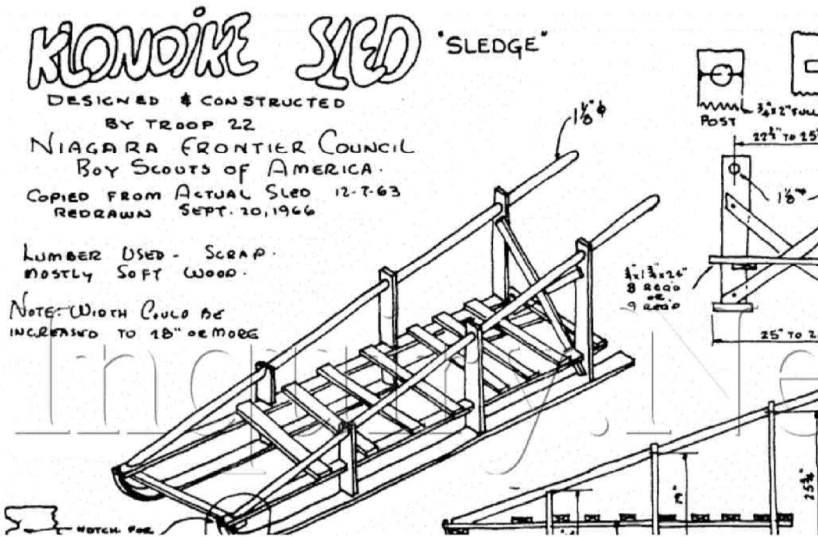
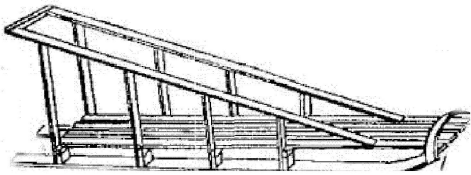


Appendix

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KLONDIKE SLEDS



The Sled does not need to be fancy. Just capable of being pulled by several Scouts with one Scout riding on it.



Klondike Sled Race Rules

1. Sled will be pulled along a $\frac{1}{4}$ mile course.
2. Sled must be pulled by at least 2 Scouts.
3. One Scout must ride the sled at all times.
4. Part way through the race, the "Rider" must switch places with one of the "Pullers."
5. The entire Team that started the race must finish the race and cross the finish line with the sled.
6. The race is a timed event.

The Patrol or Team does not have to be the same members that were doing the other Klondike events. Units may enter multiple Teams. The running of the race is dependent on snow.





5-minute safety talk

Cold Weather Safety

While most people think of dangerous cold during long winters in northern states, the reality is that cold-related illness, both hypothermia and frostbite, occur throughout the year, in every state. In one three-year period, the state of New Mexico had the 4th highest rate of death from hypothermia.

Hypothermia is defined as a core body temperature less than 95° F or 35° C. Today, we are going to discuss primary hypothermia, defined as low core temperature caused by an external cold stressor.

This problem commonly occurs during extremely cold temperatures where outdoor enthusiasts get surprised and can't find shelter or motorists get stranded on rural roads and cannot maintain a warm car. But just as common is a person with social or medical problems who cannot protect himself or herself in less severe weather. Risk factors include alcohol use, advanced age, mental illness, or homelessness.

As the body's temperature drops, a predictable pattern of signs and symptoms develop. First, the body attempts to generate heat by shivering, which raises the heart rate and respiratory rate. Brain function is affected early and people may become ataxic and sedated.

This can progress to confusion, which causes a lot of people to act as if they are too warm.

When the temperature further drops, the heart rate slows, the blood pressure drops, and pulses become very hard to feel. Shivering eventually stops and the brain slows to a coma-like state. It is during this severe hypothermia, defined as a core temperature less than 28° C that patients are at greater risk of ventricular tachycardia. Mortality rates at this stage are near 40%.

Hypothermia Signs & Symptoms

It may be difficult to recognize people who are suffering from mild hypothermia. Some clues may be persistent shivering, difficulty walking, and mild confusion. If you suspect someone is getting too cold, move him or her to a warm environment as soon as possible. Remove all wet clothing to prevent further heat loss via conduction. If clothes are dry, leave them on and add more layers of insulation. Place warm packs near the patient's skin at the axilla and groin. These actions alone may be all that is needed for someone with mild symptoms. If the symptoms are more significant, such as arrhythmia, hypotension, or coma, transfer to a hospital immediately.

Frostbite is the cold-related injury of isolated parts of the body due to the tissue freezing and then rewarming. It commonly affects the fingers and toes but can occur in any part of the body that is unprotected. Less commonly known risk factors include nicotine use and exposure to chronic hand or arm vibration.

Frostbite Signs & Symptoms

Initial symptoms include stiffness, pallor, and pain, which may become severe when the area is rewarmed. Occasionally, blisters and swelling appear and indicate a more significant injury.

Treatment includes moving the person to a warm environment and transporting them to a medical facility where staff will rewarm the frostbitten area by soaking it in warm water. The extent of the injury can rarely be determined immediately. Close medical follow up is imperative to maximize recovery.

Remember, illness and injury related to cold temperatures can occur at seemingly mild temperatures in unexpected situations. Those at risk may not realize the danger they are in. The key is recognizing the symptoms of hypothermia or frostbite early and getting the person to a warmer environment with appropriate medical care.

Visit nsc.org/members for more safety tips



5-minute safety talk

Working Safely in Cold Environments

Working outside in the cold for prolonged periods of time is a hazard that can lead to injury and illness if not properly addressed. Stressors include cold temperatures, high winds, dampness and contact with cold water or surfaces. The following environments are especially dangerous: rooftops; open or unheated cabs; steel structures; high buildings open to the elements; and refrigerated areas.

When a construction worker is exposed to cold environments, three significant health problems may result: frostbite, hypothermia and dehydration.

Frostbite:

The most common cold-induced injury. It usually affects the fingers, hands, toes, feet, ears and nose.

Superficial frostbite: Characterized by white, waxy, or grayish-yellow patches on the affected areas. The skin feels cold and numb. The skin's surface is stiff but underlying tissue feels soft and pliable when depressed.

Treat superficial frostbite by moving the victim to a warm, dry area. Remove any constrictive clothing items that could impair circulation. Place dry, sterile gauze between toes and fingers to absorb moisture and to keep them from sticking together. Slightly elevate the affected part.

Seek medical attention as soon as possible. If you are more than one hour from a medical facility and you have warm water, place the frostbitten part in the water (102-106 F or 38.8-41.1° C). If you do not have a thermometer, test the water first to see if it is warm, not hot. Rewarming usually takes 20 to 40 minutes or until tissues soften.

Deep frostbite: Usually affects the feet or hands and is characterized by waxy, pale, solid skin. Blisters may appear. Treat deep frostbite by moving the victim indoors and immediately seek medical attention. Never re-warm a frostbitten body part by rubbing, exposing to open fire, rubbing with snow or cold water soaks. Never allow a re-warmed body part to re-freeze.

Hypothermia:

Occurs when the body's temperature drops below 95 F or 35° C. Symptoms of this condition include a change in mental status, uncontrollable shivering, cool abdomen and a low core body temperature. Severe hypothermia may produce rigid muscles, dark and puffy skin, irregular heart and respiratory rates and unconsciousness.

Treat hypothermia by protecting the victim from further heat loss and calling for immediate medical attention. Move the victim out of the cold and replace wet clothing with dry clothing. Add insulation such as blankets, pillows, towels or newspapers beneath and around the victim. Be sure to cover the victim's head. If alert, provide a warm, sweet drink – avoid caffeine or alcohol.

Handle the victim gently and place in a horizontal (flat) position. Give artificial respiration or CPR (if you are trained) as needed.

Dehydration:

Occurs when the body does not have as much water and fluids as it needs to perform its normal functions. Causes include losing too much fluid, not drinking enough water or fluids or a combination of both. In cold environments,

thirst is often suppressed and dehydration occurs when fluid intake is reduced.

Some symptoms of mild dehydration include weakness, dizziness, fatigue and dry mouth. Treat dehydration by providing the victim with a warm, sweet drink – avoid caffeine or alcohol. In severe cases, seek medical attention.

Safety Precautions: The following are some guidelines to help combat cold-induced hazards:

- Know the signs and symptoms of cold-induced injuries and illnesses. Be aware of proper treatment methods.
- Layer clothing to accommodate for changes in weather. Wear synthetic fabrics close to the skin. If conditions are wet, wear waterproof or water-repellent clothing (wet clothing loses 90 percent of its insulating value). Brush off snow regularly to avoid moisture.
- Drink warm, non-alcoholic, caffeine-free liquids and warm solid foods to maintain fluid levels and preserve body heat
- Use the buddy system – work in pairs to ensure each other's safety
- Seek shelter at regular intervals to rest and warm up. Workers showing any signs or symptoms of overexposure should immediately come out of the cold.
- Use extreme caution if you suffer from a health condition, are taking medication or are in poor physical condition. You may be at increased risk.

Visit nsc.org/members for more safety tips

Cooking Contest Entry Form

Troop Number: _____ Chef or Patrol Name: _____

Chili Name: _____

List of Ingredients: Youth Entry Adult Entry

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Cooking Contest

Can you cook? Enter our Chili Cooking Contest. There will be a separate contest for youth and adults. Simple rules:

1. No extremely HOT Chili;
2. It must be a Chili;
3. It must be done cooking by judging time (right now planned for 5:00 pm at the Trout Lake Pavilion - Dishes should be there by 4:45 with this form); and
4. You must provide a list of ingredients (not amounts) to keep our judges safe.

This entry form should accompany your dessert to the judging station. If you like Chili, we will need some judges. If your unit enters the contest, you can still be a judge. Units may enter more than one Chili.