The Safety Zone
Risk Management in Action
April - June 2014

April is Child Abuse Prevention Month

The Boy Scouts of America has programs and policies in place to minimize the risk that any form of child abuse might take place in one of our programs.

One of those policies is that every leader registered with the BSA is trained in Youth Protection. The Old North State Council requires proof of Youth Protection training within the previous two years for an adult to register in Scouting with our council. Registrations will not be renewed without proof of current Youth Protection training.

Youth Protection training may be taken online or wherever offered in the classroom setting council-wide.

April, being nationally recognized as Child Abuse Prevention Month, is a great time to renew your Youth Protection training.

Youth Protection

When Scouters think about Youth Protection, we are usually thinking about one or more of the forms of child abuse. We should also consider some of the other protections BSA has in place to protect our youth. Consider the member and unit based responsibilities for providing a safe haven for our Scouts and adult leaders.

All members of the Boy Scouts of America are expected to act in accordance with the principles defined through our Scout Oath and Scout Law. Actions that do not comply with the intent of the Scout Oath and Scout Law have no place in the Scouting program and may result in the revocation of a Scout’s or adult leader’s membership.

Unit leaders have the responsibility to monitor the behavior of their Scouts and ensure that all behaviors of the Scouts and the adult leaders are Scout worthy.

Be a Youth Protection Champion!
The Boy Scouts of America published a new BSA Annual Health and Medical Record in March 2014. Scouts and Scouters should begin using this new form now. If you have an old form that has been completed by your personal healthcare provider, you may use that form until the end of the month, one year from when the form was signed. These forms will be accepted at summer camp and for other activities this summer, if still within the allowed 12 month period.

Part A of the form is the Informed Consent, Release Agreement, and Authorization. Part A should be signed by the participant if age 18 or older, or by the parent/guardian for the youth if the participant is under the age of 18. The signature of youth under the age of 18 is no longer required.

Part B is the General Information/Health History. This section is to be completed by the participant, if an adult, or by the parent/guardian of a youth. Please address all lines or check boxes on the form. If you have additional information that you feel is an important part of the health history, please complete that on a separate piece of paper and attach to the form.

Part C is the Pre-Participation Physical which must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants. If attending a BSA National High Adventure Base, a copy of the High Adventure Risk Advisory for the BSA National High Adventure Base you will be attending should be provided to your health care provider for review and discussion in regards to your personal health. Be sure that all health care provider information is complete and the health care provider’s signature is on the form before leaving your health care provider’s office.

If you have questions about the BSA Annual Health and Medical Record go to www.scouting.org/scoutsource/HealthandSafety/ahmr.aspx.

♦ For summer camp, take 2 copies (neither one being the original) of the Annual Health and Medical Record to camp. The health lodge receives a copy so the health officer will have the camper’s health information in the event they need treatment or medications through the health lodge. The other copy is retained by the unit leader. If the unit leader is dispensing medications, they will then have a record of what medications the camper should receive, in what dosage, at what time, and by what method. If the camper becomes ill and must go to the emergency room or to their personal health care provider, then the unit leader’s copy of the camper’s health form can go with the camper. The copy at the health lodge is kept with the camp First Aid Log for use for insurance purposes, if applicable.

♦ Original copies of the Annual Health and Medical Record should be kept safely at home for future use. Provide only copies to camp health lodges or your unit health and safety chair.

♦ Before coming to camp, be sure that all lines and check boxes have been addressed. This will help make your trip through the health lodge go quicker and more smoothly.
National Physical Fitness and Sports Month by Scott Spillmann, MD, MPH

May is National Physical Fitness and Sports Month and a great time to enjoy the great outdoors. Everyone – children, adolescents, and adults – can benefit from being active. A few of the benefits of physical activity are:

♦ Children and adolescents can improve muscular fitness as well as bone and heart health.
♦ Adults can lower the risk for heart disease, type 2 diabetes, and some types of cancer.
♦ Older adults can lower the risk of falls and improve cognitive functioning (like judgment and learning).

We can all use this month to raise awareness about the benefits of physical activity both at home and in the larger community. Communities, health professionals and families can work together to create opportunities for everyone to get more physical activity. Get your family, friends and neighbors involved!

Here are some simple, yet effective, ways to begin:

♦ Encourage families to make small changes, like taking a walk after dinner.
♦ Motivate teachers and administrators to make schools healthier by making sure physical activity is a part of every student’s day.
♦ Identify youth leaders in the community who can talk to their peers about the importance of being active.

Spread the Word! Better yet — Be a Good Example!

For more information, try these helpful links:
http://www.healthfinder.gov/nho/MayToolkit.aspx
http://www.healthfinder.gov/NHO/PDFs/MayNHOToolkit.pdf

Wishing you Good Health and Fitness.

Check out BSA Scouting Safely (www.Scouting.org/HealthandSafety.aspx)

This site offers a wide variety of topics related to Scouting safely, such as: insurance coverage, youth protection, a link to the Guide to Safe Scouting, a link to the BSA Health and Safety Newsletter, a link to the BSA Risk Management Newsletter, safety alerts, forms, a resource for general health and safety questions—Check It Out!!

Do you have health and safety or risk management questions related to Scouting or your Scouting activities you could use a qualified answer for? Submit your questions to Nita Grubbs at ngrubbs@bsamail.org. Your questions will get an answer and your question and a response will be published in an upcoming Safety Zone Newsletter to benefit your fellow Scouters.
The Old North State Council Office and High Adventure Committee receive frequent questions about the first aid and other training requirements for both BSA National High Adventure Base expeditions and for local unit activities. We hope to clarify these in this article, which is based on the most current information we have from contact with the BSA National High Adventure Bases as of April 2014.

For all activities, every adult leader must have current certification in Youth Protection for Volunteers and Parents and/or Venture Leader Youth Protection, if appropriate.

BSA National High Adventure Bases (Florida Sea Base, Northern Tier, and Bechtel Summit for 2014 and the foreseeable future; also, Philmont 2014 Expeditions*) has a minimum requirement that one person per crew, preferably an adult, must have the following:

♦ Current Certification in Adult CPR/AED and Wilderness First Aid
♦ Safety Afloat and Safe Swim Defense – per applicable base and program
♦ Hazardous Weather Training

Although these are the minimum requirements, all bases strongly prefer additional trained members in each crew. Bases also prefer that Safety Afloat and Safe Swim Defense training is upgraded to Aquatic Supervisor – Paddlecraft and/or Aquatic Supervisor Swimmer and Water Rescue.

*Effective in 2015, Philmont will require that a minimum of TWO participants per crew is trained in adult CPR/AED and wilderness first aid. This is due to numerous occasions in the past where the crew member with the training had to leave the crew for medical or other reasons. In most of these cases a Philmont staff member had to be assigned and transported to the crew for the remainder of the trip. There have also been at least two occasions where ONSC crews with multiple trained adults were able to assist other crews on the same itinerary, when a trained leader had to leave the trek.

The other bases are not increasing the WFA requirement to 2 participants at this time. Due to the nature of the programs, a staff member with the training accompanies the crew at all times during the expedition.

For ONSC sponsored expeditions, the council high adventure committee will continue its current training requirements of mandatory Adult CPR/AED and wilderness first aid training for ALL adults. A council sponsored expedition is where participants register, make payments through the ONSC office, and adult participants are selected by the ONSC High Adventure Committee.

ONSC units conducting their own expeditions to BSA National High Adventure Bases will be required to meet the training standards of the base they are attending, but it is strongly recommended by the council high adventure committee that units consider having all leaders meet the higher training standards.

While the information in this article mainly addresses BSA National High Adventure Bases, each unit should apply them to any activities to remote locations. The BSA Annual Health and Medical Record defines remote areas requiring Part C of the form, and enforcement of height/weight guidelines, to 30 minutes or more from a vehicular accessible roadhead. The Emergency Care and Safety Institute defines remote areas for wilderness first aid to one hour to definitive medical care. It is easy to see that the above definitions could easily
First Aid, CPR, and Health & Safety Training Requirements, cont.

apply to many Scouting activities; even some more remote areas of our council camps.

While the preceding information reflects the minimum requirements, here is no reason for a unit to be satisfied with the minimums. Every week at meetings our youth promise to “do my best” so the adults should hold themselves to the same standards.

Under the Sweet 16 of BSA Safety in the Guide to Safe Scouting, two of the points are especially important:

13. First-Aid Resources. “The supervisor should determine what first aid supplies to include among the activity equipment. The level of first-aid training and skill appropriate for the activity should also be considered. An extended trek over remote terrain obviously may require more first aid resources and capabilities than an afternoon activity in the local community. Whatever is determined to be needed should be available.”

15. CPR Resource. “Any strenuous activity or remote trek could present a cardiac emergency. Aquatic programs may involve cardiopulmonary emergencies. BSA strongly recommends that a person (preferably and adult) trained in cardiopulmonary resuscitation (CPR) be part of the leadership of any BSA program. This person should be available for strenuous outdoor activity.”

While most of the minimums are for at least one person it is strongly preferable to have two or more in case something happens and the trained person is the one needing help?

The major reason given by the BSA National High Adventure Bases for not requiring more adults per crew certified in CPR/AED and wilderness first aid, and increasing requirements to Aquatic Supervisor Training, is the lack of training opportunities in many, if not most, BSA councils around the country. The large percentage of participants from out of council in our wilderness first aid courses confirms this. There is no way that any member of the ONSC can use this argument due to the multiple courses offered on the council level.

The ONSC conducts first aid, CPR/AED, and CPR for the Professional Rescuer courses numerous times during the year, and at a reasonable cost. These courses are offered to adults and youth 14 and older.

You should also not limit your preparation to first aid and CPR resources but include the other appropriate training as well.

♦ Safe Swim Defense, Safety Afloat, Hazardous Weather, Trek Safely, and other training is offered on-line. All adults, and even most Boy Scouts and Venturers, should take advantage of the training. These are also offered as instructor led courses, along with Youth Protection training at Cherokee Scout Reservation each week of summer camp.

♦ Aquatic Supervisor training in Paddlecraft Safety and Swimmer & Water Rescue are offered to adults and youth over 16 each week at Cherokee Scout Reservation at no charge. The courses are also offered at least once outside of summer camp each year for a reasonable fee.

The bottom line is that both adults and youth members in ONSC units can train and maintain certifications for their normal and high adventure activities at a reasonable cost through the multiple course offerings in our council each year.
It's About Being Prepared: Health and Safety Training Opportunities

April
5  First Aid, Adult CPR/AED, Child and Infant CPR
11-13 Wilderness First Aid

May
17  First Aid, Adult CPR/AED, Child and Infant CPR

June
7  First Aid, Adult CPR/AED, Child and Infant CPR

July  No Scheduled Training in July

August
16  CPR for the Professional Rescuer and First Aid

September
13  First Aid, Adult CPR/AED, Child and Infant CPR

Courses may have registration deadlines that are strictly adhered to. Check brochures or the council website for deadlines and additional information. Youth protection guidelines are adhered to and are the responsibility of the Scout’s parents or unit leadership. All Scouts must attend with a buddy or appropriate adult partner.

For brochures or additional information, visit the Scout office, the council website at www.bsaonsc.org, or contact Nita Grubbs at ngrubbs@bsamail.org.

Every Scout deserves a trained leader!!