

CAMP WORKCOEMAN SCOUTS BSA SUMMER PROGRAM GUIDE



2023

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CT RIVERS COUNCIL



Welcome to Camp Workcoeman



Dear Scouts, Parents, and Scouters,

Greetings from Camp Workcoeman and welcome to the 2023 summer camp season! This summer marks our 100th season, and we are gearing up for our 100th anniversary celebration next year in 2023, so stay tuned!

You'll notice that, in addition to the day events for Scouts BSA members and open and specialty programs for units and families that we've offered the past couple summers, Camp Workcoeman is once again offering several week-long overnight camping programs this summer. This is all backed by the same central leadership you've relied upon for years which ensures we're here and ready to provide consistent fun, learning, and challenging opportunities to grow and develop each individual and troop program. We're excited to be able to offer programs that can be custom designed to meet your needs in developing a summer Scouting program.

This summer, we're proud to offer week-long National Youth Leadership Training (NYLT) and Powder Horn High-Adventure Resource Management training courses. The NYLT course gives the Council a second course to better meet it's high demand, and is being developed in collaboration with those that have long run the course at J. N. Webster. Powder Horn is a National course designed to introduce youth and adult leadership to high adventure opportunities and give them the resources they need to better plan trips for their units; this is the first Powder Horn course offered in New England in several years and is sure to be a great time.

For individual Scouts, patrols, and troops, we have a variety of single and multiple day merit badge sessions spread over four weeks this summer. The schedule of offerings and specific details can be found within this guide.

Units can reserve campsites for any number of nights, any day of the week, and work with the Workcoeman staff to take advantage of facilities and programs. A sample of 'à la carte' program suggestions is provided, and arrangements can be made to meet the interests of your Scouts.

Families are invited to spend time at Camp Workcoeman in our designated Family Camping Site. Everyone can join in the fun of camp, go for a swim, enjoy a relaxing getaway, or take advantage of nearby attractions. Units and families are now able to order meals in the Dining Hall.

Despite all the changes over the last few years, know that we're working to ensure a quality program exists to meet your individual needs. Our programs are developed to either enhance your current week at camp with additional overnights or provide a shorter program if a week at camp is not available to you this summer. At Camp Workcoeman, we believe that Scouting and a summer camp program are transformational. We want to be a part of your story and help you be the best you can be.

There's something for everyone. We can't wait to see you back at Camp Workcoeman this summer!

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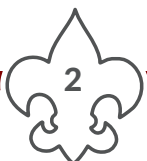
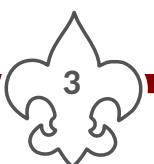


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Summer 2023 @ WORK COEMAN

For Scouts BSA participants, the 2023 summer program at Camp Workcoeman is divided into four main parts: troop camping & programs, family camping, a daytime merit badge program, and week-long training courses. Scouts can participate either as an individual, a unit, or a family, and programs can be combined as desired. For example, a unit can choose to rent a campsite for several days where they rent the shooting ranges one day, have their Scouts participate in merit badges another day, and provide their own program the final day. These programs are not designed to replicate a traditional summer camp experience; rather, they are intended to supplement one through a variety of flexible programs.



Troop Camping & Programs

- Choose Any Summer Night(s)
- Platform Tents and Cots Provided
- Cook Your Own Meals
- Choose to Rent Other Camp Facilities



Family Camping

- Choose Any Summer Night(s)
- Deluxe Tents Available
- Campsite Cooking or Dining Hall Meals
- Fun for the Whole Family



Merit Badge Program

- One/Two Session Daytime Merit Badges
- Clinics and Scuba Available
- Two Aquatics Weeks
- Two Outdoor Skills Weeks



Training Opportunities

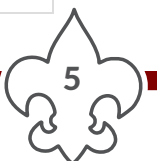
- National Youth Leadership Training (NYLT)
- Powder Horn High-Adventure Management Course

Summer Calendar



	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
July 2023	25	26	27	28	29	30	1 Unit and Family Campin	
	2	3	4	5	6	7	8	
	Unit and Family Camping							
	Aquatics & More — Week 1							
	Scuba Certification Camp — Week 1							
	Cooking Merit Badge — Session 1							
	9	10	11	12	13	14	15	
	Unit and Family Camping							
	National Youth Leadership Training (NYLT)							
	Outdoor Skills & More — Week 1							
	Baloo's Family Camp — Weekend 1							
	16	17	18	19	20	21	22	
Unit and Family Camping								
Baloo's Family Camp — Cub Scout Day Camp — Week 1								
Fly Fishing Merit Badge								
23	24	25	26	27	28	29		
Unit and Family Camping								
Aquatics & More — Week 2								
Cooking Merit Badge — Session 2								
30	31	1	2	3	4	5		
Unit and Family Camping								
Powder Horn High-Adventure Resource Management Course								
Outdoor Skills & More — Week 2								
Baloo's Family Camp — Weekend 2								
6	7	8	9	10	11	12		
Unit and Family Camping								
Baloo's Family Camp — Cub Scout Day Camp — Week 2								
Scuba Certification Camp — Week 2								
Fly Fishing Merit Badge								
13	14	15	16	17	18	19		
Unit and Family Camping								
20	21	22	23	24	25	26		
Unit and Family Camping								
27	28	29	30	31	1	2		
Unit and Family Camping								

August 2023





Campsite Reservations

Units can reserve campsites for any number of nights throughout the summer—both midweek and weekend. Canvas tents, cots, mattresses, stocked latrines, and hot showers will be provided. The cost is \$25/night. Units can provide their own food (ice and/or refrigeration available upon request) or pay by the meal to eat in the Dining Hall. Please visit <https://campworkcoeman.org/2023/> to make your reservation.

While units are staying in camp, they can, if they so choose, reserve additional facilities or have their Scouts participate in our daytime merit badge offerings.

Program Reservations and Info

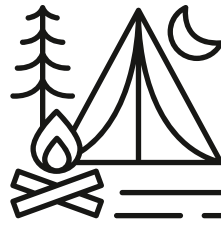
Various camp facilities can be reserved by your troop for programs. You can take advantage of these experiences while staying at camp during an overnight camping trip or as a day event. A full list of activities, costs, and included items is available below. To reserve a facility, please email Jeff Seiser (jseiser@campworkcoeman.org) at least two weeks in advance; payment will be collected at camp. Contact Jeff with any questions you may have and to inquire about the feasibility of any other activities not listed.

Program	Cost	Included Items
Archery	\$5/Shooter	Archery Range Rental (up to 3 hours), Instructor, Equipment
BB Shooting	\$5/Shooter	BB Range Rental (up to 3 hours), Instructor, Equipment, Ammunition
Boating	\$10/Boater	Boating Area Rental (up to 3 hours), Lifeguard, Boats and Equipment, Swim Tests
Climbing	\$35/Climber	Climbing Wall Rental (up to 6 hours), Instructors, Equipment
Discover Scuba	\$35/Diver	Introductory Scuba Program (3 hours), Instructors, Equipment
Mountain Biking	\$10/Bike	Bikes, Helmets (day long)
Pistol Shooting	\$15/Shooter	Range Rental, Pistol Program (3 hours), Instructors, Equipment, Ammunition
Rifle Shooting	\$15/Shooter	Rifle Range Rental (up to 3 hours), Instructors, Equipment, Ammunition
Shotgun Shooting	\$15/Shooter	Shotgun Range Rental (up to 3 hours), Instructors, Equipment, Ammunition, Clays
Swimming	\$5/Swimmer	Swimming Area Rental (up to 3 hours), Lifeguards, Swim Tests
Team Building Games and Low COPE	\$20/Participant	COPE Course Rental, Team Building Program (3 hours), Instructors

Meals

In addition to preparing their own meals, Troops, Packs, and families staying overnight at camp may order and enjoy prepared meals in the Dining Hall. Meal requests must be made at least two weeks in advance. Please see the order form (in the Appendix) for pricing and full details.





Family camping will be available in the Tee Pee campsite, which features standard and deluxe tents as well as an upgraded latrine and access to the camp shower house. This opportunity is ideal for families with a Scout attending multiple concurrent day programs or those that just want to spend a few days outdoors. Several options are available: (1) bring your own tent for \$15/night, (2) standard 7'x9' canvas tents with cots for \$25/night, and (3) deluxe 12'x16' canvas tents with bedding for \$50/night.

Families are invited to spend time at Camp Workcoeman in our designated Family Camping Site. Everyone can join in the fun of camp, go for a swim, enjoy a relaxing getaway, or take advantage of nearby attractions. Families have the choice of bringing and cooking their own food in the campsite or ordering meals in the Dining Hall (please see order form in the Appendix).

To reserve your campsite, visit <https://campworkcoeman.org/2023/> and select the Tee Pee campsite once redirected to the Council reservation website.

Time

Any Night(s) All Summer

Cost

\$15 / Bring Your Own Tent
\$25 / Standard Canvas Tent
\$50 / Deluxe Canvas Tent

Register

campworkcoeman.org/2023

Cub Scout Opportunities

Camp Workcoeman has several additional activities available for families of children in Cub Scouts. Be sure to check out <https://campworkcoeman.org/2023/> for more information and to register.

Cub Scout Day Camp

Camp Workcoeman will once again host a week long Cub Scout Day Camp! It is a five day program perfect for Tiger, Wolf, and Bear Scouts. Day camp has all the fun of a summer camp experience without the overnight element. Scouts will have a blast swimming, learning new skills, becoming a top shot on the BB and archery ranges, learning new games on the Sports Field, and having fun in the Crafts Lodge. Day Camp runs Monday through Friday 8:30 AM – 4:30 PM; there are two weeks to choose from: July 17–21 and August 7–11, 2023.

Baloo's Family Camp

Two special weekends (July 14–16 and August 4–6, 2023) of program filled Cub Scout family camp will be offered! Baloo's Family Camp at Camp Workcoeman is a great opportunity for Cub Scouts to enjoy a summer camp experience without the worries of being away from family. Located along the shore of beautiful West Hill Pond in New Hartford, Baloo's Family Camp is open to all Cub Scouts and their families as the program centers around fun for all! You will take advantage of our various program areas with activities including BB/archery shooting, swimming, crafts, and more!



Merit Badge Program



The merit badge program consists of one- and two-day merit badge offerings split between Aquatics Weeks and Outdoor Skills Weeks. A five-day Scuba certification course is also available. Classes are offered Monday through Friday with several bonus skills clinics also available.

Cost

\$45 / One Day Sessions
\$75 / Two Day Sessions
\$375 / Scuba Certification

Time

8:30 AM – 4:30 PM
Mon./Tues., Wed.,
and Thurs./Fri.

Register

Visit
campworkcoeman.org/2023
to sign up



July 3–7, 2023

&

July 24–28, 2023

Merit Badges Offered

Canoeing	Chess
Fishing	Climbing
Kayaking	Cooking (3 Days)
Lifesaving	Exploration
Oceanography	Fish & Wildlife Mgmt.
Rowing	Geology
Small-Boat Sailing	Pistol Shooting Program
Swimming	Reptile & Amphibian Study
“Sailing the Big Boats” Clinic	Soil & Water Conservation

July 10–14, 2023

&

Jul. 31–Aug. 4, 2023

Merit Badges Offered

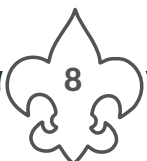
Basketry	Pioneering
Camping	Weather
Environmental Science	Wilderness Survival
Indian Lore	Wood Carving
Leatherwork	Archery
Mammal Study	Pistol Shooting Program
Metalwork	Rifle Shooting
Nature	Shotgun Shooting
Orienteering	



Additional Offerings

Fly Fishing Merit Badge	National Youth Leadership Training (NYLT)
Scuba Diving Merit Badge & Certification	Powder Horn High-Adventure Mgmt. Course

CAMPWORKCOEMAN.ORG



Additional Information



Check-in Procedures

Check-in will take place daily at 8:30 AM at the Chapel Pavilion located at the edge of the main parking lot. All participants need a completed health form on file at camp. If possible, please mail forms to camp (Attn: Health Officer, Camp Workcoeman, 169 Camp Workcoeman Rd., New Hartford, CT 06057) two weeks prior to attending; otherwise, bring forms to check-in. Part C (physical) is required for all Scouts attending summer programs. For one and two day programs the physical must be in the last three years; for three or more day programs, the physical must be within the last year. Only one copy of the health form needs to be submitted for the summer. Please do not come to camp if you are experiencing COVID-19 symptoms. Additional information and forms are found later in this guide.

Lunch Information

Lunch will be provided to all participants in our day programs. Requests for dietary accommodations must be made at least two weeks in advance. Please contact camp with any questions or concerns. (In addition to the lunches provided with our day programs, units and families staying at camp can order breakfast, lunch, and/or dinner to be enjoyed in the Dining Hall; please see the order form in the Appendix for full details.)

Camperships

We believe all Scouts should have the opportunity to attend summer camp, no matter their financial situation. Camperships are available from both the CT Rivers Council (deadline: April 1) and the CW Alumni Association to help cover the cost of attendance for families in need of financial assistance. For more information and to apply, visit <https://campworkcoeman.org/camperships/>.

Schedule Information



One-Day Programs

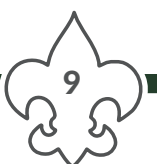
Certain merit badges and programs are offered as full day, one-day programs. These offerings take place on Wednesdays and run from 8:30 AM until 4:30 PM with lunch included.

Two-Day Programs

Most merit badges are offered as two-day programs that either run Monday and Tuesday or Thursday and Friday. More intensive badges run the full day both days while others consist of either two morning sessions or two afternoon sessions. Scouts should pair their choice of a morning and an afternoon half-day badge to craft a full two-day program. Generally, taking just one half-day badge is not allowed.

Learning Philosophy

As with in school, Scouts learn and retain information better if they are exposed to it on multiple occasions. We feel that splitting badges into two days is important towards achieving Scouting's aims of molding Scouts into knowledgeable, well-rounded individuals. This division gives them time to digest the information before it is reinforced the next day, leading to improved understanding and retention.





'Sailing the Big Boats' Clinic

In the **'Big Boats' Sailing Clinic**, Scouts will spend the day learning how to rig and sail the larger craft from the Workcoeman fleet. Scouts will experience the thrill of a catamaran, cruise around the lake in a larger ship, and spend the day sailing.

Counselor-in-Training (CIT) Program

The CIT program offers an exciting opportunity for those who would like to learn about the camp operation from the staff viewpoint. The CIT Program is a one (1) week commitment designed to instill the knowledge and values that are expected of all Camp Workcoeman staff members. Participants will work in all areas of camp and gain first-hand experiences to understand what it really takes to operate the high-quality programs of Camp Workcoeman. The cost for the program in 2023 is \$150. Participants must be at least 14 years old. For more information and to register, please visit <https://campworkcoeman.org/get-involved/staff/>.

Pistol Shooting Program

Camp Workcoeman is one of a select few camps that participates in the Boy Scouts of America's Summer Camp Pistol Shooting Program. The program is open to all Scouts who are at least 13 and have completed the eighth grade. Scouts will receive a safety briefing and instruction followed by the opportunity to earn various pistol marksmanship qualifications. Due to the low instructor to shooter ratio, space is extremely limited. The program runs Wednesdays, July 5, 12, 26, and August 2, 2023 and costs \$45. An additional signed participation waiver is required.

Scuba Certification Course

Outside instructors will offer a four-day full SDI open water certification course. The cost of the full certification course is \$375; families and units attending the course can, optionally, stay at camp.

Scouts will also work on Scuba Diving merit badge and have the opportunity to work on additional scuba programs. The course runs July 3–6 and July 31– August 3, 2023.

Cooking Merit Badge

In this three-day course, Scouts will participate in the Cooking merit badge, with particular emphasis on the "Patrol cooking" and "trail cooking" parts. Scouts will complete the "home cooking" elements at home and provide photos and menus afterwards. This program includes a meeting conducted remotely 7 PM the Monday beforehand (June 26/July 17) to plan menus. The \$90 cost includes all food costs and materials.

Powder Horn High-Adventure Management Course

Come join us at Camp Workcoeman for the "first-ever" Powder Horn experience in the Connecticut Rivers Council. The course is scheduled for this summer July 30–August 4, 2023. The vast list of course experiences will include shooting sports (including pistol shooting and muzzle-loading), Discover SCUBA, Fly Fishing, "Sailing the Big Boats," COPE & Climbing, and other high-adventure opportunities. The course is open to youth 14 and up as well as *adults*!

Powder Horn is a course designed to introduce Scouting's adults and youth to resources for making exciting high-adventure programs successful for their units. The course provides units the ability to achieve the mission of the Boy Scouts of America and better plan their high-adventure outings.

All Scouts 14 and up as well as Scouters from *any council* are invited to attend this dynamic program!



National Youth Leadership Training (NYLT)

National Youth Leadership Training (NYLT) is the BSA's premier youth leadership development program at the Council level. It's an exciting 7-day program—held July 9–15, 2023—designed for youth to learn leadership skills that will help them succeed in Scouting and in life.

Wait List Registration

Registering for NYLT is on a “wait list” approach to avoid participants registering and paying without Scoutmaster recommendation. Here's how wait list registration works:

- Click on the green “Waitlist” box on the registration page, then “Register Waitlist” from the next screen
- Enter the information for the participant(s) you're signing up for the course
- Within a week, we'll reach out to the participant's Scoutmaster to confirm their recommendation
- You'll receive an e-mail notice to go back in and complete registration and payment

Registration is complete when participants are fully paid and have submitted Code of Conduct and complete Health Form.

Who Should Attend

Scouts who have held leadership roles in their unit and are expected to advance to more senior leadership positions. Participants must be mature enough to spend a week away from their home unit and family.

NYLT Eligibility Requirements

Participants must:

- Meet age/rank requirements
- Scouts BSA: Ages 13–17 and First Class or higher rank
- Venturers & Sea Scouts: Ages 14–20, or 13+ and finished 8th grade
- Complete Introduction to Leadership Skills for Troops, Crews, or Ships*
- Be registered in a Scouting unit
- Have unit leader recommendation
- Have basic camping and outdoor cooking experience
- Commit to attending the entire course (no leaving early or during the week)
- **Attend the precamp meeting at camp on Thursday, June 8 at 7 PM**



*Introduction to Leadership Skills for Troops (ILST), Crews (ILSC, and Ships (ILSS) should be offered through the Scout's home unit. Ask your unit leader how you can participate in this course.

What NYLT Is (and Isn't)

NYLT is an inspiring, fast-paced mix of learning leadership and team-building skills and putting those skills into practice. Concepts are on par with Wood Badge and corporate programs, in an exciting, fun outdoor Scouting environment geared toward teens. The course is designed to mimic a month in the life of a Troop, Crew, or Ship, from planning to going on a major event or campout. NYLT is not like summer camp and doesn't include most summer camp activities, rank advancement, or earning merit badges. It is essential that NYLT participants be physically, emotionally, and mentally prepared to handle the demands of this advanced training. In order to get the most benefit from this unique experience, participants must exhibit emotional maturity, a positive attitude, proficiency in basic camping and outdoor cooking, and have an ambition to serve in leadership roles.

For specific Questions about the course or the NYLT program overall, contact Course Director Jeff Seiser, jseiser@campworkcoeman.org.

Aquatics & More Weeks Schedule



July 3–7 & 24–28, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
AM			CHESS	CANOEING	
PM					
AM			GEOLOGY	CLIMBING	
PM					
AM	EXPLORATION		ROWING		
PM					
AM			PISTOL SHOOTING PROGRAM		
PM	FISH & WILDLIFE MANAGEMENT				
AM			"SAILING THE BIG BOATS" CLINIC	FISHING	
PM					
AM	KAYAKING				
PM					
AM				LIFESAVING	
PM					
AM	OCEANOGRAPHY				
PM					
AM				REPTILE & AMPHIBIAN STUDY	
PM					
AM	SMALL-BOAT SAILING				
PM					
AM				SOIL & WATER CONSERVATION	
PM					
AM	SWIMMING				
PM					
AM	COOKING				
PM					

Scuba Diving Merit Badge & Certification: July 3–6 & 31–Aug. 3, 2023

Fly Fishing Merit Badge: July 18 & Aug. 8, 2023

National Youth Leadership Training (NYLT): July 9–15, 2023

Powder Horn High-Adventure Management Course: July 30–Aug. 4, 2023

Outdoor Skills & More Weeks Schedule



July 10–14 & 31–August 4, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	ARCHERY		BASKETRY		
PM					
AM	CAMPING*		LEATHERWORK		
PM					
AM			METALWORK	ENVIRONMENTAL SCIENCE	
PM					
AM			PISTOL SHOOTING PROGRAM	INDIAN LORE	
PM					
AM					
PM	MAMMAL STUDY				
AM					
PM				NATURE	
AM				ORIENTEERING	
PM					
AM	PIONEERING				
PM					
AM					
PM				RIFLE SHOOTING	
AM					
PM	SHOTGUN SHOOTING				
AM	WEATHER				
PM					
AM				WILDERNESS SURVIVAL*	
PM					
AM					
PM	WOODCARVING				

* Denotes overnight

Get Involved



We're always on the lookout for folks to join our team here at Camp Workcoeman. Whether as a staff member, a CIT, or a volunteer, we need your help! Besides our summer programs, we need volunteers to help with year-round weekend programs as well as with maintenance related tasks. The *Citizens of Shawtown* are Camp Workcoeman's support group; they meet for monthly workdays to help keep Workcoeman in tip-top shape. In addition, they organize our annual *Beaver Day* to kick off the summer followed by their *Steak Dinner* fundraiser. For more information and to get involved, visit campworkcoeman.org and check out the *Get Involved* tab.



Merit Badge Details



Below, merit badges offered are listed in alphabetical order along with additional details. You'll find the dates each badge is offered, whether it's one day or two days (full day, AM, or PM), what the prerequisites are, and which Scouts it's recommended for. *Eagle required merit badges are denoted with an (E).*



Archery

Two-Day (AM) Program

Dates: July 10–11, 31–August 1

Prerequisite Requirements: None

Recommended for: All Scouts



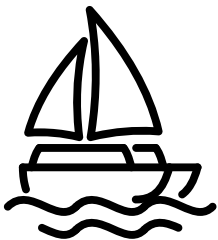
Basketry

One-Day (Full Day) Program

Dates: July 12, August 2

Prerequisite Requirements: None

Recommended for: All Scouts



'Big Boats' Sailing Clinic

One-Day (Full Day) Program

Dates: July 5, 26

Prerequisite Requirements: Small-Boat Sailing Merit Badge

Recommended for: Older Scouts interested in sailing



Camping (E) *

Two-Day (AM) Program

Dates: July 10–11, 31–August 1

Prerequisite Requirements: 4b, 5e, 7b, 8d, 9a, 9b
(see prerequisite sign-off form in appendix)

Recommended for: Scouts with significant camping experience

* Special Note: Includes an overnight



Canoeing

Two-Day (AM) Program

Dates: July 6–7, 27–28

Prerequisite Requirements: Successfully complete *BSA Swimmer Test*

Recommended for: Second year Scouts and older



Chess

One-Day (Full Day) Program

Dates: July 5, 26

Prerequisite Requirements: None

Recommended for: All Scouts



Climbing

Two-Day (Full Day) Program

Dates: July 6-7, 27-28

Prerequisite Requirements: None

Recommended for: Third year Scouts and older



Cooking (E) *

Three-Day (Full Day) Program

Dates: July 3-5, 24-26

Prerequisite Requirements: None

Recommended for: Older Scouts

* **Special Note:** Mandatory precamp virtual meeting, 7 PM Monday beforehand (June 26/July 17) to plan menus.



Environmental Science (E)

Two-Day (Full Day) Program

Dates: July 13-14, August 3-4

Prerequisite Requirements: None

Recommended for: Older Scouts



Exploration

Two-Day (Full Day) Program

Dates: July 3-4, 24-25

Prerequisite Requirements: None

Recommended for: Older Scouts



Fish and Wildlife Management

Two-Day (PM) Program

Dates: July 3-4, 24-25

Prerequisite Requirements: None

Recommended for: All Scouts



Fishing

Two-Day (PM) Program

Dates: July 6-7, 27-28

Prerequisite Requirements: None

Recommended for: Third year Scouts and older



Fly-Fishing

One-Day (Full Day) Program

Dates: July 18, August 8

Prerequisite Requirements: None

Recommended for: Third year Scouts and older



Geology

One-Day (Full Day) Program

Dates: July 5, 26

Prerequisite Requirements: None

Recommended for: Second year Scouts and older



Indian Lore

Two-Day (AM) Program

Dates: July 13-14, August 3-4

Prerequisite Requirements: None

Recommended for: Second year Scouts and older



Kayaking

Two-Day (AM) Program

Dates: July 3-4, 24-25

Prerequisite Requirements: Successfully complete BSA *Swimmer Test*

Recommended for: Second year Scouts and older



Leatherwork

One-Day (Full Day) Program

Dates: July 12, August 2

Prerequisite Requirements: None

Recommended for: All Scouts



Lifesaving (E)

Two-Day (Full Day) Program

Dates: July 6-7, 27-28

Prerequisite Requirements: 2a
(see prerequisite sign-off form in appendix)

Recommended for: Scouts with strong swimming ability



Mammal Study

Two-Day (PM) Program

Dates: July 10-11, 31-August 1

Prerequisite Requirements: None

Recommended for: All Scouts



Metalwork

One-Day (Full Day) Program

Dates: July 12, August 2

Prerequisite Requirements: None

Recommended for: Third year Scouts and older



Nature

Two-Day (PM) Program

Dates: July 13-14, August 3-4

Prerequisite Requirements: None

Recommended for: All Scouts



National Youth Leadership Training (NYLT) *

Six-Day (Overnight) Program

Dates: July 9-15

Prerequisite Requirements: First Class rank or higher, Scoutmaster recommendation

Recommended for: Scouts in leadership positions

* **Special Note:** Mandatory precamp meeting 7 PM on June 8 at camp



Oceanography

Two-Day (AM) Program

Dates: July 3-4, 24-25

Prerequisite Requirements: 8a, 8b, or 8c
(500 word report or 5 min. speech; brought to camp or done after)

Recommended for: All Scouts



Orienteering

Two-Day (Full Day) Program

Dates: July 13-14, August 3-4

Prerequisite Requirements: None

Recommended for: Third year Scouts and older



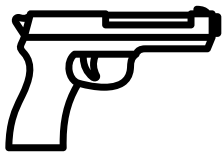
Pioneering

Two-Day (Full Day) Program

Dates: July 10-11, 31-August 1

Prerequisite Requirements: None

Recommended for: Scouts having earned First Class rank



Pistol Shooting Program *

One-Day (Full Day) Program

Dates: July 5, 12, 26, August 2

Prerequisite Requirements: None

Recommended for: Scouts must be at least 13 and have completed the eighth grade

* **Special Note:** Requires additional permission waiver



Powder Horn High-Adventure Management

Five-Day (Overnight) Program

Dates: July 30–August 4

Prerequisite Requirements: None

Recommended for: Scouts 14 and up as well as adult Scouters



Reptile and Amphibian Study

Two-Day (AM) Program

Dates: July 6–7, 27–28

Prerequisite Requirements: 8
(maintain/observe reptile/amphibian; brought to camp or done after)

Recommended for: Second year Scouts and older



Rifle Shooting

Two-Day (PM) Program

Dates: July 13–14, August 3–4

Prerequisite Requirements: None

Recommended for: Second year Scouts and older



Rowing

One-Day (Full Day) Program

Dates: July 5, 26

Prerequisite Requirements: Successfully complete *BSA Swimmer Test*

Recommended for: Second year Scouts and older



Scuba Diving and SDI Certification

Four-Day (Full Day) Program

Dates: July 3–6; August 7–10

Prerequisite Requirements: 2
(see prerequisite sign-off form in appendix)

Recommended for: Scouts 13 and older



Shotgun Shooting

Two-Day (PM) Program

Dates: July 10–11, 31–August 1

Prerequisite Requirements: None

Recommended for: Third year Scouts and older



Small-Boat Sailing

Two-Day (Full Day) Program

Dates: July 3–4, 24–25

Prerequisite Requirements: Successfully complete *BSA Swimmer Test*

Recommended for: Older Scouts comfortable in the water



Soil and Water Conservation

Two-Day (PM) Program

Dates: July 6–7, 27–28

Prerequisite Requirements: None

Recommended for: All Scouts



Swimming (E)

Two-Day (PM) Program

Dates: July 3–4, 24–25

Prerequisite Requirements: Previous swimming ability
Scouts develop swimming techniques and individualized instruction will be provided, but no prior swimming ability will likely result in only partial merit badge completion.

Recommended for: All Scouts

Merit Badge Details (continued)



Weather

Two-Day (AM) Program

Dates: July 10-11, 31-August 1

Prerequisite Requirements: None

Recommended for: Second year Scouts and older



Wilderness Survival *

Two-Day (AM) Program

Dates: July 13-14, August 3-4

Prerequisite Requirements: 5
(bring survival kit to camp)

Recommended for: Third year Scouts and older

* **Special Note:** Includes an overnight



Wood Carving

Two-Day (PM) Program

Dates: July 10-11, 31-August 1

Prerequisite Requirements: Totin' Chip Card

Recommended for: Second year Scouts and older

Year-Round Opportunities



Camp Workcoeman is a year-round Scouting destination with both individual and unit programs offered. Campsites and cabins are available for your unit to rent. Many of our à la carte programs are available outside the summer season, including shooting, climbing, COPE, and canoeing. Additionally, we offer weekend merit badge opportunities throughout the year. For full details and to register, visit <https://campworkcoeman.org/>. Be sure to follow our Facebook page to stay informed of all our latest offerings. If you have any questions or would like assistance in planning an event at camp, email Camp Director Lou Seiser at lseiser@campworkcoeman.org.





Who needs a completed medical form?

All participants need parts A, B, C, and D of the BSA Annual Health & Medical Record form completed and submitted along with any applicable Medication Administration and Food Allergy Treatment Plan forms. The only exception is that Scouts who cumulatively attend *two days or fewer* over the course of the summer can substitute a school physical within the last three years for Part C. *Remember to make copies of all forms before submitting.* Only one copy is needed for the summer. Please mail forms to camp (Attn: Health Officer, Camp Workcoeman, 169 Camp Workcoeman Rd., New Hartford, CT 06057) two weeks in advance or bring to check-in.

Check the following before submitting medical forms:

Part A:

- This form is permission for the camper to participate in camp activities and also stipulates who may or may not remove the camper from camp.

Part B1:

- *Note:* This information must be completed even if you are using a state (school) physical form.
- Telephone Number: Camper's home phone number; mobile phone is a parent's mobile number
- Unit Leader: Scoutmaster or Cubmaster
- Council: CRC/066
- Unit: Troop, Pack, or Crew number
- Your health insurance company and member ID are critical if the camper or staffer must go to the urgent care center or emergency room. (We no longer need a copy of your health insurance card.)
- Health History

Part B2:

- *Allergies:* Does the camper have allergic reactions to food, medications, plants, and/or insects that could require medical treatment? If the answer is yes to any of the allergens, an Emergency Treatment Plan for Allergic Reactions form from the examining Physician/PA/APRN must be attached to the physical form.
- Immunization history with dates or a copy of immunization history from doctor's office. If using a copy of the immunization history, it must be a legible copy signed and dated by the physician. Your health care provider may write "Up-To-Date" and sign in the box.

- Tetanus must be within 10 years.

- *Medications:* This form is used by the BSA nationally, but Connecticut has special requirements for the administration of medications in camps, schools, etc. In Part D, there is a listing of medications that can be administered at camp without a physician's order. It is very limited. For all other medications, both prescribed and over the counter, an Authorization for Administration of Medication form must be completed, signed, and dated by the physician and parent. A separate form is required for each medication. *Note:* All medications must be physically checked by the nurse at check-in.

Part C – Physical Examination:

- *Signed and dated* by doctor within 1 year of first day of camp. (In the event that the physical exam falls within the 30 days prior to your week at camp, you may submit the previous year's physical.)
- Copy of school physical is acceptable if it is *signed and dated* within 1 year of first day of camp and parts A, B, and D are completed.

Part D – Connecticut Rivers Addendum:

- Completed, *signed*, and *dated* by parent, guardian, or self.

Medication Notes:

- If a camper is only prescribed emergency allergy medication (i.e., Epi-Pen or Rescue Inhaler), then only the Emergency Treatment Plan for Allergic Reactions form is required. The Authorization for Administration of Medications form is not required.

Frequently Asked Questions (FAQ)



Q: How do I sign up?

A: Visit <https://campworkcoeman.org/2023/> for links to the Council registration website where you can complete your registrations. Email Camp Director Lou Seiser at Lseiser@campworkcoeman.org if you have any questions or need assistance.

Q: Why à la carte?

A: This program offers the flexibility of providing an experience to everyone—based on their needs, interests, time, and financial situation. It's for Scouts who may not 'be ready' for an entire week of camp. It's for units whose adults cannot take an entire week off from work. It's for older Scouts who are working or attending a high adventure base and cannot attend a week of traditional camp. It's a program that supplements a traditional camp experience.

Q: What do you mean by à la carte?

A: We mean that our program offerings are inherently flexible. You sign up for just the programs you want and each program has its own individual cost. This means, for example, that your troop can run their own program one day; rent the climbing wall, swimming area, or shooting ranges another day; and have your Scouts participate in our merit badge programs a third day. A listing of individual programs offered and prices can be found on page 6 of this guide. Feel free to reach out to Camp Director Lou Seiser (Lseiser@campworkcoeman.org) and we'll gladly help tailor a program to fit your troop's unique needs.

Q: Can my troop stay at camp?

A: Absolutely! Campsites—complete with canvas tents, cots, and a fully stocked latrine—are available for rent all summer long. Campsites and cabins are available for rent on weekends throughout the fall, winter, and spring. Visit <https://campworkcoeman.org/short-term-camping/> for more information and to make a reservation.

Q: Is lunch included?

A: Yes, lunch is included with all day programs. Units staying at camp can purchase prepared breakfasts and dinners with advance notice; please email Camp Director Lou Seiser at Lseiser@campworkcoeman.org for details.

Q: How old does my son or daughter need to be?

A: Programs detailed in this guide are for Scouts BSA members (10–17 years old). The *Merit Badge Details* section of this guide provides age recommendations for each individual program. Camp Workcoeman also offers separate opportunities for younger children in the Cub Scouts program.

Q: How can I help?

A: Staff, CIT, and volunteer positions are all available. Any and all help is always greatly appreciated. Visit <https://campworkcoeman.org/get-involved/staff/> for more information on staff and CIT opportunities, and please get in touch to let us know how you're able to help. Thanks!

Q: How much does it cost? Is financial assistance available?

A: One-day programs are \$45 and two-day programs are \$75. Full details on pricing of other activities are available elsewhere in this guide. Camperships are available for families in need of financial assistance; visit <https://campworkcoeman.org/camperships/> for full details.



- Medical Form
- Authorization for the Administration of Medication Form
- Emergency Treatment Plan for Allergic Reactions Form
- Meal Order Form
- Pistol Program Participation Form
- Camping Merit Badge Prerequisite Form
- Lifesaving Merit Badge Prerequisite Form
- Scuba Diving Merit Badge Prerequisite Form

Computer Fillable Medical Forms Available Online:
<https://campworkcoeman.org/medform/>
(Located at Bottom of Page)



Camp Workcoeman

Part A: Informed Consent, Release Agreement, and Authorization

Full name: _____

Date of birth: _____

<input type="checkbox"/> Pack <input type="checkbox"/> Troop <input type="checkbox"/> Crew # _____ Council: <input type="checkbox"/> CRC <input type="checkbox"/> TRC <input type="checkbox"/> Other: _____ <input type="checkbox"/> Camp Staff

Informed Consent, Release Agreement, and Authorization

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

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health-care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

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


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

I also hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.

Every person who furnishes any BB device to any minor, without the express or implied permission of the parent or legal guardian of the minor, is guilty of a misdemeanor. (California Penal Code Section 19915[a]) My signature below on this form indicates my permission.

I give permission for my child to use a BB device. (Note: Not all events will include BB devices.)

Checking this box indicates you DO NOT want your child to use a BB device.



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

List participant restrictions, if any: None

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity. If I am participating at Philmont Scout Ranch, Philmont Training Center, Northern Tier, Sea Base, or the Summit Bechtel Reserve, **I have also read and understand the supplemental risk advisories, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met.** The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider. If the participant is under the age of 18, a parent or guardian's signature is required.

Participant's signature: _____ Date: _____

Parent/guardian signature for youth: _____ Date: _____

(If participant is under the age of 18)

Complete this section for youth participants only:

Adults Authorized to Take Youth to and From Events:

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

Name: _____

Name: _____

Phone: _____

Phone: _____

Adults NOT Authorized to Take Youth to and From Events:

Name: _____

Name: _____

Phone: _____

Phone: _____



Part B1: General Information/Health History

Full name: _____
 Date of birth: _____

Pack Troop Crew # _____
Council: CRC TRC Other: _____
 Camp Staff

Age: _____ Gender: _____ Height (inches): _____ Weight (lbs.): _____
 Address: _____
 City: _____ State: _____ ZIP code: _____ Phone: _____
 Unit leader: _____ **Parent's Mobile #:** _____
 Council Name/No.: _____ Unit No.: _____
 Health/Accident Insurance Company: _____ Policy No.: _____

! If you do not have medical insurance, enter "none" above. Copies of insurance cards are no longer required.

In case of emergency, notify the person below:

Name: _____ Relationship: _____
 Address: _____ Home phone: _____ Other phone: _____
 Alternate contact name: _____ Alternate's phone: _____

Health History

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

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



Part B2: General Information/Health History

Full name: _____
 Date of birth: _____

<input type="checkbox"/> Pack <input type="checkbox"/> Troop <input type="checkbox"/> Crew # _____ Council: <input type="checkbox"/> CRC <input type="checkbox"/> TRC <input type="checkbox"/> Other: _____ <input type="checkbox"/> Camp Staff

Allergies/Medications

DO YOU USE AN EPINEPHRINE AUTOINJECTOR? Exp. date (if yes) _____ YES NO
 DO YOU USE AN ASTHMA RESCUE INHALER? Exp. date (if yes) _____ YES NO

If yes (above or below), an Emergency Treatment Plan for Allergic Reactions form is required.

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

Yes	No	Allergies or Reactions	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Medication	
<input type="checkbox"/>	<input type="checkbox"/>	Food	

Yes	No	Allergies or Reactions	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Plants	
<input type="checkbox"/>	<input type="checkbox"/>	Insect bites/stings	

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

Check here if no medications are routinely taken. If additional space is needed, please list on a separate sheet and attach.

An Authorization for the Administration of Medication form is required for EACH medication.

Medication	Dose	Frequency	Reason

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

Administration of the above medications is approved for youth by:

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

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

Immunization

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

Yes	No	Had Disease	Immunization	Date(s)
<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/mumps/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"/>		Meningitis	
<input type="checkbox"/>	<input type="checkbox"/>		Influenza	
<input type="checkbox"/>	<input type="checkbox"/>		Other (i.e., HIB)	
<input type="checkbox"/>	<input type="checkbox"/>		Exemption to immunizations (form required)	

I certify all immunizations are up to date. (Physician's Signature/Stamp)

DO NOT WRITE IN THIS BOX.
 Review for camp or special activity.

Reviewed by: _____

Date: _____

Further approval required: Yes No

Reason: _____

Approved by: _____

Date: _____



Part C: Pre-Participation Physical

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

Full name: _____

Date of birth: _____

<input type="checkbox"/> Pack	<input type="checkbox"/> Troop	<input type="checkbox"/> Crew # _____
Council: <input type="checkbox"/> CRC <input type="checkbox"/> TRC <input type="checkbox"/> Other: _____		
<input type="checkbox"/> Camp Staff		



You are being asked to certify that this individual has no contraindication for participation in a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient. You can also visit www.scouting.org/health-and-safety/ahmr to view this information online.

Please fill in the following information:

	Yes	No	Explain
Medical restrictions to participate	<input type="checkbox"/>	<input type="checkbox"/>	

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Medication		<input type="checkbox"/>	<input type="checkbox"/>	Plants	
<input type="checkbox"/>	<input type="checkbox"/>	Food		<input type="checkbox"/>	<input type="checkbox"/>	Insect bites/stings	

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

	Normal	Abnormal	Explain Abnormalities
Eyes	<input type="checkbox"/>	<input type="checkbox"/>	
Ears/nose/throat	<input type="checkbox"/>	<input type="checkbox"/>	
Lungs	<input type="checkbox"/>	<input type="checkbox"/>	
Heart	<input type="checkbox"/>	<input type="checkbox"/>	
Abdomen	<input type="checkbox"/>	<input type="checkbox"/>	
Genitalia/hernia	<input type="checkbox"/>	<input type="checkbox"/>	
Musculoskeletal	<input type="checkbox"/>	<input type="checkbox"/>	
Neurological	<input type="checkbox"/>	<input type="checkbox"/>	
Skin issues	<input type="checkbox"/>	<input type="checkbox"/>	
Other	<input type="checkbox"/>	<input type="checkbox"/>	

Examiner's Certification

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

True	False	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Meets height/weight requirements.
<input type="checkbox"/>	<input type="checkbox"/>	Has no uncontrolled heart disease, lung disease, or hypertension.
<input type="checkbox"/>	<input type="checkbox"/>	Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
<input type="checkbox"/>	<input type="checkbox"/>	Has no uncontrolled psychiatric disorders.
<input type="checkbox"/>	<input type="checkbox"/>	Has had no seizures in the last year.
<input type="checkbox"/>	<input type="checkbox"/>	Does not have poorly controlled diabetes.
<input type="checkbox"/>	<input type="checkbox"/>	If planning to scuba dive, does not have diabetes, asthma, or seizures.

Examiner's signature: _____ Date: _____

Examiner's printed name: _____

Address: _____

City: _____ State: _____ ZIP code: _____

Office phone: _____

Height/Weight Restrictions

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

Maximum weight for height:

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



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Part D: Connecticut Rivers Council Addendum

Full Name: _____	Dates Attending: _____
Campsite: _____	Unit: _____
<input type="checkbox"/> Scout <input type="checkbox"/> Scouter <input type="checkbox"/> Staff	

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

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

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

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

Signature: _____

Date: _____

(Adults over 18 sign here. Parent/Guardian signs for camper.)

Name (print): _____

Relationship: _____

Comments:

AUTHORIZATION FOR THE ADMINISTRATION OF MEDICATION BY SCHOOL, CHILD CARE, AND YOUTH CAMP PERSONNEL

This form is for both prescribed and over-the-counter medications.

If camper is only taking emergency medications (epinephrine or rescue inhaler) only the allergy treatment form is required.

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

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

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

Address of Child/Student: _____ Town/State: _____

Medication Name/Generic Name of Drug: _____ Controlled Drug? YES ___ NO ___

Condition for which drug is being administered: _____

Specific Instructions for Medication Administration: _____

Dosage: _____ Method/Route: _____

Time of Administration: _____ If PRN, frequency: _____

Medication shall be administered: Start Date: _____ End Date: _____

Relevant Side Effects of Medication: _____ None Expected: _____

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

Plan of Management for Side Effects: _____

Prescriber's Name/Title: _____ Phone Number: _____

Prescriber's Address: _____ Town/State: _____

Prescriber's Signature: _____ Date: _____

Parent/Guardian Authorization: I request that medication be administered to my child as described and directed above. I hereby request that the above ordered medication be administered by youth camp personnel and I give permission for the exchange of information between the prescriber and the school nurse/camp nurse necessary to ensure the safe administration of this medication. I understand that I must supply the camp with no more than a supply of medication to cover all doses while in attendance plus one dose. I have administered at least one dose of the medication with the exception of emergency medications to my child without adverse effects.

Parent/Guardian Signature: _____ Relationship: _____ Date: _____

Parent/Guardian's Address: _____ Town/State: _____

Home Phone #: _____ Work Phone #: _____ Cell Phone #: _____

SELF ADMINISTRATION OF MEDICATION: With the exception of Emergency Medicines such as Epi-Pens and Rescue Inhalers, *no medications*, prescribed or over the counter, may be self-administered by *any person under 18 years of age*.

..... **FOR OFFICE USE ONLY**

Printed Name of Individual Receiving Written Authorization and Medication: _____

Title/Position: _____ Signature: _____ Date: _____

NOTE: This form follows Section 10-212a, Section 19a-79-9a, 19a-87b-17 and 19-13-B27a(v.)

EMERGENCY TREATMENT PLAN FOR ALLERGIC REACTIONS AND ACUTE RESPIRATORY DISTRESS AND THE PERMISSION TO ADMINISTER MEDICATIONS BY CAMP PERSONNEL

Food Allergy Asthma Bee/Wasp Stings Other

Patient's Name: _____ DOB: _____

Physician's Name: _____ Phone Number: _____

Specific Allergy: _____

If the patient thinks he/she has been exposed to the above named allergen:

- Observe patient for symptoms of anaphylaxis X 2 hours
- Administer Epinephrine before symptoms occur, IM: EPIPEN Adult EPIPEN JR
- Administer Epinephrine if symptoms occur, IM: EPIPEN Adult EPIPEN JR
- Administer Benadryl per appropriate age/weight dose
- Call 911, transport to ER

If the patient is experiencing respiratory distress (shortness of breath, wheezing, coughing):

- Administer PUFFS of _____ INHALER, REPEAT _____
- Call 911, transport to ER

Side effects, if any, to be observed: _____

CAMPER IS TO CARRY & MAY SELF-ADMINISTER EPIPEN / INHALER WHILE AT CAMP:

Yes No

Physician's Stamp:

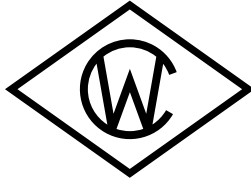
Physician's Signature: _____ Date: _____

- I REQUEST THAT MEDICATION BE ADMINISTERED TO MY CHILD AS DIRECTED AND DESCRIBED ABOVE BY CAMP PERSONNEL AND GIVE PERMISSION FOR THE EXCHANGE OF INFORMATION BETWEEN THE PRESCRIBER AND CAMP NURSE AS NECESSARY TO ENSURE THE SAFE ADMINISTRATION OF THIS MEDICATION. I UNDERSTAND I MUST SUPPLY THE CAMP WITH THE NECESSARY MEDICATION.
- IF APPROVED BY THE PHYSICIAN ABOVE, I REQUEST AND GIVE MY PERMISSION FOR MY CHILD TO CARRY AND SELF ADMINISTER THE MEDICATION.

Parent/Guardian Signature: _____ Relationship: _____ Date: _____

Parent/Guardian's Address: _____ Town/State: _____

Home Phone #: _____ Work Phone #: _____ Cell Phone #: _____



2023 Camp Workcoeman Meal Order Form

Upon request, Camp Workcoeman can prepare meals for your unit or family while they are in camp. Meals will be served in the Dining Hall. Breakfast is \$6, lunch is \$8, and dinner is \$10. Meal requests must be made at least *two weeks* in advance, and payment will be collected at camp. Scouts signed up for full-day programs already have lunch included.

Name: _____
Email: _____ Phone: _____
Address: _____
City: _____ State: _____ Zip Code: _____
Unit Type (Circle One): Troop Pack Family Unit Number: _____

Meal choices can be found on reverse.

Date: _____	Breakfast: Meal Choice: _____	# _____ x \$6 = \$ _____
	Lunch: Meal Choice: _____	# _____ x \$8 = \$ _____
	Dinner: Meal Choice: _____	# _____ x \$10 = \$ _____
<hr/>		
Date: _____	Breakfast: Meal Choice: _____	# _____ x \$6 = \$ _____
	Lunch: Meal Choice: _____	# _____ x \$8 = \$ _____
	Dinner: Meal Choice: _____	# _____ x \$10 = \$ _____
<hr/>		
Date: _____	Breakfast: Meal Choice: _____	# _____ x \$6 = \$ _____
	Lunch: Meal Choice: _____	# _____ x \$8 = \$ _____
	Dinner: Meal Choice: _____	# _____ x \$10 = \$ _____
<hr/>		
		Total = \$ _____

Attach additional pages as needed.

Email completed forms to Lou Seiser (lseiser@campworkcoeman.org) at least two weeks before your stay at camp. Please include any dietary restrictions in the email.

2023 Camp Workcoeman Meal Choices

Breakfast

Meal Choice	Description
A	Pancakes, Bacon, Cereal, Beverage
B	Breakfast Sandwiches, Hash Browns, Cereal, Beverage
C	French Toast, Sausage, Cereal, Beverage
D	Scrambled Eggs, Tater Tots, Cereal, Beverage

Lunch

Meal Choice	Description
A	Cheese Burgers, Potato Chips, Dessert, Beverage
B	Chicken Nuggets, French Fries, Dessert, Beverage
C	Turkey and Cheese Sandwiches, Pretzels, Dessert, Beverage
D	Pizza, Caesar Salad, Dessert, Beverage

Dinner

Meal Choice	Description
A	Chicken Quesadillas, Rice, Mixed Vegetables, Dessert, Beverage
B	Pasta, Meatballs, Green Beans, Garlic Bread, Dessert, Beverage
C	Roasted Pork, Mashed Potatoes, Corn, Dessert, Beverage
D	Chicken Alfredo, Broccoli, Dessert, Beverage

Camp Workcoeman Scouting Pistol Safety and Marksmanship Program

Participation and Hold-Harmless Agreement

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

I, the undersigned, give my child, _____, permission to participate in this program. I understand that participation in the activity involves a certain degree of risk. I have carefully considered the risk involved and have given consent for my child to participate in the activity. I understand that participation in the activity is entirely voluntary and requires participants to abide by the rules and standards of conduct. I release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation.

For safety, my child and I agree that he/she will do the following or he/she will be removed from the program. I understand that any additional cost associated with participation in this program will not be refunded if my child is removed due to behavioral problems.

1. Complete the Pistol Safety and Marksmanship class taught at Camp Workcoeman.
2. Wear all safety gear at all times while on the range.
3. Follow all safety rules provided in the training class.
4. Follow the instructions of the Range Safety Officer(s) and pistol instructor(s).
5. Do not handle any pistols until instructed to do so by the pistol instructor(s).
6. Follow the instructions of the Range Safety Officer(s) at all times.
7. Is 14 years of age, or 13 and has completed the eighth grade, as of the start of the class and will be in full compliance with all local, state, and federal guidelines, including age restrictions and original equipment manufacturer standards.

Participant signature _____ Date: _____

Parent/guardian signature _____ Date: _____

Parent/guardian printed name _____

Home phone _____ Cell _____



Camping Merit Badge Prerequisite Requirement Sign-Off Form



Scout Name _____ Troop _____

To Troop Leadership:

The above Scout is attending a Camping merit badge program at Camp Workcoeman. In order to fulfill badge requirements, there are items which cannot be completed during a single day program.

Please review and initial those requirements which have been completed by the Scout prior to participation at this event. This verification will be used to identify requirements completed for Camping merit badge.

- _____ **4b)** Help a Scout patrol or a Webelos Scout unit in your area prepare for an actual campout, including creating the duty roster, menu planning, equipment needs, general planning, and setting up camp.
- _____ **5e)** Present yourself to your Scoutmaster with your pack for inspection. Be correctly clothed and equipped for an overnight campout.
- _____ **7b)** Prepare for an overnight campout with your patrol by doing the following: Pack your own gear and your share of the patrol equipment and food for proper carrying. Show that your pack is right for quickly getting what is needed first, and that it has been assembled properly for comfort, weight, balance, size, and neatness.
- _____ **8d)** While camping in the outdoors, cook at least one breakfast, one lunch, and one dinner for your patrol from the meals you have planned for requirement 8c. At least one of those meals must be a trail meal requiring the use of a lightweight stove.
- _____ **9a)** Camp a total of at least 20 nights at designated Scouting activities or events. One long-term camping experience of up to six consecutive nights may be applied towards this requirement. Sleep each night under the sky or in a tent you have pitched. If the camp provides a tent that has already been pitched, you need not pitch your own tent.
- 9b)** On any of these camping experiences, do TWO of the following:
 - _____ **1)** Hike up a mountain, gaining at least 1,000 vertical feet
 - _____ **2)** Backpack, snowshoe, or cross-country ski for at least 4 miles
 - _____ **3)** Take a bike trip of at least 15 miles or at least four hours.
 - _____ **4)** Take a nonmotorized trip on the water of at least four hours or 5 miles.
 - _____ **5)** Plan and carry out an overnight snow camping experience.
 - _____ **6)** Rappel down a rappel route of 30 feet or more.

Troop Leader _____ Signature _____ Date _____

Prerequisite Requirement Forms can be email to TLeisten@campworkcoeman.org or mailed to: Thomas Leisten, 169 Camp Workcoeman Road, New Hartford, CT 06057



Lifesaving Merit Badge Prerequisite Requirement Sign-Off Form



Scout Name _____

Troop _____

To Troop Leadership:

The above Scout is attending a Lifesaving merit badge program at Camp Workcoeman. In order to fulfill badge requirements, there are items which cannot be completed during this short term program.

Please review and initial the requirement which has been completed by the Scout prior to participation at this event. This verification will be used to identify requirements completed for Lifesaving merit badge.

_____ **2a)** Earn the Swimming merit badge.

Troop Leader _____ Signature _____ Date _____

Prerequisite Requirement Forms can be email to TLeisten@campworkceman.org or mailed to:
Thomas Leisten, 169 Camp Workcoeman Road, New Hartford, CT 06057



SCUBA Diving Merit Badge Prerequisite Requirement Sign-Off Form



Scout Name _____

Troop _____

To Troop Leadership:

The above Scout is attending a SCUBA Diving merit badge program at Camp Workcoeman. In order to fulfill badge requirements, there are items which cannot be completed during this program.

Please review and initial the requirement which has been completed by the Scout prior to participation at this event. This verification will be used to identify requirements completed for SCUBA Diving merit badge.

_____ 2) Earn the Swimming merit badge.

Troop Leader _____ Signature _____ Date _____

Prerequisite Requirement Forms can be email to TLeisten@campworkceman.org or mailed to:
Thomas Leisten, 169 Camp Workcoeman Road, New Hartford, CT 06057