

# 2016 Cub Scout Summer Camp Leader's Guide



## Seven Mountains Scout Camp

227 Sand Mountain Road  
Spring Mills, PA



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**BOY SCOUTS OF AMERICA®**  
JUNIATA VALLEY COUNCIL

Welcome to the 2016 summer camp season at Seven Mountains Scout Camp. Both the Juniata Valley Council and the Summer Camp staff are looking forward to seeing you and your scouts this summer and to carrying out the Mission of Scouting to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Cub Scout Promise and Law of the Pack.

Since the conclusion of the 2015 camping season we have continued refining the camp program, improving the camp experience, and using your feedback to better serve the Scouts of our local council, as well as those out-of-council units that join us each summer. We are excited to invite you and your Scouts to join us for another Adventure at Seven Mountains! We have an outstanding program prepared for you this summer, so please make an effort to read this guidebook, as many things have been updated and revised from previous years.

We have continued to work with the Council Camping and Risk Management Committees to reviewing our past practices and make further adjustments based on your recommendations and professional consultants. We are continuing to serve cafeteria style meals and are continuing to utilize the additional hand washing and sanitation stations. We are continuing to ask leaders and scouts to assist us in keeping everyone healthy by maintaining high levels of personal sanitation in your units, through hand washing and regular bathing while at camp and disclosing recent illnesses when checking into camp. Likewise, we ask that you avoid bringing your Scouts to camp if they are currently or have recently been ill.

Please use the information in this packet to motivate your Scouts to participate in the summer program. If you would like a camp representative to come to your unit and do a presentation to the Scouts and Parents please let us know.

Again, we welcome you to Seven Mountains Scout Camp. We look forward to the interaction and relationships that will develop this summer. Please feel free to contact us with any questions or concerns prior to or during your stay at Seven Mountains.

Yours in Scouting,

*Chuck Apgar*

Chuck Apgar  
Camp Director

*Mike Conkey*

Mike Conkey  
Program Director

# GETTING TO CAMP

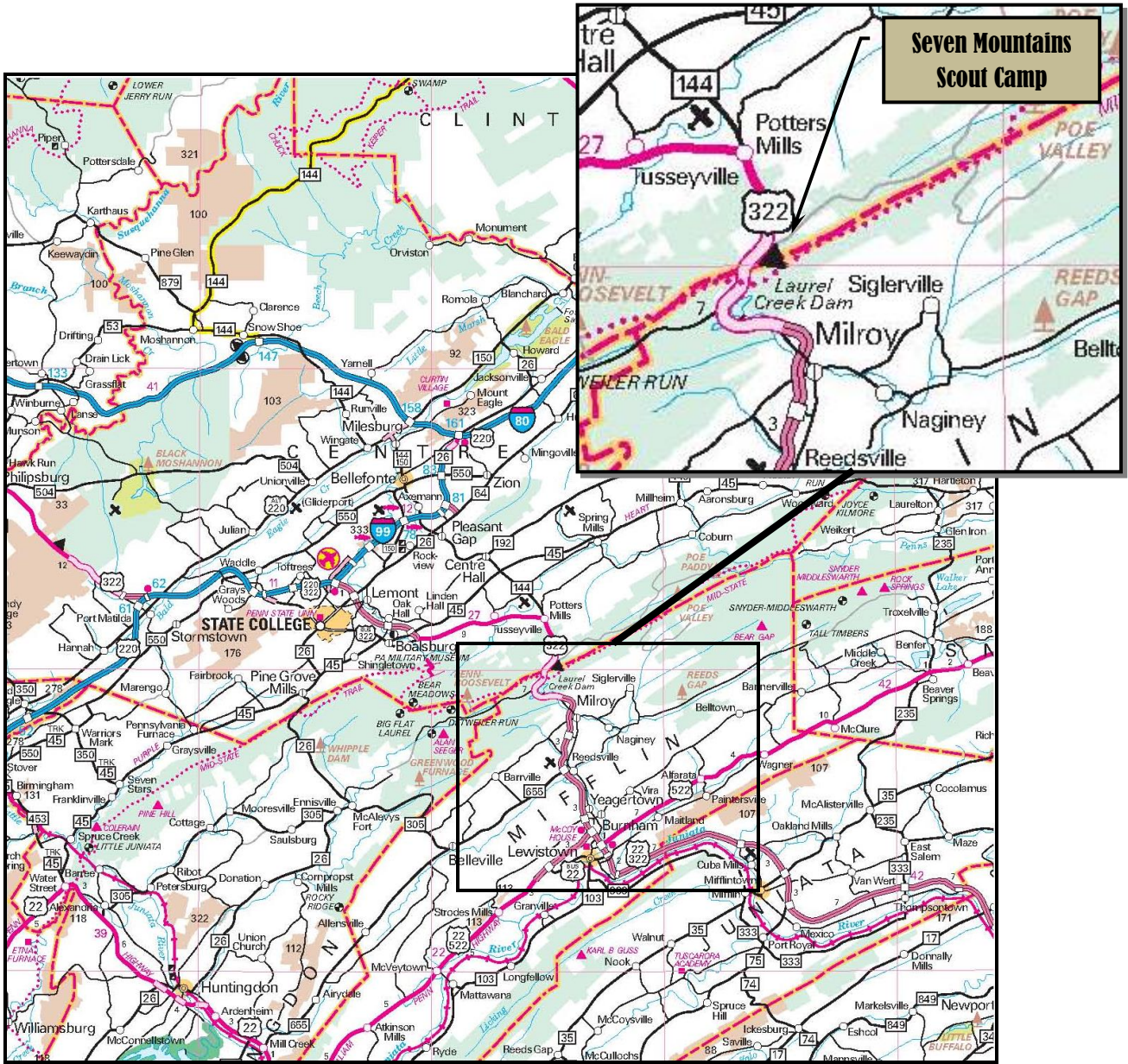
Seven Mountains Scout Camp  
227 Sand Mountain Rd  
Spring Mills PA 16827

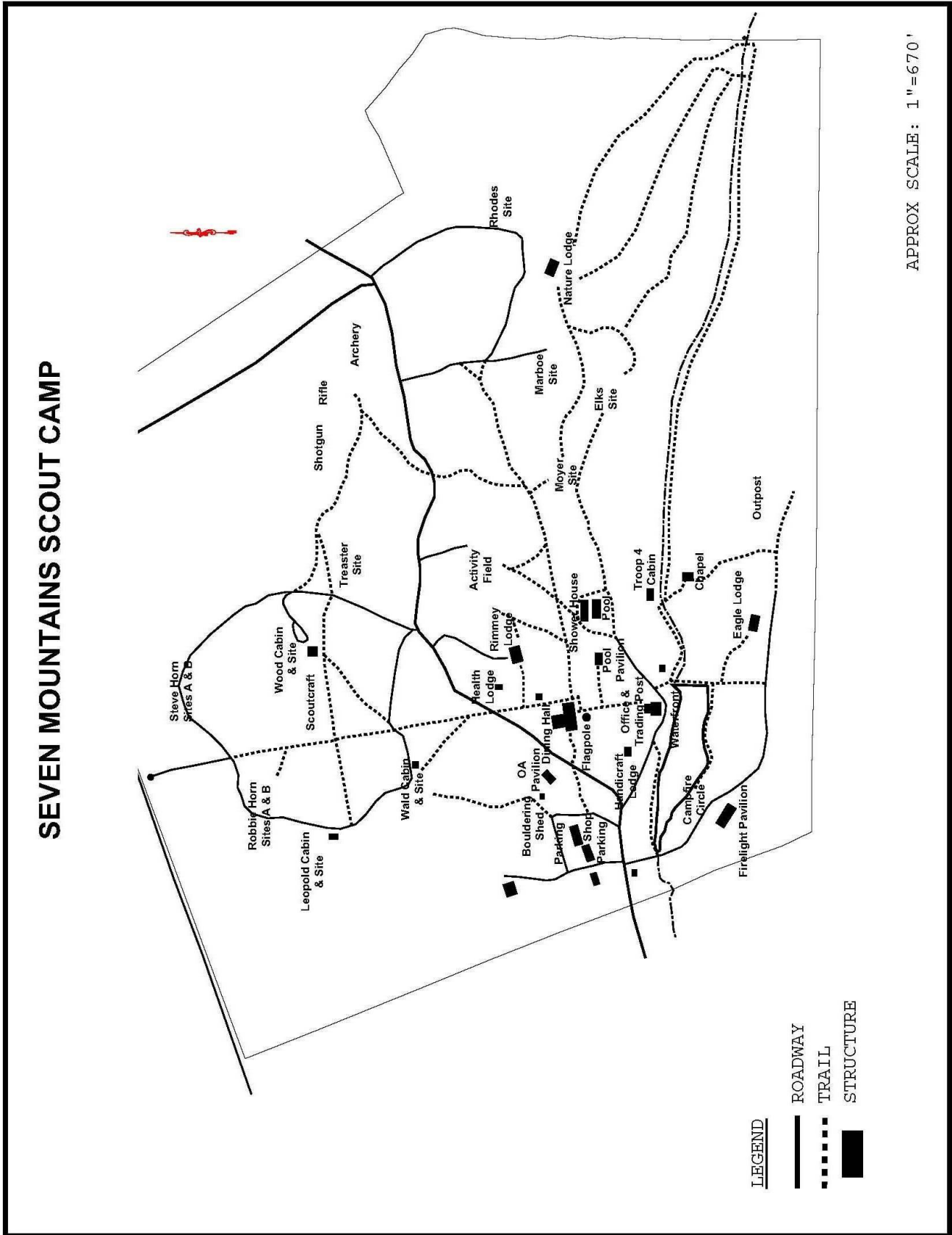
## From the East

Take Route 322 west toward State College  
Watch for Signs for Poe Paddy/Valley State Parks  
(After Milroy Exit and Crossing Seven Mountains)  
Right Turn on Sand Mountain Road  
Parking on Left (Approx. 1/2 mile)

## From the West

Take Route 322 east toward Lewistown  
Watch for Signs for Poe Paddy/Valley State Parks  
(After 144 Interchange in Potters Mills)  
Left Turn onto Sand Mountain Road  
Parking on Left (Approx. 1/2 mile)





**CAMP REGISTRATION**

**Camp Sessions**

Cub Scout Day Camp: June 20-24  
 Cub Scout Family Overnight Camp: June 20-24  
 Webelos Resident Camp: June 26- June 30

<b><u>Cub Scout Day Camp Fee Structure</u></b>	<b><u>Cub Scout Family Overnight Camp Fee Structure</u></b>	<b><u>Webelos Resident Camp Fee Structure</u></b>
<p style="text-align: center;"><b>Youth</b></p> <p>Discount Fee: \$35/day or \$165/wk  <i>If Paid before May 1, 2016</i>                      Regular Fee: \$40/day or \$175/wk  <i>If Paid by June 1, 2016</i>                      Late Fee: \$45/day or \$200/wk  <i>If Paid After June 1, 2016</i></p> <p style="text-align: center;"><b>Adult</b></p> <p>Adults participating in the Day Camp Program will need to pay \$5.00 for each day attending to cover Lunch.</p>	<p style="text-align: center;"><b>Youth</b></p> <p>Discount Fee: \$20/day or \$80/wk  <i>If Paid before May 1, 2016</i>                      Regular Fee: \$20/day or \$80/wk  <i>If Paid by June 1, 2016</i>                      Late Fee: \$25/day or \$100/wk  <i>If Paid After June 1, 2016</i></p> <p style="text-align: center;"><b>Adult</b></p> <p><b>The Youth registration covers the first Adult fee for the program.</b> Additional family members are welcome to accompany scouts and will be charged \$8 per person per meal attended.</p>	<p style="text-align: center;"><b>Youth</b></p> <p>Discount Fee: \$260.00  <i>If Paid before May 1, 2016</i>                      Regular Fee: \$290.00  <i>If Paid before June 1, 2016</i>                      Late Fee: \$320.00  <i>If Paid After June 1, 2016</i></p> <p style="text-align: center;"><b>Adult</b></p> <p>Adults involved in the Webelos Resident Program will need to pay \$65.00. This fee covers all meals during the program. Adult Participation is required for Resident Camp</p>

**Multiple Scout Discount**

A special discounted rate is available to families sending more than one Scout to camp.

The discounted rate is given to the Scout going to the lower level program:

For Example: Boy Scout Registration pays the full fee and Cub Day Camp Registration receives the discounted rate.

<b><u>Second Scout Discount</u></b>	<b><u>Second Scout Discount</u></b>	<b><u>Second Scout Discount</u></b>
<p>A 10% multiple sibling discount is available for sibling registrations consisting of 2 or more days. In the event that the siblings are attending two different Seven Mountains programs, the discount will be applied to the camp of the younger Scout.</p>	<p>A 10% multiple sibling discount is available for sibling registrations consisting of 2 or more days. In the event that the siblings are attending two different Seven Mountains programs, the discount will be applied to the camp of the younger Scout.</p>	<p>Discount Fee: \$234.00  <i>If Paid by May 1, 2016</i>                      Regular Fee: \$261.00  <i>If Paid by June 1, 2016</i>                      Late Fee: \$288.00  <i>If paid After June 1, 2016</i></p>

## Registration Methods

### Online Registration:

Packs, Dens and Individual Scouts will be able to register for camp online. Online registration can be found under the calendar event for your week of camp, and from the Camping Page for Summer Camp Registration on the Juniata Valley Council website: [www.jvcbsa.org](http://www.jvcbsa.org). Online payment will also be available for those using online registration. The registration link is currently active. Instructions for creating an ID and password are available on the registration website.

### Paper Registration:

Packs and individual scouts will also be able to submit paper registrations to the Council Office. If you choose this method your unit will need to submit a roster of youth and adults attending. The required forms are available on the council website under the “Forms” – “Council Forms and Documents” section.



### Provisional Campers:

Is your Pack not planning to attend camp this summer? Do you have families that cannot attend with the group?

**Make sure your families know they can register for any of our summer camps on an individual basis.**

**Contact the Council Office for further details.**

## Refund Policies (Approved October 24, 2007)

### **Cub Scout Day, Webelos and Boy Scout Summer Camps Refund Policy:**

1. All requests must be made in writing and received by the Juniata Valley Council Service Center at least two weeks prior to the start of the camp.
2. Any last minute refunds will only be given for extenuating circumstances (i.e. death in the family, major illness).
3. Refunds will not be given for a change of mind, vacation plans, summer school, extended sport schedules, or no shows.
4. Refunds will not be given once the session of camp has begun.
5. Fees may be transferred from one Scout to another within the same unit.
6. Because many expenses occur 6 weeks prior to the start of camp, the Juniata Valley Council reserves the right to withhold an administrative fee as follows:
  - a. Webelos or Boy Scout Summer Camp = \$75.00 per person for any refund given
  - b. Cub Scout Day = \$25.00 per person for any refund given
7. Any refund will be issued by check, normally within two weeks of the request and made payable to the name listed on the receipt.

## Camperships and Financial Assistance

The purpose of the Juniata Valley Council, BSA Campership Fund is to provide assistance to Scouts, who would otherwise not be able to afford the cost of attending a Juniata Valley Council Summer Camping program. These applications are confidential and are reviewed by a volunteer committee. Consideration will be given to those whose units participate in the Annual Friends of Scouting Campaign, Fall Popcorn Sale and whether the Scout participates in any supplemental fundraising opportunities to help him raise funds for camp. The *Application for Free and Reduced-Price Meals* is required as part of the campership application. The *Application for Free and Reduced-Priced Meals* can be secured through the Scout Service Center. Only the carbonless forms will be accepted.

### Important Dates

#### Campership Forms Due:

May 1<sup>st</sup>, 2016

#### Spring Fundraiser Orders and Money Due:

April 8, 2016

#### Order Delivery:

April 23, 2016

In exchange for the campership, the Scout may be asked to provide some service to the council or camp and write a thank-you note to a contributor.

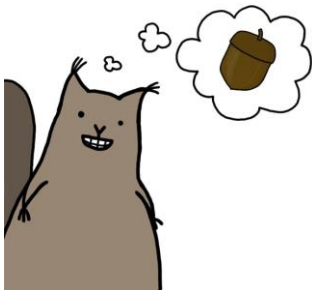
**The Campership Fund is available only to Scouts registered in the Juniata Valley Council who are attending Seven Mountains Scout Camp.**

## Free and Reduced Price Meals Program

The Juniata Valley Council participates in the Summer Food Service Program. Some Scouts may qualify to receive the benefits of this program. Please refer to the *Application for Free and Reduced-Priced Meals* for more information as to whether your Scouting families are eligible to apply. Copies of the application can be obtained through the Scout Service Center. It is important that the Juniata Valley Council receives applications by the deadline and that every application is completed properly. An application missing any of the required information cannot be processed. Please make sure a parent or a guardian signs the form and provides a social security number.

**Free and Reduced Meals Program applications are due by May 1, 2016**

## Earn Your Way to Camp Nut Sale



This spring we will continue to offer the *Earn Your Way to Camp Spring Sales* for any Scout that would like to participate. This sale will be run through the JVC Office and the funds will be made available to the Scouts for Summer Camp programs. Scouts will earn 35% commission on all sales. Every Scout should receive information on the sale by mail in the 2016 Summer Camp Informer. If you have further questions regarding this opportunity please contact the Juniata Valley Council.

**The Earn Your Way to Camp Nut Sale is available only to registered Juniata Valley Council Scouts.**



**MEDICAL FORMS AND MEDICATION**

**Medical Forms**

All Scouts and Scouters who are in camp are required to have an up-to-date health history and physical examination form on file with the Health Officer. Units should provide photocopies of the original forms for each person. Any person who arrives without a current medical form may not stay in camp beyond 24 hours, and will not be permitted to take the swim test or participate in any strenuous activities. Arrangements must be made to obtain a physical exam within this time frame or the individual must return home until the situation is resolved. Adults staying less than 24 hours in camp must submit a copy of the *Annual BSA Health and Medical Record* with Parts A & B completed to the Health Officer. This medical form not only covers required health information but also provides consent for all activities and for photographs and other media.

**Medical Form Needs:**  
**Cub Day Camp**  
 Part A & B  
**Cub Family Overnight Camp**  
 Part A & B  
**Webelos Resident Camp**  
 Part A, B & C

Medical Forms can be printed from the council or national web site. The form link is: [http://www.scouting.org/filestore/HealthSafety/pdf/680-001\\_ABC.pdf](http://www.scouting.org/filestore/HealthSafety/pdf/680-001_ABC.pdf)

**The *Annual Health and Medical Form* is only valid for 1 calendar year and must remain valid through the end of the camp dates being attended.**

**Medications**

All Scouts bringing medication to camp must have the medications section of the Annual Health and Medical Form filled out by their parents or guardians prior to arrival at camp. When they check in with the Health Officer any specific storage requirements for medications will need to be disclosed. A locked refrigerator is available if needed. **All medication must be in its original container with the original label.** There should be no hand written changes to labels. All medication must be current, expired medication will not be released to scouts. All medication must be stored and dispensed through the Health Officer or the Scout’s Unit Leader; the only exceptions are Epi-pens, inhalers, and other life-dependent emergency medicine. Use of non-prescription and/or over the counter medication should also be disclosed to the Health Officer. **Camp is not the appropriate time to stop taking prescribed medications.**



The Health Officer is not expected to make individual visits to ensure that each Scout is taking his medication. It is the Leader’s responsibility to ensure that Scouts are taking medications. Our medical staff does not administer medication; they only identify and store a Scout’s medication. It is the Scouts responsibility to administer proper doses at the proper time. There will be no injections given by the Seven Mountains Staff.

## Medical Check-in

Upon arrival to camp, all youth and adults will need to pass through a medical pre-screening prior to check-in. Following this, they must turn in health forms to the Health Officer. This is where you will be cleared to take the swim test. Please make sure that all medicine to be turned in is well marked and all medical forms are up to date and complete including signatures from parents or legal guardians and physicians.

Unit leaders are encouraged to turn in health forms during the pre-camp leader's meeting. By turning in the forms early, the Health Officer is able to better prepare for the coming week and identify any issues that may prevent scouts from participating in camp activities. It is much easier to obtain missing signatures or information the week before the scout arrives as opposed to trying to get signatures or authorization on Sunday when most places are closed.

# CAMP SERVICES

## Office Hours

The Seven Mountains Camp Office is open every day from the end of breakfast until 9pm. It will be closed during meal times and siesta. The Camp Office is located in the front of the Trading Post Building across from the Waterfront area. Assistance can be coordinated through the Trading Post staff should the office be closed for any reason.

## Campsites



Seven Mountains Scout Camp offers units the opportunity to stay in a rustic campsite during their stay. Each site offers several two-man walled tent platforms with cots, a campfire ring, a hard roof pavilion in most sites, an adirondack shelter, running water and a kybo. Site size varies from location to location. Sites have access to a common shower house with modern restroom facilities.

## Mailboxes and Mail

Unit mailboxes are located at the Camp Office and need to be checked daily. Incoming mail, newsletters, and non-emergency messages will be passed on via these mailboxes. Outgoing mail service is available daily at camp. Outgoing mail should be placed in the outgoing box located at the Camp Office. Letters sent to campers should be addressed as follows:

Scout \_\_\_\_\_ Pack \_\_\_\_\_  
Campsite \_\_\_\_\_  
Seven Mountains Scout Camp  
227 Sand Mountain Road  
Spring Mills, PA 16875

## Telephone

Campers will have limited use of the telephone while at Seven Mountains. A camp phone is provided in the Camp Office for emergencies. The phone number for Seven Mountains Scout Camp is **(814) 364-1017**. We only have one line of service. It is important to keep this line open as much as possible for emergency reasons.



## Cell Phones

Unit leaders who need to keep in contact with home or office are encouraged to make use of their personal cell phones. In order to curb potential homesickness problems as well as lessening disruption for the total camping experience, **we strongly recommend that the units adopt a policy prohibiting Scouts from bringing their own cell phones to camp.**

Cell phone use is prohibited during instruction time. A Scout is courteous and should not interrupt class time with its use. Continued interruptions in class may result in the staff member requesting that the phone be turned over to the Scout's Leader for the duration of the week.

## Trading Post



The Trading Post is maintained for the camper's convenience. Available items include handicraft items, scout equipment, t-shirts, gifts, gadgets, candy, ice cream, soft drinks, and an assortment of snacks. The Trading Post will be open from 9am to 12pm and 1pm to 5pm daily. Evening hours are 7pm to 9pm with changes due to special events. Scouts will have time built into the schedule where they will have the opportunity to visit the Trading Post.

## Quartermaster Supplies

The Quartermaster supplies can be obtained by request to the Camp Director, Program Director, Commissioner, or Camp Ranger. You may request items such as garbage bags, toilet paper, disinfectant, and extra tools such as rakes, shovels, picks, etc. Quartermaster tools are the responsibility of the unit and must be cleaned and returned before the unit leaves camp. It is recommended that leaders pick up supplies directly after breakfast or dinner.



## Public Areas of Responsibility

Each day, Webelos Scout units are asked to perform clean-up detail in common areas such as: the Shower House and Dining Hall Bathrooms. The schedule will be determined by the Leaders and Program Director. An announcement will be made each day at lunch.

## Shower Houses / Restrooms



The shower facilities are marked and designated for Youth, Adult Women, and Adult Males. The Boy Scouts of America follow a strict policy on Youth Protection and it is important that all groups use the appropriate shower facility. If special arrangements need to be made to accommodate Scouts due to an injury, illness, or a disability please inform the Camp Office prior to or during check-in on Sunday. Please abide by these rules when using the Shower House and other camp facilities. The Shower House will close from TAPS until 6:30 am each day. **Please ensure your scouts shower as regularly as possible.**

## Trash & Recyclables

Garbage cans are located throughout the camp. Scouts are reminded of their duty to be thrifty as well as clean. Trash should not be kept for prolonged periods of time in any campsite. Packs should take their bags of trash to the dumpsters located behind the Dining Hall daily. Seven Mountains Scout Camp makes every effort to recycle many of the containers and other items we use each day. Please be mindful of the recycling practices of camp and follow the established guidelines. There are additional recycling containers in the Dining Hall as well as in front of the Trading Post. By the end of the week units should make certain that their recycling bin is emptied. There are recycling bins for glass, plastic, and metal located behind the Dining Hall.

## Health Lodge

The Health Lodge is intended only for the temporary care and treatment of sick or injured campers. Individuals that are seriously injured will be transported to a hospital, or sent home to receive more adequate care. In an effort to reduce the chances of spreading illness throughout the camp, individuals who are ill prior to, or become ill while at camp may be asked to leave camp until they are well. Additionally we ask that parents and leaders avoid sending/bringing sick scouts to camp.

## Dining Hall Operations



The Dining Hall will be serving all meals cafeteria style again this year. Units will be dismissed from flags to the hand wash station and then into the dining hall. We are still continuing to use the waiter system following each meal. Each unit of Scouts is to provide one waiter per table and a leader for each meal served in the Dining Hall. The waiters will be expected to clean the tables and sweep the floors following each meal. The kitchen requires that certain rules must be observed. Please pay close attention to the Dining Hall Steward's instructions throughout your stay at camp. **If for any reason Scouts are not able to make any meal times it is mandatory that the Camp Director be notified.**

**Meal Times: Breakfast: 8:00am Lunch: 12:15pm Dinner: 6:00pm**

## Special Dietary Needs/Restrictions

Seven Mountains Scout Camp serves food in accordance to a menu that is approved by a dietitian. Our meals are balanced and are consistent with a healthy diet. It is critical that all food allergies and special dietary needs be reported to the Juniata Valley Council **a minimum of 2 weeks prior to arrival at camp** using the Special Dietary Needs Form. This will allow us to make the adjustments necessary to keep your scouts safe. Our dining hall does not utilize peanut products. For concerns about food allergies, please have the scout/leader ask the Cook about preparation and contents.

**The Special Dietary Needs Form is reserved for those with health concerns, being a picky eater is NOT considered a reason for submitting a form.**

## CAMP POLICIES AND PROCEDURES

### Policies

Seven Mountains Scout Camp is a year round facility maintained by the Juniata Valley Council. The primary responsibility of maintaining the facilities at camp rests with the Camp Ranger and a dedicated corps of volunteers which includes the Council Camping Committee. The continued existence and improvements of the summer program is dependent upon the care that is taken to assure the best quality camping equipment and facilities of the camp. Scouts and visitors are asked to use all walking paths when hiking around camp and live by the Outdoor Code and Leave No Trace policies. Scouts and leaders need to be aware that they must be respectful of the facilities of the Seven Mountains Scout Camp and to follow the Scout Oath so that others may enjoy it also. The law of the camp is the Scout Law.

The policies herein are meant to cover many health and safety needs and provide general courtesies for all of our campers at Seven Mountains Scout Camp. They are not “all inclusive;” other policies may be set forth by the Camp Director and/or the Juniata Valley Council as needed. Leaders: Please review these policies with your Scouts and their parents prior to arriving at camp.

**Bicycles:** Seven Mountains Scout Camp is a relatively small camp, where it takes about 10-15 minutes to walk from the furthest campsite to the furthest program area. It is generally not necessary to ride bicycles around camp. Although we don't recommend excessive bicycle usage in the main camp area, we do encourage use of Mountain Bikes on our in-camp trail designated for use. Maps are available at the Trading Post. Scouts may bring their bikes to camp at their own risk. Of course, any one riding a bike must wear a helmet, in compliance with Pennsylvania State law. Anyone riding a bike is required to yield the right-of-way to those walking the trails and should avoid riding along Sand Mountain Road.



**Curfew and Quiet Time:** Rest at camp will affect the person's ability to function in a cheerful and safe manner. Leaders are expected to set the example by respecting quiet times for the benefit of neighboring campers and themselves. Please keep conversations low and activities to a minimum between the hours of 11:00 pm and 6:30am.

**Drugs and Alcohol:** The BSA alcohol/drug policy will be strictly enforced. No alcohol or drugs are to be in camp. Use and/or possession of either at camp is a one time - no exception offense and will result in the removal from camp.

**Flammables:** Aerosol cans neutralize the water repellency of canvas and should not be used in or around tents or canvas. Open flames (including non-battery operated lanterns, tiki torches, lighters, candles, incense, and tobacco products) are prohibited in or near tents.

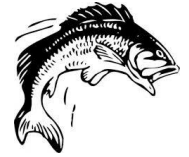


**Firearms and Weapons:** These may not be brought to camp. Only single shot bolt action 22 cal. rifles or shotguns, BB guns and bows provided by the camp will be used. Only ammunition/arrows provided by the camp can be used. Other firearms, paintball guns, blow guns, or weapons related to martial arts or personal protection will be confiscated and turned over to the PA State Police for proper disposal.

**Fires:** Fires are a potential hazard in camp, particularly if drought conditions exist. Campers must be cautious with fire following the guidelines of the Camp Fire Guard Plan and Outdoor Code. During times of extreme drought or high heat, a ban on open fires may be imposed. You will be notified when and if those conditions are in effect. Campfires in sites must be controlled to a reasonable size and must be contained with the fire rings provided.

**Fireworks:** Fireworks of any type are prohibited in camp and are against the law in the Commonwealth of Pennsylvania. Items will be confiscated and turned over to the PA State Police for proper disposal.

**Fishing:** Fishing is permitted during daylight hours. PA Fish and Game Commission laws must be observed. A fishing license is required to fish in accordance with PA State Regulations for those over the age of 16.



**Knives, Saws, and Axes:** While knives are not required for any portion of the program, the staff acknowledges that pocketknives are often an integral part of the outdoor Scouting experience. These tools may be used only in campsites and program areas. All carriers of pocketknives **must carry a current Whittling Chip card**, which must be produced when requested by a staff member. Sheath knives are not permitted at camp. Proper axe-yards and Whittling Chip rules should be followed.

**Open-Toed Shoes:** Footwear, such as sandals, flip-flops or crocs are only permitted in the shower houses and pool areas. For your own protection, when hiking to and from these areas, or around camp, sturdy closed-toe shoes (boots or sneakers) are required.

**Personal Property:** A Scout is Trustworthy, however, on rare occasion; a Scout is still learning the meaning of that point. The Juniata Valley Council cannot be responsible for loss or damage to personal property at camp. Stress security in your campsite. Scouts should be encouraged to lock their valuables in a trunk or footlocker when they are not in use, and take normal precautions of not leaving cash or other valuables lying out in the open. Report any thefts immediately to Camp Director, Program Director or Camp Ranger.

**Pets:** Pets are not permitted in camp at any time during the camping season in compliance with the Pennsylvania State Health and Safety Codes. This policy does not pertain to pets of permanent camp residents or service animals.

**Smoking:** Smoking by adults over the age of 18 is allowed only in designated areas (the Camp Parking Lot) and out of the view of youth. Please be responsible for properly disposing of your waste. Youth under the age of 18 are not permitted to smoke.

**Staff Quarters:** Staff Quarters are off limits to Scouts. This includes the area around the Camp Ranger's home and the Maintenance buildings.

**Tree Cutting:** Cutting down of standing trees alive or dead is prohibited. Any trees and branches that are already on the ground may be used by units for campfires or gateway projects.



**Uniforms:** For Day Camp, units are encouraged to wear Pack T-shirts for the day's activities. Scouts participating in Family Overnight Camp and Webelos Camp should have and properly wear a Scout uniform while in camp for morning flag, breakfast, evening flag, dinner, camp-wide campfires and chapel service. Scouts are encouraged to wear their Scouting t-shirts. Units are encouraged to hold uniform inspections prior to camp in order to make any necessary corrections. Please request that Scouts leave articles of clothing at home which may advertise

or promote anything that may contradict the values and ideals that Scouting is trying to teach.

**Vandalism and Destruction of Camp Property:** Vandalism and pranks are not only contrary to the values of Scouting, but can result in significant financial loss, injury, loss of program, and potentially closing of the camp, affected facility, or program area. There is a fine line between harmless fun and taking things too far. Any Scout or unit that takes part in vandalizing, destruction or theft of camp property will be held financially responsible for all losses incurred, and possibly may face legal prosecution and expulsion from camp without refund of camping fees.

**Vehicles:** Vehicles (other than those officially designated camp vehicles by the Camp Director) are not permitted inside the camp gates. Vehicles will be permitted to load and unload, but must then be parked in the parking lot. All vehicles must be parked out of camp at all other times. If a vehicle is needed for medical reasons, please obtain a vehicle pass from the health office upon arrival. Advance arrangements may be made with the Ranger to transport large items.

## Emergencies

In the event of an emergency, the first step is to notify the Camp Director, Ranger or the nearest camp staff member. Emergencies might include a lost camper, a severely injured Scout, or an intruder. There is no need to alert the staff of impending weather, as the staff regularly monitors weather alerts. At no time should a Scout dial 911 unless specifically instructed to by one of the persons listed above.

During orientation on the first day of camp, the Camp Staff will provide instructions for Scouts and Leaders to follow should an emergency occur. This will include taking a headcount, reporting locations, etc. For more information about weather-related procedures, including lightning safety, see the Weather Hazards information at [scouting.org](http://scouting.org).

## Youth Protection

We take our responsibility for the welfare of youth entrusted in our care very seriously. For that reason, policies have been established which pertain to the control of visitors on camp property, release of youth from camp, and verification of no-shows at camp. Policies are summarized below and will be covered in greater detail at the pre-camp leader's meeting and as part of the Troop Leader orientation upon arrival at camp.

**Youth Protection Training:** If you or any other adult leaders have not had BSA's Youth Protection Training within the past 2 years, you are required to take it before coming to camp. The course is available on-line at [myscouting.org](http://myscouting.org) and through your local Council.



**Color Coded Wrist Bands:** These are issued to all Adult Leaders and Scout Campers upon arrival at camp and must be worn at all times to properly identify to others that you belong in camp. Meals may be denied to anyone not wearing a wristband. In the event a wristband is lost, a replacement is available at the Camp Office during normal program hours. Your cooperation, as a leader in enforcing the wristbands will help the staff make sure your Scouts are in a safe environment.



**Sign In & Sign Out:** All visitors must report to the Camp Office to sign-in and sign out. Temporary visitor passes are issued to those persons who are in camp for a limited time. This policy does not apply during family night activities. Whenever a camper, leader or staff member departs camp, he / she must also sign-in and sign-out at the office. Anyone suspected of being an unauthorized person should be reported to the nearest program area director, leader, or staff member who will contact the Camp Director. This procedure will be modified on Friday during family visits.

**PA Act 15:** All staff employed by the Juniata Valley Council, BSA and Seven Mountains Scout Camp are compliant with the new Pennsylvania legislation which is designed to increase the safety of children by requiring background checks and child abuse clearances for all volunteers and staff who are responsible for children and directs the mandated report of child abuse.

**ALL adults attending summer camping programs must have Criminal Background Checks/Clearances as required by PA Act 15 on file at the Juniata Valley Council Service Center to attend. Family members joining their scouts in the Family Overnight Camp are not required to provide this information. Please contact the Service Center or visit [www.keepkidssafe.pa.gov](http://www.keepkidssafe.pa.gov) for more information.**

## Contact with Wildlife

Seven Mountains Scout Camp is a natural habitat for many species of animal. Please keep in mind that these animals make their residence on a year-round basis. If you encounter wild animals while on a hike or in your campsite, do not disturb or injure or attempt to chase it away. All campers are expected to respect wildlife and subscribe to the Outdoor Code while in camp. Any camper or visitor who intentionally injures, harasses, or kills any of the wildlife in camp will be held legally and financially responsible.

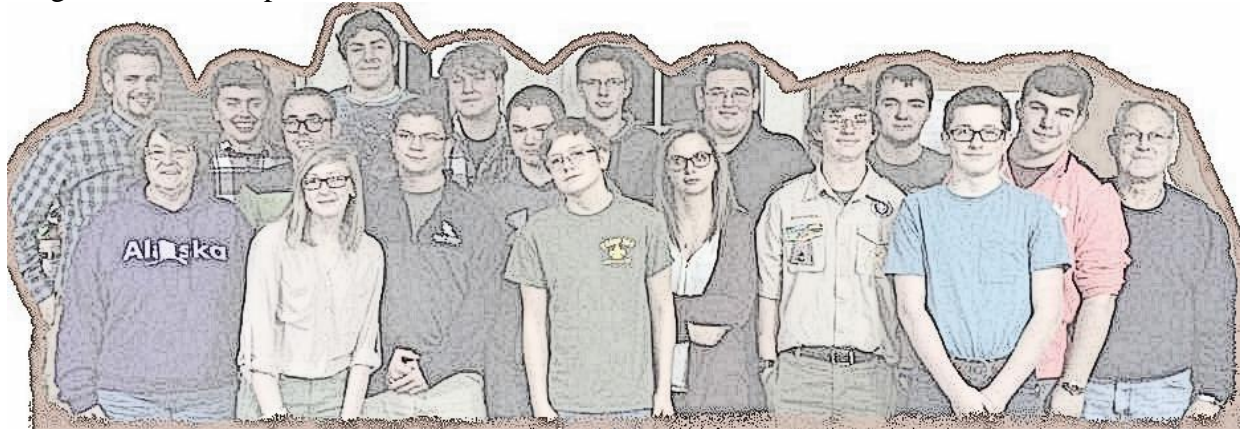


If you come in contact with an animal that is behaving strangely, (staggering, lying still -not trying to flee, seems sickly, foaming at the mouth, etc.) immediately report it to the Camp Director or Ranger. Do the same if you are bitten or scratched by any wildlife. Never pick up or touch an animal that is injured or dead.

**Ticks:** Each year we hear more and more about the ever increasing tick population. Lyme disease is at an all-time high in Pennsylvania. To protect yourself, insect and tick repellent are highly recommended, and will also help prevent diseases from mosquitoes and other insects. However repellents are not totally foolproof, especially against ticks. Wearing long pants, long sleeved shirts and hats while in tick infested areas cuts down on the risk of bites. Educate your campers about ticks, and have them check themselves on a regular basis, especially after walking through tick habitats. If a tick is found, report it to the Health Officer who will remove it and preserve it in case a Lyme disease rash develops.

## SUMMER CAMP STAFF

The Summer Camp Staff is a vital part of a great summer camp experience. We are very excited to have a number of our staff returning from last year and these staff members have been working hard to be ready to provide a great summer experience.



Does your troop have Scouts who have gotten to a point where they are no longer interested in Merit Badges? Working on Camp Staff may be just the thing to re-energize their interest. Spend a summer among friends, helping other Scouts work their way through the program, and earn a paycheck. Anyone who is interested should contact Chuck at the council service center at 717-667-9236 or [capgar@bsamail.org](mailto:capgar@bsamail.org).

### Counselor in Training and Volunteer Staff Program

The intent of this program is to help develop Scouts into the future camp staff for Seven Mountains as well as offer an opportunity for leaders who want to spend more time at camp. The program is typically a one or two week experience for Scouts at least 14 years of age. CIT's and Volunteer staff will have the opportunity to work closely with Seven Mountains Camp Staff and help improve the program for Scouts.

#### Goals for CITS:

- Learn to be positive role models for other campers
- Develop leadership skills and learn to work with younger campers
- Improve communication and social skills
- Strengthen friendships and participate in team building activities
- Enjoy favorite camp activities
- Become familiar with the numerous programs Seven Mountains has to offer

#### How to sign-up:

Those who are interested in becoming a part of the Volunteer Staff Program should submit an application for the program. Scouts and volunteers may apply before the camping season starts and while they are at camp, but space will be limited each week.

#### Advancement:

Scouts taking the program will have the opportunity to complete at least one merit badge as part of the program.

#### Cost:

The cost of the program is \$50 per week.

**CUB SCOUT DAY CAMP**

**Transportation**

Transportation will be provided from designated locations at no additional cost to the Scout. Bus stop locations include:

- Centre County – Bellefonte MS, Mt Nittany MS, Park Forest MS, Pleasant Gap Elementary and Centre Hall Snappy’s
- Huntingdon County – Mill Creek Lions Park
- Juniata/Mifflin Counties – McAlisterville, Mifflintown and Derry Park

Specific pick-up/drop-off times will be sent out with Camp Confirmations.

**Leadership & Pre-camp Leader’s Meeting**

Each Pack must provide **2 adults per day**. Please make every attempt to secure a Den Chief for your pack. This will help in many areas in camp especially at the bathhouse. At least one representative from each pack is asked to attend the Pre-camp Leader’s meeting on Saturday June 11, 2016. The Pre-camp meeting will be held at 1:00 pm in the OA Pavilion next to the parking lot. At this meeting we will go over any last minute changes that you will need to know before you arrive at camp. This is also an opportunity to turn in all of your paperwork in advance to help speed up the registration process when you check-in.

Forms to bring with you include:

- \_\_\_\_\_ Final Den Roster if not already submitted
- \_\_\_\_\_ Special Needs/Special Diet Forms
- \_\_\_\_\_ Medical Forms

By turning in all of these forms prior to arriving at camp, the Camp Staff will have extra time to identify any problems and will be able to work with you to get them solved before you get to camp.

**Arrival at Camp**

You should plan on arriving at camp each day between 8:00 am and 8:30 am to check in at the Camp Check-in tent found in the main parking lot. You are not required to ride the bus but are welcome to enjoy this free transportation. When you check-in, you can finalize all fees, place orders for additional parents for lunch, complete medical forms and pick up your t-shirts and patches for all campers in your unit. If you arrive after this time, please come to the Camp Office if no one is available in the check-in tent.

**One adult per pack is asked to report to the Check-in Tent to take attendance and receive group assignments and program books. These program books will contain a breakdown of the various program locations along with maps indicating where each activity will be held.**

## Sign-in/Sign-out

It is very important that we know at all times who is in camp. Whenever a camper or leader returns or departs camp, he/she must sign-in or sign-out at the office. Anyone suspected of being an unauthorized person should be reported to the nearest program area director, leader or staff member who with then contact the Camp Director.

If a parent or legal guardian needs to pick up their child during camp, they need to inform the pack leader prior to pick-up. The person picking up the child **must** come with the pack leader to the Camp Office so that the child can be brought to the office by a responsible adult to sign-in, he may **NOT** be dropped off without signing in.

## Clothing

Scouts should wear comfortable clothing suited to the weather conditions. Pack tee shirts are a special way to have your boys recognized. Please be sure to mark all clothing articles with name and Pack number. Camp activities include a lot of walking to the various activity areas. Comfortable shoes are highly recommended.

**Sandals and thongs are not permitted.**

Every day each boy must bring: swimsuit, towel, and rain gear. A baseball cap is recommended. A light backpack is recommended for carrying personal gear. Each boy should bring a water bottle.

**Reminder: Day Camp is conducted rain or shine!**

## Closing Ceremony

Parents, Grandparents, family, and friends are invited to the closing ceremony on Friday, June 24, 2016. All scouts, parents and leaders that attended any days of the camp are welcome to attend. The closing ceremony will get started about 3:00 pm and ending approximately 4:00 pm in order for scouts riding the bus to return home. This will be a great way to wrap up camp. Please make plans to attend.

## Visitors

Visitors are always welcome at Seven Mountains Scout Camp. However, in order to protect the Scouts, **All visitors in camp must sign in and out at the camp office before joining their unit.** Visitors must park in the Parking Lot and get a wrist band at the Camp Office. For the safety of all of our Scouts and guests the Seven Mountains Camp Staff are trained to question anyone in camp that does not have a wrist band or the correct color wrist band. Visitors who plan on joining the scouts for a meal will need to purchase a meal voucher.

## **Schedule**

The Day Camp Program day begins promptly at **8:45 AM** and ends at **4:00 PM** each day. Check-in for units begins at 8:00 AM. This is critical to the success of the entire camp, as the start of programs for all Cub Scouts may be delayed. Your daily schedule will be shared with your leaders upon arrival.

## CUB SCOUT FAMILY OVERNIGHT CAMP

### Program

Cub Scout Family Camp is an extension of the Cub Day Camp Program. In addition to those programs offered at Day Camp, Scouts attending Family Camp will have the opportunity to spend additional time in the evening at various open program areas, as well as other additional night programs. One adult family member or legal guardian is required for each Scout spending the night at camp. Additional family members are also welcome to spend the night during this time.

### Schedule

The additional programs components for Cub Family Camp will begin after the day camp program concludes at approximately 4:00 p.m. Camp Staff will assist the scouts in preparation for the evening dinner meal which will be at 6:00 pm. Leaders and scouts are able to spend time between the conclusion of the day camp program and dinner setting up their camp site for the evening. Specific evening programs will be announced at dinner. Breakfast for family camp will begin at 8:00 am the following morning. Parents joining their scouts for the evening should plan to arrive at camp by the end of dinner and be prepared to stay until the morning flag ceremony prior to breakfast.

### Clothing & Gear

Scouts should come prepared with clothing to stay the night for as many nights as they are attending. This includes any toiletries and sleeping apparel needed along with sleeping bags, pillows, etc. Comfortable shoes are highly recommended.

**Sandals and thongs are not permitted.  
Reminder: Program is conducted rain or shine!**

### Campsites



Families will be spending the nights with other scouts and families in a traditional campsite setting. Seven Mountains Scout Camp offers units the opportunity to stay in a rustic campsite during the stay. Each site offers several two-man walled tent platforms with cots, a campfire ring, a hard roof pavilion in most sites, an adirondack shelter, running water and a kybo. Site size varies from location to location. Families are also able to bring their own tents to set up as well. Sites have access to a common shower house with modern restroom facilities.

## WEBELOS RESIDENT CAMP

Webelos Camp provides Scouts a great opportunity to have fun with their friends in their pack, as well as an opportunity to earn advancements that might not be available in their hometown. Camp offers the ideal situation for boys to learn skills, qualify, and be recognized.

Building on the effective changes made during the 2015 camping season to the Webelos program, this year we will continue to develop the new camp program with an emphasis put on the experience that the Scouts will have at camp. Again there will be many activities that overlap into the new advancement structure, but our goal is to ensure that the Scouts learn useful scouting skills, have fun and make great memories.

Scouts will participate in programs throughout the areas of camp including: Scoutcraft, Aquatics, Shooting Sports, Nature and many more. A complete list of requirements completed will be provide to the Unit Leaders at the conclusion of camp.

### Leadership

Each Pack must provide **2 adults** for the program. A Den Chief can play a large role in supporting this program for your pack. This will help in many areas in camp especially at the bathhouse. If you foresee issues in having 2 adult leaders, please contact the council office and we will try and provide you with assistance.

### Pre-camp Leader's Meeting

At least one representative from each Pack is asked to attend the Pre-camp meeting on Saturday, June 11, 2016. The Pre-camp meeting will be held at 1:00 pm in the OA Pavilion adjacent to the parking lot. At this meeting we will go over any last minute changes that you will need to know before you arrive at camp. This is also an opportunity to turn in all of your paperwork in advance to help speed up the registration process on Sunday when you check-in. Forms to bring with you include:

- \_\_\_\_\_ Final Pack Roster if not already submitted
- \_\_\_\_\_ Special Needs/Special Diet Forms
- \_\_\_\_\_ Orders for Family Night
- \_\_\_\_\_ Medical Forms

By turning in all of these forms prior to arriving at camp, the Camp Staff will have extra time to identify any problems and will be able to work with you to get them solved before you get to camp.



## Check-In Procedure

The following procedures should be used for checking in to camp:

1. Your unit should arrive at camp between 1pm and 5pm on Sunday. You must check in at the Parking Lot when your entire unit has arrived. Here you can finalize all fees, complete medical forms, complete a medical screening and receive your Buddy Tags for all campers in your unit. If you turned in all of your forms during the Pre-camp Leader's Meeting you will still need to check-in. At this point you will be able to continue through the afternoon check in activities.
2. The unit's gear should be packed in no more than two vehicles. These two vehicles will be the only vehicles allowed to the campsite. Trailers are allowed to stay at the campsite under the direction and permission of the Camp Director.
3. The unit along with a Staff Guide will then proceed to the campsite. At the campsite:
  - a. The Staff Guide and the Unit Leader will inspect the campsite's tents.
  - b. Scouts should not move into tents until after they have been inspected.
  - c. Store and secure all gear.
  - d. Now is not the time to settle into camp.**
4. The unit and guide will then proceed to the Dining Hall for instructions and seating arrangements.
5. Following your dining hall orientation, you will need to take your Buddy tags to the Pool and participate in a swim test. A swim test is mandatory for anyone wishing to participate in any aquatic activity. Units may opt to pre-test their scouts. However in order for these test to be recognized you will need to provide documentation of the administering lifeguards credentials a roster of scouts and classifications and the date and location of the test. In all cases, the Aquatics Director has final say in a swimmers ability group.
6. Once you have completed the Dining Hall orientation, Medical Checks, and Swim Test, you may return to your site to begin settling in.

## Vehicles

All vehicles staying on camp property must be returned to the main parking lot by 5pm. Private vehicles are not permitted to stay in campsites or on the access roads into campsites. Anyone requiring permission to keep their vehicle at the campsite for disability reasons must secure a permit from the Camp Director, and must agree to abide by the rules in order to maintain the privilege. The permit will be displayed in the vehicle while in camp. **Violation of BSA vehicle policies will result in the revocation of a parking permit.**



**Check in Schedule**

**Sunday Check In Schedule**

1:00 to 5:00 pm	Packs check-in/ Medical check-in/ Visit Dining Hall/ Swim Tests/ Trading Post Open
4:30 pm	Leaders Meeting at the Pool Pavilion
5:50 pm	Retreat Ceremony at Dining Hall Parade Field
6:00 pm	Dinner
6:45pm	Trading Post Open
7:00 pm	Safe Swim Defense/Safety Afloat
8:00 pm	Line Up for Opening Campfire/Trading Post Closes
8:15 pm	Opening Campfire
10:30 pm	TAPS Quiet Time/Shower Closes
11:00pm	Lights Out

**Check Out Procedures**

Immediately after lunch on the last day of program, follow the steps below to check-out. Please have this process finished by closing campfire to enable you to depart following campfire.

- Pack all personal gear. Double check so as not to leave anything. Prepare the campsite for final inspection by the Ranger Staff.
- Police the campsite. Make certain that the washstand and latrine areas are thoroughly cleaned and hosed down.
- Remove or dismantle any campsite improvements that were made during the week.
- Two vehicles may be brought into the site to pack out the entire unit’s gear. All other vehicles should wait to pick up the boys in the parking lot. Please return to the parking lot after packing out.
- All garbage/recyclables are to be removed from the site to the large dumpster behind the Dining Hall. The Ranger Staff is not responsible for removal of any garbage left in the site.
- Return all camp equipment that was used during the week to the Camp Office.

- The Ranger or his staff will arrive and check the campsite for trash and damaged tents. Once your inspection has been completed you may leave the campsite unless there is a problem. Any camp equipment or tents that are damaged must be paid for by the pack before leaving camp.
- Do not forget to pick-up all medication and Health Forms at the Health Lodge.

**Remember: A Scout is clean. Leave the campsite in better condition than you found it.**

**WEBELOS CAMP SCHEDULE**

<b>Time</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
7:00					
7:50		Flags	Flags	Flags	Flags
8:00		Breakfast	Breakfast	Breakfast	Breakfast
8:30		Program	Program	Program	Program
9:00					
9:30					
10:00					
10:30					
11:00		Lunch	Lunch	Lunch	Lunch
11:30					
12:00					
12:30					
1:00	Registration Opens	Siesta/Leaders Meeting	Siesta/Leaders Meeting	Siesta/Leaders Meeting	Siesta/Leaders Meeting
1:30	Check-in	Program	Program	Program	Campwide Activity
2:00					
2:30					
3:00					
3:30					
4:00					Closing Campfire
4:30	Leaders Meeting				
5:00					Departure
5:50	Flags	Flags	Flags	Flags	
6:00	Dinner	Dinner	Dinner	Dinner	
6:30					
7:00	Safe Swim Defense	Chapel	Campwide Activity	Campwide Activity	
7:30					
8:00	Assemble for Campfire	Campwide Activity	Campwide Activity	Campwide Activity	
8:30	Welcome Campfire				
9:00					
9:30					
10:00	Campsite Time	Campsite Time	Campsite Time	Campsite Time	
10:30					
11:00	Taps	Taps	Taps	Taps	

## PROGRAM FEATURES FOR YOUTH CAMPERS

### Hikes

Every Pack is encouraged to take a hike during the week, as your campsite is only a base of operations. Many excellent trails exist in and near our camp. If your unit plans on taking a hike you will need to provide the Commissioner with a detailed list of the number going, names of the scouts and leaders going, route estimation, expected departure time, and anticipated time of return. For more information on trails in and around the camp, consult the Program Commissioner.

### Twilight Program Events

Evening programs will be held from 7:00 to 9:00 pm each night of the week. Announcements will be made daily, as to the events of the evening. Sometimes these events include hunting for clues around camp, solving a mystery, or challenging other dens in camp.

### Chapel Service

A Scout is Reverent. One of the unique features of our camp is its beautiful chapel. A vespers service is conducted Monday night at 7:00 pm in the chapel area below the breast of the dam. Units and individuals are encouraged to attend this service and should feel free to use this area throughout your stay at Seven Mountains Scout Camp.

During Chapel Services a collection will be taken for the World Friendship Fund. The World Friendship Fund gives the youth members of the Boy Scouts of America an opportunity to help fellow Scouts who are in need of their support. When Scouts and units participate, they become a part of a worldwide Good Turn. They develop an awareness of and a concern for Scouting needs of others. World brotherhood through Scouting is realized when Scouts care and share.



### Campfires

Two camp-wide campfires are held during camp. The Staff “Welcoming Campfire” is scheduled for Sunday night. Parents are invited for the Thursday afternoon “Closing Campfire”. Units are encouraged to hold their own campfires in their sites any night of the week. Units are encouraged to invite staff members to attend these campfires.



### Flag Ceremonies



One of a Scouts Duties is their Duty to Country. We honor that duty each day by performing traditional flag ceremonies. Camp wide flag raisings and retreats are held daily at 7:50am and 5:50 pm. Unit flag ceremonies are encouraged in the campsites prior to the camp-wide activities. All units are strongly encouraged to be at the Dining Hall promptly and in proper uniform for the flag ceremonies each morning and evening. **Units may sign up to serve as honor guards for the colors ceremonies held during the week. Please see the Program Director for scheduling and instructions.**

## VISITORS AND FAMILY NIGHT

### Visitors

Visitors are always welcome at Seven Mountains Scout Camp. However, in order to protect the Scouts, **all visitors in camp must sign in and out at the camp office before joining their unit.** Visitors must park in the Parking Lot and get a wrist band at the Camp Office. For the safety of all of our Scouts and guests, the Seven Mountains Camp Staff are trained to question anyone in camp that does not have a wrist band or the correct color wrist band. Visitors who plan on joining the scouts for a meal will need to purchase a meal voucher.

### Color Coded Wristbands

Visitors will be issued a wristband during their stay at camp. Meals may be denied to anyone not wearing a wristband or possessing a meal voucher. In the event a wristband is lost, a replacement is available at the Camp Office.

### Visitor Meal Cost

If a visitor is planning to join your Pack for any meal, please have them pay at the Camp Office prior to dining.

**Breakfast:** \$8.00

**Lunch:** \$8.00

**Dinner:** \$8.00

### Family/Visitor Night

The last afternoon of camp is our official visitor night. Visitors should plan on arriving by 3:30 pm if they intend on joining their scouts for the campfire program at 4:00 pm. Visitors should park in the main parking lot, or the athletic field if necessary. If your pack is having family members visit that will need special arrangements to travel through camp, please visit the Camp Office and transportation arrangements can be made.

Campfire lineup will begin at 4:00 pm. Once all units are assembled, they will be dismissed to the campfire. Campfire will start at approximately 4:10 pm and will finish between 4:45 and 5:00 pm. After campfire units will begin their trips home.

If a parent or legal guardian needs to pick up their child during camp, they need to inform the pack leader prior to pick-up. The person picking up the child must come with the pack leader to the Camp Office so that the Scout can be released from camp. Seven Mountains reserves the right to verify identities of adults who wish to take youth from camp. Upon return, the camper must be brought to the office by a responsible adult to sign-in. **He may not be merely dropped off.**

## PROGRAM FEATURES FOR UNIT LEADERS

### Leaders Meeting

Daily, following lunch, a leader from each pack is asked to attend a brief leaders meeting. This will allow us to ensure that everything is running smoothly and that every unit has what they need to be successful. We will also take this opportunity to update everyone on important information and any changes that may need to be made.

### Safe Swim Defense/Safety Afloat

After dinner Sunday evening, the Aquatics staff (with some help from other staff members) will offer instruction in the Cub Scout Safe Swim Defense and Safety Afloat programs to interested leaders. This training will enable you to offer safe aquatics programs to your units.

### Cubmaster Cook Off

This is a competition between all unit leaders. We want to see how creative you can be with **two “mystery” ingredients, which will be announced at the Pre-Camp Leader’s Meeting**. All ingredients will be supplied by the person doing the cooking. Cubmasters are asked to bring their dishes to the Dining Hall at 7:00pm on Tuesday Night. Judging will be based upon originality, presentation, and overall taste.



### Unit Leader Training

There can be unit leader training offered during your week of Webelos Resident Camp. To set up training please contact the Council Service Center prior to coming to camp. Course offerings include: Cubmaster Specific, Den Leader Specific, BALOO, OWL, and Youth Protection. Course availability may vary based on interest level.

## SUMMER CAMP HONOR AWARDS

### Commissioner Service

The Camp Commissioner is a direct link between your unit and the Camp Office. The Commissioner will visit sites daily, and provide directions regarding the Clean Camp Award. The daily commissioner visit is a great opportunity to discuss any problems or ideas that you have concerning the camp facilities, program, or the camp staff.

### Seven Mountains Clean Camp Award

The primary responsibility of keeping campsites and trails clean rests with the Scouts. The Clean Camp Award was designed to encourage packs to take positive steps to keep our camp as clean and healthy as possible. To earn this award units are expected to keep all tents clean and swept out, and the surrounding areas free of trash and debris. The cleanliness of campsite latrines and washhouses are also the responsibility of the unit. The woods are not to be used as a latrine facility. Paper, trash, broken glass, sharp edged rocks, and other unsightly or hazardous material shall be cleaned from campgrounds and all tent approaches. To earn this award, the pack must maintain the following standards each day.

#### **Things The Commissioner Will Be Looking For:**

1. Trails and grounds clean and clear of hazards.
2. American Flag on display.
3. Personal equipment neat and properly stored.
4. Living quarters and surrounding areas clean.
5. Urinals are clean and sanitary, toilet lids are down.
6. Latrines are properly maintained: clean, swept, with paper and blocks.
7. Washstand scrubbed clean.
8. Fire protection equipment properly cared for, and in the right place.