

Sid Richardson Scout Ranch

Cub Scout and Webelos Resident Camp 2011 Leader's Guide

The Great American West Lives at SR²



Longhorn Council BSA
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Hurst, Texas 76054

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Sid Richardson Scout Ranch
Boy Scout Road
Runaway Bay, TX

33° 11' 44.24" N
97° 54' 27.40" W



WHAT TO BRING LIST

PAPERWORK:

- Signed Medical Forms
- Adult Info Forms & YPT
- Roster
- List of boys' T-shirt sizes

CLOTHING ITEMS:

- WATER BOTTLES (refillable)
- Scout Uniform
- Sweater or Jacket
- Poncho or Rain Gear
- Hat or Visor
- Rugged Long Pants
- Under Shorts
- Scout T-Shirts
- Shoes or boots
- Proper Socks
- Swimsuit and Towel
- POOL SHOES**

CAMPING GEAR:

- Sleeping Bag or Blankets
- Pack or Duffel Bag or knapsack
- Cot or Air Mattress

CAMP NECESSITIES:

- 2 Flashlights with Fresh Batteries
- Clothes Line and Pins
- Personal First Aid Kit
- Drinking Cup

TOILET KITS:

- Sun Screen
- Toothbrush and Toothpaste
- Bath Towel and Wash Cloth
- Emergency Toilet Paper
- Body Soap
- Deodorant
- Comb
- Handkerchiefs

SUGGESTED EXTRAS:

- Sunglasses
- Camera and Film
- Spending Money
- Big Water Guns (to be kept by adult leaders except during water wars)

DO NOT BRING:

- Video Games
- Open Toed Shoes
- Personal Firearms, Air-Rifles, or Archery Equipment
- Expensive Personal Items
- Radios
- Fireworks
- Sheath Knives

GENERAL INFORMATION

About Sid Richardson Scout Ranch . . .

[Sid Richardson Scout Ranch](#) (SR²) is a Texas-size camp with Texas-sized adventure programs and lots of history - 2,500 acres of scenic cliffs, opens prairie, heavy forests, and 16 miles of rugged shoreline on Lake Bridgeport just west of Decatur. The historic 1870's U.S. Cavalry outpost site is a centerpiece of our Chisholm Trail Adventure program. The Devil's Den cliffs were a hideout for the famous outlaw Sam Bass. Our working Blacksmith's Shop, Country Store, museum, saloon, and Post Office are official Texas landmarks relocated with their original artifacts from Vineyard, Texas.

The Cub Scout and Webelos Resident Camp program at SR² offers an air-conditioned dining hall and traditional camp programs. Participating Packs can take part a variety of activities:

BB Target Shooting	Climbing Tower	Campfires
Archery	Canoeing	Water battles
Swimming	Crafts	Branding
Wide Range of Belt Loops and activity Badges	Special Programs: Ecology / Nature	Kingsnakes of Texas and the U.S. <i>(the ones that eat venomous snakes)</i>

Location

SR² is 70 miles northwest of Fort Worth and 50 miles west of Denton. It is approximately 65 miles to the camp gate from the north entrance of DFW Airport.

Using a GPS or Google Maps:

the address to enter for GPS and online maps is:

"Sid Richardson Scout Ranch, Boy Scout Road, Runaway Bay, Texas"

GPS coordinates for front gate:

33° 11' 44.24" N

97° 54' 27.40" W

From Fort Worth:

take I-35W North and turn on US 287/81 to Decatur. At Decatur go West on US 380 about 17 miles to Lake Bridgeport. 2 miles after crossing the long bridge on Lake Bridgeport, turn right at the green Sid Richardson Scout Ranch highway sign, onto County Road CR 1700 – Boy Scout Road. Follow signs 2.3 miles to the camp entrance. Camp office is about 6 miles from front gate.

From Dallas:

take I-35E North to Denton. Turn on Hwy 380 west and go 44 miles to Lake Bridgeport. Then follow the directions above.

CAMPSITE

You will be assigned to a campsite upon arrival at Cub Resident Camp. A campsite host will direct you to your site and assign your tents to your den. The Cub Scout Leader, or other adult den leader, is in complete charge of his/her own den. Cub Scouts are expected to keep their campsite in a neat and orderly fashion. Questions or problems should be directed to the program director or camp director.

TELEPHONE

Sid Richardson Scout Ranch's telephone number is (940) 575-4243. It is a camp/business phone and should be only used in case of **emergency**. Discourage parents from calling their sons. Remind them that Scouts are not near the phone, so messages must be taken, and calls returned. Cellular phone use is discouraged, as it may take away from the camping experience.

Mailing Address – DO NOT USE FOR GPS DIRECTIONS

Camp mail is delivered and picked up daily. Camper mail should be addressed with the camper's name and Unit number. Mail that is received after a unit has left or is not picked up will be marked "RETURN TO SENDER" and mailed. Please be sure to include all information to insure delivery.

Scout's Name, Pack # – DO NOT USE MAILING ADDRESS FOR GPS DIRECTIONS –

Cub Scout Resident Camp
Sid Richardson Scout Ranch
183 Eagle's Trail
Jacksboro TX 76458

Emergency Numbers

Please remember that these numbers are for emergency purposes only. All other calls need to go to the unit leader accompanying the unit.

Sid Richardson Scout Ranch camp:	(940) 575-4243 emergencies only
Camp Director cell:	(817) 706-1526 sr2@longhorn.org
SR2 Head Ranger Brian Holt	(940) 575-4160
cell:	(817) 903-3173
SR2 Ranger Dennis Elliott:	(940) 575-9272
cell:	(817) 773-0881
Longhorn Council Camping Registrar:	(817) 231-8537 camping@longhorn.org
fax:	(817) 231-8600

PARKING

Parking for vehicles is provided in designated parking areas only. Trailers can be dropped in campsites. Equipment and gear may be dropped in campsites, but vehicles must then be moved to the designated parking areas. It is expected that vehicles will remain parked for the entire camping session.

Note: Cub Resident Camp is for registered Cub Scouts, adult leaders, and parents. There is no provision for pets, younger siblings, or guests to stay at camp or to participate in the program.

Note: ALL BSA, Council, National, and Guide to Safe Scouting policies apply, even if not specifically mentioned in this guide.

EQUIPMENT

Cots may be rented at a cost of \$5.00 per cot. Rental cots are on a first come first served basis only. Cub Scouts and leaders need to bring their own personal gear. The campsites are equipped with restrooms and wall tents. Showers are close by. The Wall tents are 7' x 9' (2 man) and wooden tent platforms are provided.

MEALS

Meals are served in the dining hall and begin with the lunch meal on check-in day.

Prohibited Items

- **Alcoholic beverages or illegal drugs**
- **Riding in the back of Pickup trucks** in strictly prohibited
- **Tobacco products** in front of scouts
- **Personal firearms** or weapons, including: BB & Pellet guns, rifles, shotguns, handguns, ammunition, bows & arrows
- **Sheath knives** and axes (except for staff in reenactment programs)
- **Fireworks**
- **Pets**
- Handling Nature/Ecology Department snakes or animals without permission is forbidden.

MEDICAL

Each Cub Scout must present to the camp Health Officer, a completed parts A, B, C of the BSA Medical Form signed by a parent. It must be presented to the Health Officer on check-in day. No one will be allowed to remain in camp without a completed medical form.

http://www.scouting.org/filestore/pdf/34605_Letter.pdf

Note: No over the counter medications will be administered to any minor child without written permission from their parent or guardian.

TRANSPORTATION

Each unit is responsible for safe transportation to and from camp that meets the national insurance requirements listed below.

PUBLIC LIABILITY & PROPERTY DAMAGE INSURANCE COVERAGE

Passenger car, station wagon, or truck*# recommended coverage: \$50,000/100,000/50,000

Van, RV, and passenger bus (only noncommercial)*# required coverage: \$100,000/500,000/100,000

ALL vehicles must be covered by a public liability and property damage insurance policy. The amount of this coverage must meet or exceed the insurance requirements of the state in which the vehicle is licensed.

For your additional protection, we urge that you carry the following higher limits; passenger cars, station wagons, or trucks \$100,000/\$300,000 (public liability), \$50,000 (property damage); passenger bus \$100,000/\$500,000 (public liability), \$100,000 (property damage).

The transporting of anyone in Open Pickup Trucks or any type of open vehicle is against all National Health & Safety policies, against Texas State Law, and is also against common good judgment.

Buses must be fully insured – if you own, rent, or borrow, your unit is responsibility begins prior to traveling to camp. Be safe and sure of insurance requirements. Liability begins with you, and proper planning begins with carrying enough of the right insurance.

SPEED LIMIT

The speed limit in camp, posted on some roads (unless otherwise posted) is 25 M.P.H. on main camp roads, and 10 M.P.H. in camp areas; do not drive on roads other than the main entrance road without permission. Continued violation of these posted limits will result in those violators being asked to leave camp immediately.

CHECK-IN PROCEDURE

You need to bring all receipts, money for fees or cot rental and medical forms to the check in area.

1. Arrive at the check-in area between 1 PM and 3 PM, You will be met by the camp director and staff. **Camp personnel cannot accommodate early arrivals**, plan your schedule accordingly. Please be prepared to turn in a list of T-shirt sizes for your boys. Cot rental fees may be paid at the trading post at this time (bring cot tickets to the office to pick up cots). Any balances on camp fees must be paid in full at this time.
2. The Health Officer will collect medical forms during swim checks.
You will receive buddy tags during swim check and patches and t-shirts upon check-in or check out.
3. You will be able to drive to your appointed campsite to unload your gear. It is recommended that you put your name clearly on each of your items before coming to camp.
3. At your orientation meeting you will be assigned to a group. Your schedule before lunch will include a swim-check and a camp tour. Camp setup time is allowed in the schedule also.

CHECK-OUT PROCEDURE

1. Check with your campsite host to schedule your time for departure and campsite checkout. On the last day, you can load your personal gear in the campsite. We ask that you drive slowly within the camp as many Cub Scouts will be walking on the roads. Campsite hosts must check you out of your campsite. Make any final settlements and pick up your patches with the camp director prior to your departure.
2. Scheduled departure is after the closing flag ceremony and campfire on the final day. You may leave camp earlier as long as you check out of camp with the Camp Director. All campers must leave camp by 9 a.m. on Thursday morning.
3. If you cannot leave before the scheduled time, please contact the camp director so that other arrangements may be made.

Leadership Requirements for Trips and Outings

Each Cub Scout den and Webelos den or group must have at least one adult, 21 years of age or older, and at least one adult 18 or older. Groups with only one adult will be placed in campsites with other groups.

1. All adults in camp must meet Texas requirements by completing the BSA Youth Protection Training and filling out an adult info form.
2. Two-deep leadership: Two registered adult leaders, or one adult and one parent of a participating Scout, one of whom must be 21 years of age or older, and required for all trips or outings. There are a few instances, such as patrol activities, when no adult leadership is required. Coed overnight activities require male and female adult leaders.
3. Safety rule of four: No fewer than four individuals (always with the minimum of two adults) go on any backcountry expedition or camp-out. If any accident occurs, one person stays with the injured and two go for help. Additional adult leadership requirements must reflect awareness of such facts as size and skill level of the group, anticipated environmental conditions, and overall degree of challenge.
4. Male and female leadership require separate sleeping facilities. Married couples may share the same quarters if appropriate facilities are available.
5. Male and female youth participants will not share the same sleeping facility.
6. When staying in tents, no youth will stay in the tent of an adult other than his or her parents or guardian.

TRIPS TO HOSPITALS AND DOCTORS

1. It is the responsibility of the unit leadership to provide transportation for unit member(s) requiring services from a doctor or hospital.
2. One adult leader from the unit will accompany the unit member(s) requiring services from a doctor or hospital and is asked to carry insurance forms in for completion. He must obtain the Scout's health record from the health officer before going to the doctor or hospital.
3. Parent(s) or guardian(s) will be immediately notified by the Camp Health Officer of any serious illness or injury. If parents will not be at home during the week of camp, have them advise you where they can be located.
4. **The camp will provide transportation only when a unit has none available.** If a unit has inadequate transportation, or if an injury required Health Staff attendance, the camp will provide transportation.
5. Directions and medical procedures to doctor's offices and hospitals will be available at the Health Lodge.
6. **The Camp Health Officer must clear all cases requiring outside medical care.** This is an agreement with the local health services facilities, insurance company and claim procedures.
7. **Directions to the Hospital: From the SR2 camp's main entrance, head east toward Bridgeport. Follow hospital signs.**

INSURANCE

The Council Accident & Sickness insurance plan covers your registered Scouts and Adult leaders while at camp (please register parents staying with your pack on your unit committee). LDS units should contact their church for insurance forms for camp. Units not in SHAC are not covered by this policy. They should contact their council office on what information must be brought to camp.

The plan is with United of Omaha and is excess coverage. The first \$150.00 (or less) of charges will be paid by United of Omaha. Charges above \$150.00 should be filed for under the families' major medical insurance. United of Omaha will then pay up to the usual, reasonable charges normally made within the geographic area where treatment is performed, and not recoverable under any other insurance. Parents without insurance will receive instructions from United of Omaha; but in any event, up to \$6,000.00 of coverage for sickness or injuries provided (special coverage limits cover dental and transportation). The camp will file the initial Claim at the time of treatment. All patients must be referred to the physician or hospital by camp personnel.

CAMP PROGRAM

The camp program and the scheduling is the responsibility of the camp program director. The primary responsibility of the Cub Resident Camp Staff is to see that each den or pack has a satisfactory camping experience. Some of the opportunities for fun and learning will be offered by the camp staff utilizing the following program listed on the camp schedule

Program schedules will be assigned after check in at the leader's meeting. All Cub Scouts will be divided into Dens. Each den will spend the week together during sessions.

GENERAL POLICIES AND CAMP SERVICES

UNIFORM

Cub Scouts should wear their camp tee shirts or other Scout shirts during the day. Adult leaders are encouraged to wear the Activity or "class B" uniform during the day. Everyone who has an official BSA uniform should be in full uniform at supper.

OUT OF CAMP TRIPS

Scouts should have no reason to leave camp, but if leaving is necessary, they must be under the direction of one of their adult leaders. Complete a camper departure notice at the camp office and check in and out with the Camp Director or her representative. Proper authorization must be obtained before release of a minor to anyone.

INAPPROPRIATE PERSONAL POSSESSIONS

Camp is an outdoor experience, personal items such as radios, MP3 players, electronic games, etc. are not appropriate at camp. A Scout is cheated out of a full outdoor experience by these types of items.

RIFLES, AMMUNITIONS BOWS AND ARROWS

Personal rifles or ammunition are not allowed in camp. Texas law permits concealed handguns; they are however prohibited on council property. Only those supplied by the camp are permitted.

MEALS

Campers will eat all meals in the camp dining hall.

TRADING POST

We maintain a well-equipped trading post. The Trading Post is operated on a limited basis. Operation times will be announced at mealtime. Items such as candy, soft drinks, soap, toothpaste, etc. will be available. Various handicraft kits and supplies are offered along with special items, t-shirts, patches, and fun items. Please do not limit scouts on spending money as this helps to offset the cost of running a quality camp. Please bring change and dollar bills to avoid a small change crunch!

FIRE AND EMERGENCY

Procedures are posted in every campsite and on every camp building. At least one drill will be conducted during each camp.

DAMAGE TO EQUIPMENT AND FACILITIES

All campsites and camp owned equipment used by a unit will be inspected before the unit checks out. Any damages that occur will be assessed by the Camp Director and must be paid for, or arrangements made to pay before the unit leaves camp. Damages could include breaking or losing equipment, defacing shelters, tables, restrooms or showers and buildings. A truer assessment of value fixed and responsibility can be made, if such damage is reported immediately by the adult leader in charge.

LOST AND FOUND

Until camp closes, lost and found items will be kept at the camp office. After camp, all items will be held until November 1st. Leaders should urge Scouts to mark all possessions with name and pack number.

SMOKING

Adults who smoke are asked to refrain from doing so in any building, while in the program areas, or in view of any youth on camp property. BSA and the Longhorn Council have a no smoking policy for all buildings and structures, and we ask that you not smoke within 10 feet of doors. Please be reminded that we must set the proper example at all times.

LIQUID AND LP FUELS

Under no circumstances may flames of any kind be used in tents. Flashlights and battery-powered lanterns, which do not impose the hazard of fire and asphyxiation, are the only acceptable lights for use in tents. LP Gas (propane/butane) lanterns/stoves may be used in the campsite areas with adult supervision. For safety reasons, boys must not be involved in the handling of or the lighting of stoves, lanterns.

Note: The National Supply issued tents used at camp are marked No Flames in Tent...if your unit should use a personal tent, this inscription must be clearly marked on the tent. This is a BSA National Standard and is required for all tents used at camp.

EQUIPMENT DAMAGE CHARGES

Each Scout and Pack or Den is responsible for taking care of equipment that has been assigned, the individual or Pack or Den is responsible for payment of repairs or replacement.

The Charges are as Follows:

Cots:

Canvas replacement (rips, cuts, or writing on canvas)	\$20.00
Cot replacement (when canvas and frame are damaged)	\$80.00
End board replacement	\$5.50
Leg or side board replacement	\$18.00

Tents and Flies:

Rips and Tears (per inch)	\$5.00
Writing on canvas (per panel)	\$10.00
If waterproofing is destroyed – the cost will be determined by case.	
Total tent replacement	\$250.00

Tent Platform: \$50

The platforms are wooden, with wood frames. Repairs to frame and platform will be determined by Camp Director.

Campsite Supplies

Restroom and shower cleaning supplies are prepositioned at the campsite. Toilet paper and trash bags may be at the dining hall.

VISITORS

Parents and friends are always welcome at camp. Those visiting camp and wishing to eat need to make prior arrangements with the Camp Office and pay meal fees. As food is purchased in advance, prior notice is required.

Parking lots are provided at the Headquarters for visitors who drive vehicles. Driving around camp needlessly is a hazard! Please park, walk, exercise and enjoy the great outdoors.

ALL GUESTS AND VISITORS MUST SIGN-IN UPON ARRIVAL (at the office) AND SIGN-OUT UPON DEPARTURE. There are no facilities at camp to allow parents or children not enrolled in the Boy Scout program to camp or stay overnight.

PETS AND CAMP WILDLIFE

Pets are to be left at home. Pets of any type are not allowed by the B.S.A. National Standards. An awareness program of "precautions to dangerous encounters with wildlife" will be shared with you at the FIRST Leader Meeting. Please do not feed or handle camp wildlife. Camp abounds with natural wildlife: deer, birds, and other wildlife (note: there are several types of wildlife that are protected by state and federal laws with whom we must be cautious during our visit). Contact with wild animals could result in bodily harm or the possibility of disease. Report any personal encounters to the Camp Health Officer. It is prohibited to take home any camp wildlife (like squirrels, snakes, turtles, or lizards).

YOUTH PROTECTION

All persons responsible for youth safety must understand and appreciate Scouting's position of zero tolerance for child abuse or victimization in any form. Unit leaders while in camp should report any suspected abuse to the Camp Director who is trained to manage the "Procedure for Reporting Child Abuse of the Longhorn Council."

HAZING & VANDALISM

All forms of hazing, initiations, ridicule, or inappropriate teasing are prohibited and should not be allowed.

Unit leadership will be responsible for the actions of their Cub Scouts. Vandalism of camp properties, equipment and equipment owned by units or individuals is unacceptable. The Council will seek reimbursement from the Pack responsible for damages sustained to facilities or equipment. Such things as "Raids" on campsites that result in destruction of property cannot be tolerated. Individuals or units who insist on such unacceptable behavior will be asked to leave camp and not return.

YOUR TENT

FOR THOSE OF YOU WHO HAVE NEVER LIVED IN A TENT, YOU SHOULD KNOW:

1. They cost about \$250 - 300.00 to replace, and the price goes up each year!
2. No pins, they cause leaks and start rips.
3. Running your fingers on wet canvas will break air bubbles and make tents leak.
4. Dry flaps before rolling, to avoid mildew.
5. Roll flaps toward the inside so they won't become "Gutters."
6. Un-roll flaps periodically.
7. Canvas and ropes shrink when wet, loosen ropes (guy) at the beginning of a rain, tighten afterwards. (Pull ropes evenly on each side.)
8. Never hang towels, wet clothes, etc. on guy ropes.
9. Aerosol sprays cause water proofing to not work and canvas to deteriorate. Please do not use spray cans in tents.
10. Always close your tent flaps when leaving your campsite; if you don't, it is sure to rain before you return!

These tents are your home and the home to many other Scouts during the summer.

Please do all that you can to care for them properly and make them livable homes.

GOOD CAMPING TIPS

Longhorn Council Camps are guided by the Scout Oath and the Scout Law. All camp participants are expected to live by these principles in our camp community. All campers are asked for their cooperation in helping to maintain these high standards of moral and personal behavior.

- Please keep up with the location of your Cubs. During the evening program, all Cubs must attend camp functions with an adult supervisor. There should be no Cubs left in campsites without adult supervision.
- Encourage all Cubs (and Leaders) to drink plenty of fluids during your camp session.
- Please keep your campsite, restrooms, and showers clean. Equipment will be provided to do the job. Report any problems to the Camp Office.
- One of the greatest dangers to a successful camp experience is fatigue. Each leader should insist that the Cubs get plenty of rest and that all observe rest periods with quiet activities in the campsite and that they observe taps and reveille hours by being in the campsite.
- Only those persons authorized by the Camp Director or Camp Ranger may operate power tools on Camp Property.
- Please do not cut or hack on the live trees. Be sure your Cubs know the importance of caring for trees as well as Camp Property.
- For safety reasons, your Cubs should wear shoes at all times. Open-toed sandals are not appropriate footwear for camp.
- Reminder: No riding in the back of trucks or the outside of any vehicle. This is a national B.S.A. policy.
- There will normally be someone on duty at the Camp Office and Health Lodge at all times except for meal times. At night, someone will be on duty in the Camp

Health Lodge or the Camp Director's residence. Be sure that all accidents and illnesses are reported **prior** to transporting a Scout to medical authorities.

- Let us know how we can help you while at camp!
- Re-Read what to bring, and what not to bring to camp.
- Be Prepared!
- Bring your sense of humor, a Boy's Life Joke, some patience, extra leadership, and a desire to make Resident Camp 2007 memorable in the lives of youth and adults!
- P.S. We suggest you bring your poncho! You never know when it might rain in Texas!!

Supplemental Health Awareness Information

Wildlife

See the Camp Wildlife Plan

HANTAVIRUS

"Reducing the risk of Hantavirus Infection"

Hantavirus is a deadly virus that was first recognized as a unique health hazard in 1993. Outbreaks have been principally limited to the four corners of Arizona, New Mexico, Utah, and Colorado. There are four different strains of hantavirus, and cases have been reported in 26 different states. The virus is most active when the temperature is between 45°F and 72°F.

Hantavirus infects humans when an individual comes in contact with the saliva, urine, or feces of a contaminated rodent. This contact is commonly through an airborne transmission. According to the Centers for Disease Control, the virus remains viable in dried excreta and is transmitted when a person disturbs the excreta by sweeping or wiping ("cleaning up"). Transmission may also occur when contaminated excreta contacts broken skin, is introduced onto the conjunctivae, or, possibly ingested in contaminated food or water. People bitten by infected rodents have also been infected.

Be prepared and follow these guidelines:

Avoid coming into contact with rodents and rodent burrows or disturbing dens (such as pack rat nests).

Do not use cabins or other enclosed shelters that are rodent infested until they have been appropriately cleaned and disinfected.

Do not pitch tents or place sleeping bags in areas in proximity to rodent feces or burrows or near possible rodent shelters. (e.g. garbage dumps or woodpiles)

If possible, do not sleep on the bare ground. Use a cot with the sleeping surface at least 12 inches above the ground. Use tents with floors.

Keep food in rodent-proof containers.

Use only bottled water or water that has been disinfected by filtration, boiling, chlorination, or iodination for drinking, cooking, washing dishes, and brushing teeth.

Symptoms of hantavirus include fever, chills, muscle aches, nausea, vomiting, diarrhea, abdominal pain, and a dry, nonproductive cough. If you suspect that someone has been infected, consult a physician immediately

LYME DISEASE

Lyme Disease is a multi-system bacterial infection. Lyme Disease is transmitted by the bite of an infected tick. There are several steps you can take to reduce the risk:

Wear clothing that covers arms, legs, and other exposed areas. Pants should be tucked into boots or socks, and long-sleeved shirts buttoned at the cuff. You may wish to apply permethrin

spray to clothing to prevent tick attacks. Permethrin is an insecticide that will adhere to clothing for up to two weeks after application. It is often sold in hunting stores. DO NOT APPLY TO SKIN.

Insect repellents that contain DEET can be applied to skin for additional protection, but maximum effectiveness requires reapplication every 1 to 2 hours. Read label directions carefully before application.

Everyone should inspect themselves thoroughly after exposure. This should be done at least once daily, or more often as needed. Be especially aware to examine hairy areas where ticks are often attached, including the head and neck areas. Ticks should be removed promptly by the Health Officer. Make sure all tick bites are reported.

You should also be aware of some of the manifestations of Lyme Disease so you can see your physician for treatment if necessary. The symptoms of Lyme Disease are divided into three stages: early localized, early disseminated, and late disease. Early localized disease is characterized by a distinctive rash, termed erythema migrans, at the site of a recent tick bite. It is a flat or slightly raised area that usually expands over days to weeks to form a large red circular area, usually 2 to 6 inches diameter. Fever, headache, mild neck stiffness, muscle and joint pains usually accompany the rash.

Following the localized rash, the infection may spread and cause a more generalized rash. This rash is similar to the first area that was bitten, but is typically made of smaller reddened areas. The second rash usually occurs 3 to 5 weeks after the infective tick bite. Often, there are additional problems that develop, including joint pains, muscle aches, headache, fatigue, and weakness.

Late disease, characterized by recurrent arthritis that usually affects large joints such as the knees, may occur months to years after the initial infection. Also, arthritis may occur even in persons with no evidence of earlier stages of the illness. Fortunately, Lyme Disease is uncommon in those who are treated with antibiotics in the early stages

RABIES

Rabies has become increasingly prevalent in the United States in recent years, with more than 7,000 animals, most of which are wild, found to have the disease each year, according to statistics released by the Centers for Disease Control and Prevention (CDC). This viral infection is often found in bats, foxes, raccoons, and skunks. Rabies can be transmitted by warm-blooded animals, including domestic dogs and cats.

Although rabies in humans is rare in the United States, the CDC reports that more than 22,000 people in this country require vaccinations each year after being exposed to rabid or potentially rabid animals. States with the highest number of reported cases include New York, New Jersey, Connecticut, New Mexico, Texas, Massachusetts, Pennsylvania, North Carolina, New Hampshire, Maryland, and parts of Northern California.

RABIES PREVENTION

Scout leaders can help prevent exposures by reminding Scouts to steer clear of wild animals and domestic animals that they don't know. If someone is scratched or bitten by potentially rabid animal, Scout leaders should:

- Wash the wound thoroughly with soap and water
- Call a doctor or a hospital emergency room
- Get a description of the animal

Notify local animal control office, police department, or board of health.

RELIGIOUS BELIEFS AND MEDICAL CARE

The following is the policy of the Boy Scouts of America regarding medical requirements:

Medical examinations for camp attendance are required of all campers for the protection of the entire camp group. The immunization requirement is waived for persons with religious beliefs against immunizations.

All Cub Scouts and Cub Leaders need to learn first aid, not for their own use, but for service to others who may require it. A Scout or leader may ask to be excused from first-aid instruction, but no advancement requirement will be waived except as indicated.

PRESCRIPTIONS

The taking of prescription medication is the responsibility of the individual taking the medication and/or that individual's parent or guardian. Please bring all prescription medications to the Camp Health Officer during Medical Re-Check. BSA requires that most prescription medications must be stored in the health lodge.

SUN SAFETY

The American Academy of Dermatology advises the following tips against damaging rays:

Limit exposure to sun between 10AM and 4PM when the sun's rays are the strongest.

Generously apply sunscreen with the sun protection factor (SPF) of at least 15 and reapply every two hours when outdoors, even on cloudy days.

Wear protective, tight woven clothing, such as a long-sleeved shirt and pants.

Wear a 4-inch-wide broad brimmed hat and sunglasses with UV protective lenses.

Stay in the shade whenever possible.

Avoid reflective surfaces, which can reflect up to 85 percent of the sun's damaging rays.

Don't forget the sunscreen!