



# BOY SCOUTS OF AMERICA®

## HEALTH AND SAFETY TEAM

Health and Safety Newsletter, Winter 2013

### Winter Driving Safety Tips

Winter driving can be dangerous, but the following tips can go a long way toward keeping you safe:

-- -- Clear ice and frost from all windows and side mirrors. Clearing just a peep-hole restricts vision and is against the law in some states.

-- -- Clear the entire vehicle of snow. Snow left on the roof and hood can easily end up on your windshield or rear window, obstructing your view.

-- -- Slow down. Posted speed limits are meant for ideal conditions. Reduce your

speed when encountering wet or slick road conditions even if operating a four-wheel drive vehicle.

-- -- Leave extra space between you and the vehicle in front of you.

-- -- At the first sign of brake lights, start slowing down. Try to avoid slamming on the brakes.

-- -- If you have anti-lock brakes, do not pump them. Keep constant, firm pressure on the brake pedal until the vehicle comes to a complete stop.

-- If you start to skid, take your foot off the

pedal and steer in the direction you want the vehicle to go. Do not hit the brakes or accelerate.

For more winter driving tips, go to:  
<http://ntsi.com/quick-links/safety-articles/winter-driving/>



### Sky Lanterns—Beautiful but Dangerous?

What combines fire, light, miniature hot-air balloons, and potential dangers...sky lanterns! They are also known as paper, floating, Chinese, or Kongming lanterns. As a result of a few recent movies, there has been a renewed interest in these ancient military devices, first deployed at the turn of the 3<sup>rd</sup> century. The lanterns later became popular with children and were used in celebrations, carnivals, and festivals. Unfortunately, the release of a sky lantern also has been determined to conflict with fundamental Scouting safety principles that relate to fire management, in particular the Firem'n Chit certification and Unit Fireguard Chart, both of which require fires to be attended at all times. In several locations around the country, groups and individuals including Scout units have been denied permission or asked to discontinue events where they have been released.

Sky lanterns are basically a small, unmanned hot-air balloon. The lantern is a wire or bamboo frame with a paper shell. It has a candle or other fuel source in a holder at the bottom of the balloon. The flame creates the hot air that makes the lantern float, and it adds a glow to the



lantern as it floats through the air. These can travel up to a mile or more depending upon the local winds and atmospheric conditions.

Often, many local fire jurisdictions adopt by reference, model fire codes designed to help protect people and property. One such code is the International Fire Code (IFC). The IFC, like Scouting, states that all "recreational fires" must be attended by a person at all times until they are completely extinguished. Since a sky lantern is allowed to float away as the air inside the lantern rises in temperature, the flame inside the sky lantern cannot be constantly attended by a person until it is extinguished. The sky lantern is free to float to wherever the air currents take it. If a sky lantern is caught in a tree or lands on a roof and the fire spreads to whatever it gets caught in, this could turn into a tragic event.

Much of this  
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# Annual Health and Medical Record: Changes and Jamboree AHMR

The new AHMR will have several changes that most notably include a bilingual format. There are additions and changes to Parts A, B, C and D, as well. Please be sure to fill out each section completely and carefully. For more information, on the BSA AHMR, go to: <http://www.scouting.org/scoutsource/HealthandSafety/ahmr.aspx>

## Jamboree AHMR Updates:

The system for submitting your AHMR for the 2013 Jamboree is now available!

Jamboree participants may access the new online medical form from their Jamboree Registration Dashboard. A user's guide for completing and submitting the AHMR may be found at:

[https://my.scouting.org/\\_wcf/Utility/Image/Get/ada5485b-ec09-458f-9d4b-cd5b3613abe6/ToolHelp/1355410216873](https://my.scouting.org/_wcf/Utility/Image/Get/ada5485b-ec09-458f-9d4b-cd5b3613abe6/ToolHelp/1355410216873)

All jamboree participants, adult leaders and staff must complete and submit their health history online, then print out and take Part C to their physician. Part C

and a copy of your insurance card will then need to be mailed to the address provided. For the 2013 Jamboree, the BSA Annual Health and Medical Record must be dated no earlier than August 1, 2012 and no later than April 15, 2013.



## Winter Activity Safety

Winter provides Scouts with a wonderful and unique opportunity to enjoy the outdoors. However, potentially extreme weather conditions, frigid temperatures and unique hazards associated with outdoor winter activities require careful and conscientious planning to ensure these activities are performed safely.

The most common errors people make during cold-weather activities include not eating the right kinds of foods, not drinking enough water, not having adequate clothing, and being unaware of the signs of frostnip (1st stage of frostbite) and frostbite.

"One of the best ways to remember what is appropriate to eat when you are spending extended periods of time outside in cold weather is to use good nutrition to 'build the fire

within," says Dave Bates, experienced outdoorsman and former head of the Boy Scouts of America's Camping Service. "Make sure your food consumption includes sugars, which act like a fire starter, carbohydrates and proteins, which act as kindling, and fats that produce the energy needed to keep the fire burning and your body running at peak performance," says Bates. "Stay away from caffeinated drinks such as soda, coffee, and tea; drink plenty of plain water or sports drinks to keep yourself properly hydrated," says Bates.

To avoid these and other similar safety

hazards this season, the BSA is sharing its tried-and-true winter safety tips. These commonsense tips can help winter campers, skiers, outdoor enthusiasts, and families who make highway travel plans to "be prepared" for winter hazards.

"'Being prepared' isn't just for Scouts—proper planning is the critical first step for any outdoor outing or excursion," says Bates. "Before embarking on your next cold-weather outing, don't forget to pack a positive attitude, pace yourself, and warm up to these easy-to-remember, but often overlooked, safety tips."

### TOP OUTDOOR SAFETY TIPS FOR THE C-O-L-D

Keeping warm is the most important part of cold-weather camping and outdoor activities. Use the C-O-L-D method to stay warm.

#### - C - Clean

Since insulation is only effective when heat is trapped by dead air spaces, keep your insulating layers clean and fluffy. Dirt, grime, and perspiration can mat down those air spaces and reduce the warmth of a garment.

#### - O - Overheating

Avoid overheating by adjusting the layers of your clothing to meet the outside temperature and the exertions of your activities. Stay hydrated by drinking plenty of water, and refrain from drinking caffeinated drinks that act as diuretics.

#### - L - Loose Layers

A steady flow of warm blood is essential to keep all parts of your body heated. Wear several loosely fitting layers of clothing and footwear that will allow maximum insulation without impeding your circulation. Having clothing that is bright colored (orange or red) is also a good idea, so hunters and sportsmen can see you in snowy conditions. Always have a hat and wear it.

#### - D - Dry

Sweaty, damp clothing and skin can cause your body to cool quickly, possibly leading to frostnip and hypothermia. Keep dry by avoiding clothes that absorb moisture. Always brush away snow on your clothes before you enter a heated area. Keep clothing around your neck loosened so that body heat and moisture can escape instead of soaking through your layers.

#### Prepare for icy temperatures

Select bright thermal clothing that can be layered as the weather changes. When hands and feet begin to chill, it's time to put on a hat. Hats help trap body heat by preventing it from escaping through your head. Wear suitable shoes for walking on frozen ground or ice, and don't forget other essentials like mittens, gloves, and scarves/neck warmers.

#### Find supplies for campfires

Prior to sundown, find tinder and wood necessary for starting and maintaining a campfire.

#### Know the area

(continued on page 5)



# Youth Suicide

Youth suicidal behavior is a significant problem in the United States, yet is one that is often preventable. In order to save the life of a youth at risk, it is important to understand the severity of the problem, understand major risk factors, recognize possible warning signs, incorporate a wide range of interventions, and seek professional help when appropriate.

## Facts about suicide:

For youth aged 10 to 24 in 2009, the following applied:

- 4630 died by suicide
- Suicide was the third leading cause of death
- For every 100,000 youth aged 10-14, 1.3 died by suicide. That number rises to 7.8 per 100,000 for those aged 15-19
- Male youth die by suicide over four times more frequently than female youth
- 45% died through the use of firearms while 40% died through suffocation
- The suicide rate among youth has increased more than 200% in the last 50 years

*"For every completed suicide, it is estimated that there are around 25 suicide attempts"*  
*www.teensuicide.us/*

## Facts about suicidal thoughts, plans and attempts:

- 6.3% of youth have attempted suicide one or more times in the previous 12 months
- 1.9% reported having made a suicide attempt in the previous 12 months that resulted in an injury, poisoning or overdose that required treatment by a physician
- 10.9% reported having made a plan for a suicide attempt in the previous 12 months
- 13.8% reported having seriously considered attempting suicide in the previous 12 months

## Risk and protective factors for youth suicide:

While risk factors do not cause suicidal

behaviors, researchers have found that youth with risk factors are more likely to engage in suicidal behavior while youth with protective factors are less likely.

### Risk factors for suicidal behaviors:

1. Mental illness and substance abuse disorders
2. Previous suicide attempts
3. Fire arms in a household
4. Non-suicidal self injury (e.g. cutting)
5. Exposure to friend or family member suicidal behavior
6. Low self-esteem
7. Having close proximity of the means to kill oneself
8. Severe depression
9. Loss of a loved one
10. Medical problems
11. Family rejection
12. Guilt
13. Sleep or eating problems
14. Being unaware or unwilling to use resources and support systems available

### Protective factors:

1. Family and school connectedness
2. Reduced access to firearms
3. Safe schools
4. Academic achievement
5. Self-esteem
6. Active involvement with groups that promote positive self-esteem and a sense of achievement such as the Boy Scouts

### Suicide Warning Signs

It is important to take warning signs of teen suicide seriously and to seek help if you think a teenager might be suicidal. Warning signs to watch for include:

- Having a clear plan for suicide
- Withdrawing from friends and social

activities

- Exhibiting a dramatic change in behavior
- Giving away prized possessions
- Losing interest in one's personal appearance
- Expressing a sense of hopelessness
- Loss of interest in schoolwork and/or declining grades
- Evidence of substance abuse
- Risk taking behaviors

### How to help someone who is suicidal:

1. Take every threat seriously
2. Don't fear asking whether the person has considered suicide
3. Listen and accept the person for who they are and where they are
4. Help them confront crises in their life in manageable doses
5. Help them find out the facts
6. Don't give false reassurance
7. Discourage blaming others for any problems
8. Seek professional help

### For more information contact the following:

American Association of Suicidology at [www.suicidology.org](http://www.suicidology.org)

American Foundation for Suicide Prevention at [www.afsp.org](http://www.afsp.org)

Center for Disease Control at [www.epo.cdc.gov](http://www.epo.cdc.gov)

National Suicide Prevention Lifeline at [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



## Champions Start with Breakfast

So...how did *you* start your day today? A double latte' at Starbucks? Cereal and milk? Coffee and a sweet roll? A biscuit sandwich at McDonalds? Funyuns and an orange crush? Or – nothing at all?

You've heard it many times before: breakfast *is* the healthful way to start your day. Forty years of breakfast-related studies show that a *healthy* breakfast improves both mental and physical performance of *everyone* – children, teens, adults, and athletes. Breakfast-skippers generally perform and train less effectively, fatigue more quickly, and have more trouble concentrating at work, school, or study. So, why is it that breakfast tends to be the most neglected meal of the day? *I don't have time, I'm not hungry in the morning, I'm trying to lose weight, I don't like breakfast food* – all are common excuses this most important jump-start to your day is skimmed upon.

Here are some solutions to hopefully help you get around those breakfast barriers. First of all, you *do* have time. You always can make time for what is important and it's important that your muscles and brain are properly fueled to tackle the challenges of the morning. Start by planning ahead. Either allow 10-15 minutes extra time before leaving home or plan a "grab-n-go" breakfast. A yogurt and piece of fresh fruit or muffin, a bag of granola with nuts and raisins, ½ peanut butter/banana sandwich on whole wheat with a glass of low fat milk are just a few ideas of easy, nutritious and portable breakfast options.

If you are not hungry when you first get

up, start with a glass of orange juice – packed with vitamin C, potassium, and healthful carbohydrates. Then, either have your breakfast "on-the-run" or once you get to where you are going. Two to three hours after waking is perfectly fine for breakfast – just keep it healthy!

Trying to lose weight by skipping breakfast is probably the quickest way to sabotage your diet. Research has shown that when you skip that first meal of the day, your body spends the rest of the day trying to catch up on those missed calories, usually over-shooting the mark by the end of the day. A healthy carbohydrate and protein-based breakfast not only fuels your muscles but keeps you from getting too hungry, at which point you don't care about *what* you eat and often end up blowing your diet on junk food, cheating yourself of the nutrients you need for top performance.

By eating every 3 to 4 hours, you are keeping your blood sugar at a steady level so your appetite is kept in check and your energy is there when you need it.



So, *what are* the best breakfast choices?

Hot or cold whole grained cereals with low fat milk and fruit or juice will give you the most bang for your buck. This will provide you with complex carbohydrates, fiber, protein, calcium and many other vitamins and minerals you may miss by skipping this important meal. Other high-energy, healthy choices are:

- Pancakes, waffles, or French toast with syrup, juice and low fat milk
- Yogurt with granola and fruit
- Hard or soft-cooked egg, whole wheat toast, juice
- Whole-grained bagel with peanut butter, fruit
- Yogurt and fruit smoothie

Don't get hung up on thinking you must have "traditional" breakfast foods. Some non-traditional breakfast choices might include:

- Left over casserole or pizza
- Toasted cheese sandwich
- Leftover rice with low-fat milk, cinnamon and raisins
- Baked potato with cheese

Be creative! The most important thing is that *any* breakfast is better than none at all!

Give your muscles and brain the fuel they need to start your day in top performance condition. The rest is up to you!

## Choosing the Proper Foot Gear

Our feet are a marvel! How each foot functions with 26 bones, 109 ligaments and numerous muscles is amazing. The fact is that they all work together perfectly to cope with rough terrain and prevent injury. Our feet often find themselves in a bad way after 12,000 steps a day of normal walking. Imagine how they feel after hiking with heavy packs or running which put 3-4 times the stress on each foot. It's amazing more problems don't develop.

Activities, from water sports to mountain climbing, should determine the type of boot or shoe you wear. Walking in water a protective water shoe will prevent

breaking the skin and getting an infection. A non-skid shoe as needed when walking on a motor boat or sailboat. For hiking on uneven or hilly terrain, a hiking boot is the best choice. The jury is still out on split toed shoes, 5 fingers shoes or barefoot running. But if the proper time and preparation is used, you can ensure a great time doing any activity.

### Boot Fitting



- Since each boot fits differently, be sure to try on the boot. Sizing can vary by manufacturer.
- Try both boots on at the same time and fit to the larger foot. A spacer can be inserted for the smaller foot. (continued on page 5).

## Sky Lanterns

(Continued from page 1)

information was contained in a recently released BSA - *Health and Safety Alert*, which highlights both the dangers associated with sky lanterns and the legal and (continued from page 1) financial liabilities that are associated with a release. If you are in doubt about the

law and what applies in your area, contact your local fire department.

Additional information may be found at: [http://en.wikipedia.org/wiki/Sky\\_lantern](http://en.wikipedia.org/wiki/Sky_lantern)

<http://mynorthwest.com/11/695901/Fire-danger-prompts-ban-of-sky-lanterns>

<http://online.wsj.com/article/SB10001424052702303292204577519300733291684.html>

<http://www.scouting.org/sitecore/content/Home/HealthandSafety/Alerts/SkyLanterns.aspx>

## Winter Activity Safety

(Continued from page 2) Thoroughly research the area where you are planning to go, or go with someone who knows the area and may have camped there before. Be mindful of potential avalanche areas or unstable ice.

### Travel with a buddy

Groups of four to 10 are an even better idea. Should a problem arise, such as injury or hypothermia, someone can stay with the injured person(s) while others seek help.

### Watch for frostnip and hypothermia

Keep an eye on friends and fellow campers. If the areas around the eyes and lips, or the lips themselves, begin to turn grayish white, the person may be experiencing frostnip. Signs of confusion, inaction, and shivering are all progressive signs of hypothermia (overexposure to winter elements). If you get cold, huddle up or sit by

the fire. Action and movement will also stimulate blood flow and distribute warmth throughout the body.

**Source:** 2003 BSA Press Release - "*Be Prepared*" for Winter Safety

- *Eight Essentials for Staying Warm While Cold-Weather Camping* - October 16, 2012 [www.scoutmagazine.org](http://www.scoutmagazine.org)

- *Winter Sports Safety* - Guide to Safe

### Additional Resources Regarding Winter Activities:

- *Winter Camping Safety* - Guide to Safe Scouting

- *Eight Essentials for Staying Warm While Cold-Weather Camping* - October 16, 2012 [www.scoutmagazine.org](http://www.scoutmagazine.org)

- *Winter Sports Safety* - Guide to Safe Scouting

## 2013 H&S/Risk Management Conference

Join us at Philmont Training Center for the BSA's premier H&S/Risk Management Conference and Workshop, which is designed to give participants the tools and information they need to ensure the physical and mental well-being of participants in the Scouting program, lead efforts to instill the values of personal fitness and accident, injury, and illness prevention, and protect the people, property, and environment of the Boy Scouts of America.

Participants will conduct exercises in hazard and risk identification, analysis, and resolution using the latest in program hazard analysis techniques; conduct an accident investigation and analyze to prevent future occurrences; learn to establish or maintain effective health and safety and risk management committees; and understand insurance and compliance issues. The course is designed for district, council, and regional health and safety and/or risk management committee members; members of camp visitation teams; program, camping, training, or other key volunteers; and professionals who have health and safety or risk management responsibilities.

The conference is August 11-17, 2013 (week 10), at Philmont Training Center. For additional information, visit the

[PTC website](#) 

## Preparing for Summer Fun

Cold weather getting you down? Now is the perfect time to begin preparing for warm weather water activities by completing the Safety Afloat and Safe Swim Defense online training programs. To access the training, log into your account on MyScouting.org, then go to E learning under the training section.

## Choosing the Proper Foot Gear

(Continued from page 4)

- Boot shopping should be done with the same socks that will be worn while wearing boots.
- Place your foot into the boot while it is unlaced and slide your foot forward. You should be able to place one finger behind your heel with the toes touching the front of the boot.
- Lace up both boots and double lock the lace halfway up, above the eyelets and before the hooks.
- You should be able to stand on a 30° incline without touching your toes.
- Walk around the store for a while to

ensure that toes are not cramped and that the heel does not slip.

- Wear the boots around the house for a week to make sure they will work and in case you have to take them back.

The 2 sock system is the ideal to wick away moisture, prevent blisters and provide comfort. Use a polypropylene inner sock and a padded wool, wool blend, or synthetic outer sock. Cotton socks will not wick away the moisture and will cause blisters. Choosing the proper boot and proper fitting socks will help ensure that you will have a fun outing.