

# AQUATIC SAFETY AND FUN

The Camping Committee has set the following procedures in concert with our National Boy Scouts of America policies, recognizing our responsibility to parents and leaders for their sons, daughters, Scouts, Venturers, and Explorers.

Although most of these procedures and rules fall under the "common sense" category, it is important that all acknowledge and understand them.

The Camp Director through his Aquatic Director will be the final authority in any question of safety, policy, or procedure.

In order to swim, each camper must submit a physical examination record and evidence of swimming ability through testing by qualified examiners. Campers will be qualified according to their swimming ability as Swimmers, Beginners, or Learners.

**Learners** - No test

**Beginners** - Swim 50 feet as follows: Jump feet first into water over your head, come to the surface, level off, swim 25 feet, turn sharply, and return to the starting point.

**Swimmers** - Swim 100 yards as follows: Enter water feet first, swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; swim 25 yards on the back, using a resting stroke; rest by floating or if nonbuoyant, with just enough motion to stay afloat.

The Aquatics Director should be given special notice of campers who are not able to swim.

## PROGRAM

1. Each troop will be able to swim twice a day! Once in the morning for instructional swim when Learners and Beginners are taught swimming and Swimmers work on Second and First Class swimming rank requirements, Swimming Merit Badge, or Lifesaving Merit Badge. In the afternoon each troop has an open recreational swim time. See previous section in this manual for specific times.
2. Troop leaders will be given the opportunity for instruction in the Safe Swim Defense Plan and Safety Afloat on Wednesday morning, 10:15 a.m. at the Aquatics Area.
3. Recreational canoeing and rowing is available from 3:00 to 5:00 p.m., Tuesday through Thursday.
4. Canoe floats can be scheduled as overnights, evening, early morning, out and about, to fish, or just fun. Try something new this summer!
5. BSA Lifeguard - The Aquatics Director will offer instruction for the BSA Lifeguard certification. BSA Lifeguard certification will be held at times designated by the Aquatics Director. BSA Lifeguard instruction is open to leaders as well as Scouts. Earning BSA Lifeguard takes personal initiative and a large amount of time. Daily minimum: 1 hour giving instruction; 1 hour guarding; 1 hour receiving

instruction. To enroll in the BSA Lifeguard program you must be a minimum for 14 years of age or have completed the eighth grade. A BSA Lifeguard application can be found in the back of this Leader's Guide.

6. Mile Swim - Mile Swim will be held Friday. Sign-up begins at 2:15 p.m. with mandatory orientation at 2:45 p.m.
7. Kayaks are available for all Scout's and leader's recreational use. They're great fun - try 'em.
8. Huck's Cove - Huck's Cove consists of two water slides, a zip line, rope swings, log rolling, and more. Learners and Beginners are welcome, but restricted to shallow areas. Beginners may slide wearing life jackets.

Troops will be scheduled to visit Huck's Cove in the afternoons between Monday through Thursday. Transportation to Huck's Cove will be by pontoon boat or personal vehicles. Unit leaders will need to assist in the transportation of their Scouts to Huck's Cove.

The visit may not allow all your Scouts to attend for the full time because of time conflicts with merit badge sessions or other programs.

Leaders will be necessary to assist as guards at Huck's Cove.

Huck's Cove will be available on Monday evening for some units as an option to an evening or overnight canoe float trip. Please indicate on the Program Sheet if your troop might be interested in this evening program.

9. All aquatic merit badges contain CPR requirements. Instruction prior to camp is needed in order for the Scout to complete the merit badge.
10. As in 2001, changes have been made in the requirements for Swimming Merit Badge in 2002. Due to the changes it will very difficult for a Scout to start the merit badge on Monday and complete it on Friday. A Scout must have completed all of the swimming requirements for Second and First Class prior to camp in order for a Scout to take Swimming Merit Badge at camp. We will conduct evening programs on Monday and Tuesday to assist Scouts with the merit badges.
11. An instructional swim which will assist Scouts in the completion of swimming requirements for Second and First Class will be conducted during the 9:15, 10:15, and 11:15 instructional swims. This "Rank Instruction" will take approximately three instructional swims to complete.

### **BOATING, CANOEING, ROWING, AND SAILING**

1. Waterfront activities on Nims Lake will take place in authorized areas under the strict supervision of the Aquatics Staff. Anyone violating this rule may be dismissed from camp immediately. Wading outside the swim areas is not permitted.
2. The Buddy Plan will be in use at all times, including boating.
3. The use of any watercraft is restricted to daylight hours from 1/2 hours before sunrise to 1/2 hour after sunset.

4. Coast Guard approved personal Rotation device, PFD, for each person aboard a watercraft will be worn at all times except in closely supervised situations as determined by the Aquatics Director.
5. Craft are to remain within sight of the waterfront tower in the area designated by the Aquatics Director except when under staff escort for special programs.
6. In the event of any swamping or capsizing campers should remain with the craft, which will float and not attempt to swim to shore or another craft.
7. Always check in and out through the Boating Buddy Board.

### WHO MAY BOAT

1. Only qualified Swimmers may use the rowboats, canoes, or kayaks during recreational periods. According to National Council policy Beginners or Learners are not permitted in these types of crafts.
2. There should be at least two but no more than three campers in a craft. Scouts working on merit badges may solo with the permission of a member of the Aquatics Staff.
3. Scouters bringing their own craft to camp must have the approval of the Camp Director, have the craft checked by the Aquatics Director, and follow the procedures as outlined in the policy of the council. Electric trolling motors will be permitted, no other motors are allowed. Private craft must be docked at the camp boating area and must abide by all council boating regulations.

The following are not permitted in the aquatics or boating areas:

- Running or horseplay
- Sitting or walking on beached craft
- Food, drink, or any type of glass container
- Standing up in the craft except sculling practice in a rowboat during merit badge instruction
- Changing positions in a craft offshore
- Ramming, splashing, or capsizing
- Use of boats after dark

### FISHERMEN

Wading is not permitted. Do not fish near any swim area including Huck's Cove. When you lose a lure, a Scout's foot generally finds it!

### CANOE FLOAT PROCEDURES

Plan a float for your troop in the evening, early morning, or as an overnight. Participants:

1. Adult over 21 years of age for each float.
2. Staff escort will take charge of all aspects of the float on the water.
3. Scouts, Venturers, Explorers, and leaders.
4. The Scouting "rule of four" applies to float trips.

All participants must be qualified as Swimmers and have taken the "Swamp Test" within the last two years. Swamp tests for Canoeing Merit Badge and canoe floats will be held on Monday afternoon.

Rowboats will not be substituted for canoes on overnight floats.

Although fishing is not allowed in-route on an overnight float, once camp is made, Scouts may fish from craft within 50 yards of the site at the discretion of the staff escort and leader. When fishing all watercraft rules must be followed.

### **Swamp Test**

The purpose of the swamp test is to prove to Scouts and leaders the buoyancy of the canoe. It is also a drill that shows our expectation of staying with the craft in case of capsizing.

- A. Procedures:
  - 1. Check in with buddy tags on the Canoeing Board
  - 2. Properly equipped with life jacket and paddle, launch the canoe with your partner.
  - 3. Paddle to a point 50 yards out in the lake.
  - 4. Swamp the canoe using the proper method.
  - 5. Climb back into the swamped boat and paddle to shore.
  - 6. Unswamp canoe, rack canoe, and paddles, hang life jackets, get your tag stamped, and check out of the area.
- B. Time: All swamp tests for canoe floats and Canoeing Merit Badge will be held Monday afternoon.
- C. Bring last year's buddy tag stamped "swamp" and we'll stamp your new tag without another test.
- D. Wearing shirts and pants is no longer required for the swamp test.

### **General Information**

- 1. Anyone between the ages of 16 and 65 must hold a current Missouri Fishing License.
- 2. Live minnows may not be used in the lake at any time.
  
- 3. Fishing is not permitted in any waterfront, Huek's Cove, or boating area. Lines should not be east toward swimming area ropes, mile swim lines, or any type of floating device anchored for marking safety or direction.

### **Rules Regarding the Use of Canoe Boats By Adults for Fishing**

- 1. Rowboats may be used, canoes as available. Required minimum of 2 craft. Minimum 2 Scouters.
- 2. Hours for the use of the boats by adults are:
  - 5:30 - 7:45 a.m.
  - 7:30 - 8:30 p.m.
- 3. The craft are not to be taken out under adverse weather conditions.
- 4. The camp boating regulations apply at all times except where they conflict with this policy.
- 5. Craft must be left clean, oars and PFDs returned as instructed, and all trash removed from the area.
- 6. The Aquatics Director must be informed when the craft are used for fishing purposes.
- 7. Personal craft are subject to these same rules. Personal craft may be used from 5:30 a.m. - 8:30 p.m. The Aquatics Director must be informed of when a personal craft will be out on the water.

# FOOD SERVICE

## WHY PATROL FEEDING?

Approximately 40% of the Scout camps across our country have the patrol preparation and feeding method. Why? It's not the easiest; it's not the cheapest - then why.? Here are a couple of comparisons:

	<u>Patrol Feeding</u>	<u>Dining Hall</u>
<b>Pro:</b>	Comfortable surroundings. Ability to meet as a patrol. Patrols are built. Teaches Scouts self-reliance and responsibility. Better use of time than waiting in line.	Camp is all together. Campwide program can be held. Announcements can be made to entire camp.
<b>Con:</b>	Occasional poor preparation. More work. Poor weather can affect the outcome of the meal.	Hot dining halls. Mayhem of the crowd. Standing in line. Patrols not necessary.

## Average time comparisons in minutes

	<u>Patrol Feeding</u>			<u>Dining Hall</u>	
	B	L	0		
fire & water	70	40	70	from campsite	10
cooking	80	70	90	lineup/march in	10
cleanup	120	70	120	seating/instructions	10
Average time per Scout	90	60	95	eating	30
				songs/announcements	10
				dismissal	5
Average all Scouts/all meals: 82 minutes	Average:			75 minutes	

In the end, we believe patrol feeding produces better patrols and more self-reliant Scouts, so isn't patrol feeding worth the effort?

**PATROL COOKING:**

Preparing meals in camp is as much a part of the program as swimming instruction. It is one of the best ways to make the patrol method work, and through the patrol method develop leadership and responsibility in Scouts. Encourage and direct your Scouts to follow the plan, taking turns at jobs, preparing the meals completely, and cleaning up thoroughly after each meal. There is enough time to do this job right without interference with other camp activities, if the plan is followed.

**TYPE OF MENUS:**

The menus for all meals to be served at camp have been thoroughly reviewed. They are wholesome, plentiful, and have boy-appeal. They are written so that they can be easily followed by Scouts. Expert skill is not required to produce a satisfactory meal. By following the instructions as they are written, a fine meal will result.

**PREPARATION:**

Care must be taken and the cooks cautioned to follow the menus as they are written. This is most important. Your Troop Counselor will be available on Monday morning to work with any of your patrols, which need additional help.

**SIZE OF PATROLS:**

The camp can accomndate six different size patrols. They are 5, 6, 7, 8, 9, or IO persons. We cannot accommodate fewer than 5 or more than IO people in a patrol. Adults and junior leaders should eat meals with the patrols. This should be taken into consideration when reporting the size of patrols on checking in at camp and sending in your information card. Adequate portions will be issued to accommodate the various size patrols in your troop.

Duty rosters should be used by each patrol. Copies are available in the manual.

Note: If a troop has fewer than 5 Scouts and leaders, two options are - A) combine with the troop sharing your site or B) pay for necessary meal rations at \$50.00.

**COOKING EQUIPMENT:**

All equipment needed for the preparation of meals will be provided at camp. Steps must be taken to insure proper care of this equipment. Your Troop Counselor will show your Scouts how the equipment should be cared for and used.

**FIRE BUILDING:**

in order to properly prepare all meals, Scouts must be instructed in fire building techniques. There are various methods that may be used to start the charcoal fires on which the patrol will cook its meals. Troops are requested to bring newspaper for use in starting fires.

**FIRES NEEDED**

	MON	TUE	WED	THUR	FRI	SAT
Breakfast	3	3	3	2	3	2
Lunch	2	2	2	2	2	
Supper	3	3	3		3	

**FOOD PICKUP:** at the commissary in each camp. Food will be issued on an Food will be picked up 1 individual meal basis and should be picked up by the cooks assigned to that meal. Ample time will be given to allow for the preparation of the meal after the food has been picked up. Food pick up times are 7:00 a.m. (6:45 a.m. Thursday only), 12:00 noon, and 5:30 p.m. The plastic containers used for food issue must be cleaned and returned to the Commissary after each meal.

**GARBAGE AND TRASH DISPOSAL:**

Trash bags will be provided for transporting garbage to the disposal area located adjacent to the Commissary building in each camp. Garbage should be disposed of after each meal. Your Troop Counselor will tell you how to dispose of trash, including paper and cans.

**DISHWATER DISPOSAL:**

A dishwater disposal sump has been built on each campsite. All dishwater is disposed of by using this sump. Do not allow your Scouts to dispose of dishwater in any other manner. The funnel strainer at the dishwater disposal sump must be cleaned daily. The sump bucket is to be used only for emptying the sump funnel. Advise your Scouts not to use it for other trash. Your Troop Counselor will show you how to use this facility.

**STAPLE ISSUANCE:**

An initial issuance of staple items such as salt, pepper, detergent, etc. will be made prior to or with the preparation of Monday morning breakfast. These are to be kept throughout the week in the patrol box. Reissuance of these items will be made on an "as needed" basis.

**EATING EQUIPMENT:**

Plates and cups will be furnished as part of the camp equipment. Each Scout and leader should bring his own knife, fork, and spoon.

**SUGGESTED MEAL TIMES:**

Meals should be served as close as possible to 8:00 a.m., 12:30 p.m., and 6:30 p.m.

**CHARCOAL ISSUE:**

On an average, a patrol will use 50 pounds of charcoal a week - 50 pounds each day. A charcoal chit will be issued to each patrol to help control the amount and avoid waste.

**ICE:**

As in years past, ice will be issued with most lunches and dinners. Additional ice will be available for purchase from the Trading Post.

**HELPFUL HINT:**

To speed up the heating of dishwater prepare "Bradfuel" named after the Scout who came up with it! Take sticks of 1-2" diameter and with a bow saw cut off increments of 1-2".

As you place your dishwater on to heat add a few "Bradfuel" to the charcoal fire. Cut a week's supply at one time.

**EXTRA SUPPLIES:**

We encourage Scouts to conserve and wisely use all items. For instance, the charcoal chit card encourages Scouts not to use briquettes as grapeshot in the inevitable inter-patrol war. If extra supplies are needed, any leader may come to the Commissary and we will try to fill your needs, as supplies are available. This includes soap pads, paper towels, TP, charcoal... whatever your needs.

**SPECIAL DIETS:**

Occasionally an individual may have varying dietary needs for religious, personal, or health reasons. The camp menu is listed on the following page to assist unit leaders in planning for that individual's needs. Note: It is the responsibility of the individual and unit to bring any necessary supplements to the menu.

**2003 TENTATIVE PATROL COOKING MENUS  
S-F SCOUT RANCH CAMPS**

**BREAKFAST**

**Monday**

Oranges  
Fruit Loops with Milk  
Scrambled Eggs  
Bacon  
Bread & Butter  
Jelly

**Tuesday**

Rice Krispies with Milk  
Egg Sandwich with Ham &  
Cheese on English Muffin  
Trix cereal with Milk  
Butter

**Wednesday**

Orange Juice  
Apple Cinnamon Toasted Oats  
with Milk  
French Toast with syrup  
Sausage Links  
Butter

**Thursday**

Apple Juice  
Pop Tarts  
Raisin Bran with Milk  
Fresh Oranges  
Granola Bar

**Friday**

Corn Flakes  
Apple Pancakes  
W/syrup  
Sausage patty  
Butter  
Milk

**Saturday**

Fresh Peaches  
Frosted Flakes with Milk  
Sweet Rolls

**LUNCH**

Cold Cuts & Cheese  
Potato Chips  
Lettuce & Tomatoes  
Whole Wheat Bread  
Mustard-Mayo  
Nutty Bars  
Strawberry Punch

Hot Dog on Bun  
Mustard and Relish  
Cheese Sticks  
BBQ Chips  
Apples  
Orange Beverage

Burritos w/cheese  
Lettuce & Tomatoes  
Nacho Chips  
Applesauce  
Snack Cake  
Raspberry Punch

Sloppy Joe Sandwiches  
Sour Cream & Onion Chips  
Macaroni & Cheese  
Bread & Butter  
Pears  
Grape Drink

Cold cuts & cheese  
Potato chips  
White bread  
BBQ Chips  
Mustard and Mayo  
Orange Beverage

**DINNER**

Hamburger on Bun  
Pork & Beans  
Mayo Potato Salad  
Chocolate Pudding  
Bread & Butter  
Chocolate Milk

Pan F'n'ed Chicken Patty  
Buttered Corn  
Lettuce Wedges with dressing  
Sliced Peaches  
Cookies  
Milk

Grilled Ham Steaks  
Tiny Whole Potatoes  
Pineapple Tidbits  
Cookies  
Bread & Butter  
Chocolate Milk

**Optional Meal**

Sliced Turkey  
Shoestring Potatoes  
Tomatoes and Sliced Cheese  
Deli Buns  
Fruit Cocktail  
Milk

Charcoal Broiled Steak  
Hash Browns  
Corn on the Cob - Cobblets  
Bread & Butter  
Snack Cake  
Chocolate Milk

For its nutritional value, we substitute turkey meat products where possible

## Grace at Meals in Camps

The graces listed below are only suggestions. Scouts may use them, or the grace they say at home.

### **Morning Graces**

1. Gracious Giver of all good, Thee we thank for rest and food. Grant that all we do or say, in Thy service be this day.
2. Our Father, we thank Thee, for this new day and for Thy loving care. Help us to be mindful of Thee in these happy, sunlit hours.
3. Heavenly Father, we thank Thee for Thy care through the night and for this new day. Guide us by Thy spirit, and at the close of this day may we not be ashamed before Thee.

### **Noon Graces**

1. Father, for this noonday meal, we would speak the praise we feel. Health and strength we have from Thee, help us Lord to faithful be.
2. Heavenly Father, help us to see the beautiful things in earth and sky which betokens of Thy love. Walk with us in the days we spend together here. May the food we eat and all thy blessing help us to better serve Thee.
3. Our Father in Heaven, as the day leads on, let us not forget our obligation to honor and serve Thee. We thank Thee for these gifts of Thy bounty. Bless them to our use and our lives to Thy service.

### **Evening Graces**

1. Tireless Guardian on our way, Thou hast kept us well this day. While we thank Thee, we request care continued, pardon, and rest.
2. Heavenly Father, we thank Thee for this day and for Thy presence in it. Forgive us if we have not made it a better day and help us to be tomorrow what we failed to be today.
3. Our Father God, we thank Thee for this evening meal. As Thou hast been mindful of us, so help us to be mindful of Thee, that we may know and do Thy will.
4. Our Father in Heaven, Thou hast given us all things richly to enjoy. We bring our thanks to Thee at this evening meal. Bless us as we partake of this food, and keep us mindful of the needs of others.

### **Graces suitable for any meal**

1. For health and strength and daily food, we give Thee thanks, O Lord.
2. For this and all Thy mercies, Lord, make us duly grateful.
3. For food and health and friendship, we give Thee thanks, O Lord.
4. We thank Thee, our heavenly Father, for this food. Bless us as we partake of it that it may strengthen us for Thy service.

### **Scout Benediction**

May the Great Master of all Scouts be with us 'til we meet again, Amen.

**S-F Ranch Grace**

For the gifts of food and freedom  
And hills to roam  
For crimson sunsets  
For the earth, our home  
For the stars at night  
And gentle wind in trees  
Thank you Great Spirit  
For all of these.  
Amen

**Philmont Grace**

For food,, for raiment,  
For life, for opportunity,  
For friendship and fellowship,  
We thank Thee, O Lord.  
Amen

## **ORDER OF THE ARROW ELECTION INFORMATION**

### **Mr. Scoutmaster:**

In order for your Scouts (especially first year campers) to be able to vote wisely in the O.A. election at camp, they will have to understand the purpose and nature of the Order of the Arrow. The Scoutmaster and troop leaders who are in the O.A. have the responsibility of informing these Scouts about the Order.

The Scouts should be informed about the O.A. and the election before the election ceremony, for example, at a troop campfire or meeting held earlier in the week at camp. Scouts should be told about the purpose, activities, and importance of O.A. and the election. Your troop counselor can help with such presentation.

The following ceremony should be used on the morning of the election. Your troop counselor will be there to help run the election; he is the representative of the Lodge.

### **THE ELECTION**

#### **THE LEADER**

Provides: Ballots (may be preprinted) and Candidate list.

Give a short explanation of the O.A. and include these points:

1. It is a national honor society of the Boy Scouts of America.
2. It honors those that best exemplify the Scout Oth/Law
3. The only way to gain membership is to be elected by his troop.
4. Leaders 21 and over are not allowed to vote
5. The election is not a popularity contest.
6. Call forward the candidates and have them form a line in the front of the troop.
7. Ask if any Scouts feel that their names should be on the eligible list
8. Ask if anyone has influenced the Scouts on how to vote.

#### **THE TROOP COUNSELOR**

Arrive on site by 6:50 a.m. Meet with leadership to deten-nine number of candidates. At the election he:

1. Shows the symbols of the Order.
2. Explains the voting procedures. A Scout may vote for one, two, three, or more or none of the eligible Scouts.
3. Reminds the troop it is not a popularity contest.
4. Hand out the ballots, ask them to print the first and last names, and remind them it is a secret ballot so there should be no discussion through the day.
5. Inform them as where to submit the completed ballots.
6. As they hand in the ballots, ask them to return to the patrol site to for breakfast.

1. After all votes have been cast, the unit leader and troop counselor counts the votes. No other leader or Scout should assist in counting the votes. Refer to the voting rules if needed.
2. Fill out election results on the Election Report Form.
3. The troop counselor goes to the office and turns in Election Results Form and completes his section of the candidates' citations.
4. The unit leader completes the citations in the camp office and pays the induction fees by the close of the morning business office hours.
5. If an adult Scouter or Scouters have been elected at an earlier committee meeting the citation(s) should be turned in at this time.

**SHAWNEE LODGE ONLY (6 and 7)**

6. At this time the leader may exercise his veto by simply tearing up the Scout's citation. He may not substitute any candidates for a vetoed Scout.
7. Leader and troop OA members should attend the 1:15 p.m. OA meeting for call-out instructions and materials. This meeting is held on Thursday in the program hall of each camp at the S-F Scout Ranch.
8. Blank or completed citations should not leave the office. Thank you for your assistance.