

Chain Bridge District
Fall Camporee 2009

LOST!



For Boy Scouts & Venturers
23-25 October 2009

Camp Highroad Aldie Virginia

Open to All Registered Boy Scouts, Venturers, Varsity Scouts and
Adult Leaders of Chain Bridge and Adjoining Districts

Email: chainbridgelost@verizon.net

(Version 3.0 - Subject to Change)

Chain Bridge District LOST!
Fall Camporee
Friday-Sunday 23-25 October 2009
Orientation Guide for
Patrol Leaders and Crew
Leaders

PROGRAM

You're out in the woods with your patrol, bushwacking cross country through the brambles, following a compass bearing based on a GPS landmark. You hear strange noises up ahead. Something is there, hiding behind cover of orange and red-leafed maples and oaks. What will you find there? Will it be risky or epic? Do you have the skills and the leadership to meet the challenge? Can you solve the puzzle and get yourself and your patrol out of the woods in one piece?

Chain Bridge District's LOST! Camporee program will test your patrol's knowledge of land navigation as well as a range of skills including leadership, self-reliance and teamwork. You and your patrol will be out in the woods by yourselves for most of the day, navigating from one activity station to another, following paths based on compass and GPS readings and your knowledge of map reading and terrain awareness. Will you get

LOST? Will you get to your destination all in one piece? Will you meet the challenges you will find there? Will you excel, or will the challenges get the best of you? It up to you, your patrol resources and how well you work together as a team.

NEEDED EQUIPMENT:

Each patrol will need the following for Saturday's activities:

- (1) At least one compass (map will be provided)
- (2) A GPS receiver with an extra set of NEW batteries
- (3) A pen or pencil
- (4) A trail lunch (hot or cold, up to you)
- (5) A liter of water for each scout
- (6) the remaining "ten essentials" (pocket knife, extra clothing, flashlight, matches, sun protection); see your Boy Scout Handbook or

<http://www.scoutingmagazine.org/issues/0403/d-outs.html>

GPS FAQ

Q: What kind of GPS receiver will you need?

A: No map display will be required; an older but functional GPS unit will be just fine.



Q: Where will I get a GPS?

A: Your Scoutmaster, Assistant Scoutmaster and other Troop Adults probably have one you can borrow if you promise to take care of it and return it intact. Older GPS units such as the Magellan Geko 101 and 201 are available used (e.g., on eBay) for under \$50.

Q: I have done everything I can to beg or borrow a GPS but have been unsuccessful. What do I do now?

A: The camporee staff has a limited number of units it can lend patrol leaders who have TRIED to borrow a unit and failed. Send email to chainbridgelost@verizon.net and explain what specific steps you have taken (including who you have asked) to try to borrow a unit (e.g., making an announcement at your troop meeting, sending out a mass email, using the troop's phone list, etc.)

SATURDAY COMPETITION

Saturday's competition will begin with a "shotgun start". Your patrol will be issued a passport including coordinates of your first

destination. Your patrol will have a different destination than (most) of the other patrols. When you successfully navigate to your first destination, you (the patrol leader) will identify yourself to the staff you find there. You will be issued a challenge which you must complete. Upon completion, you will be given coordinates or other hints to help you find your next destination.

NOTE: your patrol MUST visit activity stations in your assigned sequence. If you arrive at an activity station that is not the next one indicated on your passport, you will be refused entry. It is very important that you use your land navigation skills to find your next destination. Do NOT attempt to follow another patrol – they are likely to be going to a different destination.

The competition will not be timed. However, it will end at 1600 hours. All patrols are to return to camp at 4 pm.

SUNDAY MORNING ORIENTEERING



Conditioned on staffing, attendance and interest, we are planning to run a Sunday morning

Orienteering competition. Patrols will compete against each other and against the clock for prizes and bragging rights. Orienteering involves both land navigation and speed, so bring your running shoes.

GEOCACHING



Your patrol will be given the opportunity to use your GPS receiver to find and explore geocaches hidden around Camp Highroad. The geocaches are likely to contain information that will be highly useful to your Patrol during the camporee. If there is interest, the Camporee staff will conduct a GPS and geocaching training session on Friday evening before cracker barrel.

FACILITIES

Campsites: You will be assigned a campsite when you register and check in on Friday night.

Fuel and Campfires: We may have ground fires, but no fire pits may be dug. Leave No Trace techniques recommend use of a fire pan such as a “half barrel”, a metal oil pan, the coal insert to an old smoker, etc. Why not bring a propane stove instead? They are inherently leave no trace and are trouble free. There should be plenty of deadfall at Camp Highroad. Scouts should be cautioned to leave live trees alone.

Water: We will have a water truck on site.

First Aid Station: A clearly marked First Aid Station will be staffed during the event. All injuries should be brought to the attention of the First Aid Staff immediately.

Tick Checks: We have had a long hot summer and there are many deer at Camp Highroad, so there will be deer ticks in the field at Camp Highroad. Please check yourself and your buddies often for ticks. See page 310 of the (old) Scout Handbook and come to the first aid tent if you have any questions.



Lost & Found: Any items found should be turned in to the registration tent. Items may be claimed during the event or at the November district roundtable.

Conduct/Discipline: All scouts are expected to live and abide by the principles of the scout oath, law, motto & slogan and the Outdoor Code. Patrols must use the patrol method. You as patrol leader are in charge of your patrol activities and are responsible for each member of your patrol. If any serious misconduct occurs, individuals may be asked to leave the event or other disciplinary measures may be taken. Please don't put the staff in a position where difficult decisions must be made.

Information for Scoutmasters, Crew Advisors and other Troop Adult Leaders

Important Dates:

Thursday 8 October 2009:
Unit Preregistration
Deadline (registrations will be accepted later but with a fee penalty)

Friday 23 October 2009, 3 pm:
Camporee Staff Meets at Camp Highroad to set up.

Friday 23 October 2009, 6:00 pm:
Registration Opens at Camp Highroad

Saturday 24 October 2009, 8:30 am:
Camporee Assembly followed by competition

Sunday 25 October 2009, 8:30 am:
Orienteering Competition

Advanced Preparation: Green Bar Bill advised Scoutmasters to “Train ‘em, Trust ‘em, Let ‘em Lead”. **We suggest you work with your unit in advance to train them in the skills your Scouts will need to know. We suggest particular focus on map and compass skills including orienting a map, following a compass bearing, terrain awareness and orienteering.**



We Need Your Help

Each Unit is being asked to contribute at least one adult to accept a staff assignment – both for Saturday and for

Saturday. We need your help in all areas: parking management, registration, start line, supplying and supporting the various activity stations, Please identify a person in advance on your registration form. When you register your unit, please have that person report to registration and accept an assignment. We cannot put on an event of this logistical intensity without your help. We currently need help in the areas below – whatever your skill set and experience, we need you!

HELP NEEDED HERE:

- HQ/Logistics
- Land Navigation/course layout
- Activity Station staff
- Geocaching training and setup
- Campfire Program
- Orienteering (Sunday morning)
- Cracker Barrels
- Flag Ceremonies
- First Aid

Please Pre-Register

It is very difficult to plan an event for an estimated 300 scouts and leaders. If 175 scouts pre-register and 400 attend, it can cause serious logistical problems and lots of chaos. A scout is courteous – please pre-register! However, we do not want to discourage attendance and no one will be turned away if they do not pre-register. We will charge a \$2 late fee per participant for units that do not pre-register by the deadline. If you pre-register your unit by the deadline, you can add more participants without paying any late fee. Fees are non-refundable -- If you pre-register and then do not show up, don't expect to get your fees back because it rains! We will have gone out and purchased supplies and equipment to accommodate you. Don't let a little rain keep your scouts away from a very fun and rewarding day of scouting. On the other hand, if you are confronting a problem such as flu that takes out half your scouts, contact the registrar and we will work with you.

Parking

Follow signs as you come into Camp. A parking staffer will tell you where to park. There is limited parking, so please encourage your entourage to car pool. Please follow the directions of the district personnel in charge of parking. If you park in the field, you will NOT be permitted to move your car once the event begins – so if you need to leave early, ask before you park!

Registration: All youth and adults at must be registered. Upon arrival at the event, one adult leader from each unit (and the Senior Patrol Leader or his designate in the case of boy scout units) must check in at the registration tent. The adult unit representative must present the following:

- Roster of all scouts attending showing name and emergency contact info
- List of Patrols competing in the event with names of scouts in each team
- Class 1 medical form for each participant in a sealed envelope.
- A copy of the unit's pre-registration form
- Any balance due (checks payable to NCAC are preferred over cash)
- The names of adult volunteers (at least one per unit) who will be helping with the day's program

Fees: All attendees (including all adults) are expected to pay the registration fee. Please mail preregistration fees and forms so they are received by 8 October 2009 or bring them to the October roundtable.

At the time you mail in your pre-registration form, please also send an email to chainbridgelost@verizon.net to let us know you're coming. Include in that email the following:

(a) how many scouts you're bringing
(b) the names of the patrols or crews that will be competing.

Refund Policy Cold or wet weather is not a valid reason to cancel a Camporee. In the unlikely event the event is cancelled due to extreme weather conditions, all pre-paid registrations will be returned minus a charge for actual costs incurred.

Food Safety Issues: Please review safe food handling procedures with your Scouts. We don't want anyone getting sick based on improper food handling or cooking. Avoid cross-contamination, keep spoilable food refrigerated, and cook all meat and other appropriate foods to temperature before serving.

Inclement Weather: This event will go forward rain or shine. Inclement weather will not be a reason to stay home.

Arrival Procedures/Vehicles: Follow the instructions of volunteers on traffic and parking. After unloading, move vehicles to the parking area. Car pool if possible to reduce the number of vehicles at Camp. Depending on weather conditions, try to bring 4WD vehicles that will not get stuck in mud. If you park your vehicle in the field, you will not be permitted to move your vehicle until competition ends.

Adult Supervision: All units will observe adult supervision requirements of the *Guide to Safe Scouting*. The Boy Scouts of America has established the following guidelines for its members' participation in camping activities: At least one adult must be present for every 10 youth members, but no fewer than two adults ("two deep leadership"). At least one adult must be a registered scouter, 21 years of age or older. At least one adult must have completed

Youth Protection Training (now available online – see www.boyscouts-ncac.org)

Patrol Method: Adults are prohibited from following their unit's teams around the course or "coaching" in the activity stations. We have seen situations at other events where groups of adults have trailed behind teams, offering advice and assistance for the competition events or reported on the challenges awaiting the team. This is not what Baden-Powell had in mind when he came up with the Patrol Method. We encourage scoutmasters to volunteer to help staff the event. Staff will be quick to report adults who give advice or instructions from the sidelines. If a Staffer sees that a team is receiving adult assistance or advice at his or her activity station, the Staffer may disqualify that team from the activity station, or reduce that team's score to avoid an unfair advantage. Please do not do this to your Scouts. A wise Scoutmaster lets the scouts do it themselves.

Train 'em, Trust 'em, Let 'em Lead!

Train your scouts before the event – let your patrol leaders lead their patrols during the event.

Unit Program Assignments: The activity stations are staffed by a number of dedicated Scouters, older Scouts & Venturers. The District hopes that in addition to more experienced Scouters, a number of Venturing Crews will step forward to help set up and operate the stations. It will take about 30+ volunteers to run this event. We are expecting approximately 250-300 participants.

The assistance of each unit is needed to insure a smooth-running event. Please be prepared to provide the following assistance:

- Provide at least one adult volunteer to help with program on Saturday
- That volunteer should be prepared to accept assignments to help with a range of tasks including logistical support, parking, etc.

Medical Forms & Info: Each unit must have, for each attendee, a properly filled out class 1 medical form upon registration. Such forms may be found at <http://www.scouting.org/forms/34414.pdf> An actual physical examination by a doctor is not required – just the form completed by the scout's parents. Units may provide their forms in a sealed envelope to be opened only if a medical emergency arises.

Directions to Closest Emergency Room Loudon Hospital Center --
Lansdowne Campus 44045
Riverside Parkway
Leesburg, VA 20176 703-858-6040
Route 7 East. Turn left on
Lansdowne Boulevard. Take first right on Riverside Parkway. Take first right to hospital entrance.

First Aid Station: A clearly marked First Aid Station will be staffed during the event. All injuries should be brought to the attention of the First Aid Staff immediately.

Lost & Found: Any items found should be turned in to the registration tent. Items may be claimed during the event or at the November district roundtable.

Conduct/Discipline: All scouts are expected to live and abide by the principles of the scout oath, law, motto &

slogan and the Outdoor Code. Use of the patrol method is strongly encouraged with the patrol leaders in charge of patrol activities and responsible for each member of their patrol. If any serious misconduct occurs, individuals may be asked to leave the event or other disciplinary measures may be taken. Please don't put the staff in a position where difficult decisions must be made.

Radio Communications Policy:

Please do not use walkie talkies or other devices to communicate with your teams on the trail. If you choose to carry walkie-talkies, please use ODD channel numbers for your unit communications. EVEN numbered channels are reserved for event staff use.

Prohibitions: The Boy Scouts of America and/or Staff will strictly adhere to the following prohibitions:

- No modifying trail blazes

- No unattended fires
- No breaking or cutting of live trees or shrubs
- No open flames in tents
- No vandalism (anyone caught vandalizing property will be turned over to the town police)
- No alcohol
- No illegal drugs
- No firearms (including bb guns)
- No fireworks
- No graffiti or defacement of any property
- No trenching/ditching of campsites or tents
- No sheath knives, double bladed knives, flip knives or knives with blades longer than 4 inches
- No pets or animals
- **No electronic equipment (e.g., tape or CD players, televisions, electronic games, etc.)**

Thank you for your cheerful cooperation

SAFE FOOD HANDLING (from www.fightbac.org)

The Core Four Practices

Right now, there may be an invisible enemy ready to strike. He's called BAC (bacteria) and he can make people sick. In fact, even though consumers can't see BAC - or smell him, or feel him - he and millions more like him may already be invading food products, food preparation surfaces, knives and other utensils. But consumers have the power to Fight BAC!® and to keep food safe from harmful bacteria. It's as easy as following these four simple steps:

CLEAN: Wash hands and surfaces often
SEPARATE: Don't cross-contaminate!
COOK: Cook to proper temperature
CHILL: Refrigerate promptly

I. Clean: Wash Hands and Surfaces Often

Bacteria can be spread throughout the kitchen area and get onto hands, cutting boards, utensils, counter tops and food. To Fight BAC!® always:

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Use paper towels to clean up kitchen surfaces.
- Rinse fresh fruits and vegetables.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running water.

II. Separate: Don't Cross-Contaminate!

Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene -- wash hands with warm water and soap. Wash cutting boards, dishes, countertops and utensils with hot soapy water.

- Separate raw meat, poultry, seafood and eggs from other foods.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood; or carefully wash cutting board with hot soapy water before reusing for other category of food.
- Never place cooked food on a plate or any other surface that previously held raw meat, poultry, seafood or eggs. Clean all utensils used for raw meat, poultry, seafood or eggs before using with any cooked or partially cooked food.

III. Cook: Cook to Proper Temperatures

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. This is very important on camping trips where Scouts may not know whether food is fully cooked. The best way to Fight BAC!® is to:

- Make sure that the food is cooked to a safe internal temperature.
- Cook roasts and steaks to a minimum of 145°F. All poultry should reach a safe minimum internal temperature of 165°F. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer.

- Cook ground meat, where bacteria can spread during grinding, to at least 160°F. Information from the Centers for Disease Control and Prevention (CDC) links eating undercooked ground beef with a higher risk of illness. Remember, color is not a reliable indicator of doneness.
- Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked.
- Cook fish to 145°F or until the flesh is opaque and separates easily with a fork.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to 165°F.
- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. Food thawed in cold water (e.g., ice chest) should be cooked immediately.
- Always marinate food in your cooler, not out on the picnic table.

IV. Chill: Refrigerate Promptly!

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff your cooler refrigerator. Cold air must circulate to help keep food safe. Keeping a constant cooler temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. Make sure you use plenty of ice or ice substitutes to keep the contents of your cooler cold. Make sure everything that should be refrigerated is in your cooler.

- Freeze meats and other perishables before putting them in the cooler. They will thaw Friday night and still be cold (refrigerator temperature) by food preparation time on Saturday afternoon).

Food Allergies: There are eight foods that account for 90% of all food-allergic reactions. These are: milk, egg, peanut, tree nut (walnut, cashew, etc.), fish, shellfish, soy, and wheat. People with such food allergies can experience anaphylaxis upon exposure. Anaphylaxis is a sudden, severe, potentially fatal, systemic allergic reaction that can involve various areas of the body (such as the skin, respiratory tract, gastrointestinal tract, and cardiovascular system). Such people should always carry Epi-Pens to guard against the effects of such severe reactions. However, it is far better to prevent such a situation if you can.



2009 Chain Bridge District LOST! – Proposed Schedule

Friday 23 October

1500 hrs: Staffers arrive to set up

1800 hrs: Registration Opens

1700 – 2000 hrs Units Set up Camp

2000 hrs (8 pm): GPS/Geocaching training at "Otherville" (HQ)

2200 hrs (10:00 pm): PLC Cracker Barrel at "Otherville" (HQ) (all SMs, SPLs and staff to attend please)

2300 hrs: Lights Out

Saturday 24 October

0700 reveille

0800 volunteers leave to set up activity stations (need to be up and running by 0900)

0840 SHARP: Morning Assembly

0900: Patrols Dismissed to Activity Stations

1200: Lunch (eat trail lunch wherever/whenever you want)

1600: Competition Ends; patrols return to camp, begin preparing evening meal

1900 (7:00 pm): Church services

2000 (8:00 pm): Campfire at Pond

2130 (9:30 pm): Leader's Cracker Barrel

2200: Lights Out

Sunday 25 October

0730 reveille, breakfast, camp cleanup

0830 SHARP: Assemble for Orienteering Competition

1000: Closing & Awards Ceremony

1020: Camp Checkout, Split for home

Camp Highroad Directions:

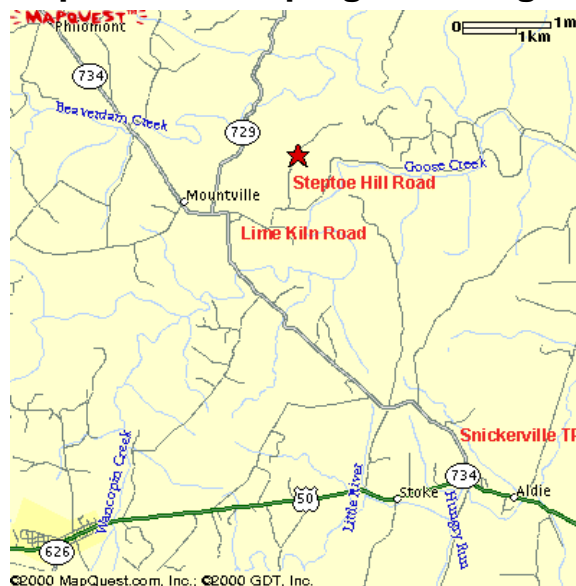
Camp Highroad Driving Directions

From Rt 50 Take Route 50 West from I-66. Pass R-28. After about 11 miles, you will come to Gilbert's Corner: R-50 and R-15 intersection. Go through Gilbert's Corner. Take a Right on Snickersville Turnpike (R-734) just after the town of Aldie (R-50 bends to the left, so the turn is a bit hidden when coming from the east). Take a RIGHT on Lime Kiln Road (about 4.5 miles) It is the first major intersection on 734. Continue, you will see a sign for Camp Highroad. Take a Left on Steptoe Hill Road (about 1 mile) This is the main road of the camp. Go 0.6 miles to the sign. Turn LEFT, drive past the pond and continue to the outback.

From Rt 15 (south from Greenway). Past Oatlands, turn to the west on Lime Kiln Rd (Rt 733) and go 4.6 miles paralleling Goose Creek, looking for Camp Highroad sign. Turn right on Steptoe Hill Rd and go 0.6 miles to the sign. Turn LEFT, drive past the pond and continue to the outback.



<http://www.camphighroad.org/map/>



Chain Bridge District Fall Camporee – 23-25 October 2009 Camp Highroad, Aldie VA Submit this form by 9 October 2009 to avoid late fees
HANDLING INSTRUCTIONS: Please mail this form with check to Kristine Flamm, 6814 Lumsden Place, McLean, Virginia 22101, Attention: LOST!

(circle one) **Troop/Crew #** _____

	Unit Primary Point of Contact	Alternate Point of Contact
Name		
Scouting Job		
Phone		
Cell Phone		
Email		

Volunteer(s) (at least one from your Unit) Who Can Help Staff Program:

Name		
Scouting Job		
Phone		
Cell Phone		
Email		

Important! By 9 October 2009, please email to <chainbridgelost@verizon.net> this form or the following information: (1) Unit Number; (2) Anticipated Total Number of Participants

Patrol Name(s)	
Total Number of Youth Attending:	_____
Total Number of Adults Attending:	+ _____
Total Number of Youth + Adults Attending:	_____
Total # x \$20 per person (\$22 if after 10/9/09)	\$ _____
CHECK Payable to "NCAC-BSA" ENCLOSED:	

For Registrar Use Only:

Total Actual Onsite Participants: _____ #Adults _____ #Youth _____

Balance Amount \$ _____ paid in Cash Check # _____

Patches and pennants received by: _____