

ADVENTURE ISLAND

Cub Scout Resident Camp



at
Camp Cherry Valley, Catalina Island

August 22-25, 2010
Or
August 26-29, 2010

San Gabriel Valley Council
Boy Scouts of America
3450 E. Sierra Madre Blvd.
Pasadena, CA 91107
626.351.8815, ext. 237 or 249

ABOUT CAMP CHERRY VALLEY

Camp Cherry Valley is a very special and unique place. Located on the west end of Catalina Island, we are about one mile from the small village of Two Harbors. We have been a Boy Scout camp for over 80 years. Our cove is sheltered, with calm, clear water which is ideal for all sorts of water sports. Many activities are available in camp, as you will see further in this Leader's Guide. Camp Cherry Valley staff members are trained to be sure you have the best camping experience you have ever had.

During the year, we offer scheduled weekend programs for individuals, families, and groups. Contact our Camping Department for information about these program weekends. Additionally, camp is available for groups who wish to create their own program with minimal camp staff participation. Again, call our Camping Department for details.

YOUR ROLE AS A GROUP LEADER

Your job is especially important to your group. Starting right now, please share the information in this booklet with everyone who will be coming to Knights of the Campfire at Camp Cherry Valley. There is important information here! If you or members of your group have any special needs or concerns, please let us know right away. We can accommodate almost everyone, especially if we have enough advance notice to prepare! It is important to remember that at least 1 registered adult must accompany each four campers.

At camp, your job is to be sure that members of your group are having fun in a safe way. You are responsible for the supervision and discipline of your group during the entire time you are at camp, as well as during the boat ride to and from camp. Camp Cherry Valley staff is responsible for providing program opportunities and instruction for your group; they will expect you and any other adults in your group to provide supervision and, if necessary, provide discipline for your group. **Please note that Camp Cherry Valley will not tolerate any form of physical or verbal abuse by anyone at any time in camp.** If you observe any such behavior in camp, please report it to the Camp Director or Program Director immediately. We encourage the practice of providing positive reinforcement for good behavior, and a period of "cooling off" when necessary for bad behavior.

Should it become necessary, for disciplinary reasons, to dismiss an adult or youth camper from Cherry Valley, the group leader of the person(s) being dismissed are responsible to notify the Emergency Contact person listed on that camper's Health Form. In the case of minor children, the group must provide adequate leadership for the boat ride back to the mainland from camp. Additional costs for boat transportation are the responsibility of the family of the person who is dismissed.

ECOLOGY

1. **Animal Conservation:** Please make certain that all Pack members understand the delicate balance of plant and animal life on Catalina Island. Everyone should do their best to ensure that no animals are molested or killed. This applies to marine as well as land life. Please walk only on designated trails and roads.
2. **Pets:** No pets of any kind are to be brought to camp. Pets are a threat to wildlife and are in danger themselves.
3. **Plant Conservation:** The vegetative life on the Island and in the sea is very fragile. Please stay on the trails, do not pick the flowers or collect specimens. Do not gather firewood or use natural materials for camp construction projects. The cherry trees are our special charge. Please prevent name carving, hammock hanging, and other acts that can damage trees.
4. **The Salina** is an environmentally protected area that is vital to the health and well being of the cove. Please help us keep the Cubs from walking through it or destroying it in any way.
5. Please help us keep the campers on the roads and designated trails, as this will help protect the animal habitat and plants life from destruction.
6. **Fire:** The smallest spark is a deadly threat to wildlife and campers. No fireworks, open fires, flame utilizing lamps, or other equipment can be allowed in camp. Smoking is allowed in designated areas only

CAMPING AT CHERRY VALLEY

You will be camping in platform tents beneath a unique grove of cherry trees (*Prunus Lyonii*), so please don't hang anything from them (they are a protected species). The tents have 2 beds and are approximately 7' at the peak. Nearby are restrooms and hot showers. Separate adult men and women's facilities are provided. BSA Youth Protection requirements are strictly followed. Youth campers are not allowed in the adult facilities, nor are adults allowed in the youth facilities. Youth campers must always wear bathing suits in the shower rooms.

We offer a full-service dining hall at Camp Cherry Valley. We are famous for great food, well-balanced meals, and cheerful service. Meals are served cafeteria style. Everyone in camp, Cub Scouts, Scouters, and Staff, eat together in a relaxed atmosphere. Cub Scouts wear their uniform to dinner except on the third night's special "**Theme Night**" when the camp will come to dinner in Native American clothing. Dens will be assigned table locations for their entire stay. At each meal, two boys from each table will need to be assigned to assist with set-up and clean-up for that meal.

Please remember that no wet bathing suits are allowed in the dining hall. Dry shirts, pants/shorts, and shoes are to be worn for all meals.

Please be sure that your den arrives at the parade ground for assembly promptly for each meal.

SPECIAL NEEDS

FOOD: If you have special dietary needs while at camp, please let the Camping Department know in writing and/or by telephone at least two weeks before your arrival; we are happy to do what we can to meet your needs. However, since food is purchased in large quantities, those with very restrictive diets will need to make arrangements to bring specialty items to camp. Arrangements will be made to store and prepare foods brought to camp for those individuals.

TRANSPORTATION: Those who are not physically able to hike into camp can arrange to ride into camp in the camp van, or can arrange for a shore boat once they have arrived in Two Harbors. The shore boat fee is \$3.50 per person for a one-way ride to the camp. If only one person is traveling, the cost is \$7.00. Shore boat fees are the responsibility of the camper.

SWIMMING

When you arrive at camp, all campers (adults and Cubs) who wish to take advantage of swimming and/or kayaking in the cove or the hike and swim to Pirate's Cove during afternoon activity time must take a standard BSA swim test (**no exceptions**). All BSA safe-swim regulations are strictly enforced.

HEALTH & SAFETY

Our primary goal is to be sure that you have a safe and fun camp experience. Physicians are not available in camp. A Camp Health Officer is on call 24 hours a day and can treat most camp-related injuries and most of our camp staff is trained in basic first aid and CPR. Should more extensive help be needed, Los Angeles Lifeguard Paramedics are available with a response time for arrival in camp of approximately twenty (20) minutes. Avalon Hospital is available if needed. It takes about two (2) hours to drive to Avalon, and about one (1) hour to travel by boat. In extreme emergencies, helicopter transportation can be used to fly patients to mainland hospitals. All medical and related costs will be the responsibility of the camper and/or guardian requiring care.

PLEASE NOTE: Camp Cherry Valley cannot dispense "over-the-counter" medications taken by mouth. If you think that you may need such medications as Tylenol or the like, please bring them with you, and keep them under the direct supervision of an adult leader while in camp. Camp does have available topical treatments for minor scrapes and cuts. Should you or a member of your group require first aid or health care, you must report to a staff member and go directly to the Health Lodge. Any treatment provided by the camp is recorded in the Health Log Book.

CPAC Breathing Machine Accommodations: Campsites do not have electrical outlets for general use. There are a limited number of sites which can accommodate the use of CPAC breathing machines; therefore it may not be possible for you to camp in the same campsite as the rest of your unit. Battery-powered machines provide a larger variety of accommodation options, and batteries can be recharged daily. Please contact the camp prior to your arrival. Do not bring extension cords.

MEDICAL FORMS

Each person coming to camp must bring with them a completed current Medical Form (**Part A and C**). These are to be collected and turned in by the adult leaders PRIOR to boarding the boat for Camp Cherry Valley. Leaders must double check each form to be certain that all required signatures and information is included. Missing or incomplete Medical Forms subject to dismissal from the boat or camp at the participant's expense. All Cub Scouts will also need to have a signed permissions slip giving consent to participate in BB's and Archery. No Cub Scout will be allowed to use the Archery or BB Range if they do not have the consent form signed by a parent or guardian.

Christian Science faith members need to provide a written statement from their practitioner attesting to their health.

WAYS TO KEEP ALL CAMPERS SAFE & SOUND

There are a few rules in camp, but they are important ones. They will be reviewed as part of your orientation to camp when you arrive. We trust that you will enjoy the camp facilities, and leave Camp Cherry Valley in better shape than when you arrived.

- We always use the buddy system in camp and recommend that you do the same with your campers on the boat rides to and from camp.
- The following items are **NOT** allowed in camp: Knives, guns and ammo, archery equipment, illegal drugs, alcohol, propane lanterns and stoves, fireworks, radios, video games and other nuisance electronic devices, and pets.
- There are NO open flames allowed on camp property except under direct supervision of the campfire program staff at the campfire ring or Outdoor Cooking session.
- Campers do not leave camp property unless under the direct supervision of camp staff. If an adult must leave camp for any reason, the Camp Director or Program Director must be notified.
- Two adult leaders must be present on a 24-hour basis with each den (two deep leadership).
- Use of the Waterfront and its facilities is restricted to those who have taken the BSA Swim Test and possess the appropriate Buddy Tag. (**no exceptions**)
- Final authority in all matters is the Camp Director.

FIRE DRILLS

The threat of fire is always a concern at Camp Cherry Valley. Adults who smoke, may do so only in designated areas. More about this when you arrive in camp. Please remember: NO open flames, fireworks or propane lanterns/canisters are allowed at camp or on the boat. Sometime during the first 24 hours of camp we will have a fire drill with the following procedure:

All campers walk to the parade ground area in front of the dining hall.

Leaders conduct a head count of your group.

As soon as everyone is accounted for, the den leader reports to the Camp Director.

Everyone remains in place until directed to do otherwise by the Camp Director.

The next alarm anyone hears in camp WILL NOT be a drill. Be prepared.

YOUR TRIP TO CAMP

As the group leader for your pack, please have all paperwork for camp ready when you arrive at the boat terminal. A staff member will be there to check you in. As the group leader, you or your designee should be prepared to review the number of people in your group with the staff member checking you in. It is the responsibility of the group leader to account for "no shows". Camp cannot be responsible for people who arrive late or in some other fashion miss getting on the assigned boat to camp. You will be given directions from the boat crew and/or camp staff regarding luggage handling and boarding.

Cub Scouts wear their uniform to camp on arrival and departure.

This boat ride to Camp Cherry Valley is the first part of your adventure! You may see flying fish, dolphins, seals and other sea life, so keep your eyes open!

Upon arrival at Two Harbors, camp staff members will be there to greet you. Everyone (campers included) helps take the luggage up the dock and back to the camp gear truck where it will be driven to camp for you. You will be given directions about the walk into camp. A staff member will escort you to camp along the 1.3 mile walk (mostly a flat walk). **BRING A WATER BOTTLE AND DAY PACK FOR ANY ITEMS YOU WILL NEED ON THE WALK TO CAMP.**

Boat Ride:

You will be traveling on Catalina Classic Cruises; which will be departing and returning from The Catalina Express Terminal located by the Queen Mary port of Long Beach. Queen Mary, 1046 Queens Highway, Long Beach, CA.

Departure and Return:

Please arrive at the Queen Mary port of Long Beach for Check-in at 8:45 am.

- You will depart for camp at 10:00 am.
- You will depart Two Harbors at 1:30 pm to return to Long Beach at the end of camp.
- **All times are subject to change per Catalina Classic Cruises.**

Directions:

Take the 710 FWY South. Stay in the right lane; follow the signs to Queen Mary which will lead you to the Catalina Express Terminal in the Queen Mary parking area. You will be met by staff.

Parking Fees:

- \$15 daily per 24 hours and any part of 24 hours after the first day.
- PAYABLE IN CASH ONLY
- ATM AVAILABLE AT TERMINAL

YOUR RETURN TRIP HOME

When arriving back at the boat terminal from camp at the end of your stay, please remember that it is the responsibility of the group leader, or designee, to insure that all minor children are picked up by their parent/guardian or are provided transportation home by another adult designated by the parent/guardian. Camp will not provide staff to supervise this function.

TELEPHONES

There are no public telephones available in camp. We cannot take calls for campers in the camp office. Cell phones, depending on the carrier, seem to work in various areas of the camp. ***In case of emergency***, please feel free to use the camp business number: 310.510.9507. The answering machine is on 24 hours a day, in case there is no one in the office. Please leave the group name (pack number) and the name of the person you are trying to reach. Messages will be delivered at the first opportunity. Cell phone charging needs are worked out on an individual basis, as we have no secure charging stations.

CAMP STORE

The camp has a small store that provides some light refreshments and souvenirs. Some items available are sweatshirts, t-shirts, candy and soda, handicraft kits, sunscreen, camp patches, etc. Typically, a camper will spend \$30-\$40 during Cub Resident Camp.

MAIL

A letter from home can make a great camping experience that much greater for Cub Scouts. To ensure delivery, please send out letters one week **BEFORE** your camper leaves for camp. Multiple letters may be marked "day 2", "day 3", "day 4". Mail should be addressed as follows:

	
Cub Scout's Name Pack Number c/o Camp Cherry Valley - CRC PO Box 5067 Avalon, CA 90704	

CAMP ACTIVITIES

Lots of great things are planned for Knights of the Campfire. Your days and nights will be full of activities for fun and advancement in the Cub Scout program. Crafts, games, songs, lots of water activities, archery and BB gun shooting are some of the highlights (see list below). Campfire programs will occur on the first and last nights of camp, and are a real treat for everyone!

- Map & Compass
- Outdoor Cooking
- Archery
- Medicine Pouches
- BB Gun Shooting
- Indian Dancing
- Indian Lore
- Fishing
- Hikes
- Mine Tours
- Swimming and Snorkeling
- Nature
- Crafts
- Campfires, and much more for you to discover!

Life at camp involves a significant amount of walking. Any person in reasonable health will find walking a good way to stay fit while at camp! The ocean water at camp is generally cool. Daytime can be warm to hot, with lots of sunshine. If you have any concerns about the physical requirements of camp, please contact the San Gabriel Valley Council Office before going to camp.

THINGS TO BRING TO CAMP

The staff of Adventure Island at Camp Cherry Valley is looking forward to your visit to camp, and we hope that you are just as excited to get here! Before you embark on your voyage, please closely read the following to help you prepare for your camp arrival.

- Please limit yourself to the following, per person: One sleeping bag, one daypack for carry-on items, and one large duffle for everything else (please avoid packing your belongings in large plastic bags. Experience has taught us that they always rip open). If it won't all fit, then you are probably bringing too much. Leave room for bringing camp projects home.
- **Please mark your bags with your name, pack number, and "CCV". Tie a piece of RED ribbon or yarn to your bags as well.** This time tested procedure over the years has become synonymous with Cherry Valley luggage if it gets lost and makes for easy identification when you arrive at camp.
- Remember that this is a camping experience and try to limit yourself to the personal items you really need. Get back to the basics and enjoy the "simple life" at Cherry Valley. Many campers usually realize that they have over packed when they arrive at camp! Please mark all clothing, towels, etc. with Cub's name and/or pack number.

Here is the list of suggested items to

BRING TO CAMP:

- | | |
|--|--|
| <input type="checkbox"/> Cub Scout Uniform (wear to and from camp) | <input type="checkbox"/> Warm socks |
| <input type="checkbox"/> Sleeping Bag (pillow) | <input type="checkbox"/> Light Jacket/Sweatshirt |
| <input type="checkbox"/> Lunch or snack to eat on the boat (<i>boat food is expensive</i>) | <input type="checkbox"/> Flashlight w/extra batteries |
| <input type="checkbox"/> Day pack and water bottle for the walk to camp from Two Harbors | <input type="checkbox"/> Towels, washcloth |
| <input type="checkbox"/> 2-3 pairs of shoes (one pair Aqua shoes or beach sandals) | <input type="checkbox"/> Toiletries (soap, toothbrush, toothpaste, etc.) |
| <input type="checkbox"/> 2-3 shirts, 2 short sleeved and 1 long sleeved | <input type="checkbox"/> Swimsuit & Towel |
| <input type="checkbox"/> 1 pair of long pants | <input type="checkbox"/> Hat |
| <input type="checkbox"/> 2-3 pairs of shorts | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Canteen or Water Bottle |
| | <input type="checkbox"/> 1 White T shirt for silk screening |

OPTIONAL ITEMS THAT MAKE CAMP NICE

- | | |
|---|---|
| <input type="checkbox"/> Camera and film | <input type="checkbox"/> Snorkeling gear |
| <input type="checkbox"/> Money for Trading Post (about \$30-40) | <input type="checkbox"/> Stamps |
| <input type="checkbox"/> Reading/writing materials | <input type="checkbox"/> Sea sickness pills (just in case) |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> Native American Clothing for the Theme Night |

WHAT NOT TO BRING TO CAMP

- | | |
|---------------------------------|-----------------------------------|
| 1. Weapons | 6. Alcohol and Drugs |
| 2. Fireworks | 7. No Animals |
| 3. Valuables | 8. No Personal Sporting Equipment |
| 4. Spear guns | 9. No Scuba Gear |
| 5. Matches or flammable liquids | 10. Electronics |

Please note, the San Gabriel Valley Council BSA and Camp Cherry Valley cannot be responsible for lost or stolen personal gear.

Participant Day I:

- 8:45 AM Participants arrive in Long Beach for Check-in
- 10:00 AM Participants depart Long Beach
- Staff on board to finalize participant list, Den Assignments, collect Medical Forms and BB permission slips.
- 12:00 PM Participants arrive in Two Harbors- guide participants to Buffalo Park, load gear truck (remind participants to unpack water)
- Hike to camp led by den chiefs with adult staff
- 1:30 PM Head to camp sites led by den chiefs- gather gear, set up den sites, change to swim suits, den chiefs to lead participants back to waterfront
- 2:30 PM Swim checks by waterfront staff
- Den chiefs to stay with den for guidance
- Work on leather name badges
- 5:00 PM Rest time/ preparation for dinner (class A)
- 5:30 PM Gathering activity at parade ground
- 5:45 PM Assembly for dinner- Grace by Den 9
- 6:00 PM Dinner
- 6:45 PM Scout's Own
- 7:15 PM Leader's meeting with Camp Director and Program Director
- Den 1-5 Safety Orientation in dining hall
- Den 6-9 Work on Den Flags
- 7:45 PM Den 6-9 Safety Orientation in dining hall
- Den 1-5 Work on Den Flags
- 8:15 PM Den chiefs to guide dens to Sea Breeze
- 8:30 PM Campfire
- 9:30 PM Campers to bed

GRACE SCHEDULE FOR ALL DENS

	Breakfast	Lunch	Dinner
Day 1	***	***	Den 9
Day 2	Den 8	Den 7	Den 6
Day 3	Den 5	Den 4	Den 3
Day 4	Den 2	Den 1 at departure	***

	Day 2 9:00	Day 2 10:00	Day 2 11:00	Day 3 9:00	Day 3 10:00	Day 3 11:00	Day 4 8:30	Day 4 9:20	Day 4 10:10
Archery/Lanyards	Den 1	Den 2	Den 3	Den 4	Den 5	Den 6	Den 7	Den 8	Den 9
BB's/Knight Lore	Den 2	Den 3	Den 4	Den 5	Den 6	Den 7	Den 8	Den 9	Den 1
Nature	Den 3	Den 4	Den 5	Den 6	Den 7	Den 8	Den 9	Den 1	Den 2
Map & Compass	Den 4	Den 5	Den 6	Den 7	Den 8	Den 9	Den 1	Den 2	Den 3
Medicine Pouches	Den 5	Den 6	Den 7	Den 8	Den 9	Den 1	Den 2	Den 3	Den 4
Indian Dancing/Silk Screening	Den 6	Den 7	Den 8	Den 9	Den 1	Den 2	Den 3	Den 4	Den 5
Flag Ceremonies	Den 7	Den 8	Den 9	Den 1	Den 2	Den 3	Den 4	Den 5	Den 6
Cub Cooking	Den 8	Den 9	Den 1	Den 2	Den 3	Den 4	Den 5	Den 6	Den 7
Fishing	Den 9	Den 1	Den 2	Den 3	Den 4	Den 5	Den 6	Den 7	Den 8

Participant Day II:

- 7:00 AM Reveille
- 7:30 AM Gathering activity at parade ground by den chiefs
- 7:45 AM Assembly for breakfast- Grace by Den 8
- 8:00 AM Breakfast
- 8:30 AM Free time

9:00 AM- 12:00 PM Morning program
 12:00 PM Gathering activity
 12:15 PM Assembly-Grace by Den 7
 12:30 PM Lunch
 1:00 PM Rest time
 1:30-3:00 PM Open afternoon program:
 • Waterfront: swim, snorkel, kayak, Pirate's cove hike/swim
 • Archery/ BB's
 • Trading Post/Handicraft
 • Box Hockey
 3:00- 3:30 PM Snack/break time
 • Snack outside dining hall
 Story Telling
 • Box Hockey
 • Trading Post
 3:30- 5:00 PM Open afternoon program:
 • Archery/BBs
 • Waterfront: swim, snorkel, kayak, Pirate's cove hike/swim
 • Trading Post/ Handicraft
 • Box Hockey
 5:00 PM Prepare for dinner (class A uniform)
 5:30 PM Gathering activity
 5:45 PM Assembly- Grace by Den 6
 6:00 PM Dinner
 6:30 PM Free time
 7:00- 8:30 PM Open evening program:
 • Trading Post/Handicraft
 • Mine tour and mystery story
 • Evening nature walk
 • Native American Games
 8:30 PM Board Games and Cracker Barrel in dining hall
 * Astronomy Hike
 * Story Telling
 * Movie
 9:30 PM Campers to bed
 10:00 PM Lights out

Participant Day III:

7:00 AM Reveille
 7:30 AM Gathering activity at parade ground
 7:45 AM Assembly - Grace by den 5
 8:00 AM Breakfast
 8:30 AM Free time
 9:00 AM-12:00 PM Morning Program
 12:00 PM Gathering activity
 12:15 PM Assembly
 12:30 PM Lunch- Grace by Den 4
 1:00 PM Rest time
 1:30-3:00 PM Open afternoon program:
 • Waterfront: swim, snorkel, kayak, Pirate's Cove hike/swim
 • Archery/ BB's
 • Trading Post/Handicraft
 • Box Hockey
 3:00- 3:30 PM Snack/break time
 • Snack outside dining hall
 Story Telling
 • Box Hockey
 • Trading Post
 3:30- 5:00 PM Open afternoon program:
 • Archery/BBs
 • Waterfront: swim, snorkel, kayak, Pirate's Cove hike/swim
 • Trading Post/ Handicraft
 • Box Hockey
 5:00 PM Prepare for dinner (theme costume/ class B)
 5:30 PM Gathering activity by den chiefs
 5:45 PM Assembly- Grace by Den 3
 6:00 PM Dinner
 6:30 PM Pow Wow
 7:00- 8:15 PM Open evening program:
 • Mine tour and mystery story
 • Evening nature walk
 • Native American Games
 • Trading Post/Handicraft
 8:30 PM Campfire
 9:30 PM Campers to bed
 10:00 PM Lights out

Participant Day IV:

7:00 AM Reveille (suggest to begin packing gear)
7:15 AM Staff meeting
7:30 AM Assembly for breakfast- Grace by Den 2
7:45 AM Breakfast
8:15 AM Free time
8:30 AM-11:00 AM Morning program
11:00 PM Pack and put gear onto gear deck
Trading post opens until last participant leaves camp
11:30 AM Final assembly- Benediction by Den 1
11:45 AM Hike to Two Harbors
12:30 PM Grab gear and sack lunch in Buffalo Park
1:00 PM Participants line up according to Harbor Master's instructions along pier. Make sure all campers and gear get onto the boat!
1:30 PM Boat leaves Two Harbors. Travel time approximately two hours to Long Beach.





**ADVENTURE ISLAND
ACHIEVEMENT AVAILABLE AT CAMP**

BEAR

Achievement	Requirement	Camp Activity
What Makes America Special?	(F) Participate in a flag ceremony (H) Learn how to raise and lower flag properly (I) Participate in an outdoor flag ceremony	Flag Ceremonies
Sharing Your World With Wildlife	(A) Get to know the birds or animals by watching them (D) Visit a Nature Center (E) Name one animal that has become extinct	Nature Sea Lab Nature
Take Care of Your Planet	(G) Take part in a den clean up project	Camp Clean up
What's Cooking?	(C) With an adult, make part of your breakfast, lunch or dinner (G) With an adult, cook something outdoors	Outdoor Cooking
Family Outdoor Adventure	(A) Go camping with your family (B) Go on a hike with your family (D) Attend an outdoor event with your family	Attending camp
Games, Games, Games!	(B) Play two organized games with your den	Participate in Box Hockey Participate in Board Games Participate in Indian Games
Jot It Down	(A) Make a list of things you want to do today (B) Write two letters to relatives or friends (E) Write a thank you note (G) Write about the activities of your den	Free Time
Be a Leader	(D) Tell two people they have done a good job in camp	Numerous opportunities
Swimming	(A) Jump feet first into water and swim 25 feet (B) Swim on your back (C) Rest by floating on your back (D) Tell what is meant by Buddy System	Waterfront
Sports	(A) Archery-Know safety rules and put 6 arrows into target	Archery
American Indian Life	(A) Find the name of the American Indian Nation that lives where you live now. Learn about these people.	Indian Lore
Let's Go Camping	(B) Go on a short hike with your den (C) Participate with your den at campfire (E) Participate with your den in a religious service (G) Attend Resident Camp	To/from Camp Campfire Scout's Own Attending Camp
Nature Crafts	(B) Make a display of 8 different animal tracks	Nature
BB Shooting Sports Pin	(1) Explain parts of BB gun and how to load (2) Demonstrate shooting positions (4) Learn correct scoring techniques (7) Show improvement in your shooting ability (10) Explain how to use the safety mechanism	BB's

BB Shooting Belt Loop	(1) Explain rules for safe BB gun shooting (2) Demonstrate good BB gun shooting techniques (3) Practice shooting at your council camp	BB's
Archery Sports Pin	(1) Explain parts of bow (2) Demonstrate how to use archery equipment (4) Learn correct scoring techniques (7) Shoot 30 arrows from 30 feet and score 50 points	Archery
Archery Belt Loop	(1) Explain rules for safe archery (2) Demonstrate good archery shooting techniques (3) Practice shooting at your council camp	Archery
Fishing Belt Loop		Fishing
Language and Culture Belt Loop	3. Play two games that originated in another culture	Indian Games
Map and Compass Belt Loop	1. Show how to orient a map. Find three landmarks on the map 2. Explain how a compass works 3. Draw a map of your neighborhood. Label the streets and plot the route you take to get to a place. (Do at home and bring to camp)	Map and Compass
Map and Compass Academics Pin	1. Explain what cartography means. 5. Explain the difference between latitude and longitude and show them on a map. 6. Draw a compass rose for a map. Label north, south, east, and west. 8. In the field, show how to take a compass bearing and how to follow it. 10. Measure your pace. Then layout a simple compass course. 12. Explain what the different map colors can mean on a map.	Map and Compass

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**SAN GABRIEL VALLEY COUNCIL
BOY SCOUTS OF AMERICA**

At the council's camps, the children have the opportunity to participate in the activities listed below. However, to participate, they must have the consent of their parent or guardian. Please indicate with a check mark, those activities which will apply to your child and the camp he/she is attending, sign and date the form and send it to camp with your child.

I give consent for _____, who is my son/daughter or ward, to use the following equipment:

The following are offered at all three camps, but not for all programs; refer to the camp guide for the program you will be attending.

- Archery
- B.B. Guns
- .22 Rifles (Boy Scouts/Adults only)
- Shot Guns (Boy Scouts/Adults only)

Pack Troop Team Crew Post

Unit Number: _____

At

- Camp Cherry Valley
- Camp Trask

Parent/Guardian Signature

Date

Print Name

Photo Release

I hereby give my permission for the San Gabriel Valley Council to use pictures taken of me and /or my child for the promotion of the Scouting program in the San Gabriel Valley Council.

Print Full Name of Participant: _____

Address: _____ City: _____ St: _____ Zip: _____

Signature of Adult Participant: _____ Date: _____

Or

Signature of Parent/Guardian: _____ Date: _____

Phone #: _____

Annual Health and Medical Record

(Valid for 12 calendar months)

Medical Information

The Boy Scouts of America recommends that all youth and adult members have annual medical evaluations by a certified and licensed health-care provider. In an effort to provide better care to those who may become ill or injured and to provide youth members and adult leaders a better understanding of their own physical capabilities, the Boy Scouts of America has established minimum standards for providing medical information prior to participating in various activities. Those standards are offered below in one three-part medical form. Note that unit leaders must always protect the privacy of unit participants by protecting their medical information.

Parts A and C are to be completed annually **by all BSA unit members**. Both parts are required for all events that do not exceed 72 consecutive hours, where the level of activity is similar to that normally expended at home or at school, such as day camp, day hikes, swimming parties, or an overnight camp, and where medical care is readily available. Medical information required includes a current health history and list of medications. Part C also includes the parental informed consent and hold harmless/release agreement (with an area for notarization if required by your state) as well as a talent release statement. Adult unit leaders should review participants' health histories and become knowledgeable about the medical needs of the youth members in their unit. This form is to be filled out by participants and parents or guardians and kept on file for easy reference.

Part B is required with parts A and C for any event that exceeds 72 consecutive hours, or when the nature of the activity is strenuous and demanding, such as a high-adventure trek. Service projects or work weekends may also fit this description. It is to be completed and signed by a certified and licensed health-care provider—physician (MD, DO), nurse practitioner, or physician's assistant as appropriate for your state. The level of activity ranges from what is normally expended at home or at school to strenuous activity such as hiking and backpacking. Other examples include tour camping, jamborees, and Wood Badge training courses. It is important to note that the height/weight limits must be strictly adhered to if the event will take the unit beyond a radius wherein emergency evacuation is more than 30 minutes by ground transportation, such as backpacking trips, high-adventure activities, and conservation projects in remote areas.

Risk Factors

Based on the vast experience of the medical community, the BSA has identified that the following risk factors may define your participation in various outdoor adventures.

- Excessive body weight
- Heart disease
- Hypertension (high blood pressure)
- Diabetes
- Seizures
- Lack of appropriate immunizations
- Asthma
- Sleep disorders
- Allergies/anaphylaxis
- Muscular/skeletal injuries
- Psychiatric/psychological and emotional difficulties

For more information on medical risk factors, visit Scouting Safely on www.scouting.org.

Prescriptions

The taking of 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 BSA does not mandate or necessarily encourage the leader to do so. Also, if state laws are more limiting, they must be followed.

For frequently asked questions about this Annual Health and Medical Record, see Scouting Safely online at <http://www.scouting.org/scoutsource/HealthandSafety.aspx>. Information about the Health Insurance Portability and Accountability Act (HIPAA) may be found at <http://www.hipaa.org>.



BOY SCOUTS OF AMERICA.

Annual BSA Health and Medical Record

Part A

GENERAL INFORMATION

Name _____ Date of birth _____ Age _____ Male Female
 Address _____ Grade completed (youth only) _____
 City _____ State _____ Zip _____ Phone No. _____
 Unit leader _____ Council name/No. _____ Unit No. _____
 Social Security No. (optional; may be required by medical facilities for treatment) _____ Religious preference _____
 Health/accident insurance company _____ Policy No. _____

ATTACH A PHOTOCOPY OF BOTH SIDES OF INSURANCE CARD (SEE PART C). IF FAMILY HAS NO MEDICAL INSURANCE, STATE "NONE."

In case of emergency, notify:

Name _____ Relationship _____
 Address _____
 Home phone _____ Business phone _____ Cell phone _____
 Alternate contact _____ Alternate's phone _____

MEDICAL HISTORY

Are you now, or have you ever been treated for any of the following:

Yes	No	Condition	Explain
		Asthma	
		Diabetes	
		Hypertension (high blood pressure)	
		Heart disease (i.e., CHF, CAD, MI)	
		Stroke/TIA	
		COPD	
		Ear/sinus problems	
		Muscular/skeletal condition	
		Menstrual problems (women only)	
		Psychiatric/psychological and emotional difficulties	
		Learning disorders (i.e., ADHD, ADD)	
		Bleeding disorders	
		Fainting spells	
		Thyroid disease	
		Kidney disease	
		Sickle cell disease	
		Seizures	
		Sleep disorders (i.e., sleep apnea)	
		GI problems (i.e., abdominal, digestive)	
		Surgery	
		Serious injury	
		Other	

Allergies or Reaction to:

Medication _____

Food, Plants, or Insect Bites _____

Immunizations:

The following are recommended by the BSA. Tetanus immunization must have been received within the last 10 years. If had disease, put "D" and the year. If immunized, check the box and the year received.

Yes	No	Date
<input type="checkbox"/>	<input type="checkbox"/>	Tetanus _____
<input type="checkbox"/>	<input type="checkbox"/>	Pertussis _____
<input type="checkbox"/>	<input type="checkbox"/>	Diphtheria _____
<input type="checkbox"/>	<input type="checkbox"/>	Measles _____
<input type="checkbox"/>	<input type="checkbox"/>	Mumps _____
<input type="checkbox"/>	<input type="checkbox"/>	Rubella _____
<input type="checkbox"/>	<input type="checkbox"/>	Polio _____
<input type="checkbox"/>	<input type="checkbox"/>	Chicken pox _____
<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis A _____
<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis B _____
<input type="checkbox"/>	<input type="checkbox"/>	Influenza _____
<input type="checkbox"/>	<input type="checkbox"/>	Other (i.e., HIB) _____

Exemption to immunizations claimed.

MEDICATIONS

List all medications currently used. (If additional space is needed, please photocopy this part of the health form.) Inhalers and EpiPen information must be included, even if they are for occasional or emergency use only.

(For more information about immunizations, as well as the immunization exemption form, see Scouting Safely on Scouting.org.)

Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____ _____ Distribution approved by: _____ Parent signature _____ MD/DO, NP, or PA Signature Temporary <input type="checkbox"/> Permanent <input type="checkbox"/>	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____ _____ Distribution approved by: _____ Parent signature _____ MD/DO, NP, or PA Signature Temporary <input type="checkbox"/> Permanent <input type="checkbox"/>	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____ _____ Distribution approved by: _____ Parent signature _____ MD/DO, NP, or PA Signature Temporary <input type="checkbox"/> Permanent <input type="checkbox"/>
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NOTE: Be sure to bring medications in the appropriate containers, and make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication.

Emergency contact No.:

Allergies:

DOB:

Last name:

Part B

PHYSICAL EXAMINATION

Height _____ Weight _____ % body fat _____ Meets height/weight limits Yes No
 Blood pressure _____ Pulse _____

Individuals desiring to participate in any high-adventure activity or event in which emergency evacuation would take longer than 30 minutes by ground transportation will not be permitted to do so if they exceed the height/weight limits as documented in the table at the bottom of this page or if during a physical exam their health care provider determines that body fat percentage is outside the range of 10 to 31 percent for a woman or 2 to 25 percent for a man. Enforcing this limit is strongly encouraged for all other events, but it is not mandatory. (For healthy height/weight guidelines, visit www.cdc.gov.)

	Normal	Abnormal	Explain Any Abnormalities	Range of Mobility	Normal	Abnormal	Explain Any Abnormalities
Eyes				Knees (both)			
Ears				Ankles (both)			
Nose				Spine			
Throat							
Lungs				Other	Yes	No	
Heart				Contacts			
Abdomen				Dentures			
Genitalia				Braces			
Skin				Inguinal hernia			Explain
Emotional adjustment				Medical equipment (i.e., CPAP, oxygen)			
Tuberculosis (TB) skin test (if required by your state for BSA camp staff) <input type="checkbox"/> Negative <input type="checkbox"/> Positive							

Allergies (to what agent, type of reaction, treatment): _____

I certify that I have, today, reviewed the health history, examined this person, and approve this individual for participation in:

- Hiking and camping Competitive activities Backpacking Swimming/water activities Climbing/rappelling
- Sports Horseback riding Scuba diving Mountain biking Challenge ("ropes") course
- Cold-weather activity (<10°F) Wilderness/backcountry treks

Specify restrictions (if none, so state) _____

Certified and licensed health-care providers recognized by the BSA to perform this exam include physicians (MD, DO), nurse practitioners, and physician's assistants.

To Health Care Provider: Restricted approval includes:

- Uncontrolled heart disease, asthma, or hypertension.
- Uncontrolled psychiatric disorders.
- Poorly controlled diabetes.
- Orthopedic injuries not cleared by a physician.
- Newly diagnosed seizure events (within 6 months).
- For scuba, use of medications to control diabetes, asthma, or seizures.

Provider printed name _____

Signature _____

Address _____

City, state, zip _____

Office phone _____

Date _____

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptance
60	97-138	139-166	166
61	101-143	144-172	172
62	104-148	149-178	178
63	107-152	153-183	183
64	111-157	158-189	189
65	114-162	163-195	195
66	118-167	168-201	201
67	121-172	173-207	207
68	125-178	179-214	214
69	129-185	186-220	220

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptance
70	132-188	189-226	226
71	136-194	195-233	233
72	140-199	200-239	239
73	144-205	206-246	246
74	148-210	211-252	252
75	152-216	217-260	260
76	156-222	223-267	267
77	160-228	229-274	274
78	164-234	235-281	281
79 & over	170-240	241-295	295

This table is based on the revised Dietary Guidelines for Americans from the U.S. Dept. of Agriculture and the Dept. of Health & Human Services.

Part B **Last name:** _____ **DOB:** _____

Part C

Informed Consent and Hold Harmless/Release Agreement

I understand that participation in Scouting activities involves a certain degree of risk. I have carefully considered the risk involved and have given consent for myself and/or my child to participate in these activities. I understand that participation in these activities is entirely voluntary and requires participants to abide by applicable 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.

I approve the sharing of the information on this form with BSA volunteers and professionals who need to know of medical situations that might require special consideration for the safe conducting of Scouting activities.

In case of an emergency involving me or my child, I understand that every effort will be made to contact the individual listed as the emergency contact person. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose to the adult in charge 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, including 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.

- Without restrictions.
- With special considerations or restrictions (list) _____

I hereby assign and grant to the local council and the Boy Scouts of America the right and permission to use and publish the photographs/ film/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication.

I hereby authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/ film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the Boy Scouts of America, and I specifically waive any right to any compensation I may have for any of the foregoing.

- Yes No

Adults authorized to take youth to and from the event: (You must designate at least one adult. Please include a telephone number.)

- 1. _____
- 2. _____
- 3. _____

Adults NOT authorized to take youth to and from the event:

- 1. _____
- 2. _____
- 3. _____

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.

Participant's name _____

Participant's signature _____

Parent/guardian's signature _____
(if under the age of 18)

Date _____

Attach copy of insurance card (front and back) here. If required by your state, use the space provided here for notarization.



BOY SCOUTS OF AMERICA
1325 West Walnut Hill Lane
P.O. Box 152079
Irving, Texas 75015-2079
<http://www.scouting.org>

SKU 34605



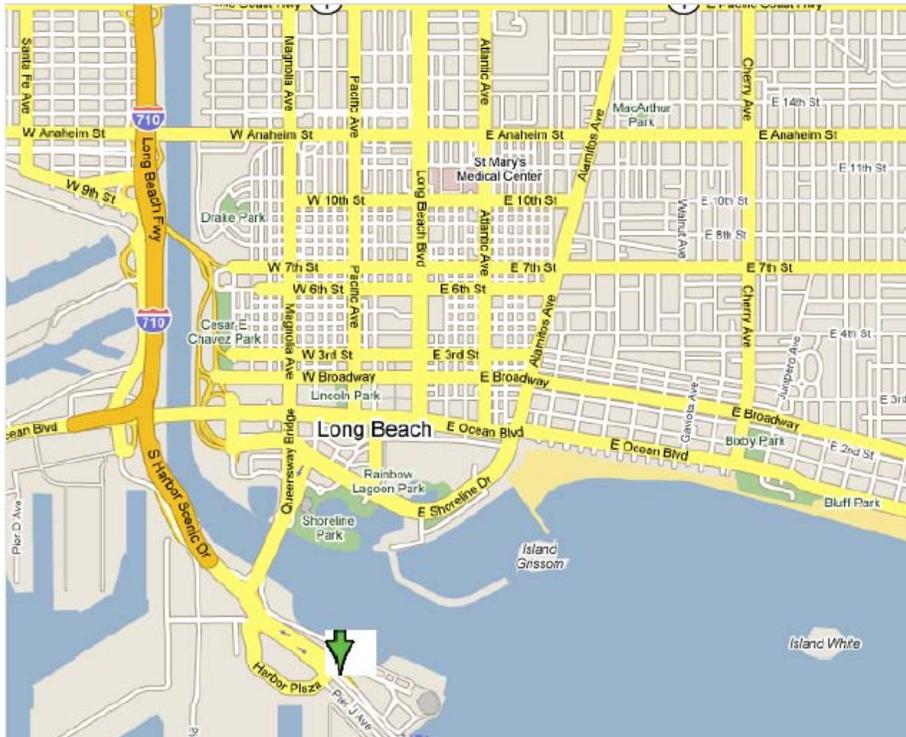
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Part C Last name: _____ DOB: _____

Catalina Classic Cruises

Will be departing/ returning from
The Catalina Express Terminal located by the Queen Mary
Port of Long Beach Queen Mary
1046 Queens Highway, Long Beach, CA



Parking Fees:

- \$15 daily per 24 hours and any part of 24 hours after the first day.

PAYABLE IN CASH ONLY

ATM AVAILABLE AT TERMINAL

Directions:

Take the 710 FWY South. Stay in the right lane; follow the signs to Queen Mary which will lead you to the Catalina Express Terminal in the Queen Mary parking area. You will be met by staff.

Departure:

Please arrive at the Queen Mary port of Long Beach for Check in at 8:45 am.
You will depart at 10:00 am.

Return:

You will depart Two Harbors at 1:30 pm to return to Long Beach.