



Winter Weekend

Parent / Leader Guide

Heritage Reservation, Laurel Highlands Council, Boy Scouts of America





Winter Weekend Leaders Guide

The Winter Weekends is a tremendous opportunity for you and your son to enjoy a fun-filled weekend in the great outdoors. When nature provides the beauty of winter, Heritage Reservation is the perfect place for you and your son to enjoy all that Scouting has to offer. This guide is a great companion for parents and leaders to help you prepare for the Winter Sports Weekend and to provide you answers to common questions.

Table of Contents



Prior to Arriving at Camp | Page 3

- Making Reservations
- Lodging
- Meals and Dining
- Medical Forms
- What to Bring
- What to Leave at Home

Friday Check in Process | Pages 4-5

- Arriving at Heritage
- Map to Heritage
- Check in Process

Weekend Activities and Events | Pages 6-8

- Winter Weather Events (Snow Events)
- Scavenger Hunt
- Alternative Events (Non-Snow Events)
- Campfire
- Scout Vespers
- Marshmallow Roast

Pathfinder Lodge Amenities and Activities | Page 9

- Game Room
- Board Games
- Gift Shop
- Movie Lounge
- Hot Beverages

House and Camp Rules | Page 10

- Rules

Documents | Pages 10+

- Playing Card Games
- Detailed Packing List
- Weekend Sample Menu
- Sample Schedule(s)
- BSA Medical Form



Making Reservations

Prior to arriving and checking in at camp you will need to register with Flag Plaza. There is NO walk in registrations at camp. You can register at <http://heritagereservation.org> until all spaces are sold. There are multiple Winter Weekends, so if your first choice is full you may try another weekend. If you have questions on housing and reservations or require any special arrangements, it is best to phone Flag Plaza at 412.471.2927.

Lodging

Participants of the Winter Weekend will be housed in the Potomac Homes at Heritage Reservation. Each lodge is a fully functional house complete with a Kitchen, Living room, Dining Room, two to four person small rooms, Dormitory Sleeping Quarters, two full Bathrooms, Log Burner and Central Heating.

Please Note:

Since Reservations are taken on a first come first served basis, two to four person small rooms tend to sell out fast. The earlier you register, the better chance you have of receiving a private room.

The Ranger Staff asks that guests refrain from using the Log Burners as they turn off the furnace in the house and make the basements and bedrooms cooler than when the furnace is used.

Meals

At Heritage Reservation all meals are served family style in the Pathfinder Dining Room. All meals include Coffee, Tea, Hot Chocolate or choice of Juice. If you or your son has a food allergy, please ask the kitchen staff prior to eating any item if you are unsure of its contents. For severe food allergies please contact Flag Plaza 412.471.2927 and ask to speak to the camping department when making your reservation.



Medical Forms

All Participants (adult and youth) are required to fill out a medical form. Medical forms, parts **A and B** should be accurately completed and **DO NOT** require a medical professional's signature. Please note that all medical forms are destroyed on Sunday after checkout; they will not be returned to you.

What to Bring

All Participants will need to bring anything that they normally would to camp. This would include a Sleeping Bag, Scout Uniform, Winter Jacket, Hat and Gloves, as well as other clothing for the weekend. You do not need to bring any eating utensils or cook ware. Need a more detailed list? See later in this document.

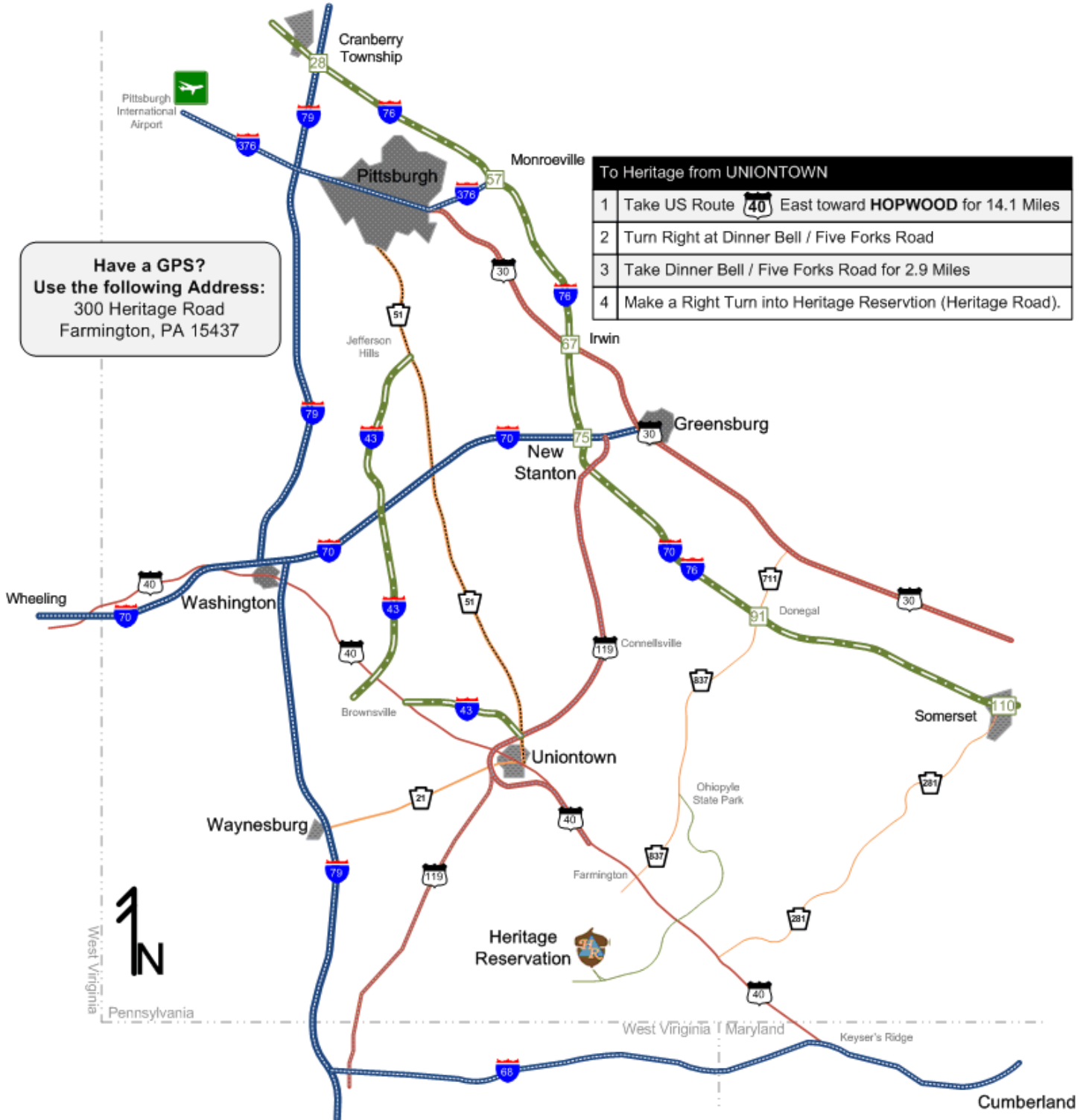
What Not to Bring

Please leave all pets, electronic games, radios, and weapons at home.



Arriving at Heritage

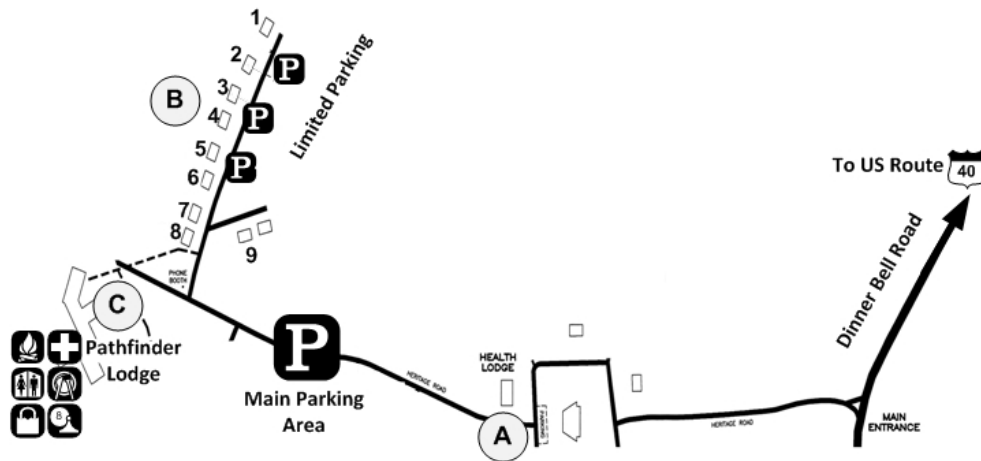
When arriving at Heritage it is best to come with others in your group. Carpooling is encouraged. Heritage Reservation is about a one and a half hour drive from downtown Pittsburgh. Plan to arrive at Camp between **6:00PM** and **8:30PM**.



Check in Process

Once arriving at Heritage Reservation, the check in process is completed in four simple steps.

<p>Step 1</p>	<p>Simply drive around the circle and stop at the pre check in station. Here a staff member will greet you and verify your housing assignment. (This is at location “A” on the map below)</p>
<p>Step 2</p>	<p>You may then drive to your house and park across the street from the houses if space permits. If there is no space at the houses to park your vehicle, you will need to park your car at the parking lot along the main road. Your house is located somewhere near “B” on the map. Unload your gear and make a bunk in your assigned room. Once you are set in your house simply, head to Pathfinder Lodge to complete the check in process. *** <i>Take your completed medical form with you</i> *** Also, remember the Gift Shop / Trading Post will be open.</p>
<p>Step 3</p>	<p>Go to Pathfinder Lodge and find the check in desk (Signs will point you to the area). Here you will need to turn in your completed medical form and obtain a wrist band. The wrist band identifies you and your son as participants for the event staff and allows you access to the dining room for meals. This occurs at Pathfinder Lodge, which is near area “C” on the map.</p>
<p>Step 4</p>	<p>After you complete step three, you are free to partake in cracker-barrel and in the other activities in Pathfinder. There is a Game room, Board Games, a Movies, and Food available to all. Please remember that you MUST attend the Welcome Meeting.</p>





Upon completing check in at camp you will be assigned to a group. Each group is then given an individual time slot at all of the staffed Winter Weekend events. Below is a description of all of the events and activities that are scheduled throughout the weekend. Please note that some events are weather dependent and may change if there is no snow.

Sledding

** Snow is Required for this event*

Sledding is typically one of the highest rated events of the weekend. Scouts and Parents can take turns sledding down one of the steepest hills here at Heritage Reservation. Tubes and / or Sleds are provided. Participants are encouraged wear a helmet.

Snowshoeing

** Snow is Required for this event*

Snowshoeing is a great activity for Scouts and Parents who like to hike over snow. Snow Shoes (Camp Provided) are footwear for walking over snow. Snowshoes work by distributing the weight of the person over a larger area so that the person's foot does not sink completely into the snow.

Cross Country Skiing

** Snow is Required for this event*

Cross-country skiing (commonly abbreviated XC skiing) is a winter sport in which Scouts and Parents propel themselves across snow-covered terrain using skis and poles are camp provided.



Broom Ball

Broomball is a popular recreational ice game originating in Canada and played around the world. In a game of broomball there are two teams, each consisting of Scout and Parent players. The object of the game is to score more goals than your opponent. Goals are scored by hitting the ball into your opponent's net using your broom. Tactics and plays are similar to those used in sports such as ice hockey, roller hockey and floorball. (Equipment is provided)



Giant Sling Shots

The Giant Sling Shots is a great activity to have Scouts work as a team to knock down targets with projectiles of snow and rubber balls. All Targets and Slingshots are camp provided

Ice Skating

**Winter Temperatures are required for this event*

Enjoy skating across the ice in the great outdoors. Ice skates are provided by the camp for scouts and parents to gracefully glide around the rink.

If there is a lack of Snow at camp here are some alternative activities to fill the day. These events will only replace events from above that require snow / winter temperatures.

Archery

At the Archery range Scouts will get the chance to shoot several arrows at a standard archery target. If time permits Scouts can challenge their Parents to see who can hit more bulls' eyes. Bows and Arrows are camp provided and are specifically designed for Scout Use. Instruction will be given by trained Field Sports Instructors.



Frisbee Golf

Missing the links? Scouts can challenge their parents and friends to a game of Frisbee Golf. Frisbee Golf is played like traditional golf but with Frisbees.

Log Sawing / Sled Races

Scouts and Parents will get the chance to use a large Lumber Jack Saw (Camp Provided) to cut through a piece of timber. Scouts will get to take home the slice that they cut off. After sawing through a log, Scouts will have the chance to pull a sled in a race against other Scouts, or if the Scouts are lucky a team of Parents.



Parachute Games

At the parachute games station Scouts will participate in games that require them to communicate and work together with Scouts in their group. Don't worry Parents will get to help with some of the parachute games as well.



Campfire

At the campfire the Scouts and Leaders will get the chance to relax and enjoy a few campfire skits and songs performed by staff and fellow campers. If your group or house would like to perform on stage at the campfire, please sign up by dinner on Saturday.



Performing is an optional activity. Please keep all skits clean and scouting appropriate.

If you want to prepare a skit prior to arriving at camp, here are a few websites to help you out:

<http://www.boyscouttrail.com/cub-Scouts/bear-scout-skits.asp>
<http://campfish.net/Scoutskits.php>

Scout Vespers (Non Denominational)

This non denominational service is available to all Scouts and Parents to fulfill do their duty to God.

Scavenger Hunt

The scavenger hunt is a daylong activity, where parent and Scout teams seek to gather all items on the list and answer trivia questions about Heritage (Answers can be found along the days events). The first team to turn in the scavenger hunt with the most correct answers and completed tasks wins.

This is an optional event / activity. Items turned in on the scavenger hunt will not be returned. First Place will receive a prize at the Saturday Campfire.

Sample Scavenger Hunt Questions:

- 1) Who was the Second President of the United States? (if you don't know the answer, note that the Potomac Homes are named after the first 10 US Presidents)
- 2) Name a campsite in Camp Independence
- 3) How many days are in a Fortnight

Marshmallow Roast

The marshmallow roast is a great treat for Scouts just before heading for home. Remember bring your marshmallow stick that you collected on the scavenger hunt. Ingredients for S'mores are camp provided.





Pathfinder Lodge Amenities and Activities

Pathfinder Lodge has several events for Scouts and parents all are listed below. As with these events, the office in Pathfinder is the location that you will need to go to if you need help or have an emergency.

Game Room

The Pathfinder Game Room has several events for Scouts and parents, ranging from Pool, Bumper Pool, and Ping Pong. Parents must accompany Scouts at all times in the game room.



Board Game Sign-out

The Pathfinder Office has several board games that can be signed out for play in Pathfinder or in your House. Please see a staff member for game selection. All games must be turned in by breakfast Sunday morning.

Trading Post / Gift Shop

The Camp Trading Post (Gift Shop) has several items for sale, including but not limited to:

- Candy, Pop, Ice cream, and Chips
- Camp T-shirts, Fleece, Hats, and Sweatshirts
- Camping needs such as water bottles, knives, matches, rope, and other gear
- Other items including Games and Patches.

Cash and Checks are accepted.

Movie Lounge

The Pathfinder TV Lounge is a great place to relax and watch age appropriate movies and cartoons. Parents must supervise Scouts while in the TV Room.

Hot Beverages

As a resource to parents and leaders, during the entire weekend the Pathfinder Dining room is always open for a hot cup coffee or tea. It may be a good idea to pack a travel mug to take it on the go with you.

Camp and House Rules



1. Vehicles must be parked accost the street from the house or in the parking lot on the main road. NO Exceptions, this lane is needed to plow and allow access for emergency vehicles. If necessary Vehicles will be towed.
2. KEEP OFF THE ICE / LAKE. It is off limits.
3. Keep all windows and doors closed, this will keep the house warm
4. Please do not use the fireplace. When the fireplace is burning the furnace turns off
5. Please sleep in assigned quarters, if there is an issue with sleeping assignments please bring this to the attention of the registration staff
6. Emergency help and **First Aid** can be found 24 hours a day at Pathfinder Lodge
7. The Gift Shop / Trading Post is open during all meals and after program
8. When checking out:
 - Please check your area for belongings
 - Sweep the floor in your room
 - Remove all trash and place by the street
9. If there is a house problem please notify the staff in Pathfinder Lodge as they can contact the ranger staff to fix any issues
10. Since all bunk areas are reserved and accounted for, please stay in your assigned sleeping quarters.

Card Games



Rolling Stone

This card game for kids can be a lot of fun but also very frustrating: just when you are about to win, you can find yourself right back at square one!

Number of Players:

4 – 6

Age Range:

6 to Adult

High Card:

Aces are High

Cards:

If six players: One standard deck with the twos removed

If five players: Twos, threes and fours removed

If four players: Two, threes, fours, fives and sixes removed.

Instructions:

The players cut the deck and the highest card deals all the cards around the group clockwise, until each player has eight cards.

The players sort their cards by suit and then the player to the left of the dealer plays one card face-up. The next player then has to play a card which is of the same suit. Play continues until a player cannot place a card, at which point they have to pick up all the face-up cards and add them to their hand. They then start the next round with one of their cards of a different suit.

The winner is the player who runs out of cards first.

Slapjack

This is an easy card game - suitable for very young children - but it can get wild and start off a few sibling arguments! You might want to supervise young children.

Number of Players:

2 to 5

Age Range:

4 to Adult

High Card:

N/A

Cards:

Standard 52-card deck (No Cards Removed)

Instructions:

Deal the cards out completely, face-down - don't worry if the numbers are uneven. The player to the left of the dealer starts by turning the card on the top of his pack face-up in the centre of the table. Play continues with each player adding a card to the face-up pile, until somebody turns up a Jack (Knave), as which point all players try to be the first to "slap" their hand over the stack. Whoever gets their hand their first take the pack and adds it to the bottom of their pile.

The player to their left starts a new face-up pile, and play continues.

If you lose all your cards you have one more chance to stay in the game, by slapping the next Jack that appears. If you miss that one, you are out for good! The last person in is the winner.

P-I-G

This is a brilliant starter game for children, who enjoy the rhythm (once they get the hang of it) and the silliness of it all. It is one game that even the youngest child doesn't seem to mind losing, which makes it a real winner!

Number of Players:

3+ (and up to 13 using one pack of cards)

Age Range:

6 to Adult

High Card:

N/A

Cards:

Standard 52-card deck (No Cards Removed)

Instructions:

For each player, take four of a kind out of the deck and put aside the rest of the cards. If you are playing with younger children, try to make sure that the cards are as different from each other as possible. For example, if you were playing with 3 players you might choose the 4s, 8s and Queens. Shuffle your chosen cards well.

Deal the cards so that each player has four. Now each player looks at their hand and sorts the cards out. The aim of the game is to collect four of a kind, at which point you quickly, and quietly, put a finger on your nose. If you see another player put a finger on their nose, you must do so too (regardless of whether you have 4 of a kind or not). The last player to put a finger on their nose gets a letter - first P, then I, then G.

To play, choose which cards you want to collect then choose a card to discard and put it, face down, on the table in front of you. When everyone has a card on the table, simultaneously pass your card to the player on your left and then pick up the card which has been passed to you. Try to establish a rhythm - it can help if an adult says "down - pass - pick up, down - pass - pick up" to keep everyone going! The first player to reach P-I-G is the loser. For a longer game use A-K-E-L-A or C-U-B-S-C-O-U-T

Winter Weekend Suggested Packing List



A suggested packing list for the Winter Weekends

Clothing

- Winter Hat and Gloves
- Scarf / Earmuffs
- Boots
- Winter Jacket
- Wool Socks
- Snow / Ski Pants
- Official Scout Uniform (Shirt, Belt, Kerchief)
- Long Underwear
- Tennis Shoes
- Socks (Bring extra as they tend to get wet)
- Underwear
- Pants
- T-Shirts
- Sweatshirts
- Pajamas / Bed Clothes

Toiletries

- Towel
- Wash Cloth
- Soap
- Shampoo
- Toothbrush
- Toothpaste
- Other Personal Hygiene Items
- Shower Shoes / Sandals

Personal Items

- Eye Glasses
- Contacts, Contact Case, and Solution
- Medication(s)
- Cell Phone
- Completed Medical Form

Miscellaneous

- Flash Light
- Spending Money
- Pen and Notepad / Paper
- Sleeping Bag or Blankets and Sheets
- Pillow
- Spending Money
- Travel Coffee Mug
- Hand / Foot Warmers
- Canteen / Bottled Water

Optional Items

- Digital Camera
- Cell Phone Charger
- Playing Cards
- Non Electronic Games
- A plastic bag to collect Scavenger Hunt Items
- Sun Glasses
- Watch
- Alarm Clock
- Sled
- Playing Cards

***Please leave all pets, electronic games, radios, and weapons at home.*

CUB SCOUT WINTER WEEKEND MENU



Note: Menu subject to substitutions of similar items or changes due to item availability.

Meal	Friday	Saturday	Sunday
Breakfast 8:00 AM		Pancakes Sausage Links Syrup and Butter Sliced Peaches Assorted Cereals Milk and Juice	French Toast Sticks Bacon Syrup and Butter Sliced Pears Assorted Cereals Milk and Juice
Lunch 11:30 AM		Hamburger (cheese on side) Chicken Noodle Soup Chips Baby carrots Assorted Drinks	
Snack 2:30 PM (2 locations, 1/3 and 2/3)		Crackers Cheese Salami Assorted Drinks	
Dinner 6:30 PM	(STAFF ONLY) Boxed Dinner Turkey and Swiss on Multigrain Kaiser Macaroni or Potato Salad Fruit Cookies	Spaghetti with Marinara Sauce Meatballs California Vegetables Garlic Sticks Salad Pumpkin Pie with Topping Milk and Assorted Drinks	
Cracker Barrel 7:30 PM to 9:30 PM	Nachos with Cheese and toppings Chicken Nuggets with choice of Ranch Dressing, BBQ, and Hot Sauce Cookies Assorted Drinks		Hot Chocolate bulk mix for entire weekend

Coffee, Tea, Hot Chocolate, Juice and Assorted Drinks are available at all times.

Cub Scout Winter Weekend

PROGRAM SCHEDULE

2012



	Start	End	Event	Location	Notes / Groups
Friday	6:00 -	8:30	Registration	Pathfinder	
	7:30 -	9:30	Cracker-barrel	Pathfinder	
	9:00 -	9:30	Welcome Meeting	Pathfinder	Welcome meeting is mandatory. Information on events and meal structure will be discussed
	9:30 -	10:00	Free Time	Pathfinder / Houses	
	10:00 -	11:00	Quiet Time	Houses	Game and TV Rooms close at 10:00
	11:00		Lights Out	Houses	
Saturday	8:00 -	8:30	Breakfast	Pathfinder	
	8:30 -	9:00	Travel Time		Group 1 Group 2 Group 3 Group 4 Group 5 Group 6
	9:00 -	10:00	Program	See Group / Map	XC Skiing Slingshots Sledding Snowshoes Broomball Ice Skating
	10:00 -	11:00	Program	See Group / Map	Slingshots XC Skiing Snowshoes Sledding Ice Skating Broomball
	11:00 -	11:30	Travel/ Rest		
	11:30 -	12:00	Lunch	Pathfinder	
	12:00 -	12:30	Travel/ Rest		Group 1 Group 2 Group 3 Group 4 Group 5 Group 6
	12:30 -	1:30	Program	See Group / Map	Broomball Ice Skating XC Skiing Slingshots Sledding Snowshoes
	1:30 -	2:30	Program	See Group / Map	Ice Skating Broomball Slingshots XC Skiing Snowshoes Sledding
	2:30 -	3:30	Travel/ Snack	See Group / Map	Pathfinder Pathfinder Pathfinder Pathfinder Health Lodge Health Lodge
	3:30 -	4:30	Program	See Group / Map	Sledding Snowshoes Ice Skating Broomball XC Skiing Slingshots
	4:30 -	5:30	Program	See Group / Map	Snowshoes Sledding Broomball Ice Skating Slingshots XC Skiing
	5:30 -	6:15	Travel/ Rest		
	6:00		Scavenger Hunt Ends	Pathfinder	ALL Scavenger hunts due in Pathfinder by 6:00 PM (No Exceptions)
	6:15 -	6:45	Dinner	Pathfinder	Please wear Scout Uniform
	6:45 -	7:30	Free Time		
	7:30 -	8:30	Campfire	Pathfinder	Please wear Scout Uniform
	8:30 -	10:00	Game Time	Pathfinder / Houses	
10:00 -	11:00	Quiet Time	Houses	Game and TV Rooms close at 10:00	
11:00		Lights Out	Houses		
Sunday	8:00 -	8:30	Breakfast	Pathfinder	
	8:30 -	8:45	Vespers	Pathfinder Lounge	
	9:00 -	10:00	Marshmallows Roast	Gannet Campsite	
	10:00 -	10:30	House Cleaning	Houses	
	10:30		Check Out	Houses	

Important Information

Emergency assistance is available in Pathfinder Lodge at all times night and day.

Scouts are to use buddy system at all times.

The lake is off limits unless approved by and under staff supervision at designated program area.

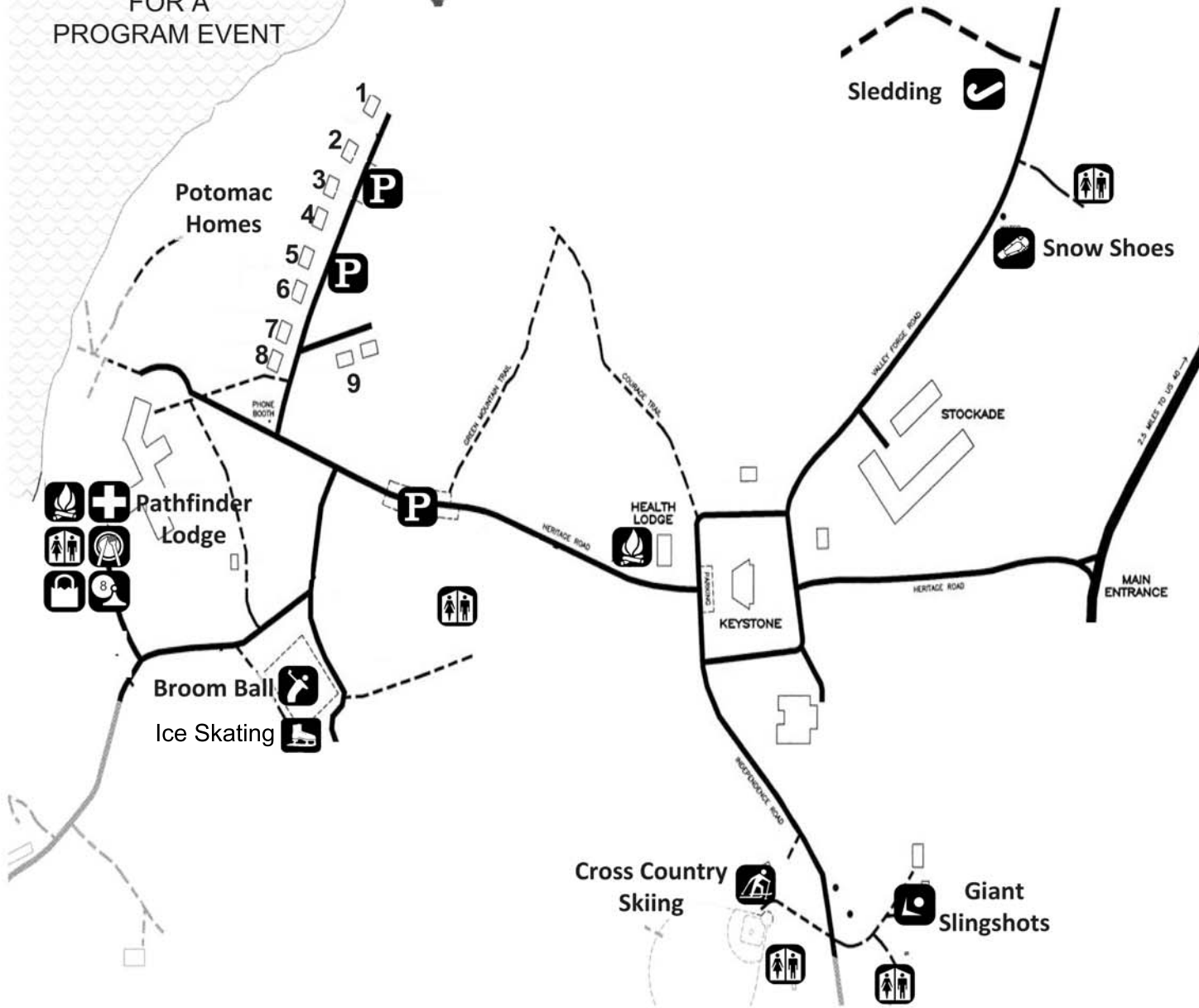
Pathfinder and Health Lodge will be available during program to offer shelter and warmth.

I am in Group Number:



2012 Winter Weekend

ATTENTION !
LAKE IS OFF LIMITS
UNLESS AUTHORIZED
FOR A
PROGRAM EVENT



Facilities

- Parking
- Warming Station
- First Aid
- Restroom
- Gift Shop
- Game Room
- Dining Room
- Parking

Events

- Broom Ball
- Cross Country Skiing
- Giant Slingshots
- Ice Skating
- Sledding
- Snow Shoes

Gift Shop Hours

Friday	7 - 10 p.m.
Saturday	8:30 - 11:15 a.m.
	12 - 6 p.m.
	6:45 - 7:30 p.m.
	8:30-10 p.m.
Sunday	8:45 - 10 a.m.

Cub Scout Winter Weekend

PROGRAM SCHEDULE

2012



	Start	End	Event	Location	Notes / Groups	
Friday	6:00 -	8:30	Registration	Pathfinder		
	7:30 -	9:30	Cracker-barrel	Pathfinder		
	9:00 -	9:30	Welcome Meeting	Pathfinder	Welcome meeting is mandatory. Information on events and meal structure will be discussed	
	9:30 -	10:00	Free Time	Pathfinder / Houses		
	10:00 -	11:00	Quiet Time	Houses	Game and TV Rooms close at 10:00	
		11:00	Lights Out	Houses		
Saturday	8:00 -	8:30	Breakfast	Pathfinder		
	8:30 -	9:00	Travel Time		Group 1 Group 2 Group 3 Group 4 Group 5 Group 6	
	9:00 -	10:00	Program	See Group / Map	Log Sawing Slingshots Archery Frisbee Broomball Parachute	
	10:00 -	11:00	Program	See Group / Map	Slingshots Log Sawing Frisbee Archery Parachute Broomball	
	11:00 -	11:30	Travel/ Rest			
	11:30 -	12:00	Lunch	Pathfinder		
	12:00 -	12:30	Travel/ Rest		Group 1 Group 2 Group 3 Group 4 Group 5 Group 6	
	12:30 -	1:30	Program	See Group / Map	Broomball Parachute Log Sawing Slingshots Archery Frisbee	
	1:30 -	2:30	Program	See Group / Map	Parachute Broomball Slingshots Log Sawing Frisbee Archery	
	2:30 -	3:30	Travel/ Snack	See Group / Map	Pathfinder Pathfinder Pathfinder Pathfinder Health Lodge Health Lodge	
	3:30 -	4:30	Program	See Group / Map	Archery Frisbee Parachute Broomball Log Sawing Slingshots	
	4:30 -	5:30	Program	See Group / Map	Frisbee Archery Broomball Parachute Slingshots Log Sawing	
	5:30 -	6:15	Travel/ Rest			
		6:00	Scavenger Hunt Ends	Pathfinder	ALL Scavenger hunts due in Pathfinder by 6:00 PM (No Exceptions)	
		6:15 -	6:45	Dinner	Pathfinder	Please wear Scout Uniform
		6:45 -	7:30	Free Time		
		7:30 -	8:30	Campfire	Pathfinder	Please wear Scout Uniform
		8:30 -	10:00	Game Time	Pathfinder / Houses	
	10:00 -	11:00	Quiet Time	Houses	Game and TV Rooms close at 10:00	
		11:00	Lights Out	Houses		
Sunday	8:00 -	8:30	Breakfast	Pathfinder		
	8:30 -	8:45	Vespers	Pathfinder Lounge		
	9:00 -	10:00	Marshmallows Roast	Gannet Campsite		
	10:00 -	10:30	House Cleaning	Houses		
		10:30	Check Out	Houses		

Important Information

Emergency assistance is available in Pathfinder Lodge at all times night and day.

Scouts are to use buddy system at all times.

The lake is off limits unless approved by and under staff supervision at designated program area.

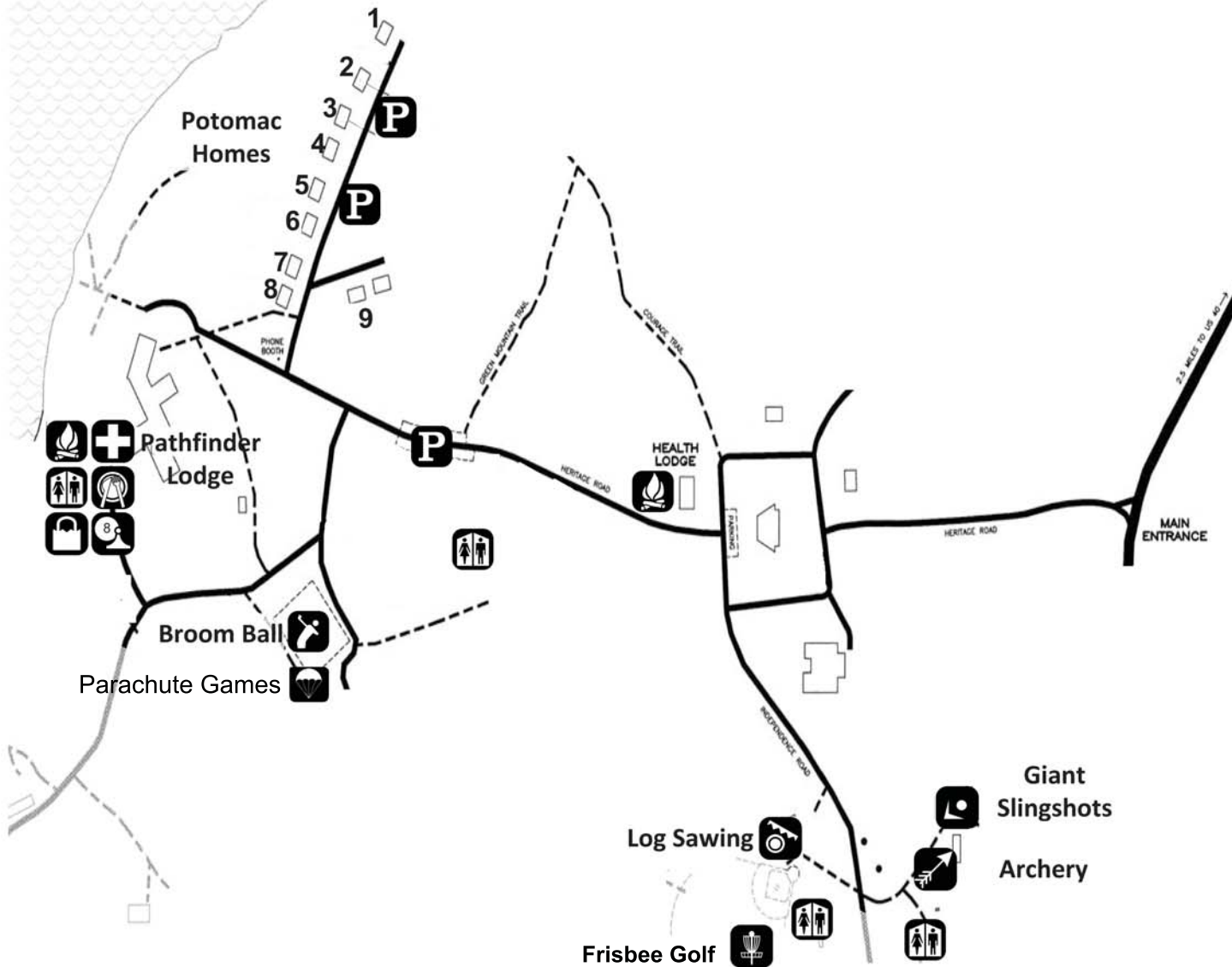
Pathfinder and Health Lodge will be available during program to offer shelter and warmth.

I am in Group Number:



2012 Winter Weekend

ATTENTION !
LAKE IS OFF LIMITS
UNLESS AUTHORIZED
FOR A
PROGRAM EVENT



Facilities

- Parking
- Warming Station
- First Aid
- Restroom
- Gift Shop
- Game Room
- Dining Room
- Parking

Events

- Archery
- Parachute Games
- Broom Ball
- Giant Slingshots
- Log Sawing
- Frisbee Golf

Gift Shop Hours

- | | |
|----------|-------------------|
| Friday | 7 - 10 p.m. |
| Saturday | 8:30 - 11:15 a.m. |
| | 12 - 6 p.m. |
| | 6:45 - 7:30 p.m. |
| | 8:30-10 p.m. |
| Sunday | 8:45 - 10 a.m. |

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)

Second parent/guardian signature _____ Date _____

(if required; for example, CA)

This Annual Health and Medical Record is valid for 12 calendar months.

Part B Full name: _____ **DOB:** _____