



# BOY SCOUTS OF AMERICA®

## HEALTH AND SAFETY TEAM

Summer, 2012

### What Is ERM?

Enterprise risk management is a disciplined approach that enables an organization to identify, evaluate, analyze, monitor, and improve upon the risks that threaten the achievement of an organization's strategic objectives. Every organization is susceptible to risk in many different areas. The *Council Guidebook for Enterprise Risk Management Committee* (No. 680-026) was published this year to help you organize your ERM committee.

In many councils there has existed at least one committee on the official council organization chart that served the

roles of health, safety, risk management, and sometimes Youth Protection. If your council has adopted one committee, two committees, or some other structure, the responsibilities should be carried out by those in the council leadership who have specific skills and subject matter expertise necessary to provide leadership for safe Scouting.

Any name is acceptable provided that the needed functions of ERM are being met. By providing clarity of the distinct differences in the functions, it is hoped that council leaders will understand what the work is and

whether it should be divided into two committees or handled by one.

Activities in Scouting often include a certain level of real or implied risk. Rather than diminish the thrill of new experiences, the leaders responsible for health, safety, risk management, and Youth Protection, should recognize risks and hazards and help develop plans to manage them. That is what helps ensure that participants have a safe and successful adventure.

*(Continued page 4)*

### New Water Safety Training

Scout leaders and parents may not realize that drowning is the second leading cause of accidental death for youth of Scout age and younger. Those deaths are especially tragic since the risk factors for drowning are often easily avoided. Unfortunately, many youth and adults do not appreciate the hazards for common swimming situations. Do you know:

1. How long it takes a toddler to drown in a backyard pool?
2. How a drowning non-swimmer behaves in deep water after being pushed in, stepping over a drop off, or falling off an inflatable toy?
3. Why breath holding contests are dangerous?
4. How to react when caught in an ocean rip current?
5. Factors that can cause even a good swimmer to drown in calm water?
6. Why drowning is still possible in a pool with trained lifeguards on duty?

The answers to those questions, along with ways to prevent and respond to water emergencies, are

covered in the newly revised Safe Swim Defense training found under the My Scouting tab at [www.scouting.org](http://www.scouting.org). If you last reviewed that training prior to June of 2012, you should check out the latest version with video footage, which replaces cartoons with video footage. The guidelines have not changed, but the revised training provides additional detail and clarity. A DVD of the updated training is also available from [www.scoutstuff.org](http://www.scoutstuff.org).

BSA policies require unit swimming activities to be supervised by adults with current Safe Swim Defense training. However, the training also provides important information for family swimming events and may be taken by anyone. Although drowning occurs year-round, summer is the prime season, with many groups headed to the water for the Labor Day holiday. Keep your unit, family, and friends safe by following the safety guidelines in Scouting's Safe Swim Defense. *Answers to the water safety questions are found on page 4.*



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## Changes to Annual Health and Medical Record

The revised Annual Health and Medical Record (AHMR) will soon be available on our website. We already know what you're thinking. "Didn't they just do that?" No, not really. The last updates were completed in 2010.

Health and medical information seems to change almost daily. We monitor information from many sources including the Centers for Disease Control and Prevention, American Academy of Pediatrics and the American Medical Association to name just a few, for the latest information

as it pertains to all Scouts and Scouters. The BSA Health & Safety Medical Team then uses the information to modify the AHMR as needed to help keep us all healthy and safe.

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. Although no one wants an accident or illness to occur, an accurately completed AHMR can



make a difference in yours or your child's care in the event of an emergency.

For more information, on the BSA AHMR, go to:

<http://www.scouting.org/scoutsourc/HealthandSafety/ahmr.aspx>

## Service Project Guidelines

May 2012, the National Health & Safety Committee issued two new documents that are designed to assist youth and adult leaders in planning and safely performing service projects. The *Service Project Guidelines* (No. 680-027) is for youth, adults and members of OA to use in planning service projects and minimizing the opportunities for accidents.

The *Age Guidelines for Tool Use and Work at Elevations or Excavations* (No. 680-028) is designed to provide youth and leaders guidance on age appropriate use of tools or work that may be performed 4-ft. above or below the ground. There is more about this document later in this article.

The *Service Project Planning Guideline* is useful in the planning process for any service project, whether it is done in a public area or

on a council/regional or national BSA facility. This guide used many of the parts of the current Eagle Scout Leadership Service Project book. The steps listed in this guide will help youth and adult leaders to recognize and plan for contingencies as well as the service project needs. Although the Guide is 5 pages long, plenty of "write-in space" is provided. This document can be completed and then shared with the leadership of the service project as a good communication tool. Likewise, it is always a good practice to utilize this form for all pack, troop, crew or team service projects. Councils can also use this form as

guidance to leaders for such service projects as "Scouting for Food" or use by Order of the Arrow members in their service projects on or off council properties.

The *Age Guidelines for Tool Use and Work and Elevations or Excavations* is a supplemental guide for youth and leaders to follow in determining the best tools to use in any service project. The chart shown in this document is derived from a careful review of the U.S. Department of Labor, Youth Work Standards as well as other service organization's requirements, such as Habitat for Humanity. Younger youth, such as Cub, Webelos and younger Boy Scouts (under the age of

14) are limited to the use of hand tools. Even their use must be carefully monitored by adults and older Scouts. As noted in the *Service Project Guidelines*, proper tool use and training are key elements

to avoiding accidents.

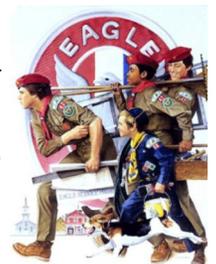
For older youth, there are limitations on the use of power tools. Generally, between 14 and 18 years of age, youth can operate a few hand powered types of tools, such as battery powered screwdrivers, small hand sanders, etc. However, graduating to larger power tools is best left to Scouts and adult leaders who are 18 or older. Examples of larger power tools are riding lawn mowers, line trimmers, circulating and reciprocating saws, etc. Again, the reasons for defining the age and appropriate tool use is to help the youth avoid accidents or injuries while

performing a Scouting service project.

Working on ladders that elevate the shoes above 4-ft. brings new accident potentials. The guidelines in this section of the Age Guidelines follows practices and standards outlined in Project COPE and Climbing. Spotters should be use whenever any Scout or adult is working on a ladder. Likewise, the ladder manufacturer's guidelines for use should also be followed. The National Safety Council (NSC) reports that many accidents on ladders are attributed to over-reaching by the worker, usually in a direction horizontal to the center of the ladder).

Excavation work where the depth is 4-ft. or less is acceptable for all scouts to participate. As with any excavation work, it is always wise to have the local utilities verify the location of their utility lines (e.g., power). Large open pits should be avoided, not only for wall collapse, but scouts falling in. As with the BSA Climbing standards, scouts should not approach within 6-ft. (or their body height) of the edge of any pit, cliff or building that has a height/depth greater than 4-ft.

Service projects can be fun and build upon a group spirit of service. These documents can help leaders plan and apply safe practices before, during and after the service project. Nobody has any fun, if there is an accident (or a near miss).



*"Proper tool use and training are key elements to avoiding accidents."*

# Emotional Fitness and Scouting

Lord Baden Powell, the founder of Boy Scouts, was once asked about the scouting motto of "Be prepared". They wondered "Be prepared for what?" He replied "well, for any old thing". This has been a guiding principle of scouting since its founding; however, it is unlikely that Lord Baden Powell could have anticipated how modern life has changed over the years. The stresses and challenges for adolescent males today include such things as teen suicide, cyber bullying, sexual predators, violence in school, increasing academic pressure for grades and to get into the right colleges, strains in family life, etc. While scouting in the past has provided some guidance in these areas, it has become increasingly important to provide as much training, guidance and resources to scouts, Scout leaders and parents as possible. Toward that end, a program called "Scout Strong" has been instituted at the national level to focus on the three main principles that we find in the Scout oath: "physically strong, mentally awake and morally straight". Resources are being developed in each of these areas to better prepare scouts and those around them to meet the increasing challenges facing youth in modern life. A website is being trial tested and will be available soon that will provide guidance on a multitude of areas in meeting these challenges.

*"The stresses and challenges for adolescent males today include such things as teen suicide, cyber bullying, sexual predators, violence in school..."*

Experts in the field have been identified to work on various components. In the area of emotional fitness there will be articles, references and other resources identified to help leaders provide a more nurturing and growth promoting environment for scouts with special needs such as those with ADHD and autism spectrum disorder. Because teen suicide is such a major component of death in young people, guidelines will be provided to help inoculate you from considering this as an option for dealing with life stresses. It will also enable them to identify warning signs in their peers and respond appropriately. There will also be components that allow

parents and adult leaders to address these issues.

The topics will grow and expand in response to the utilization of the resources. An example of one area of focus is building resilience. This is the ability to adapt well to adversity, trauma, tragedy, threats or even significant sources of stress. It does not mean that young people won't experience stress but it provides a way for them to bounce back from this in as positive a manner as possible.

Steps for building resilience in children and teenagers include the following:

1. Make connections -- -- Teach a child how to make friends including how to empathize with others. Encourage them to be a friend in order to make friends.
2. Help your child by having them help others -- -- Children who feel helpless can be empowered by helping others. Encourage them to engage in age-appropriate volunteer work.
3. Maintain a daily routine -- -- In times of stress sticking to a routine can be particularly comforting to children. Encourage them to develop their own routines as well.
4. Take a break -- -- While it is important to stick to a routine, endlessly worrying can be counterproductive. Teach a child how to focus on something besides what may be worrying them at that time.
5. Teach a child self-care -- -- Make sure that you are a good example and model to your child the importance of making time to eat properly, exercise adequately and get sufficient rest.
6. Move toward your goals -- -- Teach a child how to set reasonable goals and then how to obtain them one step at a time. Even a tiny step in a positive direction especially when given recognition by the parent or other adult for doing so will help your child focus on what they have



accomplished rather than what they have not accomplished.

7. Nurture a positive self view -- -- Help your child remember ways that they have successfully handled hardships in the past and then help them understand that these past challenges help them build the strength to handle future ones. Encourage them to learn and trust themselves to solve problems and make appropriate decisions.
8. Keep things in perspective and maintain a hopeful outlook -- -- Encourage your child to look at a situation within the broader context and keep a long-term perspective. Help them to realize there is a future beyond the current situation and that it can be good. An optimistic and positive outlook encourages your child to see the good things in life and keep going even when times are hard.
9. Look for opportunities for self-discovery. Tough times often give us the opportunity to learn the most about ourselves. Help your child take a look at how whatever they are facing can teach them what they are made of.
10. Accept that change is part of living. While change is scary to all of us help them to see that change is part of life and new goals can replace goals that had become unattainable.

Assistance on other elements of dealing with challenges in life will be available when the website goes active. Look forward to the announcement of this in the next few months.

## What Is ERM?

(continued from page 1)

**Vision:** The enterprise risk management committee will help ensure the physical and mental well-being of all participants in the council program; lead efforts to instill the value of personal fitness and to prevent accidents, injuries, and illness; reduce risk; and protect the brand, people, property, and environment of the

\_\_\_\_\_ Council, Boy Scouts of America.

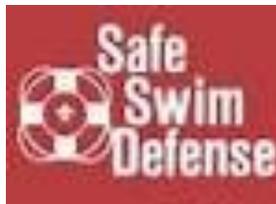
**Mission:** The enterprise risk management committee provides leadership to help protect those who are engaged in program activities; promotes physical and mental fitness and resiliency within the council; and ensures a safer and lower-risk program wherever possible.

For more information and resources to help with your Council ERM Committee see: <http://www.scouting.org/scoutsource/HealthandSafety.aspx>



## Answers to Water Safety Questions

1. Toddlers may drown in as little as 20 seconds in water that is only inches deep.
2. Many drowning victims are unable to call out for help and unable to reach for or move toward safety just a few feet away.
3. Extended, deep breathing leads to hyperventilation, which may cause a person to lose consciousness while underwater.
4. Rip currents are common hazards at many beaches since they push unwary swimmers offshore. Swimmers should



swim sideways out of the current rather than fight against it.

5. Medical conditions such as heart attacks, strokes, or seizures may occur with little or no warning. Therefore it is always prudent to swim with a buddy in areas covered by rescue personnel.
6. Swimming venues patrolled by trained lifeguards are generally safe, but lifeguards watching large numbers in a large area may become distracted, or fail to recognize that someone is in trouble. Swimming with a buddy puts an extra set of eyes watching everyone.

## Traumatic Brain Injury: Recognizing the Signs

Traumatic brain injury (TBI) is damage to the brain as a result of an injury. Teenagers, especially those 15 to 19, account for one of the highest populations of TBI. Common causes of TBI in teens include falls, vehicle-related accidents, violence and sports injuries. It is important to seek emergency medical care if there are any signs or symptoms of TBI following a recent blow or other traumatic injury to the head.

The signs and symptoms of **mild to moderate** TBI (concussion) may include:

- Loss of consciousness (LOC) for a few seconds to a few minutes
- No LOC but dazed, confused or disoriented
- Memory or concentration problems
- Headache
- Dizziness or loss of balance
- Nausea or vomiting
- Sensory problems (blurred vision, ringing in ears or bad taste in mouth)
- Sensitivity to light or sound

- Feeling depressed or anxious
- Fatigue or drowsiness
- Difficulty sleeping or sleeping more than usual

The signs and symptoms of **moderate to severe** TBI, which may occur within hours or days after a head injury may include:

- LOC from a few minutes to hours
- Profound confusion
- Agitation, combative or other unusual behavior
- Slurred speech
- Inability to awaken from sleep
- Weakness or numbness in arms or legs
- Loss of coordination
- Loss of bladder or bowel control
- Persistent headache or headache that worsens
- Repeated vomiting or nausea
- Convulsions or seizures
- Dilation of one or both pupils of eyes
- Clear fluid draining from nose or ears

For more information, go to: <http://www.cdc.gov/traumaticbraininjury/>

## 2013 H&S/Risk Management Conference

Join us at Philmont Training Center for the BSA's premier EH&S/Risk Management Conference and Workshop.

This hands-on workshop 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. Volunteers are encouraged to bring their families and professional liaisons.

Course instructors include a member of the Health and Safety Support Committee, a Scout executive with experience on the Risk Management Advisory Panel, and National Council Health and Safety and Risk Management Team representatives.

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

[PTC website](#)