

PORTAGE CREEK KLONDIKE DERBY

JANUARY 25, 2025

NATIONAL GROVE SOUTH – GROVE #1

NORTH RIVERSIDE, IL

Des Plaines Ave. and 29th St.



Leaders Guide

KLONDIKE DERBY

- WHEN:** January 25, 2025 8:30 – 2:30 Registration begins at 8:30
- WHERE:** NATIONAL GROVE SOUTH – GROVE #1
NORTH RIVERSIDE, IL 60546
2957 29th St. (Des Plaines Ave. & 29th St.)
- COST:** \$10.00 plus each scout should bring one can of non-cream soup for lunch
- REGISTRATION:** Registration will begin at Soupy Smith's Saloon (Grove #1 Pavillion) at 8:30 AM The Patrol Leader and Unit Leader only should be at registration. Other scouts should remain at their car with their sled. Each patrol will be given the course for their sled trip through the morning activities and a special "Passport" ID to be attached to their sled. This "Passport" must be shown to all Town Mayors and judges for participation in each town's activities.
- SCHEDULE:**
- | | |
|-------------------|---|
| 8:30 to 9:00 AM | Registration at Soupy Smith's Saloon |
| 9:00 AM | Flag ceremony at the Soupy Smith Saloon and opening announcements |
| 9:00 to 12:15 PM | Klondike Patrol Competition Games |
| 12:30 PM | GAME SCORE SHEETS TURNED IN TO OFFICIAL SCORERS AT SOUPY SMITH'S SALOON |
| 11:30 to 12:45 PM | Patrol Lunch stop at Soupy Smith's Saloon for a cup of hot soup |
| 1:00 to 1:45 PM | The Portage Creek DITTEROD SLED RACE |
| 2:00 PM approx | Awards in front of Soupy Smith's Saloon |

KLONDIKE TOWNS (SKILL STATIONS):

Just before the turn of the century, prospectors traveled by means of dogs and sleds across the frozen wastes of Alaska in search of gold. They camped in all kinds of winter weather. They had to be prepared with adequate survival knowledge. Scouting has capitalized on this theme and has developed the Klondike Derby as an activity for Scouts BSA Patrols. Traditionally, the purpose has been a test of how well Scouts are prepared for cold weather and possible adverse conditions. As Scouts also enjoy games, this year's Klondike again will focus on Scout through First Class skills.

Reminder for 2025 - We ask that each troop that enters into the Klondike Derby line up 2 or more adult leaders and older scouts to help run one of the skill station "towns". This will involve setting up the station and scoring the event for all patrols who pass through. The organizing committee will help provide ideas, instructions and guidelines for the skill stations, Running a skill station is a fun way to spend the day for leaders and older scouts.

**KLONDIKE
TOWNS
(SKILL
STATIONS cont.):**

Each Patrol follows a course outlined on a map given at registration. The map guides the team over a field course to simulated "towns". Scout games will be encountered at each town. Some problems will involve skill while others will be speed orientated. Scores will be earned at each station, and kept by the Town Mayor. At the end of the tour, points will be awarded to each Patrol who participated in an event. Additional points will be awarded for Scout spirit and teamwork. **Patrols will have between 9am and 12:15pm to finish all of the skill stations. Patrols will be spaced out for a "shotgun" start across all of the stations. However if they come across a station with a long line they should move to a station with fewer patrols and return to this station later in the day. It is the patrol's responsibility to try to complete all of the stations during the 3 hrs and 15 mins.**

SLEDS:

Troops must be alert, patrols have to be prepared!! Klondike style sleds or sledges must be built or put back in shape (don't forget to wax the runners). No toboggans or store bought sleds are allowed. Sleds must use runners or skis. No wheels allowed

Sleds should weigh a minimum of 50 pounds - including all troop and personal gear carried on sled. Don't let the idea of sleds scare you! It is not essential to have snow for this event-- many of our best derbies have been held without snow. *All town games .will run whether or not there is snow.*

EVENT GUIDELINES

PREPARE NOW!

Every Scout will want to be in on the Derby. Look over the enclosed plan, talk it up and get the patrols working now!

CLOTHING:

One of the most important requirements is knowing how to keep warm and dry. Everyone must know what to wear. Winter weather is very changeable, requiring preparedness for almost any condition. A nice day can turn into a raging blizzard (or even a rainstorm!). Your best piece of cold weather clothing is your mind! Dress to be dry, *don't do any activity fast enough to sweat, remove layers or add layers to accomplish this.* Cold weather activities require adequate clothing and water proof boots to protect the scout and yet be versatile enough to prevent sweating during activity and to keep warm during idle periods. Layered clothing meets this requirement. Beneath pants and shirts a second layer of inner clothing will be required for your scout's personal safety and comfort.

CLOTHING INSPECTION

Each scout must be inspected by his unit leader before he takes off on the trail. If any scout is not adequately dressed, *he will not be allowed on the trail.* An adult leader will be required to remain with any Scout not allowed on the trail. This ruling will be rigidly enforced. Please save the hard feelings and see that your Troop is prepared, and more importantly - SAFE

- Clothing
 - Proper and warm for existing conditions. Avoid cotton jeans.
 - Wear the Scout uniform, it is a rugged piece of equipment.
 - Supplement it with additional layers of clothing.
- Footwear
 - Proper for existing conditions, No tennis or gym shoes, etc.
 - Wear wool socks over a pair of synthetic ones.
 - Do not wear low cut shoes unless covered by a pair of galoshes or boots.
- Headgear
 - Cover head and ears (scarves recommended)
 - Wear a head protector which has ear covering.
 - An added scarf will protect the face from the cold and biting wind.
- Handgear
 - Protect a vulnerable part of the body.
 - Hands should be protected with wool mittens covered with a water repellent shell.
 - Gloves may be worn, but are not as warm as mittens.
- Sled
 - Contains a complete extra set of warm dry clothes and socks (wrapped in a water proof covering) for EACH patrol member to change into if necessary.

The first aid station will be located at Soupy Smith 's (Klondike headquarters).

Traditionally, the purpose of the Klondike Derbies over the years has been a test of how well Scouts are prepared for cold weather and possible adverse conditions. Therefore, unless weather reaches dangerous conditions - the DERBY WILL GO ON! (This will be determined at the site)

Gear & Equipment

Required Patrol Equipment

Back packs or duffels for all equipment
Klondike style sled (patrol made, if possible)
Flint & Steel, or matches, etc.
Tinder and kindling - You will not be able to acquire this on site. **For Safety, Fire starters must be dry and should not be soaked in or use liquid accelerants.**
Patrol Flag
Staves - 4 per Patrol
6 ft. rope per Scout
One 25 ft. rope per sled
First Aid Kit and Splints
Blanket - 2 per group
Scout Handbook
Clip Board
Pencil and Paper
Compass
Complete change of clothes on sled in waterproof wrap for each patrol member

Personal Equipment

Drinking Cup
Scout Handbook
Adequate layers of clothing
Adequate footgear - Boots (No low cut athletic shoes)
Headgear which covers the ears
Wool Scarf for face and neck OR Stocking Cap with face cover
Lined mittens (extra gloves)
Rain Gear (YES - it does rain in January!)

CLOTHING FOR WINTER ACTIVITIES

Some simple tips and guides for scouts
to remember to be warm & safe

Make sure that you have a good knowledge of the signs of frostbite and hypothermia. You should be able to recognize it in others and in yourself. Tell someone right away if you or another scout is showing signs of cold-related problems.

Bring extra WATER. It's easy to get dehydrated in the winter. You aren't visibly sweating, so you don't think to drink water, but since the air is so dry, you lose a LOT of water through breathing. Drink lots of water!

Bring extra food for a snack - Granola bars, trail mix, etc. Provides energy and creates warmth as you digest.

Remember C O L D:

C Clean - dirty clothes lose their loft and get you cold.

O Overheat - never get sweaty, strip off layers to stay warm but no too hot.

L Layers - dress in synthetic layers for easy temperature control.

D Dry - wet clothes lose their insulation.

Avoid Cotton - don't wear jeans! Cotton retains moisture.

Remember the 3 W's of layering - Wicking inside layer, Warmth middle layer(s) and Wind/Water outer layer. Wicking should be a polypropylene material as long underwear and also sock liner. Warmth layer(s) should be fleece or wool. The Wind/Water layer should be Gore-Tex or at least 60/40 nylon.

Most heat is lost from the head- wear a stocking hat! (ear covers alone won't cut it)

What to wear:

- Long-sleeved shirt
- Long pants (NOT jeans)
- Long underwear
- Boots (NOT tennis shoes)
- Socks (NOT cotton)
- Coat with hood
- Scarf
- Stocking hat
- Mittens or Gloves
- Rain Gear (YES ... it does/can rain in February)

FROSTBITE

WHAT IS FROSTBITE

Freezing temperatures affect skin cells in a predictable fashion. The cell, which is largely water, freezes when it is subjected to excessive cold, and the resulting ice crystals may destroy the cell and tissue.

FACTORS LEADING TO FROSTBITE

1. Inadequate protection from cold and wind
2. Fatigue
3. Poor nutrition
4. Use of alcohol and tobacco during exposure to low temperatures.

HOW TO TELL IF IT'S FROSTBITE

The skin becomes white, waxy, and firm. It occurs rapidly and is painless. If identified early it can be reversed without tissue damage by firm steady pressure from a warm hand, blowing breath on the part, or holding frost nipped fingers under arms. **THE AREA SHOULD NOT BE RUBBED.** As the part is warmed, tingling will occur. Over the next few Peeling may be noted, but will pass without further problems. Areas exposed to prolonged cold that remain numb after short warming represent a more severe frostbite. **DO NOT RUB THE AREA. DO NOT RUB WITH SNOW. THIS WILL ADD TO THE DAMAGE.** With further, swelling and a bruise-like appearance may develop. It will become painful. Large blisters may develop. **DO NOT BREAK BLISTERS.**

TREATMENT

The emergency treatment for severe frostbite is immediate rewarming. An injured extremity should be placed in a warm water bath large enough to allow it to be entirely immersed without touching sides or bottom. The water temperature should be warm but not hot (105 F to 110 F). Add warm water as necessary to maintain warm temperature. **RE-WARMING AT ANY HIGH HEAT SHOULD BE AVOIDED.** Blisters may occur during re-warming. This is a good sign that only partial damage of the skin has occurred. **DO NOT BREAK BLISTERS,** but protect with dry, light dressing.

Seek medical attention if area remains painful after complete re-warming.
AVOID RE-EXPOSURE OF INJURED AREA.

HYPOTHERMIA

What is hypothermia?

- Hypothermia is caused by prolonged exposures to very cold temperatures. When exposed to cold temperatures, your body begins to lose heat faster than it's produced. Lengthy exposures will eventually use up your body's stored energy, which leads to lower body temperature.
- Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia especially dangerous, because a person may not know that it's happening and won't be able to do anything about it.
- While hypothermia is most likely at very cold temperatures, it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Who's most at risk?

Victims of hypothermia are often:

- Older adults with inadequate food, clothing, or heating
- People who remain outdoors for long periods—the homeless, hikers, hunters, etc.

What are the signs and symptoms of hypothermia?

The following are warnings signs of hypothermia:

- Shivering
- Exhaustion or feeling very tired
- Confusion
- Fumbling hands
- Memory loss
- Slurred speech
- Drowsiness

Don't wait – take action

Hypothermia is a medical emergency. If you notice any of the above signs, take the person's temperature. If it is below 95° F, get medical attention immediately!

If you are not able to get medical help right away, try to warm the person up.

- Get the person into a warm room or shelter.
- Remove any wet clothing the person is wearing.
- Warm the center of the person's body—chest, neck, head, and groin—You can also use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm drinks can help increase body temperature, but do not give alcoholic drinks. Do not try to give beverages to an unconscious person.
- After body temperature has increased, keep the person dry and wrap their body, including their head and neck, in a warm blanket.
- Get the person proper medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the person gently, and get emergency assistance immediately.

- **Perform CPR, even if the person appears dead. CPR should continue until the person responds or medical aid becomes available. Keep warming the person while performing CPR. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.**