

2017 National Scout Jamboree in Review

The 2017 National Scout Jamboree is in the history books, as one would say. The Safety Service, which was well represented with staff from the National Health and Safety Support Committee, along with the Fire Marshal and Program Safety staffs, managed to have a successful and rather safe jamboree.

The weather really cooperated with us this year, helping to keep down the heat illness concerns. The return of some really super safety staff members who are well-seasoned and know how to get the job done was a plus!

The collaborative efforts of all three staffs enabled the review of more than 120 program hazard analyses (PHAs)—more than at any previous jamboree—and ensured the PHAs were being implemented by the jamboree’s four major areas: Administration, Logistics, Operations, and Program.

The Safety Service also collaborated with Dr. John Lea and his medical team as they collected and shared injury and illness data on a daily basis from the many activities and events. This helped in Safety Service’s ability to collect and verify the submitted incident reviews. It also helped the Safety Service take action where further incidents could be prevented with changes in process or physical environment.

As we look ahead to the 2019 World Scout Jamboree and the 2021 National Scout Jamboree, the Safety Service will seek to further the promotion of the BSA holding the *safest* jamborees ever.

Sven Rundman III



Winter Activities

While winter does not officially begin until the solstice on Thursday, December 21, winter activities may start much sooner, depending on what part of the country you live in.

For guidance on keeping those activities safe, see Section XI of the *Guide to Safe Scouting*, "Winter Activities." There you will find information on winter camping safety, as well as winter sports safety.



A review of incidents reported over the last three years reveals few surprises as to the types of activities where Scouting participants get hurt. Skiing, snowboarding, skating, and tubing lead in terms of the types of activities where incidents occur during the winter months.

Are these preventable? In some instances, yes. However, accidents do happen, but there are ways to mitigate the risk of injury from any one of these activities. Ask yourself, "Do I (or does my unit) have the necessary skills for this activity?"

In Scouting, we test skills in several areas. We do a swim test for aquatics. We test skateboarders at the Summit. You need to self-test for winter activities by covering the following questions:

- Do I know my surroundings?
- Have I inspected the area? Is the slope or hill relatively free of trees, stumps, or other fixed objects?
- Do all participants have the proper equipment and clothing, such as helmets, hats and gloves, etc.?
- Finally, is there proper supervision and is the buddy system in place?

None of the items mentioned above are new. It's just that we all need a gentle reminder prior to undertaking outdoor winter activities where the cold weather replaces heat as a possible culprit and ice and snow become the terrain one has to navigate. The risk is there.

The internet is replete with winter camping tips, and we encourage you to take advantage of all winter activity/camping tips. When engaging in outdoor winter activities, keep in mind that if you FAIL TO PLAN, you PLAN TO FAIL!

Mark Dama



Helping With Homesickness



Homesickness is distress or impairment caused by actual or anticipated separation from home. People miss different things about home. Homesickness may include acute longing and preoccupation with thoughts of home and attachment to those there.

Ninety-five percent of all campers report at least some homesick feelings during one day of their camp stay, while 20 percent report moderately severe levels of homesickness. Only 7 percent have clinically severe depression or anxiety symptoms along with their homesick feelings. Common symptoms include depression, anxiety, withdrawn behavior, somatic complaints, and acting out.

Conventional wisdom suggests that homesickness will usually go away after the first few days. However, it does not appear to be that simple. Most homesick children begin their stay with a high level of homesickness, but without intervention it will get worse until just before they go home. When campers know returning home is imminent, the severity of homesickness seems to decrease.

Factors that may make campers more likely to be homesick include experience, personality, family, and attitude.

Helpful Strategies

Some specific things that leaders can do to address homesickness include the following:

1. **Orient and welcome.** Orient campers before camp begins with a phone call from the leader or a camp brochure, DVD, or other materials detailing daily camp life. Memorize their names and make them feel welcome and at home when they arrive. Maintain close contact with them during the first day, as you are acting as a substitute parent.
2. **Integrate.** Immediately integrating them into camp gives them a good first impression, gets them psyched up, and gives them a sense of control. They are likely to be very uncomfortable if they don't know what to expect. Make sure that schedules and maps of camp are posted in conspicuous locations and tell kids what's coming up next on the schedule.
3. **Provide social support.** Homesick kids are lonely. It is important to normalize their experience and empathize with their feelings. Encourage homesick campers to get involved in all aspects of camp life. Pairing them with veteran campers may also provide social support.
4. **Promote connection with home.** Help campers write letters and make time during the day for everyone to write or contact home in some way.



Helping With Homesickness

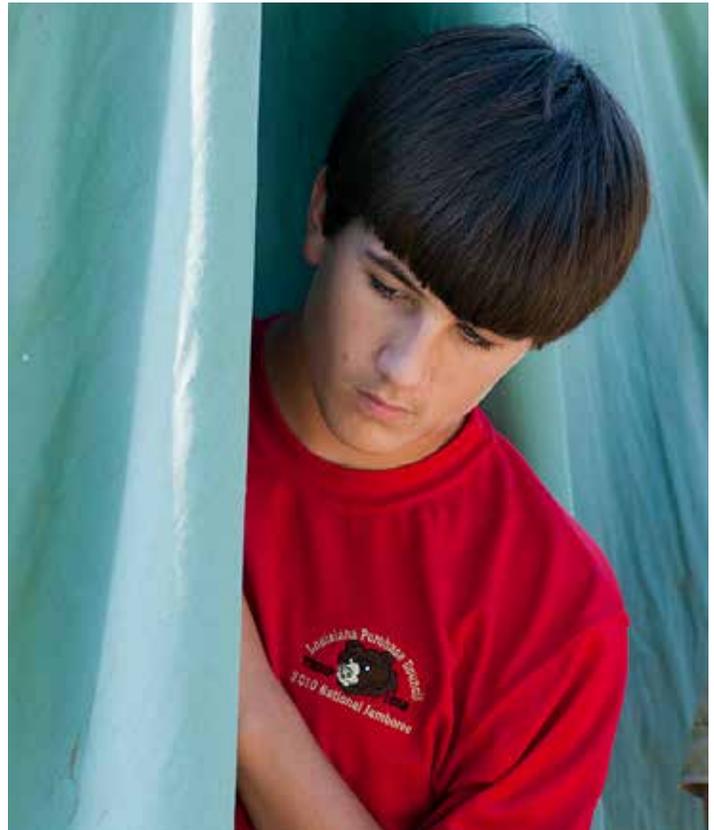
5. **Assess coping.** To identify how well they are coping, say, “Tell me all the things you think or do to help make things better when you’re feeling homesick.” This tells you their method of coping. To assess their coping goals, ask, “And what did you hope might happen when you did such and such?” Help campers cope in adaptive and realistic ways.
6. **Analyze coping.** Are your homesick campers coping by trying to change something that can’t be changed? Have they given up completely, thinking that nothing will help? The most effective way for homesick campers to cope is to help them adjust to things they can’t change and change what they can. It does work, but it will take time, dedication to feeling better, and your help.
7. **Teach coping.** Kids suggest that the following work best:
 - Do something fun to forget about homesick feelings.
 - Write a letter to feel closer to home.
 - Talk with someone to help them feel better.
 - Think about the good side of things.
 - Realize that the camp is actually pretty short to make things go by faster.
 - Try not to think about home and loved ones to forget about homesickness.

What does not seem to work? Wishful thinking, giving up, getting mad, and running away.
8. **Follow up.** Show that you care, but don’t let homesick campers monopolize your time. To prevent excessive rumination, keep most of your conversations with homesick campers to a 15-minute maximum.

Resources

Excellent resources for further information on homesickness can be found at www.campspirit.com. Also see the article “Summer Camp Blues” at www.apa.org/helpcenter/camp.aspx.

Larry Kubiak, Ph.D.



Hypothermia



Hypothermia is a serious medical condition that occurs when your core body temperature drops to about 95°F. When your body temperature drops, it affects the ability of your major body systems to work properly. If left untreated, hypothermia can eventually lead to failure of the heart and respiratory system and can affect the nervous system as well. Serious hypothermia can lead to death.

Mild hypothermia victims will exhibit:

- Uncontrollable shivering—Shivering is the body's way of trying to generate heat.
- Confusion and sluggishness—As hypothermia progresses, alertness and level of consciousness will decline.
- Cold skin—The skin, even under clothing, will feel very cold.

Severe hypothermia victims will exhibit these characteristics:

- They will no longer shiver, having lost this compensatory mechanism for rewarming.
- Their muscles will become stiff and rigid, which may cause fumbling and stumbling.
- Their skin will feel icy cold.
- Uncharacteristic behavior and poor decision making are common.
- They may become unresponsive.
- They will develop a weak, slow, irregular pulse.
- They may appear as if they are dead. Their color will become pale and waxy, and

their breathing will become very shallow or they may stop breathing. If this occurs, check for a pulse for one minute before starting CPR. If there is no detectable pulse, begin CPR even if the person appears dead. Do not assume the person is dead unless he or she has been rewarmed and is still not responding. Victims have survived after several hours of CPR.

Do not start CPR if the person has been submerged in cold water for more than one hour, has obvious fatal injuries, is frozen, or has a chest that is stiff or cannot be compressed.

Care of hypothermia victims should occur early to prevent severe hypothermia. Follow these steps:

- Move the victim to a warm place.
- Prevent further heat loss by replacing wet clothing and covering the victim's head.
- Apply heat to the chest, armpits, and back.
- To help prevent further heat loss, wrap up the victim with anything you have available.
- Have the victim lie down.
- Treat the victim gently; rough handling can cause life-threatening disruptions of the heart rhythm.
- Give warm sugary beverages if the victim is alert enough and able to sit up to drink. Do not give anything containing caffeine or alcohol.
- Get medical care, if needed. In the case of severe hypothermia, seek advanced medical care immediately.



Hypothermia

Prevention is the best solution for hypothermia. In cold weather, wear layers so you can adjust your clothing to suit the temperature. Wide variances in daytime temperatures may make it necessary to remove and reapply layers. Even sweating from wearing too many layers of clothing can lead to hypothermia under certain conditions. Depending on the conditions, hypothermia can occur even if it is not very cold outside. Also, hypothermia occurs more rapidly in water, especially flowing water. Drink plenty of fluids and eat a proper diet. Dehydration and poor nutrition can be risk factors for being prone to hypothermia.

Buddies should watch out for each other and pay attention for signs of hypothermia. Know and understand what to look for and what steps to take to care for someone who begins showing signs of hypothermia.

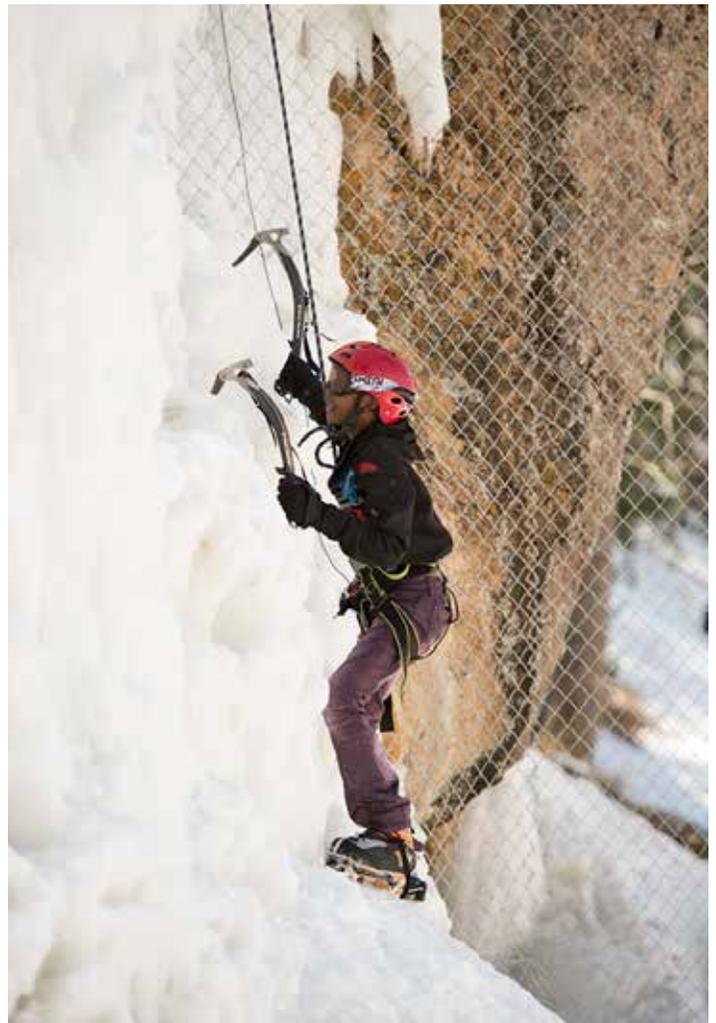
Resources

Standard First Aid, CPR, and AED, Jones & Bartlett, 2017.

Wilderness First Aid: Emergency Care in Remote Locations, Jones & Bartlett, 2015.

Wilderness and Remote First Aid, American Red Cross, 2010.

Nita Grubbs



Safety Checklists

As we prepare for a BSA adventure, safety should be first in our minds. There are a number of checklists available that will help you plan your activity. Checklists are just a click away at www.scouting.org. Checklists present an opportunity for you to think through the event and help you ensure that you are ready for safe fun and adventures.

As you start your year, use the **Meeting Place Checklist** to review your group's meeting site. Things change, so even if you did a review last year, do it again. Know the exits and practice a fire drill to be sure you know how to get everyone out safely in the event of a fire.

Making plans for a campout? Utilize the **Motor Vehicle and Driver Checklist** to plan your transportation to the campsite. Document information on the vehicle to be used, check your safety kit, and verify that there is emergency equipment in the vehicle.

As you plan the details for the campout, utilize the **Campout Safety Checklist** to make sure you have the documentation needed, the appropriate training, a plan for weather conditions, the necessary equipment, and an emergency plan in place. Also make sure that your program addresses safety and supervision.

If your group is considering a flying event, use the **Flying Plan Checklist** to go over the type of event being planned. It will help you plan a basic orientation, an advanced orientation, or a tethered balloon flight.

Planning a service project? The **Service Project Planning Guidelines** can assist in helping you identify the steps in your project. It is an opportunity to engage in hazard recognition related to the project.

For conservation projects, there is a **Conservation Project Planning Checklist**, found in the *Outdoor Ethics Guide Handbook*. It will help you define the who, what, where, and why of the project.

As your district or troop begins planning for a BSA event, use the **Event Safety Checklist** to apply a methodical process for reviewing the venue, program, and environment for hazards. Once you know the hazards, your group can define how to eliminate and/or reduce them, providing a safer event.

BSA events are a fun learning experience for both adults and Scouts. Make them safe by utilizing the available checklists to successfully plan the event.

Resources

www.scouting.org/Home/HealthandSafety.aspx

Marcia Tepp

Campout Safety Checklist	
Campout Description: _____	
Campout Dates: _____ Campout Location: _____	
Unit Single Point of Contact (not a participant in the campout)	
Name: _____ Cell: _____ Email: _____	
The following checklist provides guidance on safety issues that you may encounter at a Scouting campout. Along with the <i>Guide to Safe Scouting</i> , this tool will help you in having conversations with both Scouts and adult leaders on identifying risks that need to be mitigated or eliminated.	
Documentation Needed	
General (common for nearly all outings)	Specialized (less common)
<input type="checkbox"/> Guide to Safe Scouting	<input type="checkbox"/> Float plan
<input type="checkbox"/> Permission slips	<input type="checkbox"/> Flying Plan Checklist
<input type="checkbox"/> Medical records	
<input type="checkbox"/> Maps of campsite	
<input type="checkbox"/> Maps to and from campsite	
<input type="checkbox"/> Other _____	
Training	
General (needed for nearly all programs)	Program or Activity Specific (Boy Scouts and Venturers)
<input type="checkbox"/> Youth Protection Training	<input type="checkbox"/> Wilderness First Aid
<input type="checkbox"/> Hazardous weather	<input type="checkbox"/> Climb On Safety
<input type="checkbox"/> First aid/CPR	<input type="checkbox"/> NRA instructor
<input type="checkbox"/> Drivers/Risk Zone	<input type="checkbox"/> Range safety officer
<input type="checkbox"/> Safe Swim Defense	<input type="checkbox"/> Other _____
<input type="checkbox"/> Safety Afloat	
<input type="checkbox"/> BALOO	
<input type="checkbox"/> Trek Safety	
Planning (Has the following been confirmed?)	
<input type="checkbox"/> Weather conditions	<input type="checkbox"/> BSA swim check
<input type="checkbox"/> Route conditions	<input type="checkbox"/> Service project guidelines
<input type="checkbox"/> Drivers licensed	<input type="checkbox"/> Other _____
<input type="checkbox"/> Drivers insured	
Equipment (If the following equipment will be used, is it in good order/inspected?)	
<input type="checkbox"/> Trailer	<input type="checkbox"/> Tools
<input type="checkbox"/> Personal vehicles	<input type="checkbox"/> Road emergency kit
<input type="checkbox"/> First aid kit	<input type="checkbox"/> Other _____
<input type="checkbox"/> Fire extinguisher	
Emergency Planning (Are plans in place for the following?)	
<input type="checkbox"/> Local police/fire/EMS	<input type="checkbox"/> Lost Scout
<input type="checkbox"/> Local hospital	<input type="checkbox"/> Active shooter
<input type="checkbox"/> Lightning	<input type="checkbox"/> Other _____
<input type="checkbox"/> Severe weather	
Program (Have the following program areas been addressed?)	
<input type="checkbox"/> Age-appropriate activities	<input type="checkbox"/> Hazards identified and discussed
<input type="checkbox"/> Adult supervision	<input type="checkbox"/> Other _____
<input type="checkbox"/> Safety equipment	

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