



2015 Summer Camp Program and Leaders' Guide

www.campworkcoeman.org



Welcome to Camp Workcoeman 2015



Dear Scoutmaster,

Welcome to the 2015 summer camp season of Camp Workcoeman! Founded in 1924, countless boys have experienced the benefits of the summer camp program at this special place with a long tradition of a fun-filled camp program on the shore of West Hill Pond. Camp Workcoeman is one of the longest running camps in the country to offer a summer camp experience to Scouts.

A summer camp experience at Camp Workcoeman will make your Scout troop grow. It is here that the Scouts advance and grow in confidence and skills.

In 2009, a camp study report evaluating the camping programs in Connecticut Rivers Council was compiled by "The Camp Doctor, Inc." The following are statements from the report:

"Good traditional Scout camping needs to survive, for this is where real Scout camping happens... The basic Boy Scout program at Camp Workcoeman was the best of the council's camps."

At Camp Workcoeman our task is to work side-by-side with you to tailor a program that best fits your troop. The staff is ready for this challenge. Once again, many of the old familiar staff veterans will be returning along with new, energetic characters. Many of which come from troops like yours!

Now is the time your troop should begin the process of planning for summer camp. Besides this program guide, the camp website www.campworkcoeman.org, can assist you in finding information about programs, camp arrival procedures, staff contact email addresses and all related camp forms. Comments from leaders about the web site indicate that it is easy to navigate and provides a wealth of information.

This year's theme will be "Spies and Secret Agents." It will be a summer of mystery with puzzles and challenges for your Scouts to work together and accomplish Scouting tasks.

Please contact us if you have any questions or special requests with your summer camp plans. We are here to help you prepare for a summer camp experience second to none.

All the best for a great Scouting year.

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Camp Workcoeman Program Guide

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Camp Workcoeman Program Guide

Camp Workcoeman is located on beautiful West Hill Lake in New Hartford, Connecticut. Established in 1924, it is one of the oldest continuously operated Scout camps in the country. **For over 90 years**, thousands of Scouts and Scouters have had unforgettable Scouting experiences at Camp Workcoeman. This fine tradition of Scouting continues today.



The Camp Workcoeman Staff is chosen by a Camp Director with over 35 years experience. The staff is highly skilled and trained with all key staff trained by the Boy Scouts of America at their National Camping Schools. Camp Workcoeman's veteran staff has an impact on a quality program.



The Summer Camp Program at Camp Workcoeman

contains valuable opportunities of skill, advancement and FUN and is available to every troop and Scout. The quality of your troop's summer camp experience rests with you, the Scoutmaster, and your troop's junior leadership. Use this program guide to learn about camp procedures and policies. You will then be able to inform all Scouts and parents. You and your Scouts can collectively select from among the many program opportunities that meet the needs of your troop.

Troop Leadership in Camp The National Council of the Boy Scouts of America requires that each troop must have at least two adult Scouters in camp at all times. One of the Scouters must be 21 years of age or older while the second leader must be at least 18 years of age. All adults must have completed Youth Protection Training. These Scouters stay at camp free of charge. The cost of any additional adults is determined by the number of Scouts in your troop at camp. The following table indicates the cost of additional adults.

# of youth per program	# of free Scouters	Each additional adult
1 - 10	2	\$90
11 - 20	3	\$90
21 - 30	4	\$90
31 - 40	5	\$90



Pre-Camp Information

Pre-Camp Program Planning

Two pre-camp planning meetings are scheduled for your troop leadership to meet with key members of the camp staff and develop a program that meets your needs. **Your CAMP SCOUTMASTER and SENIOR PATROL LEADER are urged to attend ONE of these meetings.** You will also be given information regarding camp policies, medical form and related health information as well as procedures for your Sunday arrival and check-in. A visit to your campsite is possible with a Camp Commissioner.

Camp orientation meetings are scheduled for:

***Saturday, May 2
or
Saturday, May 16***

***both beginning at 1:30 PM
in the Camp Workcoeman
dining hall.***



Pre-Camp Troop Activity and Merit Badge Sign-up

Your troop should sign up for merit badges and troop activities prior to camp. **This will be done online using a fillable Google Form for which the appropriate links will be emailed to troop contacts during May or June.** Link information can also be found on the Camp Workcoeman website or by emailing the Program Director at tleisten@campworkcoeman.org.

Merit badge selections should be submitted online at least three weeks prior to your week at camp. The Program Director will be in contact to verify receipt of selections and work with you in regards to any necessary program changes. A list of merit badge offerings can be found on pages 10-17 of this guide.

Troop Activity requests should be submitted online at least Three weeks prior to your week at camp. We will develop a schedule for your troop from the requested activities. Please understand that we will make every effort to schedule your desired troop activities. Some activities are in high demand and we want to be fair to everyone. Suggested activities can be found on page 21 of this guide. A blank schedule to begin planning your troop's week can be found on page 29. Staff resources are allocated based on sign-ups done ahead of time. As a result, some programs might not be available without pre-camp sign-ups.

Camp Medical Form Information

Who Needs a Completed Medical Form?

**** All Scouts and adults MUST have a medical examination dated within the last 12 months prior to arrival at camp. The form must be signed AND DATED by a licensed physician.**

Be sure to use the Medical Form, Medication Authorization Form and Allergy Treatment Plan found in the Forms Section of this guide or on the camp website.

Those adult leaders staying less than a cumulative 24 hours do not need to have a physical examination however sections A, C & D of the medical form must be completed. Leaders using this option are restricted from participating

Check the following items *BEFORE* submitting all Medical Forms:



- **IMMUNIZATION SECTION-** All Scouts must have history of all immunizations with dates not just tetanus. Leaders require tetanus date only.
- **Be sure that all personal information, including emergency phone numbers and insurance information is current and accurate.** If parents will be away while the Scout is at camp, be sure a person who can make decisions for the child is listed. Be sure to include a copy of both sides of your insurance card.
- **ALL MEDICATIONS, INCLUDING OVER-THE-COUNTER, REQUIRE WRITTEN DOCTOR'S ORDERS**
Use the "Authorization for Medication" form for EACH medication required. This form is found in the Forms Section of this guide or download a form from www.campworkcoeman.org.
This form MUST be signed by BOTH the medical practitioner AND a parent.
This is a State of Connecticut regulation for ALL participants.
- **All medications must be in original pharmacy containers.** They must be given to the Health Officer during your assigned medical check-in time. This includes any non-prescription medications such as supplements or vitamins. Be sure that Scouts bring only the quantity of medication required for the time they will be at camp. Inhalers and epi-pens used for emergency conditions may be carried by the camper with an appropriate order after they are logged in by the camp Health Officer. All inhalers and epinephrine auto injectors (epi-pens) must be in their original pharmacy containers and have a pharmacy label affixed to them. **Make sure all medications have not expired!**
- **** No medications maybe kept by, or administered to Scouts by an adult leader unless the leader is the parent of the Scout. Otherwise, the Camp Health Officer is the only designated person to dispense medications.**
- A school physical form is acceptable BUT a BSA form with Parts A, C & D must be completed and accompany the school form.

Upon arrival, all Scouts and adults must fill out a medical survey. The survey form is found in the "Camp Forms" section of this guide. These surveys are to be turned in to the Health Officers during your Sunday medical check-in. You will be given a time for your Sunday check-in with the Health Officers. Failure to follow this procedure will negatively effect the check-in schedule of all troops in camp.

All Medical Forms should be sent to camp at least 3 weeks prior to your week at camp. Please include a roster of those Scouts and Scouters attending camp when sending medical forms. Our Health Officers will review them and contact you with any problems that are found. Please mail them at least 3 weeks prior to your week of camp to:

Camp Workcoeman
169 Camp Workcoeman Rd.
New Hartford, CT 06057 Att: Camp Nurse
Email questions to: nurse@campworkcoeman.org or call 860-379-1756

Do not fax your forms to camp!

General Camp Information

Mail

Mail is received at camp and distributed daily. Outgoing mail is brought to the post office on a daily basis too. Stamps are available in the Trading Post. Incoming mail should be addressed as follows:

Camp Workcoeman
169 Camp Workcoeman Rd.
New Hartford, CT 06057
Scout's Name _____ Troop # _____
Campsite _____



Telephone

It is highly recommended that Scouts do not bring cell phones to camp. The cell service is very limited and charging is not available. Any important incoming messages can be made to the Camp Director's phone. Camp Office: 860-379-2207 Fax: 860-379-1311 Camp Health Lodge: 860-379-1756

Parking/Automobile Use

No vehicles may be taken into campsites, program areas or on camp roads. Please see the Camp Director or Ranger if you must have any need for the use of a vehicle to your campsite. Parking will be in designated areas only. **No passengers are ever to ride in the back of trucks.**

All vehicles are required to have a parking permit displayed on the dash board while in camp. ALL leaders and visitors must display this permit. Parking Permits can be obtained in the camp office.

Wrist Bands

All campers, leaders, staff, and visitors must wear a wrist band. Visitors must check-in at the camp office to obtain a wrist band.

Check-in/Check-out and Visitor Procedures

Anyone arriving or departing camp after Sunday check-in **MUST** sign in or out at the Camp Office. This includes any temporary leaders and **ALL VISITORS**. Visitor meal costs are: Breakfast-\$4.00, Lunch-\$5.00, Dinner-\$6.00. Meal tickets are available in the camp office before meals. Any Scout leaving camp during the week for any reason with someone other than their parent or guardian must complete a special permission form. See the "Camp Related Forms" section of this guide for a sample of this form. This form must be completed and submitted at the time of arrival.

***If your troop leadership will change during the week, please submit a list of names and a day/time schedule for leader rotation. Please submit this list to the camp office or at the Sunday scoutmaster meeting.**

Troop Photos

Troop photos will be taken each week on Tuesday before and after lunch. A photo order form can be found in the "Camp Forms" section of this guide. Orders and money for photos are due in the Camp Office by Tuesday noon. Photos will be delivered to camp and distributed on Friday night. The cost of an 8x10 photo is \$10. Please be sure that all checks are made out to: *Connecticut Rivers Council, BSA.*

Lanterns, Stoves and Fuels

Stoves and lanterns using liquid and propane fuels are permitted provided they are used in compliance with BSA policy as detailed in the "Guide to Safe Scouting". The following are segments of the policy that must be followed:

- Scouts or youth visitors under the age of 18 may not fuel or refuel any stoves, lanterns or appliances on CRC property.
- A quantity of liquid fuel not to exceed 32 ounces per appliance may be kept in a "Sigg type" container, stored in accordance with National BSA Policies and never in tents or buildings. Any fuel in excess of this amount is to be turned over to the Camp Ranger for proper storage.

No candles, lanterns or other flames are permitted in tents at any time!

Fire Safety

Campfires are permitted ONLY in the fire pit in your campsite and should never be left unattended. Proper methods to extinguish fires should be available at all times. When the fire is out cold, stack partially burnt wood near the pit for future use. Disposing of cold ash should be done regularly. This can be arranged through the Commissioners or the Scoutcraft staff. It is not necessary to bring wood from outside sources onto the camp property.

** Please do not cut down any trees. All necessary wood can be found on the ground. Firewood should not be brought to camp. This policy prevents the spread of threatening insects to the forest.*

Don't Bring Firewood To Camp

Invasive insects such as the Asian Longhorned Beetle and the Emerald Ash Borer are active in New England and New York. While the Emerald Ash Borer primarily attacks its namesake tree, the Asian Longhorned beetle poses a threat to almost any hardwood tree. Because of this risk, Western Connecticut is under a Federal quarantine and Connecticut State Law prohibits moving firewood across county lines. Help preserve our forests by not transporting any firewood. For more information about these and other pests, speak with the Scoutcraft Staff or the Nature Staff.

Dining Hall Conduct

All meals are served family style and use the host system. Every table in the dining hall should have **at least one adult sitting with the Scouts**. Adults ensure proper table manners, safety and Scout-like behavior.

Troop Leader Assistance

Troop leaders hold a wealth of information and are a great source of assistance to the staff. You are asked to share your talents in a particular program area. Please complete the *Adult Resource Form* in the *Camp Related Forms* section of this guide and return it to the Program Director.

Commissioner Service - "Your Source For Help at Camp"

The Camp Workcoeman Commissioners are here for any assistance to your troop while at camp. Program changes, campsite needs & repairs, as well as any special requirements are all ways that we can make your stay at camp as best it can be. *Each morning before reveille, the Commissioners will visit your campsite to bring coffee and deliver your daily copy of the "Chief Tunxis Times."*



Daily Campsite Visitations

A Scout is Clean. While your boys are at morning merit badge sessions, the Commissioners will visit your campsite. A colored feather will be placed in the tent that is best arranged and tidiest. The top three scores will be announced during lunch in the dining hall. A sample visitation rating sheet will be distributed at the Sunday afternoon leaders meeting. The Commissioners will visit with leaders to address any health and safety concerns and will be looking for top notch, clean campsites.

Directions to Camp Workcoeman

Camp Workcoeman is located off West Hill Road in New Hartford. From the south (Middletown, Waterbury, etc.) take Route 8 North to the Pinewoods Road Exit 46. Take a right at the end of the exit ramp past the Cornucopia Banquet Hall to the intersection of Route 183. Go left on Route 183 and take the next right onto West Hill Road. Follow the signs to Camp Workcoeman from there.

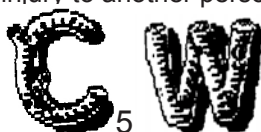
From the Hartford area, follow Route 44 to Winsted. Go left onto Route 183 and take a left onto West Hill Road. Follow the signs to Camp Workcoeman from there.

Damage to Camp Property and Equipment

The cost of camp equipment such as tents, mattresses, bunks, campsite tables is quite expensive. For any camp property that is deliberately damaged, lost, or stolen, the unit will be charged for the cost of repair or replacement.

Camp Disciplinary Policy

The Scout Oath and Law is the basis for the conduct of Scouts, leaders, and staff in camp. Scouts who display improper conduct will be asked to leave camp immediately with their parents. Troop leaders will be informed by the camp staff of any Scouts displaying misconduct. The following are examples of conduct that will result in the expulsion of an individual from camp: deliberate injury to another person, theft, vandalism, fighting, and the use of alcohol or drugs.



Sunday Check-in Procedures

Check-in Begins at 2:00 PM

-Immediately Upon Arrival-

1. The Scoutmaster must check in with the Camp Director BEFORE going to your campsite. *No Scouts will be allowed in the campsite until the Scoutmaster arrives and checks in with the Camp Director.*

You will need to submit the following:

- An accurate roster of Scouts and leaders in camp. This list should include any leaders rotating during the week with names and times of arrival and departure.
 - All payment balances due for Scouts and extra leaders should be paid prior to camp. Payments for last minute additional Scouts and extra leader fees must be paid upon arrival.
2. All Scouts will be directed to their campsites to check-in with their leaders. Be sure to inform the camp administration if you plan to gather Scouts and parents in a location other than your campsite.

You will receive an assigned time for your medical check-in with the nurse.

Please arrive at the parade ground pavillion at your assigned time with completed Medical Screening Forms for all Scouts and Adults. Any Scout with medications should check-in with the leader including those with orders to self-carry such as inhalers. It is best if a parent of a Scout who will have medication in camp attends check-in with the nurse.

**If medical forms are incomplete or not submitted ahead of time, you will have to wait until the end of check in to see the nurse.*

3. A Camp Staff Guide will be assigned to your troop to assist you and your Scouts with all check-in procedures.

Sunday After Check-in

4:00 Scoutmaster Meeting in the Dining Hall

Here you will receive information from the Camp Commissioners, the number of waiters that you will need for meals and updates from the Program Director. At least one leader from each troop must attend this meeting.



5:40 Parade Ground for Camp-wide Retreat and Staff Introductions

6:00 Dinner

AFTER DINNER....

7:30 Camp Orientation - A review of Aquatic, Shooting Sports, COPE and General Camp Rules will be given at specific locations to be announced.

A **Merit Badge Sign-Up Session** will be held at the Parade Ground pavilion for any last minute changes.



8:30 Opening Campfire hosted by the Camp Staff



Saturday is Family Day at Camp Workcoeman

COURT OF HONOR



The Campwide Court of Honor & Awards Presentation will be conducted in the council ring and begins at **10:15 AM**. Advancement and other awards, some goofy, as well as the *CLASS "A" TROOP* will be presented at this time.

FAMILY BAR-B-QUE



Our *Family Bar-B-Que* will follow in the Dining Hall for all Scouts, Scouters, parents and visitors with reservations. **Serving time is approximately 11:15 AM**. Reservations are required for all visitors. Be sure to submit your "BAR-B-QUE RESERVATIONS FORM" (found in the back of this manual) by Tuesday. The cost for family and visitors is \$8 for adults and \$5 for children ten and under.

Don't forget to visit the Trading Post for all of the goodies that you've had your eyes on all week. Don't forget to get those Scout badges like Mile Swim, BSA Lifeguard as well as camp patches, shirts, hats and more.

CHECK-OUT PROCEDURE

The Commissioners will distribute to all troops a Campsite Check-out form. Please complete the form and return it to the office before the Court of Honor at 10:15 AM.

**PLEASE BE SURE THAT ALL TENT FLAPS ARE DOWN
AND BUNKS ARE MOVED TO THE CENTER OF EACH TENT!**

- Bring all trash to the dumpster near the Ranger's Shop
- Latrine is cleaned and ready for the next troop
- Medications may be picked up from the nurse Saturday morning after breakfast
- Bring to the camp office your evaluation forms and any other business forms or borrowed items
- **Be sure that you have reserved a campsite for 2016 online before you depart.**

Back Again in 2015 - Boy Scout Pistol Shooting Program

Camp Workcoeman has been chosen as one of twelve camps in the country to pilot a Boy Scout Summer Camp Pistol Shooting Program.

This program is open to Scouts who are thirteen years old and have completed the eighth grade.

There will be two options for Scouts to participate:



- ***A Five-Day Program consisting of an Winchester/NRA Marksmanship Qualification course
Monday, 7:15-9:15 PM Orientation - Tuesday - Friday, 11:00-1:00 Range Sessions***
- ***A One-Day Open Shoot consisting a safety review followed by an open shoot session
Thursday, 1:30-3:00 PM or Friday, 1:30-3:00 PM***

Participation forms signed by parents are required. The form is available in the Forms Section in this guide. There is a strict instructor to shooter ratio of 1:2. The number of participants could be limited based on available instructors.

BACK BY POPULAR DEMAND FOR 2015

The Wednesday Night Campsite Cookout

You Asked, We Listened!

Returning this year is the Wednesday evening Campsite Cook-out. This **optional** activity allows troops to cook their Wednesday evening meal in the campsite. Many troops use this as an opportunity to hold a troop committee meeting or to invite parents to camp. A basic menu for you to prepare in your campsite is provided for the Scouts and leaders in camp but you can surely add anything for your guests. Some items, like charcoal, will be available for purchase at camp. An order form will be provided for these items. If you don't want to cook in your campsite, your Scouts and leaders can opt to have dinner in the dining hall.



NEW FOR 2015

Merit Badges:

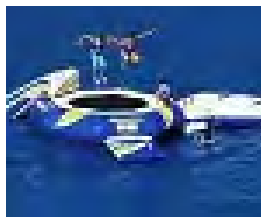
- | | | | |
|------------------|-----------------------------|--------------------------|--------------|
| • Energy | • Digital Technology | • Mining and Society | • Whitewater |
| • Fingerprinting | • Citizenship in the Nation | • Signs, Signals & Codes | |

Great New Fun Stuff!



KnockerBall

Get inside the ball and flip, roll or just have a blast!



SuperTramp

Bounce like Crazy on a water trampoline!

The Merit Badge Program

Your troop can complete merit badge selections through a fillable Google form that will be emailed to troop contacts in May or June. Troop leadership will be able to complete merit badge registration for each Scout or Scouts will be able to complete the information themselves. **Please make sure your merit badge selections are submitted at least three weeks prior to your arrival at camp.** The Program Director will be in contact with any necessary information and program changes.

GENERAL GUIDELINES

It is suggested that Scouts who have not attained the First Class rank utilize the “*Tenderfoot’s Compass Program*.” One part of this program will have younger Scouts take Swimming Merit Badge. Earning it opens the door to many challenging aquatic opportunities.

A limit of 3 merit badges is recommended for Scouts, especially if difficult badges are being considered. If the advancement load of a Scout is too heavy, an otherwise fun week becomes one of disappointment.

Advancement is one of eight methods of Scouting.

*****Don’t overload advancement at the expense of patrol and troop activities.*****

PRE-CAMP PREPARATIONS

Some merit badges offered at camp may have prerequisites while others require double time sessions for completion at camp. The information in the following pages details the times at which merit badges are offered as well as information that should be considered when making merit badge selections.

The merit badge counselors have identified activities appropriate for Scouts with different experience levels and listed necessary prerequisite merit badge requirements that cannot be completed at camp. **Please be advised that the list of prerequisites may be incomplete as a result of requirements changing between the publication of this guide and the summer camp season.** Scoutmasters and Scouts should review badge requirements ahead of time to make sure each Scout is signed up for ability appropriate merit badges and comes to camp with necessary materials.

Please see the appendix for merit badge specific prerequisite requirement sign-off sheets. These forms should be completed to ensure Scouts are given credit for work that must be done outside of camp.

We want Scouts to have an enjoyable time at camp and come away from the week with a feeling of accomplishment having earned merit badges towards which they have worked. The Workcoeman counselors encourage you to use your experience as a Scoutmaster to guide your unit towards a successful and fun week at camp!



2015 Merit Badge Time Schedule

Merit badge instruction is held during morning periods and by special arrangement during Siesta and various other times. * Denotes Double Session **Bold Type- Eagle Required**

9:15		
Swimming Energy Archery Camping Canoeing Weather	Kayaking Citizenship In the Nation Digital Technology Emergency Preparedness* Wood Carving	Rifle Shooting Lifesaving* Oceanography Textile Orienteering
10:15		
Wilderness Survival First Aid* Geology Environmental Science 14+ Environmental Science 13*	Rowing Small Boat Sailing* Swimming- (Tenderfoot Compass) Rifle Shooting Archery	Personal Fitness Art Basketry Mining in Society Climbing
11:15		
Cooking- 2 Sections Orienteering Camping Fish & Wildlife Management Nature	Whitewater Swimming Shotgun Shooting Archery (not week 1) Leatherwork	Metalwork Signs, Signals & Codes Space Exploration Climbing
Siesta - 1:15-2:00/Others		
Fishing Mammal Study Reptile & Amphibian Study	Indian Lore Fingerprinting Project COPE- (2:00-4:00)	Snorkling BSA BSA Stand Up Paddleboarding Astronomy - (8:00-8:45)
Others and By Appointment		
Scouting Heritage Sustainability Geocaching	Citizenship in the World Buguling Plant Science	Communication Insect Study Forestry
All merit badge times are subject to change due to staff and equipment limitations. Any changes will be disclosed at the leader orientation meetings on May 2 and 16 and will be posted on the website. For up-to-date information, contact Program Director: Tom Leisten at tleisten@campworkcoeman.org		

Merit Badge Info Guide

The following information suggests difficulty levels appropriate for a Scout's experience at camp. Prerequisites are requirements that **cannot** be met at camp. **Please see the Camp Workcoeman website for up-to-date prerequisite information.** (E) Indicates an Eagle required merit Badge.

Ecology and Conservation

Energy



Times: 9:15-10:00
Location: Henry Griffin Nature Center
Prerequisites: Requirement #4, #5- Preparation Work
Recommended for 3rd year campers or older

Environmental Science (E)



Times: 10:15 – 11:00 – Scouts 14+ years
10:15 – 12:00 – Scouts less than 13 years
Location: Henry Griffin Nature Center
Prerequisites: None
Recommended for 3rd year campers or older

Fish and Wildlife Management



Times: 11:15 – 12:00
Location: Henry Griffin Nature Center
Prerequisites: None
Recommended for 2nd year campers or older

Fishing



Times: Siesta or by Appointment
Location: Henry Griffin Nature Center
Prerequisites: None
Recommended for 2nd year campers or older

Geology




Times: 10:15 – 11:00
Location: Henry Griffin Nature Center
Prerequisites: None
Recommended for 2nd year campers or older

Mammal Study



Times: Siesta or by appointment
Location: Henry Griffin Nature Center
Prerequisites: None
Recommended for all Scouts

<p>Nature</p> 	<p>Times: 11:15 – 12:00 Location: Henry Griffin Nature Center Prerequisites: None Recommended for all Scouts</p>
<p>Oceanography</p> 	<p>Times: 9:15 – 10:00 Location: Henry Griffin Nature Center Prerequisites: None Recommended for 3rd year campers or older</p>
<p>Reptile & Amphibian Study</p> 	<p>Times: By appointment during Siesta Location: Henry Griffin Nature Center Prerequisites: #8 Recommended for 3rd year campers or older</p>
<p>Weather</p> 	<p>Times: 9:15 – 10:00 Location: Henry Griffin Nature Center Prerequisites: None Recommended for all Scouts</p>
Scoutcraft	
<p>Camping (E)</p> 	<p>Times: 9:15 – 10:00 Location: Sturge Shields Campcraft Area Prerequisites: #4b, #5e, #7b, #8d, #9a, #9b Recommended for a First Class Scout Note: Please see sign-off sheet in the Appendix</p>
<p>Cooking (E)</p> 	<p>Times: 11:15–1:00 -2 Sections with maximum of 8 Scouts in each section Location: Sturge Shields Campcraft Area Prerequisites: #5 and #7 Recommended for Scouts with significant cooking experience. Scouts will eat lunch in the Campcraft area on Wednesday, Thursday and Friday. Please see sign-off sheet in Forms Section of this guide.</p>
<p>First Aid (E)</p> 	<p>Times: 10:15-12:00 Location: Sturge Shields Campcraft Area Prerequisites: #2d Recommended for 3rd year campers and older</p>
<p>Emergency Preparedness (E)</p> 	<p>Times: 9:15-11:00 Location: Sturge Shields Campcraft Area Prerequisites: #6b, c, #8a, b, c - May earn First Aid simultaneously Recommended for 3rd year campers and older. See sign-off sheet in Forms Section of this Guide</p>

<p>Orienteering</p> 	<p>Times: 9:15 – 10:00 Location: Sturge Shields Campcraft Area Prerequisites: None Recommended for a Scout who has complewted First Class requirements #1 & #2</p>
<p>Pioneering</p> 	<p>Times: 9:15 – 10:00 Location: Sturge Shields Campcraft Area Prerequisites: Tenderfoot #4a & #4b and First Class #7a, 7b & 8a Recommended for Tenderfoot Scouts who hace completed the First Class requirements listed above</p>
<p>Wilderness Survival</p> 	<p>Times: 9:15 – 10:00, 10:15 – 11:00 Location: Sturge Shields Campcraft Area Prerequisites: #5 Recommended for a Scout who has completed Camping Merit Badge</p>
Aquatics	
<p>Lifesaving (E)</p> 	<p>Times: 9:15 – 11:00 Location: Waterfront Swimming Area Prerequisites: Successful completion of the BSA swimmer test Recommended for strong swimmers having already completed Swimming Merit Badge</p>
<p>Swimming (E)</p> 	<p>Times: 9:15 – 10:00, 11:15 – 12:00 (The 10:15 session is reserved for the Tenderfoot's Compss Program only) Location: Waterfront Swimming Area Prerequisites: None Recommended for all Scouts</p>
<p>Canoeing</p> 	<p>Times: 9:15 – 10:00 Location: Waterfront Boating Area Prerequisites: Successful completion of the BSA swimmer test (Blue tag) Recommended for 3rd year campers or older</p>
<p>Rowing</p> 	<p>Times: 10:15 – 11:00 Location: Waterfront Boating Area Prerequisites: Successful completion of the BSA swimmer test (Blue tag) Recommended for 2nd year campers or older</p>
<p>Kayaking</p> 	<p>Times: 9:15-10:00 Location: Waterfront Boating Area Prerequisites: Successful completion of the BSA swimmer test (Blue tag) Recommended for 3rd year campers or older. Class size limited to 8 Scouts.</p>

Whitewater 	Times: 11:15 – 12:00 Location: Waterfront Boating Area Prerequisites: Must be at least 13 years old, must participate in end of week river kayak trip, and must have Kayaking MB. Recommended for 3rd year campers or older
	Shooting Sports
	Times: 9:15 – 10:00, 10:15 – 11:00, 11:15 – 12:00 Location: Archery Range Prerequisites: None Recommended for 2nd year campers or older
Rifle Shooting 	Times: 9:15 – 10:00, 10:15 – 11:00 Location: Shooting Range Prerequisites: None Recommended for 3rd year campers or older
Shotgun Shooting 	Times: 11:15 – 12:00 Location: Shooting Range Prerequisites: Must be age 13
	Handicraft
Art 	Times: 10:15-11:00 Location: Handicrafts Chapel Prerequisites: #4 Recommended for all Scouts
Basketry 	Times: 10:15 - 11:00 Location: Handicraft Chapel Prerequisites: None Additional material costs at the Trading Post -\$11-\$22 depending on project kit Recommended for all Scouts
Fingerprinting 	Times: Arranged during troop/patrol activity time Location: Handicraft Chapel Prerequisites: None Recommended for all Scouts

<p>Leatherwork</p> 	<p>Times: 11:15 - 12:00 Location: Handicraft Chapel Prerequisites: None Additional material costs at the Trading Post (\$4-\$8 kit cost) Recommended for all Scouts</p>
<p>Wood Carving</p> 	<p>Times: 9:15 – 10:00 Location: Handicraft Chapel Prerequisites: Totin' Chip Card Additional material costs at the Trading Post (about \$3 kit cost) Recommended for 2nd year campers and older</p>
<p>Indian Lore</p> 	<p>Time: Siesta Location: Handicraft Chapel Prerequisites: None Recommended for 2nd year campers and older</p>
<p>Metalwork</p> 	<p>Times: 11:15 – 12:00 Location: Handicraft Chapel Prerequisites: None Additional material costs at the Trading Post (about \$15 kit cost) Recommended Scouts must be 13 years old</p>
<p>Textile</p> 	<p>Times: 9:15-10:00 Location: Handicraft Chapel Prerequisites: #2a Recommended for second year campers and older</p>
<h2>Field Sports</h2>	
<p>Personal Fitness (E)</p> 	<p>Times: 10:15 – 11:00 Location: Sports Field Prerequisites: #1, #7, #8 Scouts must be prepared with proper footwear and clothing Please see sign-off sheet in the Appendix Section Recommended for 2nd year campers and older</p>
<p>Athletics</p> 	<p>Times: 11:15 – 12:00 Location: Sports Field Prerequisites: #3, #5 Scouts must be prepared with proper footwear and clothing Recommended for all Scouts</p>

<p>Sports</p> 	<p>Times: 9:15 – 10:00 Location: Sports Field Prerequisites: #4, #5 Scouts must be prepared with proper footwear and clothing Recommended for all Scouts</p>
	<p>Others</p>
<p>Climbing</p> 	<p>Times: 10:15 – 11:00, 11:15-12:00 Location: Climbing Tower on Sports Field Prerequisites: None Scouts must be at least 13 years of age</p>
<p>Citizenship in the Nation</p> 	<p>Times: 9:15 – 10:00 Location: Dining Hall Conference Room Prerequisites: #2, #8</p>
<p>Scuba Diving</p> 	<p>A PADI scuba certification course is scheduled for week 4 and requires a special fee. This program includes completion of Scuba Diving merit badge.</p> <p>Additional information is available at campworkcoeman.org</p>

Merit Badges By Appointment

Bird Study



Location: Henry Griffin Nature Center
Prerequisites: None
Recommended for 3rd year campers +

Insect Study



Location: Henry Griffin Nature Center
Prerequisites: None
Recommended for 3rd year campers +

Geocaching



Location: Sturge Shields Campcraft Area
Prerequisites: #7 and signed Off-Camp Permission Slip
Recommended Scouts who have completed Orienteering MB or participated in the GeoScouting Program

Sustainability (E)



Location: TBD
Prerequisites: #1 & #2
Note: Please see sign-off sheet in the Appendix
Recommended for 3rd year campers and older

Forestry



Location: Henry Griffin Nature Center
Prerequisites: None
Recommended for 2nd year campers +

Plant Science



Location: Henry Griffin Nature Center
Prerequisites: None
Recommended for 3rd year campers +

Soil & Water Conservation



Location: Henry Griffin Nature Center
Prerequisites: None
Recommended for 2nd year campers +

Scouting Heritage



Location: Parade Ground Pavilion
Prerequisites: #4, #6
Recommended for 2nd year campers +



STEM Science • Technology • Engineering • Math

Astronomy 	<p>Times: 8:00 – 8:45 pm and other times for observations Location: STEM Explorations Center Prerequisites: None Recommended for 3rd year campers or older. Please remember that Scouts must complete a three hour observation lasting from 9pm-12am on one night. Observations and other requirements also depend upon the weather.</p>
Chess 	<p>Times: 11:15-12:00 Location: STEM Explorations Center Prerequisites: None Recommended for 2nd year campers and older</p>
Digital Technology 	<p>Times: 9:15-10:00 Location: STEM Explorations Center Prerequisites: Current up-to-date Cyber Chip Recommended for 2nd year campers and older</p>
Mining in Society 	<p>Times: 11:15-12:00 Location: STEM Explorations Center Prerequisites: None Recommended for 3rd year campers and older</p>
Signs, Signals and Codes 	<p>Times: 10:15-11:00 Location: STEM Explorations Center Prerequisites: None Recommended for 3rd year campers and older</p>
Space Exploration 	<p>Times: 9:15-10:00 Location: STEM Explorations Center Prerequisites: None Additional material costs at the Trading Post (about \$11 kit cost) Recommended for 2nd year campers and older</p>

Merit Badge Program Locations

Scoutcraft
 Sturge Shields
 Camp Craft Area

Shooting Sports
 Shooting Ranges

Ecology/Conservation
 Henry Griffin Nature Lodge

Aquatics
 Waterfront

Field Sports
 Activities Field

STEM
 STEM Experience Center

Handicraft
 Chapel

Achievement Awards & Recognitions

BSA Lifeguard



This aquatics certification is available to both Scouts and leaders. Candidates must spend 3 morning merit badge sessions and additional time in the afternoon. CPR certification is required and it is recommended to come to camp with this requirement completed. Participants must be at least 15 years old per BSA requirement and have strong swimming ability and watercraft proficiency.

Mile Swim & Snorkling BSA



These National Awards are available to Scouts and Scouters. Qualifications and actual times for practice and instruction will be announced at camp.

Polar Bear Swimmer



Imagine waking from a restful night's sleep to "plunge" into beautiful West Hill Lake before reveille. Your troop is welcome every morning to do just that! You'll be surprised how many other Scouts and leaders will be there too! You'll receive a special Polar Bear patch if you attend 4 out of 5 days during the week!

Paul Bunyan Woodsman Award



This award recognizes advanced axemanship and is offered by the Scoutcraft staff by appointment. A minimum of 2 hour commitment is required for this award, in addition to troop instructional time. Contact anyone in the Scoutcraft area to arrange a time.

Iron Man Challenge



A great test of a Scouts strength and endurance is the Iron Man Challenge. Scouts must swim one mile, run 2 miles, and canoe 2 miles. The tests are conducted at various times during the week and a special patch is awarded at the Saturday Court of Honor to all "Iron Men!"

BSA Stand Up Paddleboarding Award



The BSA Stand Up Paddleboarding Award introduces Scouts to the basics of stand up paddleboarding (SUP) on calm water, including skills, equipment, self rescue, and safety precautions. This award also encourages Scouts to develop paddling skills that promote fitness and safe aquatics recreation.

The Tenderfoot's Compass Program

-Introducing young Scouts to what Scouting is all about-



The Tenderfoot's Compass program is designed for first year and all young Scouts new to the summer camp experience. By participating in the program, Scouts are introduced to camping at Workcoeman, have the opportunity to learn cooperatively using the patrol method, learn about the history of Scouting, and can even complete Swimming Merit Badge.

Program Highlights

- Patrol based activities
 - Show the Scouts what they have to look forward to in years ahead
- Cooperative patrol learning
 - Scouts develop and reinforce skills with their friends
- Scout skills instruction
 - learn how to be a true Boy Scout
- Swimming Merit Badge
 - Multiple counselors providing individualized instruction
- Rank requirements
 - Skill development so Scouts can work towards Tenderfoot, 2nd Class, and 1st Class ranks
- Scouts will complete a 5 mile hike from 11am-2pm on Thursday



Scouts spending their week in Tenderfoot's Compass will meet for all three periods of the morning merit badge sessions. The program is divided into three portions:

- 9:15-10:00 – Scouts learn about camp and essential skills necessary for rank advancement
- 10:15-11:00 – Participants meet at the waterfront for Swimming Merit Badge – this swimming class is only open to Scouts in the Tenderfoot's Compass program
- 11:15-12:00 – Scouts meet in the program area for skill instruction and patrol competition

The patrol method is an integral component of Scouting. During the week, Scouts will be learning and practicing skills within patrols composed of Scouts of their own and other troops. The teamwork and cooperative spirit will be an experience that Scouts can bring back to their own troops.



All Scouts participating in the Tenderfoot's Compass Program will receive a special patch!

Enroll your new Scouts into Tenderfoot's Compass. It will be an adventure that defines their Scouting experience for years!✿

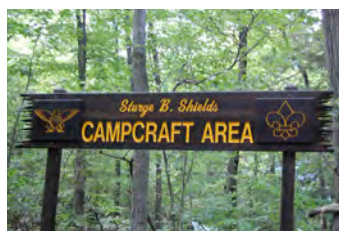
Program Area Highlights

Waterfront.... The waterfront at Camp Workcoeman is the finest in the council! It has all the facilities for the best aquatic programs. The camp's fleet of boats and canoes includes many varieties of sail boats for beginners and experts. West Hill Pond is also a great place to try your hand at sailing and kayaking. The swimming opportunities are superb, offering a world of water fun and knowledge always under the utmost safety. Mile Swim, Snorkeling BSA, and Lifeguard BSA are among the special awards instructed by our trained aquatics staff.



Ecology/Conservation.... Camp Workcoeman is the location of the Henry Griffin Nature Lodge. It is the center of the outdoor laboratory for all of its programs, an excellent demonstration area and example of wilderness management. Many displays and activities let Scouts experience the need for nature and conservation. Come see all of the live exhibits in the Nature Lodge.

Shooting and Field Sports.... This is the camp's center for fitness development. Activities are inter-troop, patrol and individually centered. Our basketball court is a real hit. Rifle shooting, shotgun shooting and archery are always popular activities. Muzzle loading rifle shooting is a great part of the Shawtown Wilderness Trek for older Scouts.



Scoutcraft.... The Sturge Shields Scoutcraft area offers patrols and troops a wide variety of outdoor activities. These programs encourage self-reliance and foster an appreciation of the environment, all while having fun. Many of these activities include demonstrations that show Scouts the techniques of camping, ranging from basic cooking to advanced survival. The Scoutcraft Staff offers training for both youth leaders and scouters, with a special emphasis on Leave No Trace. Most Scoutcraft activities occur at the Sturge B. Shields Campcraft Area located at the beginning of the Red Trail; however, many activities can be conducted in your campsite.

Handicraft.... The Handicraft Area offers a choice of formal or informal programs for those Scouts who would like to try their hand at a specific craft. The Trading Post carries a large variety of craft supplies in addition to materials on hand in the Handicraft Pavilion. You are always welcome to bring your own supplies and finished work to show others.



Climbing and Rappelling.... This 3 sided, 32' tall rock climbing wall is for Scouts who want to test their strength and ability. "The Wall" is located at the Activities Field where Scouts are shown the proper use of technical climbing equipment, including climbing harnesses, ropes and belay devices.

Troop Activity Suggestions

The following is a list of fun program activities that your troop can consider when planning your afternoon and evening camp program. They are listed by program and are simply a list of suggestions. Please don't hesitate to ask for any assistance with any other programs not listed here.

WATERFRONT

Farmington River Tubing (out of camp) *additional charge

Swimming Instruction

Under Water Nature Hike

Team Canoe Hike

Water Polo

Watermelon Polo

Funyaking

Kayak Hike

"Moby Dick"

Troop Swim

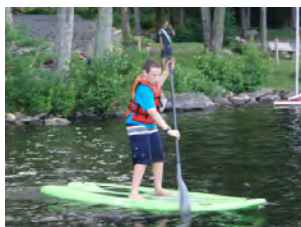
Water Basketball

Troop Sailing

Troop Canoeing

Paddleboarding

"THE MAT"



SHOOTING SPORTS

Rifle Shoot

Shotgun Shoot

Target Archery

BSA Pistol Shooting Program **Back Again in 2015!**

**must meet eligibility requirements*

FIELD SPORTS

Basketball

Softball

Ultimate Frisbee

Volleyball

Whiffle ball

Capture the Flag

Soccer

Earth Ball

Gaga Dodge Ball

CLIMBING & RAPPELLING

Evenings 7:00-8:00 only

HANDICRAFT

(May require items available in the Trading Post)

Woodcarving & Whittling

Leatherworking

Troop Plaque Painting

Neckerchief Slides

Scout Staves

Fingerprinting Merit Badge

Duct Tape Crafts



ECOLOGY/CONSERVATION

Underwater Nature Hike

Edible Plant Hike and Bite

Nature Trail Hike

Conservation Projects

Star Gazing

Nature Games

Night Hike

Troop Fishing

Island Ecology - Double session

Scoutcraft

Cooking

Backpacking meals

Box Oven basics

Camp stove baking

Dutch oven essentials

Fundamentals of foil

Iron Chef Challenge

Kabobery

Menu planning

Pocket knife cookery

Stove safety

Wok cookery



Firecraft

Advance fire starting

Campfire Basics

Primitive fire starting

Hiking and Backpacking

Five Mile Hike

Overlook hike

Packing

Ultralight cooking

Water Treatment on the Trail

Navigation

Compass Challenge

Cross-country orienteering course

First Class Orienteering Course

GeoScouting

Score-O course

Map Reading

Navigation without a map or compass

Trail briefing

Ropework

Advanced Pioneering

Basic Knots

Monkey's Fist

Rope Making

Rudiments of Splicing

Turks Head Kerchief Slides

Additional Programs

Campsite Selection

Sweat Lodge

Leave No Trace orientation

Survival techniques

Tomahawk Throw

Camp Sanitation

Packing a Backpack

Many Scoutcraft activities can be conducted in your troop's site. Arrangements for this can be made with the Scoutcraft Director

Project COPE



Project COPE is a national program of the Boy Scouts of America. COPE stands for “**Challenging Outdoor Personal Experience.**”

The program is comprised of group initiative games, trust events, low-course events, and high-course events. Some activities involve group challenge while others develop individual skills and agility. Participants climb, swing, balance, jump, rappel, and devise solutions to a variety of problems. Most participants achieve much more than they imagined they could.

As a non-competitive program, Project COPE permits every participant to achieve their personal best!

Group activities are ideal for enhancing the leadership and teamwork of Scout units. Activities challenging individuals can also be used to bolster self-esteem and promote personal growth.

Project COPE emphasizes eight major goals:

- | | | | |
|--------------------------|---------------------|-------------------|--------------------------|
| • <i>Communication</i> | • <i>Planning</i> | • <i>Teamwork</i> | • <i>Problem Solving</i> |
| • <i>Decision Making</i> | • <i>Leadership</i> | • <i>Trust</i> | • <i>Self- Esteem</i> |

Project COPE Schedule

Monday thru Thursday from 2:00-4:00 pm.

Participants must be 13 years of age. It is highly recommended that participants be in a leadership position within their individual units.

Program Outline:

Monday- Initiative games that challenge communication, develop teamwork and trust

Tuesday and Wednesday- Low-course elements

Thursday- High-course elements



Open Climbs: 4:00 Monday & Wednesday

Weekly Contests

Camp Workcoeman Fishing Derby - Each week a camp-wide fishing derby will be held. Scouts should have their fish measured at the waterfront. We encourage catch and release. The Scout that catches the biggest fish will be presented a prize.

Sailing Regatta - This will take place on beautiful West Hill Pond during each week of the camp season. Each troop is eligible to enter one (2 man) team on a first come, first serve basis. A special award will be presented at the Saturday Court of Honor to the winning skipper and first mate.



Water Polo Tournament - Held Friday during the Campwide Activities session, all troops are invited to assemble a team to compete in this action-packed competition.

Shooting Tournaments - Archery and rifle shooting tournaments are scheduled for all the camp "Sharp Shooters." Events will be held Friday during the camp wide activities session.

Scavenger Hunt- You never know what you can find at Camp Workcoeman! The hunt runs all week and is coordinated by the Nature Lodge. A special ribbon is presented to the winner.

Become a Workcoeman CLASS "A" TROOP!

This is a weeklong opportunity for all troops to work toward earning Class "A" status. Being recognized as a Workcoeman Class "A" Troop is a mark of full participation in nearly all camp programs from those listed below. All troops completing the requirements will earn this distinction and will be listed on a special "Class A Honor Board". Troops will also be recognized at the Court of Honor where they will receive a ribbon and plaque and each Scout receives a shoulder patch.

During the week, any troop that meets a minimum standard of points in various camp-wide activities will have the distinction of being named a Camp Workcoeman Class "A" Troop

Those camp wide activities are as follows:

- | | |
|--------------------------------------|---------------------------------|
| 1. Daily Campsite Visitation results | 5. Camp-wide Game |
| 2. Flag Ceremony Appearance | 6. Program Area Challenges |
| 3. Veteran Camper Awards | 7. Patrol Competition |
| 4. Nature Scavenger Hunt | 8. Religious Service Attendance |



Order of the Arrow...

OA members are encouraged to bring their sashes with them to camp and wear them on OA day. An OA service project will be conducted and all members are asked to participate. This can be used for credit on the Veteran Camper Award. Brotherhood Ceremonies will also be conducted some weeks for those Ordeal members wishing to advance their OA membership. A special crackerbarrell is planned for Order of the Arrow members on Wednesday at 9 PM in the campfire circle. This is a great time to share lodge and chapter customs or otherwise socialize with OA members.



2015 Camp Theme



This summer's camp theme is ***Spies and Secret Agents***. It will be a summer of mystery with puzzles and challenges for your Scouts to work together and accomplish Scouting tasks.

Your week of camp will see songs and skits in the dining hall and at campfires as well as other events to energize and excite your troop.

Troops can pick their favorite spy or secret agent movie to decorate their campsite and take on the roles of international superspy or super villain! The ***Sky(fall)***'s the limit and there is no ***Mission Impossible*** for your troop to overcome. It's time to ***Get Smart*** and have your Scouts figure out their ***(Austin) Powers!***



What to Bring to Camp

CLOTHING AND BEDDING

complete Class A Scout uniform
comfortable hiking shoes
extra shorts or pants and shirts
daily change of underwear
daily change of socks
sleeping bag or 3 warm blankets
handkerchiefs
swim suit
rain suit
pajamas
sweater and/or jacket
sneakers
pillow
sheet or mattress cover

PERSONAL EQUIPMENT

tooth brush and paste
hand towels
beach towels
wash cloth
comb, brush, mirror
soap and shampoo
water bottle

Please avoid open toed shoes!

TROOP EQUIPMENT

woods tools
US and troop flags

NOT TO FORGET!

flashlight with extra batteries
Scout Handbook
merit badge pamphlets
pen, pencil, pad, money

OPTIONAL

camera
insect repellent (non-aerosol)
mess kit
fishing tackle
sewing kit

PLEASE LEAVE HOME: sheath knives, SWAT knives, iPods, radios, tvs, cell phones, and any clothing with inappropriate messages or images.

Troop leaders are encouraged to keep spending money, cameras and other valuables locked and secured while at camp.

Special Programs and Events

“The Spirit Stick”

The Spirit Stick is awarded every evening to the troop that shows the most spirit in camp. Winners of the Spirit Stick earn a right and a responsibility for the troop. The “right” is to be the first troop dismissed out of the dining hall after meals. The “responsibility” is that the troop must affix a small totem to the Spirit Stick which indicates they earned the stick for the day.

Shawtown Wilderness Trek

A challenging opportunity for older Scouts. It all happens in the back woods of Camp Workcoeman where Scouts will complete special tasks that test their skills in survival, pioneering and teamwork. The trek leads to the Shawtown Wilderness Area where all will spend the night learning about the Shawtown folklore. While there, Scouts will also try their hand at muzzle loading rifles. All Scouts who successfully complete the program will be awarded a special Wilderness Trek patch reserved only for them. Scouts depart Wednesday after lunch and return Thursday before Polar Bear swim.

Discover Scuba

Camp Workcoeman is entering new waters. Every Wednesday PADI certified instructors from Enfield SCUBA will come to camp and offer a full Discover Scuba course. The weekly experience is open to Scouts age 13 and over. Leaders are also welcome to participate. This program requires an extra fee of \$50 per-participant.



There is a minimum of four participants required for the program to run. Register with the Program Director ***PRIOR TO YOUR WEEK AT CAMP*** to reserve your spot. This program is scheduled for Wednesday at 2 pm.

Farmington River Tubing

Your troop can arrange for a tubing trip down the Farmington River through Satan’s Kingdom; a great way to spend a hot summer afternoon! Reservations must be made two weeks in advance by contacting the Program Director. Transportation to and from the river is up to the troop. An additional fee and a completed parental permission form is required for all youth participants. This form can be obtained by going to the following web site - www.farmingtonrivertubing.com. As this is considered an individual troop activity, a Tour Permit must be submitted. This can be done at the Camp Office.

Farmington River Kayak Trip

This trip on the Farmington River is a fun activity, especially for those working on Kayaking BSA. It’s a great way to use your kayaking skills. Scouts must be 13 years old and a blue tag swimmer. Scouts depart Thursday after lunch and return prior to dinner.

Camp Wide Games

Wednesday evenings from 7:00-9:00 pm are set for inter-troop patrol competition. Each program area will host an activity to challenge your Scouts to work together as well as compete against the rest of the camp. The winner will be recognized at Saturday’s Court of Honor.

Buckskin Tomahawk Throw

Located in the Sturge Shield Campcraft Area, this fun activity tests your ability to learn a special buckskin skill. This activity is offered by the Scoutcraft Staff during troop activity periods and during the 4 o’clock free period.

This Page **"FOR LEADERS ONLY"**

"Lou's Lounge"

This is a special place for leaders to enjoy a break from all of the action. It is located in the conference room area below the dining hall. The newspaper is delivered daily. Leaders are also welcome to relax and put your feet up or just use the rest rooms. Occasionally a "snoring contest" occurs! This special place is off limits to Scouts.

WiFi Internet Service is available as a courtesy for all leaders.

The signal is available anywhere around the parade ground area. "Leaders Only!" Please request the password at the camp office.



Leader's Roundtables

Held twice during the week, at 8:00 PM on Monday night in "Lou's Lounge" and Thursday at 10:30 AM at a location to be announced. This open forum is an opportunity for troop leaders and key staff to gather and answer questions, solve problems, and discuss concerns as well as sharing your suggestions and camping experiences. As always, the Commissioner Staff is available to assist with anything during the week.

Activites & Awards for Leaders

Scoutmasters should have fun too!

"Camp Workcoeman Rusty Man" -

A great opportunity for leaders who would like to earn the **Iron Man Award** but can't because time has begun to make the iron "rust." This event is designed especially for them. The leaders must complete a 1/2 mile run, 1/4 mile swim, and a 1/2 mile canoe, to be dubbed a **"Camp Workcoeman Rusty Man."**

Scoutmaster Shoot-Off / Horseshoe Competition

These events are held during the Friday Camp-Wide Game and related activities. Leaders can demonstrate their ability in a rifle and archery shoot-off competition. Another leader event offered at this time is a horseshoe tournament. Special presentations will be made during the Saturday morning Court-of-Honor.



CAST IRON CHEF

Try your hand at this Scoutmaster Dessert Cook-off! This competition is held on Wednesday during the campsite dinner program. Your dish will be judged on creativity, taste and originality by a panel of staff dessert experts! The winning dish will be announced at the Saturday Court of Honor with the winning chef receiving a special prize.

Scoutmaster Merit Badge -

Any leader can earn the Scoutmaster Merit Badge patch by completing the following requirements:

- Assist with 3 free swims throughout the week.
- Participate in 3 polar bear swims as a swimmer or lifeguard
- Help out in a program area at least 2 days
- Participate in one of two Scoutmaster competitions:
the Scoutmaster Shoot-off or the Scoutmaster Horseshoe Competition
- Explain in 50 word or less what "Scout Spirit" means to you
- Read Grace at 1 meal



If you have previously earned the SM Merit Badge patch, you can complete additional requirements for a second, third, fourth and beyond. You will be presented a rocker that can be placed around your SM Merit Badge Patch.

Scout Leader Training Sessions

A series of leader training opportunities will again be offered this summer. We invite any of your troop leaders who are not in camp to attend these sessions. Pocket certificates will be presented to all that complete these sessions.

Training Opportunities for BSA Aquatics Supervisor.....

Swimming & Water Rescue

This national program provides leaders with information and in-the-water skills to prevent, recognize, and respond to swimming emergencies during unit swimming activities. This training will replace Safe Swim Defense as the certification required on the Unit Tour Permit.

Participants must be at least 16 years old and must be a blue swimmer.

Daily at 11:15



Paddle Craft Safety

This is the companion course that expands on Safety Afloat training to include the basic skills and knowledge needed for a unit leader to supervise most float trips using canoes. This training will replace Safety Afloat as the certification required on the Unit Tour Permit. Development of personal canoeing skills is emphasized. Those taking the course must be 16 years old and be able to pass the BSA Swimmer test.

Daily at 3:15

Both Swimming & Water Rescue and Paddle Craft Safety are required for certification as BSA Aquatics Supervisor.



"Trek Safely"

Learn the proper planning and safety procedures for conducting a trek expedition. With the increase in troop treks, the BSA has developed this training to ensure that your Scouts will get the most out of this great program.

This training can be arranged by request in the Sturge Shields Campcraft Area



"Leave No Trace"

Leave No Trace is dedicated to promoting and inspiring responsible outdoor behavior through education research partnerships. Leave No Trace reminds us to respect the rights of other users of the outdoors as well as future generations. Appreciation of our natural environment and knowledge of the interrelationships of nature bolster our respect and reverence towards the environment and nature. An introductory discussion will occur during Trek Safely Training or request a presentation for your unit.

This training can be arranged by request in the Sturge Shields Campcraft Area

IOLS - Introduction to Outdoor Leader Skills

This training provides scouters with the basic camping abilities needed to manage a boy – led program. Please review the course schedule on the next following pages to ensure that you can provide the time necessary to participate while still fulfilling your units needs.

Interested participants MUST register IN ADVANCE with the program director. Use the Special Activity Sign-up Form found in this guide.

A minimum number of participants is necessary for the course to be conducted.



Veteran Camper Award

- *Each Scout is responsible for securing staff signatures
- *Completed forms due to the camp office by 5 pm, Friday



Scout's Name: _____ Troop: _____ Campsite: _____

*See Program Director for acceptable substitutions

1st Week – Hiker

Complete at least 10 requirements for TF, 2 nd , or 1 st Class ranks	Troop Leader: _____
Classify as a red tag swimmer	Aquatics Staff: _____
Complete 1-hour in camp service/conservation projects	Project Leader: _____
Be an active member of your troop and patrol	Senior Patrol Leader: _____

2nd Week – Camper

Complete at least 20 requirements for TF, 2 nd , or 1 st Class ranks	Troop Leader: _____
Classify as a blue tag swimmer	Aquatics Staff: _____
Complete 2 additional hours of in camp service/conservation projects beyond 1 st week requirements	Project Leader: _____
Earn 1 Handicraft merit badge	Troop Leader: _____

3rd Week – Pioneer

Complete the First Class rank	Troop Leader: _____
Earn Swimming and 1 Handicraft merit badge beyond 2 nd week requirements	Troop Leader: _____
Complete 2 additional hours of in camp service/conservation projects beyond 2 nd week requirements	Project Leader: _____
Hold a troop leadership position during camp	Senior Patrol Leader: _____

4th Week – Frontiersman

Earn Camping and one additional Scoutcraft merit badge	Troop Leader: _____
Earn Environmental Science and one additional Nature merit badge	Troop Leader: _____
Complete 3 additional hours of in camp service/conservation projects beyond 3 rd week requirements	Project Leader: _____
Participate in an older Scout camp program (Discover SCUBA, Shawtown Trek, Pistol Shooting, Kayak Trip)*	Program Leader: _____

5th Week – Workcoeman Chief

Complete the Star Scout Rank	Troop Leader: _____
Assist staff with instruction for 5 merit badge sessions	Staff Instructor: _____
Participate in one camp training program (COPE, Lifeguard BSA, CIT Week)*	Course Instructor: _____
Lead Grace before a meal in the Dining Hall	Dining Manager: _____
Mystery task – See the Program Director early in the week	Program Director: _____

6th Week – Workcoeman Legacy

Only for those Scouts that have truly stood the test of time. See the Program Director for details!

Scouts that successfully complete the program receive a personalized framed certificate recognizing their achievements.

Workcoeman Scout Reservation



Program Schedule



Boy Scouts of America

Troop # _____

Campsite _____


All Periods 45 min	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Set Times
9:15	Time Off For Staff	Merit Badge Instruction <small>Scoutmaster Roundtable</small>					Campwide Court of Honor	Reveille 7:15 Morning Colors 7:45 Breakfast 8:00 Lunch 12:30 Dinner 6:00
10:15	Staff Meeting 12:00	Merit Badge Instruction					10:15 AM	Waiters: 7:45, 12:15 and 5:45
11:15	Merit Badge Instruction					Bar-B-Q 11:00 Noon	Health Corp, Campsite Clean-up 8:30	
2:15	Check-In: Health Check Swim Test					Camp- wide Game	Siesta 1:15 -2:00	
3:15	SM Meeting 4 p.m. (in the Dining Hall)						COPE Mon.-Thur. 2:00-4:00	
7:00	Camp Orientation MB Sign-up			Campwide Activities Night		<div>7:00 PM Religious Service</div> Camp wide Campfire	4:00 Daily General Swim & Boating Open Rifle & Archery Shoot Tomahawk Throw Open Climbing Wall (Mon & Wed only)	
8:00	Opening Campfire	Scoutmaster Roundtable					Flag Retreat 5:45 Taps 9:30	



Weekly Program & Training Schedule

Use this as a guide to develop your troop's week at camp.



All Periods 45 min	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Set Times
9:15	Time Off For Staff	Merit Badge Instruction						Polar Bear Swim 6:00 Reveille 7:15 Morning Colors 7:45 Breakfast 8:00 Lunch 12:30 Evening Colors 5:50 Dinner 6:00
10:15	Staff Meeting 12:30	Merit Badge Instruction					10:15 Court of Honor 11:00 Family Barbecue	
11:15	Merit Badge Instruction 11:00-1:00 - Pistol Range Sessions - Tues- Fri Siesta M/W/Th : Snorkling BSA				11 AM-2 PM: 5 Mile Hike			Waiters: 7:45, 12:15 & 5:45 Campsite Clean-up 8:30
2:15	Check-In: Health Check Swim Test		Troop Photos begin at noon	Siesta: • Iron Man Canoe	Departing After Lunch • Farmington River Kayak Trip • Shawtown Wilderness Trek	SM Horseshoe Tournament Open Program 2:15-5:00		Siesta 1:15 -2:00 COPE Mon.-Thur. 2:00-4:00
3:15	SM Meeting 4 p.m. (in the Dining Hall)	3:15 Paddle Craft Safety Daily			Siesta: • Sailing Regata Intro Pistol Shoot 1:30-3:00	Intro Pistol Shoot 1:30-3:00		Open Program 4:00-5:00 • General Swim & Boating • Open Rifle & Archery Shoot • Tomahawk Throw • Open Climbing Wall (Mon & Wed only)
7:00	• Camp Orientation	Pistol Shooting Orientation 7:00-9:00		Campwide Games 7:00 PM Scoutmaster Shoot-Off		7:00 PM Religious Service Camp Wide Campfire		
8:00	• MB Sign-up	8:00 SM Roundtable in Lou's Lounge			9:00 PM Camping MB & Wilderness Survival Overnight			Taps 9:30
	• Opening Campfire			9:00 PM OA Gathering				

Camp Related Forms



- *Summer Camp Prep Form*
- *Special Activity Sign-up Form*
- *Bar-B-Que Sign-up Form*
- *Medical Form*
- *Medication Administration Form*
- *Medical Screening Questionnaire*
- *Off Camp Activity Permission Form*
- *Picture & Name Badge Order Form*
- *Camper Release Form*
- *Scouter Resource Form*
- *Merit Badge Participation Forms for Camping, Cooking, Personal Fitness and Sustainability*
- *Pistol Program Participant Form*

Send the following items at least 3 weeks prior to your week of camp.

- Additional items requiring payment at camp:

Saturday Barbecue # of Youth age 10 and under _____ x \$5.00 = _____

of Adults x \$8.00 =

Troop Photographs # of Photos x \$10.00 = _____

We strongly suggest that you bring at least 3 troop checks to cover the costs at camp.

Camp Workcoeman

169 Camp Workcoeman Road

New Hartford, CT 06057

Office-860-379-2207

Fax- 860-379-1311

For information regarding

Camp Administration, Programs, Schedules contact:

Lou Seiser, Camp Director

860-806-0751

Iseiser@campworkcoeman.org

Connecticut Rivers Council, BSA

60 Darlin Street

East Hartford, CT 06128

For information regarding
payments & reservations contact:

Kelly Dolnack, Executive Secretary
860-913-2752

kelly.dolnack@scouting.org

Jim Waters, Support Services Director

860-913-2750

jwaters@bsamail.org

Camp Workcoeman Bar-B-Que Sign-up Sheet

Troop # _____ Campsite _____ Camp Leader _____

_____ Scouts & Leaders attending (no Charge)

_____ Family members 11 years and older @ \$8.00 each \$ _____

_____ Family members 10 years and younger @ \$5.00 each \$ _____

_____ Total Attending Bar-B-Que

Total \$ _____

_____ Scouts & Leaders departing early

Please make all checks payable to CT RIVERS COUNCIL

Please have all Bar-B-Q reservations submitted into the camp office by noon Tuesday. Tickets will be issued for all Scouts, Leaders and Guests Saturday morning. Be sure that the number attending above is accurate.

Cash

Check

Received by _____

.....

This part returned to Troop Leader

Troop # _____ Campsite _____

Camp leader _____

_____ Scouts & Leaders attending (no charge)

_____ Family members 11 years and older @ \$8.00 each \$ _____

_____ Family members 10 years and younger @ \$5.00 each \$ _____

_____ Total Attending Bar-B-Que

Total \$ _____

_____ Scouts & Leaders departing early

Cash

Check

Received by _____

Special Activity Sign-up Form

Please list the names of Scouts and leaders that would like to participate in the programs listed below. This will enable adequate planning for each activity. Please submit this form along with your Merit Badge Sign-up Form and troop activity requests. Additions or changes to the list is possible. Please indicate if participant is a Scout or adult.

Must beat least 13 years old

--	--	--	--	--	--	--	--

Shawtown Wilderness Trek

--	--	--	--	--	--	--	--

Must be 13 years old & blue tag swimmer

--	--	--	--	--	--	--	--

Must be 13 years old & Additional fee

--	--	--	--	--	--	--	--

Must be at least 15 years old

--	--	--	--	--	--	--	--

Pre-Registration Required

--	--	--	--	--	--	--	--

Personal Health and the Annual Health and Medical Record



Find the current Annual Health and Medical Record by using this QR code or by visiting <http://www.scouting.org/HealthandSafety/ahmr.aspx>.

The Scouting adventure, camping trips, high-adventure excursions, and having fun are important to everyone in Scouting—and so are your safety and well-being. Completing the Annual Health and Medical Record is the first step in making sure you have a great Scouting experience. **So what do you need?**

All Scouting Events. All participants in all Scouting activities complete Part A and Part B. Give the completed forms to your unit leader. This applies to all activities, day camps, local tours, and weekend camping trips less than 72 hours. Update at least annually.

Part A is an informed consent, release agreement, and authorization that needs to be signed by every participant (or a parent and/or legal guardian for all youth under 18).

Part B is general information and a health history.

Going to Camp? A pre-participation physical is needed for resident, tour, or trek camps or for a Scouting event of more than 72 hours, such as Wood Badge and NYLT. The exam needs to be completed by a certified and licensed physician (MD, DO), nurse practitioner, or physician assistant. If your camp has provided you with any supplemental risk information, or if your plans include attending one of the four national high-adventure bases, share the venue's risk advisory with your medical provider when you are having your physical exam.

Part C is your pre-participation physical certification.

Planning a High-Adventure Trip? Each of the four national high-adventure bases has provided a supplemental risk advisory that explains in greater detail some of the risks inherent in that program. All high-adventure participants **must** read and share this information with their medical providers during their pre-participation physicals. Additional information regarding high-adventure activities may be obtained directly from the venue or your local council.

Prescription Medication. Taking 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 the BSA does not mandate or necessarily encourage the leader to do so. Standards and policies regarding administration of medication may be in place at BSA camps. If state laws are more limiting than camp policies, they must be followed. The AHMR also allows for a parent or guardian to authorize the administration of nonprescription medication to a youth by a camp health officer or unit leader, including any noted exceptions.

Risk Factors. Scouting activities can be physically and mentally demanding. Listed below are some of the risk factors that have been known to become issues during outdoor adventures.

- Excessive body weight (obesity)
- Cardiac or cardiovascular disease
- Hypertension (high blood pressure)
- Diabetes mellitus
- Seizures
- Asthma
- Sleep apnea
- Allergies or anaphylaxis
- Musculoskeletal injuries
- Psychological and emotional difficulties



More in-depth information about risk factors can be found by using this QR code or by visiting http://www.scouting.org/HealthandSafety/risk_factors.aspx

Questions?

Q. Why does the BSA require all participants to have an Annual Health and Medical Record?

A. The AHMR serves many purposes. Completing a health history promotes health awareness, collects necessary data, and provides medical professionals critical information needed to treat a patient in the event of an illness or injury. It also provides emergency contact information.

Poor health and/or lack of awareness of risk factors have led to disabling injuries, illnesses, and even fatalities. Because we care about our participants' health and safety, the Boy Scouts of America has produced and required the use of standardized health and medical information since at least the 1930s.

The medical record is used to prepare for high-adventure activities and increased physical activity. In some cases, it is used to review participants' readiness for gatherings like the national Scout jamboree and other specialized activities.

Because many states regulate the camping industry, this Annual Health and Medical Record also serves as a tool that enables councils to operate day and resident camps and adhere to state and BSA requirements. The Boy Scouts of America Annual Health and Medical Record provides a standardized mechanism that can be used by members in all 50 states.



For answers to more questions, use this QR code or visit the FAQ page at www.scouting.org/HealthandSafety/Resources/MedicalFormFAQs.aspx.

Download a free QR reader for your smartphone at scan.mobi.



Part A: Informed Consent, Release Agreement, and Authorization

Full name: _____

DOB: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____

Informed Consent, Release Agreement, and Authorization

I understand that participation in Scouting activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. 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.

(If applicable) I have carefully considered the risk involved and hereby give my informed consent for my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

I also hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, 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 further 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 BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.

NOTE: Due to the nature of programs and activities, the Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. However, so that leaders can be as familiar as possible with any limitations, list any restrictions imposed on a child participant in connection with programs or activities below.

List participant restrictions, if any: ☐ None

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, Florida Sea Base, or the Summit Bechtel Reserve, I have also read and understand the supplemental risk advisories, 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. If the participant is under the age of 18, a parent or guardian's signature is required.

Participant's signature: _____ Date: _____

Parent/guardian signature for youth: _____ Date: _____

(If participant is under the age of 18)

Second parent/guardian signature for youth: _____ Date: _____

(If required; for example, California)

Complete this section for youth participants only:

Adults Authorized to Take to and From Events:

You must designate at least one adult. Please include a telephone number.

Name: _____

Name: _____

Telephone: _____

Telephone: _____

Adults NOT Authorized to Take Youth To and From Events:

Name: _____

Name: _____

Telephone: _____

Telephone: _____



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Part B: General Information/Health History

Full name: _____

DOB: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____

Age: _____ Gender: _____ Height (inches): _____ Weight (lbs.): _____

Address: _____

City: _____ State: _____ ZIP code: _____ Telephone: _____

Unit leader: _____ Mobile phone: _____

Council Name/No.: _____ Unit No.: _____

Health/Accident Insurance Company: _____ Policy No.: _____



Please attach a photocopy of both sides of the insurance card. If you do not have medical insurance, enter "none" above.



In case of emergency, notify the person below:

Name: _____ Relationship: _____

Address: _____ Home phone: _____ Other phone: _____

Alternate contact name: _____ Alternate's phone: _____

Health History

Do you currently have or have you ever been treated for any of the following?

Yes	No	Condition	Explain
		Diabetes	Last HbA1c percentage and date:
		Hypertension (high blood pressure)	
		Adult or congenital heart disease/heart attack/chest pain (angina)/heart murmur/coronary artery disease. Any heart surgery or procedure. Explain all "yes" answers.	
		Family history of heart disease or any sudden heart-related death of a family member before age 50.	
		Stroke/TIA	
		Asthma	Last attack date:
		Lung/respiratory disease	
		COPD	
		Ear/eyes/nose/sinus problems	
		Muscular/skeletal condition/muscle or bone issues	
		Head injury/concussion	
		Altitude sickness	
		Psychiatric/psychological or emotional difficulties	
		Behavioral/neurological disorders	
		Blood disorders/sickle cell disease	
		Fainting spells and dizziness	
		Kidney disease	
		Seizures	Last seizure date:
		Abdominal/stomach/digestive problems	
		Thyroid disease	
		Excessive fatigue	
		Obstructive sleep apnea/sleep disorders	CPAP: Yes <input type="checkbox"/> No <input type="checkbox"/>
		List all surgeries and hospitalizations	Last surgery date:
		List any other medical conditions not covered above	



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Emergency Contact No.:

Allergies:

DOB:

Full Name:

Part B: General Information/Health History

Full name: _____

DOB: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____

Allergies/Medications

Are you allergic to or do you have any adverse reaction to any of the following?

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
		Medication				Plants	
		Food				Insect bites/stings	

List all medications currently used, including any over-the-counter medications.

☐ CHECK HERE IF NO MEDICATIONS ARE ROUTINELY TAKEN.

☐ IF ADDITIONAL SPACE IS NEEDED, PLEASE INDICATE ON A SEPARATE SHEET AND ATTACH.

Medication	Dose	Frequency	Reason

☐ YES ☐ NO Non-prescription medication administration is authorized with these exceptions: _____

Administration of the above medications is approved for youth by: _____

Parent/guardian signature

MD/DO, NP, or PA signature (if your state requires signature)



Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor.



Immunization

The following immunizations are recommended by the BSA. Tetanus immunization is required and must have been received within the last 10 years. If you had the disease, check the disease column and list the date. If immunized, check yes and provide the year received.

Yes	No	Had Disease	Immunization	Date(s)
			Tetanus	
			Pertussis	
			Diphtheria	
			Measles/mumps/rubella	
			Polio	
			Chicken Pox	
			Hepatitis A	
			Hepatitis B	
			Meningitis	
			Influenza	
			Other (i.e., HIB)	
			Exemption to immunizations (form required)	

Please list any additional information about your medical history:

DO NOT WRITE IN THIS BOX

Review for camp or special activity.

Reviewed by: _____

Date: _____

Further approval required: ☐ Yes ☐ No

Reason: _____

Approved by: _____

Date: _____



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Part C: Pre-Participation Physical

This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants.

Full name: _____

DOB: _____

High-adventure base participants:

Expedition/crew No.: _____

or staff position: _____



You are being asked to certify that this individual has no contraindication for participation inside a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient.



Examiner: Please fill in the following information:

		Yes	No	Explain	
Medical restrictions to participate					

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
		Medication				Plants	
		Food				Insect bites/stings	

Height (inches): _____ Weight (lbs.): _____ BMI: _____ Blood Pressure: _____ / _____ Pulse: _____

	Normal	Abnormal	Explain Abnormalities
Eyes			
Ears/nose/throat			
Lungs			
Heart			
Abdomen			
Genitalia/hernia			
Musculoskeletal			
Neurological			
Other			

Examiner's Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant (with noted restrictions):

True	False	Explain
		Meets height/weight requirements.
		Does not have uncontrolled heart disease, asthma, or hypertension.
		Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
		Has no uncontrolled psychiatric disorders.
		Has had no seizures in the last year.
		Does not have poorly controlled diabetes.
		If less than 18 years of age and planning to scuba dive, does not have diabetes, asthma, or seizures.
		For high-adventure participants, I have reviewed with them the important supplemental risk advisory provided.

Examiner's Signature: _____ Date: _____

Provider printed name: _____

Address: _____

City: _____ State: _____ ZIP code: _____

Office phone: _____

Height/Weight Restrictions

If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

Maximum weight for height:

Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 and over	295



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Part D: Connecticut Rivers Council Addendum

Full Name: _____ Dates Attending: _____

Campsite: _____ Unit: _____

☐ Scout ☐ Scouter ☐ Staff

This addendum to the Annual BSA Health and Medical Records is for youths and adults who are participating in a CRC camp program. This is required to meet Connecticut Department of Public Health requirements. Please read and sign the form at the bottom of the page.

If you disagree with any statements here, please cross out that section and initial it. Explain your wishes in the comment section, attaching an additional sheet if necessary.

- This medical form is correct so far as I know, and the person named in Part A has permission to **participate in all camp activities** except as noted on the form by me or by the doctor in Part C.
- I hereby request that the camp's Health Officer administer the **prescription and/or over-the-counter medication(s)** ordered by my child's doctor/dentist. I understand that I must supply the camp with the prescribed medication in the original container as dispensed and properly labeled by a doctor or a pharmacist and will provide no more than is appropriate for my child's camp stay. I understand that this medication will be destroyed if not picked up within one week after my child leaves camp.
- I also give permission for my child to **participate in trips** sponsored by the camp and approved by the adult/unit leader in charge. Examples of these trips are whitewater merit badge, orienteering merit badges, or trips for rock climbing or mountain biking.
- I give my permission for the Camp Health Officer to administer over-the-counter medications as directed for conditions as directed by the Camp Physician. Over-the-counter medications may include **WOUNDS:** Hydrogen Peroxide, Neosporin, Bacitracin **POISON IVY:** Tecnu, Benadryl cream **CANKER SORES:** Benzocaine cream **PAIN:** Tylenol, Ibuprofen **DYSMENORRHEA:** Ibuprofen **ABDOMINAL DISCOMFORT:** Tums, Maalox **HEADACHE:** Tylenol, Ibuprofen **HYPOGLYCEMIA:** Glucose Gel, Glucagon **ALLERGIC REACTION:** Benadryl or generic, Epipen **ATHLETE'S FOOT:** Tinactin **INSECT STING/BITE:** Benadryl Cream, Hydrocortisone cream, Caladryl or Calagel, Epipen **TICK BITES:** Alcohol or Hydrogen Peroxide **1st DEGREE BURNS:** Burn Jel, Aloe Spray **EMERGENCIES:** Oxygen. Generics may be substituted.

This section must be signed to indicate acceptance of conditions above.

Signature: _____ Date: _____
(Adults over 18 sign here. Parent/Guardian signs for camper.)

Name (print): _____ Relationship: _____

Comments:

Authorization for the Administration of Medication by School, Child Care, and Youth Camp Personnel

In Connecticut schools, licensed Child Day Care Centers and Group Day Care Homes, licensed Family Day Care Homes, and licensed Youth Camps administering medications to children shall comply with all requirements regarding the Administration of Medications described in the State Statutes and Regulations. Parents/guardians requesting medication administration to their child shall provide the program with appropriate written authorization(s) and the medication before any medications are administered. Medications must be in the original container and labeled with child's name, name of medication, directions for medication's administration, and date of the prescription.

Authorized Prescriber's Order (Physician, Dentist, Optometrist, Physician Assistant, Advanced Practice Registered Nurse or Podiatrist):

Name of Child/Student _____ Date of Birth ____/____/____ Today's Date ____/____/____

Address of Child/Student _____ Town _____

Medication Name/Generic Name of Drug _____ Controlled Drug? ☐ YES ☐ NO

Condition for which drug is being administered: _____

Dosage _____ Method /Route _____ Time of Administration _____ Start Date ____/____/____ End Date ____/____/____

Specific Instructions for Medication Administration _____

Dosage _____ Method/Route _____

Time of Administration _____ If PRN, frequency _____

Medication shall be administered: Start Date: ____/____/____ End Date: ____/____/____

Relevant Side Effects of Medication _____ ☐ None Expected

Explain any allergies, reaction to/negative interaction with food or drugs _____

Plan of Management for Side Effects _____

Prescriber's Name/Title _____ Phone Number (____) _____

Prescriber's Address _____ Town _____

Prescriber's Signature _____ Date ____/____/____

School Nurse Signature (if applicable) _____

Parent/Guardian Authorization:

☐ I request that medication be administered to my child/student as described and directed above

☐ I hereby request that the above ordered medication be administered by school, child care and youth camp personnel and I give permission for the exchange of information between the prescriber and the school nurse, child care nurse or camp nurse necessary to ensure the safe administration of this medication. I understand that I must supply the school with no more than a three (3) month supply of medication (school only.)

☐ I have administered at least one dose of the medication to my child/student without adverse effects. (For child care only)

Parent/Guardian Signature _____ Relationship _____ Date ____/____/____

Parent /Guardian's Address _____ Town _____ State _____

Home Phone # (____) _____ - _____ Work Phone # (____) _____ - _____ Cell Phone # (____) _____ - _____

SELF ADMINISTRATION OF MEDICATION AUTHORIZATION/APPROVAL

Self-administration of medication may be authorized by the prescriber and parent/guardian and must be approved by the school nurse (if applicable) in accordance with board policy. In a school, inhalers for asthma and cartridge injectors for medically-diagnosed allergies, students may self-administer medication with only the written authorization of an authorized prescriber and written authorization from a student's parent or guardian or eligible student.

Prescriber's authorization for self-administration: ☐ YES ☐ NO _____
Signature _____ Date _____

Parent/Guardian authorization for self-administration: ☐ YES ☐ NO _____
Signature _____ Date _____

School nurse, if applicable, approval for self-administration: ☐ YES ☐ NO _____
Signature _____ Date _____

Today's Date _____ Printed Name of Individual Receiving Written Authorization and Medication _____

Title/Position _____ Signature (in ink) _____

Note: This form is a sample form in compliance with Section 10-212a, Section 19a-79-9a, 19a-87b-17 and 19-13-B27a(v.)

Medication Administration Record (MAR)

Name of Child/Student _____ Date of Birth ____/____/____

Pharmacy Name _____ Prescription Number _____

Medication Order _____

Date	Time	Dosage	Remarks	Was This Medication Self Administered?	Signature of Person Observing or Administering Medication
				<input type="checkbox"/> Yes <input type="checkbox"/> No	
				<input type="checkbox"/> Yes <input type="checkbox"/> No	
				<input type="checkbox"/> Yes <input type="checkbox"/> No	
				<input type="checkbox"/> Yes <input type="checkbox"/> No	
				<input type="checkbox"/> Yes <input type="checkbox"/> No	
				<input type="checkbox"/> Yes <input type="checkbox"/> No	
				<input type="checkbox"/> Yes <input type="checkbox"/> No	
				<input type="checkbox"/> Yes <input type="checkbox"/> No	
				<input type="checkbox"/> Yes <input type="checkbox"/> No	
				<input type="checkbox"/> Yes <input type="checkbox"/> No	
				<input type="checkbox"/> Yes <input type="checkbox"/> No	
				<input type="checkbox"/> Yes <input type="checkbox"/> No	
				<input type="checkbox"/> Yes <input type="checkbox"/> No	
				<input type="checkbox"/> Yes <input type="checkbox"/> No	

*Medication authorization form must be used as either a two-sided document or attached first and second page.

☐ Authorization form is complete

☐ Medication is appropriately labeled

☐ Medication is in original container

☐ Date on label is current

Person Accepting Medication (print name) _____ Date ____/____/____

MEDICAL SCREENING QUESTIONNAIRE

This form must be completed by a ALL Scouts and leaders on the day of arrival at camp. It is to comply with BSA National Camping Standards. Please have the forms completed and bring them with you at your designated check-in time with the Camp Nurse.

SCOUT'S NAME _____

TROOP _____ SITE _____

Please ask the scout named above the following questions. This must be done by someone 21 years or older. If any question is positive, briefly describe under the proper question.

- | | YES | NO |
|--|-------|-------|
| 1. <u>Any visit to a doctor or clinic since the last exam?</u> | _____ | _____ |
| 2. <u>Any recent illness, injury, rash, or allergic reaction?</u> | _____ | _____ |
| 3. <u>Any ongoing treatment or medication not handed into the nurse?</u> | _____ | _____ |
| 4. <u>Any medication taken 30 days prior to camp, that you are not on now?</u> | _____ | _____ |
| 5. <u>Do you feel fine and do they look fine at present?</u> | _____ | _____ |

Adult Signature

Date

Print Name

MEDICAL SCREENING QUESTIONNAIRE

This form must be completed by a ALL Scouts and leaders on the day of arrival at camp. It is to comply with BSA National Camping Standards. Please have the forms completed and bring them with you at your designated check-in time with the Camp Nurse.

SCOUT'S NAME _____

TROOP _____ SITE _____

Please ask everyone in your troop (adult and child) the following questions. This must be done by someone 21 years or older. If any question is positive, list their name and a description under the proper question.

- | | YES | NO |
|--|-------|-------|
| 1. <u>Any visit to a doctor or clinic since the last exam?</u> | _____ | _____ |
| 2. <u>Any recent illness, injury, rash, or allergic reaction?</u> | _____ | _____ |
| 3. <u>Any ongoing treatment or medication not handed into the nurse?</u> | _____ | _____ |
| 4. <u>Any medication taken 30 days prior to camp, that you are not on now?</u> | _____ | _____ |
| 5. <u>Do you feel fine and do they look fine at present?</u> | _____ | _____ |

Adult Signature

Date

Print Name

Must be completed for River Kayaking trip, Geocaching and COPE

Camp Workcoeman Off-Camp Activity Permission Form

I _____, as Parent/Guardian of
Scout _____, give permission
to take part in the off-camp activity _____
sponsored by Camp Workcoeman (date)_____.

_____SIGNATURE

_____DATE

Must be completed for River Kayaking trip, Geocaching and COPE

Camp Workcoeman Off-Camp Activity Permission Form

I _____, as Parent/Guardian of
Scout _____, give permission
to take part in the off-camp activity _____
sponsored by Camp Workcoeman (date)_____.

_____SIGNATURE

_____DATE

Camp Workcoeman Troop Picture Order Form

Leader Name _____ Week _____ Unit _____

Address _____ Telephone (____) _____

City/Town _____ State _____ Zip _____ Date _____

() Initial Order

() Additional Order

	Print All Information Name	#	Amount Paid		Name	#	Amount Paid		Name	#	Amount Paid
1.				13.				25.			
2.				14.				26.			
3.				15.				27.			
4.				16.				28.			
5.				17.				29.			
6.				18.				30.			
7.				19.				31.			
8.				20.				32.			
9.				21.				33.			
10.				22.				34.			
11.				23.				Total Photographs Ordered _____			
12.				24.				Total Amount Paid _____			

Make checks payable to C.R.C

Camp Workcoeman Troop Leader Name Badge Order Form

Leader Name _____ Week _____ Unit _____

Address _____ Telephone (____) _____

City/Town _____ State _____ Zip _____ Date _____

	Print All Information Name
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	

Order name badges for your troop's summer camp leaders.
Clearly print names in the space to the left.

Send this form with payment 2 weeks prior to your week of camp and the name badges will be there when you arrive.

Badge Price: \$5.00 ea.



Camp Workcoeman
Summer Camp Troop Leader

Your Name Here

Total Name Badges Ordered _____ x \$5.00 = _____

Send this form and payment to:
Camp Workcoeman Trading Post
169 Camp Workcoeman Road
New Hartford, CT 06057

Make checks payable to C.R.C

***Parent/Guardian Authorization for
Camper Release/Departure from Camp Facilities***

All campers that must leave the camp property, to return at a later time or day, must have this form completed in advance by a parent or guardian. This notice must be submitted to the camp office at time of initial check-in at the camp.

This notice must include the following: day, date, and time of personal event, indicating nature of activity; anticipated required departure and return to the camp facility; name, relationship, phone number, and address of individual authorized to pick up and transport camper. **Positive ID will be required for the individual authorized to pick up and transport camper.**

Please complete the below requested information for the camper, answer all questions and affix parent or guardian signature as authorization.

Camper Name _____ D.O.B. _____
Camp _____ Program _____ Unit# _____

is authorized to leave the scheduled camp to participate in the following personal activity event.

Activity/Event _____ Day _____ Date _____
Time of Departure _____ Tim of Return _____

The following individuals are authorized to pick up my camper. (please include your own name.)

1. Name _____ Relationship _____
Address _____ City/Town/State _____
2. Name _____ Relationship _____
Address _____ City/Town/State _____
3. Name _____ Relationship _____
Address _____ City/Town/State _____

Parent/Guardian Signature _____ Date _____

Camp Workcoeman

Scouter Resource Form

Scouters are the most important people in camp because they have the skills and training that is needed in a camp setting. We would like all of the leaders staying in camp to fill out one of the resource questionnaires and return it before arriving at camp. We hope that you will spend some of your time assisting us in providing a wonderful camp program for all of the boys in camp.

Name: _____ Troop: _____

Week Attending Camp: _____ Campsite: _____

Please indicate the program area(s) that you would be willing to assist during the week you are in camp. (Please circle or highlight those you would like to assist in)

<i>Nature</i>	<i>Waterfront</i>	<i>Scoutcraft</i>	<i>Tenderfoot's Compass</i>	<i>Handicraft</i>
	<i>Rifle Range</i>	<i>Archery Range</i>	<i>Climbing</i>	<i>Sports</i>

Please indicate below those training opportunities you would like to attend during your week at camp. (Please circle or highlight)

<i>Aquatic Supervisor:</i>	<i>Water Rescue</i>	<i>Paddle Craft</i>
<i>Leave No Trace</i>	<i>Trek Safely</i>	<i>IOLS</i>

Would you like to attend one of our overnight or out-of-camp activities? (Please circle those you would like to attend)

<i>Camping Overnight</i>	<i>COPE (drivers needed)</i>	
<i>Kayak Trip</i>	<i>Shawtown Outpost Trek</i>	<i>Wilderness Survival Overnight</i>

Please list any merit badges that you would like to offer or assist with during your week at camp.

Is there any other way in which you would like to assist us while you are in camp?

Please return this form before your arrival at camp to:

Program Director
Camp Workcoeman
169 Camp Workcoeman Road
New Hartford, CT 06057

Scout's Name: _____ Troop: ____ Camping session: 9:15 or 11:15 Week: ____



Camping Merit Badge



Please initial the requirements that your scout has completed

- _____ Make a written plan for an overnight trek and show how to get to your camping spot using a topographical map and compass or a topographical map and a GPS receiver.
- _____ Present yourself to your Scoutmaster with your pack for inspection. Be correctly clothed and equipped for an overnight campout.
- _____ Prepare a camp menu. Explain how the menu would differ from a menu for a backpacking or float trip. Give recipes and make a food list for your patrol. Plan two breakfasts, three lunches, and two suppers. Discuss how to protect your food against bad weather, animals, and contamination.
- _____ Using the menu described above, cook at least one breakfast, one lunch, and one dinner for your patrol. At least one of these meals must be a trail meal requiring the use of a lightweight stove.
- _____ Camp a total of at least 20 days and 20 nights. Sleep each night under the sky or in a tent you have pitched. The 20 days and 20 nights must be at a designated Scouting activity or event. You may use a week of long-term camp toward this requirement. If the camp provides a tent that has already been pitched, you need not pitch your own tent.
- _____ On any of the above camping experiences, you must do two of the following, only with proper preparation and under qualified supervision:
 - _____ Hike up a mountain, gaining at least 1,000 vertical feet.
 - _____ Backpack, snowshoe, or cross-country ski for at least 4 miles.
 - _____ Take a bike trip of at least 15 miles or at least four hours.
 - _____ Take a nonmotorized trip on the water of at least four hours or 5 miles.
 - _____ Plan and carry out an overnight snow camping experience.
 - _____ Rappel down a rappel route of 30 feet or more.

Signature: _____

Date: _____

Name (Please Print): _____

Position: _____

Scout's Name: _____

Troop: _____

Week: _____

2015



Cooking Merit Badge



Please initial the requirements that your scout has completed

- _____ Using the MyPlate food guide, plan a menu for three full days of meals (three breakfasts, three lunches, and three dinners) plus one dessert. Your menu should include enough to feed yourself and at least one adult, keeping in mind any special needs (such as food allergies) of those to be served. List the equipment and utensils needed to prepare and serve these meals. Then do the following:
- _____ Create a shopping list for your meals showing the amount of food needed to prepare and serve each meal, and the cost for each meal.
 - _____ Prepare and serve yourself and at least one adult, one breakfast, one lunch, one dinner, and one dessert from the meals you planned using at least five of the following methods: baking, boiling, pan frying, simmering, steaming, microwaving, and grilling.
 - _____ Time your cooking to have each meal ready to serve at the proper time.
 - _____ After each meal, ask a person you served to evaluate the meal on presentation and taste, then evaluate your own meal.
- _____ Using the MyPlate food guide, plan a menu for trail hiking or backpacking that includes one breakfast, one lunch, one dinner, and one snack. These meals must not require refrigeration and are to be consumed by three to five people (including you). List the equipment and utensils needed to prepare and serve these meals. Then do the following:
- _____ Create a shopping list for your meals, showing the amount of food needed to prepare and serve each meal, and the cost for each meal.
 - _____ While on a trail hike or backpacking trip, prepare and serve two meals and a snack from the menu you planned. At least one of those meals must be cooked over an approved trail stove.
 - _____ For each meal prepared, use safe food handling practices. Explain how you kept foods safe and free from cross-contamination. Clean up equipment, utensils, and the site thoroughly after each meal. Properly dispose of dishwater, and pack out all garbage.
 - _____ After each meal, have those you served evaluate the meal on presentation and taste, then evaluate your own meal. Tell how better planning and preparation help ensure successful trail hiking or backpacking meals.

The meals prepared for Cooking merit badge can only count towards fulfilling those requirements and will not count toward rank advancement. Meals prepared for rank advancement cannot be used to complete Cooking merit badge. Please refer to the Cooking Merit Badge book for more information.

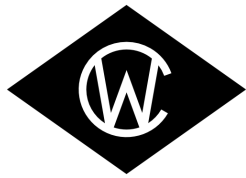
Signature: _____

Date: _____

Name (Please Print): _____

Position: _____

Scout's Name: _____ Troop: _____ Week: _____ 2014



Sustainability Merit Badge

Please initial the requirements that your scout has completed



- _____ Have a family meeting, and ask family members to write down what they think sustainability means. Be sure to take notes.
 - _____ As a family, discuss water usage. To aid in your discussion, if past water bills are available, you may choose to examine a few. As a family, choose three ways to help reduce consumption. Implement those ideas for one month. Share what you learn with your counselor, and tell how your plan affected your family's water usage.
 - _____ Develop and implement a plan that attempts to reduce your household food waste. Establish a baseline and then track and record your results for two weeks. Report your results to your family and counselor.
 - _____ Develop and implement a plan that attempts to reduce consumption for one of your family's household utilities. Examine your family's bills for that utility reflecting usage for three months (past or current). As a family, choose three ways to help reduce consumption and be a better steward of this resource. Implement those ideas for one month.
- Or
- Evaluate your family's fuel and transportation usage. Review your family's transportation-related bills (gasoline, diesel, electric, public transportation, etc.) reflecting usage for three months (past or current). As a family, choose three ways to help reduce consumption and be a better steward of this resource. Implement those ideas for one month.
- _____ Keep a log of the "stuff" your family purchases (excluding food items) for two weeks. In your log, categorize each purchase as an essential need (such as soap) or a desirable want (such as a DVD).

Requirement 5a. can only be completed after all other requirements have been finished. Participating Scouts will be able to contact camp counselors upon returning home and completing requirements with family members.

Signature: _____

Date: _____

Name (Please Print): _____

Position: _____

Scout's Name: _____

Troop: ____

Week: ____

2015



Emergency Preparedness Merit Badge

Please initial the requirements that your scout has completed



_____ Earn the First Aid merit badge.

_____ Prepare a written plan for mobilizing your troop when needed to do emergency service. If there is already a plan, explain it. Tell your part in making it work.

_____ Take part in at least one troop mobilization. Before the exercise, describe your part to your counselor. Afterward, conduct an "after-action" lesson, discussing what you learned during the exercise that required changes or adjustments to the plan.

Signature: _____

Date: _____

Name (Please Print): _____

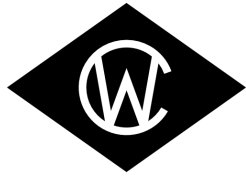
Position: _____

Emergency Preparedness Merit Badge Prerequisites

In addition to the requirements listed above, scouts should complete the following and bring the materials to camp

- ✿ Identify the government or community agencies that normally handle and prepare for the following emergency services:
 1. Crowd and traffic control
 2. Messenger service and communication
 3. Collection and distribution services
 4. Group feeding, shelter, and sanitation
- ✿ Find out who is your community's emergency management director and learn what this person does to prepare, respond to, recover from, and mitigate and prevent emergency situations in your community.

Scout's Name: _____ Troop: ____ Session: _____ Week: ____



Athletics Merit Badge

Please initial the requirements that your scout has completed



_____ Complete the activities in FOUR of the following groups and show improvement over a three-month period.

1. Sprinting: 100-meter dash, 200-meter dash
2. Long-Distance Running: 3k run, 5k run
3. Long Jump OR High Jump: Running (or standing) long jump or high jump
4. Swimming: 100-meter swim, 200-meter swim
5. Pull-ups AND Push-ups: Pull-ups in two minutes, Push-ups in two minutes
6. Baseball Throw: For accuracy (10 throws), For distance (5 throws)
7. Basketball Shooting: 10 Free-throw shots, Skill and agility (see merit badge pamphlet)
8. Football OR Soccer kick: Goals from the 10-yard line, distance
9. Weight Training: Chest/bench press, Leg curls (two sets of 15 repetitions each)

_____ Select an athletic activity to participate in for one season. Establish a personal training program suited to the activity chosen. Organize a chart for this activity and monitor your progress during this time.

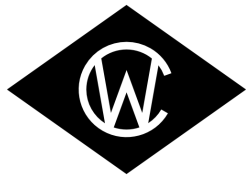
Signature: _____

Date: _____

Name (Please Print): _____

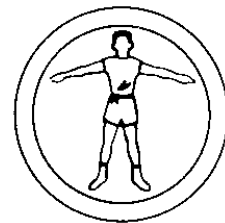
Position: _____

Scout's Name: _____ Troop: ____ Session: 9:15 or 11:15 Week: ____



Personal Fitness Merit Badge

Please initial the requirements that your scout has completed



- _____ Have your health-care practitioner give you a physical examination, using the Scout medical examination form.
- _____ Have a dental examination. Get a statement saying that your teeth have been checked and cared for.
- _____ Complete the aerobic fitness, flexibility, and muscular strength tests, along with the body composition evaluation as described in the *Personal Fitness* merit badge pamphlet. Record your results and identify those areas where you feel you need to improve.
- _____ Outline a comprehensive 12-week physical fitness program using the results of your fitness tests. Be sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in the *Personal Fitness* merit badge pamphlet. Before beginning your exercises, have the program approved by your counselor and parents.
- _____ Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc.). Repeat the aerobic fitness, muscular strength, and flexibility tests every two weeks and record your results. After the 12th week, repeat all of the required activities in each of the three test categories, record your results, and show improvement in each one. For the body composition evaluation, compare and analyze your preprogram and post-program body composition measurements.

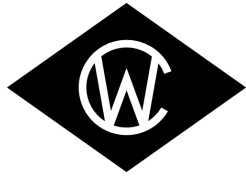
Signature: _____

Date: _____

Name (Please Print): _____

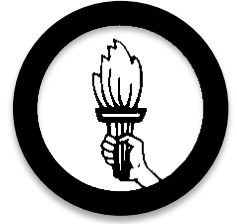
Position: _____

Scout's Name: _____ Troop: ____ Session: _____ Week: ____



Sports Merit Badge

Please initial the requirements that your scout has completed



_____ Take part for one season (or four months) as a competitive individual or as a member of an organized team in TWO of the following sports: baseball, basketball, bowling, cross-country, field hockey, football, ice hockey, lacrosse, soccer, softball, table tennis, tennis, volleyball, water polo, or sport otherwise approved in advance by the Camp Workcoeman Program Director.

Sport: _____ Participation dates: _____

Sport: _____ Participation dates: _____

_____ Establish a personal training program suited to the sports chosen. Organize a chart to track training, practice, and development in each sport for one season (or four months).

Signature: _____

Date: _____

Name (Please Print): _____

Position: _____

**Pistol Pilot Program
Participation and Hold Harmless Agreement**

Camp Workcoeman, Connecticut Rivers Council will be conducting a pilot program for Pistol safety and marksmanship during 2015. This program is conducted under the approval of the Boy Scouts of America. Scouts will be instructed how to handle, maintain, and shoot a pistol safely and be provided instruction to increase their marksmanship skills. Scouts will have both classroom instruction and range instruction in which they will fire a pistol under the supervision of a trained Range Safety Officer and pistol instructor at Camp Workcoeman property. Scouts will be required to wear eye protection and ear protection at all times while on the range. Scouts are expected to abide by all safety rules and the instructions of the Range Safety Officer(s) and Pistol Instructor(s).

I, the undersigned, give my child, _____, permission to participate in this program. I understand that participation in the activity involves a certain degree of risk. I have carefully considered the risk involved and have given consent for my child to participate in the activity. I understand that participation in the activity is entirely voluntary and requires participants to abide by the 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.

For safety, my child and I agree that he/she will do the following or he/she will be removed from the program. Because this is a pilot program and space is limited, any additional cost associated with participation in this program will not be refunded.

1. Complete the First Steps Class taught at Camp Workcoeman.
2. Wear all safety gear at all times while on the range.
3. Follow all the safety rules provided in the training class.
4. Follow the instructions of the Range Safety Officer(s) and Pistol Instructor(s).
5. Do not handle the pistols until instructed to do so by the Pistol Instructor(s).
6. Follow the instructions of the Range Safety Officer(s) at all times.
7. Is 14 years of age, or 13 and has completed the 8th grade, as of the start of the class and will be in full compliance with all local state and federal guidelines, including age restrictions and original equipment manufacturer standards.
8. Will respond to the camp satisfaction survey from the Boy Scouts of America to help in the evaluation of the pilot program.

Participant's Signature _____ Date: _____

Parent/Guardian Signature _____ Date: _____

Parent/Guardian Print Name _____ Date: _____

Home Phone _____ Cell _____ Date: _____

Email address for survey purposes only: _____