REQUIRED ACTIVITY	BEAD COLOR	REQUIRED ACTIVITY
Red	Opening Campfire	Green	Commissioner games
	• Commissioner campfire	Dark Green	Ranch tour
Yellow	Scouts own	Light Blue	Kitchen (waiter) duty
White	Service project	Blue	Honor trail
	• Ranger approved service project	Dark Blue	Nature center tour
Orange	Troop friend night	Turquoise	Horse/bike adventure
	• Patrol shoot out at the rifle range	Brown	Kybo
	• Cobbler	Gold	Prayer
	• Star gazing	Clear Sparkle	Flag ceremony
Black	Climbing/Rappelling		

NATURE AREA AND TRAIL

The Holcomb Valley area offers many opportunities to discover and learn about our environment and the San Bernardino mountain range's unique plants and animals. The nature area will be open for self-guided exploration or guided tours.

MILE SWIM

This is an individual activity available to all campers. Participants will need another Troop member to supervise and count laps. The Waterfront Director will provide information regarding the exact schedule for workout sessions and the actual mile swim times.

RIFLE AND ARCHERY RANGES

The rifle-and archery ranges are available for your use. All participants must receive a safety orientation and skills training. Ammunition and arrows are provided at the range. There is an ammunition charge your first 5 rounds are free. Shooting tickets can be purchase for 25 cent each (5 Rounds). In order to use the range, leaders must have signed permission slips from the parents of the scouts (see Permission Form.) Shotgun shooting will have a cost of \$1.00 per round (1 bullet and 1 clay pigeon).

BSA LIFEGUARD

BSA lifeguard is a great program for older Scout and adults. It takes about 40 hours to complete during the week, and will require the person to miss much 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 water operation. If interested, please contact the Waterfront Director.

ADVANCED CAMPER EXPERIENCE PROGRAMS (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 activities they would not have the opportunity to participate in at home. These Scouts will stay in their own 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. Climbing and Rappelling in camp
2. Extended mountain bike trips and horse treks
3. Local peak treks
4. Ranch/mountain man skills

Prerequisites are:

1. 14 years of age by the first day or completed eighth grade
2. Have a signed, current medical from on file in camp
3. Unit leader permission

ACE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 am	Swim Checks assigned as troops	Mountain Biking	Breakfast on Trail Peak Bagging Trek	Climbing	Service Project
2:00 pm	Horse Activity	Archery Tuesday Night Peak Trek		Black Powder Tomahawks	Shotgun/ Group Choice Activity
*This is a tentative ACE schedule, may be subject to change based on size of group.					

ADVANCEMENT AT HOLCOMB VALLEY

The primary responsibility for rank advancement is that of the unit leaders and the unit committee. Holcomb Valley assists 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.

ADVANCEMENT POLICIES

1. All advancement will be in accordance with BSA National Standards.
2. No substitutions for any requirements will be allowed.
3. Blue cards for completed merit badges will be provided by Holcomb Valley.
4. Those not completing all requirements for a specific merit badge will be given partial completion slips.
5. 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.
6. The Scoutmaster or Coach is responsible to prepare, monitor, and verify completion of the Scout's advancement.
7. Preparing for each merit badge by the Scout is highly encouraged and work done before camp is acceptable.
8. Any Scout receiving a merit badge from Holcomb Valley 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 Holcomb Valley is an important part of the program. Ensuring 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 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 Holcomb Valley require outside requirements that cannot be completed while at camp. These Merit Badges are: Art, Astronomy, Emergency Preparedness, Personal Fitness and Sports. The necessary prerequisites are listed below. It is suggested that the Scoutmaster and Scout 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.

Merit badges such as Environmental Science (2 hours of solitary observation), Astronomy (3 hours of night observation), Weather (out of class observations), and First aid (teaching others), to name a few, will require extra effort on behalf of the Scout.

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.

The more difficult merit badges are: Rifle Shooting, Climbing, Horsemanship, and Archery because of large class sizes and the desire to provide all who take the class an equal opportunity to practice their horse handling, shooting, and/or climbing skills, the horsemanship, climbing. However, during the free time, Scouts of all ages may take rides on the horses, climb on the climbing wall, and practice their shooting skills.

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 CLASSES AVAILABLE AT HOLCOMB VALLEY

Merit badges with ** have prerequisites.

- | | | |
|----------------------------|-------------------------------|-------------------------------|
| • ANIMAL SCIENCE | • FIRST AID | • RIFLE SHOOTING \$ |
| • ARCHERY | • HORSEMANSHIP | • SHOTGUN SHOOTING \$ |
| • ART** | (2 MB PERIODS & 14 AND OLDER) | • SOIL AND WATER CONSERVATION |
| • ASTRONOMY** | • INDIAN LORE | • SPORTS** |
| • BIRD STUDY | • LEATHERWORK \$ | • SWIMMING |
| • CLIMBING (14 & OLDER) | • LIFESAVING | • WILDERNESS SURVIVAL |
| • EMERGENCY PREPAREDNESS** | • ORIENTEERING | • WOOD CARVING |
| • ENVIRONMENTAL SCIENCE | • PAINTING | |
| • FINGERPRINTING | • PERSONAL FITNESS** | |
| | • PIONEERING | |

FREE-TIME MERIT BADGES

The following merit badges will be offered as free-time merit badges only. It is important that when signing your Scout up for merit badge classes that they reserve these for free-time if they want to complete the requirements. The following classes will not be offered during the class times:

- | | |
|------------|----------------|
| ★ BASKETRY | ★ MAMMAL STUDY |
| ★ FORESTRY | ★ NATURE |
| ★ GEOLOGY | ★ WEATHER |

DON'T FORGET TO PRINT OUT YOUR MERIT BADGE WORKBOOK TO HELP YOU KEEP YOUR WORK IN ORDER. VISIT OUR WEBSITE AT WWW.SGVCBSA.ORG, CLICK ON THE CAMPING PAGE, THEN THE MERIT BADGE HELPERS PAGE.

MERIT BADGE PREREQUISITES

The following merit badges require the Scout to do some work prior to coming to camp if they want to complete the merit badge while at camp. If they have completed the requirement prior to camp on the first day of class they must show their work or have their Scoutmaster discuss what they have accomplished with the counselor. Merit badges with ** have prerequisites.

Art- (4) with your parent's permission and your counselor's approval, visit a museum, art exhibit, art gallery, artists' co-op, or artist's workshop. Find out about the art displayed or created there. Discuss what you learn with your counselor.

Astronomy- (6) at approximately weekly intervals, sketches the position of Venus, Mars or Jupiter in relation to the stars. Do this for at least four weeks and at the same time of night. On your sketch, record the date and time next to the planet's position. Use your sketch to explain how planets move.

Emergency Preparedness – complete (1 and 8c) before coming to camp; (7) is fulfilled at camp with the understanding that HVSR staff are a registered Venture Crew, and each of the boys in class are present at camp with their individual scouting units. As such, camp emergency drills will be staged weekly which the boys and staff have both planned and executed.

Personal Fitness- (1) Have a dental examination and get a statement saying that your teeth have been checked and cared for. Tell how to care for your teeth. (7) Outline a comprehensive 12-week physical fitness program using the results of your fitness tests. Be sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in the *Personal Fitness* merit badge pamphlet. Before beginning your exercises, have the program approved by your counselor and parents. (8) Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc.). Repeat the aerobic fitness, muscular strength, and flexibility tests every two weeks and record your results. After the 12th week, repeat all four tests, record your results, and show improvement in each one. Compare and analyze your pre-program and post-program body composition measurements. Discuss the meaning and benefit of your experience, and describe your long-term plans regarding your personal fitness.

Sports- (4) Take part for one season (or four months) as a competitive individual or as a member of an organized team in TWO of the following sports: baseball, basketball, bowling, cross-country, field hockey, football, ice hockey, lacrosse, soccer, softball, table tennis, tennis, volleyball, water polo. Your counselor may approve in advance other recognized sports, but not any sport that is restricted and not authorized by the Boy Scouts of America.

FREE-TIME MERIT BADGES

- Due to free-time needs in select areas, the following merit badges are only available during class-time: **Waterfront merit badges, Archery, Rifle, Horsemanship, Climbing, and First Aid.** All other badges will be available to be taken during the free-time.
- All Scouts who sign up for a merit badge during the class time can work on skills that fulfill requirements for that class during the free-time.
- The following merit badge classes are offered only during the free-time: Geology, Forestry, Nature, Weather, Basketry, and Mammal Study
- Astronomy merit badge class taken during the free-time must be started by 2:00 on Tuesday.

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

Holcomb Valley offers a complete 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.

HVSR TRAIL TO FIRST CLASS SCHEDULE

Monday

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

Tuesday

Knot tying requirements will be completed and you will use them to lash and make camp gadgets. Scouts will learn proper care and handling of the knife ax and saw. Scouts will also go over requirements dealing with cooking, fires and stoves.

Thursday

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

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



Tenderfoot



Second Class



First Class

THANK YOU!

Thank you for choosing Holcomb valley scout reservation for your troop adventure and camping experience this summer. We are committed to serving you and your boys in a manner which not only meets, but exceeds your expectations. To do this we are working hard to build Holcomb Valley into not only more than it has ever been, but into the world-class facility and staff which will strengthen your troop and your boys. We firmly believe that camp is not about things (though we're working hard on this part, too), it's about people. And as such, we look forward to providing an experience which is memorable, fun, safe, and full of excitement.

HOLCOMB VALLEY SCOUT RESERVATION

MERIT BADGE SIGN UP SHEET

WEEK# <hr/> TROOP# <hr/> SCOUTS NAME:	ANIMAL SCIENCE	ARCHERY	ART**	ASTRONOMY**	BIRD STUDY	CLIMBING (14 & OLDER)	EMERGENCY PREPAREDNESS**	ENVIRONMENTAL SCIENCE	FINGERPRINTING	FIRST AID	HORSEMANSHIP (2 MB PERIODS & 14 & OLDER)	INDIAN LORE	LEATHERWORK \$	LIFESAVING	ORIENTEERING**	PAINTING	PERSONAL FITNESS**	PIONEERING	RIFLE SHOOTING \$	SHOTGUN SHOOTING \$	SOIL AND WATER CONSERVATION	SPORTS**	SWIMMING	WILDERNESS SURVIVAL	WOODCARVING	TRAIL TO FIRST CLASS	BSA LIFEGUARD
1.																											
2.																											
3.																											
4.																											
5.																											
6.																											
7.																											
8.																											
9.																											
10.																											
11.																											
12.																											

**Merit badges with prerequisites.

HOLCOMB VALLEY WEEK AT A GLANCE 2011

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00		7:00-8:30 am Monday Check-in					
7:15		Assembly and breakfast.	Assembly and breakfast.	Assembly and breakfast.	Assembly and breakfast.	Assembly and breakfast.	Assembly and breakfast.
7:55		Troop inspection	Troop inspection	Troop inspection	Troop inspection	Troop inspection	Final inspection/pack and load vehicles
8:45		Flag ceremony	Flag ceremony	Flag ceremony	Flag ceremony	Flag ceremony	9:00 Final flag ceremony
9:25		9:15 Swim checks and free time	9:25 1st merit badge session	1st merit badge session	1st merit badge session	1st merit badge session	9:30 Troop departure
10:25			2nd merit badge session	2nd merit badge session	2nd merit badge session	2nd merit badge session	
11:25			3rd merit badge session	3rd merit badge session	3rd merit badge session	3rd merit badge session	
12:30		Assembly and lunch	Assembly and lunch	Assembly and lunch	Assembly and lunch	Assembly and lunch	
2:00		1st merit badge session	2:00 - 5:00 free time all program areas open	2:00 - 5:00 free time all program areas open	2:00 - 5:00 free time all program areas open	2:00 - 5:00 free time all program areas open	
3:00	3:00 - 5:30 Arrival and Check-in	2nd merit badge session				3:00 - 5:00 Holcomb Round-Up	
4:00		3rd merit badge session					
5:30	6:00 Assembly and dinner	Assembly and dinner	Assembly, Flag Ceremony, and dinner	Assembly and dinner	Assembly and dinner	Assembly and dinner	
7:00	Leaders' meeting @ Baldwin Lodge	Flag Ceremony & Commissioner team building games	Service Project and Inter-troop activity night	7:30 Flag ceremony and commissioner campfire	Flag ceremony & Camp Wide Games	7:30 Flag ceremony and closing campfire	
8:00	Scouts Own religious service				Honor Trail		
8:30	Flag ceremony and opening campfire	Circle of Wranglers ceremony					

NOTE: Waiters' Call is 15 min. before each meal. Need 1 waiter for every 8 boys in a troop.



**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.

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

Offered at camp:

- Archery
- B.B. Guns
- .22 Rifles
- Shotgun

14 Years and Older

- Horseback riding
- Mountain biking
- Climbing/Rappelling

At

- Camp Holcomb Valley Scout Camp

Parent/Guardian

Date

Photo Release

I hereby give my permission for the San Gabriel Valley Council to use pictures taken of me and /or my son for the promotion of the Scouting program in the San Gabriel Valley Council.

Full Name of Participant: _____ Address: _____

Signature of Participant: _____ Date: _____

Or

Father/Guardian: _____ Date: _____

Mother/Guardian: _____ Date: _____

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.

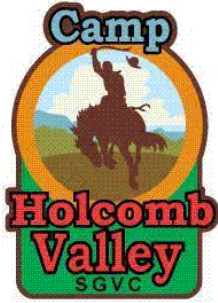
Asthma. Asthma should be well-controlled before participating at any high-adventure base. Well-controlled asthma means: 1) the use of a rescue inhaler (e.g., albuterol) less than once daily; 2) no need for nighttime treatment with a rescue inhaler (e.g., albuterol). Well-controlled asthma may include 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.

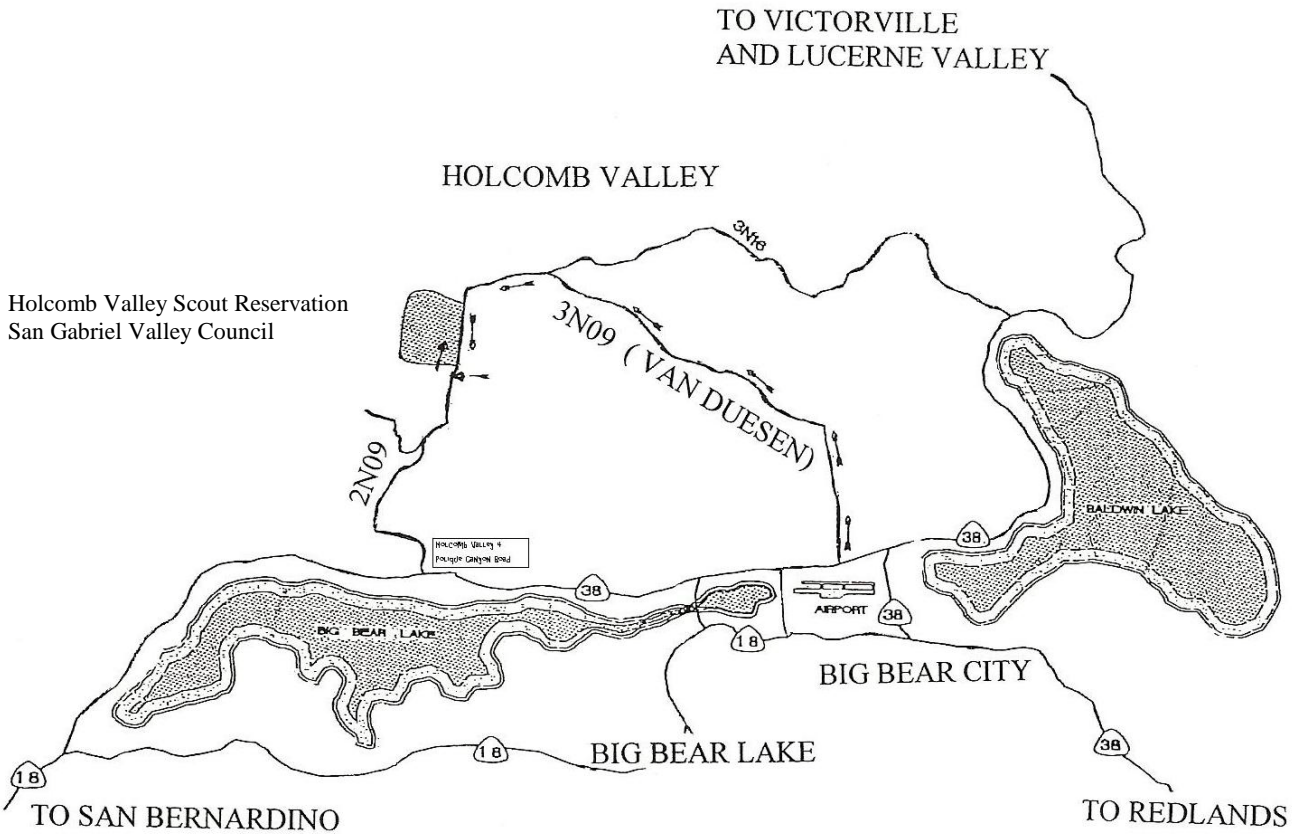
Allergy or Anaphylaxis. *Persons who have had an anaphylactic reaction from any cause must contact the high-adventure base before arrival.* If you are allowed to participate, you will be required to have appropriate treatment with you. You and at least one other member of your crew must know how to give 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.



MAP Holcomb Valley Scout Reservation



From Pasadena area:

East on 210 Freeway past the 215

North on Route 18 (Waterman Ave)

Continue on Route 18 to Running Springs

East on Route 18 to Big Bear Lake Dam

Left Fork at Dam, Route 38

Stay on 38 past Fawnskin (DO NOT turn left at the first Holcomb Valley sign in Fawnskin)

North on Forest Service Road 2N09 (Polique Canyon Rd.)

Or North on 3N09 (Van Dusen Canyon Road)