

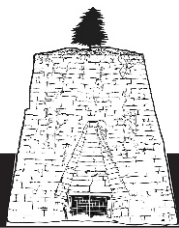


**Blue Ridge Mountains
Scout Reservation**

ADMINISTRATION

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ADMINISTRATION

Camping Options on the Blue Ridge Scout Reservation

2011

Blue Ridge
Scout Reservation

* All programs are week long except the optional one time programs marked (OT).
For these one day programs, the Scout must "make up" the merit badge work to complete their badges.

Program	Special Requirements	Scouts	Leaders
Camp Powhatan Base Camp	None	\$230 in/\$270 out of Council	\$160
Brownsea Island Program	Designed for New Scouts (10 ½-12 Years old)	Same as base camp fee	\$160
Merit Badge Program	None	Included in base camp fee	\$160
Rappelling & Climbing (OT)*	Weigh 100+ lbs.	\$15	\$15
Whitewater Rafting (OT)*	Age 13 or older & Swimmer	\$65	\$65
Foxfire- NYLT	Age 13 or older & First Class or registered Venturer	\$240 in/\$290 out of Council	X
Camp Ottari Base Camp	None	\$230 in/\$270 out of Council	\$160
Brownsea Island Program	Designed for New Scouts (10 ½-12 Years old)	base camp fee	\$160
Merit Badge Program	None	Included in base camp fee	\$160
Zip Line (Sign up & pay at Camp Trading Post)	Age 12+ & at least 100 lbs (but less than 300) by camp	\$5 for 2 rides	\$5 for 2 rides
Whitewater Rafting (OT)*	Age 13 or older & Swimmer	\$65	\$65
New River Adventure	Age 13+ by Sept.1 of camp year 1, BSA Swimmer & Canoeing Experience	\$260 in Council/\$310 out of Council	
ATV (All-Terrain Vehicle) Option		\$50	
Voyageur Trek	BSA Swimmer & Age 13+ by Sept. 1 of camp year	\$240 in Council/\$290 out of Council	
High Knoll Trail	Age 12 ½ +and 1st Class by June 1	\$240 in Council/\$290 out of Council	
Whitewater Rafting (OT)*	Age 13 or older & Swimmer	\$65	
Claytor Lake	BSA Swimmer & Age 13+ by Sept. 1 of camp year	\$260 in Council/\$310 out of Council	
Personal Watercraft Elective	Age 14 or older & Swimmer	\$60	
Mountain Man Outpost	Age 13+ by Sept. 1 of camp year, ability to backpack gear 1 ½ miles	\$260 in Council/\$310 out of Council	
Fish Camp	Age 13+ by Sept. 1 of camp year & BSA Swimmer	\$240 in Council/\$290 out of Council	
SCUBA Certification	Age 14 or older & BSA Swimmer Special Medical Screening	\$425 Open Water Certificate \$450 Advanced Certificate	
Wakeboarding	Age 14 or older BSA Swimmer	\$425	



Blue Ridge Mountains
Scout Reservation

ADMINISTRATION

FEE SCHEDULE AND REFUND POLICY:

Hold a Spot for Summer Camp

\$100 site deposit due at application. The deposit is fully refundable until December 31st. It is not refundable if your troop cancels after this date. Otherwise, this fee is applied to the balance of fees in June.

February 1st:

All units must submit a payment of \$100 by February 1st for each youth and adult attending camp. SCUBA and Wakeboard attendees must pay a \$100 deposit. Foxfire–NYLT participants must submit a \$100 non-refundable, non-transferable fee by February 1st. If payment is not received by February 15, the troop's reservation will be cancelled. After February payments are processed, the April statement, merit badge schedule, and online trading post catalog will be mailed.

April 1st:

An additional \$100 for each youth and adult or a total of \$200 is due on April 1st. SCUBA, Wakeboard and Foxfire NYLT participants must submit another \$100 or \$200 total by April 1st. ***After April 1st, these fees are not refundable, nor can they be used to pay fees for other Scouts or adults already attending.*** Failure to submit payment by April 1st will result in a cancellation of your reservation. After receipt of your April 1st payment, we will mail you the final invoice and a password to sign up for merit badges on our on-line system. The online system will open 2 weeks before your arrival at camp and will close at noon the day before your scheduled arrival date.

June 1st:

Balances of fees are due. If paid after June 1st, a \$10 per person late fee will be charged.

To cancel reservations or to change numbers of people attending, our camp registrar, Shirley Neiderhiser, needs notification in writing (or email) shirleyn@bsa-brmc.org

Always check with the Camp Registrar (540) 777-7963 before adding additional campers or adults. Most weeks are at capacity and have a waiting list for available space.

Refund Policy:

In cases of death of an immediate family member, sickness and injury, or military transfer we will refund all but \$100 of fees paid when verified by a physician, military commander, or such official. The Reservation strives to provide the very best program. We sign contracts with staff and vendors in February. Reservation cancellations after April 1st undermine our ability to provide this quality program. Reasons such as vacation schedule, summer school, and last minute changes of mind are not acceptable reasons for refunds.

Registered Scouts Only

The Blue Ridge Mountains Council is a Nationally Accredited camp by the Boy Scouts of America. Its staff and participants, including Scouts and adults, must be currently registered members of the Boy Scouts. Additionally, due to liability considerations and the lack of appropriate facilities, the Reservation must enforce the policy that only registered Scouts attend related functions at camp. Children and or siblings of those registered for a specific program are not to attend unless the program has been specifically designed with adequate facilities to handle them.



Blue Ridge Mountains
Scout Reservation

ADMINISTRATION

TIMETABLE FOR SUMMER CAMP

Preparing for camp is an easy process, but it does require planning ahead. As a unit leader, you are the most important link in this preparation. The following check list is designed to guide you and your troop committee in pre-camp planning.

Immediate Action Required

- Obtain camp leadership—two deep leadership is essential. All adults must be registered Scout leaders. New River Adventure, Mountain Man, Fish Camp, Voyageur, Claytor Lake, SCUBA, Wake Boarding and Foxfire are provisional which means your scouts may participate with limited or no adult leadership.
- Meet with the troop committee to discuss summer camp plans.
- Develop a camp attendance and budget plan to assist Scouts with summer camp fees.
- Begin promotion with second year Webelos dens to ensure transition.
- Share camp video and promotional materials with youth and adults.
- Elect/appoint a Summer Camp Coordinator to be the **point of contact** to the BRMC Camp Registrar.

February

- \$100 per Scout and adult, and \$100 for SCUBA and Wakeboarding is due February 1st.
- Foxfire—NYLT participants must submit a \$100 non-refundable, non-transferable fee by February 1st.
- Leaders, troop committee, and patrol leaders council, review this guide.
- Troops should begin projects to help Scouts with camp fees.
- If any boys are **not signed up** for camp, determine why and **encourage their attendance**.
- Schedule OA elections with your local chapter.

March

- Hold a parent's night program.
- Begin securing transportation to the camp.
- Recruit extra leaders for camp.
- Review troop finance needs.
- Issue each Scout a personal equipment list (found in the program sections) and appropriate medical form.

April

- An additional \$100 per Scout and adult is due April 1st and another \$100 per SCUBA, Wakeboarding, and Foxfire—NYLT participants. After April 1st, these fees are not refundable.
- Have patrol leader's council begin planning for camp.
- Brownsea Island participants may take a merit badge at 7 a.m., however, merit badges are not part of this program.
- Troop Committee checks with **all parents** not signed up, including Webelos dens.
- Leader's will request medication blister packs at this time.



Blue Ridge Mountains
Scout Reservation

ADMINISTRATION

TIMETABLE FOR SUMMER CAMP

May

- Work out each Scout's schedule for summer camp, and make sure that Scouts are aware of **prerequisites** needed to complete merit badges while at camp.
- Camp leader expresses his goals for a good camp program.
- Make sure all participants are on track to have a completed medical form for camp.

June

- All remaining fees due June 1st (**be sure to notify the office of early arrival, charter bus use, and special needs**).
- Distribute a parent's letter which includes:
 - ◆ Directions to camp.
 - ◆ Mailing address and emergency telephone numbers.
 - ◆ Invitation to the Friday Night Campfire (Powhatan, Ottari, Claytor).
 - ◆ Reminder of dates, arrangements, equipment needs, and departure times.
- Secure a copy of the current Troop Accident and Sickness Insurance. [Does not apply to BRMC units]
- Obtain a National Tour Permit if you will be traveling over 500 miles or a Local Tour permit if your group will travel less than 500 miles (Blue Ridge Mountains Council troops are not required to fill out a Tour Permit).

Two Weeks Prior to Departure for Camp

- Secure location of parents and emergency numbers while Scouts are in camp.
- Check on final transportation arrangements. Please arrive at camp and complete check-in as a group.
- Collect all required forms for camp (refer to check list on page 6).
- Register for Merit Badges online.

Camp Check-in

- Please read the program specific leader's guides for each camp to make sure your Scouts are pre-paid.
- As a reminder, all participants who wish to participate in aquatic activities must take the BSA Swimmer's Test at camp under our lifeguard supervision.



Blue Ridge Mountains
Scout Reservation

ADMINISTRATION

BEFORE LEAVING HOME

I Inform Parents about unit plans.

Camp Mailing Address: *(Always place a return address on your letter)* Emergency Numbers

Scout's Name, Unit #

Camp Powhatan (or New River Adventure, or Voyageur)

540-980-3787

2600 Max Creek Road, Hiwassee, VA 24347

Scout's Name, Unit #

Claytor Lake Adventure Base

540-633-1238

4100 Adventure Base Road, Radford, VA 24141

Scout's Name, Unit #

Camp Ottari (or High Knoll, Fish Camp, Mt. Man, or Foxfire)

540-980-4762

2881 Simpkinstown Road, Hiwassee, VA 24347

** For express mail, please DO NOT check the box for signature, this will delay delivery by at least one day.*

II Make sure you have the following documents before arriving at camp:

- Certification and claim forms for **Troop Accident & Sickness Insurance**—out of council only.
- All fees are paid; please bring **your records** just in case.
- Each out of council unit must have a valid **Tour Permit**—out of council only.
- 2 Troop Rosters** of Scouts and Leaders (one for registration, one for your records).
Roster must include name and phone number.
- Each youth and adult has:
 - The **BSA Annual Health and Medical Record**, signed by a physician and guardian.
 - A copy of the **Family Insurance Card** attached to the medical form.
 - If taking **medications**, the Scout's parents should follow procedures enclosed in this pub.
 - Any program specific forms or items (NRA parental waiver, fishing license for fish camp).
- Troop has conducted an Order of the Arrow Election if Scouts are to be tapped during the closing campfire. Please bring a letter from your council verifying the election results.
- All Scouts and adults are registered (Check those new Webelos).
- Travel—Do not travel in a caravan; all drivers must have a map to camp; all parties must wear a seat belt.

III Early Arrivals

If your unit must arrive early, then the Transportation and Early Arrival Form must be mailed to the office by June 1st.



Blue Ridge Mountains
Scout Reservation

ADMINISTRATION

TRANSPORTATION ISSUES

Intracamp Transportation

The Blue Ridge Mountains Council will provide transportation to Scouts traveling between camps during Sunday check in. If you are able to provide transportation between camps, you may do so after you check-in and complete your swim check.

Early Arrivals

Units traveling long distances sometimes need to arrive on Saturday night. If we know that you are coming, we will have an adult meet with your group and show you to your campsite for the evening. Showers are available for your use. However, as few staff are in camp, the lake is off-limits and all program areas including the dining hall are closed. **Camp officially opens for check-in on Sunday at 1:00 p.m.** Towns with grocery stores, restaurants, and movie theaters are within a 30 minute drive of the camps. The campmaster will have maps to these locations. It is critical that you notify the office of your early arrival by submitting the following form with your June 1st payment.

Chartered Buses:

Chartered buses are too large for our camp roads and bridges. Those arriving on chartered buses to either Powhatan or Ottari must contact the camp 2 weeks before arrival and send the following information to the Council Service Center with the June 1st payment. The caller should include the number of people on the bus arriving and the estimated time of arrival. With this phone call the camp management can arrange for proper transportation to the camp from its entrance. Arrangements will be made during the week for the troop's departure.

Early Arrival and Chartered Bus Form

Unit: _____

Type of Transport (please circle all that apply): • Van • Truck • Chartered Bus • Other: _____

Contact Name: _____ City: _____ State: _____

Daytime Telephone: _____ Email: _____

We will arrive at (check one): Camp Powhatan Camp Ottari

on the following date: _____ Approximate Arrival Time: _____

Number of Participants: _____ Youth: _____ Adults: _____

Chartered Bus Only: Approximate Departure Time: _____

Check Out Transportation:

Buses will run Saturday morning to deliver Scouts back to the base camps. Scouts will leave their program site at predetermined times early Saturday mornings and meet up with their troop by 9 a.m. Arrangements can be made for earlier departure times with the camp director.



Blue Ridge Mountains
Scout Reservation

ADMINISTRATION

SPECIAL NEEDS & EARLY RELEASE

(Return this information with your June 1st payment.)

Special Needs Request

The Blue Ridge Mountains Council will do everything in its power to accommodate participants with special needs. Please complete this form and submit it with your camp payments. Thank you for your assistance.

Unit Number: _____ City/State: _____

Week Attending Camp: _____ Camp Program: _____

1. Does anyone in your unit have a physical handicap that limits mobility? Does anyone in your unit have special equipment needs? (Access to electricity, etc.)

3. Do any of your unit members have special dietary concerns? Please be specific and suggest possible alternatives:

4. Please list any other special needs below:

Camp Security Policy for the Blue Ridge Mountains Reservation

Our camps are extremely concerned about the welfare and safety of your son or daughter. As such, early release requests, for any reason, will only be allowed if the following steps are completed. This information is taken from the National Council's Health and Safety Guide, Security Section, copyright 1983.

1. Verification must be made to assure that the person requesting release is acting as the legal parent or guardian or under the direction of the legal parent or guardian. Verification may be done by the following:
 - a. Approval of the Scoutmaster.
 - b. Presentation of proper identification matched with the name listed as the legal parent or guardian on the Scout's medical form.
 - c. Contact via telephone with the legal parent or guardian. The telephone number used may be supplied by the Scoutmaster or obtained from the medical form.
 - d. Previous arrangements made with the Scoutmaster and Camp Director by the legal parent or guardian.
2. It is understood that any person who requests the early release of a Scout will abide by the policy set forth above and completes the early release form prior to the release of the Scout.
3. It is understood that a Scout will never be released to another youth under 18 years of age without verified permission from the legal parent or guardian.

Early Release Form

Name of Scout to be released: _____ Council: _____

Reason for release: _____ Troop #: _____

Release to who? _____

Verification completed by Scoutmaster: _____

Signature of camp representative: _____

Legal parent or guardian's signature: _____ Date: _____

Representative of legal parent or guardian: _____ Date: _____



Blue Ridge Mountains
Scout Reservation

ADMINISTRATION

MEDICAL FORMS, INSURANCE, AND MEDIC ALERTS



Medical Services

The camp health lodge is staffed 24 hours a day by qualified medical personnel. For insurance purposes and for the health and safety of all participants, all accidents and illnesses, no matter how minor, must be reported to the Health Lodge and recorded. Arrangements have been made with the local rescue squads and hospitals to handle any medical emergencies.

National standards require that any person staying overnight must have a valid medical form. Late arrivals should report to the office and then to the health lodge.

Annual Health and Medical Record

- A complete BSA National Medical Form must accompany each Scout and leader to camp. Other medical forms such as sport exams cannot be accepted.
- Components of the Medical Form:
 - Page 1: Instructions
 - Part A: General information
 - ◆ Participants must fill in all information except for Social Security Number.
 - ◆ Please note, participants must have received a Tetanus immunization within the last 10 years or provide an immunization exemption form.
 - ◆ Participants taking medications should follow the BRSR procedures listed in this Administration Guide.
 - Part B: Physical Examination
 - ◆ A licensed physician (MD, DO), nurse practitioner, or physician assistant must sign and complete this section. The signature is valid to the last day of the month one year from the exam. For example, if you complete your record on March 9, 2009, it will be valid through March 31, 2010.
 - ◆ The height and weight restrictions do not apply to any Blue Ridge Mountain Council Summer Camp Program.
 - Part C: Parental Release and Information
 - ◆ This page must be completed with both the participant's and parent/guardian's signature.
 - ◆ Please attach a photocopy of the front and back of your family insurance card at the bottom of the page.
 - ◆ Virginia does not require the form to be notarized.

Medical Alerts

Summer camp can be an exhausting experience. Many activities are physically strenuous and may result in special medical support consideration. Therefore, it is necessary that medical staff be aware of participants with the following medical conditions:

- | | |
|--|--|
| <input type="checkbox"/> Diastolic blood pressure greater than 100 mm Hg | <input type="checkbox"/> Physical disability |
| <input type="checkbox"/> Diabetes mellitus under treatment | <input type="checkbox"/> Cardiac history |
| <input type="checkbox"/> Sickle-cell anemia, hemophilia, leukemia, or severe blood dyscrasia | <input type="checkbox"/> HIV infection |
| <input type="checkbox"/> Epileptic seizures having occurred within the past 12 months | <input type="checkbox"/> Marked obesity |
| <input type="checkbox"/> Acute or severe bronchial asthma under treatment anytime within the past 24 hours | |
| <input type="checkbox"/> Psychiatric illness under current treatment | |

All sensitive information is confidential between the participant and medical director.

Annual Health and Medical Record

(Valid for 12 calendar months)

Medical Information

The Boy Scouts of America recommends that all youth and adult members have annual medical evaluations by a certified and licensed health-care provider. In an effort to provide better care to those who may become ill or injured and to provide youth members and adult leaders a better understanding of their own physical capabilities, the Boy Scouts of America has established minimum standards for providing medical information prior to participating in various activities. Those standards are offered below in one three-part medical form. Note that unit leaders must always protect the privacy of unit participants by protecting their medical information.

Parts A and C are to be completed annually **by all BSA unit members**. Both parts are required for all events that do not exceed 72 consecutive hours, where the level of activity is similar to that normally expended at home or at school, such as day camp, day hikes, swimming parties, or an overnight camp, and where medical care is readily available. Medical information required includes a current health history and list of medications. Part C also includes the parental informed consent and hold harmless/release agreement (with an area for notarization if required by your state) as well as a talent release statement. Adult unit leaders should review participants' health histories and become knowledgeable about the medical needs of the youth members in their unit. This form is to be filled out by participants and parents or guardians and kept on file for easy reference.

Part B is required with parts A and C for any event that exceeds 72 consecutive hours, or when the nature of the activity is strenuous and demanding, such as a high-adventure trek. Service projects or work weekends may also fit this description. It is to be completed and signed by a certified and licensed health-care provider—physician (MD, DO), nurse practitioner, or physician's assistant as appropriate for your state. The level of activity ranges from what is normally expended at home or at school to strenuous activity such as hiking and backpacking. Other examples include tour camping, jamborees, and Wood Badge training courses. It is important to note that the height/weight limits must be strictly adhered to if the event will take the unit beyond a radius wherein emergency evacuation is more than 30 minutes by ground transportation, such as backpacking trips, high-adventure activities, and conservation projects in remote areas.

Risk Factors

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

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

For more information on medical risk factors, visit Scouting Safely on www.scouting.org.

Prescriptions

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



BOY SCOUTS OF AMERICA.

Annual BSA Health and Medical Record

Part A

GENERAL INFORMATION

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 (SEE PART C). 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 _____

MEDICAL HISTORY

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

Yes	No	Condition	Explain
		Asthma	
		Diabetes	
		Hypertension (high blood pressure)	
		Heart disease (i.e., CHF, CAD, MI)	
		Stroke/TIA	
		COPD	
		Ear/sinus problems	
		Muscular/skeletal condition	
		Menstrual problems (women only)	
		Psychiatric/psychological and emotional difficulties	
		Learning disorders (i.e., ADHD, ADD)	
		Bleeding disorders	
		Fainting spells	
		Thyroid disease	
		Kidney disease	
		Sickle cell disease	
		Seizures	
		Sleep disorders (i.e., sleep apnea)	
		GI problems (i.e., abdominal, digestive)	
		Surgery	
		Serious injury	
		Other	

Allergies or Reaction to:

Medication _____
 Food, Plants, or Insect Bites _____

Immunizations:

The following are recommended by the BSA. Tetanus immunization 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.

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.

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

Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____ Distribution approved by: _____ Parent signature _____ MD/DO, NP, or PA Signature Temporary <input type="checkbox"/> Permanent <input type="checkbox"/>	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____ Distribution approved by: _____ Parent signature _____ MD/DO, NP, or PA Signature Temporary <input type="checkbox"/> Permanent <input type="checkbox"/>	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____ Distribution approved by: _____ Parent signature _____ MD/DO, NP, or PA Signature Temporary <input type="checkbox"/> Permanent <input type="checkbox"/>
Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____ Distribution approved by: _____ Parent signature _____ MD/DO, NP, or PA Signature Temporary <input type="checkbox"/> Permanent <input type="checkbox"/>	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____ Distribution approved by: _____ Parent signature _____ MD/DO, NP, or PA Signature Temporary <input type="checkbox"/> Permanent <input type="checkbox"/>	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____ Distribution approved by: _____ Parent signature _____ MD/DO, NP, or PA Signature Temporary <input type="checkbox"/> Permanent <input type="checkbox"/>

NOTE: Be sure to bring medications in the appropriate containers, and make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication.

Emergency contact No.:

Allergies:

DOB:

Last name:

Part B
PHYSICAL EXAMINATION

Height _____ Weight _____ % body fat _____ Meets height/weight limits Yes No
 Blood pressure _____ Pulse _____

Individuals desiring to participate in any high-adventure activity or event in which emergency evacuation would take longer than 30 minutes by ground transportation will not be permitted to do so if they exceed the height/weight limits as documented in the table at the bottom of this page or if during a physical exam their health care provider determines that body fat percentage is outside the range of 10 to 31 percent for a woman or 2 to 25 percent for a man. Enforcing this limit is strongly encouraged for all other events, but it is not mandatory. (For healthy height/weight guidelines, visit www.cdc.gov.)

	Normal	Abnormal	Explain Any Abnormalities	Range of Mobility	Normal	Abnormal	Explain Any Abnormalities
Eyes				Knees (both)			
Ears				Ankles (both)			
Nose				Spine			
Throat							
Lungs				Other	Yes	No	
Heart				Contacts			
Abdomen				Dentures			
Genitalia				Braces			
Skin				Inguinal hernia			Explain
Emotional adjustment				Medical equipment (i.e., CPAP, oxygen)			

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

I certify that I have, today, reviewed the health history, examined this person, and approve this individual for participation in:

- Hiking and camping Competitive activities Backpacking Swimming/water activities Climbing/rappelling
 Sports Horseback riding Scuba diving Mountain biking Challenge ("ropes") course
 Cold-weather activity (<10°F) Wilderness/backcountry treks

Specify restrictions (if none, so state) _____

Certified and licensed health-care providers recognized by the BSA to perform this exam include physicians (MD, DO), nurse practitioners, and physician's assistants.

- To Health Care Provider:** Restricted approval includes:
 → Uncontrolled heart disease, asthma, or hypertension.
 → Uncontrolled psychiatric disorders.
 → Poorly controlled diabetes.
 → Orthopedic injuries not cleared by a physician.
 → Newly diagnosed seizure events (within 6 months).
 → For scuba, use of medications to control diabetes, asthma, or seizures

Provider printed name _____
 Signature _____
 Address _____
 City, state, zip _____
 Office phone _____
 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

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.

Part B **Last name:** _____ **DOB:** _____

Part C
Informed Consent and Hold Harmless/Release Agreement

I understand that participation in Scouting activities involves a certain degree of risk. I have carefully considered the risk involved and have given consent for myself and/or my child to participate in these activities. I understand that participation in these activities is entirely voluntary and requires participants to abide by applicable rules and standards of conduct. 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.

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.

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 to the adult in charge 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.

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

Talent Release Form

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 by the Boy Scouts of America, and I hereby release the Boy Scouts of America 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

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.

Participant's name _____

Participant's signature _____

Parent/guardian's signature _____
(if under the age of 18)

Date _____

Attach copy of insurance card (front and back) here. If required by your state, use the space provided here for notarization.



BOY SCOUTS OF AMERICA
1325 West Walnut Hill Lane
P.O. Box 152079
Irving, Texas 75015-2079
<http://www.scouting.org>



2008 Printing

Part C Last name: _____ DOB: _____



Blue Ridge Mountains
Scout Reservation

ADMINISTRATION

PRESCRIPTION AND OVER-THE COUNTER MEDICATION

The Blue Ridge Mountains Council serves thousands of Scouts and Scouters each year. **The following procedures must be followed** in order to expedite distribution of the medications, ensure proper dosing, and facilitate the medical staff's efforts to ensure all participants are taking their medications as scheduled.

The National Policy of the Boy Scouts of America requires that all medications brought to summer camp be secured in the health lodge and administered under the supervision of council approved medical staff (this includes adults).

I Prescription Medications

- Emergency Medications**—Emergency medications such as epi pens, inhalers, and nitro should **not** be turned in to the health lodge. However, participants are reminded that some medications such as Epi are temperature sensitive and we happily store extras for you in the health lodge.
- Tablet Pill Medications**—Tablet medications (prescription and over-the-counter meds taken on a regular basis) should be sorted by parents and sealed within a Blister Pac before arriving at camp. The troop will be asked to request blister pacs in the April invoice and the council will mail them out prior to your arrival.
- Other Prescription Medications**—Medications that will not fit in the blister pac should be placed in a Ziploc along with the blister pac. Please remember to fill out the prescription information inside the blister pack for these medications as well as the tablet medications.

**Medications will be distributed at each meal by the Health Officer. If you need to take a medication at an unusual time, say 2:00 p.m., just arrange that time with the Health Officer. Please remember, it is the participant's responsibility to pick up their medications. The Health Officer will notify leaders of any unclaimed medications at the Leader's Meeting each day.*

II As Needed Medications

The Camp Health Lodge stocks a wide variety of over the counter medications; therefore, please encourage your participants to leave medications such as Tylenol or cough syrups at home.

However, we realize that some participants use medications on an as needed basis such as Claritin, that may not be stocked in our Health Lodge. In this case, please place the medication (in its original container) in the Ziploc with the blister pac. If you are not using the blister pac, please make sure the participant's name is somewhere on the container.

** To obtain these medications at any time, simply stop by the Health Lodge.*

Meds Sticker

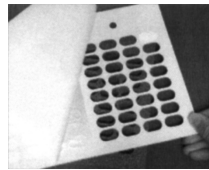
Name: _____ Troop: _____ Age: _____

Camp: Powhatan Ottari Fish Camp Claytor Lake
 Mountain Man High Knoll New River
 Voyageur Brownsea Island Foxfire

Address: _____

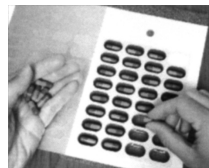
Phone: _____ Email: _____

Directions on how to put together:



PEEL & INSERT

Peel the wax sheet from the back of card. Place the blister sheet into the holes.



FILL

Fill each blister with the required medication.



FOLD & SEAL

Fold the sealing surface to cover the filled blister. Apply even pressure to seal the medication package. (a hand roller is recommended).



FINISHED

It's that easy!





**Blue Ridge Mountains
Scout Reservation**

ADMINISTRATION

CONDUCT, EMERGENCY PROCEDURES, WILDLIFE

Nations, states, communities, and even families have laws. These are simple rules by which people must live in order to have harmony. If we didn't have rules or laws to govern ourselves, society would be impossible. At Scout Camp, we have just one law—**The Scout Law!**

Why mention that in this guidebook? Because it gets right into that philosophy of personal conduct that we expect at camp. You should be aware that at camp each Scout must meet a stringent criterion in order to become a member of our camp staff. Besides the interview and screening process, all of our staff agrees to live by the 12 points of the Scout Law. Many of our staff are Eagle Scouts and most are members of the Order of the Arrow.

The 12 points of the Scout Law guide our camp. All camper and staff conduct is judged by how it measures up against these guidelines. At camp we cannot tolerate and will not permit activities that do not meet the criteria of the standards set forth in the Scout Law.

We ask for your cooperation and understanding as adults in helping us maintain a high standard of moral and personal behavior. We can do no less.

We purchase high quality program equipment for all of our programs. Our guests appreciate the pride and care we take in maintaining these high standards. Please take care of camp gear, the Scouts following you have a right to expect the same quality.

Uniforming

Why do Boy Scouts have a uniform? For the same reason a football team or baseball team does. A uniform gives a sense of group identity, team spirit, and purpose. It also helps to designate equality from the start among members within a group. At camp, the official Scout uniform is appropriate dress at any time during the week. We ask units to wear a full Class "A" uniform to all retreat ceremonies, chapel services and Sunday and Friday night campfires.

Wildlife Safety

With over 16,000 acres of wilderness, Scouts have an opportunity to observe many types of wildlife in their natural habitats. Our Reservation is blessed with a wide range of biodiversity that includes deer, bats, raccoons, birds, skunks, turkey, snakes, coyote, amphibians, and even bear. It is wise to remember that these animals are the permanent residents of the backcountry while we are the visitors. Therefore, treat all animals with respect and observe them from a distance. Do not follow, feed, tease, or handle wildlife. If you discover a snake or animal that is behaving strangely, please notify the camp staff immediately. Specific rules for dealing with the wildlife found on the Blue Ridge Mountains Scout Reservation can be requested from the Camp Office or the Nature Lodge. Bear information will be handed out at Sunday check-in.

Charges for Damage to Camp Equipment

Normal usage and wear will result in some breakage of equipment; however, the cost of malicious damage or breakage due to horseplay will be charged to the unit. These fees must be paid before leaving.

Cots:

Mattress replacement (rips, cuts, writing on the cover)	\$30
Cot replacement	\$45

Tents and Flies:

Rips and tears (per inch)	\$25
Writing on canvas or destroying waterproofing (per panel)	\$7.50
Tent replacement	\$700
Tarp replacement	\$101
Ridge poles	\$15
Uprights	\$12
Fire Extinguisher—Refill	\$30



Blue Ridge Mountains
Scout Reservation

ADMINISTRATION

HEALTH AND SAFETY

The Following Are Not Allowed

1. Fireworks.
2. Alcoholic beverages or illegal drugs.
3. Flames in tents.
4. Pocket knives over four inches long or sheath knives.
5. Personal firearms except for those brought for rifle shooting, shotgun shooting, and archery merit badges. The arms must be locked in the range house throughout the week. **Do NOT Bring Ammunition; .22 rifles must be bolt action.**
6. Bicycles.
7. **Pets.**
8. Smoking is, at best, a poor example for Scouts. Use or possession of tobacco products by anyone under the age of 18 is illegal in Virginia. All camp buildings are smoke free environments. Leaders, we ask that you do not smoke on the trail due to the potential fire hazard.
9. **Due to our Gypsy Moth protocols, firewood may not be brought onto the property!**

Initiations

Older Scouts sometimes feel that new Scouts should be “initiated into the troop with a physical activity or other embarrassing stunt.” Leaders should be alert to this possibility and direct the boys’ efforts into meaningful programs. Behavior such as snipe hunts, running the gauntlet, belt line, or similar punishment has no place in Scouting and is not permitted.

Liquid Fuels

The use of liquid fuel stoves and lanterns in a campsite is permitted under the supervision of an adult leader. Under no circumstances are liquid fuels or lanterns allowed in tents. Bulk containers of fuel and unattached propane tanks must be stored in the fuel bin near the quartermaster. An approved spun aluminum fuel bottle is not considered to be a bulk container.

Vehicles, Trailers & Parking

1. No riding outside of a vehicle’s enclosed passenger compartments. This means no rides on hoods, trunks, fenders, tailgate, or in the bed of trucks.
2. Seat belts must be worn at all times!
3. The camp speed limit is 5 mph around Scouts and 15 on camp road.
4. After Sunday, leaders are not allowed to drive vehicles through camp without a driving pass issued by the Camp Director.
5. Trailer parking near campsites is not guaranteed, plan accordingly when packing up your gear.

Emergency Procedures

On your first day in camp, emergency procedures will be explained to troop leaders and Scouts. In the event of an emergency, please notify a member of the camp staff immediately. Please do not attempt to deal with the emergency yourself, regardless of the situation. If the situation seems at all dangerous, the priority is to evacuate all Scouts and leaders from the area.

**Scout Crossing
SPEED LIMIT 5**

Recipe for a Safe, Enjoyable Week at Camp

- Drink lots of water
- Take a shower every day
- Get plenty of sleep
- Wear sunscreen
- Wash your hands
- Be careful



Blue Ridge Mountains
Scout Reservation

ADMINISTRATION

SUMMER CAMP EQUIPMENT CHECKLIST

Required Documents

- Medical Form
- Copy of Family Insurance Card
- Medications—Please follow procedure listed in Administrative section of Leader's Guide
- Please label everything with your son's name and troop number

Personal Equipment

- Sleeping Bag with liner or sheet inside
- Class A Scout Uniform (shirt, shorts, socks)
- Class B Uniform (Troop T-shirt, Camp T-shirt)
- Rain Jacket or Poncho
- Warm Jacket (fleece or sweater)
- Hat (ball cap and stocking cap)
- (10) Pair Socks
- (7) Underwear
- (6) Sets of Clothing
- (1) Swimming Suit
- (2) Long Pants (jeans or Scout pants)
- (1) Long Sleeve Shirt
- (1) Pair Tennis Shoes
- (1) Pair Boots
- (1) Pair Sandals (for shower only)
- (3) Old Towels
- Toiletries (Soap, Toothbrush & Toothpaste, Deodorant, Shampoo)
- Sunscreen
- Bug Spray
- Water Bottle
- Spending Money
- Flashlight & Extra Batteries
- Handkerchief
- Scout Handbook
- Paper and Writing Items

Troop Equipment

- Troop Flag
- American Flag
- Clothing Marker Pens
- Stapler and Thumbtacks
- Magic Markers
- Extra Tarps
- Props for Favorite Stunts and Skits
- Assorted Hand Tools for Camp Projects
- Matches
- Knot Ropes
- Water Cooler
- Lantern
- Sewing Kit
- Duct Tape

Suggested Items for Unit to Bring

- Camp Leader's Guide
- Emergency Numbers for all Parents (home & vacation)
- Cash Box
- The Scoutmaster Handbook
- Alarm Clock
- Method to secure food away from animals

Optional Equipment

- Small Bible
- Folding Pocket Knife
- Camera
- Card Games
- Compass
- Pillow
- Musical Instrument
- Spare Rope or Cordage
- Extra Shoe Laces
- Wet suit for aquatics activities



Blue Ridge Mountains
Scout Reservation

ADMINISTRATION

VISITORS, MOTELS, AND RELIGIOUS SERVICES

Religious Services

LDS services are offered from 10:00 a.m.–1:00 p.m., Sunday at the Chapel at 900 Pendleton Street in Radford. Mass is 5:15 p.m. on Saturday and 10:00 a.m. on Sunday at St. Jude’s Catholic Church on 1740 Tyler Road in Radford. All other faiths may contact the Council Service Center for a listing.

Local Motel Listings

If families are visiting the area and wish to stay in a local motel, these facilities are available and within a reasonable drive of either camp:

Closer to Camp Powhatan:

Comfort Inn	Exit 98 in Dublin	(540) 674-1100
Hampton Inn	Dublin	(540) 674-5700
Allisonia Trading Post	Allisonia	(540) 980-2051
Claytor Lake Homestead (B&B)	Near Draper	(540) 980-6777
Holiday Inn Express	Dublin	(540) 674-1600
Super 8	Exit 98 in Dublin	(540) 674-1951

Closer to Camp Ottari:

Best Western	Exit 109 in Radford	(540) 639-3000
Super 8	Exit 109 in Radford	(540) 731-9355
Comfort Inn (all non smoking)	Exit 109 in Radford	(540) 639-4800

Visitor Meals

Visitors are welcome to eat camp meals and can purchase meal wristbands at the Welcome Center. Large groups of 8 or more must call in a reservation to the camp office at least 2 days in advance.

Powhatan	540-980-3787
Ottari	540-980-4762

Costs:	Breakfast	\$5
	Lunch	\$5
	Supper	\$6

**Picnic areas are available
and encouraged.**

Trading Post

The Trading Post will be open at convenient hours from Sunday afternoon through Saturday morning. The Trading Post will carry camp t-shirts, patches, souvenirs, merit badge pamphlets, craft supply materials, soft drinks, candy, and a wide selection of Scouting outdoor supplies. A camp patch will be given to each boy and leader registered in camp. Additional camp patches will be on sale in the Trading Post. If your Scout wishes to be ahead of the game, then he may purchase program supplies from our on-line post at bsa-brmc.org.

Lost Property

Prior to coming to camp, Scouts should be encouraged to clearly mark all personal items with their name and troop number. A lost and found box is located in the Trading Post. We recommend that one adult in each troop serve as a banker for the boys. This prevents the loss of large amounts of money and allows leaders to help the boys pace their spending for the week.

Visitation

Parents often remark at how much their son has grown during his week away from home. Camp provides an excellent opportunity for Scouts to mature in a safe environment. For these reasons, we ask that you only visit during the following hours:

Friday 6:30 p.m. (for the campfire)

Saturday 9:00-11:00 a.m.

Sunday between

1:30-5:00 p.m.

*Please do not bring
family pets*



Blue Ridge Mountains
Scout Reservation

ADMINISTRATION

RESERVATION MAP

