



Scouts BSA Positions of Responsibility



- Senior Patrol Leader (SPL)
- Assistant Patrol Leaders (ASPL)
- Patrol Leader (PL)
- Assistant Patrol Leader (APL)
- Safety Officer (proposed)
- Troop Guide
- Quartermaster
- Scribe
- Den Chief
- Chaplain's Aide
- Historian
- Instructor
- Librarian
- Webmaster
- Bugler
- Order of the Arrow Representative
- Outdoor Ethics Guide
- Junior Assistant Scoutmaster (JASM)



# SAFETY OFFICER HANDBOOK





## Emergency Contact Numbers



Ambulance

Police

Fire

Unit Leader

Hospital

Other

General Emergencies: 911

Mental Health Crisis/Suicide Prevention: 988

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

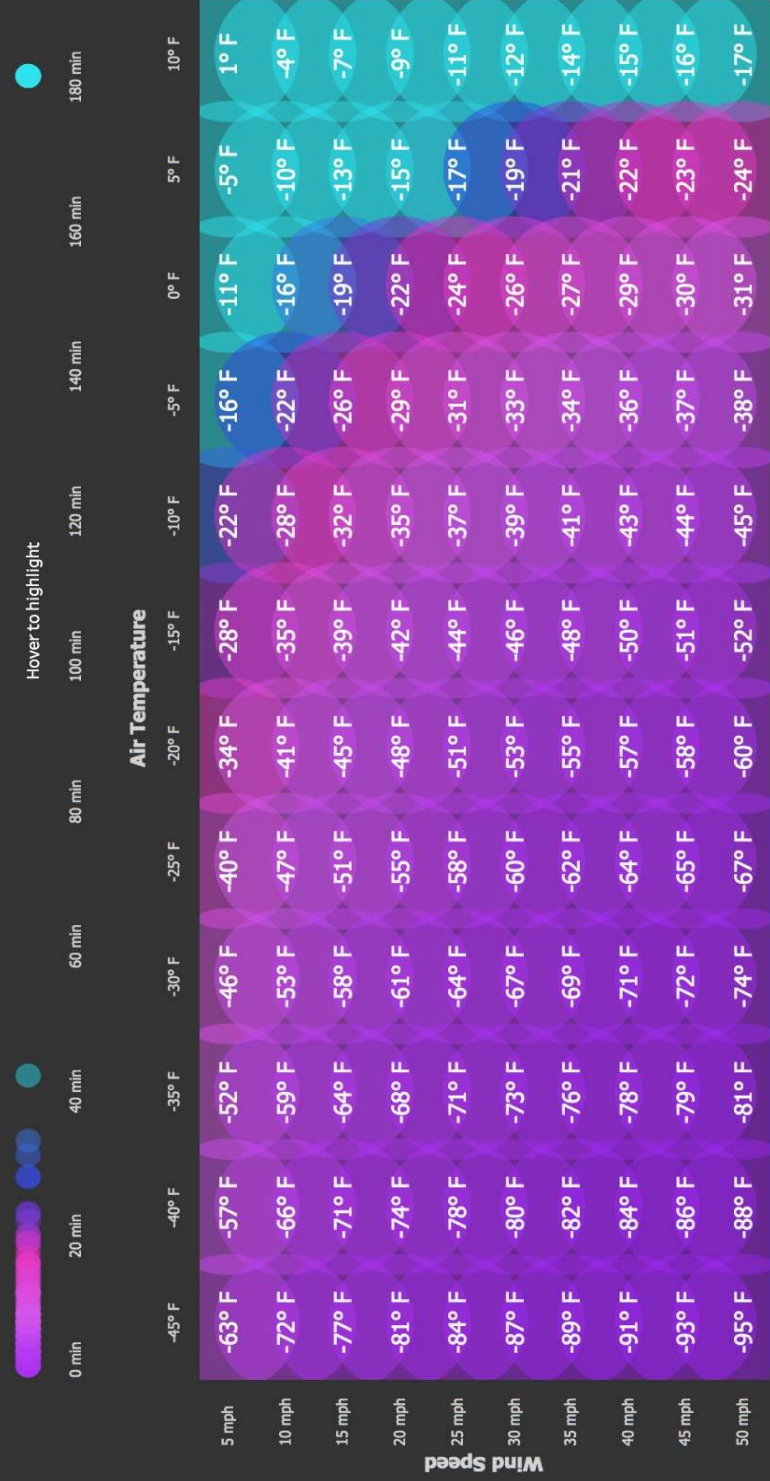
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## Baby It's Cold Outside

This chart depicts wind chill temperatures based on air temperature (°F) and wind speed (mph). The **COLOR** represents the minutes of exposure that is likely to result in frostbite.



## First Aid Treatment for Frostbite

- \* Get immediate help
- \* Transport the individual to a hospital ASAP
- \* Relocate to a warm, sheltered area
- \* Elevate the affected area
- \* Do not walk on affected toes or feet
- \* Remove cold clothes
- \* Do not massage the affected skin
- \* Give the individual a warm beverage (no alcohol)
- \* Apply sterile, dry first-aid dressing
- \* Use first-aid dressing or cotton balls to separate the affected digits
- \* Do not rewarm the affected area if at risk of refreezing
- \* When safe, use body heat or warm water (not hot) to rewarm the area

### What Are the Signs and Symptoms of Frostbite?

Frostbite commonly affects the fingers, toes, ears, nose, chin, and cheeks. Exposed skin in extreme wind or cold is most susceptible to frostbite, although unexposed skin may also be susceptible.

The Early Stage of Frostbite: The first stage of frostbite, known as frostnip, is reversible and will not cause severe damage to tissue. This stage is characterized by paleness, mild tingling, and numbness of the affected areas.

The Intermediate Stage of Frostbite: The second stage of frostbite is called superficial frostbite, during which skin remains soft but mild damage has occurred. Skin discoloration may be visible, and water blisters may appear after rewarming in the first 24-48 hours.

The Advanced Stage of Frostbite: Severe frostbite is a medical emergency and is characterized by hardened, cold skin, the loss of sensation, permanent nerve damage, and cell death. Affected skin may be blue or black. Severe cases may require the amputation of affected areas.



## Forward

Congratulations! If you were elected by your peers or chosen for the leadership position of Safety Officer, it is because you are perceived to be a scout who is responsible, mature, dependable, and safety-minded by your leaders and fellow Scouts. Safety is the number one priority for the Narragansett Council BSA. This new leadership position of responsibility was created and developed here in the Narragansett Council to bring Scouting safety to the forefront of everyone's mind, beginning with our youth leadership....beginning with you!

*Diane*

Diane J. Cloutier  
Director of Safe Scouting  
Narragansett Council BSA

### Scout Motto

*Be Prepared!*

### The Scout Oath

On my honor, I will do my best  
To do my duty to God and my country  
and to obey the Scout Law;  
To help other people at all times;  
To keep myself physically strong, mentally awake  
and morally straight.

### The Scout Law

A Scout is:  
Trustworthy,  
Loyal,  
Helpful,  
Friendly,  
Courteous,  
Kind,  
Obedient,  
Cheerful,  
Thrifty,  
Brave,  
Clean,  
and Reverent.

### The Outdoor Code

As an American, I will do my best to –  
Be clean in my outdoor manners.  
Be careful with fire.  
Be considerate in the outdoors.  
Be conservation minded.





**Tips for How to Camp in Cold Weather Safely**

**Position Description: Safety Officer**

- Understand the importance of safety in the scouting program.
- Teach basic safety principles.
- Lead safety brainstorming session before every activity.
- Lead safety debriefing session after every activity.
- Set a good example.
- Wear the Scout uniform correctly.
- Live by the Scout Oath and Law.



Name \_\_\_\_\_

What does safety look like for our troop?

\_\_\_\_\_

\_\_\_\_\_

What are my goals to get us there? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**13. Insulate Your Water Bottles**

In high altitude and in extreme weather, you're at a greater risk of dehydration. Frozen water not only drops body temperature but makes rehydration difficult. Consider using an insulated bottle sleeve like Hyperlite Mountain Gear's The Insulator (\$70) to protect your drink. They also work on hot soups and drinks, allowing you to keep your core body temperature up and stay hydrated by sipping on something warm.

**14. Protect Your Electronics From the Cold**

Cold weather can drain battery power fast, or even worse, permanently damage electronics. Stow your electronics, batteries, fuel canisters, and anything else you don't want to freeze in the foot of your sleeping bag (buy a sleeping bag with a little extra length for this purpose). Your electronics have maximum and minimum storage and operating temperatures, so it's wise to check these out before heading into the wilderness. Operating or charging an electronic device outside of its specified temperature range can cause irreparable damage.

**15. Don't Put Yourself at Risk of Hypothermia or Frostbite**

You're all amped to get out and go, but there's something else to cover before you hit the snowy wastes: safety. As every backcountry expert knows, no one is immune to cold. It's important to not only equip yourself with necessary gear for your mission, but to equip yourself with the necessary knowledge for your safety and survival.

**Why Is Cotton Clothing Bad for Winter Camping?**

Backcountry experts say that cotton kills, but why? Simply put: Cotton clothing does not wick moisture, may drop your body temperature, and serves as a medium for bacteria.

Moisture-wicking materials such as merino wool, polyester, and polypropylene are designed to redistribute moisture via capillary action, whereas cotton becomes easily saturated much like a sponge. To stay warm, avoid silk and cellulose fibers like cotton, layer strategically, and opt for synthetic fabrics.

**What Are the Signs and Symptoms of Moderate to Severe Hypothermia?**

You're extreme and you expect to be cold, but when is cold too cold? Our bodies regulate best at 98.6 °F (or 37 °C), so hypothermia is a real risk when our core temperature drops below a safe level. Here are the signs and symptoms of moderate to severe hypothermia:

- \* Shivering that eventually ceases as condition worsens
- \* Poor and worsening coordination
- \* Slurred speech
- \* Confusion and impaired cognition
- \* A thready or weak pulse
- \* Drowsiness and lethargy
- \* Bradypnea or slowed breathing
- \* Shallow breathing
- \* Apathy

## Tips for How to Camp in Cold Weather Safely

### 8. How to Manage Tent Camping on High-Wind Nights

High winds? Sleep in shifts. “Someone will have to check the tent’s rigging every few hours,” explains cold-weather expert, Finnegan. “If you wait too long to tighten a line [because you don’t want to leave your warm bag], the damage to the structure will be impossible to control.” Think about it: The less surface area gusty, cold air and wind have to push against your rigging, the better. Opt for a tent with a maximum wind rating if you like to adventure in terrain with unpredictable breezes.

If the wind direction is steady, work with it: Direct the narrowest face of your tent into the wind to decrease exposed surface area.

Consider bringing grooved, wind-resistant stakes if gusts are a real concern. If a tent loses functionality, it can be a huge financial loss and put your safety on the line.

### 9. Munch on a High-Calorie Midnight Snack

“If I wake up cold in the middle of the night, I wolf down Strawberry Clif Shot Bloks (\$2 for six) to fuel my engine,” Larsen says. Your body runs on fuel, so fuel it up. Go for sugars, fats, and carbohydrates. The closer you can eat to bed time, the better, especially if your meal is rich in fat. Your body metabolizes protein before fat and takes longer to metabolize fat than carbohydrates, so opt for calorie-dense foods like chocolate, cheese, and nuts. A warm meal requiring minimal prep right before bed will give your body an added boost.

### 10. Prevent Spills on Your Dry Gear—Try a Reusable Straw

Nothing is more frustrating than spilling liquid on your dry gear (second to dehydration). Hydration is a must, so keep a reusable straw near your water bottle for no-mess drinking in the middle of the night. Opt for a material that is highly durable and easy to disinfect, such as stainless steel or silicone. Some backpackers even use straws to transport spices for their cooking needs. Simply load the straw with a desired spice, seal up the ends, and voila! You’ll be cooking gourmet meals in no time. (Note: Make sure your cayenne pepper is out of the straw before trying to drink out of it.)

### 11. Remove Morning Frost From Your Tent

Water vapor often condenses on a tent’s inner wall even with the door cracked. Once the ice melts, it will soak your gear. Control frost by keeping your gear covered or inside garbage bags and sweep (with a tent brush) ice crystals into collectable piles before they melt. Remember to dry out your gear daily if conditions permit. If you’re hanging out for the day, invert your tent and let any unshine or dry wind remove outstanding moisture.

### 12. Don’t Hold Your Pee in at Night

If nature calls in the middle of the night, don’t procrastinate; this makes you colder in the long run because your body has to burn calories to keep urine warm.



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## Introduction

There are so many facets to “safety” in Scouting; being safe is everyone’s responsibility. The Safety Officer Handbook should be used to help you and your safety team to make each campout and activity safer. With the help of your Troop’s Safety Mentor, as your team becomes more proficient at safety checks, inspections, and planning, safety will become second-nature.

Remember to delegate some of the tasks; your job is to organize, coordinate, and facilitate safety planning, not to do it all alone. Everyone—Scouts, adult leaders, and parents—should participate in both the “Safety Brainstorming” and “Safety Debrief” sessions with the end-goal being that your Scouts are better prepared, your team will have fewer accidents and issues, and your troop will be safer. Even if your troop does not yet have a youth or adult safety designee, referring to this guide when preparing for unit activities will be a great first step in the right direction.

Remember that this handbook only summarizes a few aspects of safety; you are encouraged to expand your knowledge and to continue the learning process with the guidance from your Troop’s Safety Mentor. There are so many great resources—articles, books, videos, websites—right at your fingertips.

Grab on with both hands and make this new position your own.

Good luck and think SAFETY!



### Additional Resources

Guide to Safe Scouting—online  
[Guide to Safe Scouting | Boy Scouts of America](#)

Narragansett Council’s Safety Hub  
[Narragansettbsa.org](#)

Boy Scouts of America—Scouting Safely  
[Scouting Safely | Boy Scouts of America](#)

## Tips for How to Camp in Cold Weather Safely

### 5. Warm Up With a Hot Water Bottle

If you put a hot, non-insulated stainless steel water bottle in your sleeping bag at night, it will radiate heat like a sauna stone. Try tucking your makeshift heater next to one of these critical areas: your core, your inner thigh (near your femoral artery), and your neck (near your jugular).

Not a fan of stainless steel? Opt for a BPA-free material. Unfortunately, harmful chemicals may leach into water when a material is heated, that’s why 100% stainless steel bottles are often preferable. A word of caution: Not all metal water bottles are stainless steel, so check the tags. Look for #304 or 18/8 food-grade stainless steel.

### 6. Don’t Breathe or Burrow Deep Into Your Bag

“Moisture from your breath will get trapped in the bag,” says Larsen. “Instead, cinch the draft collar and close the hood down around your mouth and nose so you have a blowhole to breathe through”. This is especially true if you use a down sleeping bag. Remember: Condensation is the death of a down bag. A wet bag significantly loses its insulation and takes time to dry, which is sure to put a damper on your adventure. Achieve maximum loft or fluffiness by shaking your bag upside down. This technique redirects the down back to the upper half of the bag near your core where heat retention is most critical.

### 7. Wear the Right Clothes for Sleeping in Cold Temperatures

Some people say that sleeping naked in a sleeping bag will keep you warmer. This is simply not true. For temperatures below 30°F, be sure to outfit yourself in appropriate base layers:

- \* Avoid tight-fitting clothing (socks, underwear, gloves) that may restrict blood flow to your extremities.
- \* Avoid running too warm (moisture will get trapped in your bag and will cause an overall drop in body temperature as you cool off).
- \* Wear synthetic fabrics or wool.
- \* Consider warm socks, fingered gloves, and a cozy cap.

If you run warm, you may want to use a vapor barrier to prevent your perspiration from reaching the down in your bag. If you are waking up to recurring condensation, ventilate your tent with a small opening. Hot or cold, whatever you do, dress for the occasion and leave your cotton clothing at home.

### Does Body-to-Body Warming Work?

Yes, body-to-body warming is certainly effective for staying warm in cold-weather conditions and for preventing heat loss. Let’s take a lesson in thermodynamics: The greater the difference in temperature, the faster the rate of heat transfer. By decreasing the body’s area of exposure to cold air and increasing the surface area of exposure to warmth (a camping buddy), two individuals can decrease the rate at which they’ll lose body heat. (Important note: You don’t need to take your clothes off to do this—baselayers are fine.)

## Tips for How to Camp in Cold Weather Safely

### 1. Always Check Weather Conditions and Hazards

This is the golden rule for any outdoor activity: know before you go. Besides knowing the extreme temperatures you may be up against (think cold-weather desert fluctuations), stay on top of approaching weather systems and weather trends for the season and region, and research recent changes in terrain, trail closures, or similar hazards. Consider contacting the closest ranger station to stay current. Always establish a trip plan and inform appropriate parties of your whereabouts and anticipated return.

### 2. Secure Your Campsite and Flatten Your Sleeping Surface

Once you've secured a location that's reasonably dry, flat, and protected from the elements, set up your tent. If conditions allow, clear away any snow to expose the dirt and flatten the site with your tools or boots. Climb into your tent, and use your knees to smooth out the ground area where you'll be sleeping.

"Don't wait until later to do this," says polar explorer and all-around cold expert Eric Larsen. "Once the snow melts and refreezes, it's hard to manipulate. I also create a shallow trough for myself so I don't roll around." This shaping technique helps to reduce ambient space and potential heat loss from cold exposure, which could make for a miserable night or subject an individual to the early stages of hypothermia or frostbite.

### 3. Bring an Insulated, Closed-Cell Foam Sleeping Pad

Conduction is the culprit for the heat loss that occurs when sleeping on the cold ground, and even a "warm" cold-weather sleeping bag is a cold bag without a quality, insulated pad underneath it. Most inflatable sleeping pads that aren't specifically made for the cold will underperform below about 30 degrees Fahrenheit, so lay down a closed-cell foam pad (or CCF) first, like the Therm-a-Rest Ridgerest SOL. This aluminized, coated pad is highly durable and has a lightweight build—we're talking under 19 oz—and its R-3.5 rating (detailed below) is sure to keep you insulated. Simply throw your self-inflating mattress on top. Some backcountry experts even recommend layering the CCF pad on top of your air mattress.

### 4. Insulate Your Tent by Reducing Ambient Space

**Buddy Up:** Put your partner's sleeping pad close to yours, or better yet, further reduce ambient space and connect your pads with Sea to Summit Coupler Strips (\$10).

**Think Like a Packrat:** Place your stuff sacks and extra gear around the tent's inside perimeter to further insulate.

**DIY Radiant Barrier:** Create a radiant barrier by duct-taping a space blanket (also commonly known as a Mylar blanket, emergency blanket, or shock blanket) onto your tent ceiling. They're cheap and can be a lifesaver—literally. If you experience excessive condensation inside your tent in the mornings, however, give the space blanket tip a pass. Excess moisture is the doom of all camping gear.

## SAFETY OFFICER



The safety officer is an older troop member knowledgeable in Scouting safety, is safety-minded in their actions and must also have the ability to teach safe practices to others. A troop should have only one safety officer but should also have a safety team in place to assist the safety officer in their duties. A safety officer is responsible for keeping safety as the number one priority for every troop member.

### Responsibilities

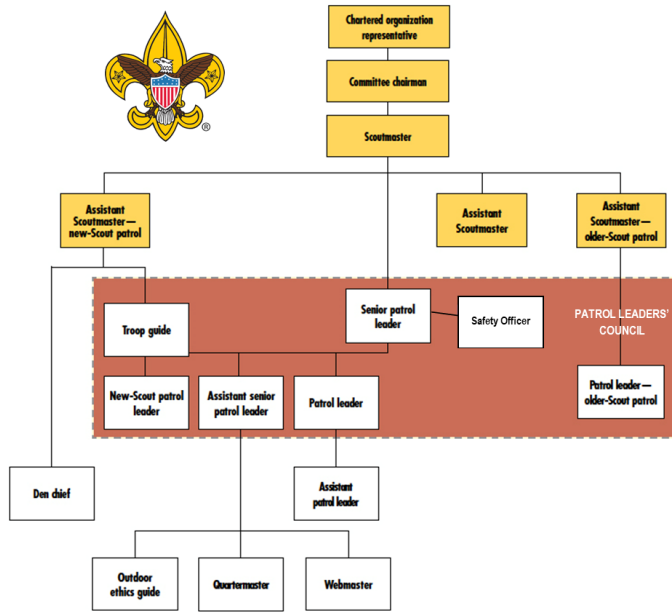
- understands the importance of safety in every aspect of the scouting program
- teaches basic Safety principles
- schedule/coordinate/lead safety brainstorming session before every activity and
- schedule/coordinate/lead safety debriefing session after every activity
- works with safety team to assign safety checks and inspection duties
- sets a good example
- wears the Scout uniform correctly
- lives by the Scout Oath and Law
- shows Scout spirit





### SAMPLE YOUTH LEADER ORGANIZATIONAL CHART FOR A SMALL TROOP

In this example, there are not enough members to fill all patrols and positions of responsibility shown on the flow chart for a large troop.



### Essential Cold-Weather Camping Gear Checklist

- Closed-cell foam sleeping pad
- Coupler strap (and a buddy)
- Sleeping bag with an appropriate lower-limit temperature rating
- Synthetic or wool base layers
- Socks, gloves, and a cold-weather hat
- Grooved, wind-resistant tent stakes (or deadman anchors in deep or loose snow)
- Nutrient-dense snacks
- Reusable straw
- Tent brush
- Bottle insulator

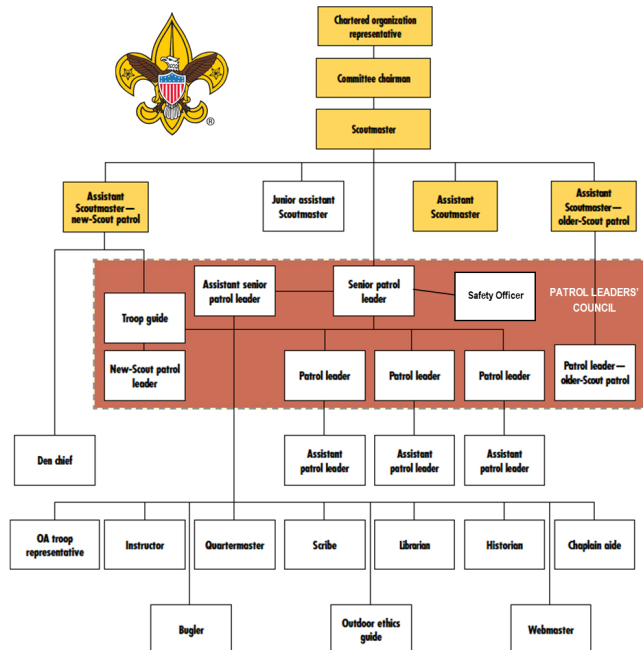


### How Does Your Body Lose Heat?

- \* **Evaporation:** Evaporation causes a cooling effect. The body loses 85% of its heat through sweating during intense exercise. Wet clothes from sweating and increased respiration also trigger a drop in body heat.
- \* **Radiation:** Radiation causes heat to move away from the body. The body may lose more than 50% of its heat from radiation at temperatures lower than 68°F (20°C).
- \* **Conduction:** Conduction is the transfer of heat from physical contact. Conduction occurs at 68°F (20°C) and is responsible for the loss of body heat from sleeping on the cold ground.
- \* **Convection:** Convection occurs when a heated fluid (liquid or gas) travels away from a source. Take the example of a hot cup of tea. The rising steam coming off of the cup indicates the movement of heat as hot water transitions into gaseous water (wet steam).

### SAMPLE YOUTH LEADER ORGANIZATIONAL CHART FOR A LARGE TROOP

In this example, there are enough members to fill all patrols and positions of responsibility available.



### Sleeping Pad Ratings: What Is an R-Value?

An R-value refers to the ability of an insulated material to resist the conductive flow of heat. The higher the R-value rating, the more effective a sleeping pad is at thermal insulation. As always, field testing is the only tried-and-true method when it comes to backcountry gear. Factor in critical features such as a sleeping pad's weight, compressibility, and comfort before making your purchase.



## Tips for Properly Loading Your Scout Trailer

When loading a trailer, it is essential to follow proper guidelines to ensure safety and stability. Here are some steps to help you load a trailer effectively:

### 1. Weight Distribution:

- Load your heavier cargo towards the front of the trailer.
- Place **less weight** at the **rear** of the trailer.
- Aim for approximately **60%** of the cargo weight in front and **40%** in the back (unless otherwise instructed by your trailer's manufacturer,)
- Center the heavier cargo left-to-right.

### 2. Secure Your Load:

- Use straps or ropes to secure your load to the trailer,
- Make sure everything is tightly fastened to prevent shifting during transit.

### 3. Stacking Order:

- Put heavy and large items on the bottom and on the side of the trailer.
- Place light and delicate items on top of the heavy ones, ensuring they are supported and secured by the wall or the back of the trailer.
- Fill gaps between items with soft materials like pillows, bags, or rugs to prevent shaking and damage.

### 4. Safety Measures:

- Reduce your driving speed when towing a loaded trailer.
- Always wear your seatbelt.
- If the trailer starts swaying:
  - \* Keep your hands securely on the steering wheel.
  - \* Take your foot off the gas pedal.
  - \* **Do NOT slam on the brakes or accelerate!**
  - \* Pull over in a safe area away from traffic.
  - \* Adjust the distribution of your cargo to put more weight in the front before continuing.

Remember: Properly loading a trailer ensures a safer towing experience. Don't forget to double-check that all trailer lights are working properly.



## Safety Officer Must-Haves

Safety Officer Handbook

Safety Folder:

Safety Brainstorming Template

Safety Debriefing Template

Inspection Checklists

Trailer Safety

Driver & Motor Vehicle Checklist

Camping Safety Checklist

Incident Reporting Forms:

Membership/YPT Infractions

Injury/Illness

New Miss

Witness Statement

Pens/Pencils

Safety Equipment:

Fully stocked First Aid Kit

Fire Extinguisher

Blankets

Large Tarp

Flashlight or Headlamp with fresh batteries

Waterproof Matches/Lighter

Paracord/Rope

Duct Tape

Water

Navigation: map, compass, altimeter, GPS device, personal locator beacon (PLB) or satellite messenger



## The Guide to Safe Scouting– What You Need to Know.....

As Scouts and Scouters, we engage in a wide variety of outings and experiences. Ensuring the safety of our youth and adult leaders is paramount. To achieve this, the Guide to Safe Scouting (GSS) serves as a crucial resource. As the troop’s Safety Officer, the GSS should be your number one reference source.

Let’s delve into the key points:

**Know the Guide:** All participants in official Scouting activities should become familiar with the GSS. It provides an overview of Scouting policies and procedures, gleaned from various sources, designed to make the program safer. The GTSS covers topics such as safety and risk management, age-appropriate activities, restrictions, and prohibited activities<sup>1</sup>.

**Know the Law:** Be aware that state or local government regulations supersede BSA practices, policies, and guidelines. Always stay informed about legal requirements.

**Know the Risks:** While the GSS doesn’t cover every possible activity, it offers guidance on evaluating risks and proceeding safely even when explicit requirements don’t exist. Check out the Activity Planning and Risk Assessment section.

**Know the Restrictions:** The document includes a list of restricted or prohibited activities. Familiarize yourself with these to ensure compliance.

**Know the Limits:** The GTSS provides age-appropriate guidelines for activities. Understand which activities are suitable for specific age groups.

**Know the Program:** The guide points to other BSA program documents, such as Safe Swim Defense and the National Shooting Sports Manual, for additional safety information.

Remember, the GSS isn’t just a guide—it also contains policies like the Scouter Code of Conduct and the Barriers to Abuse. Stay informed and prioritize safety in all Scouting endeavors.

For more detailed information, you can explore the Guide to Safe Scouting website or access the online version with the latest updates. Additionally, familiarize yourself with the BSA Scouter Code of Conduct.

Remember, safety begins with leadership, and as Scouts, we commit to creating a secure environment for everyone involved.

[Guide to Safe Scouting | Boy Scouts of America](#)



# To be completed with an adult



## Pre-Trip Transportation Inspection

Motor vehicles used to transport Scouts must complete Pre-Trip Transportation Inspection before travel for each driver and vehicle. This includes correcting all deficiencies. Make copies for additional drivers and vehicles.

### Driver's Information

Driver's License Number: \_\_\_\_\_ Driver's Phone Number: \_\_\_\_\_

### Vehicle Information

Make and Model: \_\_\_\_\_ Year: \_\_\_\_\_  
 Inspection Current     Registration Current     Insurance Current     Vehicle Inspection

### Vehicle Inspection

#### Visual Inspection

- Cleanliness
- Fluid Leaks
- Loose Parts

#### Light Inspection

- Headlights
- Brake Lights
- Turn Signals
- Emergency Flasher

#### Driver Adjustments

- Pedals
- Steering Wheel
- Mirrors

#### Engine Inspection

- Oil
- Radiator
- Battery
- Exhaust

#### Operational Test

- Defrost
- Horn
- Brakes

#### Tire Inspection

- Tire Pressure
- Uneven Wear
- Tread Depth
- Spare Tire

### Trailer Inspection

Trailer Gross Vehicle Weight: \_\_\_\_\_ Trailer Tongue Weight: \_\_\_\_\_  
 Vehicle Towing Capacity: \_\_\_\_\_ Vehicle Max Tongue Weight: \_\_\_\_\_

- Vehicle has capacity to pull trailer?
- Trailer overall visual inspection?
- Towing ball correct size?
- Safety chains connected?
- Trailer breakaway connected?
- Lights properly working, including taillights, clearance lights, brake lights, directional signals, hazard lights, reflectors?
- Tire inspection, including spare?
- Trailer's load is properly secured?

### Commercial Driver's License (CDL)

- Driver meets CDL requirements, including valid CDL, medical card, and drug testing program?
- Vehicle meets all federal and state CDL requirements, including IFTA and electronic trip logs?
- Pro-Trip vehicle walk-around complete by CDL standards?

### Emergency

- Passengers have seats with factory installed seat belts?
- Triangle reflectors and flares?
- First-aid kit and fire extinguisher?
- Emergency water, food, blankets?
- Incident reporting forms?
- Form of communication?

# To be completed with an adult.



## Transportation Checklist

The safety of our Scouts, volunteers, employees, and communities is our top priority. This two part SAFE Transportation Checklist and Pre-Trip Transporting Inspection is designed to help you manage the risks associated with transporting Scouts.

Date: \_\_\_\_\_ Destination: \_\_\_\_\_

**Supervision**—Youth are supervised by qualified and trustworthy adults who set the example for safety.

- Two-deep leadership for duration of trip

**Assessment**—Activities are assessed for risk during planning.

- Route is planned.
- Passenger list is planned for trip, both to and from destination.
- Breaks are planned.
- Drive time is no more than 10 hours within a 24-hour period.
- Meets or exceeds vehicle liability insurance minimums.
- Passengers have seats with factory-installed seat belts.
- Weather/environment contingencies and communications are planned.
- If operating a 15-passenger van, manufacture date is after 2005.

**Fitness and Skills**—Leaders have prerequisite fitness and skill to operate vehicle.

- Driver [Annual Health and Medical Records](#) are reviewed.
- Driver is an adult, age 18 or over.
- Driver has a valid driver's license, a commercial license if applicable.
- Driver understands expectation to follow all applicable traffic laws.
- Driver is rested and not fatigued.
- Driver meets training requirements to operating vehicle.

**Equipment and Environment**—Safe and appropriate vehicle for Scouting trip. Leaders inspect vehicles and monitor the environment for changing conditions.

- Vehicle inspection completed.
- Tires on each vehicle are no more than 6 years old.
- Weather forecast and conditions.
- Communication plan.

**If there are any incidents:**

1. Take care of the injured/find a safe place.
2. Preserve and document the evidence. Take photos if appropriate.
3. Immediately complete an incident report and notify your local council.  
For more information, go to [www.scouting.org/health-and-safety/incident-report/](http://www.scouting.org/health-and-safety/incident-report/).

**Resources**

Guide to Safe Scouting: <https://www.scouting.org/health-and-safety/gss/>  
SAFE: <https://www.scouting.org/health-and-safety/safe/>

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The Guide to Safe Scouting should be your number one resource when questions about safety arise. Below is the list of topics addressed in the GSS.

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The online version of the *Guide to Safe Scouting* is updated periodically. Go to [www.scouting.org/health-and-safety/gss](http://www.scouting.org/health-and-safety/gss)



## Prohibited Activities



- ◇ Shooting Sports are allowed ONLY at District, Council, or National events— no exceptions! Units cannot hold any shooting sports event no matter the trainings or certifications of the adult leadership.
- ◇ Lazer tag, paintball, and archery tag are not approved Scouting activities. Scouts are not allowed to point a weapon at another person.
- ◇ Activities where participants throw objects at each other, such as rock-throwing, sock fights, or dodgeball are prohibited.
- ◇ ATVs and snowmobiles are not approved for use other than within the safe programs offered at Scout camps.
- ◇ Activities where participants strike at each other, including martial arts, boxing, combat games, gladiator games, and reenactment activities such as live action role-playing games (LARP) and Society for Creative Anachronism (SCA) activities (exception: tai chi) are not allowed.
- ◇ Food eating or drinking contests are dangerous and prohibited.
- ◇ Using pallets as firewood is prohibited in the Narragansett Council
- ◇ Hunting is a prohibited activity in the Narragansett Council, but hunter safety education courses are approved for the Scouts BSA, Venturing, and Sea Scout Programs.
- ◇ The use or selling of fireworks is prohibited, (Exception: fireworks displays by a certified or licensed fireworks control expert)
- ◇ Trampolines and trampoline parks are prohibited. (exception: commercial facilities that meet or exceed current ASTM Standard F2970-15)
- ◇ Tree climbing is a prohibited activity.
- ◇ Excavations or entry into fox holes, makeshift caves, tunnels, trenches, or ditches. Includes digging in sand dunes. (exception: snow quinzees and caves — see Okpik, Cold-Weather Camping, No. 34040)
- ◇ Use of accelerants, chemicals, or pyrotechnics to start fires or in ceremonies is prohibited. (exception: solid fire starters designed and manufactured for this purpose)
- ◇ Exploration of abandoned mines is not an approved activity.

# To be completed with an adult

## 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 *Guide to Safe Scouting*, 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)

- [Guide to Safe Scouting](#)
- Maps of campsite
- [Permission slips](#)
- Maps to and from campsite
- [Medical records](#)
- Other \_\_\_\_\_

Specialized (less common)

- Float plan
- [Flying Plan Checklist](#)

### Training

General (needed for nearly all programs)

- Youth Protection Training
- Safe Swim Defense
- Hazardous weather
- Safety Afloat
- First aid/CPR
- BALOO
- Drivers/[Risk Zone](#)

Program or Activity Specific  
(Boy Scouts and Venturers)

- [Wilderness First Aid](#)
- NRA instructor
- [Climb On Safety](#)
- Range safety officer
- Trek Safety
- Other \_\_\_\_\_

### Planning (Has the following been confirmed?)

- Weather conditions
- [BSA swim check](#)
- Route conditions
- [Service project guidelines](#)
- Drivers licensed
- Other \_\_\_\_\_
- Drivers insured

### Equipment (If the following equipment will be used, is it in good order/inspected?)

- Trailer
- Tools
- [Personal vehicles](#)
- Road emergency kit
- First aid kit
- Other \_\_\_\_\_
- Fire extinguisher

### Emergency Planning (Are plans in place for the following?)

- Local police/fire/EMS
- Lost Scout
- Local hospital
- Active shooter
- Lightning
- Other \_\_\_\_\_
- Severe weather

### Program (Have the following program areas been addressed?)

- [Age-appropriate activities](#)
- [Hazards identified and discussed](#)
- Adult supervision
- Other \_\_\_\_\_
- Safety equipment

# To be completed with an adult

## Motor Vehicle and Driver Checklist

Parents transporting their own children to and from Scouting activities typically take care to do so safely. They expect the same care to be used during group transportation including using private or unit-owned vehicles. This checklist is designed to help you manage the risks associated with that transportation. The basic safety checklist is particularly fitting in those states that do not require periodic auto safety inspections. Information on insurance and drivers is appropriate for all states.

Date \_\_\_\_\_ Unit \_\_\_\_\_ Activity (if specific) \_\_\_\_\_

Owner's name / Driver's License Expiration \_\_\_\_\_

Cell phone (\_\_\_\_) \_\_\_\_\_ Make/model of vehicle \_\_\_\_\_ Model year \_\_\_\_\_

Color \_\_\_\_\_ Tag no. \_\_\_\_\_ Registration Current? \_\_\_\_\_

Other drivers of same vehicle driver's license expiration: \_\_\_\_\_ / \_\_\_\_\_

Driver(s) has reviewed the Transportation section of the [Guide to Safe Scouting](#), the Risk Zone Driver's Pledge, the [Risk Zone Transporting Scouts Safely](#), and the BSA Driver's Pledge at [Scouting Safely](#)? Y/N \_\_\_\_\_

Basic Safety Check (required)	OK	NOT OK		OK	NOT OK
1. Safety belts for every passenger?			13. Tail lights, brake lights, turn signals?		
2. Safety belts operational?			14. Exhaust system?		
3. Tire tread, sidewalls and pressure?			15. Trailer system if used (hitch, lights, chain, etc.)		
4. Tires less than six years old?			16. Insurance meets BSA minimums		
5. Spare tire and jack present?			<b>Additional Safety Check (optional)</b>		
6. Brakes? Emergency brake?			1. Triangle reflectors and flares?		
7. Windshield wipers operate (good blades)			2. First-aid kit and fire extinguisher?		
8. Fluid levels (washer fluid, oil, leaks)?			3. Flashlight, emergency contact list?		
9. Defroster operational?			4. Emergency water, food, blankets?		
10. Horn operational?			5. Emergency repair items, cell phone? (gloves, tools, jumper cables, fluids)		
11. Mirrors: Rear view			6. Weather emergency equipment? (shovel, chains, sand, etc.)		
Side view			7. Emergency procedures		
12. Headlights: Low beam			8. BSA Incident Report Forms		
High beam					

It is essential that adequate, safe, and responsible transportation be used for all Scouting activities. Any "Not OK" item checked in the Basic Safety Check section should be cause to not use that vehicle for transporting Scouts.

680-689  
July 2018

## Specialized Trainings for Specific Activities

Besides the obvious Youth Protection\* and Intro to Outdoor Leadership Skills training requirements of proper adult leadership supervision, some popular Scouting activities have additional mandatory training and may have certain restrictions. Below is a summary of a few of the most popular, and potentially hazardous, activities and the BSA's requirements for safely offering those Scouting activities

**Swimming/Aquatics:** Before a BSA group may engage in swimming activities of any kind, a minimum of one adult leader must complete Safe Swim Defense training, have a commitment card (No. 34243) with them, and agree to use the eight defenses in this plan.

**Boating/Kayaking/Canoeing:** Safety Afloat training is designed for all authorized boating activities. Adult leaders supervising those activities must have completed their Safety Afloat training within the previous two years.

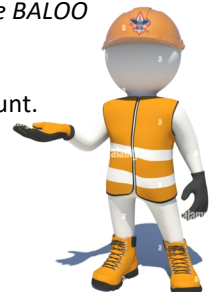
**Shooting Sports:** Shooting sports are to be offered only at District, Council, and/or National-run events where proper certification and safety procedures can be insured. A unit CANNOT run their own shooting sports program under any circumstances.

**Climbing and Rappelling:** Climb On Safely ([www.scouting.org/outdoor-programs/COPE/](http://www.scouting.org/outdoor-programs/COPE/)) applies to climbing activities operated by a unit. BSA units conducting their own climbing activities must follow the requirements set forth in Climb On Safely. Leaders who supervise unit climbing activities must have current Climb On Safely training (available at [my.scouting.org](http://my.scouting.org)).

*\*Camping for Scouts BSA, Sea Scouting, and Venturing Units: As of September 1, 2023, every adult who attends an overnighter with a Scouts BSA Troop, Sea Scout Ship, or Venturing Crew MUST BE registered to the unit as an adult leader and have current Youth Protection Training.*

*FYI: Cub camping is a strictly family-centric activity, families must tent together. Cub Packs can only camp at Council approved CUB CAMPING sites and/or facilities. At least one registered adult leader with the unit must be BALOO trained.*

Most trainings can be completed through your My. Scouting account.



## Camping Safety Basics

### Choose the Right Shelter and Site:

Consider your age, physical limitations, and medical needs when selecting a shelter and campground site.

Different amenities are available for tents, cabins, and RVs, so plan accordingly based on your site choice.

At KOA campgrounds, tent campers enjoy picnic tables, fire rings, and nearby restrooms with showers.

### Stay Up-to-Date With the Weather:

Check the weather forecast before your trip and pack accordingly.

Be prepared for changes in weather conditions, such as rain, snow, or high heat and humidity.

### Pack and Store Food Safely:

Use tight, waterproof containers to store food and prevent attracting wildlife.

Keep food in an insulated cooler to maintain freshness.

Wash your hands and separate raw food from cooked meals to avoid food-borne illnesses.

### Use Insect Protection:

Use insect repellent that doesn't dissolve easily in water to protect against mosquitoes and ticks.

Check for ticks daily, especially in unsuspecting areas of your body.

### Be Aware of Allergies:

Know your allergies and carry necessary medications.

Inform your camping companions about any allergies you have.

### Protect Your Skin from the Sun:

Wear sunscreen, sunglasses, and a wide-brimmed hat to shield yourself from UV rays.

### Stay Hydrated:

Stay hydrated to prevent sun-related health issues.

Bring sufficient water for drinking and cooking.

Dehydration can lead to fatigue and other health problems.

Remember, a safe camping trip ensures that you can fully enjoy the great outdoors. Happy camping! 🏕️



## Transportation Must-Knows

Getting to and from Scouting events is a risk for all participants and can lead to severe and even fatal accidents that impact the Scouting family. Please use the framework below in addition to the SAFE Transportation Checklist and Pre-Trip Inspection for all transportation to and from Scouting activities. The Scouter Code of Conduct includes: When transporting Scouts, I will obey all laws, comply with Youth Protection guidelines, and follow safe driving practices.

General guidelines are as follows:

1. It is essential to have safe and responsible transportation for all Scouting activities.
2. When possible, use public carriers—for example, trains, buses, and commercial airlines for group travel.
3. Drivers are expected to follow all applicable traffic laws and not drive if impaired or distracted—for example, texting, while driving.
4. All drivers must have a valid driver's license that has not been suspended or revoked, including a Commercial Driver's License (CDL) when required.
5. Youth drivers are prohibited. Must be 18 years of age or older.
6. Must meet Scouting's Barriers to Abuse Supervision requirements, including two-deep leadership and no one-on-one during transportation. See this FAQ.
7. Driving time is limited to a maximum of 10 hours in one 24-hour period, regardless of drivers available. Frequent breaks are required, including rest, food, and recreation. Do not drive when distracted or drowsy.
8. The use of private aviation for transportation is prohibited.
9. Motor vehicles used to transport Scouts must complete Pre-Trip Transportation Inspection before travel. This includes correcting all deficiencies.
10. All occupants must wear factory-installed seatbelts. This includes the use of appropriate car seats for youth.
11. Transportation of passengers in a pickup or truck bed, recreational camper or towed trailer is prohibited. See limited exception for parade and hayrides.
12. The use of 15-passenger vans manufactured before 2005 is prohibited.
13. All vehicles must be covered by automobile liability insurance with limits that meet or exceed the requirements of the state in which the vehicle is licensed. It is recommended, however, that coverage limits are at least \$100,000 combined single limit. Any vehicle designed to carry ten or more passengers should have limit of \$1,000,000. For insurance information refer to the Insurance section in the Guide to Safe Scouting.
14. When towing, the tow vehicle driver has the knowledge, skills, and abilities to operate the vehicle with the attached unit.
15. Except for council-run ATV programs, All Terrain Vehicles (ATV), Golf Carts, Light Transport Vehicles (LTV's), Utility Transport Vehicles (UTVs), and side-by-sides are banned from program use. This prohibition includes their use at the unit level. NCAP Standard FA-711 provides a standard by which councils and camps may use this equipment.

The regulation do require completing a pre-trip form that is listed in the requirements.



Prepared. For Life.™



# To be completed with Scouts and adults.



## SAFETY DEBRIEF Template for Every Unit Activity

After every activity, a quick Safety Debrief should be done with the troop to discuss the positives, negatives, and issues that require follow-up with the goal of making future outings smoother, better, and **safer**. Completed Safety Debrief forms should be kept on file for future reference.

Activity: \_\_\_\_\_ Date: \_\_\_\_\_

How did the activity go? (general consensus)  GREAT!  It could have been better.

What could have been done better? \_\_\_\_\_

What, if anything, went wrong? \_\_\_\_\_

How can we prevent this problem at future activities? \_\_\_\_\_

- If someone were injured, was the Injury/Illness Incident Report filed with the Council?
- If anyone did not follow Youth Protection Policies on this outing (or at anytime), was a Membership Infraction Incident Report filled out and forwarded to the Council?
- If witnesses were present, were witness statements taken ASAP and forwarded to Council with the Incident Report?
- If there were an equipment failure that did not cause injury, was a Near Miss Incident Report filed with the Council?

Other thoughts: \_\_\_\_\_

All incident reports should be forwarded to Diane J. Cloutier, Director of Safe Scouting at [diane.cloutier@scouting.org](mailto:diane.cloutier@scouting.org).

## Weather Related Safety

[Weather-Related Safety](#) | [Boy Scouts of America \(scouting.org\)](#)

### Summary

Robert Baden-Powell once said the definition of the Scout motto “Be Prepared” is this: “A Scout must prepare himself by previous thinking out and practicing how to act on any accident or emergency so that he is never taken by surprise.” Baden-Powell also advocated that young men spend a lot of time learning in and about the outdoors, as he said, “The open-air is the real objective of Scouting and the key to its success.” However, we still need to be aware of our surroundings and their changing conditions, including what is happening with the weather.

### General Information

Severe weather hazards, such as tornadoes, lightning, hail, flash flooding, and downbursts, can be dangerous. Each required a basic understanding of what to do so you can protect yourself and your Scouts. The scale of weather conditions can seem daunting - ranging from high heat with no humidity to torrential down pours with possible flooding. However, some key basic principles can help everyone prepare. Here are a few to consider:

1. Know the weather forecast before you set out on your trip.
2. Prepare for the type of weather hazards that are associated with your destination such as tornadoes, lightning, snow, torrential rains, and high winds, The BSA's online Weather Hazards training (available through My.Scouting.org) is a great resource in this area and should be renewed every two years.
3. Double-check weather conditions immediately upon arrival to verify forecasts.
4. The weather can be integral in becoming lost or injured. If visibility becomes limited, respond quickly to gather the Scouts in your care.
5. Inquire about the location of any designated emergency shelters in the area.

You may never encounter a severe weather hazard. Your chances of being hit by lightning in your lifetime are 1 in 700,000, and the chances of your home being destroyed by a tornado (if you live in tornado alley) are 1 in 150,000. By learning and following these key principles, you can move forward with confidence and provide every opportunity to your Scouts to participate in Baden-Powell's outdoor laboratory.

### Resources

National Weather Service

National Oceanic and Atmospheric Administration

Weather Wiz Kids

### Hazardous Weather Training

All “direct contact” leaders are required to take the BSA's Hazardous Weather Training to be considered fully trained in their position. This training is self-paced and can be accessed through your my. Scouting account.



### Fire Safety

Build a campfire only when necessary and when the necessary permits are obtained (regulations vary by locality).

Use designated fire pits and minimize campfire impacts by using existing fire lays consistent with the principles of Leave No Trace.

Keep fires at least 15 feet from tent walls, shrubs, and trees.

Check to see that all flammable material is cleared at least 5 feet in all directions from fire (total 10 feet).

Never leave a fire unattended.

Safely use and store fire-starting materials.

Make sure that water and/or a shovel is readily available.

Promptly report any wildfire to the proper authorities.

Use the cold-out test to make sure the fire is cold out and will make sure the fire lay is cleaned before leaving.

Follow the Outdoor Code, the Guide to Safe Scouting, and the principles of Leave No Trace and Tread Lightly!



### Wildlife Safety

Never feed the wildlife and don't approach animals, especially if they are acting strange, appear disoriented, or are aggressive. Rabies is deadly; contact your camp director or ranger to report asap.

Food should not be stored in your tents; it may attract unwanted visitors of all sizes. If you're camping in bear country, make sure to pick up a bear box at the visitor center or trailhead before your trip if you can't keep your food safely stored in a vehicle at night. A bear box will help keep you and the bears safe.



## To be completed with Scouts and adults.



### SAFETY BRAINSTORMING Template for Every Unit Activity

- Adequate Adult Leadership in Place for Activity: Remember that all adults participating in any Scouts BSA overnight activity must be registered to the unit and have current Youth Protection Training.
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
  4. \_\_\_\_\_
- Driver Check: All drivers have a valid driver's license and car insurance.
- Equipment Check: We have all the equipment needed for this activity and it is in great shape.
- If not, there are plans in place to replace worn and broken gear and purchase additional needed equipment.
- Person responsible for gear purchase/replacement: \_\_\_\_\_
- Items needed: \_\_\_\_\_
- Trailer Safety Check- Trailer Safety Checklist completed.
- Vehicle Safety Check- Vehicle Safety Checklist completed.

#### Planning Ahead- What If...

Someone gets injured or ill: \_\_\_\_\_

We encounter severe weather: \_\_\_\_\_

A vehicle breaks down: \_\_\_\_\_

What other issues could we foresee possibly happening during this activity: \_\_\_\_\_

What can we do to mitigate these possibilities? \_\_\_\_\_

Questions should be forwarded to Diane J. Cloutier, Director of Safe Scouting at [diane.cloutier@scouting.org](mailto:diane.cloutier@scouting.org).

# To be completed with Scouts and adults.



## SAFETY BRAINSTORMING Template for Every Unit Activity

Safety is the number one priority for the Narragansett Council. Being safety-minded is every Scout's, leader's, and parent's responsibility. Prior to every activity, unit leaders with their Scouts and parents, should complete a safety brainstorming session to make sure paperwork needed is in place, equipment is adequate and in good repair, vehicles, trailers, and drivers are checked, needed trainings are reviewed and current, proper leadership will be present at all times, a plan is created for "what-if" scenarios, etc. This template will help begin your safety conversation with your team and conduct a debrief afterwards. Once pages 1 and 2 of the safety plan are completed, send copies to scouts, parents, and leadership so everyone is on the same page for every activity and camping trip. A youth "Safety Officer" to coordinate safety checks is recommended.

Activity: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

- Planned program is an approved activity in the Guide to Safe Scouting.
- Required trainings for this activity are in place. (YPT, IOLS, Hazardous Weather, Safe Swim Defense, Safety Afloat, Climb on Safely, Belay On, etc.)
- Communication Plan in Place: Phones, chargers, power source, and radios, if needed. Text Tree established.
- Unit Point of Contact: \_\_\_\_\_ Phone: \_\_\_\_\_
- Campground/Destination Point of Contact: \_\_\_\_\_ Phone: \_\_\_\_\_
- Activity Local Emergency Numbers:
  - Ambulance: \_\_\_\_\_
  - Police: \_\_\_\_\_
  - Fire: \_\_\_\_\_
- Address of Closest Appropriate Hospital: \_\_\_\_\_
- Location of the closest shelter if needed while tenting: \_\_\_\_\_
- Weather Check Forecast- Current : \_\_\_\_\_  24 hours prior to departure: \_\_\_\_\_
- Person responsible for monitoring weather conditions: \_\_\_\_\_
- Medical Forms are collected from every participant, adults and youth.
- Adult(s) Responsible for Medications: \_\_\_\_\_
- Locked box to store medicines is on hand.

Questions should be forwarded to Diane J. Cloutier, Director of Safe Scouting at [diane.cloutier@scouting.org](mailto:diane.cloutier@scouting.org).

## Always Use the Buddy System

Scouting's buddy system is a safety measure used in all Scouting activities. It calls for Scouts to pair up with a friend or two for all activities. This system helps ensure safety, accountability, and teaches Scouts to have responsibility for others. Whether hiking, swimming, camping, or participating in any other Scouting activity, having a buddy is essential. Here are some key guidelines for the buddy system:

**Pairing Up:** Scouts should choose a friend to be their buddy. It's recommended that buddies know each other and feel comfortable together. No youth should be forced into or made to feel uncomfortable by a buddy assignment. Scouts of similar abilities, ages, and maturity levels are encouraged to be buddies. Buddy pairs must be single gender and not be more that two years apart in age.

**On the Water:** Buddies should check into and out of an area together. They should stay in the same assigned area. If two buddies have differing swimming abilities, they should remain in the assigned area of the buddy with the lesser ability. Lookouts can conduct a buddy check about every 10 minutes. During the check, buddies raise each other's hands by the time the lookout counts to 10. Scouts on a float trip also need buddies, and each boat should have a "buddy boat."

**On the Trail:** While hiking or camping in the backcountry, Scouts are encouraged to travel in groups of at least four. This way, if one gets injured, a buddy can stay with them while the other two seek help.



**At Meetings:** Even during meetings, Scouts should follow the buddy system. When meeting with a merit badge counselor, Scouts can have a fellow Scout, sibling, parent, relative, or friend with them.

Remember, the buddy system is a crucial part of Scouting's Barriers to Abuse, emphasizing safety and looking out for one another. So, whether you're exploring the wilderness or attending a troop meeting, having a buddy ensures a safer and more enjoyable Scouting experience!



## Cooking Safety

### Temperature Control:

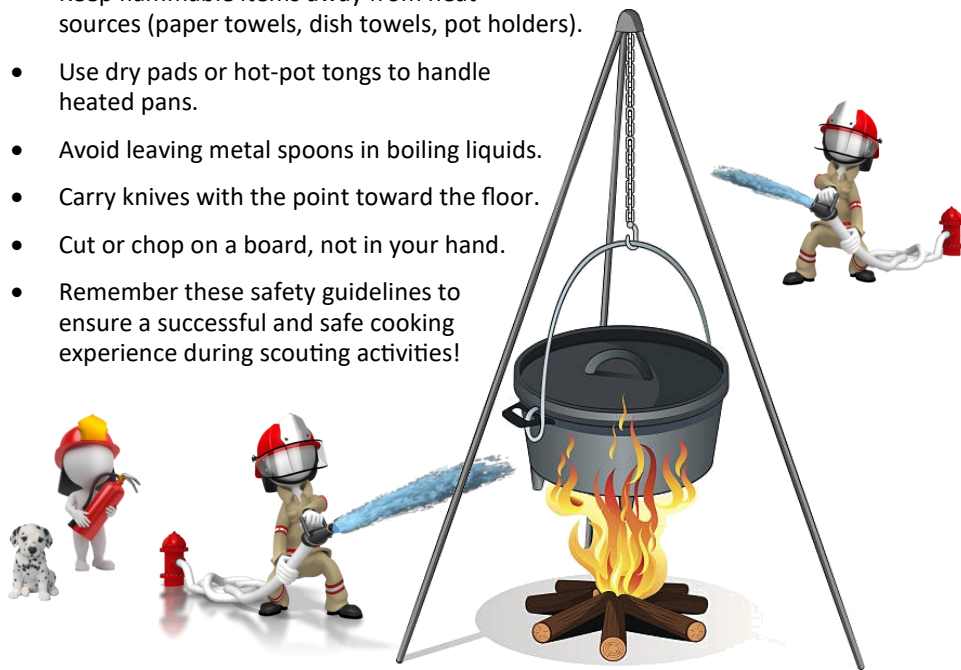
- Use a food thermometer to ensure proper cooking temperatures:
- Poultry (chicken, turkey, duck, goose): 165°F (hold for 15 seconds).
- Ground meats (hamburger, meatloaf): 155°F (hold for 15 seconds).
- Steaks or chops, fish, and shellfish: 145°F (hold for 15 seconds).
- Processed, fully cooked ham: 140°F (to reheat).
- Cool cooked food from 135°F to 70°F within 2 hours and from 70°F to 41°F to 45°F within 4 hours. Use shallow pans for cooling.
- Hot holding: Food can be held at 135°F or above indefinitely for service. Up to 4 hours below 135°F, then discard.
- Thaw frozen food in the refrigerator.

### Hygiene and Hand Washing:

- Wash hands thoroughly with warm water and soap for at least 20 seconds.
- Dry hands with disposable paper towels.
- Always wash hands after using the restroom and before handling food.

### General Safety:

- Keep flammable items away from heat sources (paper towels, dish towels, pot holders).
- Use dry pads or hot-pot tongs to handle heated pans.
- Avoid leaving metal spoons in boiling liquids.
- Carry knives with the point toward the floor.
- Cut or chop on a board, not in your hand.
- Remember these safety guidelines to ensure a successful and safe cooking experience during scouting activities!



## Interesting Things to Know

**How much water will you need to bring?** When planning for a camping trip in which potable water is not provided, to calculate the amount of water needed for the trip, multiply total number of participants by total number of days and the answer will give you the correct number of gallons needed. Ex. 10 participants times 3 days = 30 gallons of water. This should cover drinking, washing, and cooking needs. Bring extra gallons of water if high temperatures are expected.

### What are the most common injuries when camping?

1. Burns are the most common type of injury when camping.
2. Cuts, scrapes, blisters, and wounds are a close second.
3. Sunburns come in at third place.
4. Dehydration is a serious condition that can even be life-threatening without immediate medical attention.
5. Sprains/Strained ankles
6. Ticks bites and related diseases
7. Insect bites
8. Heat stroke
9. Frostbite/Hypothermia
10. Animal bites



**Your campfire may be a hazard.** Although it can keep you warm during the cold nights; you should be aware that your campfire may be a real safety hazard. A fire that's been burning for a few hours can exceed 900 degrees Fahrenheit! Make sure you have easy access to a water bucket and other fire safety protection in case your fire starts to get out of control.

**Camping can relieve stress and depression.** You might think that camping and hiking trips are only good for your physical health, but they're also great for your mental and emotional well-being. When you raise your levels of oxygen, serotonin, and melatonin — which happens when you partake in outdoor physical activities — your stress level will automatically decrease. Plus, it's difficult to be upset when you're partaking in an enjoyable activity. It's one of the best things we can do for our bodies, our minds, and our spirits.

**Crickets can calculate the temperature.** You don't always need a fancy gadget to tell you how hot or cold it is. During the spring and summer months, you can calculate the temperature by listening to a chirping cricket. Simply count the number of chirps you hear in 14 seconds. Then, add 40 to that number to find out the temperature in degrees Fahrenheit.

## Proper Equipment, Supplies, and Attire

**Proper gear and appropriate clothing are required for activities that have additional safety hazards. The following is a list for these most common activities.**

**Climbing and Repelling:** Proper gear for climbing includes a quality harness, good rope, the right clothing and shoes — and a fitted climbing helmet.

**Boating, Canoeing, Kayaking, and Rafting:** Ensure you have a Coast Guard-approved life jacket in good condition for each participant in the proper size.

**Cycling:** All cyclists must wear a properly sized and fitted helmet and appropriate clothing and footwear. Bicycles must be adjusted to the rider and properly maintained. A safety check for each bicycle should be completed.

**Woodworking:** Safety glasses are the most important piece of safety equipment. When working around/with loud power tools and machinery such as routers, surface planers, and joiners, wearing hearing protection is a must. Depending on the situation, respirators and face masks may also be required. Sanders, routers, and other power tools can generate a lot of dust. For some projects, face shields may be suggested and proper clothing that covers the skin on the arms and legs should be worn. Work gloves should also be handy.

**Skiing and Snowboarding:** Helmets are essential. They are required for skiing and snowboarding. Dress in layers to regulate body temperature. A moisture-wicking base layer, an insulating mid-layer, and a waterproof outer layer are ideal. Protect your eyes from snow glare with goggles or sunglasses. Keep your hands warm and dry with appropriate gloves or mittens. Invest in moisture-wicking, warm socks to keep your feet comfortable. Sturdy, waterproof boots with good traction are crucial for skiing.

**Hiking:** 1. Sturdy Water Bottle: Hydration is crucial. Aim for about 1 liter (32 ounces) every two hours while hiking. 2. Comfortable Hiking Shoes or Boots: Invest in footwear with good traction and ankle support. 3. Rain Gear: Be ready for sudden rainstorms with a poncho or a rain jacket and rain pants. Keep your gear dry by using a pack cover. 4. Navigation Tools: Carry a map, compass, or GPS device to stay on track. 5. Personal First Aid Kit: Essential for minor injuries. 6. Headlamp or Flashlight: Useful for night hikes or emergencies. 7. Multi-Tool or Pocket Knife: Handy for various tasks. 8. Extra Clothing Layers: Dress in layers to adapt to changing weather. 9. Sun Protection: Sunscreen, sunglasses, and a hat. 10. Snacks and Trail Food: Keep your energy up during the hike.

**All items should be inspected often for wear and replaced as needed.**



## Cooking Fuel Safety

Chemical Fuels and Equipment:

- The Boy Scouts of America provides policies for safely storing, handling, and using chemical fuels and equipment. These include propane, butane, isobutane, vegetable oil fuels, biodiesel fuel, and commercially prepared gelled alcohol.
- Always follow the manufacturer's instructions and safety guidelines when using chemical-fueled equipment for cooking, heating, and lighting.

Gas Appliances:

- If you're using gas appliances for camping or cooking, consider the following safety tips:
- Choose the Right Gas: Select appropriate gas canisters or cylinders for your equipment.
- Proper Setup: Set up your equipment correctly and securely.
- Avoid Fire Hazards: Keep the equipment away from flammable materials and ensure proper ventilation.
- Carbon Monoxide Awareness: Be aware of the dangers of carbon monoxide. Use gas appliances in well-ventilated areas.

**Fire Safety:** Have a bucket of water (fire bucket) nearby in case of burns or emergencies. Tie back hair, avoid loose-fitting or flammable clothing, and never pour or squirt lighter fluid or fire-starting fuel directly onto the fire.

## General Rules for Outdoor Food Safety

Do not depend on fresh water from a lake or stream for drinking, meal preparation or cleaning, no matter how clean it appears. Bring bottled or tap water for consumption and for cleaning.

Bring disposable wipes, hand sanitizer or biodegradable soap for hand- and dish-washing. Wash your hands with soap and water for at least 20 seconds or use hand sanitizer that contains at least 60% alcohol before and after handling food.

Don't bring perishable meat or poultry products without a cold source to keep them safe. When relying on a cooler, pack foods in the frozen state; leftover food is safe only if the cooler still has ice in it. Otherwise, discard leftover food.

Raw meats may contain bacteria; keep raw foods separate from other foods. Make sure to sanitize surfaces and utensils to avoid cross-contamination.



## Knife Safety

Do not use a blunt blade. This is because blunt knives require more pressure, making the blade slip and hurt you. Ensure you sharpen the knife on a sharpening stone.

After using a knife, ensure you clean it to avoid contamination if you hurt yourself. Oil the knife's hinges regularly with oils such as WD-40.

When you are not using a pocket knife, ensure you close it. Also, you should only carry a knife for genuine reasons, so it's fine to keep one in your pocket on your way to scouts if your superiors have requested you to.

Keep the knife dry always. Water degrades the quality of the knife's blade, handle, or hinges.

Do not throw a knife. Handle it carefully and only when needed.

As a beginner, start slowly, so you get accustomed to using the knife. You can shave off little sections of wood rather than large chunks. That way, you will learn how to control a knife. Also, do not cut the bark of a tree with a knife.

Always cut away from your body. Do not face the knife towards your body when shaving wood.

When passing a knife, hand it over to someone with the handle first. The knife should be in a sheath or closed if it is a pocket knife. If it is a knife, you cannot encase the blade; hand the knife by the handle.

Do not carve or cut into someone else's things. Learning how to handle a knife is exciting and can lead to children carving into unauthorized things.

Make a safety circle. Stretch your arms and twirl in a circle. If you can touch anyone, it is not safe to use a knife. Only use a knife if, when you turn, you cannot touch anyone in the circle.

Do not point the knife at anyone, even if it is a joke. Also, ensure you re-sheathe or close your knife when walking with it.

If you cut yourself, do not try to hide it. Own up to it and get your leader to help you. Also, ensure you always carry a first aid kit.



## Wood Tool Safety Using S.A.F.E Principles

Scouting safety is of utmost importance when using wood tools during Scouting activities. Here are some essential guidelines to follow:

### Supervision (S):

Ensure qualified adult supervision is on-site.

Supervisors must have the knowledge, skills, and abilities to operate or oversee the use of all tools and equipment.

### Assessment (A):

Check the project area for hazards.

Clear the workspace for tool use.

Assess what protective equipment (PPE) is required, such as:

Work gloves

Safety glasses or face shield

Safety helmets/hardhats

Earplugs or muffs

Steel-toe shoes or sturdy work boots

Protective aprons or clothing

Fall protection

### Fitness and Skills (F):

Participation in projects and tool use should align with the mental, physical, emotional, and social maturity of youth and adult members.

*Lions and Tigers cannot use tools during service projects.*

### Equipment and Environment (E):

Follow the most restrictive and protective guidelines.

Tool or equipment manufacturers' safety literature about age and skills restrictions supersedes recommendations.

All work at any elevation 4 feet or higher is prohibited for any youth.

Below-grade work (e.g., trenching or excavations) is not appropriate for projects.

Shallow below-grade work (e.g., foundations, post holes, trail work) is acceptable with hand tools only, provided underground utilities are clear of the area.

Remember to prioritize safety and follow the guidelines provided by the Boy Scouts of America to ensure a safe and enjoyable Scouting experience!

For more detailed information, you can refer to the SAFE Project Tool Use document and the BSA Guide to Safe Scouting Power Tool Guidance.

