

Section 5

# ASC Treks

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All treks that leave from Sabattis Scout Reservation must be pre-approved and all Pack and Paddle forms must be turned into the Hiawatha Seaway Council Service Center by April 1<sup>st</sup>. Please include copies of all certifications for trip leaders and adults. We are under strict regulations by the New York State Department of Health. No exceptions will be made after this date. The new Adirondack Scout Camps High Adventure Trek Program is in this section of this guide. Please pay close and strict attention to all the guidelines and principles in this guide.





# Adirondack Scout Camps

Out of Camp Extended Trips Safety Program

This program encompasses all Out of Camp Extended Trips Departing from Sabattis Scout Reservation Trek Center.

## Supervision

Minimum age requirements of youth on all treks is 13 years of age or completed the 7<sup>th</sup> grade by January 1<sup>st</sup> of the year that you attend. The ratio of adults to youth during any Extended Trek will be maintained at 2:10 ratio. The designated Trip Leader must be 21+ years old. Other leaders may be 18+.

Two deep leadership will also be maintained.

All adult leaders must submit a completed adult leader Registration Form (Form C-2)

One adult leader must be certified as a "Trip Leader" on the adult leader registration form.

### Qualifications include:

- Current American Red Cross Responding to Emergencies and CPR for the Professional Rescuer or equivalent.
- Adult leader must have extensive outdoor experience in the Adirondacks, directly pertaining to their outlined treks. This must be documented directly to the Camp Director prior to arriving at camp.
- Blue Tag Swimmers. All Trek Participants, youth and adult, must be a Blue Tag swimmer. If a trek participant can not pass the blue tag swim test, they will be invited to stay in camp and participate in the "in Camp Program".
- On any Treks that include aquatic activities, you must have at least one certified lifeguard with CPR for the professional Rescuer or equivalent. Minimum age for lifeguard is seventeen. Trek guides are limited so it's a good idea to have your own lifeguard.

### Medical Requirements:

***All campers and adult leaders must have a Class 3 physical.*** Copies of medical forms are located in the Appendix of this guide. The medical examination must be completed each year. Please bring two copies of the medical form with you, (One stays in the Health Lodge and the other goes with the trek leader). All youth will need permission from their doctor for any medication to be given on the trek. Use form H-1 found in the appendix.

### Youth age requirement

National standards require that for a youth to participate in a high adventure trek, he must have been 13 years old or completed with the 7<sup>th</sup> grade by January 1<sup>st</sup> of the year he participates in the trek.

Upon arrival at camp, each camper and leader health form is inspected by the Medical Director.

If the Health Form is complete (name, address, emergency contact, current and complete immunization record including dates, emergency release signature, health care provider recommendations within current year) the form is initialed and checked O.K. Camper health forms are then kept by the Health Officer, files alphabetically for each Troop. In case of future need, health records are kept on file by the Adirondack Scout Camps. A copy will be provided for the Trip Leader for use on the trip.

If camper health forms are incomplete, the campers are referred appropriately and the forms are initialed, dated and checked in the recheck box. Sometimes, Scoutmasters can obtain the necessary information by calling a parent.

If Scoutmaster calls the parent for missing data, they should; call collect; have second person on line as a witness; note the date, time and name of person giving information; document all unsuccessful calls by recording the time, date and person called; sign and witness each transaction.

During the screening, campers are questioned about recent illness or injury, chronic conditions and current medications. Medical conditions are highlighted and noted on upper right corner of the health form for visibility.

During the medical re-check, the Medical Director must review all forms for any existing medical conditions, restrictions, and/or limitations, medication, dietary needs, allergies (i.e. medications, food, insect stings, etc.) special needs and other concerns including bed wetting, sleep walking, etc.

Confidentiality must be maintained by the Health Director and Area Directors. A Medical record of all injuries and illness will be maintained by the Trek Leader/First Aider on all outings. Medical records will be filed with Camp Medical Logs upon return to camp.

#### Medication Policy

A Troop Medication List Form C-4 is used listing one Scout and one medication per line. The list will be kept by the Trek Leader with the medications. These lists should be filled out with the Scout's Name, medication and time of administration. If this is done when you receive the forms, you just have to verify the medication with the sheet when giving it. The completed Troop Medication List will be turned at the conclusion of the Trek to the camp office showing the medications given during the Trek. The lists will be collected and reviewed by the Health Director at the end of each trip. Only those medications brought to camp by the Scout and listed on form H-1 may be given. While on trail, all Troop Medications must be stored under the control of the Trek leader.

All medications must be labeled.

#### **First Aid Kit**

A complete First Aid Kit will be issued to each Trek by the Medical Director. First Aid Kits must include C.P.R. pocket face mask and protective barrier. (Eye protection and gloves).

**Equipment**

We can equip your trek with everything you may need except personal gear. We supply tents, canoes and paddles, stoves, fuel, PFD's, and trail food. You may use your own personal gear if you wish without fee adjustment.

**Swimming**

- Supervision – Lifeguard ratio of 1:10 will be maintained during Aquatics/Swimming activities while on trail.
- Blue Tag Swimmers. All Trek Participants, youth and adult, must be a blue tag swimmer. If a trek participant can not pass the blue tag swim test, they will be invited to stay in camp and participate in the “in camp program”.
- All Lifeguards must have current certification from BSA, Red Cross or YMCA.
- Training to include BSA Safe Swim Defense and BSA Safety Afloat Plan will be given by either the Trek Voyageur or the waterfront staff.
- Emphasis on training will be on site selection for Safe Swim areas and setting up Safe Swim areas.
- Training will also include the BSA Buddy System.
- In the event of a lost bather, the BSA Lifeguard will conduct a Lost Bather Drill
- The BSA Lifeguard is trained in the Lost Bather Drill.

**Swimming Rules**

1. No head first diving
2. No jumping in the water from cliffs, water flumes, or rope swings.
3. Swim only within the designated sites.
4. No Swimming at night or during thunderstorms.
5. Before swimming occurs, all hazards are discussed with bathers.
6. All hazards will be marked if located within the designated site.
7. No swimming unless required supervision and equipment are provided.

**Pre Trek Training**

Before you leave on your trek you will receive training in:

- Swim Checks
- Fitting PFD's and paddles
- Canoe test
- Equipment usage and care
- Medical re-check
- Packing for extended trips

**Safe Swim Areas**

- Safe Swim areas will be selected and set up by the lifeguard.
- Safe Swim areas will be marked off to a depth of no more than 5 feet.
- A set of ropes with floating markers will be issued to each Trek for setting up a Safe Swim area.
- Torpedo Buoys will be issued to each trek.

### **Buddy System**

- Upon arrival at camp, all campers and leaders will take Swim Classification tests at the main waterfront.
- Swim Classification will be determined solely by the Aquatics Director.
- All campers and participants in an Out of Camp Extended Trek must be classified as a Blue Tag Swimmer (expert), except for a backpacking trip where aquatics activities are not available.
- Portable Buddy Boards will be issued to each Trek along with Buddy Tags to be used during any aquatics activity.
- Buddy checks will be made every 15 minutes by the lifeguard.
- These checks are referenced against the Buddy Board.

### **Parental Notification**

Parent/legal guardian of all campers participating in all Out of Camp Trips must complete and sign the permission form (Form T-1) These forms will be kept on file with the Camp Office.

### **Summary of forms to bring to camp**

Class 3 Medical (Youth and Adults) bring 2 copies  
Permission form T-1 (Youth)  
Medication permission form H-1 (Youth)

# Sabattis Scout Reservation

## Out of Camp Extended Trips

### Trek Itinerary

(Canoe treks are subject to modification based on water levels)

Maximum persons per trek number is strictly enforced and must include the guide in count if provided.

#### **Trip #1 – Lows Lake, 12 person max with permit**

(beginner trips - around 20-35 miles max)

Depart Sabattis Trip Center

These listed sites can be reached by boat and in some cases by foot:

- Frying Pan Island
- Gooseneck Island
- Pole Island
- Boones Landing
- Virgin Timber Landing
- Grassy Pond DEC Sites #29, 30, 31, 32, & 33
- Look Out Point
- Lows Lake DEC Sites # 9-28, 34-40
- Hitchings Pond DEC Sites # 1-8

#### **Trip #2 – Cranberry Lake Region, 10 person max with permit**

(intermediate trip from 25-70 miles depending on route - can be customized with a good mix of canoeing and backpacking)

This is a canoe trip. We transport and put canoes in at Cranberry Lake State Boat Launch and we pick up at this same point. Here are the sites campers will be using.

- Joe Indian Island DEC Site #19-25
- East Inlet DEC Site #11-16
- Brandy Brook Flow DEC Site #6-10
- Chair Rock
- Bear Mountain DEC Sites #1-5
- Barbara Point DEC Site #26
- West Flow DEC Site #18
- Janacks Landing
- Dead Creek Flow DEC Sites #27-43 (this trip could include day hikes and backpacking on the following trails:
  - 9 mile Creek Trail
  - Olmstead Pond Trail
  - Cow Horn Junction Trail
  - Sand Hill Trail
  - Dead Creek Flow Trail

- High Falls Truck Trail

Campsites on the trail system include:

- Olmstead Pond
- Cow Horn Pond
- Big Deer Pond
- Highfalls
- Janacks Landing

**Trip #3 – Long Lake – Raquette Lake - Tupper Lake, 12 person max with permit**

(this trip can be done in reverse just as easily)

We Transport and put canoes in at Long Lake State Boat Launch and they can take the canoes out at two places; Tupper Lake Boat Launch and Bog River Falls.

Long Lake DEC Sites include:

- Cottin Bay
- Round Island
- Kelly Point
- Rodney Point
- Plumly's Landing

Raquette River campsites include:

- Axton Landing
- Trombly Landing

Tupper Lake Campsites include:

- Indian Point
- Grindstone Bay
- Rock Island Bay
- Black Bay

**Swimming is not allowed at the Bluffs on this trip**

**Trip #4 – Blue Mountain Lake, Racquet Lake, Forked Lake to Long Lake, 12 person max with permit**

We Transport and start at Blue Mountain Lake State Boat Launch and pull canoes out at Long Lake State Boat Launch.

Raquette Lake campsites include:

- Big Island
- Browns Tract Inlet
- Clarks Point
- Troya Point
- Bocher Point

Forked Lake DEC sites

Racquet River/Long Lake sites

Buttermilk Falls

Moose Island

**Trip #5 – Northville – Placid Trail, 8 person max with permit**

This trip is strictly a backpacking trip with no aquatics activities. Depending on their itinerary, we will transport either to Lake Placid where we drop them off at the Adirondack Lodge or drop them off at Blue Mountain Lake Trail head. We pick them up at either one of these sites based on their requests and itinerary. Swimming is not an option on this trip because they cannot carry the required safety equipment such as torpedo buoys or ropes for marking off necessary swim areas. Campsites include DEC sites and lean-to's along this trail.

**Trip #6 - "Marmaduke" canoe trip, 8 person max with permit - 60+ miles**

This trip is not for the faint hearted. You canoe out from the trip center to the western end of Lows Lake to Virgin Timber Landing. From there you carry about 3/4 mile to Big Deer Pond. Put back in there and cross over to the Headwaters Carry. From the start of the carry it's 2 1/2 miles to the Oswegatchie River where you put back in. The river meanders a lot and if you don't know how to paddle when you start you'll be an expert by the time you reach the end. Along the river you have a small 200 yard carry around High Falls. When you reach Inlet you pull out and carry another mile into the sleepy hamlet of Wanakena where you put back in at the public beach. From there you head out into Cranberry Lake and ultimately get picked up at the dam.