2019 Cub Scout Resident Camp

May 31st – June 2nd

& June 7th – 9th

2019

Leaders Guide Book

Discovering a World of Adventure
& Leaders to Guide Us Safely

BOY SCOUTS OF AMERICA®
INDIAN NATIONS COUNCIL

Table of Contents

Camp Director Welcome Letter 5

I. PRE-CAMP PLANNING

Planning Your Resident Camp Adventure 6
Registration Requirements 6
Special Needs 6
2019 Camping Session Fees 7
Financial Assistance 7
What to Bring to Camp 7
Options Items for Your Campsite. 8
What the Camp Provides. 8
Campsite Arrangement. 8

II. CAMP LEADERSHIP

Youth Protection Guidelines 8
Guide to Safe Scouting 9
Camp Leader's Meeting 9

III. SERVICES PROVIDED BY THE CAMP

Camp Office 9
Trading Post 10
Health Lodge 10
Medical Treatment Notes 10
Prescription Medication 11
Drinking Water 11

IV. CAMP RULES & REGULATIONS

Transportation & Vehicle Storage Policy 12
Prohibited items at Camp 12
Smoking 13
General Safety Tips 13
Fire Protection 13
Liquid Fuel Policy. 13
Rope Swings & Pioneering Projects 13
Staff Housing Area 14
Pets 14
Dress Code 14
Camp Uniform 14
Footwear 14
Wildlife 14
Conservation Policies 15
Health Awareness Information 15
Sun Safety. 15

V. CHECK IN AND CHECK OUT PROCEDURES

Camp Check-in 16
Moving into Your Campsite & Touring Camp 16
Camp Check-Out 17

VI. OTHER ACTIVITIES

Campsite Program 17
Chapel Services 17

Appendix – Map and Forms. 18

Directions to Camp and Camp Map
Camp Schedule
Unit Roster
Special Needs Request Form
2019 Health Form with Parts A and B

Camp Director Welcome

May 1st, 2019

Cub Scout Leaders,

Welcome to Cub World at Zink Scout Ranch, your home for the 2019 Cub Scout Resident Camp. 2019 Cub Scout Resident Camp will be from May 31st – June 2nd & June 7th - 9th. Our volunteer staff is very excited about the Jurassic Cub World theme and the programs we will be offering in 2019.

The Leaders Guide was assembled and organized to help you plan a successful Resident Camp experience for every boy and girl in your pack! We hope that every boy and girl in your unit gets the opportunity to attend this year's camp. We encourage everyone to be fully involved in this year's theme and make lasting memories!

Our Staff is dedicated to ensuring that every Tiger Cub, Cub Scout, and WEBELOS Scout is provided the opportunity to earn advancements and enjoy the outdoor experience of camping in a safe and secure environment. While on the Zink Ranch take the time to hike the trails, visit all the program areas, and create memories that will last a lifetime!

We will see you at camp!

Yours in Scouting,

Brenda Heigl & Lisa Muttoni

2019 Cub Resident Camp
Administration Team

1. Pre-Camp Planning

Planning Your Resident Camp Adventure

Congratulations you're going to camp!

As a parent or leader, it is up to you to prepare your Cub Scouts for the best camping experience. We've included a few basic tips to help your planning.

Hold a "Pack Summer Program Meeting" to discuss Cub Scout Resident Camp. Make sure everyone is aware of Resident Camp and what they need to bring. This may be an independent meeting or occur at a pack meeting. Visit with each Cub Scout and his or her family about the Summer Camp agenda. Make sure all your paperwork is finalized, hand out information packets to the parents, secure all equipment needed for the campsite, and review the program schedule. Your Cub Scout will have the chance to grow mentally and physically, let's make this a campout of a lifetime!

Registration Requirements

The Indian Nations Council, Boy Scouts of America, provides program, facilities and services without regard to race, color, national origin, age, gender, or handicap. All persons attending camp, whether camp staff or participants must be registered members of the Boy Scouts of America. Even short-term participants must be registered members with the Boy Scouts of America. Non-registered members may attend for brief visits, but they are not allowed to participate in any of the activities/events or spend the night in Camp.

Also, no camper, youth or adult, will be permitted to stay in camp unless their full camp fees have been paid prior to the start of their camp session. Since the camp falls under the guidelines of the National Camp Accreditation Program (NCAP) of the Boy Scouts of America, only registered Cub Scouts and their parent(s) or guardian(s) may attend. Siblings are NOT allowed at Resident Camp. Packs are required to supply 2 adult leaders for every 8 youth, and 1 additional adult leader for every 5-additional youth.

Special Needs

Do you have a youth or adult attending camp with any special needs? Please complete the Special Needs Request Form and return it to the Scout Resource Center no later than May 11th, 2019.

Requests may be delivered in person, submitted via fax or e-mail to the Council Service Center.

Be sure to inform Camping Services of the type of need, i.e. physical, medical, diet, food allergies, etc.

Food allergies and dietary requests require a Special Needs Request turned in by May 11th, 2019.

2019 Camping Session Fees:

2019 Cub Scout Resident Camp costs are:

Guaranteed Shirt and Patch
Registration Deadline May 1th
Youth: $90.00
Adult: $45.00

After May 1st
Youth: $105.00
Adult: $60.00

Financial Assistance

Needs-based Financial Aid is available through camperships to help Cub Scouts and their families. Campership Application forms will be made available at the Indian Nations Council Service Center and are due by April 1st, 2019.

Financial aid will not pay the entire camp fee. While the family, Pack, and/or chartering institution should pool their resources first, a financial aid request may assist with up to 50% of the camp costs.

In 2019, campership with a maximum value of 50% of the camp cost will be made available to youth in Packs who are actively selling 2018 Popcorn and 2019 Camp Cards.

What to Bring to Camp

Please feel free to use this as a simple guide. Remember you are camping for two nights and three days' worth of activities. Be prepared for warm weather, cool nights, and possibly rain.

- ☐ Health Form, Part A & B (completed and current)
- ☐ Medication (if applicable)
- ☐ Official Scout Uniform
- ☐ Tent
- ☐ Sleeping Bag or bedroll
- ☐ Pillow
- ☐ Camp T-Shirt (1 provided with registration at check-in)
- ☐ Extra shirts, shorts, underwear, socks, etc.
- ☐ Pajamas
- ☐ Sweater or light jacket
- ☐ Jeans or long pants
- ☐ Swimming suit (1-piece suit for females)
- ☐ Sunscreen
- ☐ Day Pack
- ☐ Canteen / Water Bottle
- ☐ Raincoat or Poncho
- ☐ Paper & writing utensils
- ☐ Hiking boots & Tennis shoes
- ☐ Hat or Cap
- ☐ Handkerchief
- ☐ Water Shoes/ Shower Shoes
- ☐ Bath Towels
- ☐ Toothbrush & Toothpaste
- ☐ Shampoo, Soap, Comb
- ☐ Flashlight & Extra batteries
- ☐ Scout Handbook
- ☐ Spending Money for the Trading Post

Optional Items for your campsite:

- American & Pack Flag
- Pack First Aid Kit
- Large Water Containers
- Disposable Drinking Cups
- Tarp or Dining Fly
- Rope & Binding Twine
- Lock Box for Pack Valuables
- Bow Saw, Rake, & Shovel

- Battery Powered Lanterns
- Medication Lock Box
- Mosquito Repellent (Non-Aerosols)
- Camera
- Sunglasses
- Sewing Kit
- Trash Bags

What the camp provides:

The campsite you will be assigned to use during your stay, will include the following:

- Tent Platform (concrete foundation)
- Picnic Table
- Flushing Toilet Latrines with Hot Water Showers

Campsite Arrangements:

We will make every effort to camp your Pack together. A Pack must register together, in order to be considered for the same campsite. If individuals register separately we cannot guarantee they will camp in the same campsite. We will not be able to accommodate everyone without the cooperation of our Packs. Please remember that BSA Policy states: When staying in tents, no youth will stay in the tent of an adult other than his or her parent or legal guardian. We appreciate your understanding and help with this Youth Protection policy.

II. Camp Leadership

Youth Protection Guidelines

Our nation's greatest asset is our youth, and Scouting is pledged to protecting and nurturing our children. Any camp leader or staff member who suspects, knows of, or witnesses a child being abused at camp, or at a unit meeting or activity is mandated by the state of Oklahoma to notify proper officials. While at camp, all suspected child abuse incidents (i.e. neglect, physical, emotional, sexual) must be reported to the Camp Director immediately. All reports are kept confidential.

Consistent with Youth Protection Guidelines, adults must not stay in tents or shower with youth members. Anyone caught or suspected of doing so will be asked to leave camp property immediately. The only exception to these policies is the right of a parent to share a tent with their own child. it is recommended that parents do not exercise this right at camp. Doing so helps to ensure that their son receives the maximum benefit possible from his or her camp experience, this prevents any unnecessary misunderstandings or awkward situations.

The Indian Nations Council requires that ***ALL leaders complete Youth Protection training***. The course is free and can be completed online. This can be done by visiting the national website for the Boy Scouts of America and following the directions in creating a free online Scouting account. You do not have to be a registered member or have a member ID to take Youth Protection training. To learn more visit: http://www.scouting.org/Training/YouthProtection.aspx

Guide to Safe Scouting

All units are required to retain a current copy of the ***Guide to Safe Scouting***. The most current edition may be found at the national website for the Boy Scouts of America: http://www.scouting.org/Home/HealthandSafety/GSS.aspx

Camp Leader's Meeting

The Camp Leader's Meeting will take place on Friday at 12:45 PM in the Dining Hall. General information and any changes to the Camp Schedule will be covered at that time.

III. Services Provided by Camp

Camp Office

The Central Camp Office is located at the Cub World Welcome Center and is open daily from 7:30am to 10:30pm. The office staff is eager to meet the needs of any leader. The following are important things to know about the office:

- The "Lost and Found" is located here.
- All participants must check in and out with the office when arriving to or departing from camp.
- Trash bags and toilet paper for each campsite are picked up here.
- Report any emergencies to the office immediately. Office staff will notify the proper personnel.
- Cub Scouts are encouraged to stay out of the office except in cases of emergency.

Trading Post

The Zink Ranch Trading Post, located at the Babbitt Cub World Dining Hall, is stocked with various souvenirs, t-shirts, patches, camping gear, refreshments, and personal toiletries. Hours of operation are:

8:30am to 11:30am
12:45pm to 5:30pm
7:00pm to 9:30pm

Packs are encouraged to operate a “bank” to hold money for their Scouts while at camp. We encourage small bills ($1, $5, $10) to be used at camp. The Trading Post will not make change for larger bills.

We will be able to except credit cards this year via a paper credit card machine. The purchases will be processed the week following your Resident Camp Session.

All personal items and spending money should be kept secure while at camp. The Camp is not responsible for securing or for the loss of personal items. It is the responsibility of each Pack to keep track of all personal property while at camp.

Health Lodge

The Health Lodge is located just off the Main Parking Lot in the Welcome Center for emergency assistance 24 hours a day. Camp medical personnel will assist you with any medical emergency during the session. If the medical personnel are not in the Health Lodge upon your arrival, their location will be posted on a sign outside the Health Lodge door.

Medical Treatment Notes

Each Pack must provide transportation to and from the Health Lodge and local health facilities in non-emergency situations. If transportation is not available from the Pack, check with the Camp Director, or the Program Director for assistance.

Prescription Medication

All prescription medication must come to camp in the original bottle from the pharmacy.

The label must contain:

- The Camper’s Name
- Date of Prescription
- Doctor’s Name and Phone Number
- Correct Dosage

<u>No handwriting will be allowed on prescription medication bottles.</u>

<u>All over the counter medication must come to camp in the original containers</u>.

The taking of prescription medication is the responsibility of the individual taking the medication and/or that individual’s parent/guardian. A Scout leader, after obtaining all the necessary information, can agree to accept the responsibility of making sure a Scout takes the necessary medication at the appropriate time. BSA policy does not mandate nor necessarily encourage the Scout leader to do so.

All Prescription medication must be accompanied by a note from a parent or legal guardian giving permission for the medication to be administered by the Scout leader or Health Officer at camp.

Everyone should be familiar with basic first aid. ***It is important that each PACK is prepared to treat minor cuts, scrapes and abrasions.*** Bandaged wounds should be kept clean to aid in preventing infection, especially in an outdoor-setting. The following is a list of recommended contents for a Pack first aid kit:

- One 4" Roll of Bandage
- One 2" Roll of Bandage
- Two Rolls of 1" Tape
- Two Triangular Cravats
- Four Elastic Bandages
- Antibacterial Soap
- One Box of Assorted Band Aids
- Twelve 4x4 Sterile Pads
- Scissors
- Six Pairs of Latex Gloves
- Needle and Tweezers
- Safety Pins
- Sunburn Lotion
- Tylenol/Non-Aspirin Tablets
- Index Cards
- Scotch Tape

Drinking Water

There are drinking fountains outside the central latrines. Campers and staff members are always encouraged to drink lots and lots of water. While soda, Gatorade, and bottled water may be available at the Trading Post, it is important to keep hydrated especially during hot weather. Cub Scouts should be encouraged to drink at least one gallon of water a day outside of meals. Packs are encouraged to bring water storage containers to camp and keep them filled with water for their Cub Scouts.

Campers should bring a water bottle with them to camp and should always carry it with them. Cold drinking water will be available in each Program Area during the day and the youth will need to drink water each time they enter a Program Area.

IV. Camp Rules and Regulations

Transportation & Vehicle Storage Policy

Walking is the mode of transportation at camp.
Driving to Program areas is prohibited unless permission is given by Program Director

The drivers of vehicles on the ranch must be at least 18 years old and possess a current driver's license. All vehicles transporting Cub Scouts and leaders must have adequate insurance. Boy Scouts of America regulations prohibit using the cargo area of trucks (including camper shells) and trailers for the transportation of passengers; riding on the tailgates of station wagons is also prohibited. Please cooperate by keeping your Cub Scouts off such equipment. Each occupant should have and use a seat belt.
Cub Scouts are encouraged to wear their uniforms when traveling to and from camp.

Once arrived at camp, vehicles are to remain in the designated and approved parking areas only.

Vehicles are not allowed in campsites per safety policies set by the Boy Scouts of America.

Posted Speed Limit of 25 mph within Zink Ranch Property
& 15 mph inside CubWorld

Prohibited Items at Camp

The Boy Scouts of America has specific policies guiding the safety of youth and adults in our programs. The following items are prohibited on camp property:

- Drugs & Alcohol
- Fireworks
- Personal firearms and personal archery equipment.

Persons caught with and or with suspicion of possessing these items will be asked to remove said items from Camp Property. It is the responsibility of Pack Leadership to share this information with all parents participating with the camp.

Regarding personal firearms, archery and sheath knives:

Firearms, regardless of a person's carry and conceal permit are prohibited on BSA Council property. The Council, through trained and approved leadership will run firing ranges that meet the safety standards set by the Boy Scouts of America. Equipment used on the ranges is provided by the Council for the convenience of our campers.

Experience over the years has taught us that youth and sheath knives are not a wise combination. Please insure that this type of personal equipment is left at home, and not brought to camp by your youth or adult leaders. A small pocketknife is just as effective.

Smoking Policy

Smoking is not allowed in program areas or campsites. If you must smoke, please keep it out of view of the Cub Scouts. This is also the policy for smokeless tobacco and electronic cigarettes.

General Safety Tips

The following are general guidelines and safety policies all camp participants are expected to follow.

I. Always hike in groups of four or more. Cub Scouts need their leader's permission before going hiking.
II. Note their route and ask then when they plan on returning to the campsite.
III. Always Wear shoes to prevent cuts and bruises. ***NO OPEN TOED SHOES***
IV. Keep the latrine and campsite areas clean and free from hazards.
V. Please place trash in trash cans.

Fire Protection

In case of fire, notify the Camp Office immediately. Do not attempt to fight any fires yourself! Fires are only permitted in designated Camp Fire Rings, with adult supervision. Shovels and water pails are required on site before lighting any camp fires. We adhere to all local regulations, in accordance with the Oklahoma Forestry Service.

Liquid Fuel Policy

The use of liquid or jellied fuels such as, gasoline, oil, sterno, or kerosene for lighting, cooking, generators, or motors (other than automobiles) is prohibited at camp. The storage of any type of liquid fuel in Pack campsites is not allowed and strictly prohibited. The Council Health and Safety, Risk Management, and Camping Committees have agreed that the storage and/or possession of such fuels constitute a safety hazard to our Scouts at camp. There will be no exceptions to the above policy.

Rope Swings & Pioneering Projects

Due to their inherent risk, rope swings are prohibited at camp. All monkey bridges and pioneering projects constructed at camp must have the prior approval of the Camp Director.

Staff Housing Area

Scouts and Pack Leaders are not permitted in camp staff housing areas. Remember that these areas are home to the CRC Staff while they are at camp. The staff deserves just as much privacy in their living areas as your Pack deserves in its campsite.

Pets

Pets of any kind are **not** allowed on Camp property. Likewise, do not claim the wildlife as your pet(s).

Dress Code

Camp uniform:
Throughout the day, Cub Scouts and Leaders are encouraged to wear the official camp T-shirt, provided with all paid registration, as part of the Pack's uniform. The field uniform (commonly known as Class A) is preferred at dinner and at closing flag ceremony. Packs are encouraged to wear their Pack t-shirt(s) for use at the opening and closing campfire.

As a reminder, a scout is morally straight and reverent. No tube tops, short shorts, racing Speedos, or two-piece swim suits. Dress should be appropriate to the camping experience and should never be in question.

Footwear

No Open Toed Shoes.

Campers should always wear shoes outdoors. Zink Ranch is home to many outdoor creatures. For the safety of all, only closed toe shoes are allowed. Always check foot gear for spiders, scorpions, etc. before putting on. A lack of appropriate foot gear is grounds for dismissal from camp.

Wildlife

Zink Ranch is home to many kinds of wildlife. Please read and share the wildlife plan distributed at check-in. Hunting or harming wildlife is not permitted. Only your Camp Nature Staff is authorized to collect and display wild animals. There are some varieties of harmful snakes in the region, and it is best to avoid non-program related interaction with all wildlife while at camp. If you have an unwelcome snake or any other critters in your campsite, please contact the Camp Office and steps will be taken to address the situation. Collection of claws, feathers, and other parts from birds are strictly prohibited. Remember that federal law protects birds of prey and possession of their parts is punishable by fines or imprisonment.

CONSERVATION POLICIES

- Do not cut or deface any trees.
- Do not hike trails that are marked "Closed" and do not cut across switchbacks.
- Only conduct conservation projects that have approval of the Camp Management.
- Never leave a fire unattended! Make sure to put it "dead out" with water and dirt.
- Please leave your campsite cleaner than you found it.
- Please pick up any trash you find along the camp trails.

HEALTH AWARENESS INFORMATION

BSA Health Form Part A & B must be turned in upon arrival at registration.

For all health concerns please see the Camp Nurse or your private physician.

DEHYDRATION

The most common ailment at camp is dehydration. Common symptoms include:

- Nausea
- Vomiting
- Fatigue
- Head ache
- Diarrhea
- Over heating

Be sure to drink Lots and Lots of…WATER!!!

SUN SAFETY

The American Academy of Dermatology advises the following tips against damaging UV rays:

- Limit exposure to sun between 10AM and 4PM when the sun's rays are the strongest.
- Generously apply sunscreen with the sun protection factor (SPF) of at least 15 and reapply every two hours when outdoors, even on cloudy days.
- Wear protective, tight woven clothing, such as a long-sleeved shirt and pants.
- **Wear a 4-inch-wide broad brimmed hat and sunglasses with UV protective lenses.**
- Stay in the shade whenever possible.
- Avoid reflective surfaces, which can reflect up to 85 percent of the sun's damaging rays.
- **Don't forget the sunscreen!**

V. Check-in and Check-out Procedures

Camp Check-in

Check in is from 9:00am to 11:30am Friday Morning. Friday lunch and dinner will be served to all campers.
If you need to arrive at a later time, please contact:
Brenda Heigl, Camp Director, at (918) 851-2924 or bjheigl@gmail.com, before camp starts.

As a Unit:

Upon arrival at Zink Ranch, the unit's top leader must report to the Camp Office located in the Welcome Center. The top leader will be requested to present the following:

1. Verification of participants on the camp roster
2. All Health Forms must be turned into the Health Lodge and any medications

   (The Pack Leader will report for the Leader's Meeting Friday at 12:45pm in the Dining Hall to receive schedule updates or changes.)

As an Individual:

Upon arrival at Zink Ranch, individuals are to report to the Camp Office for the following procedures:

- Verification of participant on camp roster or camper departure notices
- Fee payment (if needed)
- Location of Unit (Campsite or program area)
- Check– in at the Health Lodge to turn in Health Form(s) and any medications.

Moving into Your Campsite and Touring Camp

The Camp Staff will need to be informed of any needed repairs to your campsite. You will be allowed to drive your gear to your campsite. **The Speed Limit within Zink Ranch Property is 25mph & 15mph inside Cub World, NO EXCEPTIONS**. Be aware of youth walking the roads in camp and stay on improved or gravel roads only. Do not attempt to drive into the campsites as you may get stuck and for the safety of the youth. After unloading your gear all vehicles **MUST** be parked in the appropriate parking lot. Absolutely no vehicles are allowed in campsites. Late arrivals must be prepared to walk their gear in from their designated parking area.

Camp Check-out

As an Individual:

If it becomes necessary for a camper to leave camp before the end of the camping session, the following is required:

- Report to the Camp Office with the Den or Pack coordinator.
- Sign out on designated form.
- If removing a Cub Scout from camp: the adult, whether parent or guardian must be listed on the youth's Health Form as an approved adult to transport the Cub Scout to and from Scouting events. If authorized, the adult removing a Cub Scout will list their name, their Driver's License number, name of Cub Scout along with day and time of check-out. The Camp Director will sign the Camper Departure Notice.

Individuals checking out after 10:00pm and before 8:30am must report to the Health Lodge, which is in the Visitors Welcome Center.

As a Unit:

- Pack up all gear and trash. As role models for your unit be sure to lead by example and keep a clean campsite. The phrase "If you carried it in, then carry it out" is a great way to remember.
- Check-out at the Welcome Center. A check out packet will be provided with Health Forms, camp patches, etc. Turn in your camp evaluation form, and you're on your way!
- Don't forget to pick up any medication at the Health Lodge.
- Have a safe trip home.

VI. Other Activities Available

Campsite Program

Challenge another Pack to an Indian leg wrestling competition! Get to know your neighboring packs and fellow scouters! Tie some knots! Get together with another Pack and cook dump cake! Find a squirrel! Come up with your own ideas for things to do!

Chapel Services

When: Sunday Morning after breakfast
Where: Camp Chapel Services will be held in the Amphitheater.
Notes: All Cub Scouts, Webelos, and Leaders are encouraged to attend this non-denominational "Scouts Own" vesper services

APPENDIX

Attached are the following forms:

- Directions to Camp and Camp Map
- Camp Schedule
- Camp Menu
- Unit Roster
- Special Needs Request Form
- 2019 Health Form with Parts A and B