

HELP SCOUTING YOUTH TAKE THEIR MEDICATION SAFELY

With an increasing number of youth taking prescribed medications, leaders need some basic tools and guidance for helping Scouts use their prescriptions safely. The BSA understands that leaders, no matter how diligent, may not know or understand every health-related issue of the youth members in their unit. Remember that proper use of a prescription is the responsibility of the individual taking it, or that individual's parent or guardian. Good planning, preparedness, and knowledge are necessary for keeping youth safe and healthy.

Good planning, preparedness, and having some knowledge about handling a youth member's medication is essential in keeping youth safe and healthy. The [Medication Use in Scouting](#) guidance is one of those tools, along with the individual's Annual Health and Medical Record.

This tool is primarily used for outings when medication is or may be needed when a parent or guardian is not present. We encourage you to review the guidance periodically, it has eight basic elements:



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- [Annual Health and Medical Record](#)
- Plan
- Supervision of medication administration
- Labeling
- Storage
- Emergency medication
- Nonprescription (OTC) medications
- Accountability

UPCOMING EVENTS: SAVE THE DATE

Philmont Training Center

July 31-Aug. 6, 2016: Energize Your Enterprise Risk Management Committee

July 31-Aug. 6, 2016: Wilderness First Aid Instructor Trainer Development Course

Sept. 18-24, 2016: Wilderness First Aid Instructor Trainer Development Course

Summit Bechtel Reserve

July 24-30, 2016: Wilderness First Aid Instructor Trainer Development Course

Florida Sea Base

Jan. 27-31, 2017: WFA Instructor Trainer Development Course

Feb. 2-5, 2017: Enterprise Risk Management Summit



TIPS TO HELP YOU AVOID BECOMING AN EMOTIONAL EATER

The American Psychological Association conducts a yearly Stress in America™ survey. According to the 2010 survey, 44 percent of Americans said that their stress increased in the previous five years. They found that overweight children worried more than those of normal weight, and 30 percent skipped a meal due to stress in the previous month. Additionally, according to the survey, 40 percent tended to overeat or eat unhealthy foods due to stress.

In response to those who utilize emotional eating as a way to deal with their stress, the following guidelines and action plan are offered:

1. Eat small portions of “bad” food and large portions of “good” food.
2. When buying and cooking for others, choose something you don’t find tempting.
3. Banish all treats from view.
4. Talk to coworkers, family members, and others around you about healthy food choices.
5. Don’t lose track of how much you’re eating when you’re with others.
6. Recognize that restaurant portions are



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inflated and either share meals or save part of it for later.

7. Ask for a carryout box before you begin your meal.
8. Be the first to order so you are not influenced by others.
9. Pace yourself with the slowest eater in the group.

10. If at a buffet, preview everything before making selections.
11. Splurge carefully. Don’t waste calories on something that is not delicious.
12. Assess your obstacles when eating with others and consider all possible solutions.
13. Think about what you eat and why.
14. Cut down on portions while eating the same foods.
15. Remember that weight loss will never be successful if you remain burdened by stress, so try to manage it more successfully.
16. Losing weight will be easier with family and friend support.
17. Use the “buddy system.”
18. Don’t obsess over bad days when you can’t help eating more.

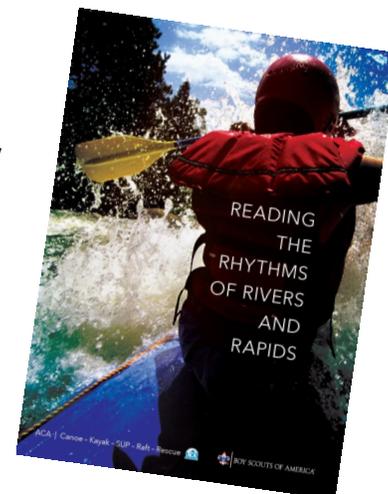


NEW VIDEO IS TRAINING AID FOR BEING ON MOVING WATER

The ACA and the Boy Scouts of America recently completed a new video, *Reading the Rhythms of Rivers and Rapids*, using a grant administered by the U.S. Coast Guard.

The video is divided into 11 segments covering river characteristics from gently flowing water through Class IV whitewater. The total run time is approximately one hour. Copies have been sent to every council. To order a complimentary copy, visit www.americancanoe.org.

The new video is envisioned as a training aid for new Aquatics Supervision: Paddle Craft Safety modules for river canoeing and river kayaking. Stay tuned for additional information as those take shape.



ACCURATE REPORTING HELPS US LEARN FROM INCIDENTS

Injury, illness, or property damage can occur at any time. When it does happen, it is important to submit a report for these incidents. Reporting incidents promptly is critical so Risk Management and/or the Health and Safety team can respond and assist you in a timely manner.

Reporting all near-miss incidents and general liability incidents helps to prevent similar incidents from happening in the future. This reporting allows the BSA to identify and address potential liabilities with the goal of preventing similar incidents. The following are tools to assist in the gathering of information regarding an incident or near-miss incident:

- Incident Reporting Kit, Nos. 680-147 and 680-033
- Incident Information Report, No. 680-016
- Near Miss Incident Information Report, No. 680-017
- *Guide to Safe Scouting*, No. 34416, and online at www.scouting.org/HealthandSafety.aspx

As stated above, the two most common incidents entered are near-miss incidents

and general liability incidents. A near-miss incident is defined as an unplanned event that did not result in an injury, illness, or damage but had the potential to do so. Reporting all near-miss incidents is strongly encouraged because they are entered into a national database for evaluation. Please note that reporting a general liability incident does not mean it will become a claim.

So what information is needed to submit a near-miss incident or general liability incident? Just the facts are needed: who, what, when, where, and how. Please refrain from theorizing and providing opinions of what occurred. Remember, stick to the facts.

Please be aware that not everyone has access to enter the incidents into the Risk Console System. In order to enter a new incident, permission must be granted from the system administrator. For those who have permission, there is a tutorial to demonstrate how to enter incidents. It can be found at www.scouting.org/HealthandSafety.aspx.

Questions may be directed to the local council, or contact Risk Management and/or Health and Safety in the national office.



BOY SCOUTS
OF AMERICA
HEALTH AND SAFETY

NUTRITION, FITNESS ARE IMPORTANT PARTS OF SCOUTING

The Centers for Disease Control and Prevention reports that nearly 18 percent of all children and teens in the United States are obese (that is having a body mass index at or above 25, or, at or above the 95 percentile).

There are many factors that may have caused this epidemic including:

- Increased consumption of sugar-containing beverages
- Decreased physical activity and increased time on electronic media
- Increased consumption of low-quality, calorie-dense snack and fast foods
- Increased portion sizes
- Changes in family dynamics and socioeconomic factors

The health risks associated with childhood obesity include Type 2 diabetes, respiratory problems, cardiovascular disease, high cholesterol, high blood pressure, orthopedic problems, and other conditions.

Psychological conditions such as depression and low self-esteem may also be greater in the overweight or obese child.

As leaders and parents, it is *our* responsibility to emphasize healthy eating and exercise habits with our Scouts and kids.

The Academy of Nutrition and Dietetics recommends a systems-level approach that focuses on dietary intake and physical activity for primary prevention. Schools, families, and caregivers must all take part in this effort for it to be a success. We can begin by:

- Being positive role models
- Involving our child in making healthy choices

- Limiting foods that lead to weight gain (high-fat, high-calorie, low-nutrient density)
- Replacing unhealthy foods with a variety of healthful choices (fruits, vegetables, low-fat dairy, lean protein)

Parents and caregivers must support these habits at home by doing the following:

- Buy and serve healthful foods and limit high-calorie, low-nutrition foods.
- Have healthy snacks readily available.
- Eat fast foods less often.
- Practice portion control.
- Share healthy meals as a family as often as possible.
- Encourage your child to get enough sleep and eat breakfast regularly

(All are significant predictors of overweight and obesity in a recent study published in the *Journal of Pediatric Health Care*, 2015.)

Build physical activity into the daily schedule:

- Sixty minutes per day is recommended, but it can be broken into several segments.
- If your child is not used to physical activity, start slow and build to 60 minutes or more.
- Make it fun!
- Encourage your child to join a sports team or class such as soccer, basketball, or climbing.
- Be active as a family.
 - Limit screen time (TV, computers, or video games) to no more than 2 hours per day.



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With summer camps right around the corner, *now* is the time to get going. Help your Scout to feel and be his best!