

**Troop 255 Northern Tier – North Crew Shake-Down Trip**  
**Colonial Beach, VA. June 2 through June 4, 2006**

**Emergency Contacts:**

On Trip: Rob Klein, cell 301-418-8706

At Home Base: In Chevy Chase, Deborah Ingram, Home Tel: 301-567-3327,  
Cell 301-221-6538

**Equipment:**

Boats and Paddles: Coast Guard approved canoes and paddles will be used.

Safety Equipment: River route maps and Coast Guard approved Personal Floatation Devices (PFD's) will be used by all Scouts and Adults. Troop will enforce wearing of PFD's by all participants, and adults at all times while on the water. Troop will supply throw lines, first aid kit, water purification and cell phone.

Other: individuals will be instructed to bring a backpack containing: water, lunch, snacks, sunscreen, hat, rain gear, gloves (for blister prevention), and appropriate clothing for expected conditions. Valuables may be left in the Troop transport vehicles or Colonial Beach base house. Do bring any personal emergency medical supplies such as inhalers, or epi-pens. Parents should let the Unit Leader, Rob Klein (301-418-8706), know of any such needs or any medical concerns. The parent and unit leader must agree on a plan for individuals with special medical needs prior to the trip.

Note: Items for evening camping will not be transported with the canoes, but will be pre-positioned at our campsite.

**Personal and Troop Responsibilities:**

1. All participants must be capable of passing the BSA Swim Test and be in good health (1<sup>st</sup> level of protection).
2. US Coast Guard approved Personal Floatation Devices must be worn by all participants (adults and youth) whenever on the water. PFD's must be worn and completely secured at all times when on the water (this means they must be properly zipped, buckled, etc.) (2<sup>nd</sup> level of protection).
3. Buddy system will be used. The occupants of each canoe will be buddies, responsible for the health and well-being of each other. We will also employ the concept of buddy-boats, in which each boat will have another boat aware of its situation and prepared to lend assistance immediately when needed. At all times we will maintain visual or audible communication between the lead canoe and the tail canoe (3<sup>rd</sup> level of protection).
4. US Coast Guard approved canoes, capable of self-floatation of the canoe and maximum permitted occupants when swapped, will be used. VHF radio will be on

- lead canoe and land base. Each canoer will have a whistle to make contact. (4<sup>th</sup> level of protection).
5. A minimum of 3 Troop adult leaders in attendance will be over 21 years of age. The Tour Leader will be trained in Safety Afloat, Safe Swim Defense, and CPR (5<sup>th</sup> level of protection).
  6. The adult leaders will provide mature and conscientious supervision to insure that the Youth leadership maintains a fun but disciplined atmosphere at all times (6<sup>th</sup> level of protection).
  7. BSA policy prohibits use of alcohol at any BSA activity. Troop policy prohibits smoking at any Troop activity. BSA Youth Protection policies and procedures will be adhered to at all times. Guidance provided in the BSA Guide to Safe Scouting will be adhered to at all times.
  8. A Troop permission slip signed by parent is required for each Scout.

### **Contingency Plans:**

Health Emergencies: Call 911, or Transport to nearest hospital.

Nearest hospital: St. Mary's Hospital 301-221-6538  
25500 Point Lookout  
Leonardtown, Md

### **T-255 Travel Route on Water:**

9:00 AM Saturday: Prepare for canoeing, check gear, procedures, and safety equipment.

9:30 AM Saturday: Start canoeing from Saylor's house backyard

11:30 A.M. Saturday: Lunch at Wakefield National Park (GW birth place)

Noon: Continue canoeing to Westmoreland State Park

3:30 PM Saturday: Arrive at Westmoreland State Park, chain canoes at beach.

4:00 PM hike 1 mile to our camp sites, where our guard will be waiting. This schedule will allow plenty of time to make camp and prepare dinner before dark and provide a safety margin should the trip take longer than expected.

7:30 AM Sunday: Prepare for return canoe trip.

10:00 AM Sunday: Early lunch at Wakefield National Park

10:45 AM Sunday: Continue canoeing

2:45 PM Sunday: Return to Colonial. Schedule allows extra time for return trip.

3:15 PM Depart for home.