

# Welcome to Buckeye District Cub Scout Day Camp 2016 theme: Take Flight!



**Camp Lazarus,  
Delaware, Ohio  
July 25 - July 29, 2016  
8:00 am - 4:00 pm**

The following guide has been compiled as an easy reference to help make your Day Camp experience more enjoyable. We would encourage you to “tap” into the collective wisdom of our staff. Make a point to talk to them when questions and/or problems arise. They are the best resources for information and problem solving. We ask all volunteers, no matter how big a problem may seem, put a

smile on your face and let’s work it out together as fellow participants in our adventures during our district day camp.

Cub Scout camp is run purely for **FUN**. At the same time, it’s our hope our Cub Scouts will learn new skills, begin new adventures, meet new people and make new friends. The Law of the Camp is the Scout Oath and Law as taught through the basic fundamentals of Scout camping with the ideals of Scouting (character building, citizenship training and fitness). Please note, however, that camp fun is not limited to Cub Scouts. This is a great way for parents to share quality time with their Scout son(s). It’s an ideal time for them to get to know their son’s friends and their parents. Camp is a great place for Cubs and parents alike to meet people with whom they share a common bond....**Scouting!**

It is our hope that you will find as much enjoyment from your experience at camp as the scouts. Our payment for the sweat and toil we will endure is the miles and miles of smiles we’ll see upon the faces of the campers.

This packet and other information can be found online at [buckeyedc2016.appspot.com](http://buckeyedc2016.appspot.com).



**Thanks again for your generous help, time and support.**

## *Buckeye Cub Scout Day Camp Staff*

Camp Director, **Michelle Gibson**, 614-361-1548, email [skcbuckeyedaycamp@gmail.com](mailto:skcbuckeyedaycamp@gmail.com)

Program Director, **Shannon Langer**, 614-581-9537, email [shannon.langer.scouting@gmail.com](mailto:shannon.langer.scouting@gmail.com)

District Executive, **Liz Handler**, email [liz.handler@scouting.org](mailto:liz.handler@scouting.org)

District Director, **Chas Kenawell**, email [chas.kenawell@scouting.org](mailto:chas.kenawell@scouting.org)

**Remember to Drink Plenty of water!**

Day camp is operated according to the National Standards of the Boy Scouts of America.

All Day Camp Directors and Program Directors hold current BSA National Camp School certificates

## UNITS - PATROLS - DENS

**UNIT GUIDES (AKA "Walkers"):** Our camp policy requires that we maintain a minimum two deep leadership for each unit during camp each day. Extra eyes are needed to watch the Scouts as they progress through the day's activities, therefore we strive to maintain a ratio of one adult for every five Scouts. All adults and youth must wear the camp T-shirt as the class B uniform. Those without a shirt will be given a wrist band or lanyard.

**UNIT LEADER BINDER:** This is the guide book for the unit. It contains the attendance sheets, the daily unit schedule, projects the boys will do at camp, rules, emergency information, and other important and useful information. THE BINDER IS LEFT INSIDE THE UNIT BACKPACK AT THE END OF EACH DAY.

**UNIT BACKPACK:** These backpacks contain the Leader binder, pens, and other miscellaneous supplies. Feel free to use it for storage of other items you may need during the week, but be sure and take any personal belongings with you on Friday. THE UNIT BACKPACKS ARE TO BE LEFT AT CAMP AT THE END OF EACH DAY. Please place them on the side porch of the Welcome Center on your way out of camp.

**UNIT FLAG:** Each unit will have a flag with a name based on this year's theme. The flag is carried by the boys and goes everywhere they go during the day. Each boy should be given a turn carrying the flag. When the afternoon assembly is over, please return the flag to the side porch of the Welcome Center.

**SONGS:** We highly encourage singing songs, chants, or cheers when going from place to place. The louder the song the better! You should start working on this as soon as Opening assembly ends while traveling between activities. When coming up with your song, remember this year's theme. Special performances may earn special rewards.

**SCHEDULE:** Each unit is scheduled into various activities throughout the day. It is important for you to be on time for these activities in order for everyone to finish on time. Please keep on schedule. If you finish early use some of the additional activities in your leader binder or play a game or sing a song. Allow restroom breaks and Drink Water!

**CAMP MAP:** Location for stations will be identified on the daily schedules with the station numbers. These numbers correspond to the program areas on the camp map. Signs will also be posted for each station.

**LEATHER MEDALLIONS / NAME TAGS:** New Scouts will be issued a leather medallion / name tag. Please label the back of it with scout name and home pack number. Scouts returning to Day Camp are strongly encouraged to bring their medallion from the previous year so that they can add to it this year's totem. If a Scout brings back his medallion, he will receive a special bead from the Camp Director or Program Director.

Remember to Drink Plenty of water!

## FOOD AND OTHER GOOD THINGS TO KNOW!

**FOOD & DRINK:** Everyone attending camp, both youth and adults, is responsible

for bringing their own food and drink. Water will be provided throughout camp. Only food that will not spoil should be brought to camp. For example, mayonnaise is not recommended. We encourage all to NOT bring soda pop because bees love it too!



**DRESS CODE:** Each Scout will be issued an official camp shirt. This is to be worn each day. We suggest that all participants wear sneakers **and** socks to camp. Sandals or Crocs



are not appropriate for high grass and active games. Dress for the weather of the day: ponchos, sweatshirts or jackets are recommended as needed. For swimming activities, everyone should wear swimwear that covers appropriately. Adults may also swim. Don't forget to bring a towel. A small day pack makes it easy for Scouts to carry their belonging with them throughout the day.

### MEDICATION:

All medications must be submitted to the Camp Health Officer in its original container with current dispensing information.



**RULES:** Good behavior and following rules are a must for safety during camp, especially on the shooting ranges. Violations will be handled in the following manner: **First time:** warning; **Second time:** talk with Camp Director and loss of next BB/archery period; **Third time:** call parent for ride home. Camp staff reserves the right to determine if the Scout will return to camp based on the nature of the violation.

- There is to be no throwing or playing with of rocks or sticks.
- There is to be no climbing on rocks (boulders) or trees.
- Do not pull on branches of trees.
- No bare feet (except when swimming)
- No toys from home.
- No pocket knives or other sharp objects that may cause injury.
- No electronic games, radios, etc.

Day Camp will not be responsible for personal items brought to camp.

**TOBACCO USE:** BSA policy states that adults are not allowed the use of tobacco products at any BSA activity involving youth participants. If this is a necessity for you, please make sure you do so out of the sight of the youth. In addition, no alcoholic beverages or controlled substances are allowed.



**STRANGERS IN CAMP:** Anyone not in uniform or wearing a wristband or lanyard should be considered as a stranger. If you see anyone in camp who looks like they do not belong, please notify a staff member immediately.

Remember to Drink Plenty of water!

**ASSEMBLY:** We have two assemblies during the day. Note: It is the Leaders responsibility to keep the boys orderly and quiet when needed.

- **Opening - Morning assembly** is for starting the day. Conduct Flag ceremony and general announcements. After morning assembly your Unit is dismissed to begin your day at camp.
- **Closing – Afternoon assembly** is to say good bye to the boys for the day. Conduct Flag ceremony, songs, recognitions, etc.
- **REMEMBER YOU ARE RESPONSIBLE FOR THE BOYS IN YOUR UNIT UNTIL THEY ARE SIGNED OUT OR TURNED OVER TO THE CAMP DIRECTOR.**

**ATTENDANCE SHEETS:** These are in your unit binder. Take attendance each day before morning assembly. Keep one copy in the binder and track which boys have attended each day for the achievements. Another copy needs to be completed and will be picked up at the end of the morning assembly.

**Boys are not to leave your group early without permission from the Camp Director, Program Director, or District Executive. When leaving camp early, the boy and parent/guardian must sign out at the Welcome Center.** This is necessary because of divorce/custody situations. We must always know who is and is not in camp.

Pack Carpools should be arranged before camp. A boy should not leave camp with a different family or friend unless written permission is obtained.

**SAFE SCOUTING 2 DEEP LEADERSHIP:** Adults are never to be "one-on-one" with a boy other than their own son. Always have another adult present.

**LOST AND FOUND:** All lost & found items will be kept at the Welcome Center. Please bring anything you find there. Expensive items will be held up at assemblies to be claimed.

**CLEAN UP:** We are all responsible to keep the entire camp clean. Units should assist with trash pick-up. While there will be some trash cans located throughout camp, we will be practicing Leave No Trace. So please plan on "Packing In and Packing Out".

**FIRST AID:** The camp health officer is located at the back of the Welcome Center. All medical forms and medication need to be turned in to the health officer.

**TRADING POST:** We will have BSA items, snacks and other trinkets for sale during free time. Bring some money to take advantage of this.

**FLAG RULES:** Please show respect for the American flag by standing quietly and saluting during flag ceremonies. The boys sometimes forget, so we need to set a good example and remind them, when necessary. The camp T-shirt is our uniform, so it is proper to use the Cub Scout salute. Please remind boys to remove all non-scout hats during the flag ceremony.

**Remember to Drink Plenty of water!**

**WAGONS AND COOLERS:** Walkers may find it helpful to bring a cooler or two to hold the unit's lunches during the morning. This can be carried with you from station to station or placed in an out of the way shady location near where your unit will be during lunchtime that day. Some units put them near the center of camp



until time to eat. A wagon can also be helpful to transport the cooler or other unit items throughout the day. However, we do encourage the Scouts to carry their own day packs. Coolers and wagons may be left on the back porch of camp during the week to help those participating in car pools.



**DAILY SCHEDULE:** Each unit will have a schedule in their leader binder containing their daily activities. There is an opening assembly, three stations in the morning, a one hour BSA mandated lunch, two stations in the afternoon, and a closing assembly. There are 15 minutes between stations to allow for travel time and bathroom breaks. This is also a good time for a small snack as lunch is not until 12:30p. Please check the unit's schedule to see which days you will be swimming or creeking. Remind the Scouts to have swim trunks, towel, and creek shoes on those days. **Note: we will be expanding pool time so you will leave the prior station a bit early and get to the next station a bit late.**

Gathering	8:00a – 8:30a
Opening Assembly	8:30a – 8:45a
Station #1	9:00a – 10:00a
Station #2	10:15a – 11:15a
Station #3	11:30a – 12:30p
Lunch	12:30p – 1:30p
Station #4	1:30p – 2:30p
Station #5	2:45p – 3:45p
Closing Assembly	4:00

***REMEMBER  
YOU ARE RESPONSIBLE FOR THE BOYS IN YOUR UNIT  
UNTIL THEY ARE SIGNED OUT  
OR TURNED OVER TO THE CAMP DIRECTOR.***

**Remember to Drink Plenty of water!**

# Heat Cramps, Heat Exhaustion, and Heat Stroke



Warm weather is wonderful. However, sometimes you can overdo the warmth -- especially if you are active or exercising. Here are three problems children (and adolescents and adults) can have in hot weather. These conditions are largely brought on by heat and dehydration -- and with proper care you can prevent them.

## Heat Cramps

Heat cramps are muscle contractions, usually in the gastrocnemius or hamstring muscles (the muscles at the back of the calves). These contractions are forceful and painful. These cramps seem to be connected to heat, dehydration, and poor conditioning, rather than to lack of salt or other mineral imbalances. They usually improve with rest, drinking water, and a cool environment.

## Heat Exhaustion

Although partly due to exhaustion -- and feeling like exhaustion, as the name implies -- heat exhaustion is also a result of excessive heat and dehydration. The signs of heat exhaustion include paleness, dizziness, nausea, vomiting, fainting, and a moderately increased temperature (101-102 degrees F) which, in this case, is *not* truly a fever, but caused by the heat. Rest and water may help in mild heat exhaustion, and ice packs and a cool environment (with a fan blowing at the child) may also help. More severely exhausted patients may need IV fluids, especially if vomiting keeps them from drinking enough.

## Heat Stroke

**If your child has these symptoms, stop right here and call your doctor or EMS. Heat stroke is a medical emergency!**

Heat stroke is the most severe form of heat illness. It can occur even in people who are not exercising, if the weather is hot enough. These people have warm, flushed skin, and usually *do not sweat*. Athletes who have heat stroke after vigorous exercise in hot weather, though, may still be sweating considerably. Whether exercise-related or not, though, *a person with heat stroke usually has a very high temperature (106 degrees F or higher), and may be delirious, unconscious, or having seizures*. These patients need to have their temperature reduced quickly, often with ice packs, and must also be given IV fluids for rehydration; they must be taken to the hospital as quickly as possible (EMS is appropriate here), and may have to stay in the hospital for observation since many different body organs can fail in heat stroke.

**Remember to Drink Plenty of water!**

## Preventing Heat-Related Illnesses

You can prevent heat-related illnesses. The important thing is to stay well-hydrated, and to be sensible about exertion in hot, humid weather.

Hydration is a very important concern for everyone at camp. If you continually sip water, you will fight off the first symptom of dehydration--thirst. When you have a craving thirst, it is too late for effective hydration.

Your sweat is your body's main system for getting rid of extra heat. When you sweat, and the water evaporates from your skin, the heat that evaporates the sweat comes mainly from your skin. If you do not sweat enough, you cannot get rid of extra heat well. Dehydration will make it harder for you to cool off because you won't sweat as much.

The best fluid to drink when you are sweating is water. "Sport drinks" such as Gatorade® will also work, but water is usually easier to obtain. And any kind of drinkable water -- tap water or bottled spring water -- will work.

It's also important to be sensible about how much you exert yourself in hot weather. The hotter and more humid it is, the harder it will be for you to get rid of excess heat.



***PLEASE BRING A WATER BOTTLE***

***THAT YOU CAN REFILL THROUGHOUT THE DAY.***

## Ticks

Ticks are present in the grass and vegetation around camp and can attach themselves to campers. Campers including adults should be inspected for Ticks. If a Tick is attached, the Nurse will remove the Tick.



## Poison Ivy

Poison Ivy is present at Camp Lazarus. Poison Ivy grows in the form of climbing vines along trees or the ground. The leaves always grow in clusters of three. "Leaves of three – Let it Be" If you are exposed to poison ivy, you should wash the exposed area with soap to remove the oil.



**Remember to Drink Plenty of water!**