

# Swift High Adventure Base



S-F Scout Ranch  
Greater St. Louis Area Council



**2024**

Venturing  
Summer Camp  
Leader Guide

**I CAN DO THAT!**





# Welcome to

## S-F SCOUT RANCH

### SWIFT HIGH ADVENTURE BASE

### GREATER ST. LOUIS AREA COUNCIL

S bar F Scout Ranch, located in the rolling hills of Southeast Missouri, consists of 5,200 acres of forests, rocks, streams, bluffs, trails, and wildlife — all of which makes "The Ranch" a great place for summer camp. S bar F is home to four camps, all situated around 270-acre Nims Lake: Camp Famous Eagle boasts a state-of-the-art dining hall; Camp Gamble offers a traditional patrol cooking experience; Swift High Adventure Base offers exciting high-adventure activities for Venturers and older Scouts; and Camp Sakima serves as the site for the council's National Youth Leadership Training program (NYLT).

#### 2024 Venturing Sessions

June 23 - 29





# Table of Contents

Camp Planning .....	4
Fees & Discounts .....	5
Camperships & Refund Policy .....	6
Equipment Checklist .....	8
Health & Safety .....	9
Arrival at Camp .....	10
Life at Camp .....	11
General Camp Information .....	12
Camp Program .....	14
Aquatics Program .....	16
Camp-wide Programs .....	20
Order of the Arrow at Camp .....	22
S-F Ranger Program .....	23
National Youth Leadership Training .....	24
Get Involved at our Camps .....	25
Camp Staff Opportunities .....	26
Frequently Asked Questions .....	27
Camp Graces .....	28
Camp Maps .....	29
Area Attractions .....	31

## What's New in 2024?

### COUNCIL HELP DESK

If you have questions about camp, you can email [help@stlbsa.org](mailto:help@stlbsa.org). A member of our Council staff will be in touch with an answer.



# Camp Planning

## Camp Planning in 4 Easy Steps

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**Step 1: Read this guide entirely.** Each year there are program and procedure changes. This guide provides all the latest information.

**Step 2: Get organized.** Start the planning process with your unit now so you can get the information you need in advance of deadlines.

**Step 3: Ask questions.** If you are unsure of anything, please don't hesitate to reach out. Parent's questions should be directed to unit leaders to streamline communications with the Council.

- Email: [help@stlbsa.org](mailto:help@stlbsa.org)
- Telephone - 314.361.0600

**Step 4: Help us help you.** Some things will go wrong. That's life! Please let us know ASAP so we can work with you to address any issues that crop up.

## Checklist

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- |                                      |  |
|--------------------------------------|--|
| <input type="checkbox"/> ASAP        | Site Reserved.   |
| <input type="checkbox"/> January 2   | Individual Registration Opens. Begin making individual payments. |
| <input type="checkbox"/> Late Winter | Unit Leaders attend Camp Leader Webinar.                         |
| <input type="checkbox"/> April 10    | Camper Savings Day. Pay in full to receive a \$20 discount.      |
| <input type="checkbox"/> May 15      | Campership applications due.                                     |
| <input type="checkbox"/> May         | Gather <a href="#">BSA Medical Forms</a> for all attending camp. |
| <input type="checkbox"/> May         | Submit any special dietary needs/food allergies.                 |



# Camp Planning

## Camp Fees

These fees apply to one week of Venturing Summer camp with a Crew or individually.

### Youth

- If paid in full on or before April 10, 2024: \$397
- If paid in full April 11 - May 31: \$417
- If paid in full after May 31: \$427

### Leaders

- 3 - 10 Scouts: 1 free leader
- 11 - 20 Scouts: 2 free leaders
- 21 - 30 Scouts: 3 free leaders
- 31 - 40 Scouts: 4 free leaders
- 41 - 50 Scouts: 5 free leaders
- Each additional leader: \$130

### Payment Schedule

March 8	\$80.00
April 26	\$170.00
May 31	\$167.00

To qualify for the Camper Savings \$20 discount. The entire fee of \$397 must be paid on or before **April 10, 2024.**

## Discounts

### Multiple Week Discount

\$100 off a second week of a qualifying camp.

### Family Discount

\$100 off each additional Scout attending from the same household.



Multiple Week and Family discounts will be automatically applied within the registration system. For Multiple Week discounts, the system will qualify the discount based on two (or more) registrations having a Scout with the same first name, last name, and unit number. For the Family discount, the system will qualify the discount based on two (or more) Scouts having the same street address. For each discount, one Scout/session will need to be paid in full before the discount can be automatically applied to the other Scout(s)/Session(s). Discounts are not eligible for NYLT. **Discounts cannot be combined, including with camperships.**



# Camp Planning

## Register Individual Scouts

Beginning January 2nd

- Enter names of Venturers attending camp.
- Setup Parent Portal option for parents to make payments.
- Apply payments to individual Venturers.
- Remove unused youth and adult slots by completing the Participant Deletion Form.



## Camperships

Every youth deserves the opportunity to experience summer camp. Camperships may cover up to 50% of the full camp fee. To apply for a campership, submit an application via our online form (<https://247scouting.com/forms/312-campership24>) by May 15, 2024; camperships will be available until funds are depleted.

***Camperships are limited to one per qualifying Scout and are only available to Scouts registered as a member of the Greater St. Louis Area Council attending an in-Council camp.***

## Cancellations & Refunds

Refunds may be issued in circumstances involving medical or family emergencies and must be requested online at <https://247scouting.com/forms/?OrgKey=BSA312&id=3691> before August 31, 2024. Unit should attempt to collect fees from families before making payments. **Refund requests from units that make payments on behalf of families that ultimately do not come to camp will only be considered in the case of medical or family emergencies. Refunds are made to the individual or group who made the payment.**

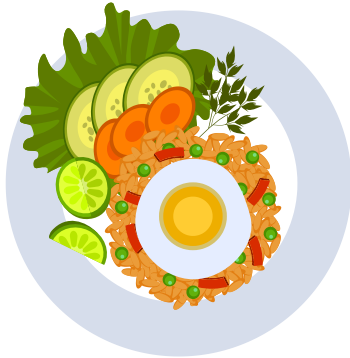


# Camp Planning



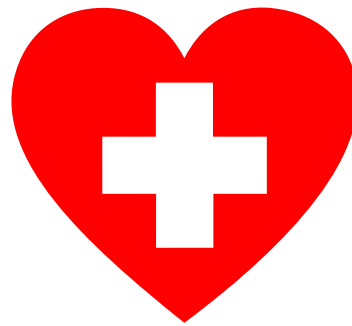
## HELP START YOUR WEEK SMOOTHLY BY HAVING THE RIGHT FORMS

Below is an explanation for the three most common types of forms/documentation that Scouts and Adult Leaders need to provide either before or upon arriving at camp.



### SPECIAL DIETS

Allergies and special diets are a common concern of our campers. Our food service providers are happy to accommodate any diet for religious, medical or allergy needs; however, a form must be submitted three weeks prior to arrival. The online form can be found at:  
[www.stlbsa.org/camps](http://www.stlbsa.org/camps)



### BSA ANNUAL HEALTH & MEDICAL RECORD

All youth and adults attending camp must have a current BSA Annual Health & Medical Record form. Part C of this form requires a visit to a physician, nurse practitioner, or physician's assistant. Please note that school, sport, or any other physical form cannot be substituted for the BSA's form. The most current form is found at  
<https://www.scouting.org/health-and-safety/ahmr/>

# Camp Planning

## PERSONAL EQUIPMENT CHECKLIST

- Water bottle
- Completed & signed medical form
- Medications, with directions, in original containers
- Duffle bag or pack
- Swimsuit (pack on top)
- Towels (pack on top)
- Field uniform (Class A)
- Hiking shoes/boots
- Rain jacket/poncho
- Sweatshirt/light jacket
- Sunscreen
- Shower shoes/sandals
- Camp/Scout T-shirts
- Underwear
- Socks (6+ pair)
- Washcloth
- Soap & Shampoo
- Toothbrush & paste
- Hairbrush or comb
- Flashlight & batteries
- Insect repellent (non-aerosol)
- Pocketknife
- Personal first aid kit
- Sleeping bag or sheets & blanket
- Pillow
- Pajamas
- Camp chair
- Spending money

**Prohibited items:** firearms or ammunition, fireworks, alcoholic beverages, drugs, and aerosol products

**Items not recommended:** electronic devices (such as Nintendo Switch, iPods), items of value, and extra food that might attract animals

***Campers should mark all of their equipment and clothing with their names.***

A Scout is welcome in any Scout camp, whether or not he or she owns a Scout uniform.



# Health & Safety

**S bar F Scout Ranch is staffed 24 hours a day by qualified health personnel. The Ranch medical director holds sick call in the lodge each day (exact times will be announced at the Sunday leader meeting). All injuries and illnesses — no matter how minor — should be reported to your camp office. Persons with serious injuries or illnesses requiring hospitalization are transported to Parkland Health Center in Farmington. If an emergency occurs that requires calling 911, also contact your camp office immediately.**

## MEDICAL FORMS & RECHECKS

Every Scout and adult attending camp must — upon arrival — present a completed health record: Parts A, B, and C of the current Annual Health and Medical Record. Part C must be signed by licensed medical personnel (limited to a doctor of medicine, doctor of osteopathy, physician's assistant, or nurse practitioner). The Annual Health and Medical Record requires a yearly medical exam by licensed medical personnel for all Scouts and adults attending camp.

Medical recheck takes place in the campsite by the troop counselor and an adult leader of the troop. Medical forms should remain in the campsite during check-in.

Adults who will spend fewer than 72 hours in camp are classified as visiting leaders and are not required to have the physician's statement. They must complete Parts A and B of the Annual Health and Medical Record.

Medical forms can be downloaded from the Summer Camps page at [stlbsa.org](http://stlbsa.org). The forms can be filled out online, printed, and saved with the typed information. Beware of common errors: missing date of physical, doctor's signature, and tetanus shot date.

**Unit leaders should collect and review all medical forms prior to camp.** If the unit leader has any questions concerning a Scout's medical form, they should contact the Scout's parents.

## EXPERIENCING SYMPTOMS?

For the safety of everyone in camp, Scouts and adults are not to attend camp if they have had flu-like symptoms in the 3 days prior to their arrival in camp. Flu-like symptoms include fever (100 degrees or higher), cough, sore throat, chills, headache, fatigue, vomiting, and/or diarrhea. Parents and unit leaders are responsible for ensuring that Scouts and adults who are ill do not come to camp.

## MEDICAL TRANSPORTATION

Parents of Scouts are responsible for the cost of any treatment that cannot be done in camp. Non-emergency transportation of a Scout or leader to a hospital is the responsibility of the troop. In case of an emergency, transportation is provided by local authorities. Parents of the Scout are responsible for any costs incurred for emergency transportation.

## MEDICATION

Medications **MUST** be kept secure and dispensed by the unit leader. Unit leaders should keep track of when, how much, the type, and by whom the medication was dispensed. When requested, the camp holds medications requiring refrigeration or those that the camper and his leaders feel uncomfortable holding.

# While at Camp

## Opening Day & Arrival

### CHECK IN AT SWIFT LODGE

Unit leaders check in with the Business Manager and verify attendance of all youth and adults and settle outstanding fees.

### TAKE GEAR TO CAMPSITE & CHECK-IN WITH

A staff member will be at the campsite to help plan the layout. Do not place any gear in tents until assignments are made by your program counselor.

### CHECK-IN WITH PROGRAM COUNSELOR ON CAMPSITE

As soon as possible after arrival at the campsite, have every youth and adult change into swim gear and shoes for swim tests. Medical screenings will also be held on the campsite.

**Pre-camp swim checks are strongly encouraged!** Guidance for completing these tests prior to camp can be found at <https://filestore.scouting.org/filestore/Outdoor%20Program/Aquatics/pdf/430-122.pdf>. Camp Aquatics Directors reserve the right to re-test anyone if they feel their swimming ability is in question.



## SUNDAY SCHEDULE

### 1:00 -2:30 PM -

- CHECK-IN FOR LEADERS AT CAMP OFFICE
- MEDICAL SCREENING AT CAMPSITE
- CAMP TOUR INCLUDING DINING HALL ORIENTATION AND SWIM TEST

### 5:00 PM - PRESIDENT & ADVISOR MEETING AT THE PAVILION

### 6:25 PM - FLAG LOWERING - ENTIRE CAMP ATTENDS IN UNIFORM

### 6:30 PM - DINNER

### 7:15 PM - PROGRAM PREVIEW

### 8:15 PM - OPENING CAMPFIRE - ASSEMBLE AT FLAGPOLES



# While at Camp

## Life at Camp

Swift has five campsites: Beckman, Thompson, Simmons, Wright, and Keith. You may share a campsite with another unit or two for the week.

Each campsite has a latrine, running water, outdoor shower, permanent platform tents, campfire ring, and two dining flies. Cots are also provided.

Across from the pavilion is the shower building with heated showers for Venturers age 17 and younger. Showering is available from 6:00 a.m. to midnight, and the building is lighted in the evening.



## General Camp Information

### TABLE CREW

Meals at Swift are served cafeteria style in Swift Lodge.

During your camp tour, your troop will learn about their table crew duties. These will include setting the table for each meal, getting food & drinks, and cleaning up after each meal. These are the steps that are necessary to help ensure a smooth dining experience at each meal.

### RELIGIOUS OBSERVANCE

S bar F employs a full-time camp chaplain who is available to conduct religious services and visit with Scouts and leaders. The Camp Office will have contact information for the Chaplain.

### MAIL DELIVERY

Scouts love getting mail at camp! Mail takes several days to arrive, so you may wish to send mail prior to your Scout's departure for camp. Please **DO NOT** send mail after Wednesday of your Scout's week of camp. To ensure proper delivery, use the complete address below:

Scout's Name & Troop Number  
Swift Base  
Campsite Name  
S bar F Scout Ranch  
Knob Lick, MO 63651

# While at Camp

## General Camp Information

### GATEWAY TRADERS (Trading Post)

We have excellent camp stores in all of our camps! Each Gateway Traders Trading Post is stocked with an assortment of patches, cups, Scouting supplies, camp t-shirts, toiletries, snacks, and more! There is no specific amount of money a Scout should bring to camp, but on the average Scouts spend around \$50. You can check out board games, cards, and sports equipment here as well. Stores are open during program hours and in the evenings. Credit cards are accepted.



### CAMP SHIRT PRE-ORDERS

Units are **STRONGLY** encouraged to pre-order camp t-shirts. This will ensure Scouts get the size & quantity they need. You can pre-order shirts from [www.gatewaytraders.org](http://www.gatewaytraders.org). The supply at camp will be limited.

### CAMP IS FOR SCOUTS & LEADERS

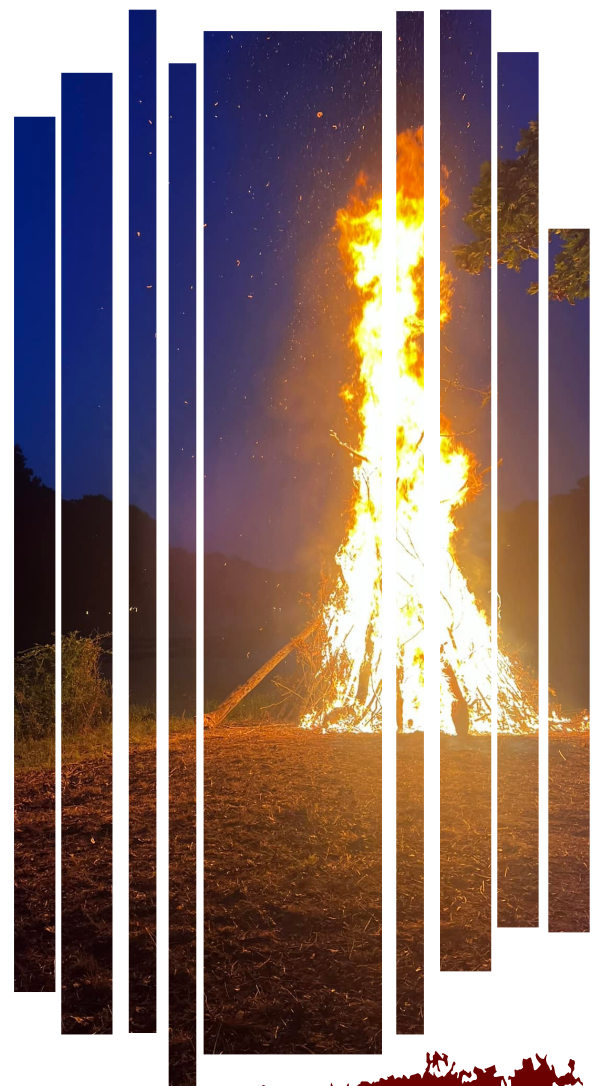
Summer camp is for registered Venturers and leaders. BSA policies do not permit non-registered siblings of any age to attend. **Any adult leader who attends camp MUST be a registered member of the unit they are attending with.**

### TWO-DEEP LEADERSHIP

Every unit must provide at least two registered adult leaders over the age of 21 for all Scouting activities, including Summer Camp.

### SCOUTS ARE HELPFUL

Troops will be asked to help with certain cleaning duties at camp including shower and restroom facilities.





# While at Camp

## General Camp Information

### FACILITIES

#### Swift Lodge

Swift Lodge is where you eat your meals during the week. It is also home to the trading post, camp office, indoor restrooms, and adult leader showers. When it's not a meal time, feel free to hang out, play games, or relax.

The camp office is where you check in or out of camp. It's also the place to go if you have questions during the week or to pay any camp fees.

Indoor restrooms are available for all (youth and adult) to use. Female youth are welcome to use the indoor restrooms at all times. Male youth may use the indoor restrooms in the back of the Lodge from 7am - 10pm. During other times, male youth may use the unisex restroom in the main part of the Lodge.

Adult leader showers - for adults age 21 and older - are at the rear of the Lodge.

#### Pavilion

The Pavilion is located in the center of camp and is home to many programs throughout the week. It's where you'll meet to go on many out programs, as well as for many of the meetings throughout the week. It's also where the dance is held on Friday night. It's a great place to play games or listen to music.



### GUIDELINES FOR YOUTH AND ADULTS

In accordance with a policy change by the National Council, Venturers and adult leaders older than age 18 are to sleep and shower in separate accommodations. Tentage is arranged with your program counselor on Sunday to meet these requirements.

Venturers are participants in the program ages 14 (or 13, if graduated the eighth grade) through age 20. Leaders/advisors are age 21 and older. Venturers ages 18-20 are considered adults for the purposes of Youth Protection (tenting/showering) but are considered youth participants for purposes of program and camp fees for the week.

# While at Camp

## General Camp Information

### PROVISIONAL ATTENDANCE

One of the primary purposes of camp is to strengthen the unit, and it is preferred that Venturers attend camp with their unit. However, this is not always possible. There may be a scheduling conflict with the week your unit is attending camp, or perhaps you joined after a high-adventure sign-up deadline. Some Venturers may also want to attend a specific specialty week – or even a second week of camp.

For these reasons, the provisional option ensures that Venturers are able to participate in summer camp. During a provisional week at camp, Venturers are assigned to a host unit. A maximum of three Venturers from any unit may attend provisionally. Beyond three, a unit must provide leadership for the Venturers. Your unit may also consider partnering with another unit to provide adequate leadership.

## Camp Program

### DAILY LEADER MEETINGS

Each Unit needs to have at least one adult present at every meeting. These meetings are held **on the Program Hall porch**.

Sunday 5:00 p.m.  
Monday 9:30 a.m.  
Tuesday 10:30 a.m.  
Wednesday 9:30 a.m.  
Thursday 9:30 a.m.  
Friday 9:30 a.m.





# Camp Program

## IT'S ALL ABOUT THE ADVENTURE YOU CHOOSE

Every camper at Swift High Adventure Base at S bar F Scout Ranch (also known as The Ranch) has more program opportunities than he or she is able to do. Some activities are scheduled by your unit; some are by individual sign-up. Activities for the theme of the week may overlap with your unit's assigned program slots. Your unit can choose to go on a backpacking trek around S bar F or a day trip to one of the local state parks.

Camp at Swift is all about the adventure you choose for yourself and your unit. If you can't do everything, that's just more reason to come back for a second week as well as next year!

Program planning starts before you get to camp. There are many options for what you can do at Swift. Share this guide with your unit and see what everyone wants to do before getting to camp. Some activities will conflict, and you may need to choose between them.

### PROGRAM SCHEDULING

Upon arrival at camp, you will fill out a program preference sheet for your unit, informing the Swift staff who wants to do the four major out-programs: rock climbing, rappelling, High Challenge Course, and Low Challenge Course. Would your unit like to do an overnight? The staff will help you plan it. A schedule for these activities are provided to your unit Sunday evening.

Other programs are individual/small-group sign-up based such as mountain bikes, horseback rides, water skiing, tubing, and knee-boarding. Sign-ups for these are at Swift Lodge on Monday and Wednesday mornings.

### CUSTOMIZE YOUR PROGRAM

Many of your program choices are assigned, but your unit can always go "off the map" and plan your own program. Some units visit nearby Elephant Rocks State Park, borrow boats and canoes on the lake, go hiking around the Ranch, or just take a night off and head to town to get some pizza and a movie. Fee free to plan these types of activities into your week at Swift. When it comes to program, your unit is in charge of what you can do. A listing of day trips at or near S-F Scout Ranch is available at the camp office and at [stlbsa.org](http://stlbsa.org).



# Camp Program

## Aquatics

Nims Lake is the jewel of S bar F Scout Ranch. Look at all that is offered!

***Canoeing, Kayaking, Stand-up Paddleboarding, Rowing, Waterskiing, Sailing, Fishing, Swimming, Floating Iceberg Climbing Wall, Water Bikes, Huck's Cove, and Motorboating!***

### HUCKS COVE

Huck's Cove has two awesome water slides, a zip line, rope swings, and more!

Huck's Cove is open during most program slots. Units may visit on their own whenever the area is open. Bring water and provide adequate adult leadership.



### SWIMMING

The Camping Committee has set the following procedures in concert with the National Boy Scouts of America policies, recognizing the responsibility to parents and leaders for their sons, daughters, Scouts, Venturers, and Explorers. Most of these procedures and rules fall under the “common sense” category, but it is important that all acknowledge and understand them. The camp director – through the aquatics director – will be the final authority for any question of safety, policy, or procedure.

Campers will be identified according to their swimming ability as Swimmers, Beginners, or Learners according to the following:

- Learners – No test
- Beginners – Swim 50 feet as follows: Jump feet first into water over camper’s head, come to the surface, level off, swim 25 feet, turn sharply, and return to the starting point.
- Swimmers – Swim 100 yards as follows: Enter water feet first; swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; swim 25 yards on the back, using a resting stroke; rest by floating or, if nonbuoyant, with just enough motion to stay afloat.

# Camp Program

## Aquatics

### SWIMMING

The Aquatics director should be informed in writing of campers who are not allowed to swim due to medical restrictions. Crews can swim anytime the Aquatics area is open.

#### *During swim times:*

- Keep valuables – jewelry, wallets, cameras, etc. – at unit's campsite.
- Use sun block and wear shirts at the waterfront to avoid sunburns.

### BOATING, CANOEING, ROWING, SAILING, STAND-UP PADDLEBOARDS, & PEDAL BOATING

Recreational canoeing, kayaking, sailing, and stand-up paddleboarding are available from 9 a.m. to noon and 2:00 to 5:00 p.m. Monday through Friday.

Waterfront activities are allowed only in authorized areas under the strict supervision of the Aquatics staff. Anyone violating this rule may be dismissed from camp immediately. Wading outside the swim areas is not permitted.

- The Buddy System is in use at all times, including during boating.
- A Coast Guard-approved personal flotation device (PFD) for each person aboard a watercraft must be worn at all times.
- Those wishing to use a watercraft outside of the designated times must secure the permission from the Aquatics director. Use of any watercraft is restricted to daylight hours from 1/2 hour before sunrise to 1/2 hour after sunset.



- Craft are to remain within sight of the waterfront pavillion in the area designated by the Aquatics director, except when under staff escort for special programs.
- In the event of swamping or capsizing, campers should not attempt to swim to shore or another craft but remain with the craft, which floats.
- Always check in and out through the Boating Buddy Board.

### THE FOLLOWING ARE NOT PERMITTED IN THE AQUATICS OR BOATING AREAS:

- Running or horseplay
- Sitting or walking on beached craft
- Standing up in the craft except sculling practice in a rowboat
- Changing positions in a craft offshore
- Ramming, splashing, or capsizing
- Food, drink, or any type of glass container
- Use of boats after dark



# Camp Program

## Aquatics

### WHO MAY BOAT

- Only qualified Swimmers may use the rowboats, canoes, kayaks, sailboats, or stand-up paddleboards during recreational periods.
- The Buddy System is in effect at all times.
- Scouters bringing their own craft to camp must obtain the approval of the camp director, have the craft checked by the Aquatics director, and follow the procedures as outlined in the policy of the council.

Electric trolling motors are permitted, but no other motors are allowed. Private craft must be docked at the camp boating area and must abide by all council boating regulations.

### AQUATICS SUPERVISION AWARDS

- Swimming Water Rescue
- Paddle Craft Safety

These hands-on courses provide older Scouts and unit leaders in-depth training in Safe Swim Defense and Safety Afloat principles along with basic swimming, boating, and rescue skills.

A youth must be at least 16 years old to work on the Aquatics Supervision Awards. Times are determined at camp based on number of participants.

### SAFE SWIM DEFENSE & SAFETY AFLOAT

Wednesday, 10:30 a.m. • Aquatics Area  
These two trainings cover basic concepts of taking your unit swimming or boating and are required to take your unit on these trips. These trainings are offered in one session lasting two hours. Training is valid for two years. Safe Swim Defense & Safety Afloat training may be taken online at [myscouting.org](http://myscouting.org).

### BSA AQUATICS SUPERVISION

Times vary • Aquatics Area  
Aquatics Supervision: Paddle Craft Safety and Aquatics Supervision: Swimming & Water Rescue continue the concepts introduced in Safe Swim Defense and Safety Afloat. These trainings, each taking approximately eight hours to complete, add skill practice to concepts.

Depending on demand and schedules of those in camp, BSA Paddle Craft Safety Instructor and BSA Swimming & Water Rescue Instructor may be offered. These courses are small-group training in multiple sessions and take approximately 8 hours. They are enhanced trainings that help prepare adults and youth (age 16 and older) to take units on aquatic activities, and are recommended to meet the Safety Afloat and Safe Swim Defense Qualified Supervision. These trainings are valid for three years.

# Camp Program

## Aquatics

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### FISHING

Fishing is a fun and relaxing activity for Venturers and leaders at camp. Swift Base offers a great shoreline fishing trail.

#### General Fishing Rules

- Anyone between the ages of 16 and 65 must hold a current Missouri fishing license.
- Do not fish near any swim area, including Huck's Cove. A lost lure generally ends up in a Scout's foot!
- Wading is not permitted.
- Live minnows may not be used in the lake at any time.
- Fishing is not permitted in any waterfront, Huck's Cove, or boating area. Lines should not be cast toward swimming area ropes, mile swim lines, or any type of floating device anchored for marking safety or direction.

#### Rules Regarding the Use of Camp Boats by Adults for Fishing

- Hours for the use of boats by adults are 5:30 to 7:45 a.m. and 7:30 to 8:30 p.m.
- Rowboats can be used, as well as canoes when available – required minimum of two craft, minimum two campers.
- Craft are not to be taken out under adverse weather conditions.
- Camp boating regulations apply at all times except where they conflict with this policy.
- Craft must be left clean, oars and PFDs returned as instructed, and all trash removed from the area.
- The Aquatics director must be informed when craft are used for fishing purposes.

Personal craft are subject to these same rules. Personal craft may be used from 5:30 a.m. to 8:30 p.m. The Aquatics director must be informed when any personal craft is out on the water.



# Camp Program

## Camp-wide Programs



### INTRODUCTION TO LEADERSHIP SKILLS COURSE

Throughout week; times vary  
This basic leadership training for youth is required as part of Venturing advancement. This fun course looks at different parts of leadership from a youth perspective though a combination of teaching and interactive games.

Youth leaders in camp as well as Swift staff teach this four-hour course, which is broken up into modules offered throughout the week during break times such as after lunch or before dinner.



### SWIFT SUPERSTAR AWARD

Any youth or adult in camp can earn the Swift Superstar Award. This award shows that you have lived life to the fullest at Swift and tried out all that Swift has to offer. Get a progress card at the Trading Post.

Swift staff or your advisor signs off on the card as you participate during the week. Recipients are recognized at Friday night's closing campfire. The Swift Superstar Award patch can be purchased at the Trading Post.

### Requirements

- Participate in four evening programs (Sunday - Friday)
- Participate in a service project to benefit Swift
- Participate in **seven** activities from this list:
  - Rappelling
  - Rock climbing
  - Low challenge course
  - High challenge course
  - Horseback riding
  - Shoot a score of 25 at the rifle range
  - Shoot a score of 20 at the archery range
  - Water Ski
  - Kneeboard
  - Sail
  - Attend Huck's Cove
  - Complete a craft project from the Trading Post
  - Kayak, canoe, or row
  - Mountain bike
- Participate in three of the theme events or sessions - specific requirements for each week of camp are published prior to camp.



# Camp Program

## Camp-wide Programs

### VENTURING AWARDS PROGRAM

Throughout week; times vary.

Multiple trainings are available to youth as part of the Venturing Awards Program. During the week, Venturers can participate in Personal Safety Awareness, Goal Setting & Time Management, and Mentoring for Venturing. These trainings are interactive, aimed to add to the leadership skillset of Venturers throughout their time in the program.

### ADDITIONAL TRAININGS

If you have a request for an additional training, or cannot make one of the scheduled times, talk to the camp director as early in the week as possible.



# Camp Program

## Order of the Arrow at Camp

The Order of the Arrow (O.A.) plays a vital role in the council's camping program. Members of the Order of the Arrow represent Scouting's honored campers. Please set the best example possible for all Scouts and adults to follow.

### OA ELECTION INFORMATION

Shawnee Lodge unit elections are held on Thursday morning in the campsite. At least 50% of the unit must be present to conduct the election. The Shawnee Lodge citation fee must be paid in the camp Trading Post prior to the Callout ceremony. This fee will be posted on the lodge's website below. Pre-Ordeal takes place on Thursday night in-camp at S-F for candidates of Shawnee Lodge.

Anpetu-We, Nisha Kittan & Woapink Lodge unit elections are held prior to summer camp. Please visit your lodge's website below or contact the lodge leadership for assistance with completing your election.

Not sure which lodge you're in? Email [help@stlbsa.org](mailto:help@stlbsa.org) (include your Troop #) and we can help connect you!



### THE ELECTION

The leader...

- Provides ballots (may be preprinted) and candidate list.
- Gives a short explanation of the O.A. and includes these points:
  - It is a national honor society of the Boy Scouts of America.
  - It honors those that best exemplify the Scout Oath and Scout Law.
  - The only way to gain membership is to be elected by their unit.
  - Leaders age 21 and older are not allowed to vote.
  - The election is not a popularity contest.
- Calls forward the candidates and has them form a line in the front of the troop.

More information about our Order of the Arrow Lodges is available at:

[anpetu-we.org](http://anpetu-we.org)

[nishakittan.org](http://nishakittan.org)

[shawneelodge.org](http://shawneelodge.org)

[woapink.org](http://woapink.org)

**Members of ALL lodges can be called-out at camp.**



# Additional Information

## S-F Ranger Program

The S-F Ranger Program offers adventures beyond regular summer camp. Scouts participating in the Ranger Program increase their appreciation of nature, camping, and self-reliance.

The Ranger Program's activities take place at various locations at S bar F Scout Ranch. Scouts live in outpost camps, carry all equipment necessary for camping, and hike portions of the Three Notch Trail that show nature in its raw form. Leadership is provided for all participants until Friday afternoon.

Teamwork, problem solving, cooperation, and leadership development are important parts of the Ranger Program. Specific activities vary from year to year; typical activities include blacksmithing, ropes course, and black powder shooting. Scouts swim, have time to fish, and participate in games designed to improve outdoor skills. Since many of the activities require strength, some physical conditioning may be desirable before camp.

The Ranger Program is for Scouts age 14 or older.



Individual Scouts often register for this experience as a second week of summer camp, and can receive a \$100 discount for doing so!

Cost is \$420 per camp. The fee includes meals, program supplies, Ranger Emblem and camp segment. Visit

<https://scoutingevent.com/312-2024rangerprogram> to register and access program information, including the equipment list.

Scouts meet at 2:00pm on Sunday at Wenzel Lodge in the Camporee Area. Supervision is provided for Scouts who will not be rejoining a troop at the conclusion of the program on Friday evening.



# Additional Information

## National Youth Leadership Training

### PARTICIPANT REQUIREMENTS:

First Class rank or higher and completed  
Introduction to Leadership Skills for  
Troops

13+ years old

Approved by the Scoutmaster or  
Crew Advisor

Pack & Paddle candidates must be 14  
years old by the date of camp and pass  
the BSA Swim test.

No rank requirement for Venturers and  
Sea Scouts



### BEST YOUTH LEADERSHIP DEVELOPMENT PROGRAM IN THE COUNTRY

4 SESSIONS TO CHOOSE FROM

Camp Sakima, Camp Warren Levis, & Beaumont Scout Reservation

LAND-BASED AND "PACK & PADDLE" OPTIONS

Register at <https://scoutingevent.com/312-NYLTsummersessions>

# Additional Information

## Get involved at GSLAC Camps

**ARE YOU INTERESTED IN MAKING A LASTING IMPACT ON SCOUTING PROPERTIES AND PROGRAM?**

**THE CAMPMASTER AND QUARTERMASTER PROGRAMS ALLOW YOU TO DO JUST THAT!**

The Campmaster program is designed to have interested volunteers assist at camp on weekends by checking-in units, responding to equipment needs, and working with the rangers to make sure any other needs are met.

The Quartermaster Corps allows volunteers with various skills to assist with maintenance projects at camp. Whether it is mowing grass, electrical work, or equipment operating, the needs are great and the assistance is invaluable.

Please contact the ranger station at any of the camps that you are interested in helping.



**DO YOU HAVE  
EXPERTISE IN...**

**ELECTRICAL**

**PLUMBING**

**HVAC SERVICE**

**PAINTING**

**HEAVY EQUIPMENT**

**ROOFING**

**CHAINSAW**

**AUTO OR  
MARINE MECHANICS**

**WELDING**

**THEN JOIN THE  
QUARTERMASTER  
CORPS TODAY!**



# Additional Information

## Summer Camp Staff Opportunities

### THE ULTIMATE CAMP EXPERIENCE

Each year, the Greater St. Louis Area Council hires dedicated and passionate individuals to serve on summer camp staff. Staff members help provide a fun, positive experience for campers– while earning a salary! They also have the opportunity to earn a college scholarship worth up to \$1,250.

Check the [Camp Staff](https://stlbsa.org/camp-staff) page at [stlbsa.org](https://stlbsa.org) for the 2024 Camp Staff application and interview information.



### CAMP STAFF SCHOLARSHIPS

Scholarships are available for camp staff members\* who have completed their high school education and are enrolled as full-time undergraduate or graduate students.

Scholarships start at \$250 for staff who work one summer, increasing to \$1,250 for those who have worked five summers or more.

To contribute to the camp staff scholarship fund, please visit <https://stlbsa.org/give/camp-staff-scholarship>.

\*Scholarships are not currently available for staff at Rhodes France Scout Reservation.





# Additional Information

## Frequently Asked Questions

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### DO YOU HAVE A LOTTERY FOR SUMMER CAMP?

No. During the "Deposit Phase," troops select their camp, campsite, and week of camp on a first-come-first-serve basis. Please visit the [Scouts BSA Summer Camp](#) page for a list of available weeks for each camp.

### HOW DO YOU COMPLY WITH BSA POLICY REGARDING TROOPS SHARING CAMPSITES?

Boy Troops and Girl Troops can only share a campsite when they are "Linked Troops". This means that they share the same Chartered Organization. If Troops are not linked, campsites will be single-gendered.

### WHAT IF I DON'T KNOW HOW MANY SCOUTS WILL ATTEND CAMP?

That's ok! We know that numbers can be hard to estimate months before camp. We ask that troops estimate their attendance based on current troop membership, anticipated crossover Webelos, and any planned recruitment activities. We do not hold a set number of spots in reserve for each troop. Please do not grossly over-estimate numbers.

### WHAT IS THE PARENT PORTAL?

The Parent Portal is an option in our online registration system that gives parents the ability to make payments and register for merit badges for their scout(s). The Scoutmaster will need to activate the Parent Portal within the unit's registration to use it. If you need assistance with this, please email [help@stlbsa.org](mailto:help@stlbsa.org).

### WHAT IF THE REGISTRATION SYSTEM SAYS MY PREFERRED WEEK IS ALREADY FULL?

All camps have a maximum capacity. This helps camp operate safely, have adequate equipment on hand, and provide Scouts a great program. If your first week choice is unavailable, please consider a different week. Weeks that occur later in the summer are oftentimes less-crowded and give Scouts even more program opportunities!



GREATER ST. LOUIS AREA COUNCIL  
SCOUTING

# Additional Information

## Camp Graces

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### Scout Benediction

*May the Great Master of all Scouts  
be with us 'til we meet again,  
Amen.*

### S bar F Ranch

*For the gifts of food and freedom  
and hills to roam.  
For crimson sunsets  
and the Earth, our home.  
For the stars at night  
and gentle wind in trees,  
We thank You, Great Spirit, for all of these.  
Amen.*

### Camp Lewallen

*Beneath the stars above Logan,  
by the river as it winds,  
Looking over old Potashnick,  
and sheltered by the towering pines,  
We thank you Lord for these blessings  
— this food, this fellowship, and this day.  
And ask your continued grace and mercy  
as we carry on the Scouting way.  
Amen.*

### Camp May

*We thank you, Lord, in every way  
For the gifts you give to us each day,  
For the gifts of life, the gifts of love,  
The gifts of friends and heavens above.  
For every Scout who does his best,  
May this food of ours be blessed.  
Amen.*

### Philmont

*For food, for raiment, For life, for opportunity, For  
friendship and fellowship, We thank Thee, O Lord.  
Amen.*

### Camp Warren Levis Grace

*Be present at our table Lord...  
Be here and everywhere adored...  
These mercies bless and grant that we...  
May feast in paradise with Thee.  
Amen.*

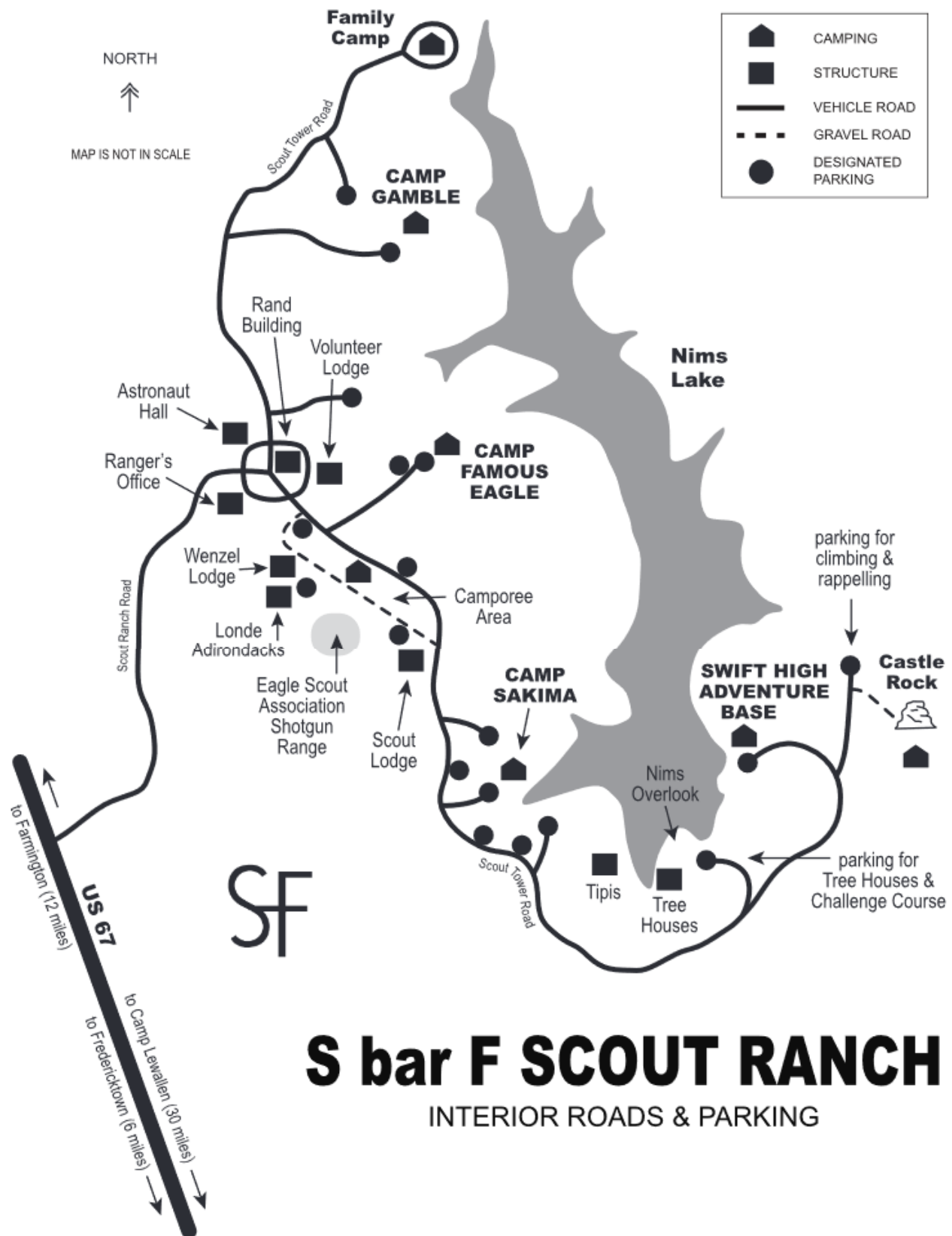
### Rhodes France

*For Wind in the Trees and  
Good Times by the Fire  
For Food Shared with Friends,  
and For All Your Care.  
We Thank You Dear Father,  
Your Love We Will Share.  
Amen.*

### Pine Ridge

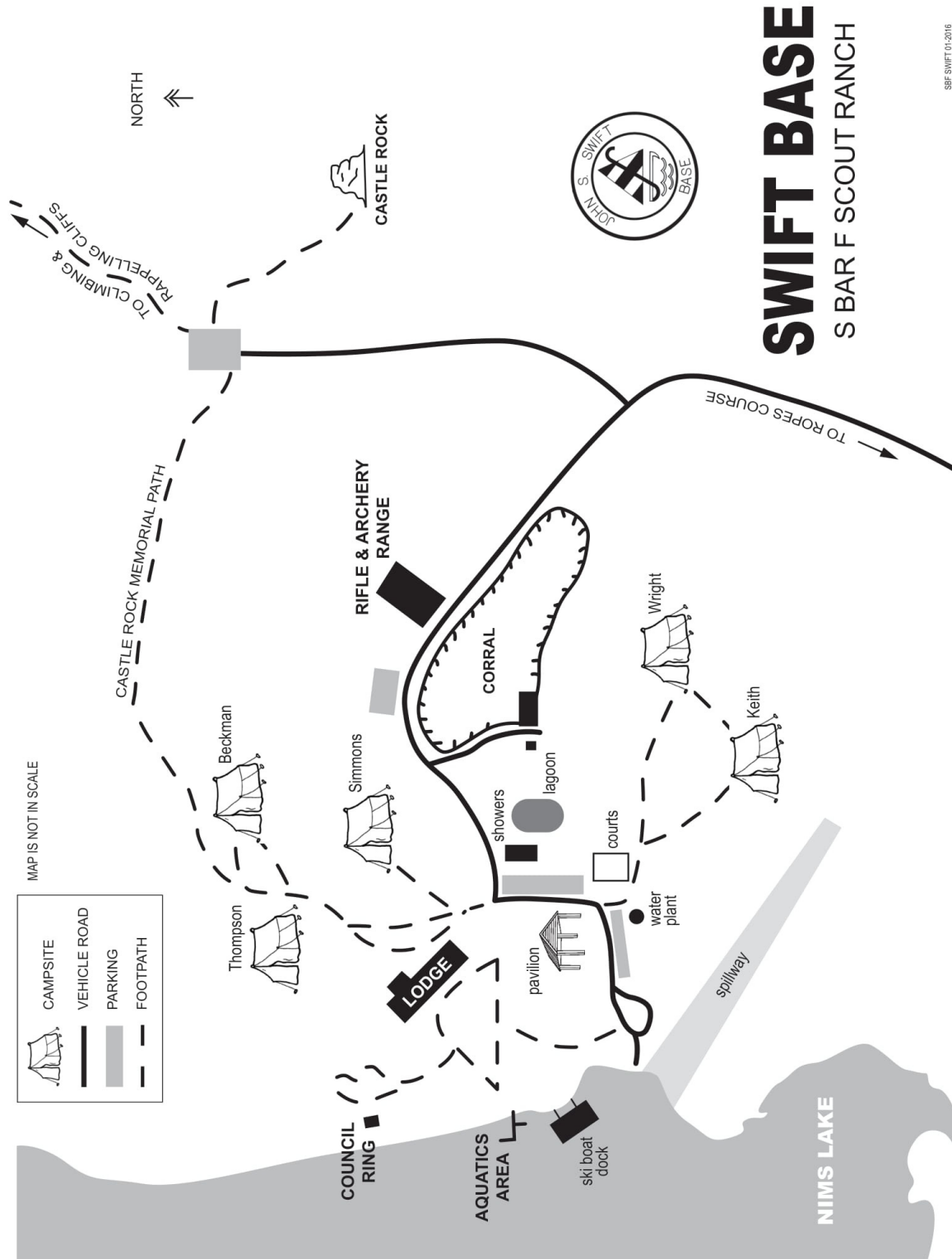
*By the water and through the trees,  
Among the pines and gentle breeze,  
For the bread we break,  
The training we take,  
And the friends we make,  
We thank you God for all of these.  
Amen.*

# Additional Information





# Additional Information



SBF SWIFT 01-2016

# Additional Information

## St. Louis Area Attractions

### ST. LOUIS SCIENCE CENTER

Their mission "To ignite and sustain lifelong science and technology learning" the science center is one of the top five in the nation. Admission is free. You can purchase tickets the four-story IMAX dome theater, and the James S. McDonnell Planetarium, one of the largest in the world. For tickets or more information call 314-289-4400.

### GATEWAY ARCH

The Gateway to the West is an iconic part of St. Louis. Enjoy the See Everything Combo with a ride to the top of the arch and a Riverboat cruise for the best views of St. Louis! You can also stop by the old court house, just 0.3 miles away, to learn more about the history of St. Louis! For group pricing call 1-877-982-1410.

### CITY MUSEUM

Four floors filled with miles of tunnels, a full cave system, over 30 slides, a circus, an arts area, a LARGE outdoor climbing space and much more! There are hundreds of activities to do and shows to see. On the roof of the building there is a working Ferris wheel and a school bus hanging off the edge. Scouting groups are eligible for a discount call 314-231-2489 X601 or email [groups@citymuseum.org](mailto:groups@citymuseum.org).

### WORLD BIRD SANCTUARY

The World Bird Sanctuary sits on 305 acres sits right next Lone Elk County Park. They provide housing and medical care for injured and non-releasable birds. Enjoy free seasonal shows, nature trails and educational programs., and see if you can find all the Eagle projects that have been done there! Guided tours are available. To reserve, call 636-225-4390 ext. 101 or email [education@worldbirdsantuary.org](mailto:education@worldbirdsantuary.org)

### ACADEMY OF RACING SCIENCE

The Academy of Racing Science at Pole Position Raceway in South County provides a fun and interactive way to earn badges while learning about STEM education concepts. Scouts BSA can learn basic car maintenance, operation, vehicle safety, and more. At the end, take a ride around the track. For more information and pricing, call 314-297-0720.

### SIX FLAGS

Located in Eureka, Missouri the park is split into eight different areas. There are over 20 different rides throughout the park, plus Hurricane Harbor, one of the highest rated water parks in the Midwest. While at the park, enjoy the variety of shows and games they have to offer. For more information on tickets, call 636-938-5300 Ext 4.

### MISSOURI CIVIL WAR MUSEUM

The museum is housed in the 1905 Jefferson Barracks Post Exchange, formally part of the military post. Refinished in 2013, the museum honors our soldiers of past and present. With over a thousand artifacts and six permanent exhibits, the museum offers hours of educational entertainment. While at the museum you can visit the Jefferson Barracks cemetery, county park, and many of the other museums nearby.

### CATHEDRAL BASILICA OF ST. LOUIS

The Cathedral is one of the largest collections of mosaics in the world. It took a collaboration of 20 artist covering 83,000 square feet using over 40 million pieces of glass to complete the artwork. Beneath the Cathedral is the Mosaic Museum which gives an in depth look at how the Cathedral was made along with some additional art pieces. To schedule a tour call 314-373-8200.

If your troop is planning to take advantage of these opportunities and needs assistance with lodging, please contact our camping department at 314-361-0600 or by emailing [help@stlbsa.org](mailto:help@stlbsa.org)