

Troop 134 Douglas

Summer Camp - 2011

CAMP WANOCKSETT 642 Upper Jaffrey Road Dublin, NH 03444

Signup & Payment

Fee for a scout's full week of camp is \$340.00. This fee must be paid in full no later than Weds, May 18, 2011. Medical Forms (all pages) must be completed and turned in to troop leadership no later than Weds, June 22, 2011. Checks for payment must be made out to Troop 134 Douglas. If you are interested in having your scout attend summer camp but cannot afford the fee please talk to one of your son's adult leaders as a limited number of camperships may be available to scouts who qualify.

Sunday, July 4, 2011, 9:30am from the scout hall.

Return on Saturday July 9, 2011 approx 12:00noon to the scout hall.

Weds, July 6, 2011, Parents Day!

All parents (and siblings) are invited to a dinner on Weds evening (5:00PM) with their Scout followed by the O.A. (Order of the Arrow) "tap-out" ceremony. We will be having the dinner in our own campsite again this year. Parents should plan to arrive at camp between 4:00pm and 5:00pm Wednesday, and are requested to help by bringing along a side dish or desert item.

Uniform, Full Class #A uniform is REQUIRED!

Green Shorts, Uniform Shirt, Neckerchief, Slide, Green & Red Scout Socks.

NO Personal Electronics or Cell phones will be allowed. Personal electronics are hard to secure and easily damaged or lost. Cell phones detract from the outdoor environment and promote homesickness. Please leave these items at home, they will be taken away from the child if found while at camp.

Adult Leader Contact Info: The Adult leaders listed below will be with your scout at camp for the week. In case of emergencies, they can be reached by calling the camp main number 603-563-8550 and asking for a Troop 134 Leader in campsite Rotary!

Tony St.Pierre, 774-280-0191 Donald Marchand, 774-641-3192 Jeffrey Talbot, 508-341-6946 Richard St.Pierre, 774-280-0192

Items to Bring:

(Remember this is for a week)

Footlocker or Equivalent Rain Gear Insect Repellant (No aerosol cans) Mosquito Netting (available at camp Trading Post) Personal First Aid Kid Sleeping bag / Pillow / Sheet Toiletries / Toothbrush / Toothpaste Underwear Beach Towel / Swim Suit Long Pants / Short Pants / T Shirts Sweatshirt or summer jacket

Extra socks / Shoes / Sneakers Flashlight / Batteries / Canteen Scout Handbook FULL Class A Uniform Class B Uniform

** Spending Money

** (Note: There is a small general store at camp where scouts can purchase scouting items. souvenirs, and snacks. Some scout crafts require kits which must be purchased. If you have questions, please see an adult leader.)

(Directions to Camp are on back)



NASHUA VALLEY COUNCIL

Boy Scouts of America, Inc.

1980 Lunenburg Road • Lancaster, Massachusetts 01523 • Phone (978) 534-3532 • Fax (978) 534-4618

IMPORTANT INFORMATION REGARDING 2011 MEDICAL FORMS PLEASE READ CAREFULLY

2011 Medical Forms can be downloaded from: www.campsplitrock.org and www.campwanocksett.org

Effective January 1, 2010 the Boy Scouts of America began using a new "Annual Health and Medical Record" form. This new form replaces the old Class I, Class II, Class III forms. Nashua Valley Council will be using the new form for all summer camp programs. Items to note on this form include:

- You must have a physical within 12 months of attending camp. This is a change from the previous forms' requirement of 24 months for those under age 40. All adults and youth should schedule a physical if their last exam was more than 12 months prior to the date you will attend camp.
- Parents/Guardians and Physicians must sign the medication section on page 2. The physician's signature confirms the prescription; the parent's signature authorizes the camp health officer to administer the medication.
- A licensed health care professional must complete and sign the physical examination report on page 3.
- The participant and parent or guardian (if participant is under 18) must sign informed consent and talent release on Page 4.
- Please list those individuals who are authorized to sign your Scout out of camp. You
 may also specify individuals who are not authorized to sign your Scout out under any
 circumstances. Anyone signing a Scout out of camp will be required to show a photo
 id.
- Attach a copy of your immunization record. The Commonwealth of Massachusetts
 requirements are included for reference. An accurate, current immunization report from your
 health care provider will enable us to better treat your Scout in the event that emergency
 care is needed.
- The height and weight guidelines in this form apply to high adventure programs only. They do not apply to summer camp, although Nashua Valley Council encourages youth and adult members to use these guidelines in seeking to improve their own personal fitness.
- ALWAYS Submit a copy of your med form. Keep the original for your own records. State law requires that Nashua Valley Council retain medical forms for two years. They will not be returned at the end of your week at camp, and will not be accessible for future events. We do not have the ability to make large quantities of photocopies at camp.

Annual Health and Medical Record

(Valid for 12 calendar months)

Medical Information

The Boy Scouts of America recommends that all youth and adult members have annual medical evaluations by a certified and licensed health-care provider. In an effort to provide better care to those who may become ill or injured and to provide youth members and adult leaders a better understanding of their own physical capabilities, the Boy Scouts of America has established minimum standards for providing medical information prior to participating in various activities. Those standards are offered below in one three-part medical form. Note that unit leaders must always protect the privacy of unit participants by protecting their medical information.

Parts A and C are to be completed annually by all BSA unit members. Both parts are required for all events that do not exceed 72 consecutive hours, where the level of activity is similar to that normally expended at home or at school, such as day camp, day hikes, swimming parties, or an overnight camp, and where medical care is readily available. Medical information required includes a current health history and list of medications. Part C also includes the parental informed consent and hold harmless/release agreement (with an area for notarization if required by your state) as well as a talent release statement. Adult unit leaders should review participants' health histories and become knowledgeable about the medical needs of the youth members in their unit. This form is to be filled out by participants and parents or guardians and kept on file for easy reference.

Part B is required with parts A and C for any event that exceeds 72 consecutive hours, or when the nature of the activity is strenuous and demanding, such as a high-adventure trek. Service projects or work weekends may also fit this description. It is to be completed and signed by a certified and licensed health-care provider—physician (MD, DO), nurse practitioner, or physician's assistant as appropriate for your state. The level of activity ranges from what is normally expended at home or at school to strenuous activity such as hiking and backpacking. Other examples include tour camping, jamborees, and Wood Badge training courses. It is important to note that the height/weight limits must be strictly adhered to if the event will take the unit beyond a radius wherein emergency evacuation is more than 30 minutes by ground transportation, such as backpacking trips, high-adventure activities, and conservation projects in remote areas.

Risk Factors

Based on the vast experience of the medical community, the BSA has identified that the following risk factors may define your participation in various outdoor adventures.

- Excessive body weight
- Heart disease
- Hypertension (high blood pressure)
- Diabetes
- Seizures
- Lack of appropriate immunizations

- Asthma
- Sleep disorders
- Allergies/anaphylaxis
- Muscular/skeletal injuries
- Psychiatric/psychological and emotional difficulties

For more information on medical risk factors, visit Scouting Safely on www.scouting.org.

Prescriptions

The taking of prescription medication is the responsibility of the individual taking the medication and/or that individual's parent or guardian. A leader, after obtaining all the necessary information, can agree to accept the responsibility of making sure a youth takes the necessary medication at the appropriate time, but BSA does not mandate or necessarily encourage the leader to do so. Also, if state laws are more limiting, they must be followed.

For frequently asked questions about this Annual Health and Medical Record, see Scouting Safely online at http://www.scouting.org/scoutsource/HealthandSafety.aspx. Information about the Health Insurance Portability and Accountability Act (HIPAA) may be found at http://www.hipaa.org.



Parent signature

Temporary ☐ Permanent ☐

MD/DO, NP, or PA Signature

Annual	BSA	Health	and	Medical	Record
Doub A					

GENE		FORMATION							
GENERAL INFORMATION Name		Date of hirth			Ag	e	Male	Female	
						Age Male Female Female Grade completed (youth only)			
City									
				Council name/No					
Social Security No. (optional; may be required by me						-			
				Policy N					
			INSURA	NCE CARD (SEE PART C). IF FAMILY	HAS N	IO MEDI	CAL INSUF	RANCE, STAT	E "NONE."
		nergency, notify:							
				Relationship _					
				ness phone					
Alternat	e conta	ct		Alternate's	phone				
MEDIC	AL HI	STORY							
Are you	now, o	r have you ever been treated for a	ny of the	e following:			Allergies or	r Reaction to):
Yes	No	Condition	Explain			Medication			
		Asthma			Food	d, Plants	, or Insect E	Bites	
		Diabetes			╛				
		Hypertension (high blood pressu	ıre)				Immuniz	ations:	
		Heart disease (i.e., CHF, CAD, I	ΛI)		1	The following are recommended by the BSA			
		Stroke/TIA				Tetanus immunization must have been rece within the last 10 years. If had disease, put			
COPD Ear/sinus problems				1		,	nad disease, d, check the b	•	
					ear rece		a, 0110011 ti 10 b	rox and	
		Muscular/skeletal condition			Yes		Date		
	Menstrual problems (women onl		ıly)		│	\Box			
Psychiatric/psychological and emotional difficulties									
Learning disorders (i.e., ADHD,		ADD)		$\dashv \Box$		Diptheria _			
Bleeding disorders (i.e., ADHD,		7100)							
Fainting spells				┇╬					
		Thyroid disease			JЦ				
Kidney disease		Sickle cell disease			┧	H			
		Seizures			┧片	H)X	
		Sleep disorders (i.e., sleep apne	ea)	ea)					
	GI problems (i.e., abdominal, dige Surgery		gestive)		Influe		Influenza		
					╛		HIB)		
		Serious injury Other				kemption		zations claime	
MEDIC	ATION	'							
List all this pa if they	medica rt of the are for	ations currently used. (If addit e health form.) Inhalers and Ep occasional or emergency use	oiPen ir	ace is needed, please photocopy iformation must be included, even	well Sco	as the ir uting Saf	nmunizatior fely on Scou		form, see
Medication		Medication		Me	edication				
Strength Frequency		Strength Frequency		Strength Frequency					
Approximate date started		Approximate date started							
Reason for medication		Reason for medication		Reason for medication					
Distribution approved by:		Distribution approved by:				approved b			
Parent signature / MD/DO, NP, or PA Signature		Parent signature / MD/DO, NP, or PA Signature					/ MD/DO, NP, or PA	A Signature	
_		Permanent	Temporary ☐ Permanent ☐				Permane		
			Medication		Me				
		Frequency		gth Frequency				equency	
		date started		ximate date started		Approximate date started Reason for medication			
Reaso	n for m	edication	Reaso	on for medication	Re	ason for	medication		
Distribution approved by:		Distribution approved by:			Distribution approved by:				

Parent signature

Temporary ☐ Permanent ☐

MD/DO, NP, or PA Signature

Parent signature

Temporary ☐ Permanent ☐

MD/DO, NP, or PA Signature

I all D

67

68

121-172

125-178

129-185

PHYSICAL E	XAMINATION							
	Weight re				Meets height/v	veight limits	∕es ∏ No	
than 30 minu in the table a percentage i	ites by ground at the bottom of a outside the r	transportated this page tange of 10 to	ion will not b or if during a to 31 percent	e permitte physical e for a wom	d to do so if the xam their healt	ey exceed the less of the less	neight/weight r determines t nn. Enforcing t	his limit is strongly
	Normal	Abnormal	Explain A	-	Range of Mobility	/ Normal	Abnormal	Explain Any Abnormalities
Eyes				Kr	nees (both)			
Ears				Ar	nkles (both)			
Nose				Sp	pine			
Throat								
Lungs					Other	Yes	No	
Heart				Co	ontacts			
Abdomen				De	entures			
Genitalia				Br	aces			
Skin				In	guinal hernia			Explain
Emotional		Medical equipment						· · · · · · · · · · · · · · · · · · ·
adjustment (i.e., CPAP, oxygen)								
Tuberculosis	(TB) skin test (if re	equired by you	ır state for BSA	camp staff)	Negative	Positive		
☐ Sports ☐ Cold-weat Specify restri	her activity (<10	Horseback r D°F) so state)	ding 🗆	Scuba divi	ing Swimmi	in biking eks	□ Chall	bing/rappelling lenge ("ropes") course
To Health C → Uncontro → Uncontro → Poorly co → Orthopeo → Newly dia	are Provider: Falled heart diseated by the controlled diabeted by the controlled diabeted by the controlled diabeted by the controlled by	n's assistan Restricted ap use, asthma, disorders. es. eleared by a e events (with	proval include or hypertension by sician. nin 6 months).	es: on.	Provider print Signature Address City, state, zig	ed name		
Height (inches)	Recommende Weight (lbs)	d Allow Excep		laximum ceptance	Height (inches)	Recommende Weight (lbs)	d Allowabl Exceptio	
60	97-138	139-	166	166	70	132-188	189-226	226
61	101-143	144-		172	71	136-194	195-233	
62	104-148	149-		178	72	140-199	200-239	
63	107-152	153-		183	73	144-205	206-246	
64 65	111-157 114-162	158-1 163-1		189 195	74 75	148-210 152-216	211-252 217-260	
66	118-167	168-		201	76	156-222	223-267	

This table is based on the revised Dietary Guidelines for Americans from the U.S. Dept. of Agriculture and the Dept. of Health & Human Services.

77

78

79 & over

160-228

164-234

170-240

229-274

235-281

241-295

274

281

295

Part B Last name:		DOB:	
-------------------	--	------	--

207

214 220

173-207

179-214

186-220

Part C

Informed Consent and Hold Harmless/Release Agreement

I understand that participation in Scouting activities involves a certain degree of risk. I have carefully considered the risk involved and have given consent for myself and/or my child to participate in these activities. I understand that participation in these activities is entirely voluntary and requires participants to abide by applicable rules and standards of conduct. I release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation.

I approve the sharing of the information on this form with BSA volunteers and professionals who need to know of medical situations that might require special consideration for the safe conducting of Scouting activities.

In case of an emergency involving me or my child, I understand that every effort will be made to contact the individual listed as the emergency contact person. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose to the adult in charge Protected Health Information/ Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, including examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

Without restrictions.	
With special considerations or restrictions (list)	
I hereby assign and grant to the local council and the Boy Scouts of Afilm/videotapes/electronic representations and/or sound recordings release the Boy Scouts of America, the local council, the activity co organizations associated with the activity from any and all liability from	made of me or my child at all Scouting activities, and I hereby ordinators, and all employees, volunteers, related parties, or other
I hereby authorize the reproduction, sale, copyright, exhibit, broadc film/videotapes/electronic representations and/or sound recordings and I specifically waive any right to any compensation I may have for	without limitation at the discretion of the Boy Scouts of America,
Yes No	
Adults authorized to take youth to and from the event: (You must designate at least one adult. Please include a telephone number.)	Adults NOT authorized to take youth to and from the event:
1	1
2	2
3	3
I understand that, if any information I/we have provided is found for participation in any event or activity.	d to be inaccurate, it may limit and/or eliminate the opportunity
Participant's name	
Participant's signature	
Parent/guardian's signature	
Date	(if under the age of 18)
Attach copy of insurance card (front and back) here. If required	by your state use the space provided here for notarization

BOY SCOUTS OF AMERICA 1325 West Walnut Hill Lane P.O. Box 152079 Irving, Texas 75015-2079 http://www.scouting.org

Part C

SKU 34605 7 30176 34605 2 34605 2009 Printing

Last name: DOB:



NASHUA VALLEY COUNCIL

Boy Scouts of America, Inc.

1980 Lunenburg Road • Lancaster, Massachusetts 01523 • Phone (978) 534-3532 • Fax (978) 534-4618

Scout's Name	
Troop/Pack	Town
Over-the-counter Med	cation
camp), or the designate counter medications, ind necessary by the camp summer camp), or the dunder the allergies sections.	icer, or BSA registered unit leader (for activities other than summer health officer (for other activities) permission to administer over-theading but not be limited to Tylenol, Advil, or Benadryl as deemed ealth officer, BSA registered unit leader (for activities other than signated health officer (for other activities). Medications indicated n of this form will not be administered.
Parent/Guardian Name	Date
Parent/Guardian Signature	



NASHUA VALLEY COUNCIL

Boy Scouts of America, Inc.

1980 Lunenburg Road • Lancaster, Massachusetts 01523 • Phone (978) 534-3532 • Fax (978) 534-4618

IMPORTANT REQUIRED FOR ALL SUMMER CAMP ATTENDEES

PLEASE ATTACH A COPY OF YOUR CURRENT IMMUNIZATION RECORD

The Commonwealth of Massachusetts Immunization Requirements 105 CMR 430.152-153

Written documentation of immunization shall be required for all campers and staff as follows:

For Campers and Staff under 18 Years Old:

- 1. Measles, Mumps and Rubella (MMR) Vaccine: A minimum of one dose of MMR vaccine(s) must be administered at or after 12 months of age. A second dose of live measles- containing vaccine given at least four weeks after the first, is required for all campers and staff, who will be entering grades K-12 or college in the school year immediately following the camp session (or in case of an ungraded classroom or the camper/staff does not attend school/college, campers or staff five years of age or older). Laboratory evidence of immunity is acceptable.
- 2. **Polio Vaccine:** A minimum of three doses of either inactivated polio vaccine (IPV) or oral polio vaccine (OPV) are required. If a mixed (IVP/OPV) schedule was used, four doses are required;
- 3. Diptheria and Tetanus Toxoids and Pertussis Vaccine: A minimum of four doses of DTaP/DTP/DT or at least three doses of Td is required. Where a camper or staff person is seven or more years of age and requires additional immunizations to satisfy 105 CMR 430.152(A)(3), Td is to be substituted for DTaP, DTP or DT vaccine. Effective January 1, 2004, a booster dose of Td is required for all campers and staff who will be entering grades seven through ten (or in the case of an ungraded classroom or the camper or staff does not attend school, campers or staff 12 through 15 years of age) if it has been more than five years since the last dose of DTaP/DTP/DT. For all campers and staff who will be entering grades 11 and 12 (or in the case of an ungraded classroom or the camper or staff does not attend school, campers or staff 16 through 17 years of age) a booster of Td is required if it has been more than ten years since the last dose of DTaP/DTP/DT/Td.
- 4. **Hepatitis B:** For all children born on or after January 1, 1992, three doses of Hepatitis B vaccine are required. Laboratory evidence of immunity is acceptable.

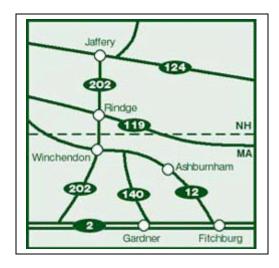
For Camper and Staff 18 Years of Age or Older:

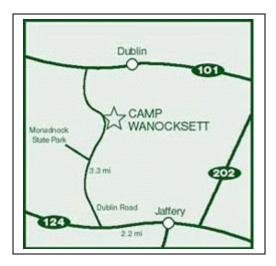
- 1. **Measles Vaccine:** Unless born before 1957, two doses of live measles-containing vaccine administered at/or after 12 months of age (at least four weeks apart) are required Laboratory evidence of immunity is acceptable.
- 2. **Mumps Vaccine:** Unless born before 1957, at least one dose of mumps vaccine administered at/or after 12 months of age is required. Laboratory evidence of immunity is acceptable.
- 3. **Rubella Vaccine:** Unless born before 1957, at least one dose of rubella vaccine administered at/or after 12 months of age is required. Laboratory evidence of immunity is acceptable.
- 4. **Diphtheria and Tetanus Toxoids:** At least three doses of DTaP/DTP/DT/Td are required. A booster dose of tetanus/diphtheria, adult type toxoid (Td) is required if more than ten years have elapsed since the last dose of DTaP/DTP/DT/Td vaccine.

Physical Examinations or Immunizations Excepted (105 CMR 430.153):

- Religious Exceptions. If a camper or staff member has religious objections to physical examinations or immunizations, the camper or staff member shall submit a written statement, signed by a parent or legal guardian of the camper, to the effect that the individual is in good health and stating the reason for such objections.
- 2. **Immunization Contraindicated.** Any immunization specified in 105 CMR 430.152 shall not be required if the health history required by 105 CMR 430.151 includes a certification by a physician that he or she has examined the individual and that in the physician's opinion the physical condition of the individual is such that his or her health would be endangered by such immunization.

Directions to Camp





This trip takes about 1 1/2- 2 hours from Douglas. Plan to arrive at 5 PM.

This year Douglas Troop 134 will be located in Rotary.

Camp Wanocksett is located on the border between Jaffrey and Dublin, New Hampshire.

- 1. Take MA-146 N to Worcester.
- 2: Merge onto I-290 E toward SHREWSBURY/ MARLBORO. 2.65 miles
- 3: Merge onto I-190 N via exit number 19 toward RT-12/ HOLDEN/ FITCHBURG. 18.71 miles
- 4: Merge onto MA-2 W via exit number 8A- on the left- toward FITCHBURG. 12.09 miles
- 5: Take the RT-140 N exit- exit number 24B- toward ASHBURNHAM/ WINCHENDON. 0.39 miles
- 6: Merge onto MA-140. 9.34 miles
- 7: Turn SLIGHT LEFT onto SPRING ST/ MA-12. 1.47 miles
- 8: Turn RIGHT. 0.02 miles
- 9: Turn RIGHT onto GLENALLEN ST. 3.07 miles
- 10: GLENALLEN ST becomes US-202. 7.49 miles
- 11: Turn LEFT onto MAIN ST/ NH-124. 1.50 miles
- 12: From the center of Jaffrey, follow Rt. 124 West.
- 13: Approximately 2 miles outside the center of town turn right on Dublin Rd. Watch for the "Monadnock State Park" sign at the intersection.
- 14: Follow Dublin Rd. approximately 3 miles. You will pass the Monadnock Bible Conference, the main entrance to Monadnock State Park and the Gilson Pond entrance to Monadnock State Park.
- 15: Camp Wanocksett is just beyond the Gilson Pond park entrance. The camp driveway and parking lot are on the right. Watch for the sign at the fork in the road.
- 16: During summer camp visitors are required to check in at the Administration Building at the end of the parking lot.