

OUTDOOR SKILLS TRAINING



BASIC TROOP CAMPING



GIRL SCOUTS HEART OF CENTRAL CALIFORNIA

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Table of Contents

Learning Objectives.....	1
Girl Scout Outdoor Skills for Today	2
Leave No Trace Outdoor Ethics for Front County.....	3
What's Wrong with This Picture?	4
Ways to Include Camp Preparation in Troop Program	6
Short Term Preparation	7
Let's Take It Outdoors!	8
Four Easy Steps	9
Camping Equipment Checklist	10
Sample Camp Kaper Chart for A Patrol.....	11
Camp Site Set-Up.....	12
California Campfire Rules and Fire Safety Requirements	13
Girl Scout Hikers, Essentials for a Safe Hike	15
Checklist of Essential Items for Day Hikes	18
Men and Girl Scout Activities.....	19
Homesickness Hints.....	20
Planning a Girl Scouts' Own Ceremony	24
Flag Etiquette 101 – Made Simple	26
How to fold the Flag	28
Instructions for the Caller.....	29
Outdoor Program Links	30
Having a Successful Campfire	31
Ideas for Campfire Ceremonies	33
Games Around The Campfire/Camp Skits.....	34
Sparkle Party.....	36
Flashlight Madness.....	37
Animal Night Eyes.....	38
Planning Chart for Outdoor Fun	39
Troop Camping: Who Does What?	40
What is Risk Management?.....	41
Going Places.....	42
Girl Emergency Health Information	43
Adult Emergency Health Information	44
Parent Permission for Participation in Girl Scout Activity	45
Checklist for Drivers.....	46
Trip Notification.....	47
Emergency Warning System	49
Event Site Information	50
Site Evacuation	51
Accessing Safety Services.....	53
Accessing Medical Services	54
Missing Persons.....	57
Intruders.....	60
Description of Intruders.....	61
Diversion Activities.....	62
Consent to Administer Medication to a Minor	63
Injury or Illness Report to Parent/Guardian.....	65
All You Need to Know About Insurance	66
Vehicle Assignment List	67
Camping Safety Tips	68
Poison Oak	70
Coyotes	71
Bears.....	73
Mountain Lions	75
Lyme Disease in California	77
West Nile Virus	79
Yellowjackets	81
Plague in California	83
Your Troop Camping Risk Management Forms Tool Kit	85
Basic Troop Camping Patrol Master Plan	86

Learning Objectives:

By the end of the session, the participants will be able to:

1. Develop a budget, menu plan, and a shopping list
2. Develop personal and group equipment lists including appropriate choices for clothing, sleeping bags and other gear.
3. Prepare a kaper chart for patrol use.
4. Demonstrate the safe use of a propane stove, solar cooker, charcoal box oven and Dutch oven for food preparation.
5. Describe risk management in an outdoor setting.
6. Demonstrate how to tie a square knot, taut line and clove hitch.
7. Demonstrate Leave No Trace and safety techniques in site selection, dishwashing, garbage disposal, good preparation and hiking.
8. Demonstrate tent care and set up in a troop camp setting.
9. Demonstrate selecting and setting up a troop campsite.
10. Build and extinguish a wood fire.
11. Demonstrate pocket knife usage and safety.
12. Find and orient to north using a compass and map.
13. Demonstrate the patrol system in a troop camp setting.
14. Develop a program plan including environmental education activities.
15. Plan an outdoor ceremony.
16. Use a method for evaluating camping activities with girls.

Girl Scout Outdoor Skills For Today

Purpose

In Girl Scouting, outdoor education is defined as the effective utilization of Girl Scout program in the outdoor setting enabling girls to grow and develop leadership skills and outdoor recreational interests and skills.

Perspective

Open space near population centers is being consumed by development. With increasing numbers of people using parks and outdoor spaces, we must look at our outdoor pursuits with new insight. Our activities must touch the earth lightly, leaving as few traces of our presence as possible. The new challenge is to learn how our recreational activities can affect the earth and learn how to change, reduce, or eliminate those that pollute, erode, or do damage to environment.

Characteristics

- Encourage all the girls to take part in lots of outdoor activities.
- Do activities outdoor, using the principles of *Leave No Trace* as a model.
- Use a multisensory approach.
- Teach using authentic objects.
- Involve each girl in skill building; she will learn new skills better in that way than by watching others or reading about them.
- Show the interrelationships of elements in the outdoors.
- Make outdoor activities fun and challenging and different from activities done elsewhere.
- Do only those activities that leave no trace on the natural environment.
- Involve girls in planning each activity to promote positive attitudes and strengthen girl/adult partnerships.
- Provide girls with positive adult role models who can set and maintain a positive tone in the group.

Outdoor Education In Girl Scouting
Girl Scouts of the U.S.A. 1996

Leave No Trace

Outdoor Ethics for Front Country

Know Before You Go

Be prepared! Remember food and water, and clothes to protect you from cold, heat and rain.
Use maps to plan where you're going. Check them along the way so you'll stay on course and won't get lost.
Remember to bring a leash for your pet and plastic bags to pick up your pet's waste.
Learn about the areas you plan to visit. Read books, check on-line and talk to people before you go. The more you know the more fun you'll have.

Stick To Trails and Camp Overnight Right

Walk and ride on designated trails to protect trailside plants.
Do not step on flowers or small trees. Once damaged, they may not grow back.
Respect private property by staying on designated trails.
Camp only on existing or designated campsites to avoid damaging vegetation.
Good campsites are found, not made. Don't dig trenches or build structures in your campsite.

Trash Your Trash and Pick Up Poop

Pack it in, Pack it out. Put litter – even crumbs, peels and cores – in garbage bags and carry it home.
Use bathrooms or outhouses when available. If not available, bury human waste in a small hole 6-8 inches deep and 200 feet or 70 big steps from water.
Use a plastic bag to pack out your pet's poop to a garbage can.
Keep water clean. Do not put soap, food, human or pet waste in lakes or streams.

Leave It As You Find It

Leave plants, rocks and historical items as you find them so others can enjoy them.
Treat living plants with respect. Carving, hacking or peeling plants may kill them.

Be Careful With Fire

Use a camp stove for cooking. Stoves are easier to cook on and create less impact than a fire.
If you want to have a campfire, be sure it's permitted and safe to build a fire in the area you're visiting. Use only existing fire rings to protect the ground from heat. Keep your fire small.
Remember, a campfire isn't a garbage can. Pack out all trash and food.
Before gathering any firewood, check local regulations.
Burn all wood to ash and be sure the fire is completely out and cold before you leave.

Keep Wildlife Wild

Observe wildlife from a distance and never approach, feed or follow them.
Human food is unhealthy for all wildlife and feeding them starts bad habits.
Protect wildlife and your food by securely storing your meals and trash.

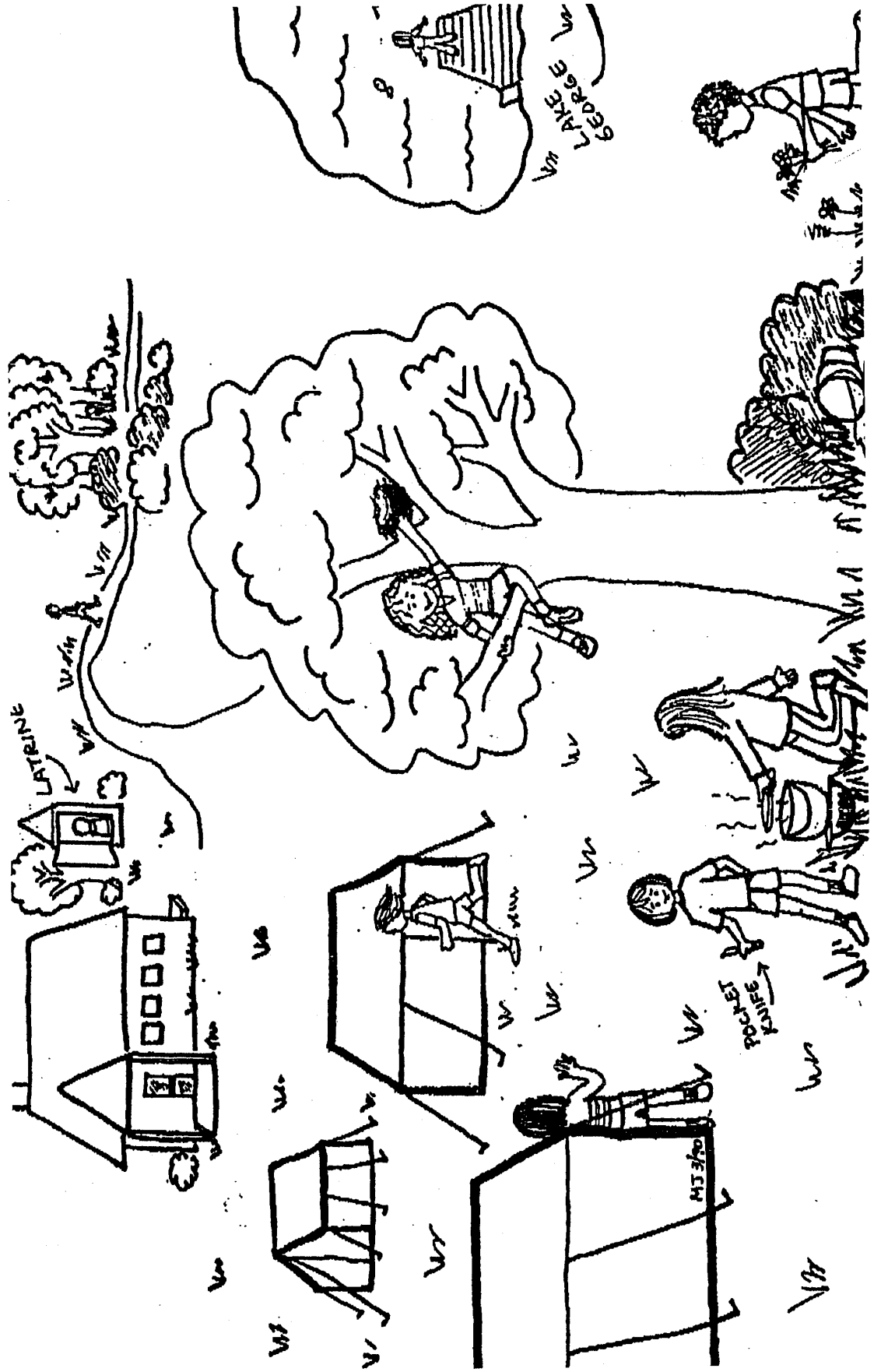
Share Our Trails and Manage Your Pet

Be considerate when passing others on the trail.
Keep your pet under control to protect it, other visitors and wildlife.
Listen to nature. Avoid making loud noises or yelling. You will see more wildlife if you are quiet.
Be sure the fun you have outdoors does not bother anyone else. Remember, other visitors are there to enjoy the outdoors too.

This information was developed from the seven Leave No Trace principles.

What's Wrong with This Picture?

These campers aren't practicing good health and safety procedures for the out-of-doors. In some cases, they are also doing some things that aren't good for the environment. Circle those activities that are problem areas, then check the answers on the back of this picture.



Answers—“What’s Wrong with This Picture?”

1. Girl picking flowers (encourage girls to leave plants for others to enjoy).
2. Girl in the tree poking at the bird’s nest.
3. Girl at Lake George without a buddy or adult supervision.

In the fire area:

4. There is no bucket of water by the fire (it’s knocked over to the side with water running out – this is also a waste of water).
5. The area has not been cleared.
6. The girl kneeling at the fire has long hair that needs to be tied back.
7. The girl kneeling at the fire has no potholders for removing the lid of the pot.
8. The other girl is holding an open pocketknife with the blade pointed up (should be pointed down or, better yet, closed when not in use).

In the tent area:

9. Girl is running around the tents (easy to trip over stakes and guy lines).
10. Girl who is running is not wearing socks.
11. Girl stepping out of tent is wearing a midriff top (easy to get sunburned).
12. At the latrine, the door has been left open and the lid is open on the toilet seat (keeping both of these closed cuts down on odor, bugs, and critters).
13. Girls should have hats or bandannas to prevent sunburn and heat exhaustion in hot weather, to cover the ears and top of the head in cold weather, and to prevent ticks from dropping onto scalp when hiking under trees in warm weather.
14. There is something **MISSING** from this picture – can you tell what it is?

Answer: There is no leader in this picture!

Ways to Include Camp Preparation in Troop Program

Here are two examples of how a troop might prepare for a troop camping experience. Use these ideas as a starting point for planning a troop camping trip. We recommend use of the long term preparation plan with younger or less experienced girls.

Long Term Preparation

Don't concentrate the whole year's program toward one camping event. Each activity along the way should have its own rewards. One meeting per month could be devoted to outdoor program and preparation.

September

Use patrol system as part of troop government. Divide regular weekly jobs, everyone has a turn at each week's job during year. Work with girls on *Leave No Trace* principles and application to camping trip.

October

Hike – Stress safety – Buddy System – Have a purpose – nature awareness - nature conservation – pick up litter, etc.

November

Knife use and safety
Cooking Skills

- Practice cutting food – carrots, celery, apples
- Make cranberry relish for Thanksgiving

December

First Aid & Hygiene – practice call for help and assemble first aid kit

January

Plan 1/2 day outdoor activity; using kaper chart, circles/patrols.
Pack lunch.

February

Teach knots – practice and play games
Nutrition – basic food groups – make, plan & prepare, serve meal. Learn to wash & sanitize dishes.

March

Work with minimal impact cooking methods – fireless, solar, stove, make a snack.

April

Make camping equipment; i.e., sit-upon or dunk bag. Plan hike & cookout – include skills learned – kaper chart, safety, cooking, balanced meal, first aid kit. Etc.

May

Plan camp out, stress *Leave No Trace* planning
Practice packing.
Discuss & plan activities.

June

You're ready to have a good time!!!!

Short Term Preparation

Planning could be completed in as little as six weeks.

First Week

Secure camp certified person to plan camping trip/skills instruction with the troop
Activities illustrating the *Leave No Trace* principles
“Fashion Show” of do’s and don’ts in camp clothing/equipment
Plan your adventures – set your objectives
List program ideas
Choose activities
Plan troop finances
Notification to service unit manager

Second Week

Knots
Ceremonies
Setting up tents
Make troop kaper chart by patrol

Third Week

Simple first aid rules
Stoves, cooking, knife safety
Importance of buddy system
Equipment – send personal list home
Give permission slips to girls

Fourth Week

Learn songs
Prepare first aid kit; discuss health & personal hygiene issues
Menus and shopping list
Arrange transportation

Fifth Week

Plan equipment list – especially tents to be used – by troop/patrol
Discuss group living, safety rules
Collect permission slips

Sixth Week

Collect late permission slips
Kaper charts
Reminders of appropriate clothing for weather expected
Go camping and have a great time! Remember to *Leave No Trace*!

Let's Take It Outdoors!

The girls have decided that they really want to try some camping and other outdoor activities. Are you ready? The council offers a series of training courses designed to help adults working with girls in the out-of-doors to have a successful experience. The adults who take the training do not have to be members of the leadership team.

Below is chart showing the outdoor skill progression and the courses offered that teach these skills.

	Progressive Distance From Home Increased Development Of Skills	Council Training	You Will Need These Skills For:	Who Should Attend
Packout 	Plan a trip extending over several days, help others learn about outdoor wonders.	Backpacking (Intro, Preplan and overnight)	* <i>destinations</i> * Extended Trip Camping	Troop camp certified adults who want to work with girls on advanced skills.
Campout 	Plan and carry out an overnight camping trip for at least two nights.	Basic Troop Camping (Pre-plan and overnight)	* Troop camping * Service Unit/Multiple Troop Camping Events	Adults who want to become troop camp certified.
Cookout 	Plan and cook a meal outdoors or snack.			
Sleep Out 	Plan and carry out an overnight		* Troop Program * Day Camp	
Explore Out 	Go with a purpose, take a snack to eat; take a short trip: walking, biking, and rowing.			
Move Out 	Learn basic outdoor skills, visit an outdoor spot, and record your observations.			
Meet Out 	Use senses to look, listen, feel and smell in the out-of-doors			
Look Out 	Wonder what it's like, learn what to wear, learn good outdoor manners.			

Four Easy Steps To Start a Troop on Outdoor Program

1,2,3,4 Easy Steps	1 <u>Take the troop outside the meeting place</u> for a game, for an activity where girls explore the environment with one or more of the five senses.	2 <u>Use the troop meeting time for a short expedition to an interesting place not far away</u> , a vacant lot, a park, someone's backyard, a brook.	3 <u>Have an outdoor experience nearby for longer than the troop meeting time. Include food which requires no cooking.</u>	4 <u>Spend a morning or afternoon at an outdoor place with or without a snack or meal, which requires no cooking.</u>
Get Yourself Ready	Look around outside yourself. See what exists to help girls learn about the environment, pollution, kinds of buildings, kinds of living things like animals, birds, insects, trees, small plants.	Find what is within a 10 minute walk from the meeting place. Plan how to reach the place safely – crossing streets, etc. Decide whether a jacket or sweater will be needed. Secure permission to use the place if necessary. Assess what exists along the way as well as at the place.	Cover readiness for steps 1 and 2 and: Decide whether the food is to be a meal or a snack. Think what kinds of food don't need refrigeration and carry easily in a paper sack. If a meal is planned, think what makes an adequate meal to bring in a paper sack; a nourishing sandwich, dessert, fruit or raw vegetable, kind of drink.	Cover readiness for steps 1,2, and 3 and in addition: Find out about available toilet facilities and safe drinking water. Provide for first aid equipment. Assess what exists along the way as well as at the place.
Get The Troop Ready	Divide in groups or partners as appropriate. Explain what to do. Set a time limit. Define the area in which to stay.	Divide in groups. Discuss and agree on safety precautions and courtesy to the public. Plan something on the way which is fun – like laying a trail, observation games, etc. Explain what will happen when you get there. Agree on a time and method of assembling to return to meeting place.	In addition to things for a short expedition: Give girls help in deciding what food to bring and what not to bring and why. Give girls instructions about whether to bring something to drink or not and what kind of drink and appropriate container.	Plan where and what time to meet to go and return. Plan what to do: practice skills for a future outdoor activity like a hike or first cookout; explore; do an outdoor good turn. Plan what to bring. Discuss what to wear. Cover troop readiness under steps 1, 2, and 3. Agree on a time and method assembling to return to meeting places.
Let It Happen	Be sure someone knows where the troop is, and when it will be back at the troop meeting place.	Be sure someone knows where the troop is, and when it will be back at the troop meeting place.	Be sure someone knows where the troop is, and when it will be back at the troop meeting place.	Be sure someone knows where the troop is, and when it will be back at the troop meeting place.
Talk It Over Afterwards	"Was it fun?" "What did you like best?" "What could have been done better?" "What can we do next?" "When will we go again?"	"Was it fun?" "What did you like best?" "What could have been done better?" "What can we do next?" "When will we go again?"	"Was it fun?" "What did you like best?" "What could have been done better?" "What can we do next?" "When will we go again?"	"Was it fun?" "What did you like best?" "What could have been done better?" "What can we do next?" "When will we go again?"

Camping Equipment Checklist

Bring along only those items necessary for the type of camping you will be doing. Determine what equipment is available at the campsite that can be used by your group. Acquaint every girl and adult attending the trip with all the equipment they may be using. Consider the following equipment checklists to determine which items to bring.

Shelter

- Tents
- Kitchen or dining fly (canopy)
- Tarpaulins or plastic sheeting
- Tent repair kit – including needle, nylon thread and tape or adhesive fabric

Tools/Supplies

- Hammer
- Shovel
- Flashlight and lantern
- Knife
- Compass
- Small broom
- Rope
- Sharpening stone
- First Aid kit
- Portable table
- Can opener
- Large pot or pail that can be filled with water and used as a fire bucket near a fire
- Containers for recycle materials (cans, bottles, glass)

Cooking Equipment

- Matches in a waterproof container
- Potholders
- Portable camping stove
- Containers for leftover food
- Garbage bags
- Pots and pans with lids – when selecting utensils, consider the type of heat source to be used and the food that will be prepared
- A large knife, spatula, measuring cups, forks, knives, and spoons (include some utensils with long handles)

Washing Supplies

- 3 dishpans or pails
- Sponge or cloth
- Towel for drying pots
- Dishwashing soap (biodegradable)
- Net bags for air drying dishes
- Bleach
- Plastic or rubber gloves
- Washbasins, if necessary
- Tub or pail to heat water for washing
- Strainer
- Spatulas
- Clothesline cord

Personal Equipment Checklist

- Select clothing based on the weather and location of your camping trip. Review the following checklist before packing.
- Pants and shorts
- Shirts – long and short sleeved
- Sleepwear
- Underwear
- Socks – not cotton
- Sneakers or hiking shoes
- Sleeping bag and sleeping pad
- Gloves
- Canteen or water bottle
- Flashlight and extra batteries
- Jacket – weight depends on season and weather
- Sweaters and sweatshirts – several lightweight sweaters are warmer than one heavy sweater – fleece preferred, not cotton
- Hat – for sun and/or warmth depending on conditions
- Rain gear – waterproof raincoat or poncho, boots and hat
- Personal hygiene items – soap, shampoo, towel, washcloth, toothbrush, toothpaste, comb, brush, deodorant, sanitary napkins
- Mess kit that includes silverware, plate, bowl, and cup in mesh dunk bag

Sample Camp Kaper Chart for A Patrol

(Buddy System – eight Girls)

To use the chart for a troop, change to patrol names.

You can adapt this chart to different situations, remembering to rotate the names from day to day. To avoid having the same girls do the same kapers each day, have more groups than kapers to do or four time-slots and five groups of girls.

Example

Meal	Hostesses	Watermaids	Cooks	CleanUp/Recyclers
Saturday Breakfast	Darla Mary	Jean Mora	Wendy Kim	Crissy Nancy
Saturday Lunch	Crissy Nancy	Darla Mary	Jean Mora	Wendy Kim
Saturday Dinner	Wendy Kim	Crissy Nancy	Darla Mary	Jean Mora
Sunday Breakfast	Jean Mora	Wendy Kim	Crissy Nancy	Darla Mary

As you can see, the girls and the jobs rotate, so that each has an opportunity to do each job. Depending on the size of your troop/patrol, you may want to add some additional kapers.

For dinner these might include:

1-2 girls to get some appetizers ready

1-2 girls to prepare the vegetables

1-2 girls to prepare and cook the dessert

Be creative. If there are girls that do not have a specific job, perhaps they could teach some new songs for the campfire. Then everyone could be involved, even those that are cooking.

“All camp kapers” are often assigned to troops at multi-troop camping events (sometimes called camporees). Typical all camp kapers include flag ceremonies, Girl Scouts’ Own, campfire program, litter patrol and bathroom clean-up.

Camp Site Set-Up

What	Who
Put up tents and stow personal gear.	
Set up hand wash line (clove hitch & tautline hitch) Get water for hand wash & kitchen area (cooking & drinking) Post camp schedule, kaper charts, kaper descriptions and menu.	
Set up dunk bag line (clove hitch/tautline hitch) Locate a place for tools and put them there; i.e., broom, rake, etc.	
Set up dish washing system. Garbage bag, three buckets, bleach, scraper, biodegradable soap, dishrags, towels. Dish drainer is helpful. Organize kitchen area.	
Sweep latrine, clean if necessary. Stock with toilet tissue.	
Put dunk bag, towel, and washcloth on proper line with name clothespin.	

Breaking Camp

Roll gear and sleeping bag inside ground cloth and tie securely.	Everyone
Sweep inside & out, take down & roll tents. Count stakes. Check tent & bag numbers (should be the same). Make note of needed repairs.	
Take down hand wash line. Pack out bottles, cans, pails.	
Take down dunk bag line.	
Take down dishwashing system and pack.	
Load gear (personal, tents, tools, kitchen equipment, plastic).	
If you finish your kaper early, help someone else!	

California Campfire Rules and Fire Safety Requirements

The timbered, brush and grass-covered lands of California produce natural resources which are vital to millions of Americans. But in these same lands the fire danger is higher than any other place in the world, and special care is necessary when using fire of any kind.

So please learn and follow the common sense rules in this pamphlet. Remember that **You** are responsible for any fire damage caused by your negligence and wildfire damage can easily run into millions of dollars!

Campfire Permits Are Not Required At Certain Campgrounds and Picnic Areas

If you camp or picnic at a posted or signed public camp or picnic ground where there is an established cooking and/or campfire area, a campfire permit may not be needed. However, you should abide by local instructions. This applies to both Northern and Southern California.

Campfire Permits Are Required Outside Of Signed Public Campgrounds and Picnic Areas

If you camp or picnic outside of a posted and signed public camp or picnic ground, you must **have a campfire permit before building a campfire or using your own stove or grill** (except inside a trailer or camper which is equipped with a gas stove).

In Northern California, campfire permits are issued for the year. They may be obtained free at offices or stations of the U.S. Forest Service, U.S. Bureau of Land Management, or California Division of Forestry. However, they may be canceled due to fire danger.

In Southern California within the Angeles, Cleveland, Los Padres, or San Bernardino National Forest, a special campfire permit is necessary for each forest visit. Obtain these permits free at Forest Service offices in the National Forest you are visiting.

Permits are not required in desert lands of the Public Domain below the 3,500' elevation within the counties of Mono, Inyo, Kern, Los Angeles, San Bernardino, Riverside, San Diego and Imperial.

All permits require that each party has at least one shovel. This shovel must be sturdy enough to clear the area before you light a campfire, and also to stir the hot coals with water and earth to completely extinguish a fire when you are through with it. Although a standard size shovel is most useful, the minimum sized shovel approved has a blade of 5" x 7" and a handle at least 12" long. Axe and water containers are recommended and are mandatory in some areas of Southern California.

In National Parks

The National Park Service issues separate campfire permits which are required in each National Park.

On Private Land

Don't forget that there are private lands intermingled with National Forest and Public Domain. To build a fire on private land, you must get written permission from the landowner, except in posted public campgrounds.

How to Build A Safe Campfire When You Are Not In A Signed Or Posted Public Camp Or Picnic Ground (A Campfire Permit Is Required.)

Wilderness campfire sites in pristine areas should be selected with utmost care. Look for mineral soil, less than two or three inches of duff, and area away from trees, overhanging branches, grassy vegetation and root systems.

A small shallow fire pit may be established by digging to mineral soil or by looking for a spot with exposed, sandy or mineral soil. Do not ring the area with rocks.

In areas where conditions make it unwise to build a pit fire, the flat rock method is a suitable alternative. Gather mineral soil from locations without vegetation. Spread several inches of mineral soil on top of a flat rock and build the fire.

If a fire was constructed on a flat rock, after the cool ashes have been scattered, return the soil to the source and rinse off the rock. No trace of a fire should remain.

Don't start any fire during windy weather.

During times of very high or extreme fire danger, all campfires outside of camp or picnic grounds may be prohibited.

How to Extinguish Your Campfire

In both high impact and pristine campsites, wood used for campfires should be burned completely to white ash. Any remaining charcoal should be ground into powder.

First, let the fire die down as much as you can. **Don't Put On More Fuel.**

Then use your shovel to separate and spread the burning pieces, keeping them inside the cleared area. Mix water or soil with the hot ashes to cool and smother them.

Continue mixing and stirring until the fire is out. **Never** bury a fire. It can "escape" from under the dirt.

Make certain that all fuel and ashes have cooled and that the fire is completely **Out** before you leave. Feel the ashes with your hands to make sure they are cold. Fire can "come to life" if not completely extinguished.

In pristine areas, scatter the ashes and fill in the pit completely. Cover the hole with sod or leaf litter to give the appearance that the earth has not been disturbed.

Finally; check the area within 50 feet of the fire for any sparks which might have been blown outside the area. Pay particular attention to rotten wood, which catches fire easily.

If You Must Smoke In the Forest, Follow These Rules

Never smoke while walking or traveling by horse, motorcycle, or in an open vehicle. **In Your Car, Always Use The Ashtray! Never** throw burning tobacco or matches out the window. **Caution:** in some Southern California areas, smoking is prohibited even in cars. When in doubt, ask a Ranger Station or Fire Station.

Stop; sit down in a cleared area such as a roadside turnout, a barren area, or on a very large rock. If none are available, make a three-foot clearing, down to bare earth, where you are sitting, and use an ashtray. Never crush out a cigarette on a log or stump. Be Sure all matches, ashes, and burning tobacco are **Dead Out** in a bare spot.

Lanterns and Stoves

Choose a stove or lantern that uses one of the following fuels: butane, propane, kerosene, ethyl alcohol, or sterno. Gasoline, white gas, etc., may not be used due to its highly volatile nature. When lighting your lanterns and stoves, light a match before opening the fuel valve. Never carry flammable liquid in a glass container.

Vehicle Spark Arresters

If you travel off-road with four wheel motor vehicles, they must be equipped with mufflers approved under the California Vehicle Code. Forest Service approved spark arresters are required on trail bikes and motorcycles. Your vehicle dealer can tell you if your muffler or spark arrester is approved.

Because of fire hazard, erosion, and other problems, off-road vehicular travel is not permitted in many areas. Check with local Rangers before you start out.

Everyone will appreciate your cooperation when you **Leave A Clean Camp, Clean Streams, and your fire Dead Out.**

Girl Scout Hikers

Whether hiking in town or country, Girl Scouts are concerned with personal enjoyment of the out-of-doors, safety, and protection of the environment. These rules of the road serve as guidelines to achieve these goals. These basic rules are divided into four sections. Please refer to the appropriate *Safety Activity Checkpoint* for specific requirements.

Plan Your Trip In Advance

Know where you are going – and how long it takes to get there. Use a map to plan your route. Be sure the distances between rest stops are realistic and within your girl's abilities. Check the weather forecasts.

Wear and take clothing suitable for the place and weather. Wear socks without holes and sturdy shoes. Dress in layers. Have a wide-brimmed hat for protection.

Have a plan of "what to do if separated from the group." Prearrange signals, places to meet, etc. File your trip plan with the Troop Committee, family members, etc.

Plan personal and group gear. Pack so your hands can be free. Wear things on your belt or use a knapsack. Plan food and drink suitable to the place and weather. Plan to carry back all garbage and trash.

Check and refill first aid kit; take it and a First aider along.

While You Are Hiking

Protect living things – look and leave them for others to enjoy. Hike in small groups one leader at the head of the line, one (the First Aider) at the end of line; keep together.

Use buddy system. Walk single file or in twos. Stay on sidewalk, roadside, or trail; on sidewalks keep right; on roadsides, keep left. Face on-coming traffic. Rest – a series of brief stops is better than fewer long ones. After dark, wear white or reflective clothing and/or use a flashlight when walking roadways.

Leave fences and road gates as you found them. Obey all signs and traffic signals. Cross roads and streets at marked crossings; cross as a group. Give vehicular traffic the right of way – cars are bigger than you are!

Play it safe. Feed not and pet not the animals you meet on the streets, in parks, or in the wild. Get permission before hiking on private land. Be courteous to all persons. Be responsible for your own safety, for the safety of your buddy, and the group.



More Rules for City Hikers

Plan your route – use familiar landmarks such as city hall, post office, Joe’s Bakery, etc. Choose restroom stops in advance.

Prepare for emergencies. Each person carries home and emergency phone numbers, coins for pay phones, bus fare, etc. Keep money and wallet in secure pocket; guard against pickpockets. Don’t talk to or take rides from strangers.

Be courteous – loud singing and shouting, loud games can annoy others.

Stay with your group. There’s safety in numbers. Know the name of everyone in your group.

Avoid picket lines, street rallies, construction sites, etc. During storms, take shelter in a building and stay away from large windows. Remember, the police, firefighters, shop owners are all available to help you in emergencies – you are never alone in a town or city.

Rules of the Road

In the country and on wilderness trails...

Take specialized gear for comfort and for emergencies: whistle – for signaling, canteen, water purifiers, jackknife, rope, bandanna, waterproofed matches, flashlight, candle stub, plastic tarp, compass, and topographical map.

Wear and take protective clothing. Wool shirts and pants are musts in high altitude or wet weather. Wind breaker, extra socks, long sleeves and pants, rain gear. Pack lightweight, spoil-proof, high-energy food. Take extra food.

Know skills. Have plan for setting up emergency overnight camp when you can’t travel because you have a fatigued or injured person; visibility is restricted by fog, snow storms, darkness (don’t hike after dark); or you are completely disoriented.

File a hiking plan (route and schedule) with Forest/Park officials. Check in and out of the register. Get required permits.

Check your position – orient yourself frequently. Make note of special landmarks as you hike.

Give trail right-of-way to faster hiking groups, bikes, horses. Step off trail (to the uphill side) for horses. Minimize impact on environment by keeping group small – 4 to 8 is desirable. No shortcutting on steep trails; don’t cut or burn wood; use individual “cat holes” toilets.

During thunderstorms avoid tall trees, sheer cliffs; seek high ground during flash flood-type rains; know how to build a snow shelter.

Watch pace and rest breaks, especially in cold weather. Perspiration does not evaporate easily in winter. Wet clothing is a winter hazard.

Note: This article was adapted from materials in the GSUSA Outdoor Education Packet, 1977.



Essentials for a Safe Hike

Water: Bring an appropriate amount of water. During the hike, drink water frequently. You should drink 2 or 3 quarts of water during a half day hike, depending on the heat. Avoid coffee, juices and so called “sport drinks”. Be safe, and stick with water.

Prepare for the worst: Though it most likely will not happen, be prepared. For example: In the Sierras it takes 30 minutes to go from a total blue sky to rain. Do you have a jacket? If the hike takes longer than you planned, do you have a little snack?

Sturdy Shoes or Boots: Broken in shoes are the best. First-time hikers usually show up in tennis shoes or slip-on type casual shoes, but they soon realize the error of their ways. Though a much less expensive answer, DO NOT buy used hiking shoes or borrow them from a friend. Hikers thrive on difficult terrain, and the most frequent problem they can face involves the health of their feet.

Sun Protection: Wear a hat and use sun block: Sure, hats can look funny and they can mess up your hair, but hikers consider them essential. When the sun is hot, a hat can protect your skin and help you prevent heat exhaustion. On a winter hike, a hat will help conserve body heat and they will keep your ears warm and comfortable.

Maps: Make sure you have a current map of the trail you are hiking and know how to read it. Besides having the best information as you venture into the unknown, you will know about current changes that might have been made in the trail. Rangers have the most current info. Stop in at the Ranger Station and ask about your trail’s condition.

First Aid: Prepare a safety kit that includes a whistle (For requesting help), moleskin and scissors to deal with blisters, and a first aid kit for help in dealing with scrapes, cuts, and sprains.

Understand Your Group’s Limitations: New hikers should start slow by taking simpler hikes at a leisure pace. Always schedule time for rest stops and snack breaks.

Returning with the same number of hikers you started with is an easy task if you follow these rules:

1. Have a hike leader that pays attention to how far spread out the group gets.
2. Use a sweeper to make sure no one gets left behind.
3. At every trail junction everyone stops and waits for the whole group.
4. Use the buddy system.
5. If nature calls, the buddy stays at the edge of the trail so the sweeper doesn’t walk past two girls, thinking they are up ahead.
6. If there is any chance you are lost, hug a tree and let the leaders find you.

Checklist of Essential Items for Day Hikes

The following items are essential for any trip that includes day hiking. Ask each girl to carry some of the items and leader/advisor can carry the balance.

- ☐ Water
- ☐ Map and compass (not GPS)
- ☐ Whistle
- ☐ Day pack or waist pack
- ☐ Bandana, hat
- ☐ Flashlight/headlamp with extra batteries
- ☐ Extra food – snacks
- ☐ Extra clothing/jacket – including a large trash bag to use as a poncho in case of bad weather
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Bug repellent
- ☐ Certified First Aider to carry first aid kit – to include sterile gauze pads, Band-Aids, rolls of gauze, moleskin, tweezers, adhesive tape, triangular bandage, personal medication, sanitary pads
- ☐ Knife – carried by an adult unless girls are trained to use pocket knives
- ☐ Matches or fire starter

Men and Girl Scout Activities

It is the intention of Girl Scouts to protect men from possible allegations during events where girls are present. It is not Girl Scouts' intention to exclude men from attending events with girls.



Looking at this issue in *Volunteer Essentials*, the Girl Scout resource for policy, page 66:

There may be trips when fathers or male leaders are part of the group. It is not appropriate for men to sleep in the same space with girl members. They may participate only if separate sleeping quarters and bathrooms are available for their use. Men should not be part of the adults supervising girls in the sleeping areas of the event. The adult-to-girl ratio for the trip will need to be adjusted accordingly.

According to this standard:

- Men can go camping or on overnight activities with the troop.
- Men need a separate sleeping area with separate bathroom access. It does Not have to be miles away, just separate.
- Fathers can share a tent with their daughters only; no other non-related girl may sleep in the tent with the dad.

If men are present, then it is the responsibility of the troop/service unit to provide a place for them to be comfortable and protected. If you are staying in a cabin and a male wants to “camp” overnight with the troop, then the site should be somehow marked off in a way that distinguishes the male vs. the girl sleeping areas. Be creative!

In the event only one bathroom is available on the program site (such as in a case of the Tracy cabin), then it must have a locking door. Davis and Woodland cabins have two bathrooms; one can be noted as “Male Only” during an event where men are present.

Girl Scouts is an inclusive organization that encourages participation from males. To make this possible, we must provide necessary accommodations to promote full inclusion at all program facilities.

Homesickness Hints

Prevention is the key!

- ◆ Get to know your girls. Are there any girls that have never spent a night away from home?
- ◆ Try an in-town overnight to let girls practice skills and to observe their readiness.
- ◆ When girls help plan their activities they will know what they have to look forward to.
- ◆ Be sure your girls' packing list includes a "stuffed friend" to sleep with.
- ◆ Keep girls busy.
- ◆ If a girl is missing home and family, let her express her feelings and let her know that it's okay to miss her family, pets, etc.
- ◆ Have a goodnight ritual. It should include saying goodnight to each girl.

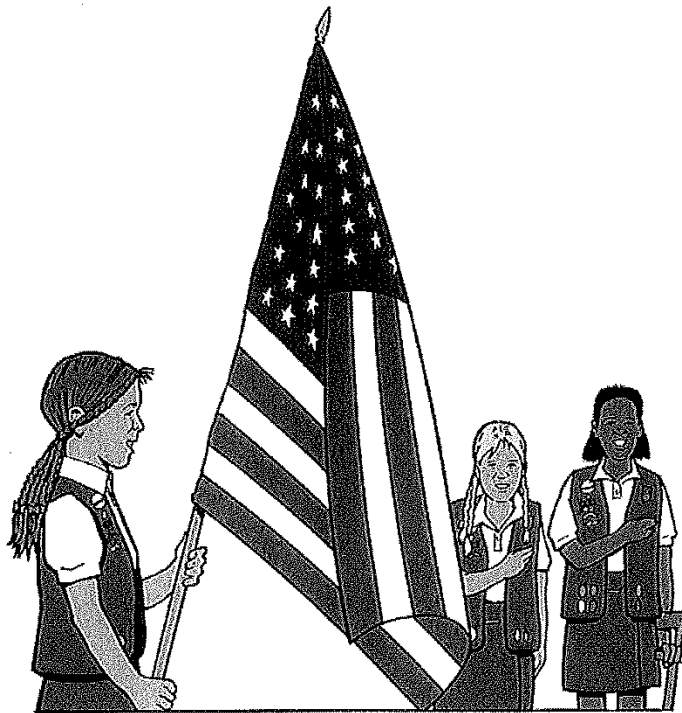
Ideas for managing homesickness

- ◆ Be alert to catch it early. Homesickness generally strikes at mealtime or bedtime. If you see signs, find activities that appeal to the girl and keep her busy.
- ◆ Find a "parent substitute" who will give the girl attention and comfort. Sometimes an older girl can be the comforter.
- ◆ It is usually best not to allow the girl to phone home. In most cases, this only makes the problem worse.
- ◆ When possible, ignore hysterical behavior. Hysteria generally needs an audience. Separate the girl from other girls (homesickness can be contagious).
- ◆ Do not ridicule, belittle or shame a homesick girl. Let her know that homesickness is a common experience for people away from home.

Ceremonies

And

Activities



SHARE	A. Sequence and timing of the parts of the ceremony. Time How to begin: _____ _____ _____ _____ _____ How to end: _____	B. Who says/starts/leads each part? Standing? Sitting? Where? _____ _____ _____ _____ _____ _____	C. What equipment/props? Who brings? _____ _____ _____ _____ _____ _____
	D. Does the whole group need to learn something specific before the ceremony? If so, what, and when will this be included in group plans?	E. Does the ceremony need to be “walked through” or rehearsed so that everyone knows what is happening and how she contributes? If so, when?	F. What recognitions/awards need to be ordered/purchased? Other supplies?
	G. If guests are coming, invitations and hostessing plans:	H. Do particular guests or officials need to be prepared to do something for the ceremony? If so, who is contacting them? Who prepares/transmits information for council public relations representatives, when needed?	I. Review all parts of the plan and make any adjustments necessary to effectively carry out the spirit of the occasion.
STOP-START	A. Arrange the ceremony site according to plans, lay out pins/recognitions, if needed, and their distribution list; gather other needed props/ equipment. Notes:	B. Everyone participates in the ceremony. If someone forgets her cue or the order becomes confused, simply say “We will now...” or “Mary will...” to allay concern. Most spontaneous changes that honor the purpose and desired mood of the occasion work out very well. Notes:	C. Recommendations for another time.

See *Ceremonies* book or grade level handbooks and leader guides for more resources.



Girl Scouts' Own

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

"A voluntary uplifting of hearts – in thanksgiving for the joys of life and a desire to seek inspiration and strength for greater love and service of others."

A Girl Scouts' Own is a quiet ceremony, based on the spirit of Girl Scouting. It is called Girl Scouts' Own because girls and their leaders plan it as an expression of their feelings. There is no prescribed time, place, or length of time, for a Girl Scouts' Own.

A Girl Scouts' Own is a gathering of the girls and adults in a troop, several troops, a camp unit, or a camp, for a dignified and inspirational quiet time: a time for Girl Scouts to stop a moment and think about their world.

A Girl Scouts' Own does not have an audience—all present participate by sharing in its spirit, whether or not they have an active part.

A simple, well-planned Girl Scouts' Own is better than an elaborate one. A Girl Scouts' Own is planned out, not rehearsed.

Leaders DO NOT write the ceremony for the girls, but they DO offer suggestions and encouragement.

How to plan a Girl Scouts' Own:

A small group (patrol, Court of Honor, camp unit, etc.) usually plans the ceremony with HELP from their leader.

1. Choose a theme, and then list different ways to tell or show the theme.
2. From the list, choose an idea to open the ceremony. Select others you want to include—one, two or more, and arrange them in an order you like. Decide on an appropriate ending.
3. Decide who will lead the group to and from the site you have chosen, who will lead songs, etc.
4. Choose a place you especially like—under a tree, by a stream, or pond, a lovely view—or a time—sunrise, sunset, twilight, etc. If indoors, choose a symbol—picture, flag, etc., depending on your theme. A Girl Scouts' Own around a campfire or before a fireplace can be delightful, too.

It is traditional that Girl Scouts assemble, walk quietly to the selected site, and leave quietly when it is over. A "quiet arch" made by two people with arms upraised is a good way to begin a silent walk to your ceremony site.

Girl Scouts' Own content could include:

Poetry, choral readings
Quotations, adages
Stories and legends
Dramatizations

Pictures, paintings
Tableau or pantomime
Music, vocal or instrumental (guitars, flutes, recorders, etc.)
Other communication media suggested by the girls

SUGGESTED THEMES FOR GIRL SCOUTS' OWN

Sample

Progressive:

Take a quiet stroll around the chosen site to enjoy the sunshine, trees, a lovely day. There may be stops at favorite places where short talks, poems, readings are presented.

Sunrise:

Walk silently to high spot chosen for its view to the east. The ceremony might include a song, poetry, and then silence as the sun rises. If timing is right, the group might sing "God Has Created a New Day" when the sun appears, and file silently back.

Cloud Picture:

Base this on girls' favorite clouds or sky poems or songs. Read or sing "Cloud Ships". (Sing High, Sing Low) This program is built on an appreciation of the outdoors.

Thinking Day:

Using a world map or World Association flag as a background, have girls represent various countries and repeat the Promise in that country's language. Suggested songs, "Whene'er You Make a Promise", "Our Chalet", "World Song", or "Our Cabana". (see: Pocket Songbook for all except "World Song" which is available from GSUSA)

Patriotic:

Use symbols of our country: such as the Statue of Liberty: the inscription on its base could be developed into a program about the meaning of liberty.

Promise and Law:

How to apply them to our daily lives? Appropriate readings ("Way of Understanding" is a good source), poetry, songs, or tableaux of the law.

Famous Women:

Dramatize episodes from the lives of women who held or hold an important place in history: Juliette Low, Betsy Ross, Helen Keller, Florence Nightingale, Joan of Arc, etc., "Living Pictures" with girls representing some famous person while a reader describes the episode.

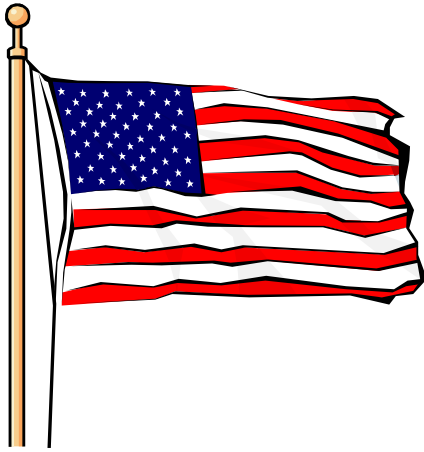
Wishing Boats:

Take advantage of a nearby creek or river by singing "Sea Fever" by John Masefield or "The Sea Gypsy" by Richard Hovey (for older girls) or another song about travel by water, for a theme. Make wishing boats from scrap wood or put a paper sail on half a walnut shell. Girls make individual wishes as they set sail to their boats – sing as boats are sailed.

Indoors: make boat with half a walnut shell, florist's clay and a birthday candle. Float boats in a shallow pan of colored water. Each girl makes a wish as she lights her candle and sets her boat in the water. Inspirational songs or poems complete the ceremony.

Evaluate Your Ceremony Plan:

1. Is it dignified and inspiring?
2. Does it stimulate thinking?
3. Does it have variety?
4. Is there continuity of ideas?
5. Will it be satisfying to participants?
6. Is the chosen site conducive to calm and peace?
7. If there are any "No" answers, revise your plan immediately.



Saluting the Flag

When the United States flag is raised or lowered, or when it passes by in a parade or in review, everyone present should face it and stand at attention. Military and Boy Scouts in uniform should give a hand salute. Civilians, and those not in uniform, should salute by placing the right hand over the heart. The flag of the United States is saluted as it passes or is hoisted and lowered. The salute is held until the flag is unsnapped from the halyard or through the last note of music, whichever is the longest.

Carrying the flag

The United States flag should always be held aloft and free, **never** flat or horizontal. The person who carries the flag is called the color bearer.

A Color Guard, in military and patriotic organizations, usually includes the color bearer, two escorts, and a bearer of an organizational flag(s) or other flag(s) [state, etc.] You may use as many escorts as necessary to involve all girls.

The color bearer of the US flag must be on the marching right of the other flag bearers. The escorts march on each side of the bearers. When carried with other flags, the US flag may be carried in the center-front of the other flags. Escorts may also walk in front of the other bearers.

Raising and lowering the flag

The US flag should be hoisted (run up) the pole briskly. It is lowered slowly, and should be gathered and folded before it touches the ground. When the US flag is displayed with other flags flying on different poles, the US flag is raised **first** and lowered **last**. When being displayed from stationary stands, the US flag is posted (set into the stand) **first** and removed from the stand **last**. The US flag is always flown above all other state, local, or organizational flags when displayed from the same pole. The US flag is **NEVER** flown from the same pole as another country's national flag. National flags should never be flown higher/lower than another, but at the same height. The flags should be of the same size out of respect for all of the countries whose flags are being displayed.

Half-staff

When the US flag is flying at half-staff, it is a display of **National** mourning. Only the president of the United States may declare a state of mourning. Organizations may fly their flag at half-staff to indicate that the organization is mourning.

When raising the flag to half-staff, the flag is raised all the way to the top of the pole, then lowered half way. When lowering the flag from its half-staff position, the flag is raised to the top, then lowered completely, folded, and put away.

In the United States, the US flag flies at half-staff:

- 30 days after the death of the President or a former President.
- 30 days after the death of the Vice-President, the Chief Justice or retired Chief Justice, Speaker of the House of Representatives.
- From the day of death until the burial of an Associate Chief Justice, Cabinet Member, or the Governor of a state, territory, or possession.
- On the day of the death, and the following day, for a US Senator or representative.
- The US flag flies at half-staff from the day the Governor or state's senator dies until burial.

When to display

The United States flag should be displayed every day except when weather conditions are severe enough to damage the flag. The flag is customarily displayed from sunrise to sunset, but may be flown 24 hours if it is spotlighted during the dark hours.

The US flag should be flown at polling places on election days, all school buildings, classrooms, and government buildings. Legal public holidays and other special days for flying the flag include:

<i>New Year's Day</i>	January 1
<i>Martin Luther King Jr. Day</i>	January 17
<i>Presidential Inauguration Day</i>	January 20 (every 4 years)
<i>Lincoln's Birthday</i>	February 12
<i>Washington's Birthday</i>	The third Monday in February
<i>Easter Sunday</i>	No fixed date
<i>Mother's Day</i>	The second Sunday in May
<i>Armed Forces Day</i>	The third Saturday in May
<i>Memorial Day</i>	The last Monday in May
<i>Flag Day</i>	June 14
<i>Independence Day</i>	July 4
<i>Labor Day</i>	The first Monday in September
<i>Citizenship Day</i>	September 17
<i>Columbus Day</i>	The second Monday in October
<i>Veterans' Day</i>	November 11
<i>Thanksgiving Day</i>	The fourth Thursday in November
<i>Christmas Day</i>	December 25

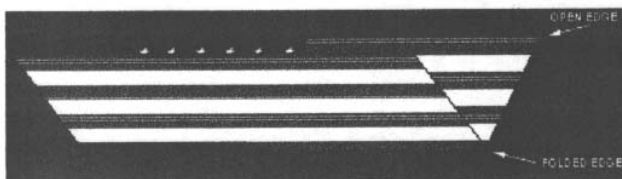
How to fold the Flag

STEP ONE



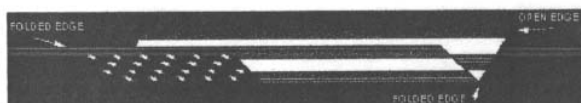
To properly fold the Flag, begin by holding it waist-high with another person so that its surface is parallel to the ground.

STEP TWO



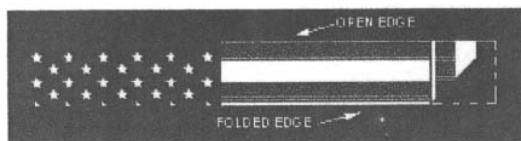
Fold the lower half of the stripe section lengthwise over the field of stars, holding the bottom and top edges securely.

STEP THREE



Fold the flag again lengthwise with the blue field on the outside.

STEP FOUR



Make a triangular fold by bringing the striped corner of the folded edge to meet the open (top) edge of the flag.

STEP FIVE



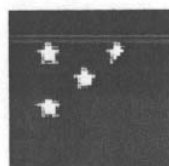
Turn the outer (end) point inward, parallel to the open edge, to form a second triangle.

STEP SIX



The triangular folding is continued until the entire length of the flag is folded in this manner.

STEP SEVEN



When the flag is completely folded, only a triangular blue field of stars should be visible.

Instructions for the Caller

Posting/Raising the Flag

- Please Stand
- Girl Scout Attention
- Color Guard Attention
- Color Guard Advance
- Color Guard Post the Colors
- Please join me in reciting the Pledge of Allegiance
- Please join me in singing...
- Please join me in saying the Girl Scout Promise
- Color Guard Salute
- Color Guard Dismissed
- Please be Seated/Girl Scouts Dismissed

Retiring/Lowering the Flag

- Please Stand
- Girl Scouts Attention
- Color Guard Attention
- Color Guard Advance
- Please join me in saying the Girl Scout Promise
- Please join me in singing *Taps (Day is Done)*
- Color Guard Salute
- Color Guard Retire the Colors
- Color Guard Dismissed
- Please be Seated/Girl Scouts Dismissed

Outdoor Program Links

There are many outdoor activities in which girls may participate that can be linked to Girl Scout awards. Below is a list of some of the badges connected specifically to the outdoors. Using creativity, you and your girls will find other badges as well as “journey” activities very well suited to the outdoors.

In addition to the badges listed, each girl, Brownie through Ambassador, can create a “Make Your Own Badge” each year. Girls may wish to pick an outdoor topic for their badge.

Legacy Badges (requirements found in **The Girl’s Guide to Girl Scouting**): Naturalist Category

Brownie: Bugs

Junior: Flowers

Cadette: Trees

Senior: Sky

Ambassador: Water

Skill-Building Badges (requirements found in skill-building badge packets):
Outdoors (**It’s Your Planet** packet)

Brownie: Hiker

Junior: Camper

Cadette: Trailblazing

Senior: Adventurer

Adventure (**It’s Your Story** packet)

Brownie: Letterboxer

Junior: Geocacher

Cadette: Night Owl

Senior: Traveler

Having a Successful Campfire

By Dave Canady

Objective: Through participation in group activities and a mock campfire, participants will review the key elements of a successful youth run campfire, including: organization, assignments, fire building, songs, skits, other fun options, memorable closings, and the formula to keep it all flowing and fun.

Campfires:

1. Why have them?
New Fun Activity (**Discover**), Socialization, Teamwork (**Connect**), Skills: Fire building, leadership development, public speaking (**Take Action**)
2. Where & When?
Camping Trips, Regular meetings, Special Meetings, and ???
3. Who can put a campfire together?
Organization, Who, Age, Maturity, Desire
4. To Fire, or not to Fire
Fire Codes, Fire education, Safety, *Leave No Trace*, Other options.
5. Components of a Campfire: Opening, Closing, All that stuff in the middle
Snacks, Skits, Run-Ons, Songs, Activities, Presentations, Ceremonies, Stories, Talents, Games, Contests.
6. The Formula (The Dos and the Don'ts):
Do: Start Strong, Keep it moving, Keep them wanting more, Give a reason for the audience to get there on time, Provide materials to help, Let them run it, Give all the girls a responsibility, Share the experience

Don't: Let it linger, End with them bouncing off the walls, Run it for them.

Materials: Campfire organizer sheet, Flag folding guide, Simple flag Retirement ceremony, Some fun web site references.

<http://www.cvgirlscouts.org/adults/songs/index.htm>

http://www.cvgirlscouts.org/adults/ceremonies/outdoor_and_campfire.htm

http://www.scouter.com/compass/Meeting_Activities/Skits/

<http://home.earthlink.net/~bnsganderson/>

<http://gsleaders.org/files/scoutsong.hym>

http://gsleaders.org/files.SFC_Activities.htm

<http://www.macscouter.com/Skits/BBSkits.asp>

Girl Scouts Heart of Central California

Ideas for Campfire Opening Ceremonies

- Promise:** A large center fire and three small fires in a triangle around the large campfire. Three campers light the small fires and then the large one from the small fires using torches. The three small fires represent the three parts of the Girl Scout Promise. **Or** Three campers could carry three torches and light the large fire. **Or** instead of a fire, use tea candles or flashlights.
- Friendship:** Each patrol or unit has one torch bearer who carries the lighted torch and leads her group to the campfire circle. Campfire director asks that the friendship fire be lighted by the friendship torches, and all light the fire at once. Each girl answers roll-call with a quote on friendship, or tells what quality she considers the most essential factor of friendship. Later on in the program someone tells a story of a famous friendship. Or Torch bearers could say something such as "I light the fire of friendship and take from it a spark to add to the fire of camping. May it add its warmth and brightness as friends have added to our please here."
- Compass:** Use a compass to lay four fires around large center fire.
Four Freedoms: what are the Four Freedoms? What could our fires signify?
- Poetry:** A poem on fires, followed by a song such as "Rise Up, O Flame"
- Magic:** Campers love a fire that lights magically. Trick fire making equipment can be made by the troop, or purchased from a dealer in trick and magic supplies. (Practice first and be careful of sparks). If your campfire has as its theme magic, minstrel, or circus, a magician could pretend to light the fire by using magic. If the theme is Indian, dreamers could use their rattles to chase evil spirits away and to plead for the fire as a sign of the presence of the camp spirit.

Ideas for Campfire Closing Ceremonies

- Friendship:** Friendship circle. Campfire director explains that for centuries people have greeted one another with a handshake grip to indicate friendship. She would start the handshake or grip to indicate friendship. She would start the handshake by gripping hand of camper to her right-when handshake returns to leader, she could say, "May we all be friends forever."
- Promise And Law:** Reaffirm promise and law in a final moment before the fire.
- Patriotic:** Taps
Campers hum melody while one person repeats taps.
Campers hum "God Bless America" or "America" while one camper-or patrol-pledges allegiance to flag.
Flag should be lighted by torch.
- Beauty:** Suitable poem such as "Beauty" by E-Yan-Shure, or "Barter" by Sara Teasdale. Follow this with campers saying "The most beautiful thing I saw today was..."
- A guard of honor can be selected to watch the last coals die. The exact time the fire dies can be recorded on a plaque each year.
- Dead ashes from the campfire can be put in a container and saved for the next year's fire to indicate that, as the ashes, the good spirit of the year's camp is carried over the next year.
- The log of the fire can be saved and used as a base for next year's fire to indicate that, as the ashes, the good spirit of the year's camp is carried over to the next year.
- Campers could silently file from the campfire circle.
Campers could exit, patrol by patrol, singing the same song.

Girl Scouts Heart of Central California

Games Around The Campfire

Games have an important place in almost every campfire circle. Choose them wisely. They should be active, but not so active that the game becomes a hazard. Everyone should be able to participate. Be sure the group understands the directions fully, and do not play any game too long. Games can serve as ice-breakers, fill-ins between skits, or a campfire program can be composed solely of songs and games.

Drummer

Equipment-Imaginary musical instruments for each player.

Players in a semi-circle. The drummer is the orchestra leader. All hum some well-known tune and imitate the actions necessary for playing the instruments. When all are playing, the drummer changes her instrument for another in the orchestra. The member whose instrument she has taken must at once play the drum; the drummer then takes a third instrument and the owner must immediately take the one that the drummer was playing and so on. Whenever the drummer reverts to her drum, all must at once play their own original instruments.

Simon Says

The leader tells the camper that when she tells them to do something, they must not obey unless she first says, "Simon Says." Everyone stands to begin the game. The leader gives orders quickly, some prefaced by "Simon Says" and some not. Any camper who does what Simon does not order must sit down. The person who stands longest is the winner. When only a few are left standing, the leader can invite them to come into the center of the circle so all can watch them play. Most will obey, but since the leader did not say "Simon Says" they are out of the game.

Murder

Select a District Attorney-everyone else is a witness. The murdered person should be known to all the campers. The game begins with one witness telling of finding the victim. The District Attorney questions all witnesses. Whatever is said must be accepted as the truth and becomes a matter of record. Each player tries to explain away the evidence against herself, and tries to implicate someone else. A player cannot deny the statement of another witness, but tries to give a logical explanation. The District Attorney should gradually build the information into a case that convicts one player.

Camp Equipment

Players in a circle or semi-circle. One player begins, "I went to camp and took with me a "- -", naming some part of her equipment. The next player repeats that sentence and adds to it an additional item that she took. As the game continues, each player repeats the whole sentence as it accumulates and adds something new. When each player has had a chance to play, the one that began says, "When I went home from camp I unpacked my "- -", and mentions all the items but her own, which was first of all. The next player mentions all but her own addition until there is only one item left for the first player to mention.

Gossip

Players sit in a circle. The leader begins the game by whispering a sentence to the player on her right. The second person repeats it to the third exactly as she hears it and so on around the circle back to the leader. The sentence must never be repeated twice to one person, each player must listen carefully. Finish: the sentence that returns home has never been known to be the same as the one that started.

Bear Hunt

This is a sound effect story game. A leader is needed to tell the story and does so by saying "Going on a bear hunt" and the balance of players chant the same sentence. Players should clap in rhythm unless some other sound effect is called for. Second sentence might be "running on a bridge: and while chanting same sentence all players beat chest with fist. Running on the ground-slap hands on thighs, running throughout the grass-rub palms against each other vigorously and quickly, rain-clap hands very rapidly, starting softly, increasing in loudness and fading away at a signal. Players finally reach the spot where the leader says, "I see a cave" in a spooky voice. All chant softly and clap softly; next, "Going inside it", chanting and clapping become softer. Then leader shouts "I see a

bear” and “let’s go home”. Actions and word are reversed-rain, running through the grass, running on the ground, running over the bridge.

Interrupted Story

One person begins a story and at a given signal must stop immediately while person next to her continues story. Story ends when everyone has had a chance to tell a few lines. Interruptions should be timed so that the story is in the middle of something exciting.

Gun, Rabbit, Hunter

Two teams and a leader for each. Hands on hips-hunters. Hands held as if holding six guns-guns. Hands above ears-rabbits. Hunter is better than gun, gun is better than rabbit, and rabbit is better than hunter. Each side decides whether to be hunter, gun or rabbit. At a signal from the leader, each team makes the sign for one of the three. If both teams make the same sign, there is no score. One side wins a point according to which has the highest sign. Teams must be able to decide quickly which sign they will use to keep the game moving.

Camp Skits

Basics:

- ◆ Everyone is included.
- ◆ Shy ones can work “behind the scenes” doing lights (flashlights), costume changes, being part of a set (on stage as a tree, etc.)
- ◆ Impromptu comedy is often better than scripted lines.
- ◆ Be sensitive, joke skits that make fun of individuals or groups of people can be offensive

Ideas:

- ◆ Bring a costume box with hats, scarves, t-shirts, small props.
- ◆ Bring a bag of strange items. Have the group create a skit based on a theme you provide using all the items in the bag, including the bag.

Sparkle Party

Supplies:

At least 2 Lifesavers for each girl (and some for the adults). You need to get the kind that has the specks of colors in them (wint-o-green works great).

A dark area – if there's too much starlight try inside the tents.

Have the girls get into a circle (if you have more than 10 girls break them into smaller groups). Pass around the Lifesavers and have each girl take 2, remind them not to start eating them. Each girl should start drying her mouth by swallowing her saliva. Then when the whole group is ready with dry mouths have them crunch their Lifesavers with their mouth open. They should watch around the circle to see the sparks. You can do this one-at-a-time or as a whole group. Either way it's a lot of fun!

How does it work?

(from <http://www.geocities.com/RainForest/9911/tribo.htm>)

Wint-o-green Lifesavers produce an example of what's called triboluminescence. It's a two step process. Step one happens when sugar crystals break - - they tend to split along planes with positive charges on one side and negative on the other. As the pieces of candy move apart, the charges want to get back together, so they jump across the air like tiny lightning bolts.

Because wint-o-green Lifesavers are naturally fluorescent, now step two can take place. The "lightning bolts" give off invisible ultraviolet light - - which cause the fluorescent Lifesavers to give off their own visible fluorescent light. You may have seen something like this in mineral displays under black lights. The black light shines in the ultraviolet, causing the minerals to fluoresce, or glow. In the case of wint-o-green Lifesavers, the fractured sugar crystals generate the ultraviolet - - and the wintergreen molecules absorb it. The result is that, as you chomp your candy, spark fly.



Flashlight Madness

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

THIS GAME IS A LOT OF FUN TO PLAY WITH BROWNIES AND JUNIORS. IT'S ALSO ONE GOOD WAY TO AVOID CONSTANT "FLASHLIGHT FUMBLING" DURING CAMPFIRES-AND IT WILL KEEP THOSE LIGHTS OUT OF YOUR EYES!!

YOU NEED:

- __A good, BRIGHT flashlight (cylindrical type)
- __Girl Scouts with their own flashlights
- __Night time
- __Lots of ENTHUSIASM!

Have one person get up in front of the group with a flashlight in her hand. She asks the group to do everything she does. **HERE'S WHAT** she does and says:

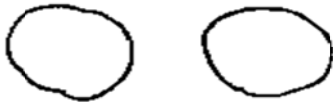
- | | | | |
|-----|---|-----|--|
| 1. | "Put your flashlight in your right hand..." | 11. | "Make triangles with it" |
| | (leader does it) | 12. | "Put your hand over it" |
| 2. | "Turn you flashlight on!" | 13. | "Put it under your chin-and GRIN!" |
| 3. | "Point your flashlight at the sky!" | 14. | "Point it at the _____" |
| 4. | "Make BIG circles" | 15. | "Write your name with it" |
| 5. | "Make little bitty circles" | 16. | "Write MY name with it!" |
| 6. | "Point your flashlight at your toes!" | 17. | "Shine your light on the campfire" |
| 7. | "... at your elbows" | 18. | "Shine it in my (leader's) eyes!" |
| 8. | "Point it behind you" | 19. | "Turn your flashlight off" |
| 9. | "Change your flashlight to your left hand" | 20. | "Put it on the ground beside you.... |
| 10. | "Point it at the ground..." | | and leave it there until you are excused!" |

MAKE UP YOUR OWN MOVEMENTS. KEEP IT FAST-WITH SHORT INSTRUCTIONS!!

Animal Night Eyes



Owl- High in tree



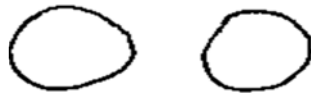
Fox- 2' from ground



House cat- 6" to 1' from ground



Skunk- 8" from ground



Rabbit- 6" above ground



Deer- 4-5' from ground

Raccoon- 11/2 -2' from ground



Possum- 11/2 -2' from ground



Planning Chart for Outdoor Fun

Before the outing decide ...			After the outing, evaluate ...
What	Who	When	What Happened
Activity or Event			
Permission From council From parents For site use			
Leadership Number needed Special consultants			
Finances Site fee Transportation costs Food costs Materials			
Transportation Drivers Directions Timing			
Equipment Personal Troop Pick up Return			
Safety First aid kit Emergency contacts Location of help			
Food Menus Quantities Shopping Storage			
Outdoor Program Badges Journeys Ceremonies			
Responsibilities Kaper chart Schedules Attitudes			
Evaluation Future recommendations What girls learned			

Troop Camping: Who Does What?

Adult Responsibilities:

1. Plan the trip with the girls. Help the girls select a site, menus and activities.
2. Apply to reserve site/become familiar with site.
3. Ensure proper ratio of adults to girls. Please refer to the appropriate *Safety Activity Checkpoint* for specific requirements.
4. Health and Safety
 - a. Obtain parent permission.
5. Know and implement health standards – water, toilet facilities, dishwashing, sleeping accommodations, washing facilities, food storage/preparation. Please refer to the appropriate *Safety Activity Checkpoint* for specific requirements.
 - a. Plan for emergency procedures – first aid (including medications), telephone, car, medical care, police, arrange a contact at home base, fire, weather.
6. Help girls plan budget.
7. Know progression concepts for the out-of-doors and basic outdoor skills.
8. Report any injuries to the council office.

Girl Responsibilities (with adult guidance):

1. Plan program activities
2. List program supplies and equipment the troop already has.
3. Plan meals, and figure costs.
4. Make shopping list and buy what is on it. Know how to prepare meals and clean up properly.
5. Troop equipment list – make or buy anything necessary.
6. List personal gear, know how to pack, carry and care for your own things.
7. Plan special camp program, such as a flag ceremony, Scout's Own, campfire, inter-troop activity, and "me" time.
8. Organize patrol responsibilities and kaper chart.
9. Make a daily schedule.
10. Understand and use buddy system.
11. Evaluate how well you did, and what you want to do next time.

What Is Risk Management?

The Girl Scout motto is “Be Prepared”. Risk management is the process of assessing exposure to injury or other harmful situations and “being prepared” to minimize the impact. A good risk management plan protects and safeguards all participants taking part in Girl Scout activities, including troop camping trips. Taking the time to develop a good risk management plan will help to ensure that everyone – troop adults and girls – will have a safe, happy, and fun experience.

Development of specific plans and procedures for emergencies should occur before any troop camping trip. Some issues to consider are:

- Emergency warning system
- Site Evacuation
- Accessing Safety Services
- Accessing Medical Service
- Missing Persons
- Intruders
- Diversion Activities

The information on the following pages will help you and the other adults on the trip to be able to easily and quickly handle many situations that may arise.

If you would like help developing a risk management plan for a troop camping trip contact your service unit manager or volunteer management specialist.



Going Places

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

1. Complete the Trip Notification form (#899) and forward to the service unit manager.
2. Some activities/trips require that a first-aider go with the troop. Please refer to the appropriate *Safety Activity Checkpoint* for specific requirements to see if a first-aider is required.
3. Swimming, water skiing, and windsurfing require a lifeguard. Canoeing, kayaking, rafting, tubing, row boating, and sailing require documented experience and/or certification. Please refer to the appropriate *Safety Activity Checkpoint* for specific requirements.
4. If you are going camping, a troop camp certified adult must accompany the troop. This person will also help the troop prepare for camping. A first aider is also required for camping.
5. If you are going backpacking, a backpack certified adult must accompany the troop. This person will also help the troop prepare to backpack.
6. All drivers must show a valid driver's license and proof of insurance to the troop leader. Use Driver authorization form #8901.
7. Ensure that each driver has a packet that contains:
 - Checklist for drivers.
 - Girl or Adult Emergency Health Information (form #655) for each girl **and** adult in the vehicle.
 - Parent's Permission for Participation (form #161) OR blue permission slips (form #695) for each girl in vehicle.
 - The name and phone number of the at home emergency contact person.
 - A map to follow with pre-planned stops.



Girl Emergency Health Information

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

This form is to be completed and signed by parents/guardians of the girl and updated annually.

Name _____ Birthdate _____ Troop # _____
Address _____ City _____ Zip _____ Home phone (____) _____
Family medical/hospital insurance carrier _____ Policy or Group No. _____

Parent/Guardian _____ Parent/Guardian _____
Day Phone (____) _____ Day Phone (____) _____
Evening Phone (____) _____ Evening Phone (____) _____

Emergency Contacts (in the event parents cannot be reached)

Name _____	Name _____
Relationship _____	Relationship _____
Day Phone (____) _____	Day Phone (____) _____
Evening Phone (____) _____	Evening Phone (____) _____
Cell Phone (____) _____	Cell Phone (____) _____
Email _____	Email _____

The child may NOT be released to the following individuals:

Name _____	Name _____
Relationship _____	Relationship _____
Phone (____) _____	Phone (____) _____

Does the participant have any allergies, special needs or a special diet we should be aware of? ☐ Yes ☐ No

If Yes, please explain: _____

(For example, please list all medications, plants, animals, etc. that the participant is allergic to and/or indicates whether the participant has special needs like asthma or diabetes.)

Please provide any information in relation to the care of the participant that would be useful to the adult in charge. Also indicate any activities to be encouraged or restricted. _____

The above information is correct to the best of my knowledge, and my daughter has my permission to engage in all activities, except as noted. I hereby authorize Girl Scouts Heart of Central California, through the adult person(s) caring for my daughter, to order emergency X-rays, anesthetic, medical or surgical diagnosis or treatment and hospital care as deemed advisable by a licensed physician. It is understood that every reasonable effort will be made to contact me or the person noted above before taking this action. I understand that this permission is given in advance of need for any diagnosis, treatment, or hospitalization. This authorization shall remain effective throughout the entirety of the individual's membership in the Girl Scouts Heart of Central California.

I agree to inform a troop or activity leader of any changes in the above information. For example, if a Girl Scout later develops an allergy or contagious disease or is no longer allowed to participate in a particular activity, the parent or individual must inform the troop or activity leader to ensure the safety of both the individual and those around her.

Date _____

Signature of parent/guardian _____

Updated _____

Signature of parent/guardian _____

Updated _____

Signature of parent/guardian _____

All Girl Scouts registered in the USA are insured by:
MUTUAL OF OMAHA INSURANCE COMPANY
Girl Scout Division, Group Policy #SGS-2-8012 6-3632
Dodge at 33rd Street Omaha, Nebraska 68175

#655g - rev - 12/11 - LW:js



Adult Emergency Health Information

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Name _____ Birthdate _____ Troop # _____

Address _____ City _____ Zip _____ Home phone (____) _____

Family medical/hospital insurance carrier _____ Policy or Group No. _____

Emergency Contacts (in the event participant cannot be reached)

Name _____ Name _____

Relationship _____ Relationship _____

Day Phone (____) _____ Day Phone (____) _____

Evening Phone (____) _____ Evening Phone (____) _____

Cell Phone (____) _____ Cell Phone (____) _____

Email _____ Email _____

Do you have any allergies, special needs or a special diet we should be aware of? ☐ Yes ☐ No

If Yes, please explain: _____

(For example, please list all medications, plants, animals, etc. that you are allergic to and/or indicate whether you have special needs like asthma or diabetes.)

Please provide any information in relation to your care that would be useful to the person in charge. Also indicate any activities to be encouraged or restricted. _____

The above information is correct to the best of my knowledge. I hereby authorize Girl Scouts Heart of Central California, to order emergency X-rays, anesthetic, medical or surgical diagnosis or treatment and hospital care as deemed advisable by a licensed physician. It is understood that every reasonable effort will be made to contact the person noted above before taking this action. I understand that this permission is given in advance of need for any diagnosis, treatment, or hospitalization. This authorization shall remain effective throughout the entirety of the individual's membership in the Girl Scouts Heart of Central California.

I agree to inform the health care manager of any changes in the above information.

Date _____

Signature of adult _____

Updated _____

Signature of adult _____

Updated _____

Signature of adult _____

All Girl Scouts registered in the USA are insured by:
MUTUAL OF OMAHA INSURANCE COMPANY
Girl Scout Division, Group Policy #SGS-2-8012 6-3632
Dodge at 33rd Street
Omaha, Nebraska 68175

Girl Scouts Heart of Central California
6601 Elvas Ave
Sacramento, CA 95819
(916) 452-9181 or (800) 322-4475



Parent Permission For Participation in Girl Scout Activity and Authorization To Consent to Emergency Medical Treatment for Girl Scout Minor

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Girl's Name: _____

Address: _____

Phone: _____ Birthdate: _____

Troop #: _____ Leader's Name: _____

Parent's Name: _____

Phone where parent may be reached in case of emergency or delay: _____

Other authorized adult: _____

Address: _____ Phone: _____

Physician's Name: _____ Phone: _____

Insurance Name and Policy #: _____

Special medical considerations regarding my daughter: _____

(Examples: allergies to medicine, food; diabetes, etc.)

I hereby authorize Girl Scouts Heart of Central California, through the adult person(s) caring for my daughter, to order emergency X-rays, anesthetic, medical or surgical diagnosis or treatment and hospital care as deemed advisable by a licensed physician. It is understood that every reasonable effort will be made to contact me or the person noted above before taking this action. I understand that this permission is given in advance of need for any diagnosis, treatment, or hospitalization.

Parent or Guardian Signature _____

Date _____

ALL GIRL SCOUTS REGISTERED IN THE USA ARE INSURED BY:

MUTUAL OF OMAHA INSURANCE CO., Girl Scout Division, Group Policy #SGS-2-8012 6-3632, Dodge at 33rd Street, Omaha, Nebraska 68175

#161 - rev. 12/09 - LW:jw

Activity	Date	Place	Cost	Leave Time/Place	Return Time/Place	Bring	Wear
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							

My daughter has my permission to participate in the Girl Scout activity numbered above. I shall make sure she does not attend if she is not feeling well. Photos of my daughter may be used to promote Girl Scouts.

Signature of parent or guardian:

1. _____	Date: _____	5. _____	Date: _____
2. _____	Date: _____	6. _____	Date: _____
3. _____	Date: _____	7. _____	Date: _____
4. _____	Date: _____	8. _____	Date: _____

#161 - rev. 7/10 - LW:js



Checklist for Drivers

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

1. The leader is ultimately responsible for the safety of the girls.
2. All drivers must be adults – girls should not be transporting other girls.
3. The leader needs to verify that each driver has proof of current insurance, car registration and a valid driver's license.
4. Drivers should not be taking any medication that might impair their ability to drive safely.
5. Check your lights, signals, tires, windshield wipers, horns, and fluid levels, etc. before each trip to ensure all vehicles are in safe condition and check them periodically on long trips.
6. Everyone (girls and adults) will be transported in vehicles designed by the manufacturer for carrying passengers. Council policy prohibits use of fifteen (15) passenger vans for transporting Girl Scouts.
7. Persons will not be transported in a camper attached to a truck, in flatbed or panel trucks, or in the bed of a pickup. Only the cab or driver compartment will be used for passengers.
8. A commercial driver's license and passenger transportation endorsement is required to operate any vehicle that is used or designed to transport more than ten (10) passengers including the driver.
9. All occupants in a private passenger motor vehicle must wear seat belts at all times and children under 6 years old or under 60 lbs. must be in a child safety seat.
10. Drivers must follow the specific vehicle manufacturer guidelines for the safe use of air bags. (council policy) Children under 12 should be in the back seat.
11. The leader will provide you with:
 - Appropriate permission forms for all passengers (girls). In case of an accident, these are necessary to ensure prompt treatment.
 - The phone number of the troop's emergency contact person. If you are delayed, call that person, who will notify parents. To use a cellular phone, pull off the road at an exit or rest area.
 - Directions/map to destination.
 - a. For long trips there should be pre-arranged rest stops every two hours along the route. In order to be covered by Girl Scout insurance, any stop must be pre-planned. This includes rest/refreshment stops.
12. Before you leave, review or explain safety rules:
 - seat belts on at all times (check to see that they fit properly)
 - hands and arms inside
 - noise must be kept at a level acceptable to you, no throwing things
 - stay with the group during stops
13. Firearms and explosive devices are not permitted at any Girl Scout function or on Girl Scout property. Alcoholic beverages are prohibited at any Girl Scout function when persons under 21 are present. (council policy)
14. Smoking in a vehicle is prohibited. "The use of tobacco products will not be permitted at any Girl Scout function, except by adults in designated areas. Designated areas will be away from non-users. Designated areas will not include vehicles." (council policy)
15. When the trip is over, return permission forms to the leader.

THANK YOU FOR HELPING MAKE THIS TRIP POSSIBLE FOR GIRLS!



Trip Notification

Turn in to Service Unit Manager

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Follow all checkpoints listed in the current *Safety Activity Checkpoints*. When checkpoints and established council notification procedures are followed, you have permission to participate in that activity.

FOR ALL OVERNIGHTS, OR TRIPS of more than 100 miles round trip, complete and forward this form to your service unit manager prior to your trip. For an overnight trip, submit at least seven days prior to your trip (If there is not a service unit manager, or if the service unit manager is the troop leader, send to your volunteer management specialist). The service unit manager will send required notifications to the council office. Trip definitions and planning procedures are on the **REVERSE** side. If this is an extended trip (250 miles or more), there are different forms to be submitted. Please contact your Service Unit Manager for details.

Date(s) of Trip: From To Check type of trip: Day Trip (more than 100 miles round trip) ☐ Overnight Trip ☐

Service Unit: _____ Troop # _____ Age Level: _____ # attending: Girls Adults

Destination/Site _____

Address _____ City _____ Zip _____

Location of emergency phone nearest to site _____ Phone # _____

Nearest hospital, urgent care center, and/or doctor _____ Phone # _____

Transportation: # Private car(s) Bus Other type _____

Depart from: _____ Time: _____

Return to: _____ Time: _____

Name of at home emergency contact: _____

Day Phone: _____ Evening Phone: _____

Planned Activities: _____

CHECK *Safety Activity Checkpoints* to find out if any of the following are required for your trip. Complete appropriate spaces.

- First Aider _____ Phone _____
- Date first aid training completed _____ Date CPR training completed _____
- Certified Aquatics Supervisor* _____ Phone _____
- Type of aquatic certificate _____ Date lifeguard training completed _____
- Name of agency _____ Waterfront module: year _____ no. _____
- Troop Camp Certified Adult _____ Phone _____ Date of Training _____

Name of Leader _____ Date _____

Day Phone _____ Evening Phone _____

Address _____ City _____ Zip _____

Adult in charge, if other than leader _____ Phone _____

Reviewed by service unit manager/ volunteer management specialist _____ Date _____

*Certified **Aquatics Supervisor** is an adult responsible for conducting boating activities or serving as a lifeguard.

For all troop activities, refer to specific “Activity Checkpoints” in the latest edition of *Safety Activity Checkpoints and to Volunteer Essentials*.

PLANNING/PROCEDURES

1. Complete, when required, the Trip Notification form #899 and forward to your service unit manager.
2. To request Additional Insurance Form #3548, contact the Insurance Specialist at the Program Center in Sacramento.
3. Some activities/trips require that a first-aider go with your troop. Look up your activity in *Safety Activity Checkpoints* and see if a first-aider is required.
4. Swimming, water skiing, and wind surfing require a lifeguard. Canoeing, kayaking, rafting, tubing, row boating, and sailing require documented experience and/or certification. Read *Safety Activity Checkpoints* specific information about these activities.
5. If you are going camping, a troop camp certified adult must accompany the troop. This person will also help the troop prepare for camping.
6. If you are going backpacking, a backpack certified adult must accompany the troop. This person will also help the trip prepare for camping.
7. Be sure to follow and practice the Leave No Trace Principles appropriate to your activity: • Plan Ahead and Prepare • Travel and Rest on Durable Surfaces • Dispose of Waste Properly • Leave What You Find • Minimize Campfire Impacts • Respect Wildlife • Be Considerate of Other Visitors. • Visit www.lnt.org or call the council office for information and ideas. Girl Scouts Heart of Central California offers a Leave No Trace course for interested leaders, adults and older girls.
8. Ensure that each driver has a packet that contains:
 - Guidelines for Drivers (form #898).
 - Parent Permission to Participate (form #161) **OR** blue permission slips (form #695) for each girl in vehicle.
 - The name and phone number of the at home emergency contact person.
 - A map to follow with pre-planned stops clearly marked.

DEFINITIONS & FORMS – Parental Permission is required for all trips.

	Meeting Time Trip (Points of interest nearby)	Day Trip (excursions not during regular meetings)	Simple Overnight (Including camping, 1-2 nights, less than 250 miles)	**Extended Overnight (3 or more nights, OR more than 250 miles)	**Out of State	**International
Grades/Program	All Levels	All Levels	All Levels	4 th – 12 th Grades	7 th – 12 th Grades	9 th – 12 th Grades
Planning Timeline	2 or more meetings	2 or more meetings	4 or more meetings	12 or more months	1 – 3 years	1 – 3 years
Trip Notification Form #899 Submitted When...	No	Yes, if more that 100 miles round trip Prior to Trip	Yes Seven days Prior to Trip	No N/A	No N/A	No N/A
Intent to Travel** Form #893 Submitted When...	No N/A	No N/A	No N/A	Yes 4-9 months Prior To Trip	Yes 12 months or more Prior To Trip	Yes 1-2 Years Prior To Trip

** For extended, out-of-state and international trips, the Trip Planning training course is HIGHLY RECOMMENDED. This course is offered throughout the year and is available as an on-line course. Details are found in the Adult Education Guide. The “Intent to Travel” Form #893 is available through the service unit, Trip Consultant at the Program Center in Sacramento or online at www.girlscoutshcc.org.



Emergency Warning System

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

1. Warning systems create an efficient method to quickly communicate to the entire site population. Everyone on the site should know what the warning system means and the action they are to take. An emergency warning system could be anything from a blowing car horn, an air horn, ringing bells, or setting off an automatic alarm.
2. Repeated emergency drills familiarize participants and staff with emergency procedures and helps to prevent panic. Drills for emergencies common to the area should be conducted within 24 hours of arrival on site.
3. Emergency procedures should be posted in strategic places and go to:
 - event staff
 - assigned council staff person
 - event headquarters area
 - event first aid area
4. Emergency warning system plans - -

A) The emergency warning system will be used for:

B) What is the warning system? -----

C) How is the warning system tested and maintained to ensure operation when needed?

D) Can the warning system be heard throughout the event site? -----

If not, how is the warning relayed? -----

E) How are staff and participants informed of these emergency procedures?

F) When will your scheduled emergency drill be conducted with participants and staff?

G) Who will initiate the emergency drill? -----

H) Who is responsible for the list of all participants and staff? -----



Event Site Information

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

1. Knowing the exact location of the event site will help you to provide directions to participants, event staff, parents/guardians, and/or emergency services personnel.

Name of site: _____

Street address: _____
CITY ZIP

Location of nearest phone (that is **not** a cellular phone) to which you will have access to during the event: _____ Phone #: (_____) _____

2. Attach a street map that shows access to the site.
3. Attach a site map that indicates where participants will be on the site during the event.

PARTICIPANT CHECK-IN AND CHECK-OUT

As part of the event plan it is important to develop a system that will allow you to know who, and how many people are on the site.

1. What are the check-in procedures for **all** people on the site – children, adults, members, and non-members?

2. What are the check-out procedures? _____

3. What are the procedures if someone wishes to check-out a child early? _____

4. Parents will be notified when, and by whom if an unauthorized individual requests to take a child from your custody? _____

5. Law enforcement will be notified when, and by whom if an unauthorized individual requests to take a child from your custody? _____



Site Evacuation

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

1. An evacuation plan enables the event director to quickly organize and remove part or all of the event participants to a predetermined safer location.
2. Reasons that an event site might have to be evacuated include:
 - fire – earthquake – threatening intruder (animal or human)
 - flood – contamination of drinking water – severe weather conditions
3. Take the following:
 - _____ all event staff and participant's registration and health forms
 - _____ event first aid kit
 - _____ all event staff and participant medication
 - _____ consider the emergency, capacity for transporting, possible return, and time of day – then decide which of the following to take:

all belongings	snacks	shoes	hat
water	jacket	rain coats	sunscreen
4. Site evacuation plan:
 - A) Who will determine the need for evacuation? _____
 - B) Who will be in charge of the evacuation? _____
 - C) Method of transportation for leaving site: _____
 - Alternate method: _____
 - D) Pre-determined safer location: _____
 - Address _____ City _____ Zip _____
 - E) Route to safer location (attach a map)
 - Alternate route to safer location (attach a map)
 - F) Method to account for all participants on site and at the safer location: _____
 - G) In some situations an event staff person may need to stay behind to provide site security – who will stay behind if necessary? _____
 - H) In the event of a natural disaster and/or need for site evacuation, what is the plan for contacting the families or participants? Who will place the calls?

SITE EVACUATION (continued)

I) What is the plan to continue communications:

With the site _____

With the council _____

With the authorities _____

J) Who will determine if it is safe to return to the site? _____

K) Who will complete an incident fact sheet? _____

5. When working with collaborating or outside agencies; at their site, often time's agencies already have risk management plans in place. Be sure to complete these questions with agencies when beginning to plan the event.



Accessing Safety Services

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

1. Information about fire protection, law enforcement, and animal control services will simplify securing these services if needed.
2. For any serious emergency such as fire or aggressive intruders (animal or human) **always** call 911.
3. If you will be using a cellular phone for 911 calls remember that there may be a delay in accessing needed services. All 911 cellular calls in California are routed through the California Highway Patrol (CHP) dispatch centers. This means that there is a **large** volume of calls coming into the dispatch center which often causes delays in the answering of the calls. Be sure you allow the phone to ring continually until you get an answer.

When using a cellular phone for 911 calls you will need to tell the CHP operator exactly where you are located (see your site plan and map) so that the call can be re-routed to the nearest emergency services dispatch center. Never rely on a cell phone as your only means of communication.

4. It is important to be aware of which agencies provide safety services in the area in which your event will be held. You will need to complete the following information for each event:

A. TELEPHONE

Location of nearest phone (that is **not** a cellular phone) to which you will have access during the event:

_____ Phone #: (_____) _____

B. FIRE PROTECTION

Name of agency _____

Address of agency office nearest to event site:

Street Address _____ CITY _____ ZIP _____

Non-emergency phone # (_____) _____

C. LAW ENFORCEMENT

Name of agency _____

Address of agency office nearest to event site:

Street Address _____ CITY _____ ZIP _____

Non-emergency phone # (_____) _____

D. ANIMAL CONTROL

Name of agency _____

Address of agency office nearest to event site:

Street Address _____ CITY _____ ZIP _____

Non-emergency phone # (_____) _____



Accessing Medical Services

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

1. Information about available medical services will simplify securing needed treatment in the event of an injury or illness requiring medical attention.
2. For any life threatening medical emergency always call 911. Talk with your event first aider to determine under what circumstances you will be calling 911.
3. If you will be using a cellular phone for 911 calls remember that there may be a delay in accessing needed services. All 911 cellular calls in California are routed through the California Highway Patrol (CHP) dispatch centers. This means that there is a large volume of calls coming into this dispatch center which often causes delays in the answering of the calls. Be sure you allow the phone to ring continually until you get an answer.

When using a cellular phone for 911 calls you will need to tell the CHP operator exactly where you are located (see your site plan and map) so that the call can be re-routed to the nearest emergency services dispatch center. Never rely on a cell phone as your only means of communication.

4. In the case of an injury to illness requiring a call to 911 you will need to tell the parent/guardian or emergency contact to which medical facility the participant is being transported and which event staff person is accompanying the participant. If at all possible, the event staff person needs to be with participant during examinations and treatment.
5. In the case of an injury or illness that requires medical attention but is not life threatening, you will need to contact the parent/guardian of any minor to ask how they prefer the situation be handled.
6. If the parent/guardian cannot be located and you have determined that the child needs medical attention you will need to identify the event staff person responsible for transporting participants in the event of a non-life threatening injury/illness. Decide what vehicle will be used and where it will be parked for easy access.
7. You will need to complete the following information for each event:

A) TELEPHONE

Location of the nearest phone (that is not a cellular phone) to which you will have access during the event:

_____ Phone # (_____) _____

B) CALLS TO 911 WILL BE MADE UNDER THE FOLLOWING CIRCUMSTANCES:

- _____
- _____
- _____
- _____

ACCESSING MEDICAL SERVICES (continued)

C) HOSPITAL WITH 24 HOUR EMERGENCY ROOM SERVICES:

Name of Hospital _____

Street Address _____

CITY

ZIP

Emergency room phone # (_____) _____

General information phone # (_____) _____

Driving the speed limit, how long does it take to get to the hospital from the event site?

Directions from the event site to the hospital:

- Attach a map to the hospital.
- Write the directions here: _____

D) URGENT CARE FACILITIES FOR NON-LIFE THREATENING INJURIES OR ILLNESSES

Name of facility _____

Street Address _____

CITY

ZIP

Phone # _____ Days/Hours facility is open _____

- Attach a map to the urgent care center.
- Write the directions to the facility here: _____

E) TRANSPORTING FOR MEDICAL TREATMENT

- Which event staff person will accompany participants for medical treatment?
- Which event staff person will transport for the treatment of non-life threatening injuries/illnesses?

- What vehicle will be used to transport participants for medical treatment? _____

ACCESSING MEDICAL SERVICES (continued)

- Where will the vehicle be parked during the event so that it is easily available? _____
- For any injury or illness requiring medical treatment **always** take the following with you:
 - _____ participant registration form
 - _____ participant health history – if the medical facility wishes to retain the health history ask that a copy be made and the original returned to the event staff
 - _____ insurance forms – completed forms are to be returned to the Program Center in Sacramento
 - _____ incident fact sheet

F) **CONTACTING FAMILIES** – It is our responsibility to keep families informed of the well being of anyone who participates in a Girl Scout event. Event registration materials and health forms should **always** include:

- A home telephone number.
- A telephone number where an adult family member can be reached in case of an emergency.
- A telephone number where a family friend or relative can be reached in the case of an emergency.

When you cannot reach any of the contacts listed for a participant, and it is a **serious** emergency, contact the local law enforcement authorities for assistance.

- In the case of a serious accident or death, who notifies the emergency contact?

Back up person _____

- In an emergency that **does not** involve serious accident or death, who notifies the emergency contact? _____

When should notification take place? _____

- What is the plan if families cannot be reached **or** do not have a phone?
- In the event of a participant(s) exposure to a communicable disease, what is the plan to notify the participant(s) and/or their families? _____



Missing Persons

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

1. There should be a system for tracking the presence of all event participants. The use of a central sign-in / sign-out area, the buddy system and periodic head counts are three suggested methods.
2. If a person is thought to be missing –
 - A) Question those who last saw the person. Ask for time and location last seen. Record information.
 - B) Check event headquarters area to see if the person left the site and with whom.
 - C) An adult who is an event staff member should check the area where the person was last seen. A systematic search of all activity areas will be organized by a designated staff member. A search team comprised of adults will use the buddy system and search assigned areas. They will report back to the search coordinator.
 - D) If the person is not found, notify the event director who will activate the crisis plan and contact authorities. Gather additional information about the missing person. Was the person angry, depressed, or particularly excited about something? Did they reveal any plans to go somewhere? Did they have a favorite place at the event site where they might go? Did they have a favorite person at the event with whom they liked to spend time?
3. Plan for missing persons –
 - A) How often will participants be counted to ensure that all are present? _____
 - B) What are the procedures for contacting persons who have registered for the event and do not show up at the designated time? _____
 - C) What are the procedures for notifying event staff of “no show” or “early departure” participants?
 - D) List areas you will search – be specific to your site: _____
 - E) Who will coordinate the search? _____
 - F) Names of designated persons for site search: _____

MISSING PERSONS (continued)

G) Who will contact the parent/guardian? _____

When will the contact be made? _____

Parent/Guardian or emergency contact _____

Assigned council staff person _____

Law enforcement officials _____

H) Who has written copies of the missing persons plan? _____

I) How will event staff know about their role as part of this plan? Will this plan be practiced by event staff? _____

J) Who will complete an incident report? _____

Notes:

Cc: Service Unit Manager or Volunteer Management Specialist



Missing Person(s) Description

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Last Seen Location: _____

Approximate Time Last Seen: _____

Missing Person's Name: _____

Age, or Date of Birth, if known: _____

Any known Medical Problems? Take any Medications? _____

Does the Missing Party have a cell phone: Y or N Phone Number: _____

Gender: M or F Race (circle): Black White Hispanic Asian Other: _____

Approximate Height: _____ Feet _____ Inches Approximate Weight: _____ Pounds

Hair color (circle): Brown Blond Red White/Gray Bald Other: _____

Clothing last seen wearing (circle items that apply and list color of the corresponding item):

Hat _____ Skirt/Dress _____

Jacket _____ Socks _____

Shirt _____ Shoes _____

Shorts _____ Carrying Anything _____

Pants _____

Any Scars/Marks? _____

Any incidents prior to disappearance (i.e. arguments? Homesick? Etc)? _____

If missing person has a vehicle, vehicle description (circle) Car Truck SUV Color: _____

Make: _____ Model: _____ License Plate: _____

Case number provided by law enforcement: _____

Cc: Service Unit Manager or Volunteer Management Specialist



Intruder(s)

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

1. The event director assumes the responsibility for the safety of event participants. This includes developing a system for knowing who is on site at all times and why they are there.
2. All event participants and visitors need to register at the designated event headquarters when they arrive and leave. A clearly visible name badge or button is to be worn by all participants and visitors so that they are easy to identify.
3. If there is an uninvited intruder, and it appears safe to approach, two event staff members should inquire who the person is and why they are on the site. If the intruder should not be on the site, they should be asked to leave and escorted off the site.
4. If the intruder is an animal that has the potential for harming participants, its presence at the event site needs to be carefully monitored. If the animal does not leave within a short period of time, go to step #5.
5. If it appears to be unsafe to approach the intruder, event staff should -
 - Remove themselves and event participants from danger.
 - From a safe distance, watch where the intruder goes.
 - Notify the event director and provide the director with pertinent information.
 - The event director will activate the crisis plan and notify authorities.

6. Plan for intruders -

A) What are the procedures for participants and visitors to check in and out of the event?

B) How will participants and visitors be identified? _____

C) What precautions will be taken to reduce the risk of intruders (both animal and human)?

D) Who will complete an incident fact sheet? Who receives the completed copy?



Intruder(s) Description

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Location of Intruder: _____

Approximate Time Last Seen: _____

Gender: M or F Race (circle): Black White Hispanic Asian Other: _____

Build (circle): Thin Medium Large Height: Short Average Tall

Hair Color (circle): Brown Blond Red White/Gray Bald Other: _____

Clothing Description (circle items that apply and list color of the corresponding item):

Hat _____ Skirt/Dress _____

Jacket _____ Socks _____

Shirt _____ Shoes _____

Shorts _____ Carrying Anything _____

Pants _____ Facial Hair _____

Any weapons seen/mentioned? If yes, what kind? _____

How did subject arrive (circle)? On foot Bicycle Vehicle Other: _____

If in a vehicle, description (circle) Car Truck SUV Motorcycle Color: _____

Make: _____ Model: _____ License Plate: _____

Direction they went when they left? _____

What occurred while they were on scene? _____

Case number provided by law enforcement: _____

Cc: Service Unit Manager or Volunteer Management Specialist



Diversion Activities

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

1. During an emergency situation, it is often necessary to occupy and/or distract participants. A variety of songs, games and other activities should be planned for use during possible emergencies. The list should consider size of group, size of space and probable length of time.
2. It is helpful to pre-assign several staff to be in charge of diversion activities. Consideration should be given to dividing staff between diversion activities and response to the emergency.
3. Diversion plans –

A) Who will lead diversion activities?

B) Planned activities include:

Songs	Games	Other

Notes: _____



Consent to Administer Medication to a Minor

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Name of minor _____ Troop Number _____

Name of caretaker _____

Prescription Medications

1. Each medication must be in its original pharmacy container and will be administered in accordance with the pharmacy label as prescribed.

2. Please use the attached page to authorize each prescription and **MUST** be updated every 30 days.

Non-Prescription Medications

Minors are not permitted to bring medications to Girl Scout activities. Consent must be provided by the parent or guardian in order for Girl Scout personnel to administer non-prescription medications. Please initial the following medications you authorize to be administered to your child as necessary.

_____ Pain reliever (Tylenol®, Advil®, acetaminophen, ibuprofen)

_____ Allergy and itch relief (Diphenhydramine: Benadryl®, Caladryl®, and Cortizone®)

_____ Stomach remedies (antacids)

Are there any over the counter medications or first aid remedies that your child is allergic to or that you **do not** wish to be administered? ☐ Yes ☐ No

If yes, please explain _____

Sunscreen and Insect Repellent

Minors may bring their own insect repellent (containing 15% DEET or less) and sunscreen. Please indicate if you DO NOT give us permission to administer these items to your child.

Do not administer: _____

The information provided in conjunction with this form is correct to the best of my knowledge. I authorize Girl Scouts to administer the prescription and non-prescription drugs noted herein. I acknowledge that in the event of an emergency, the use of some medication not previously approved may be necessary. In these circumstances, I authorize Girl Scouts to administer medication without prior approval. I agree to inform a troop or activity leader of any changes in the above information. For example, if a Girl Scout later develops an allergy or contagious disease or is no longer allowed to participate in a particular activity, the parent or individual must inform the troop or activity leader to ensure the safety of both the individual and those around her.

Date _____ Signature of caretaker _____

Date (updated annually) _____ Signature of caretaker _____

Date (updated annually) _____ Signature of caretaker _____



Prescription Medication Authorization

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Name of Minor: _____

Must be updated every 30 days

Date	Prescription Name	Prescribing Physician	Physician's Phone Number	Dosage	Time of Administration	Side Effects



Injury or Illness Report to Parent/Guardian

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Name of event: _____ Date/time of injury/illness: _____

Name of participant: _____

Describe injury or illness: _____

Action taken: _____

Comments: _____

Date report completed: _____ First Aider/Health Supv: _____

TOP COPY - attach to Health Log

CUT HERE

BOTTOM COPY - Send home with participant



Injury or Illness Report to Parent/Guardian

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Name of event: _____ Date/time of injury/illness: _____

Name of participant: _____

Describe injury or illness: _____

Action taken: _____

Comments: _____

Date report completed: _____ First Aider/Health Supv: _____

All You Need To Know About Insurance

There are 3 types of insurance plans available to Girl Scouts. The information below is a brief description of each plan.

Plan #1 – This is basic accident insurance. This insurance is for all currently registered girls and adults and is included in your yearly membership dues. This covers all approved, supervised Girl Scout events lasting two (2) nights or less and covers travel to and from the covered activities. It covers medical treatment but not sickness. This is secondary insurance and primary insurance is used first.

Plan #2 – Additional insurance. This insurance is needed for activities where non-members will be participating or an event lasting 2 or more nights. Please use form #3548 to apply for this coverage.

Plan #3 – Additional insurance that includes sickness coverage as well as accident coverage. This is used for trips lasting more than two nights. Please use form #3394.

Please contact the Insurance Specialist at the Sacramento Regional Program Center for details and costs. Plan #2 and #3 requests are due to the Insurance Specialist a minimum of three weeks prior to the activity/event.



Vehicle Assignment List

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Trip Destination _____ Date _____ Time _____

Phone number there (____) _____

Return Destination _____ Date _____ Time _____

Phone number (____) _____

Emergency Contact _____ Phone # (____) _____

CAR #1 Driver's Name _____ Driver's License # _____ State _____

Insurance Carrier _____ Policy # _____

Year, Make & Model of Car _____ Car License # _____ State _____

GIRL'S NAME	ADDRESS	(AREA) & PHONE #
1. _____	_____	(____) _____
2. _____	_____	(____) _____
3. _____	_____	(____) _____
4. _____	_____	(____) _____
5. _____	_____	(____) _____
6. _____	_____	(____) _____

CAR #2 Driver's Name _____ Driver's License # _____ State _____

Insurance Carrier _____ Policy # _____

Year, Make & Model of Car _____ Car License # _____ State _____

GIRL'S NAME	ADDRESS	(AREA) & PHONE #
1. _____	_____	(____) _____
2. _____	_____	(____) _____
3. _____	_____	(____) _____
4. _____	_____	(____) _____
5. _____	_____	(____) _____
6. _____	_____	(____) _____

CAR #3 Driver's Name _____ Driver's License # _____ State _____

Insurance Carrier _____ Policy # _____

Year, Make & Model of Car _____ Car License # _____ State _____

GIRL'S NAME	ADDRESS	(AREA) & PHONE #
1. _____	_____	(____) _____
2. _____	_____	(____) _____
3. _____	_____	(____) _____
4. _____	_____	(____) _____
5. _____	_____	(____) _____
6. _____	_____	(____) _____

This optional form is provided as a service to our members.

White – Emergency Contact Yellow – Leader

BE A HAPPY AND SAFE CAMPER!



With the springtime finally upon us and the weather beginning to warm, we start to turn our attention to outdoor activities such as camping. Take this camping quiz to see if you're prepared for the great outdoors.

☀️ **SNAKE BITES** – Q. You're on a camping trip and one of your fellow campers is bitten by a venomous snake. You should immediately walk the injured party to the nearest ranger station for help. True or False?

(Ans: False. To treat a snake bite, keep the wound below the heart and tell the victim to remain calm and rest to reduce the flow of the toxins through the blood stream.)

Q. You should never suck the snake venom from the puncture wound. True or False?

(Ans: True. Attempting to suck the venom usually serves no purpose other than increasing the possibility of oral ingestion of the venom. Wash the wound and treat with a snake bite kit (if available), keep the wound below the heart and make every effort to seek medical treatment as soon as possible.)

☀️ **TICK BITES** – Q. After a long hike you notice a tick on your arm. The best way to remove a tick is to:

- A. Use a pair of tweezers
- B. Suffocate it with nail polish or Vaseline
- C. Remove it by pulling gently with your fingers.
- D. Burn it off with a match or lighter.

(Ans: A. Use a pair of fine tipped tweezers. Grasp the tick as close to the skin as possible and pull slowly, steadily and firmly. Clean the area with antiseptic.)

Q. A good way to tell if you've been infected with Lyme disease (transmitted by tick bites) is to look for that telltale red target shaped rash that forms on the skin shortly after infection. True or False?

(Ans: True. Lyme Disease tends to form a target shaped rash in the immediate area following the bite. However, some people are A-symptomatic and exhibit no visual signs. It's usually advisable to seek medical attention if bitten as a precaution.)

☀️ **HEAT EXPOSURE:** - Q. You've been hiking all day your partner starts to complain of headaches and his/her skin is cool to the touch. Is this person suffering from heat exhaustion?

(Ans: Yes. Cool pale skin is a sign of serious heat exhaustion. That could quickly lead to heat stroke.)

Q. What should you do?

(Ans: Get the victim out of that environment. Go into the shade and re-hydrate the victim immediately. Apply cool wet towels over the body of the victim. If the symptoms persist, get this person to a hospital immediately. This may well be an extreme medical condition.)

☀️ **HYPOTHERMIA** – Q. There is no need to worry about hypothermia on a warm summer day. True or False?

(Ans: False. Hypothermia can occur year-round. It can develop whenever heat loss exceeds heat gain. It is as common during the rain and hail of summer as it is in the winter. Swimming in cold icy streams, lakes and rivers will also increase the chances of contracting hypothermia.)

☀ BEAR SAFETY – Q. It's O.K. to keep your food in the tent as long as you keep foods in a closed ice chest and the bears can't see it. True or False?

(Ans: False. Bears have an extremely acute sense of smell. They'll go after the grub even if it's locked in the car. Your best bet is to use the bear boxes that are usually offered in established campgrounds. If the boxes aren't available, raise the food at least 10 feet off the ground.)

☀ DRINKING WATER – Q. Fresh water flowing in the clean mountain creeks and streams is a cold flow from snowmelt. However, it still needs to be treated. True or False?

(Ans: True. Believe it or not, bacteria such as *Guardia*, coliforms and *cryptosporidium* have been found to be present in the streams in "the land of the sky blue waters." Your best bet is to bring your own bottled water, or filter or boil stream water.)

☀ POISON OAK – Q. Poison oak is usually a small five-leafed plant that is dormant until the late summer when it "ripens" to a deep red color. True or False?

(Ans: False. Poison oak is a leafy plant that grows in groups of three leaves. It is possible to be infected with the plant toxins at any time of the year...even when the plant is leafless and appears to be "dormant".)



Do You Know This Plant?



It's Triple Leaf...Poison Oak

Recognize it at a glance—by its triple leaf pattern with prominent veins and shiny surfaces.

Learn to recognize poison oak, avoid contacting it, and get rid of it when possible. Poison oak is a very hardy plant which has spread throughout most parts of the state up to altitudes of five thousand (5,000) feet. This plant has another peculiarity—it takes the form of a vine, a bush or a spindly plant. In some regions the leaves remain green during the entire time they are on the stem. In other areas the leaves change to various colors with the changing seasons. Learn to know it on sight—the plant with the triple leaf—because it is a very common plant in California.

Immunity?

Some people are less susceptible than others.

Causes

Poisoning is caused by irritating oil found in all parts of the plant, including the roots and fruit.

How do you get “poisoned”?

- from contact with the plant.
- from tools and animals that have touched it.
- from smoke while burning poison oak.
- from your hands which touched the plant.

Treatment?

Much of the irritating oil of poison oak can be removed by washing with soap and water at the first opportunity. Several new medications and well-established remedies such as calamine lotion benefit some people but have little effect on others. Severe inflammation or bleeding should be treated by a physician.

Is There Protection?

Several protective creams are available which form a barrier against the irritating substance in poison oak. These may be used before entering a poison oak area. Also there are injections or tablets, which provide protection to some people.

What Is The Best Answer?

Learn to recognize poison oak, avoid contacting it, and get rid of it when possible. Use protective creams and protective clothing, such as long pants, long sleeves, gauntlets, and neckerchiefs. Wash contaminated clothing before it is worn.

Destroy the plants before entering an area to be worked. One to four applications of a poison oak eradicating chemical should kill the plants depending upon the one you select. Apply the chemical with caution—it can be dangerous.

New Growth may sprout during a warm winter or anytime during spring. The first leaves are usually small, round, and deep red.

Spring leaves are light, bright green with whitish-green flowers clustered on the stems.

Summer brings yellow-green, pink or reddish colors to some of the leaves with small white or tan berries following the flowers.

Fall fruit becomes darker, dried and wrinkled, and leaves turn bright red or russet brown.

Winter leaves and seeds fall, leaving stick or whip like stems or climbing vines.

All Seasons may bring many color changes such as yellow, pink, brown, or combinations with those shades previously mentioned.



This product was developed for you by State Fund, your partner in loss prevention. We recognize that your loss prevention efforts affect the frequency and severity of illnesses and injuries in your work environment. Our experience shows that with informed planning and education, workplace injuries and illnesses can be reduced or eliminated. We are committed to the belief that a safe workplace can increase worker productivity and lower your workers' compensation costs. The safety and well-being of our insured employers and their employees is the primary concern of State Fund. We know you will find this information helpful in educating and encouraging your employees to establish and maintain a safe working environment.



Stash Your Food and Trash

Allowing coyotes access to human food and garbage is reckless and deadly.

Coyotes primarily hunt rodents and rabbits for food, but will take advantage of whatever is available, including garbage, pet food, and domestic animals.

- Put garbage in tightly closed containers that cannot be tipped over.
- Remove sources of water, especially in dry climates.
- Bring pets in at night, and do not leave pet food outside.
- Put away bird feeders at night to avoid attracting rodents and other coyote prey.
- Provide secure enclosures for rabbits, poultry, etc.
- Pick up fallen fruit and cover compost piles.
- Ask your neighbors to follow these tips.

Please respect and protect wild animals. Keep them wild.

www.keepmewild.org

For More Information

Contact the California Department of Fish and Wildlife

Northern Region
Redding – (530) 225-2300

North Central Region
Rancho Cordova – (916) 358-2900

Bay Delta Region
Napa – (707) 944-5500

Central Region
Fresno – (559) 243-4005 ext. 151

South Coast Region
San Diego – (858) 467-4201

Inland Deserts Region
Ontario – (909) 484-0167

Sacramento Headquarters - (916) 322-8911

To order more pamphlets, please call (916) 322-8911 or email publications@wildlife.ca.gov.

Alternate communication methods are available upon request. If reasonable accommodation is needed, contact the Department of Fish and Wildlife, (916)322-8911 or the California Relay Service serving deaf and hearing-impaired residents using TTY/TDD phones, and speech-impaired callers, at (800) 735-2929.



A campaign for ⁷¹all wild animals.



**Feeding Wildlife
is Dead Wrong.**



California Department
of Fish and Wildlife

Wild Animals Ruined, Even Killed by People's Carelessness!

Wild animals are in trouble, and the problem is people who are careless with food and garbage.

Coyotes play an important role in the ecosystem, helping to keep rodent populations under control. They are by nature fearful of humans.

If coyotes are given access to human food and garbage, their behavior changes. They lose caution and fear. They may cause property damage. They might threaten human safety. They might be killed.

Relocating a problem coyote is not an option because it only moves the problem to someone else's neighborhood.

Help prevent deadly conflicts for these beautiful wild animals.



A campaign for all wild animals.

“Coyote country” precautions

- Never feed or attempt to tame coyotes. The result may be deadly conflicts with pets or livestock, or serious injuries to small children.
- Do not leave small children or pets outside unattended.
- Install motion-sensitive lighting around the house.
- Trim ground-level shrubbery to reduce hiding places.
- Be aware that coyotes are more active in the spring, when feeding and protecting their young.
- If followed by a coyote, make loud noises. If this fails, throw rocks in the animal's direction.
- If a coyote attacks a person, immediately contact the nearest Department of Fish and Wildlife or law enforcement office. After normal business hours, call 911.

Stash Your Food and Trash

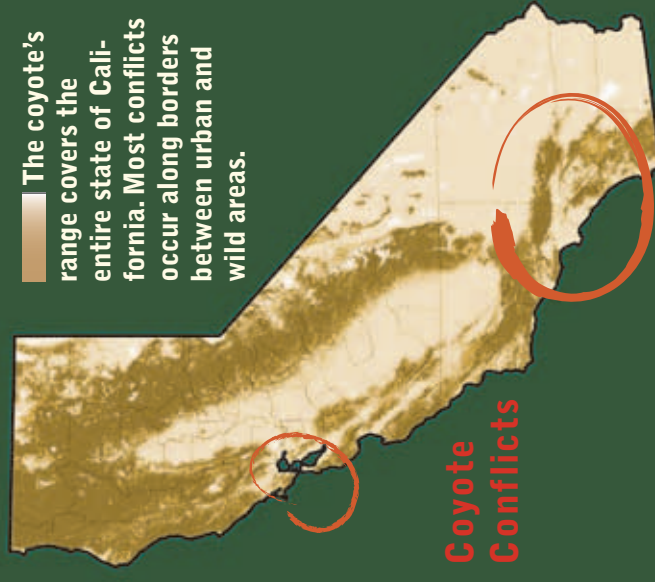


Coyote-Proof Containers

Use garbage cans that have a locking mechanism on the lid. Use a rope or elastic cord to secure the can to a fence or other solid object so that it cannot be tipped over.

New Laws

Feeding coyotes is illegal in some communities. Many local ordinances require installation of wildlife-proof garbage containers and make wildlife feeding punishable by fines.



Coyote Conflicts

You Can Help

Please visit www.keepmewild.org for downloadable posters, newspaper advertisements and other Keep Me Wild™ materials.



Stash Your Food and Trash

Allowing wild animals access to human food is reckless and deadly.

Bears and other animals are attracted to anything edible or smelly.

- Store garbage in bear-proof containers, or store garbage in your garage until pick-up.
- Keep food indoors or in airtight and odor-free containers.
- Put away picnic leftovers; clean BBQ grills.
- Keep pet food inside, and bird feeders away.
- Pick up fallen fruit as soon as possible, or protect fruit trees with electric fencing.
- Remove cosmetic fragrances and other attractants, including bird feeders and compost piles.
- Install or request bear-proof trash containers.

When wild animals are allowed to feed on human food and garbage, they lose their natural ways – often resulting in death for the animal.

Please respect and protect wild animals. Keep them wild.

www.keepmewild.org

For More Information

Contact the California Department of Fish and Wildlife

Sacramento Headquarters – (916) 322-8911

Northern Region

Redding – (530) 225-2300

North Central Region

Rancho Cordova – (916) 358-2900

Bay Delta Region

Napa – (707) 944-5500

Central Region

Fresno – (559) 243-4005 ext. 151

South Coast Region

San Diego – (858) 467-4201

Inland Deserts Region

Ontario – (909) 484-0167

Alternate communication methods are available upon request. If reasonable accommodation is needed, contact the Department of Fish and Wildlife, (916)322-8911 or the California Relay Service serving deaf and hearing-impaired residents using TTY/TDD phones, and speech-impaired callers, at (800) 735-2929.



A campaign for ~~all~~ wild animals.



**Feeding Wildlife
is Dead Wrong.**



California Department
of Fish and Wildlife

Wild Animals Ruined, Even Killed by People's Carelessness!

Wild animals are in trouble, and the problem is people: our carelessness and irresponsibility with food and garbage.

Black bears, coyotes and other wild animals are increasing in California's wild habitats, alongside our own expanding communities.

Wild animals naturally fear humans, keep their distance and will not bother you, so long as they remain fully wild. But if they lose their wildness, their behavior changes.

If black bears are mistreated by people who give them access to human food and garbage, they rapidly become addicted. They lose caution and fear. They cause property damage. They might threaten human safety. They might be killed.

Please prevent deadly conflicts with our wildlife.



Bear Country Precautions

- Keep a close watch on children, and teach them what to do if they encounter a bear.
- While hiking, make noise to avoid a surprise encounter with a bear.
- Never keep food in your tent.
- Store food and toiletries in bear-proof containers or in an airtight container in the trunk of your vehicle.
- Keep a clean camp by cleaning up and storing food and garbage immediately after meals.
- Use bear-proof garbage cans whenever possible or store your garbage in a secure location with your food.
- Never approach a bear or pick up a bear cub.
- If you encounter a bear, do not run; instead, face the animal, make noise and try to appear as large as possible.
- If attacked, fight back.
- If a bear attacks a person, immediately call 911.

If in doubt as to what to do, ask your local wildlife officer, park ranger, or wildlife biologist. Or visit our Web site: www.keepmewild.org

Stash Your Food and Trash



Bear-Proof Containers

A variety of bear-proof food containers and garbage can enclosures are available. Visit www.keepmewild.org for more information.

Bear Feeding Laws

It is illegal to feed bears in California.

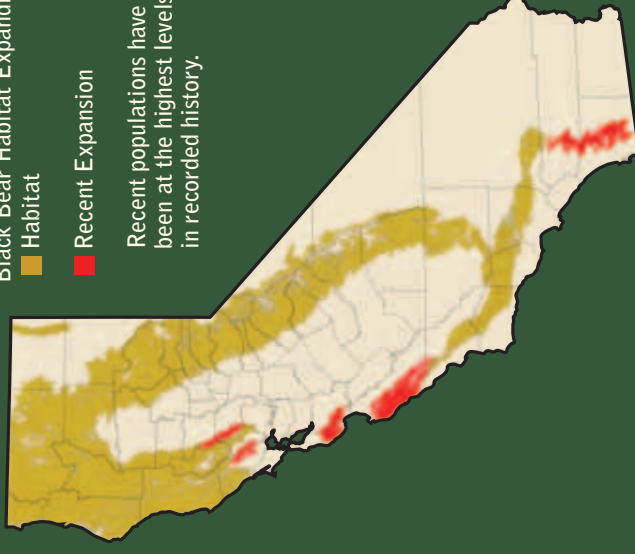
Penalties may include a fine and/or jail time.

Black Bear Habitat Expanding

Habitat

Recent Expansion

Recent populations have been at the highest levels in recorded history.



You Can Help

Please visit www.keepmewild.org for downloadable posters, newspaper advertisements and other Keep Me Wild™ materials.



Staying Safe in Mountain Lion Country

Mountain lions are quiet, solitary and elusive, and typically avoid people. Mountain lion attacks on humans are extremely rare. However, conflicts are increasing as California's human population expands into mountain lion habitat.

- Do not hike, bike, or jog alone.
- Avoid hiking or jogging when mountain lions are most active—dawn, dusk, and at night.
- Keep a close watch on small children.
- Do not approach a mountain lion.
- If you encounter a mountain lion, do not run; instead, face the animal, make noise and try to look bigger by waving your arms; throw rocks or other objects. Pick up small children.
- If attacked, fight back.
- If a mountain lion attacks a person, immediately call 911.

www.keeptomewild.org

For More Information

Contact the California Department of Fish and Wildlife

Northern Region
Redding – (530) 225-2300

North Central Region
Rancho Cordova – (916) 358-2900

Bay Delta Region
Napa – (707) 944-5500

Central Region
Fresno – (559) 243-4005 ext. 151

South Coast Region
San Diego – (858) 467-4201

Inland Deserts Region
Ontario – (909) 484-0167

Sacramento Headquarters - (916) 322-8911

To order more pamphlets, please call (916) 322-8911 or email publications@wildlife.ca.gov.

Alternate communication methods are available upon request. If reasonable accommodation is needed, contact the Department of Fish and Wildlife, (916) 322-8911 or the California Relay Service serving deaf and hearing-impaired residents using TTY/TDD phones, and speech-impaired callers, at (800) 735-2929.



A campaign for ~~73~~ all wild animals.



KEEP ME WILD

**Feeding Wildlife
is Dead Wrong.**



California Department
of Fish and Wildlife

You may be attracting mountain lions to your property without knowing it!

More than half of California is mountain lion habitat. Mountain lions generally exist wherever deer are found. They are solitary and elusive, and their nature is to avoid humans.

Mountain lions prefer deer but, if allowed, they will also eat pets and livestock. In extremely rare cases, even people have fallen prey to mountain lions.

Mountain lions that threaten people are immediately killed. Those that prey on pets or livestock can be killed by a property owner after the required depredation permit is secured.

Moving problem mountain lions may be done in extreme circumstances. However, relocation may lead to deadly conflicts with other mountain lions already there. Also, relocated animals often return to their former home area. These outcomes must be considered when deciding whether or not to move any carnivore.

Living in Mountain Lion Country

- Don't feed deer; it is illegal in California and will only attract mountain lions.
- Deer-proof your landscape by avoiding plants that deer like to eat. For tips, request *A Gardener's Guide to Preventing Deer Damage* from CDFW offices.
- Trim brush to reduce hiding places for mountain lions.
- Don't leave small children or pets outside unattended.
- Install motion-sensitive lighting around the house and out-buildings.
- Provide sturdy, covered shelters for sheep, goats, and other vulnerable animals.
- Don't allow pets outside when mountain lions are most active – dawn, dusk, and at night.
- Bring pet food inside to avoid attracting raccoons, opossums and other potential mountain lion prey.

If in doubt about what to do, ask your local Fish and Wildlife officer or wildlife biologist.

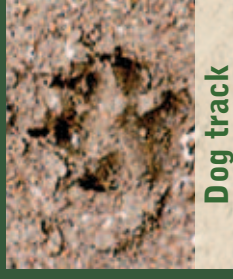


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Identifying Mountain Lion Tracks



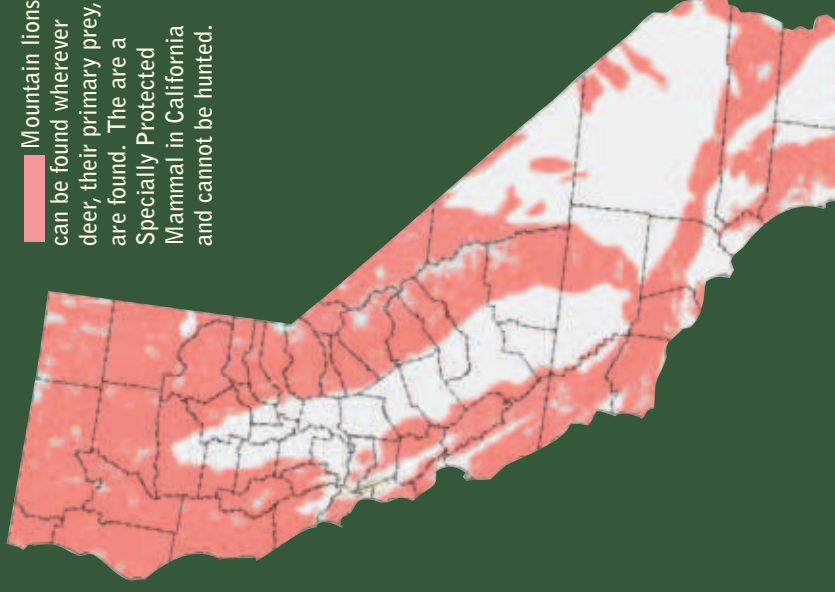
Lion track



Dog track

The mountain lion track on the left can be distinguished from the dog track on the right by the absence of toenail prints and by the “M” shaped pad.

Mountain lion range map



Mountain lions can be found wherever deer, their primary prey, are found. They are a Specially Protected Mammal in California and cannot be hunted.

You Can Help

Please visit www.keepmewild.org for downloadable posters, newspaper advertisements and other Keep Me Wild™ materials.

LYME DISEASE AND OTHER TICK-BORNE DISEASES IN CALIFORNIA



Inform your physician immediately if you develop any of the symptoms listed in this brochure after finding a tick attached to your skin or being in an area where ticks are known to occur. The Western black-legged tick and other similar ticks in California may be infected with microbes that cause other diseases. These diseases include ehrlichiosis, babesiosis, Rocky Mountain spotted fever, Colorado tick fever, anaplasmosis, and tularemia. Early diagnosis and treatment of all these diseases is important.

All cases of tick-borne diseases are reportable to the California Department of Public Health by physicians via their county health department.

Additional information on Lyme disease and other tick-borne diseases can be obtained from the agency named in the box below, or by contacting the California Department of Public Health.



Published by the State of California
California Department of Public Health
Vector-Borne Disease Section
P.O. Box 997377
Sacramento, CA 95899-7377
(916) 552-9730
www.cdph.ca.gov



JERRY BROWN
Governor

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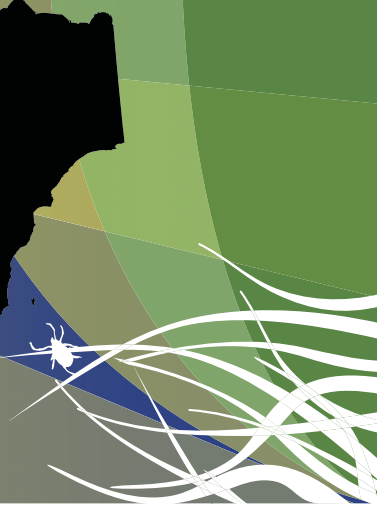
This institution is an equal opportunity provider.

Agencies and associations distributing this brochure may add their contact information in this box.

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The California Department of Public Health acknowledges the contribution of the Lyme Disease Advisory Committee in preparing this document.

LYME DISEASE IN CALIFORNIA



This brochure provides information on Lyme disease, the ticks that carry this disease in California, and measures you can take to protect yourself.

Lyme disease is caused by a spirochete (a corkscrew-shaped bacteria) called *Borrelia burgdorferi* and is transmitted by the western black-legged tick. Lyme disease was first described in North America in the 1970s in Lyme, Connecticut, the town for which it was then named. This disease has since been reported from many areas of the country, including most counties in California.

SYMPTOMS OF LYME DISEASE



Many body systems can be affected by Lyme disease. Symptoms vary from person to person and can come and go. Symptoms are generally classified into early or late. Early symptoms occur days to weeks after a person becomes infected. Early symptoms include:

Flu-like symptoms such as muscle aches, joint pain, fatigue, headache, stiff neck, chills, fever, or swollen lymph nodes.

Paralyzed muscles of the face.

Palpitations (common) or disturbances of heart rhythm (rare).

An expanding rash called erythema migrans, or EM. The EM appears 1-30 days after the bite of an infected tick, expands over a one to two week period, and then disappears. More EMs, not necessarily at the site of the tick bite, can show up later. The EM is usually painless. The EM varies in shape and appearance. On dark skin the EM can look more like a bruise. The EM is not present in some people, or it may occur on a part of the body that is difficult to see.

Painful redness that occurs less than 24 hours after a tick bite and does not expand is more likely to be a local allergic reaction to the tick's saliva.

Examples of erythema migrans rashes



Rene Ruter



CDPH



James Kautz, M.D.



Rafael Sanchez, M.D.



© The Portland Public Health Department, NYC

These symptoms can disappear without treatment but the infection may still be present. If early Lyme disease symptoms are not recognized and treated adequately, the disease may progress and be more difficult to treat.

Late symptoms occur weeks, months, or years after becoming infected. **Late symptoms may be the first sign of Lyme disease in some people.** Late symptoms include:

Numbness, tingling, or burning feelings in arms and legs. Muscles of the face, arms, or legs may twitch or become weak or paralyzed. Sharp pain in the arms, legs, neck, and back, may occur. Increased sensitivity to light may be present.

Swelling and pain of one or a few joints, especially the knees. Joint swelling sometimes moves from one joint to another, and may come and go.

Difficulties with memory, concentration, learning, or speech in both children and adults.

Some Lyme disease patients also experience mood swings, depression, or abnormal thought processes.



DIAGNOSIS AND TREATMENT

People with symptoms of Lyme disease should see their doctor as early as possible. Some tick-borne diseases in California (e.g., anaplasmosis, ehrlichiosis and babesiosis), as well as other diseases, can produce symptoms similar to Lyme disease. Thus, Lyme disease can be difficult to diagnose.

A physician diagnoses Lyme disease based on symptoms. Additional information useful to a physician in making a diagnosis of Lyme disease include:

Patient had a tick bite or was in an area where ticks occur. Because ticks are small, some people do not notice that they have been bitten.

Blood tests, but these need to be interpreted carefully.

Prompt treatment with antibiotics during early Lyme disease can cure the infection and prevent complications of late Lyme disease. If treatment is delayed, treatment can be difficult and recovery may take longer.

TRANSMISSION OF LYME DISEASE IN CALIFORNIA

In California, the western black-legged tick (*Ixodes pacificus*) transmits the bacteria that cause Lyme disease. Western black-legged ticks are most common in the coastal regions and along the western slope of the Sierra Nevada range.

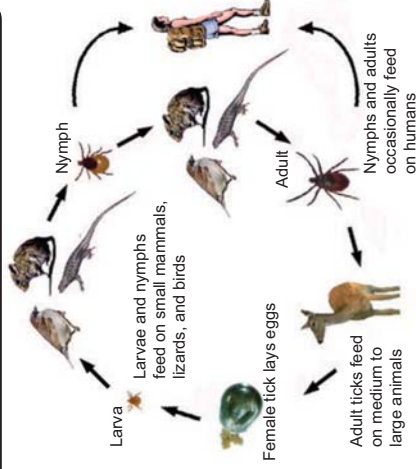
Ticks have three life stages



From left to right: larva, nymph, and adult (male, and female) ticks on a finger. (Photo enlarged to show detail)

Each life stage of the tick attaches to an animal for several days to take one blood meal before maturing to the next stage.

Life cycle of the western black-legged tick



Larvae and nymphs feed on small rodents, lizards, or birds; adults prefer larger animals such as deer. When larvae or nymphs feed on a wild rodent carrying the Lyme disease bacteria, the ticks may become infected and transmit the infection when they feed in the next life stage.

Only nymphs and adult females of the western black-legged tick can transmit Lyme disease bacteria to humans. Nymphs are found in cool moist environments such as in the leaf litter or on logs, tree trunks, or fallen branches under trees in oak woodlands. Adults are found on the tips of grasses and shrubs, often along trails. Ticks do not jump or fly.

Nymphs can pose a greater risk of transmitting Lyme disease bacteria to humans than adults because they are tiny and difficult to see (< 1/20 inch, about the size of a poppy seed), and so may not be removed promptly. Nymphs are most active in spring and early summer; when people are most likely to be outdoors; adult ticks are most active from fall through early spring.

In some areas of California, studies show that a higher percentage of nymphs (average 5-15%, range= 0- 41%) carry the Lyme disease organism compared to adult ticks (average 1-2%, range=0-10%).

PREVENTING LYME DISEASE

If possible, avoid areas where ticks are known to occur. Ask your local vector control agency or health department where ticks are present in your county.

If you are in areas where ticks are found:

Regularly examine yourself for ticks and remove ticks promptly. Frequent tick checks provide the best prevention against Lyme disease.

Wear light colored clothing so that ticks can be seen more easily.

Wear a long-sleeved shirt and tuck shirt into pants; tuck pants into boots or socks.

Apply a tick repellent to clothing. Products with permethrin kill ticks on contact and are applied to clothing only. Products with DEET repel ticks and can be applied to the skin. Always follow directions on the container and be especially careful when applying to children.

Stay on trails and avoid contact with bushes or grasses alongside trails where ticks are common. Control ticks on pets. Pets can bring ticks into contact with humans. Discuss tick control for your pets with your veterinarian.

Actual size of the western black-legged tick



Check your entire body for ticks for several days after you are out of tick habitat. Pay particular attention to the hairline, behind the earlobe, under the arms and breasts, at the beltline, groin, and behind the knees. Parents should carefully examine their children.

TICK REMOVAL

Ticks feed by inserting their mouthparts into the skin and taking a blood meal. Removing ticks promptly can prevent transmission of Lyme disease and other tick-borne diseases. If ticks are removed less than 24 hours after becoming attached, then the chance of getting Lyme disease is very low.

TO REMOVE AN ATTACHED TICK:

Use tweezers to grab the tick as close to your skin as possible.

Pull the tick straight out, using a firm, steady motion; do not jerk the tick.

Do not twist, smother, or burn an attached tick; these are not effective methods for tick removal.

Do not squish an attached tick.

If fingers must be used, protect your fingers with a tissue or plastic bag, grasp the tick as close to the skin as possible, and pull straight out.

Wash your hands and the bite site with soap and water after the tick is removed.

Apply an antiseptic to the bite site.

A localized reaction or infection can occur where the tick was attached. If redness or pain develops at the tick bite site, consult your physician

Tweezers are used to remove attached ticks



(photo enlarged to show detail)

West Nile Virus (WNV) Fact Sheet

What Is West Nile Virus?

West Nile virus infection can cause serious disease. WNV is established as a seasonal epidemic in North America that flares up in the summer and continues into the fall. This fact sheet contains important information that can help you recognize and prevent West Nile virus.

What Can I Do to Prevent WNV?

The easiest and best way to avoid WNV is to prevent mosquito bites.

- When outdoors, use repellents containing DEET, picaridin, IR3535, some oil of lemon eucalyptus or para-menthane-diol. Follow the directions on the package.
- Many mosquitoes are most active from dusk to dawn. Be sure to use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours.
- Make sure you have good screens on your windows and doors to keep mosquitoes out.
- Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.

What Are the Symptoms of WNV?

- **Serious Symptoms in a Few People.** About 1 in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent.
- **Milder Symptoms in Some People.** Up to 20 percent of the people who become infected will have symptoms which can include fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for as short as a few days to as long as several weeks.
- **No Symptoms in Most People.** Approximately 80 percent of people who are infected with WNV will not show any symptoms at all, but there is no way to know in advance if you will develop an illness or not.

How Does West Nile Virus Spread?

- **Infected Mosquitoes.**
WNV is spread by the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds. Infected mosquitoes can then spread WNV to humans and other animals when they bite.
- **Transfusions, Transplants, and Mother-to-Child.**
In a very small number of cases, WNV also has been spread directly from an infected person through blood transfusions, organ transplants, breastfeeding and during pregnancy from mother to baby.
- **Not through touching.**
WNV is not spread through casual contact such as touching or kissing a person with the virus.

How Soon Do Infected People Get Sick?

People typically develop symptoms between 3 and 14 days after they are bitten by the infected mosquito.

How Is WNV Infection Treated?

There is no specific treatment for WNV infection. In cases with milder symptoms, people experience symptoms such as fever and aches that pass on their own, although illness may last weeks to months. In more severe cases, people usually need to go to the hospital where they can receive supportive treatment including intravenous fluids, help with breathing, and nursing care.

What Should I Do if I Think I Have WNV?

Milder WNV illness improves on its own, and people do not need to seek medical attention for this infection though they may choose to do so. If you develop symptoms of severe WNV illness, such as unusually severe headaches or confusion, seek medical attention immediately. Severe WNV illness usually requires hospitalization. Pregnant women and nursing mothers are encouraged to talk to their doctor if they develop symptoms that could be WNV.



What Is the Risk of Getting Sick from WNV?

- **People over 50 at higher risk to get severe illness.** People over the age of 50 are more likely to develop serious symptoms of WNV if they do get sick and should take special care to avoid mosquito bites.
- **Being outside means you're at risk.** The more time you're outdoors, the more time you could be bitten by an infected mosquito. Pay attention to avoiding mosquito bites if you spend time outside, either working or playing.
- **Risk through medical procedures is very low.** All donated blood is checked for WNV before being used. The risk of getting WNV through blood transfusions and organ transplants is very small, and should not prevent people who need surgery from having it. If you have concerns, talk to your doctor.

What Is CDC Doing About WNV?

CDC is working with state and local health departments, the Food and Drug Administration and other government agencies, as well as private industry, to prepare for and prevent new cases of WNV.

Some things CDC is doing include:

- Coordinating a nation-wide electronic database where states share information about WNV
- Helping states develop and carry out improved mosquito prevention and control programs
- Developing better, faster tests to detect and diagnose WNV
- Creating new education tools and programs for the media, the public, and health professionals
- Working with partners to develop vaccines.



What Else Should I Know?

West Nile virus infects birds. In nature, West Nile virus cycles between mosquitoes and birds. Some infected birds can develop high levels of the virus in their bloodstream and mosquitoes can become infected by biting these infected birds. Some, but not all infected birds get sick and die of disease. One way health officials conduct surveillance for West Nile virus is by testing local birds. Finding dead birds may be a sign that West Nile virus is circulating between birds and the mosquitoes in an area. By reporting dead birds to state and local health departments, you can play an important role in monitoring West Nile virus. State and local agencies have different policies for collecting and testing birds, so check with your county or [state health department](#) to find information about reporting dead birds in your area.

If you find a dead bird: Don't handle the body with your bare hands. Contact your local health department for instructions on reporting and disposing of the body. They may tell you to dispose of the bird after they log your report.

For more information, visit www.cdc.gov/westnile, or call CDC at 800-CDC-INFO (English and Spanish) or 888-232-6348 (TTY).

YELLOWJACKETS AND PAPER WASPS

SACRAMENTO-YOLO
MOSQUITO
& VECTOR
CONTROL
DISTRICT



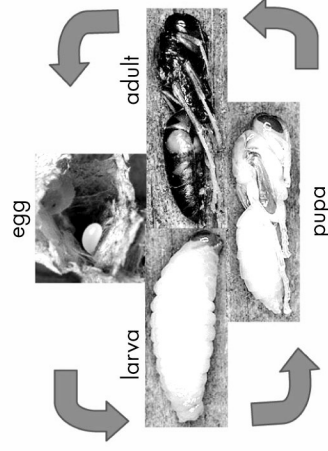
FIGHT THE
BITE

SACRAMENTO-YOLO MOSQUITO AND VECTOR CONTROL DISTRICT

Yellowjackets and paper wasps are beneficial insects. They feed their young numerous insects that ordinarily damage shade trees and crops. They also kill countless flies and various other pest insect species.

While yellowjackets and paper wasps are often confused, they have some distinct differences. Yellowjackets are relatively short and stout compared to paper wasps. Paper wasps have longer, more slender bodies and dangling legs. Yellowjacket nests are spherical and are enclosed in a papery envelope with a small entrance hole. Paper wasp nests are usually suspended from eaves or porch ceiling and look like tiny umbrellas filled with hexagonal cells.

Life Cycle



OFFICE LOCATIONS AND HOURS OF OPERATION

Sacramento County

8631 Bond Road
Elk Grove, CA 95624
Phone: 1-800-429-1022
Fax: 916-685-5464
Web site: FIGHTtheBITE.net
Hours: 7:00 am to 3:30 pm

Yolo County

1234 Fortna Avenue
Woodland, CA 95695
Phone: 1-800-429-1022
Fax: 530-668-3403
Web site: FIGHTtheBITE.net
Hours: 7:00 am to 3:30 pm

SACRAMENTO-YOLO
MOSQUITO
& VECTOR
CONTROL
DISTRICT

FIGHT THE
BITE



SACRAMENTO-YOLO MOSQUITO & VECTOR CONTROL DISTRICT

YELLOWJACKETS

Yellowjackets are social insects that live in a nest containing workers, queens and males. Two species are common in the Sacramento region, *Vespula pensylvanica* and *Vespula germanica*.

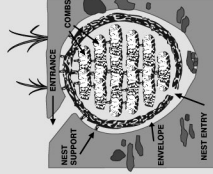
Appearance

Yellowjackets are medium sized black wasps with yellow markings and black or yellow antennae. Workers are usually about a 1/2 inch long and appear short and stocky while the queen is larger at about 3/4 of an inch. Workers are often confused with honey bees, but in contrast, are not covered with dense hair on their bodies.



Nest

Depending on the type of yellowjacket, they build aerial or subterranean nests. Nests are built of wood fibers and consist of multiple stacked combs and completely enclosed by a paper envelope, except for a small entrance. Nests of most species are placed underground in rodent burrows or other soil cavities.



Behavior

Most of the time, yellowjackets are not aggressive and will not harm you if you stay out of their way. However, when a nest is disturbed, yellowjackets will swarm and can inflict multiple stings that are painful and may be life threatening to individuals hypersensitive to the venom.

PAPER WASPS

Paper wasps are social insects that live in colonies containing an alpha female, workers, and males. The European Paper Wasp, *Polistes dominulus*, is common to the Sacramento region.



Appearance

The European Paper Wasp is often mistaken for a yellowjacket because of its yellow and black coloration. One distinct difference is the orange-tipped antennae. Like other paper wasps, it is narrow-waisted, and during flight, its legs trail below in an extended fashion.

Nest

Paper wasps build nests of wood fiber and consist of a single comb not enclosed by an envelope. Nests of the European paper wasp are often less than 100 cells in size but may be constructed of over 400 cells. This wasp appears to be quite flexible in selecting nesting sites, including roof eaves, within meter boxes, bird houses, outdoor grills, benches and within shrubbery.



Behavior

European paper wasps are more easily provoked than other wasps, and will more readily sting when someone nears their nest. An unsuspecting homeowner may be stung, for instance, when attempting to change an outdoor light bulb, opening a gate, or while gardening. European paper wasps, like other wasps, can sting repeatedly.

YELLOWJACKET CONTROL

In the summer months, foraging yellowjackets may become a nuisance in parks, campgrounds and other areas. Yellowjackets can be managed through:

Sanitation

- Tightly cover garbage receptacles and move from eating areas to reduce food available to foraging workers
- Eliminate standing water to help reduce the water available for cooling the nest and drinking

Depletion Trapping

While this method can help to reduce foraging workers, it is *not an effective method for eliminating yellowjackets*. Commercially available traps use a chemical lure to attract foraging workers into a container with a one way passage. Once inside, the insect cannot escape and dies. Traps should be placed in areas away from food and people.



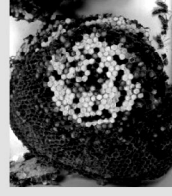
PAPER WASP CONTROL

Paper wasps may become a nuisance when they build a nest on or near your home. Every attempt should be made to limit suitable nest sites:

- Repair holes in walls
- Caulk cracks in eaves
- Screen vents and louvers

NEST CONTROL FOR YELLOWJACKETS & PAPER WASPS

Nests may require control when their location becomes a problem. While there are products available on the market, there is always a risk of personal injury involved when treating yellowjacket nests. Call a private pest control company or your local vector control agency for recommendations. [Please note: Depletion trapping, as used for yellowjackets, does not attract paper wasps and will not reduce their numbers.]



FIRST AID FOR STINGS

For any sting:

- Wash with soap and cold water

For allergic reactions:

- Seek immediate medical care

For multiple stings or hypersensitive persons:

- Seek immediate medical care
- Do not wait for symptoms to develop

ROLE OF PUBLIC HEALTH OFFICIALS

State and local health agencies monitor plague activity throughout the state. Public health officials:

- Work with doctors and veterinarians to identify suspect cases of plague, confirm the diagnosis, and ensure that patients receive necessary treatment.
- Conduct investigations of confirmed plague cases to determine how the person was exposed and to identify others who may be at risk of plague.
- Work with rangers, park personnel, and others to watch for sick or dead rodents or other evidence that plague may be active in a particular area.

If signs of plague are identified, health authorities institute preventive measures including notification of residents and visitors, posting of warning signs, and, if deemed necessary, closing off the area so that flea control measures can be conducted.

Additional information on plague can be obtained from your local health department and the CDPH website, www.cdph.ca.gov.

This institution is an equal opportunity provider

Edmund G. Brown, Governor
State of California

Diana S. Dooley, Secretary
Health and Human Services Agency



FACTS ABOUT PLAGUE IN CALIFORNIA

You can minimize your exposure to plague by carefully following the precautions listed in this pamphlet.

California Department of Public Health
Vector-Borne Disease Section
(916) 552-9730
March 2011

EXPOSURE TO PLAGUE

Plague is a highly infectious bacterial disease which affects primarily rodents. Humans and other animals can get plague if they visit or live in areas where wild rodents are naturally infected. People can get plague in several ways. The most important routes of transmission are:

BITES FROM FLEAS OF INFECTED RODENTS

Hungry fleas will leave a sick or dead rodent to bite another animal, including humans.



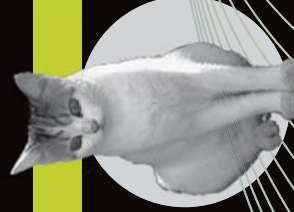
DIRECT CONTACT WITH SICK RODENTS

Plague bacteria in the blood or tissues of an infected animal can enter through cuts and scrapes in the skin or through the eyes, nose, and mouth.

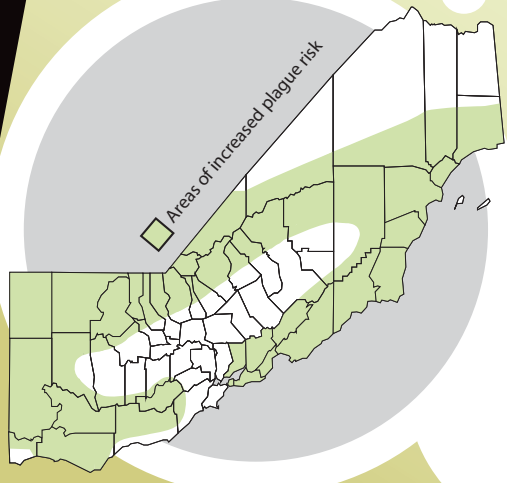


PET INVOLVEMENT

Cats with plague pneumonia can spread plague bacteria when they cough or sneeze.



PLAGUE AREAS IN CALIFORNIA



Plague is endemic (naturally occurring) in many parts of California. Plague in California occurs in the mountains and foothills shown in shaded areas on the map.

Plague is absent from the southeastern desert and the central valleys.

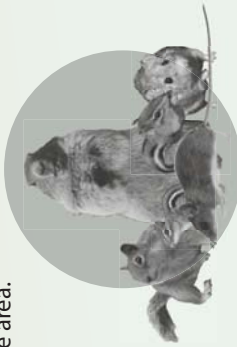
Plague is most common in the rural and undeveloped mountain regions, as well as the suburban foothills of some larger cities.

Plague has not occurred in urban and developed areas of California for nearly 100 years.

WHICH ANIMALS CARRY PLAGUE?

Wild rodents in rural areas are the principal source of plague in California. Urban rats and house mice are not important sources of plague.

The most important wild rodents that can carry plague are ground squirrels, chipmunks, woodrats, mice, and marmots. Plague is deadly to many rodents; therefore, sick or dead rodents are a warning that plague may be in the area.



Other wild animals -- especially rabbits, carnivores (coyote, bobcat, badger, bear, gray fox, and raccoon), and wild pigs -- can also acquire plague but rarely transmit plague to people.



Pet cats are highly susceptible to plague and can pose a direct threat to humans.

A cat with plague will become very ill, may stop eating, will have a fever, and typically develop swollen lymph nodes in the neck area.

Ways to Protect Yourself From Plague

General Precautions

Avoid all contact with wild rodents and their fleas. Do not touch sick or dead rodents; report them to rangers or health authorities.

Use caution when handling a sick cat that has been in a plague area and had contact with wild rodents. Avoid close face-to-face contact. Consult a veterinarian and inform them that the animal has been in a plague area.

Where You Live



Discourage rodents from around homes and other inhabited areas. As much as possible, remove or deny rodents access to any source of food or shelter.

Where You Work or Play



Do not camp, sleep, or rest near animal burrows.

Look for and heed posted warning signs.

Do not feed rodents in campgrounds and picnic areas. Store food and garbage in rodent-proof containers.



Wear long pants tucked into boot tops to reduce your exposure to fleas. Apply insect repellent to socks and pants cuffs.

Leave pets at home if possible; otherwise, keep pets confined or on a leash. Do not allow pets to approach sick or dead rodents or to explore rodents burrows. Protect pets with flea control products.



SYMPTOMS OF PLAGUE

The initial symptoms of plague include fever, chills, muscle aches, weakness, and commonly swollen and tender lymph nodes (called buboes). Buboes most commonly occur in the neck, armpit, or groin. This form is called bubonic plague.



If it is not diagnosed early, bubonic plague can progress to septicemic plague (bloodstream infection) and/or pneumonic plague (lung infection). These forms of plague are more severe and more difficult to treat.

Plague is readily treatable when diagnosed early. You can help with the diagnosis by telling your doctor where you have been and what you have done that may have exposed you to plague.



Your Troop Camping Risk Management Forms Tool Kit

Use our council website, www.girlscoutshcc.org, to get current forms. Many forms are fillable and save-able. If you “save as” you will be able to easily create a new risk management kit for each trip your troop plans.

- 655g Girl Emergency Health Information
- 655a Adult Emergency Health Information
- 161 Parent Permission for Participation in Girl Scout Activity & Authorization to Consent to Emergency Medical Treatment
- 898 Checklist for Drivers
- 899 Trip Notification (2-sided)
- 3503 Emergency Warning system
- 3502 Event Site (Information)
- 3505 Site Evacuation (2-sided)
- 3506 Accessing Safety Services
- 3508 Accessing Medical Services (3 pages)
- 3513 Missing Person (2-sided)
- 3511 Intruders
- 3512 Description of Intruder
- 3504 Diversion Activities
- 3509 Consent to Administer Medication to a Minor/Prescription Medication Authorization (2-sided)
- 3392 Injury or Illness Report to Parent/Guardian
- 141 Vehicle Assignment List



Basic Troop Camping Patrol Master Plan

Girl Scouts Heart of Central California | 6601 Elvas Avenue Sacramento, CA 95819 | www.girlscoutshcc.org

Each member of the patrol completes and keeps a copy of the patrol master plan. Complete one additional copy and give it to the lead trainer.

1. Name of patrol: _____ Name of patrol leader: _____
2. List the names and telephone numbers of all patrol members (including patrol leader):

Name	Phone Number	E-mail Address
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3. Patrol equipment list:

What?	How Many?	Where Will We Obtain?	Who's Responsible?
Tents			
Stoves			
Fuel			
Cook Pots			
Dutch Ovens			

4. Menu plan: see the menu ideas in the *Outdoor Cooking* booklet.

5. Name of food shopper(s): _____

6. Name of person responsible for patrol food money: _____

Sat Dinner/ Cooking method

Sunday breakfast/ Cooking method

Snacks

Sunday lunch/ Snacks