



# 2016 Ranger Fest Leader's Guide





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# ***I. Introduction***

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## **Blue Ridge Council Policy Statement**

The programs and facilities of the Blue Ridge Council, Boy Scouts of America, are available to everyone who meets Scouting membership requirements and qualifications. No person in the United States shall, on the grounds of race, color, handicap, or national origin, be excluded for participation in, be denied the benefits of, or be subject to discrimination in the use of the same.

## **Camp Old Indian Staff Vision**

Our purpose as the Camp Old Indian Staff shall be to provide a fun, safe, and engaging program in a professional atmosphere that develops lifelong Scouting Skills and strong personal characters through individual growth of each camp and an appreciation of the outdoors. Thus, ensuring that at the end of their time with us, the Venturers and Advisors attending Camp Old Indian will leave happy, fulfilled, and excited for future years.

## **Why Camp Old Indian?**

The clear choice for your youth this summer is Camp Old Indian. Here are just a few of the reasons why:

- You can't take the "outing" out of Scouting. The outdoor program is one of the biggest features about Scouting that appeals to Venturers, and a week at summer camp is a mountain-top experience. No young man has ever forgotten the fond memories and experiences from summer camp.
- The program, activities, and facilities can't be beat. Camp Old Indian provides a variety of programs and facilities to match your units' needs and desires.
- Strict health and safety standards are maintained at all times. Emergency facilities are available, and medical re-checks are made by a trained health supervisor.
- We are a Nationally Accredited Camp. Our Camp is inspected by a Boy Scouts of America visitation team annually. We pride ourselves in not only meeting but exceeding all standards and regulations. We have been awarded the highest inspection rating since 1983.
- Each Crew has a custom-made program. Not all Venturing Crews are alike, we know that. That is why each Crew can develop a program for its youth at our summer camp that suits each individual's needs.

## 2016 Camp Old Indian Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM		Reveille	Reveille	Reveille	Reveille	Reveille	Reveille
7:45 AM		Waiter's Call	Waiter's Call	Waiter's Call	Waiter's Call	Waiter's Call	Waiter's Call
7:50 AM		Assembly	Assembly	Assembly	Assembly	Assembly	Assembly
8:00 AM		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 AM		Morning Program Time (Block 1)	Morning Program Time (Block 1)	Morning Program Time (Block 1)	Morning Program Time (Block 1)	Morning Program Time (Block 1)	Checkout
10:00 AM							
11:00 AM							
12:00 PM							
12:10 PM		Waiter's Call	Waiter's Call	Waiter's Call	Waiter's Call	Waiter's Call	
12:15 PM		Lunch	Lunch	Lunch	Lunch	Lunch	
1:00 PM	Check In and Camp Tour	Rest Period	Rest Period	Rest Period	Rest Period	Rest Period	
2:00 PM		Afternoon Program Time (Block 2)	Afternoon Program Time (Block 2)	Troop Competitions in Department Areas	Afternoon Program Time (Block 2)	Afternoon Program Time (Block 2)	
3:00 PM							
4:00 PM							
5:00 PM							
5:30 PM	Prepare for Dinner	Prepare for Dinner	Prepare for Dinner	Prepare for Dinner	Prepare for Dinner	Prepare for Dinner	
5:45 PM	Waiter's Call	Waiter's Call	Waiter's Call	Waiter's Call	Waiter's Call	Waiter's Call	
5:50 PM	Assembly	Assembly	Assembly	Assembly	Assembly	Assembly	
6:00 PM	Dinner	Dinner	Dinner	Dinner or Picnic with Visitors	Dinner	5:45-Awards Ceremony (Chapel)	
7:00 PM	Chapel and Leader's Meeting	Twilight Program (Block 3)	Twilight Program (Block 3)		Twilight Program (Block 3)	Dinner	
8:00 PM				Atta Kulla Kulla Lodge Dance Pageant and OA Callout Ceremony			
8:30 PM							
8:45 PM	Opening Campfire	Pie Eating Contest	VOA Meeting (Activity Building)		Venturing Campfire (Amphitheater)	Closing Program	
9:30 PM							
10:00 PM	Call to Quarters	Call to Quarters	Call to Quarters	Call to Quarters	Call to Quarters	Call to Quarters	
11:00 PM	Taps	Taps	Taps	Taps	Taps	Taps	



## ***II. Camp Old Indian Policies***

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### **Tobacco Products**

Smoking is not permitted in camp nor is the use of tobacco products by anyone under the age of 18. Please see the Camp Director for details.

### **Controlled Substances**

Alcohol and illegal drugs are not permitted on camp property. Medications may either be kept by the Advisor in the campsite or at our Health Lodge. You are not allowed to use a firearm if you are taking medications that cause drowsiness or include a warning to not operate machinery while taking this drug.

### **Firearms**

Personal firearms are strictly banned from camp property. Firearms and ammunition are available for shooting sports courses and free-shooting through the Field Sports Department. Under no circumstance should ammunition be stored at camp anywhere except the Field Sports House under the jurisdiction of the Field Sports Director.

### **Crew Leadership**

Each Crew must have two registered adult leaders in camp at all times, both of whom must be 21 years of age or older and registered with the Boy Scouts of America. If female crew members attend, then at least one female leader 21 years of age or older must be present. If there is a substitution of unit leaders during camp, then there needs to be an overlapping period in order to maintain program continuity and adult supervision over the Venturers at all times. This overlap will allow time for the leaders to relay information needed to guide the unit properly. Leaders should sign in and out at the Camp Office.

### **Proper Preparation for High- Endurance Activities**

Activities with elements of risk should not be undertaken without proper preparation, supervision, and safety measures.

### **Dress Code**

- Venturers and Leaders are to be in appropriate dress at all times.
- For day to day activities, morning, and midday assembly this will be the Activity Uniform (Class B) that the Unit recognizes.
- At the evening assembly, Chapel, and for select campfires the Field Uniform (Class A) is the only acceptable attire.
- While swim wear is appropriate at the waterfront, all persons are reminded to wear appropriate covering to and from the waterfront. All persons should wear a shirt over their swim wear while walking to and from the waterfront. All are to be mindful of their dress when going to and from showers as well. Leaders and Advisors are responsible for insuring that youth and adults in their Crews are dressed appropriately.

- Closed-toed shoes OR strapped shoes (such as Chacos but NOT flip-flops) are required when traveling around camp. Socks are required to be worn with all shoe types.

### **Check In/Out Policy**

Anyone leaving or arriving at times other than Sunday check-in or Saturday check-out must sign in and out at the Camp Office.

### **Release of Campers**

No Venturer who is a minor (under 21 years of age) will be released to the custody of an adult other than the legal parent or guardian unless written permission is provided to the Venturer's Advisor or designee. No camper who is a minor (under 21 years of age) will be allowed to leave camp with anyone for any reason except as part of official camp programs or with special written parental permission. Any special arrangement should be made before camp.

### **Pets**

No dogs or other pets may be brought into camp at any time, except for certified service animals.

### **Telephone**

The Camp's phone number is 864-895-8995. This phone will only be answered during regular business hours during the summer camp season. The Camp's telephone number for administration and emergencies is 864-895-8989. This phone is not available for use by campers. A phone will be provided for use by adult leaders; please bring your calling card or call collect.

### **Mail**

The camp has daily mail service. No mail should be sent to the Scout after Wednesday because it will not arrive in time. Mail should be addressed as follows:

Venturer's Name

Venturer's Crew #

Camp Old Indian

601 Callahan Mountain Road

Travelers Rest, SC 29690

### **Vehicles in Camp**

Absolutely no vehicles will be allowed beyond the Parking Lot. At check-in and check-out, Crew equipment will be moved by the staff using a camp truck. All vehicles must be parked in the large parking area. The small lot by the Three Forks Lodge must remain clear for emergency access and is limited to staff parking only.

### **Guests/Visitors**

Parents and family members are encouraged to visit camp on Wednesday after 5:00 pm. Guests during the rest of the week will disrupt the campers program and are not permitted.

### **Golf Cart Rules**

1. All private golf carts must be licensed by the state.
2. Users must provide a letter from a doctor stating the need for the use of a golf cart.
3. No unauthorized motorized vehicles will be used as handicapped vehicles on the camp property.
4. Golf carts are not to be used to haul gear.
5. Drivers must be 18 or older.

6. Golf carts are not to exceed 5 mph at any time.
7. Campers have the right of way at all times.

### **Health and Insurance**

Blue Ridge Council units use the council insurance policy (information and forms were provided to each unit). Other units must provide their own accident insurance. Unit leaders must bring to camp check-in: (1) Policy number, (2) Claim forms, (3) Name of insurance carrier. Camp medical forms must be complete.

Medical expenses incurred by youth and adults while in camp (doctor, hospital fees) will be paid by the Council or unit insurance policy and/or parent/guardians insurance. Leaders should be ready to provide the Scouting insurance number in an emergency. It will be the responsibility of the Venturers parents and unit leader to make any claims for insurance. The parent or guardians insurance will be used to make claims for insurance. However, Blue Ridge Council units may file up to \$300 on the Council Policy, regardless of other coverage. Parents will be called if a Scout has to be taken to the doctor or hospital.

### **Boy Scouts of America Guidelines on Youth Protection**

#### **Two-Deep Leadership**

Two registered adult leaders or one registered adult leader and a parent of a participant, both of whom must be 21 years of age or older, are required on all trips and outings. The chartered organization is responsible for ensuring that sufficient leadership is provided for all activities.

#### **No one-on-one Contact**

One-on-one contact between adults and youth members is not permitted. In situations that require a personal conference, the meeting should be conducted in view of other adults and youth.

#### **Respect of Privacy**

Adult leaders must respect the privacy of youth members in situations such as changing into swimming suits or taking showers at camp and intrude only to the extent that health and safety requires. They must also protect their own safety in similar situations.

#### **Separate Accommodations**

Separate shower and latrine facilities have been made available for male Venturers 14-17 years old, female Venturers 14-17 years old, male Venturers 18-20, female Venturers 18-20, adult male leaders 21 years of age or older and adult female leaders 21 years of age or older. Crews members may need to be divided into different campsites in order to meet age accommodations.

#### **Medical Forms and Physicals**

Each participant (youth or adult) must complete the BSA Standard Medical Form every year. Anyone arriving without the form completed, including a physical if necessary, must leave camp until an exam can be completed at the participants own expense. Please see the Camp Old Indian Parent Information and BSA Standard Medical Form for instructions on sections that must be completed based on age and choice of program. The medical form can be found at: <http://www.scouting.org/scoutsource/HealthandSafety/ahmr.aspx>.

#### **Special Health Requirement/Prescription Medications**

All prescription drugs must be locked up either in a lock box that the Advisor has or at the Health Lodge. Refrigeration is provided as needed. Exceptions must be approved by the Medical Officer and include those carried for life-threatening conditions, such as inhalers, heart medication, and



bee-sting kits. Campers requiring special treatment such as insulin, etc., should provide necessary medications and make written arrangements with the Health Officer.

### **Transportation to the Hospital**

Crew leaders will be asked to provide transportation if one of their Venturers needs to be taken to the local doctor or emergency room. In the case of serious medical emergencies, transportation will be provided by EMS.

### **Immunizations**

The State of South Carolina requires all immunizations listed on the medical form prior to camp.





# III. Emergency Procedures

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## **Limitation of Activity**

Campers and leaders will be notified as necessary if activity must be limited because of temperature, humidity, or severe weather.

## **Emergency Call**

The general emergency call will be the ringing of the bell near the Dining Hall and the playing of the bugle. Units should line up in the meadow in formation when they hear this call.

## **Fire**

In the case of fire, evacuate the tent, building, or area immediately. Notify the Program Director, Ranger, or Camp Director or the nearest staff member who will direct you from there.

## **Medical**

Stay Calm! Immediately notify the Camp Medical Officer or nearest staff member. All injuries must be logged in at the Health Lodge.

## **Child Abuse**

Suspected child abuse-whether physical, mental, emotional, or sexual-should be reported to the Camp Director or, if he is not present, the Program Director or Ranger. You should try not to seek proof yourself.

## **Earthquake/Flood/Severe Weather**

Take cover. The Program or Camp Director will assemble units if required. Commissioners may be sent to each campsite to give appropriate instructions.

## **Lost Person/Lost Swimmer**

If you suspect a lost person or lost swimmer, immediately notify the Program or Camp Director.

## **Unauthorized Persons**

If you suspect unauthorized persons have intruded into Camp, immediately notify the Program Director, Camp Director, or Ranger. Authorized visitors must sign in at the Camp Office.



## IV. Camp Facilities



### **Housing**

Camp Old Indian houses its campers and leaders in permanent housing. Campsites are comprised of either cabins or adirondacks. Adirondacks are three-sided units with an over-hanging roof. Most hold four campers and their gear. Some adirondacks hold eight campers and have a built-in porch with table. In the event of overflow housing in a campsite a tent will be provided to house additional campers.

### **Campsite Bathhouses**

Each campsite has a bathhouse which includes: a large sink and mirror, separate hot water shower stalls, flush commodes, flush urinals and lighting.

### **Visitor's Bathhouse**

Located in the parking lot is separate male and female shower rooms. Each features lavatories, toilets, and hot showers. Each unit will be asked to sign up for times to clean these bathhouses throughout the week. These bathhouses are available for adult leaders(21 years of age or older) only between 8AM and 3:30PM except on Wednesdays when it is also open from 5PM on.

### **Field Sports Area**

The Rifle, Shotgun, and Archery Ranges have been built and certified according to Boy Scouts of America standards. The camp furnishes .22 caliber rifles, archery equipment, and 12 and 20 gauge shotguns for use on the ranges. The Field Sports Director has absolute authority for all activities at the Field Sports Range.

### **Scoutcraft Area**

The Scoutcraft area includes a program shelter and tarps with tables for merit badge instruction. It also features displays of Scoutcraft skills.

### **First Year Camper (Pathfinder) Area**

The First Year Camper Area features a program shelter and a small teaching area for different skill instruction. It showcases demonstrations and examples of basic scouting skills. Also located in this area is a permanent axe yard that will be used to offer courses on wood tool instruction and may be used by units upon request.

## **STEAM Area**

The STEAM department is new for 2016. The department is housed in the picnic area located between Greenwood and Seaborn A's. houses tools for merit badge and craft work.

## **Handicraft Lodge**

The Handicraft Lodge houses tools for merit badge and craft work. Items that can be made at the Handicraft Lodge are available for purchase at the Trading Post.

## **Nature Lodge**

The Nature Lodge houses resources for ecology-conservation related merit badge classes. It includes animals, displays, literature, and other items.

## **Camp Office**

The Camp Office is your first destination when you reach camp, as a leader. Here, you will check your troop in, pay any remaining balances, and get further information, followed by a tour of camp. During the week, leaders will have times where they can access the internet from the Camp Office. Bandwidth and data usage are limited, so donations are accepted to upgrade the capabilities of our internet.

## **Trading Post**

The Trading Post has Scout literature, t-shirts, souvenirs, and refreshments for sale. It also serves as the Camp Post Office. There is a \$10.00 minimum card purchases. NOTE: Council gift cards do not work at camp.

## **David Peden Health Lodge**

The Peden Health Lodge serves as a 24-hour contact resource for a unit's first aid needs. The Health Lodge features an isolation room and bathroom for sick campers.

## **Waterfront Area**

The Camp Old Indian Waterfront includes lakes for swimming, rowing, canoeing, kayaking, and fishing. Venturers and leaders may swim at the first lake during the times listed on the program schedules. "Free swim" is open to everyone according to their swim classifications. Non-swimmer instruction will also be available during the week.

A swimmer must accompany a non-swimmer in a rowboat. Only swimmers are allowed in canoes unless the non-swimmer is with a 21-year old certified lifeguard. Everyone using row boats and canoes must wear a life jacket. Absolutely no camper or leader will use the waterfront without a medical form and swim test. The Aquatics Director has absolute authority for all activities held at the waterfront area.

Crews are highly encouraged to complete swim tests prior to camp. They may use the form found in the back portion of this leaders guide. A certified lifeguard must conduct any swim tests not conducted on camp property. Swim Classifications There are three classifications of swimmers a camp. Scout and leaders, who were unable to complete their swim test prior to camp, will take a swim check test Sunday afternoon to determine their swimming classification. The classification and swim test requirements are listed below.

1. **Non-swimmer**-Get in the water.
2. **Beginner**-Jump into water over one's head, level off, swim 25 feet, turn sharply, and return to the starting point.
3. **Swimmer**-Jump into water over head, level off, swim 75 yards in a strong manner using side, breast, crawl, or trudgen strokes. Swim 25 yards using an elementary back stroke. At the end of the 100 yards, rest by floating.



## **Dining Hall-Patterson Lodge**

Completed in 1994, the Patterson Lodge is a state of the art dining facility and seats up to 450 campers. Rules: No wet bathing suits, chewing gum, hats, hiking staffs, or flag poles are allowed in the dining hall.

### **Table Waiter System**

1. Units will be assigned tables on Sunday afternoon and will sit at these tables for every meal.
2. Table waiters will be assigned for every table and will serve for three meals beginning Sunday evening, then rotating with other Venturers in the Crew.
3. Table waiters will report to the Director at the dining hall at 7:45 a.m. for breakfast, 12:05 p.m. for lunch, and 5:45 p.m. for dinner.
4. Table waiters will set up their Troop seating area before meals, and will clear the area after meals. Clean-up includes wiping tables and sweeping around the tables and mopping.
5. After the meals, the waiter leaves the dining hall when they are dismissed by the Dining Hall Steward.

### **Totem System**

Most tables will have a seat reserved for a Camp Old Indian staff member. The table waiter should pick up the totem for the staff member he wants and place it at his table. Totems allow for positive interaction between the Staff and Venturers.

### **Menus**

Dining Hall menus are well-balanced and designed to feed hungry Venturers and leaders. In addition to the main entree offered at each meal, other options are available for those with special dietary needs. Bagels are breakfast options; peanut butter and jelly, and a salad bar is available at most noon and evening meals. Be sure to notify the director of any special needs before camp.

### **Family Style**

Again this year, Camp Old Indian will run family style at all meals. The table waiters will not only set the table but they will also bring ALL food to their table. After grace outside, you will go into the dining hall (no more concern about who goes first) and immediately sit down at your table where the food will already be in serving trays placed there by your waiter. Adults/staff will oversee serving distributions (family style!) at each table. We expect this to eliminate food waste and time spent in line not only for the first serving but also seconds since only the waiter will go to the kitchen for seconds based on demand.

### **Activity Building (aka-Venturing Center)**

The activity building is located above the meadow and provide a central rain location for merit badges, campfires and chapel services.

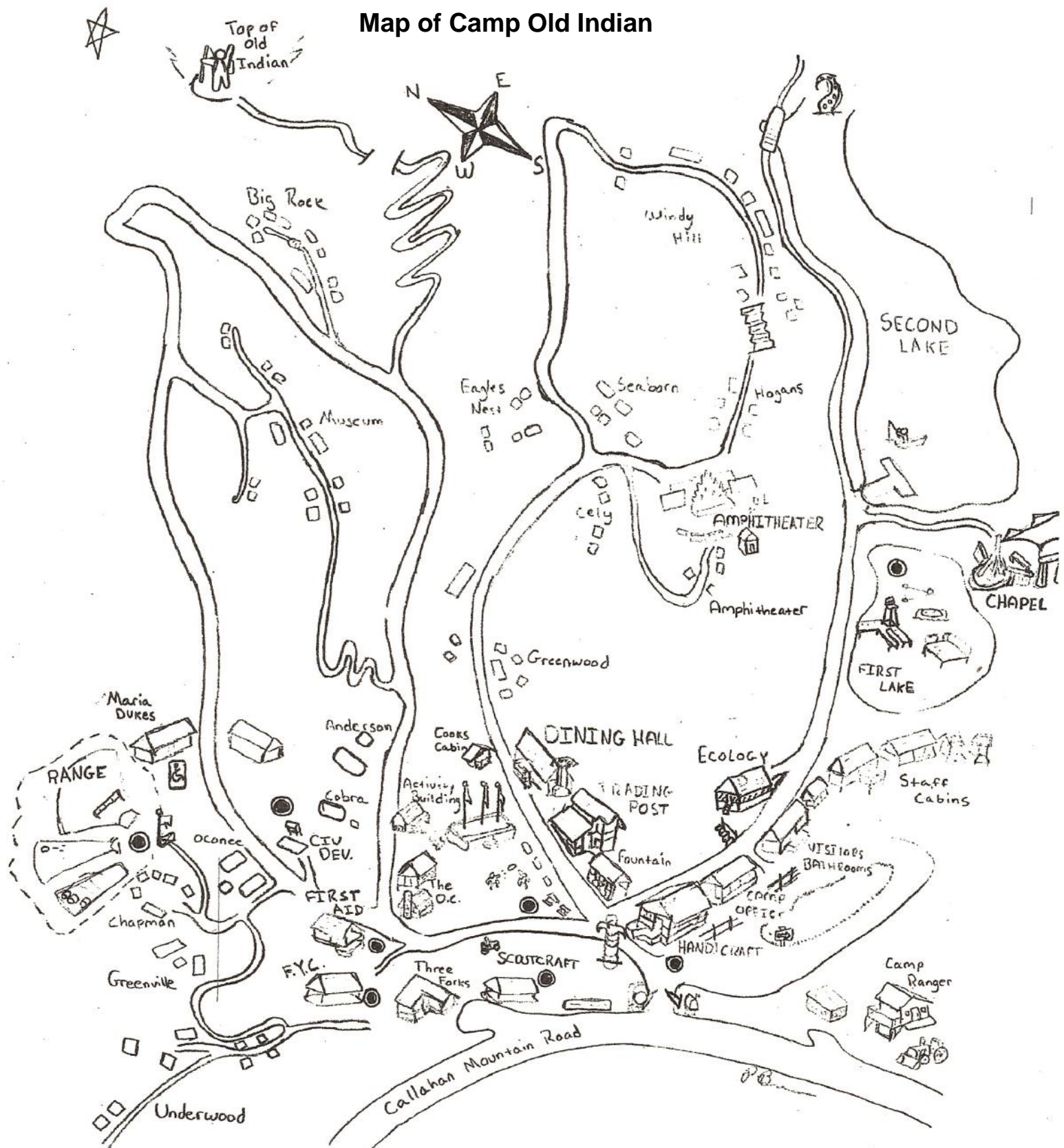
### **Handicap Accomodations**

Camp Old Indian believes that all registered leaders and members deserve experience at summer camp. Therefore, everyone is encouraged to attend. The Maria Dukes Lodge is the camp's handicap accessible facility. It features a wheelchair ramp and a built in shower and restroom. Preference will be given to units with participants requiring special accomodations.

### **Chapel**

For 2016, the chapel has been remodeled to include more seating. It is located on the first lake in a beautiful waterfront setting.

# Map of Camp Old Indian



©-Merit Badge Meeting Locations

## CAMP OLD INDIAN

Blue ridge Council, BSA  
2016 Revision



## V. Special Events

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Many nights at Camp Old Indian special programs or campfires will be held. Each provides a great opportunity for fun and fellowship crews visiting the camp. Crews are also encouraged to plan and host their own events to foster good friendship and fellowship between other crews.

### **Interfaith Chapel**

Camp Old Indian conducts an interfaith chapel service every Sunday after dinner. Attendance is required. If you would like to hold your own service for your particular faith or would like to contribute to the interfaith service in some way, please see the Camp Chaplain. The chapel services will be conducted in the new chapel located at the first lake. If it is raining, the chapel services will be conducted in the activity building.

### **Sunday Night Opening Campfire**

The opening campfire is a great first taste of the energy and passion that Camp Old Indian has to offer. With the lighting of the fire the show begins and the various departments of the camp present a variety of funny and entertaining skits, songs and stories. As the fire begins to wane, the staff will come out and introduce themselves and their classes to give Venturers the opportunity to see their instructors.

### **Wednesday Assembly Parade**

In honor of Wednesday Night being Visitors Night at Camp Old Indian the crews will assemble at 5:30 ahead of the normal schedule and will parade onto the camp meadow. This formal procession will be led by the Camp Commissioner and will encompass the entire meadow. Following the parade entrance crews will give crew reports from their positions across the meadow and then the Camp Old Indian Staff Color Guard will end with a lowering of the Colors.

### **Wednesday Atta Kulla Kulla Lodge Dance Pageant**

Later in the evening on Wednesday the Atta Kulla Kulla Lodge #185 of the Order of the Arrow will host a Native American Tribute Dance Pageant. This will feature dances, songs, and stories pulled from Native American tribes.

### **Awards Ceremony**

The Friday night awards ceremony will take place at 5:45pm at the chapel. Following the award ceremony, dinner will be served in the dining hall.

### **VOA Meeting**

All Venturers are invited to attend a special VOA meeting held in the activity building beginning at 8:30pm on Tuesday evening.





## VI. What to Bring

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### Suggested General Items

This is a compiled list from troops who regularly attend Camp Old Indian of recommended things each individual should bring on their trip to camp. This is only a recommended list.

1-2 Longpants	2 Flashlights
2 or more Towels	Extra Batteries Paper and Pen
Sandals	Bug Spray (NO AEROSOL)
7 pairs of Socks	Sunscreen
7 pairs of Underwear	First Aid Kit
7 Activity Uniform Shirts	Spending Money Hangers for Shirts
2 or 3 pairs of pants	Camp Chair
1 or 2 Field Uniforms (Class A)	Any course specific materials (covered in the next section)
2 pairs of Shoes (closed toe)	Rain Gear
2 Sturdy Water Bottles	Scouting Hat
Backpack/Day pack	Cup
Venturing Handbook	Swim Suit(appropriate athletic one-piece swim suit)
Pen and Paper	Toiletries (Shampoo, soap, toothbrush, etc.)
Hangers for Shirts	
Sleeping Bag	

***MEDICATIONS MUST BE CHECKED  
IN WITH UNIT LEADER OR HEALTH  
LODGE***

### What NOT to Bring to Camp

The following items are not allowed in camp: electronic games and devices, bicycles, sheath knives, bows, arrows, firearms, ammunition, fireworks, drugs, alcohol, pets or tobacco. And anything not listed that is not consistent with the Scout Oath, Scout Law, and South Carolina law.



## VII. Program Specifics

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During Ranger Fest, Venturers works towards requirements for the Venturing Ranger Award. Venturers will have the opportunity to complete both core and elective requirements including Wilderness Survival, Land Navigation, Shooting Sports and Mountaineering.

Advisors will receive a paper advancement report for each Venturer in their crew prior to their departure on Saturday morning. The report will include what requirements the Venturer completed and did not complete. The paper version allows troops to immediately verify the accuracy of the advancement records and correct any issues between the counselor's records and the crew's version of the completed requirements. Some core requirements and electives can be completed at camp, but some requirements need additional time after or before camp to complete requirements.

The next few pages present an outline of what core and elective requirements are offered, what day they are offered on, a short description and any additional fees. **For the 2016 season, Camp Old Indian will teach classes using a block schedule format.** This is a description of how the block schedule will work: Venturers will take one core or one elective class a day. Benefits of the block schedule include, but are not limited to: no wasted time transitioning between classes, more instruction time, more flexibility for crews to take a day trip on the Nantahala, etc. The table below is a sample of what a Venturer could complete during a week at Camp Old Indian:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Standard First Aid	Shooting Sports	Land Navigation	Wilderness Survival/Leave No Trace	Mountaineering/Cave Exploration

D a y s	Schedule Offerings
M o n d a y	BSA Lifeguard Standard First Aid Backpacking/Cooking Fishing
T u e s d a y	BSA Lifeguard Shooting Sports Mountaineering/Cave Exploration Outdoor Living History
W e d n e s d a y	BSA Lifeguard Snorkel BSA Kayaking BSA Paddleboarding BSA Mountain Biking Land Navigation
T h u r s d a y	BSA Lifeguard Shooting Sports Wilderness Survival/Leave No Trace Watercraft(Day 1)
F r i d a y	BSA Lifeguard Mountaineering/Cave Exploration Physical Fitness Watercraft(Day 2)





# Program Descriptions



## **BSA Lifeguard**

BSA Lifeguard meets the Lifesaving Elective and is a week-long, rigorous program that certifies a Venturer or adult leader to be a lifeguard. Venturers must be at least 15 years old in order to participate. Physical strength, stamina, strong swimming skills and a great deal of written work is required. In order for one to be certified, they must be CPR certified. CPR certification will be offered at camp for a fee. If a candidate has current CPR certification, they need to bring their CPR card to camp with them.

Recertification is available for those with current certification or whose certification has expired within the past six months. Candidates for recertification must provide current BSA Lifeguard and CPR certificates. BSA Lifeguard certification lasts for two years from the date on the card.

## **Land Navigation**

Venturers taking this core requirement will undertake an orienteering course, learn to use a GPS receiver and successfully read a topographical map. This core requirement can be completed at camp.

## **First Aid**

This core requirement provides Venturers an opportunity to complete a standard first aid class. First Aid is required in order to participate in the Mountaineering elective. This core requirement can be completed at camp.

## **Wilderness Survival/Leave No Trace**

These two core requirements are taught during the same session. Venturers will complete Leave No Trace requirement A. This class will help a Venturer understand the principles of Leave No Trace as well as how to utilize different knots and fire-making techniques. Venturers need to bring a Wilderness Survival kit to camp and be ready to explain its contents which will complete Requirement J. Venturers will need to spend the night in their shelter Thursday and Friday evenings which will complete Requirement K. Venturers will also complete Requirements C, D, E, F, G and H. Venturers will begin work on Requirements A and B.

## **Fishing**

The Ranger Award elective provides Venturers with a chance to learn more about freshwater fishing. Venturers need to bring their own fishing gear for this class. This elective can be completed at camp, but hinges on the Venturer's ability to catch a fish, clean it, eat it and cook it. Additional time during Twilight maybe needed to complete this elective.

## **Physical Fitness**

Venturers taking this elective will learn many healthy tips including how to calculate calories and the six principles of a physical fitness program. Venturers will complete Requirements B, Ci, D, E, F, G, H, I and J.

## **Mountain Biking**

During this elective, Venturers have the opportunity to learn about how to care and maintain mountain bikes. Venturers will also enjoy a ride on some trails around camp. Requirements A, B, C, Di, and Eiii can be completed at camp.

## **Mountaineering/Cave Exploration**

These Ranger Award electives provide Venturers with knowledge on how to care for climbing ropes, different knots associated with climbing and cave exploration and proper techniques when rappelling and climbing. Mountaineering elective can be completed at camp, but a Venturer must have completed the First Aid Core Requirement before beginning the class. Requirements completed for the Cave Exploration elective include Aii, Aiii, B, Ci, Cii, Ciii, D, Eii, Fi, Fii, Gi, and Ji.

## **Outdoor Living History**

Venturers will research and investigiage the culture of a Native American, pioneer or mountain man during this class. Venturers will also have the opportunity to create their own tool or weapon. This elective can be completed at camp except for Requirement G. It is recommended Venturers start Requirements A and B before coming to camp.

## **Shooting Sports**

Venurers who enjoy firing weapons will need to take this elective. This class is recommended for Venturers who have some experience with shooting rifles, pistols, shotguns and/or archery. This elective can be completed at camp, but may take additional time because Venturers need to qualify in one area of shooting.

## **Outstanding Achievement Award**

Venturers who really enjoy shooting have the opportunity to earn the Outstanding Achievement Award. In order to earn the award, a Venturer must qualify in five of the seven shooting sports areas. Camp Old Indian offers five: Archery, Muzzleloading, Rifle, Pistol and Shotgun. A Venturer who is wanting to pursue this award will need to talk with the Field Sports Director to set up additional time outside of the Shooting Sports elective class.

## **Snorkel, BSA**

Time to go underwater and explore. Snorkeling provides an opportunity to look for things under the waves. Venturers must pass the BSA swim test in order to participate. Venturers may bring their own equipment for this activity.

## **Kayaking, BSA**

Want to learn a few techniques in a kayak? Then try this class. Venturers must pass the BSA swim test in order to participate.

## **ATVs**

Venturers can ride ATVs on some of the beautiful trails at camp. The cost is \$60 and the Venturers must sign up at the Trading Post and complete the Hold-Harmless form.

## **Twilight Period**

After dinner on Monday, Tuesday, Thursday and Friday, the twilight period occurs. Twilight is a fantastic time to relax after a great day of adventure. Venturers are invited to go to the waterfront to swim, fish and/or boat. Venturers may also go to the shooting range for free shooting time. The handicraft lodge is open for crafts and the trading post is open during twilight time. Venturers are also welcomed to hangout at the Venturing Center.

## **Paddleboarding, BSA**

In this session, Venturers will have the opportunity to learn about paddleboarding. Venturers must pass the BSA swim test in order to participate.

## **Backpacking/Cooking**

This class is aimed at helping Venturers make the most of their time exploring the great outdoors. Venturers will learn how to correctly pack a backpack and learn different cooking techniques. Venturers will spend Monday and Tuesday evening camping out at a backpack outpost and even cook at their outpost camp. Venturers need to bring their own backpacks and backpacking cooking equipment to camp. Venturers have the opportunity to complete Cooking Requirements A, B, C, D, E, and F. For Backpacking, Venturers have the opportunity to complete Requirements B, C, D, E, G and H.

## **Watercraft**

Do you love the water? Venturers who have a passion for the water will enjoy this Ranger Award elective. This class takes place on two days. The first day will teach Venturers about Safety Afloat, classification of rapids and first aid. On the second day, Venturers will raft the Nantahala River.



# IX. Forms



## FORMED CONSENT AND HOLD-HARMLESS/RELEASE AGREEMENT CAMP OLD INDIAN CLIMBING/RAPPELLING PROGRAM BLUE RIDGE COUNCIL, BOY SCOUTS OF AMERICA

*To be filled out by the adult participant or the custodial parent, legal guardian or adult otherwise responsible for the supervision, care and safety of the participant named below.*

I understand that participation in the COI CLIMBING/RAPPELLING PROGRAM offered through the Blue Ridge Council, BSA, on \_\_\_\_\_ (dates) involves a certain degree of risk that could result in injury or death and that each participant is expected to use common sense, have proper clothing, be physically fit, be willing to follow instructions and work as a team with his unit and the program leaders, and take responsibility for his own health and safety.

In consideration of the benefits to be derived and after carefully considering the risk involved, and in view of the fact that the Boy Scouts of America is an organization in which membership is voluntary, and having full confidence that precautions will be taken to ensure the safety and well-being of my son/daughter (or myself), I have given \_\_\_\_\_ (name) my consent to participate in the COI CLIMBING/RAPPELLING PROGRAM.

I do hereby release and hold harmless the Boy Scouts of America, Blue Ridge Council, Camp Old Indian, and their agents, servants, employees, and all volunteers, activity coordinators, and sponsors from all claims, liability, demands, rights and causes of action, present or future, whether known, anticipated or unanticipated, resulting from, arising out of, or incident to the above mentioned climbing/rappelling program. I further release and hold-harmless James B. Anthony individually and the Cliffs at Glassy, its affiliates, agents, servants, employees, officers, or directors from all claims, liability, demands, rights and causes of action, present or future, whether known, anticipated or unanticipated, resulting from, arising out of, or incident to the above mentioned climbing/rappelling program.

I know of no health or fitness restriction(s) that preclude participation. In the event of illness or injury occurring to my child while involved in this activity, I consent to X-ray examination, anesthesia, medical, or surgical diagnostic procedures or treatment that is considered necessary in the best judgment of the attending physical and performed under the supervision of a member of the medical staff of the hospital furnishing medical services. (It is understood that in the event of a serious illness or injury, reasonable efforts to reach me will be attempted.)

Custodial parent/legal guardian Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

Participant Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

Phone numbers where relative can be reached during activity:  
Name \_\_\_\_\_ Relation \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_

*This Release is Required for all youth and adults participating in rock climbing activities during the week.*

