



Parents' Guide

Saturday, July 20, 2024

Summer Cub Day – C.W. Post Memorial Scout Camp – Post, TX

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Welcome to Summer Cub Day

Welcome to Summer Cub Day

We want your family to have an amazing outdoor experience. We are volunteers from South Plains Council, and we are honored to be coordinating Summer Cub Day, the Summer Olympics, for Cub Scouts.

C.W. Post Memorial Scout Camp

Located in Post, Texas, C.W. Post Memorial Scout Camp is nestled between rugged ravines and scenic hiking trails, and features a variety of outdoor activities. Located on the edge of the West Texas Caprock system, Camp Post's Western Theme is full of amazing landscapes and fun things to try!

Scout Fun

This Summer Cub Day will be a great outdoor experience for all while enjoying Olympic themed activities around camp, lunch in the Dining Hall, and to top it off, a pool party with ice cream at the City of Post pool, located at the Post City Park, 100 E 3rd St, Post, TX.

You can learn more about what makes Summer Cub Day, Summer Olympics, special in our easy-to-follow Parents' Guide. Any questions, please email sonja.morton@scouting.org. This email is monitored every business day. We look forward to seeing you in the great outdoors!

Yours in Scouting,

Josh Nichols – Activities & Civic Service District Committee Chair

Jennifer Nichols – Volunteer

Clyde Shannon – Volunteer

Tori Apel – Volunteer

Sammie Shaw – Commissary Staff Lead

Sonja Morton – Council Program Director



BSA MISSION STATEMENT

The mission of Scouting America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Law.

Registration

We want to thank you for taking the time to explore the official 2024 Summer Cub Day Parents' Guide, a resource providing essential information to help you plan and prepare for an unforgettable outdoor experience. We strongly encourage all adults attending camp to read this guide in its entirety. For your convenience, the latest version of this document is always available at southplainscouncil.org – Summer Cub Day – Registration.

Event Registration

Register at southplainscouncil.org – Summer Cub Day
<https://scoutingevent.com/694-2024summercubday>



Please be sure to fill out the entire registration form with your contact information, participant information, Pack #, dietary needs and special needs. Please also include information on:

- Scout Rank – Please include your Scout's current rank (grade going in to)

This information will help us to provide your family with a great experience. Within the family registration, youth must be accompanied by at least one parent or an adult family member (over 21 years of age). This event is subject to weather conditions.

BSA Annual Health and Medical Record (Required)

This event **does not** require a medical professional signature on the Annual Health and Medical form.

On arrival to camp, all attendees (scouts, adult leaders, and staff members), must submit a BSA Annual Health and Medical Record – Part A, B1 & B2 with immunization records written on B2 or attached and a copy of the family insurance card. The health form used for all scouting events is on the BSA website at:

[Annual Health and Medical Record – Scouting America \(scouting.org\)](https://www.scouting.org/health-and-safety/ahmr/)

www.scouting.org/health-and-safety/ahmr/

This record is provided as a fillable PDF, and members are encouraged to fill it out on their computer, then print the record (rather than printing the record and filling it out by hand). Doing this will improve the readability and accuracy of each member's medical information.

Refund Policy

Refunds must be requested by email to Nathan.Baie@scouting.org and need to include the following information: First and Last Name, Unit Number, and Reason for Request.

For this event, the refund policy is:	0 – 10 days	0%
	11-30 days.....	50%
	31+ days	100%

Refund requests received after a program has begun will be considered if there are extraordinary circumstances and the maximum refund will be 50%. Examples include: documented medical reason (doctor's note required), a death in the immediate family, or a natural disaster. No refund requests will be accepted after ten (10) days following the end of the applicable activity.

Registration

Approved refunds will be processed within thirty (30) days of their receipt in writing and made either by check or by credit card reversal, at the discretion of the council staff, to the original payer for individual registrations or the unit, in care of the reservation contact, for group reservations.

Your Visit to C.W. Post Memorial Scout Camp

Arrival

On Saturday morning, check in is from 8:00 a.m. to 8:30 a.m. The main parking lot is directly in front of the Camp Office. Please park in the main parking lot. To check-in, you will need to go to the Camp Office and please bring your medical forms for each participant.

At Check-In you will receive

- ❖ Your Group Assignment
- ❖ A Schedule of Events
- ❖ A Map of Camp
- ❖ Meals – Food Allergy/Dietary Restrictions Card (*if applicable*)

Group Assignments

Whenever possible, participants from the same Pack will be grouped together so be sure to include your Pack number during the registration process.

Meals/Dietary Needs

All meals are provided in our camp Dining Hall. The only meal provided for Summer Cub Day is Saturday lunch. There will be drinking water stations set up around camp. Additional snacks, treats and drinks will be available for purchase in the Trading Post.

Participants with special dietary needs, including allergies, must be noted during the online registration process so the proper accommodations can be made. You will receive your food allergy / dietary restrictions card at check-in. We will try to accommodate dietary needs as much as possible.

Health Lodge

The Health Lodge is staffed 24 hours a day by qualified medical personnel. For insurance purposes and for the health and safety of all participants, all accidents and illnesses must be reported to the Health Lodge and recorded. Arrangements have been made with local rescue squads and hospitals to handle any medical emergencies.

Participant Care

C.W. Post Memorial Scout Camp can reach temperatures over 100° during the summer. It is important that everyone **drinks lots of water** and stays hydrated.

It's vital for every person to wash their hands regularly. All participants are required to wash their hands before meals.

Water

All stations will have drinking water as well as water in the Dining Hall.

Bathrooms

Bathrooms are located to the left of the parking lot. They are stocked with toilet paper, paper towels and hand soap. If you run out of any of these, please notify a staff member. Please throw all trash in the trash cans provided. All feminine products should also go in the trash. Please turn off the lights and close the door behind you when you're done. This helps to keep the bugs and other critters out of the bathrooms.

Camp Attire – Cub Scout Uniform

Staff will be wearing navy blue staff t-shirts, in order to be recognizable to participants.

During the day, a Scout t-shirt and Scout shorts or pants are great. For non-Scouting America members, we ask that attire be family appropriate and conservative.

For Cub Scouts, a Scout uniform, field uniform, or Class A, is not necessary for this event.

Lost Youth

Lost youth will be escorted to the Health Lodge and camp staff will be notified to help reunite the child with their family.

Lost & Found

Lost and found is located at the Camp Office. Any items left at camp will be kept for two more weeks and then donated or thrown away. After the event, please contact camping@southplainscouncil.org regarding any lost items.

Parking

The main parking lot is directly in front of the Camp Office. Please park in the main parking lot.

Olympic Photo Site

We have created a cool Olympic backdrop where all of our Olympians can take their pictures to remember this wonderful outing!

Trading Post

The staff has worked hard to fill the Trading Post with snacks, drinks and treasures. Please be sure to stop by and visit. Proceeds will benefit the South Plains Council and future events like these.

Thank you for your support!

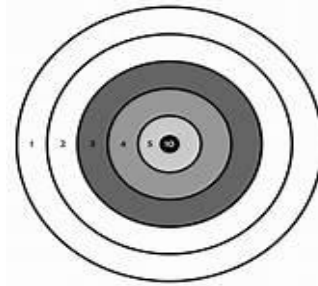
Olympic Games

There are five stations. These stations will be set in the Old West Town area, in a round-robin style.



Archery – In a safe and supervised environment, Cub Scouts will learn the fundamentals of this ancient and skillful sport. Under the guidance of experienced instructors, they will learn proper techniques for handling bows, aiming, and releasing arrows.

BB Guns – In a safe and supervised environment, Cub Scouts will learn the fundamentals of range safety, loading, and shooting BB guns at paper targets and/or clays. Under the guidance of experienced instructors, they will learn proper techniques for handling firearms safely. **NOTE: Lions may not shoot BB Guns. Another activity will be offered to Lions as a substitute.**



Triathlon – Skills will be tested with the Javelin Throw (Pool Noodles), Discus (Frisbee) and Shot Put (Ball Tosses)

Knot Relay – Learn some Cub Scout level knots and participate in a relay race to see who can tie them the fastest, and correctly.



Craft: Create a Flag - Each Den or Pack will have the opportunity to create a flag based on a country they imagine. Show your imaginative country pride at the Olympics!

Summer Cub Day

2024



Summer Cub Day is a day event ONLY. There will be no camping over night option for this event.

Saturday:

- 8:00 - 8:30 am— Check in (eat breakfast before arriving)
- 8:45 am— Opening Flags at Flag Poles
- 9:00 am-12:00 pm— Morning Sessions
- 12:00-1:00 pm— Lunch at Dining Hall
- 1:00-3:00 pm— Afternoon Sessions
- 3:00-5:00 pm— City of Post Pool & Ice Cream Party!

Summer Cub Day will end at 5pm at the City of Post Pool. Thank you for joining us and we hope you have a great rest of your summer!

	9:00 AM	10:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	3:00-5:00 PM
Group 1	BB Guns	Archery	Triathlon	Lunch	Knot Relay Race	Craft (Create a Flag)	City of Post Pool Party
Group 2	Archery	Triathlon	Knot Relay Race	Lunch	Craft (Create a Flag)	BB Guns	City of Post Pool Party
Group 3	Triathlon	Knot Relay Race	Craft (Create a Flag)	Lunch	BB Guns	Archery	City of Post Pool Party
Group 4	Knot Relay Race	Craft (Create a Flag)	BB Guns	Lunch	Archery	Triathlon	City of Post Pool Party
Group 5	Craft (Create a Flag)	BB Guns	Archery	Lunch	Triathlon	Knot Relay Race	City of Post Pool Party

Triathlon— PSC Pavilion, Craft— Trading Post, Knot Relay Race—Camp Office Breezeway

BB guns—BB Gun Range, Archery—Archery Range, Pool Party—Post City Park (100 E 3rd St)

Wildlife Safety

Cub Scouts have an opportunity to observe many types of wildlife that includes rattlesnakes and other snakes, lizards, horned toads, tarantulas and other spiders, raccoons, coyotes and many types of birds and insects. It is wise to remember that these creatures are the permanent residents of camp. Please make sure everyone remembers to:

- ❖ Treat all animals with respect and observe from a distance.
- ❖ Do not follow, feed, tease or handle wildlife.
- ❖ Store all food in a secure place; personal vehicle, or daypack.
- ❖ All trash should be thrown away in a trash receptacle.
- ❖ If you discover a snake or an animal that is behaving strangely, please notify the camp staff immediately.

Leaving Camp / Check Out

Any time you would like to leave camp, please be sure to check-out at the Health Lodge. It is important we know when you are gone.

At the end of camp, please check-out at the Camp Office. At check-out, your BSA Health Forms will be returned to you. We will also kindly ask that you complete a survey, to help us make Summer Cub Day better each year. The check-out time will be 3:00pm. You may go directly to the City of Post Pool for our Pool and Ice Cream Party!

Tips for Cub Day

- Please label belongings so we can help get them back to you.
- Check the weather the week prior and day prior to the weekend to be better prepared.
- Bring refillable water bottles to refill at the water stations throughout camp to stay hydrated.

Cub Scout Six Essentials

These are items every Cub Scout should carry in their personal gear when going on hikes or campouts:

1. **First-aid kit:** adhesive bandages, moleskin, gauze, antibiotic ointment, etc
2. **Water bottle:** filled and large enough to last until it can be filled again
3. **Flashlight:** for emergency use only
4. **Trail food:** can be made as a den activity prior to hike or campout
5. **Sun protection:** sunscreen of SPF 30 or greater and a hat
6. **Whistle:** for emergency use only

Source: Aaron on Scouting

By [Bryan Wendell](#) [August 8, 2017](#)

<https://blog.scoutingmagazine.org/2017/08/08/cub-scout-six-essentials-half-dozen-items-pack-every-campout-hike/>

What to Bring Checklist

Please label belongings so we can help get them back to you.

Required Documents

- Medical Form – Parts A, B for every participant
- Copy of Family Insurance Card
- Medications (if applicable)

Personal Gear

- Day Pack (carry stuff during the day)
- Water Bottle or Hydration System
- Cub Scout T-Shirt & Shorts
- Rain Jacket or Poncho
- Hat
- Close-toed Shoes (for in camp)
- Sunscreen, Chapstick
- Bug Spray
- Whistle
- Spending Money for Trading Post
- Bathing Suit
- Towel
- Sandals or Swim Shoes (for pool only)

Family Equipment

- Camp Chair (one per camper)

Items Not To Bring

Electronic games and devices
Radios, iPods, etc
Matches & Lighters

Laser Pointers
Personal Archery/Shooting Equipment

Items Not Allowed

Fireworks
Alcoholic Beverages or Illegal Drugs
Sheath Knives

Personal Firearms
Pets
Personal ATVs, Golf Carts, etc.

Use or possession of tobacco products by anyone under the age of 21 is illegal in Texas. All camp buildings are smoke and vaping free. The only authorized location for adult smoking or vaping is the parking lot or your personal vehicle.

Directions to C.W. Post Memorial Scout Camp

C.W. Post Memorial Scout Camp is located just outside of the City of Post, TX, at 1730 FM 669. Look for the white stone entrance and flags just off the road. You will follow this road to a red gate and the Ranger's house. Continue on through another set of gates, past the climbing towers, to the parking lot.

