



### Highlights for 2020

- Enhancements to the Aquatics Program.
- Dual Zip Lines, Cowboy Action Shooting, Drones, Disk Golf, Mitigwa Carnival on Friday, and Camp-wide Cardboard Regatta.
- Friday Excursions: Scuba Diving, Equestrian, and more Field Trips!
- Enhanced campsite Draft Picks for exclusive program area time!
- Scout Leader Training!
- Daily Social Media Updates: Share the memories with family and friends!

[www.campiowa.org](http://www.campiowa.org)

# Table of Contents

New for 2020 .....	3
Tentative Schedule .....	4
Merit Badge Schedule .....	5
Merit Badges	
Shooting Sports .....	6
COPE & Climbing .....	7
Aquatics .....	8
Ecology .....	9
Scoutcraft .....	11
STEM & Techcraft .....	13
Tradecraft .....	14
Eagle Academy (First Year Camper Program) .....	15
Aquatic High Adventure Trek (Older Scout Program) .....	16
Merit Badge Program Suggestions .....	17
Course Completion Records .....	17
Friday Excursions Merit Badges .....	18
Evening & Special Programs .....	19
Camp Mitigwa Cardboard Regatta .....	24
Camp Patches .....	26
Camp Awards .....	26
Family Night .....	28
Order of the Arrow Callout .....	29
Registration and Fees .....	30
Before Leaving Home .....	31
Health and Safety .....	32
Getting to Camp .....	34
What to Bring .....	35
What to Leave at Home .....	35
Checking In .....	37
Getting Around Camp .....	38
Leader's Roundtable .....	38
Facilities .....	39
Leaving Camp Early .....	41
Visiting Camp .....	45
Leader's Lunch .....	42
Checking Out .....	42
<u>Appendices</u>	
Map of Camp .....	43
BSA Physical .....	44
Unit Swim Classification Record .....	48
Unit Fireguard Chart .....	50
Camp Photos Information .....	52
Minor Release Form .....	53
Camp Award Applications and Tracking Sheets .....	54
Honor Camper Award .....	55
Honor Troop Award .....	56
Clean Sweep Award .....	57

## **New for 2020**

### **New Aquatic High Adventure Trek**

Scouts will have the opportunity to take boating to a new level. During this Trek, Scouts will be transported to Salyorville Lake to work on Merit Badges such as Water Sports and Motorboating.

### **New Dual Zip Lines!**

Out in nature, wind in your face, and lots of adrenaline as you and a friend race across camp on our newly constructed 680' dual zip lines. Do we really need to say more?

### **Friday Excursions Expansion:**

Your Scouts have worked hard all week on merit badge requirements and rank advancement, so how about a Friday Excursion! We are working with community experts and programs to offer optional onsite and offsite activities to enrich your Scout's camping experience. Details on the offerings, add-on fees, minimum registrants, and schedules coming soon.

### **Expanded Campsite Draft Picks for exclusive program area time!**

Imagine your campsite having exclusive access time to a whole program area, like shooting or climbing, without waiting around for another group to finish. At our first leaders' meeting with Scoutmasters and SLPs, there will be a lottery for the picking order, followed by a draft-style pick of program areas, so you know when and where you have exclusive access during your week at camp. Of course we will still have open program times if you want to spend more time in a specific program area.

### **Scout Leader Training**

Scoutmasters deserve to have fun at camp too! While our awesome camp staff is working with your Scouts, you can take advantage of daily training opportunities and updates offered to you from outdoor and Scouting experts. Details on training topics and the weekly schedule are coming soon.

### **Mitigwa Cardboard Regatta**

On Friday afternoon, we will host the Great Mitigwa Cardboard Regatta. During the week patrols will have the opportunity to construct a cardboard vessel to sail on the Mitigwa Seas. An AMAZING opportunity for troops to work together to compete in this great event.

### **Updated Lakefront with Inflatables**

This year will include an updated lakefront with a new boating dock, expanded beach, and the addition to inflatables to give a much needed facelift to Lake Fisher.

# Tentative Schedule

The following schedule is a tentative general timeline for day-to-day activities at Camp Mitigwa. A more detailed camp schedule will be given to you upon check-in.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am		Polar Bear Swim		Polar Bear Swim		Polar Bear Swim	
6:30-7:45am		Open	Open	Open	Open	Open	Open
7:50am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:10am-9:20am		Flags and Morning Messages	Flags and Morning Messages	Flags and Morning Messages	Flags and Morning Messages	Flags and Morning Messages	Checkout
9:35am-10:45am		Period A	Period A	Period A	Period A	Friday Excursions and Merit Badge Makeup	
11am-12:10pm		Period B	Period B	Period B	Period B		
12:15pm-1pm		Period C	Period C	Period C	Period C		
1:30pm-2:40pm	Check In	Lunch	Lunch	Lunch	Lunch	Lunch	Troop Time
3pm-4:30pm	Begins: Med Checks/ Swim Checks/	Period D	Period D	Period D	Period D		
4:30pm-5:50pm	Camp Setup	Troop Draft Picks	Troop Draft Picks	Troop Draft Picks	Troop Draft Picks		Mitigwa Carnival Cardboard Regatta
5:50pm		Troop Time	Troop Time	Family Night	Troop Time		
6pm-6:45pm		Flags and Evening Messages	Flags and Evening Messages	Flags and Evening Messages	Flags and Evening Messages	Flags and Evening Messages	
7:00pm		Dinner	Dinner	Dinner	Dinner	Dinner	Carnival Style
7:30pm		Merit Badge Midway and Open Areas	Merit Badge Midway and Open Areas	Area's Open 7:00—8:00	Merit Badge Midway and Open Areas		Troop Time
8:15pm	Camp Fire (Staff Skits)			Camp Fire			Camp Fire (Troop Skits)
9:00pm	1st year camper Cracker Barrel		Night Hawk Swim	and OA Call Out	Night Hawk Swim		Troop Time
10:30pm	Taps	Taps	Taps	Taps	Taps	Taps	



# Merit Badge Schedule

	<b>Period A</b> 8:10-9:20 am	<b>Period B</b> 9:35 –10:45 am	<b>Period C</b> 11 – 12:10 pm	<b>Period D</b> 1:30 – 2:40 pm
<b>Pool</b>	Lifesaving	Lifesaving	Swimming	Swimming
	<b>BSA Lifeguard</b> (Combined Periods A, B, and C)			Learn to Swim
<b>Waterfront</b>	Canoeing	Kayaking	Canoeing	Kayaking
		Rowing		Rowing
<b>Shooting Sports</b>	Archery	Archery	Archery	Archery
	Shotgun Shooting	Shotgun Shooting	Rifle Shooting	Rifle Shooting
<b>Trades Crafts</b>	Woodwork	Home Repairs	Farm Mechanics	Auto Mechanics
<b>STEM</b>	Photography	Photography	Robotics	Robotics
	Programming	Programming	Moviemaking	Moviemaking
<b>Scout Craft</b>	Cooking	Cooking	Cooking	Cooking
	First Aid	Emergency Preparedness	First Aid	Emergency Preparedness
	Orienteering	Geocaching	Pioneering	Geocaching
	Camping	Camping	Signs, Signals and Codes	Camping
	Wilderness Survival	Wilderness Survival	Communications	Communications
<b>Ecology</b>	Astronomy	Astronomy	Nature	Fishing
	Bird Study	Bird Study	Reptile & Amphibian Study	Reptile & Amphibian Study
	Environmental Science	Nature	Forestry	Environmental Science
<b>C.O.P.E.</b>	C.O.P.E (Combined Periods A & B)		Closed	Closed
<b>Climbing</b>	Closed		Climbing (Combined Periods C & D)	
<b>Eagle Academy</b>	Tenderfoot Rank	2nd Class Rank	1s Class Rank	Closed



# Merit Badges

## Shooting Sports



**Archery:** In this merit badge Scouts will learn archery safety rules, how to string a bow, how to make a bow string, and how to shoot a bow and arrow.



**Rifle Shooting:** In this merit badge Scouts will learn techniques on how to shoot a rifle with precision. Recommended for experienced Scouts.



**Shotgun Shooting:** In this merit badge Scouts will learn the mechanics and intricacies of shotgun.

**\*\*Shooting requirements can be difficult and require extensive time spent on the range. \*\***

Merit Badge or Activity	Difficulty level	Prerequisite	Pre-camp Prep
Archery	8		
Rifle Shooting	7	Must be 13 or older	
Shotgun Shooting	9	Must be 13 or older	



# COPE & Climbing



Climbing: The Scouts will learn how to belay, climb and repel down the climbing tower. Scouts must wear closed toed shoes (tennis shoe recommended) and active clothing.



COPE: C.O.P.E. stands for “Challenging Outdoor Personal Experience” and tests each Scout’s own self-determination, physical ability, and mental state of mind. This is an older Scout activity where you will learn leadership skills, and communication skills. The Scouts will spend half of their week on the low course and half attached to ropes 30ft in the air! It’s what the Scouts talk about for the rest of their lives. Earn the COPE camp segment! Bring a water bottle.

Merit Badge or Activity	Difficulty Level	Prerequisite	Pre-camp prep
COPE	7	Must be 13 or older	Closed toed shoes and active clothing.
Climbing	7	Must be 13 or older	Closed toed shoes and active clothing. Review Climbing knots





## Aquatics



Swimming: In this merit badge Scouts will learn basic rescue skills, swimming techniques along with competitive racing mastery. Scouts will swim in Maytag pool and learn lifelong swimming and proper diving techniques.



Lifesaving: In this merit badge Scouts will learn basic rescue skills along with more advanced rescue skills. Many skills taught in this merit badge lend nicely to a BSA lifeguard certification later. Recommended for strong swimmers. Swimming merit badge is strongly suggested before taking lifesaving.



Canoeing: In this merit badge Scouts will learn the j-stroke, power stroke, sculling among other canoeing skills which are important for embarking on float trips. Requires a certain amount of upper and core body strength.



Kayaking: In this merit badge Scouts will learn different strokes, capsizing, and kayaking techniques on Lake Fisher. Limited number of spots available.



Rowing: In this merit badge Scouts will learn how to row a boat on Lake Fisher. Limited number of spots available.





## Ecology



Astronomy: In this merit badge Scouts will learn about light pollution, constellations, moon phases, and the Milky Way. Scouts will also learn about star colors and careers associated with astronomy. Scouts will have class and night observations.



Bird Study: In this merit badge Scouts will learn how to use a bird field guide to identify birds, observe many different birds, learn about birds, and how to use binoculars. Scouts will also write a short story about the life of a mammal as part of the requirements.



Nature: In this merit badge Scouts will learn about many different animals and plants. Scouts will learn about the food chain as well as soil and rocks. Scouts will need to spend time outside of class observing, and recording the wildlife they see.



Environmental Science: In this merit badge Scouts will learn what it's like to be an environmental scientist. They will make observations and carry out experiments to investigate our natural world. This merit badge requires multiple essays on topics such as endangered species and environmental impacts.



Forestry: In this merit badge Scouts will explore the forest, including many different trees, plants, and animals that play a role in the forest's lifecycle. They will also discover the role humans play in sustaining the health of the forests. Scouts must create a field book.



Fishing: In this merit badge Scouts will learn to use and demonstrate different types of fishing equipment, tie knots, learn about lures, and the rules and regulations for fishing where you live.



Reptile and Amphibian Study: The Scouts will learn about snakes, turtles, lizards, alligators, and frogs. They will learn and understand the natural history of these critters as well as knowledge about venomous creatures and how to deal with bites in an emergency.

Merit Badge or Activity	Difficulty Level	Prerequisite	Pre-camp Prep
Astronomy	6	5(b), 6, 8	
Bird Study	6		
Nature			
Environmental Science	8		
Forestry			Scouts must create a field book. Bring a notebook and pencil.
Fishing	5		Review fishing knots (4)
Reptile and Amphibian Study	6	8 - Scouts must care for a reptile for 30 days to complete the merit badge (#8a or #8b).	Bring a signed paper from Scoutmaster verifying requirement 8.



## Scoutcraft



First Aid: Scouts will learn the skills to care for an injured person until medical staff arrive to help. They will learn about symptoms and how to prevent life threatening illness or injuries.



Camping: Scouts will learn the art of living outdoors as Lord Baden Powell encouraged it. They will make plans, create safety procedures, and plan meals.



Orienteering: Scouts will work with a compass, show and tell how it works, use and learn about maps, and plan a course to follow.



Pioneering: Scouts will gain knowledge of ropes, knots, splicing and the ability to build structures by lashing sticks and poles together.



Cooking: The Scouts will be introduced to principles of cooking that can be used indoors or outside. They will learn about food safety, nutritional guidelines, meal planning and methods of food preparation.



Wilderness Survival: Scouts will learn to bring clothing and gear they need, to make good plans and to manage any risks.



Emergency Preparedness: Scouts will learn about the discipline and planning required in an emergency situation. They will also learn skills for what to do in the event of a disaster.



Signs, Signals, and Codes: Learn the art of communication before the use of cell phones and other modern day electronic communication. Scouts will explore different forms of the way we have communicated through the years.





Geocaching: “geo” means earth, “cache” means a hiding place. Geocaching describes a hiding place on earth, that you can find with a GPS! Scouts will create a themed geo-hunt and teach a patrol how to use a GPS unit. They will get to explore all over Camp Mitigwa.



Communications: Having good communication is essential in our daily lives. Scouts will learn skills on how to effectively communicate with others.

Merit Badge or Activity	Difficulty Level	Prerequisite	Pre-camp Prep
First aid	5	Satisfy your counselor that you have current knowledge of all first-aid requirements for Tenderfoot, Second Class, and First Class ranks.	5 Prepare a home first aid kit and bring it to camp. Show contents to counselor. *eagle required*
Camping	5	8d, 9a, 9b are required to be completed before camp.	Bring your own backpack for requirement 5c
Orienteering	8		Review Orienteering skills. Plan to bring your own compass. Requirement 10 will be to be completed with their troop.
Pioneering	6	Complete Tenderfoot, 2 <sup>nd</sup> & 1 <sup>st</sup> Class rope requirements	
Cooking	7	This merit badge is not completed at camp: 4, 6d, 6e, 6f must be completed outside camp.	
Wilderness Survival	6	5	
Emergency Preparedness	7	First Aid MB, 2(c) & 9(b)	*eagle required* 7b must be completed before camp
Geocaching	5	7,9	Review Orienteering skills
Signs Signals and Codes	4		
Communications	4	5—Attend a public meeting.	Bring paper and pencil for this class.



## STEM & Techcraft



Photography: Scouts will learn different vocabulary associated with photography, learn about perspectives, how to edit photos, and talk about careers associated with photography. Scouts will have the opportunity to explore all the beauty that Mitigwa has to offer.



Moviemaking: Scouts will learn the fundamentals of producing motion pictures, including use of light, accurate focus, arrangement, and appropriate camera movement to tell stories.



Robotics: Scouts will learn how robots move, sense the environment, and understand how they are utilized in modern times. They will learn how to design, build, and program a robot.



Programming: Scouts will learn the history, intellectual property, and careers associated with programming. They will also choose a project to design and run.

Merit Badge or Activity	Difficulty level	Prerequisite	Pre-camp Prep
Photography	5	1b	Obtain a camera (cell phones may be used with permission from unit leader and if the Scout has a way to download their content onto camp computers.).  Complete Cyber Chip requirement or obtain up to date Cyber Chip
Moviemaking	7		
Robotics	8		
Programming	8		

# Tradescraft



Automotive Maintenance : Scouts will work on what it takes to keep a automobile up and running effectively.



Woodwork: Scouts will learn about how wood is grown and harvested, how to use and care for woodworking tools and will complete 2 wood projects.



Home Repair: Scouts will learn about different skills needed to maintain and repair a home.



Farm Mechanics: Maintaining equipment is essential. This merit badge will teach safety aspects of farm mechanics from hand tools to powered machines.

Merit Badge or Activity	Difficulty Level	Pre requisite	Pre camp prep
Automotive Maintenance	6		
Woodwork	4		
Home Repairs	5		
Farm Mechanics	6	3b	Bring a picture of the storage system you organized.



# Eagle Academy

Camp Mitigwa realizes the importance of providing a quality first-time experience to its youngest campers, knowing that if they enjoy themselves during their first year of camp, they are far more likely to return in subsequent years. Camp Mitigwa staff members understand that teaching new Scouts the basic skills of Scouting will help them advance faster and will build camping confidence with their Troop at home.

The goals of Eagle Academy are:

- To provide a program based upon the Patrol Method, led by qualified instructors.
- To teach participants the basic skills necessary to enjoy outdoor programs and to succeed in Scouting.
- To instill in Scouts a respect for Scouting's methods and ideals.
- To provide an exciting and memorable summer camp experience that motivates Scouts to be active in their troops and to continue in Scouting.



Your Scouts will actively learn to use the Patrol Method while they work on Tenderfoot, Second Class, and First Class ranks, as well as learning skills for the Totin' Chip and Firem'n Chit. Participants will be cooking some of their own meals to satisfy rank requirements. Scouts will be given a Scorecard to track their progress through out each session. The Scouts will get a stamp for each requirement that was completed in camp during the day. It is up to each Unit Leader to verify the Scout has grasped the skill enough to have that requirement signed off.

**Period A**—Tenderfoot Instruction.

**Period B**—2nd Class Instruction

**Period C**—1st Class Instruction

Scouts may sign up for all three periods or may just sign up for the periods they would like to work toward. For example, if a Scout is already Second Class, they only have to sign up for Period C to cover the requirements for 1st Class. Or, if all a Scout wants to work on is 2nd Class Requirements they may sign up for Period B.

**Each Unit MUST provide 1 leader to support the Eagle Academy.**

IOLS Training will be provided for those adults who help out with all three sessions and at-

# Aquatic High Adventure Trek (Older Scout Program)

This year we will be holding an off site Aquatic High Adventure Trek. Scouts will leave right away in the morning and will return in time for Lunch. Scouts will be able to sign up for a Period D merit badge.

Scouts will travel with the staff to Saylorville Lake where they will spend the morning out on the lake learning to water ski, wake board, and tube. Scouts will also learn how to effectively drive a boat while earning Motorboating Merit Badge.

**Motorboating Merit Badge** - All requirements will be covered for this merit badge.

**Watersports Merit Badge** - All requirements will be covered for this merit badge. There is an element of skill as a Scout will need to demonstrate "reasonable control" while on two or one ski or a wakeboard.

## Requirements to attend:

- Minimum of 14 years of age, with 2 or more years of long term summer camp experience
- Must have successfully complete the BSA swimmer test and be classified as a swimmer
- Must be approved on your BSA Medical Part C for participation in a high adventure activity.
- Limited to the first 10 Scouts to sign up and pay fees .

## Equipment Needed by each Scout

- Extra Towels for the lake. (Shammi Type Towel Recommended)
- Sunscreen
- Sunglasses
- Sun Hat
- Personal Floatation Device "PFD" will be provided. If a Scout brings their own, the PFD will need to be inspected by staff.
- Closed toed water shoes



**Cost:** There will be a \$65.00 extra cost above the weekly camp fee to cover fuel and transportation expenses for this high adventure.



# Merit Badge/Program Suggestions

1st Year Camper	2nd Year Camper	3rd Year Camper and Beyond
<p><b>Eagle Academy</b></p> <p><b>Period D</b></p> <p>Archery</p> <p>Swimming*</p> <p>Fishing</p> <p>Geocaching</p> <p>Communications*</p>	<p>First Aid*</p> <p>Camping*</p> <p>Cooking*</p> <p>Swimming*</p> <p>Nature</p> <p>Reptile/Amphibian Study</p> <p>Forestry</p> <p>Fishing</p> <p>Archery</p> <p>Moviemaking</p> <p>Astronomy</p> <p>Bird Study</p> <p>Orienteering</p> <p>Geocaching</p> <p>Canoeing</p> <p>Communications*</p> <p>Rifle</p>	<p><b>Aquatics High Adventure Trek</b></p> <p>Environmental Science*</p> <p>Emergency Preparedness*</p> <p>Lifesaving*</p> <p>Shotgun</p> <p>Climbing</p> <p>COPE</p> <p>Photography</p> <p>Farm Mechanics</p> <p>Composite Material</p> <p>Auto Mechanics</p> <p>Programming</p> <p>Robotics</p> <p>Kayaking</p> <p>Rowing</p> <p>Home Repair</p>

\*Eagle Required Merit Badge

## Course Completion Records

All merit badge work completed at camp will be documented and reported in the online registration system, and a final report will be sent home with the unit leader on Saturday. The unit can access completion information online at any time by logging in and viewing Reports for their summer camp registration.

Those Scouts who have not completed all necessary requirements will be given "partial" merit badge completion status and those requirements completed at camp will be recorded. Remaining requirements must then be completed outside of camp. There is no "statute of limitations" on completing work, but Scouts should be encouraged to finish remaining requirements while the information is fresh in their minds.

# Friday Excursions

Offered on Friday during Friday Excursions time, this is a Scout's opportunity to end their week at Camp Mitigwa with an additional exciting activity. Sign up for the excursions will take place when you arrive to camp. Scouts can participate in the following during this time in the program:



Scuba Diving: This excursion will occur at camp with expert diving instructors teaching you the basics of scuba diving. Each participant will learn to use a diving mask, fins, scuba regulator, buoyancy compensator device (BCD), scuba tank, and weights. The skills you learn will be applied to a confined water dive in our camp pool with this scuba gear.

Friday Excursion Cost: approximately \$40 (Final Cost TBD)



Horsemanship: This excursion includes onsite merit badge instruction and an offsite guided trail ride with approximately 1 hour of "Saddle Time."

Friday Excursion Cost: approximately \$50 (included riding fee, lunch, and transportation)



Gardening:

This excursion includes an offsite visit to the Iowa Arboretum. Enjoy a day exploring the beautiful Prairie Trails and Woodland Trails.

Friday Excursion Cost: \$15 (included admission, lunch, and transportation)



Living History Farms: Spend a day on a group tour of an interactive outdoor museum which educates, entertains, and connects people of all ages to Midwestern rural life experiences. A minimum of 12 must register.

Friday Excursion Cost: \$15 Youth/\$20 Adults (included admission, lunch, and transportation)



Bike Ride to Madrid: Beginning early on Friday morning, Staff and several eager Scouts will ride their bikes from Camp Mitigwa via Woodward to Madrid along the scenic High Trestle Trail, eat breakfast before returning to camp. An activity patch will be available in the Trading Post. Bring personal bikes and helmets. Round trip is about 20 miles.

Friday Excursion Cost: \$10



River Canoe Trip: This trip will take Scouts a portion of the Des Moines River. Scouts will be transported to a portion the river depending on river conditions. The trip will return to camp in time for lunch.

# Evening & Special Programs



## 1st Year Camper Gathering

To help our 1st year campers that have just crossed over into Scouting and this is their first long term camping experience, we will hold a special cracker barrel just for them and the Senior Patrol Leader. On Sunday night after the welcoming campfire, we will gather in the Dining Hall to enjoy root beer floats as well as get to know the Staff.

## Night Climb

Join members of the COPE & Climbing staff for an evening of climbing under the stars. Intended for Scouts of all ages. Scouts in Climbing merit badge will also have to opportunity to complete some merit badge requirements during this time.

## Merit Badge Midway

Merit Badge Midway is a Scout's opportunity to earn more merit badges at Camp Mitigwa. On Monday, Tuesday, and Thursday evenings, Scouts can earn Woodcarving, Basketry, Leatherworking, Art, Fingerprinting, Indian Lore, Music, and Chess merit badges. Handicraft kits are purchased at the Trading Post.

## Ashes Ceremony

The Ashes Ceremony is a special ritual performed at Camp Mitigwa. Individuals who would like to add their campfire ashes to the opening camp fire are encouraged to bring their ashes! Those who would like to take ashes from the campfire for themselves are asked to wait until the following day to gather those ashes.



## Camp Wide Games

The camp staff will host camp-wide games on Friday afternoon. Scouts may participate in a number of the games. Adults are encouraged to participate as well. Games of various skills and participation will be available. Specific games and areas of games will be announced during camp.



## Religious Programs

Scouts will be able to participate in a Scout's Own Service program specifically designed for young Scouts. These services will be non-denominational in nature and will attempt to be inclusive of all faiths represented in camp. If you have specific faith needs, please make them known to our Camp Director and we will attempt to facilitate them to the best of our ability.

## Other Evening Programs

Many of the areas at camp will have other special evening programs. These include black powder rifle shooting, frog calling, tomahawk throwing, and others that are held on specific nights. These will be noted on the camp schedule distributed upon your arrival and discussed at leader's and senior patrol leader's meetings.

There are many other opportunities for units to put on their own programs as well. These include gaga ball, human foosball, soccer, chess, Frisbee, and other games.

Scouts may also earn Totin' Chip and Firem'n Chit in the Scoutcraft area.

If your unit would like to request a particular program, you may ask the Program Director. We will make arrangements if we can, but cannot make any guarantees.



## Stand Up Paddleboarding

Camp Mitigwa offers a chance for Scouts to experience Stand Up Paddleboarding on Lake Fisher. Scouts test their skills of balance and agility. Scouts must meet Swimmer classifications. Scouts may also complete requirements for the Stand Up Paddleboarding activity patch.



## Polar Bear Swim

Polar Bear Swim is an opportunity to jump in the pool on a brisk early morning while at camp. This will be offered multiple times throughout the week.

## Night Hawk Swim

Night Hawk Swim is an opportunity to swim late into the evening under the stars. Scouts typically organize fun water polo games and other fun activities.

## Mile Swim

All campers that have passed the Swimmer classification test are encouraged to participate in the Mile Swim. Each participant must attend practice times for Mile Swim (i.e. Polar Bear Swim, Night Hawk Swim, or other open swim times). The final swim will take place on Friday.

## Star Gazing

All Scouts are able to take an opportunity to ponder the evening sky like ancient philosophers with an opportunity to gaze at the stars. Scouts participating in astronomy merit badge are required to attend this activity.

# Troop Draft Picks

Each afternoon Troops will have a structured time designated for Troop interaction. Areas will be open with special activities for units to participate in. At the leaders meeting on Sunday evening the Senior Patrol Leader and Scoutmaster will participate in a draft style pick of activities for the week. Each unit will be given a planning worksheet upon their arrival to camp that will aid them in their selections.



## Some of the activities available at camp are as follows:

- ◆ Duel Ziplines
- ◆ Open Lakefront with Inflatables
- ◆ Open Rifle Range
- ◆ Open Archery Range
- ◆ Drones
- ◆ Gaga Ball
- ◆ Open Swim
- ◆ Open Climbing
- ◆ And others to be determined



# BSA Lifeguard

This program is to recognize Scouts BSA members and Venturers age 15 and older, and adult volunteers who have successfully completed the BSA Lifeguard course and demonstrated the ability to perform each of the skills taught in the course.

## Prerequisites

1. Submit proof of age. You must be at least 15 years old to participate.
2. Submit written evidence of fitness for swimming activities (signed health history).
3. Swim continuously for 550 yards in good form using the front crawl or breaststroke or a combination of either, but swimming on the back or side is not allowed.
4. Immediately following the above swim, tread water for two minutes with the legs only and the hands under the armpits.
5. Starting in the water, swim 20 yards using a front crawl or breaststroke, surface dive 7 to 10 feet, retrieve a 10-pound object, surface, swim on your back with the object 20 yards back to the starting point with both hands holding the object, and exit the water, all within 1 minute, 40 seconds.
6. Show evidence of current training in American Red Cross First Aid and American Red Cross CPR/AED for the Professional Rescuer or equivalent.
7. Show evidence of current training in the BSA online module for Safe Swim Defense.
8. Scouts must have completed Swimming and Lifesaving Merit Badges.

Participant will need to lifeguard for at least two different activities throughout the week.

***Below is a link to the online version of the BSA Lifeguard Manual. Participant must read through this manual before beginning class.***

[https://filestore.scouting.org/filestore/pdf/BSA\\_Lifeguard\\_Instructor\\_Manual-2017.pdf](https://filestore.scouting.org/filestore/pdf/BSA_Lifeguard_Instructor_Manual-2017.pdf)

**Course completion cards are valid only when signed by either a current BSA Aquatics Instructor or BSA Lifeguard Instructor approved by the local council. Training is valid for two years, provided First Aid and CPR/AED for the Professional Rescuer training are kept current during that period.**



# Camp Mitigwa Cardboard Regatta



The challenge is for your troop/patrol to build a cardboard boat at your campsite during the week. You will use nothing but cardboard and duct tape!! This event will be the finale of the week-long Olympic Competition this summer at Camp Mitigwa. It will provide a great opportunity for Scouts to hone their creative problem solving and teamwork skills while having lots of fun in the process. Participants will strive to meet the challenge - using team building - to design and build a human-powered boat made of corrugated cardboard which is capable of carrying two Scouts while completing three trips around a course that is approximately 200 yards long. During

this event, we follow and enforce all of the policies, rules, and regulations of the Boy Scouts of America and the Mid-Iowa Council.

## Guidelines

- Patrols will consist of 4 or more members. Only two in the boat at a time.
- Boats must be assembled and built in the campsite during the week.
- All paddlers in the boat MUST be a Blue swimmer by the time of the event. Non Blue swimmers will still be able to assist the patrol with construction, etc., but will not be allowed in the water.
- All Scouts must wear a PFD while they are in the boat and wear proper footwear.
- Two Scouts must be in the boat while racing the course. Ideally, boats (and Scouts) will be able to cover 200 yards in total.
- Races will be held in Lake Fisher. Please show respect to our lake. Any piece(s) of your boat that are left in the lake must be removed by your patrol.
- All boats must have a name. You cannot change the name once you register Friday morning.
- No sabotage or sinking of another group's boat.

## Supplies

Troops will supply ALL materials to build their boats. Some cardboard may be available from the Dining Hall but supply will be limited and on a first come first serve basis. Duct tape will be available for purchase at the Trading Post

## Prize Categories:

- **Race Overall Winners** 1st, 2nd, 3rd. Winners will be based on the fastest completed time. These will be the points that count towards the Olympic Results
- **Less than First Class** Winners 1st, 2nd, 3rd This category is for young Scouts. They must be New, Scout Badge, Tenderfoot, or Second Class on the day of the race.
- **Titanic Award** (one award only) This category is for the most stupendous, most dramatic, most wonderful, most awe-inspiring, most glorious sinking event.
- **Pride of the Regatta** (one award only) This category is for the most spectacular – prettiest – coolest – over-the-top best-looking boat. Themes are encouraged – Batman, Superman, etc. Costumes can be part of the overall theme.





## Construction Rules

- The boat must be constructed completely of cardboard. Any thickness up to ½" is acceptable. Cardboard rolls or tubes are permitted. Noncorrugated (solid) cardboard is PROHIBITED, it must be corrugated. Pre-treated cardboard, waxed or 'treated' cardboard is PROHIBITED
- No part of the boat may be built before the start of camp. Entire construction must be done in the campsite.
- Decorations are encouraged - as long as they don't affect structural strength or buoyancy. Hulls may be painted. Only latex paint. Oil-based paint, sealers, and epoxies are prohibited. GreatStuff and similar foam products are prohibited.
- Wood and/or metal truss plates, stiffeners, joint plates, etc. may not be used. Wood, plastic or fiberglass may not be used at all.
- NO caulking compounds or two-part/mixed adhesives.
- Adhesive tapes, including duct tape, is restricted to the area within three inches (3") of a seam between two pieces of cardboard. Plastic, plastic-coated, foil, foil-coated, fiberglass-reinforced and virtually all forms of tape are acceptable as long as they abide by the 3-inch rule. Multiple layers of tape are acceptable, but cannot exceed the 3" rule.
- Coating the boat in materials such as aluminum foil, plastic sheeting, etc. is Prohibited.
- Paddles will be available at the Lakefront for you to use. You will be judged accordingly if you build and use your own camp made paddles.
- The crew compartment CANNOT be enclosed so as to interfere with escape.
- Adults may not touch a boat for the purpose of construction. Adults may lend advice and direction, but Scouts are the sole constructors! Adults may, of course, touch the boats for other purposes such as transport or admiration.



# Camp Patches

All campers staying the entire week of camp will receive a complimentary camp patch. Patches will be packaged on Friday afternoon in preparation for Saturday check out. The camp administration will use your registration numbers for the number of patches you are to receive.

# Camp Awards



## Honor Camper

The Honor Camper program recognizes those Scouts and Scouters that fully participate in the community camp life. Each unit will be able to nominate **ONE** Scout for this high honor. This is different from the past years as Scouts are required to meet given requirements (see appendix for tracking sheet) in order to be considered for this high award. Only Scouts that have taken the initiative to complete the requirements can be submitted for the honor camper. If multiple Scouts in the unit complete this sheet, the final recipient will be selected by Troop Leadership.

## Scoutmaster Merit Badge

Leaders attend camp to have fun and learn something too. Here's your chance to earn your own merit badge. Adult leaders are encouraged to participate in the camp programs by attending trainings, assisting in merit badges, or simply have fun. Progress towards earning this award may be tracked on the sheet provided in the appendix. Patches may be purchased in the Trading Post once earned.



## **Baden Powell Award**

The Baden Powell Award recognizes those units that participate in a camp service project. Projects include conservation activities and flag retirements to name a couple. Units may sign up with the Assistant Camp Commissioner for a Baden Powell project. Units completing projects will be recognized at campfire, will receive a nicely designed certificate, and are eligible to purchase Baden Powell Award patch segments in the Trading Post. A sample application form is in the appendix.

## **Clean Sweep Award**

The Clean Sweep Award is a recognition of units that take seriously that a Scout is clean, especially in camp. The Camp Commissioner will check campsites everyday to ensure that campsites are clean and orderly. A sample evaluation form is in the appendix of this guide.

## **Honor Troop Award**

The Honor Troop Award is a recognition of units that take seriously their participation at camp. Each Troop will need to complete the required activities on the form as well as ten optional items on the form. A sample form is in the appendix of this guide. The form must be turned into the office by the Senior Patrol Leader no later than noon on Friday.

## **Camp Director's Award of Merit**

The Camp Director's Award of Merit is a unique award only presented by the Camp Director to individuals (Scouts, Scouters, staff, or volunteers) for extreme actions of selfless service. You may nominate individuals to receive the award in writing and submitting it to the Camp Director. Nominations must be received no later than 12:00 PM on Friday.





# Family Night

On Wednesday night, families and friends are encouraged to visit their Scouts at camp! We ask that visitors check in at the camp office when they arrive. Check in begins at 4pm and ends at 6pm. Camp staff will be coordinating parking in the main camp lot. Leaders will move cars to another designated area during Family Night festivities prior to check in. A limited number of camp vehicles will be made available for those visitors requiring assistance getting around camp. Units are encouraged to arrange meals on



their own via potluck or cooking for their visitors. For those unable to make those arrangements, camp offers meals in the dining hall for visitors at \$7.00 per person. There is no charge for campers (youth or adult). Tickets for visitors may be purchased at the Trading Post. Units needing meals in the dining hall this evening will need to sign up in the camp office.

Units are also encouraged to provide programming for visitors to camp. This is a time for a Scout to escort their visitors around camp. Areas will be open early evening in an open house format to allow Scouts to show off to their families what they have been busy doing during the week.

A brief, staff led campfire, will bring families and Scouts together at the amphitheater with breathtaking views of the hills above the river.

The campfire will last approximately 30 minutes. Units will line up by the Maytag Pool and families will proceed to the amphitheater. Family Night will conclude with the breathtaking Mitigwa Lodge Call Out Ceremony (see Order of the Arrow section). Family night will end at approximately 10:30 pm so please plan accordingly.



# Order of the Arrow

The Order of the Arrow is Scouting's National Honor Society and the Mitigwa Lodge's Call Out Ceremony is one of the highlights of the Camp Mitigwa experience. The call out of newly-elected candidates will take place on Wednesday evening. Units must have completed their unit elections prior to the Mitigwa Lodge Spring Conclave. Newly-elected candidates that have been at summer camp all week have the option to complete the Ordeal Thursday night at Summer Camp or to return at Fall Fellowship or Spring Conclave to become members of the Order of the Arrow. Scouts not attending summer camp all week may participate in call out, but may not go through the induction ceremony.



The Ordeal candidates will participate in the Pre-Ordeal Ceremony, then sleep out under the stars (Thursday Night); the next day will be a day of cheerful service (Friday), ending in the Ordeal Ceremony. Troops from other councils need written permission from their Lodge to be called out at Mitigwa. Their elections must be held in their own Council prior to arrival at camp, and a copy of the letter of approval should be presented at check-in. All Out of Council candidates must complete their Ordeal within their own Lodge. The Ordeal fee\* is \$65 for those who complete the process. Troops are encouraged to pay all Summer Camp Ordeal fees with a single check. This is separate from your Summer Camp registration, and must be paid prior to departure from camp. Candidates choosing to complete the Ordeal at a later date do not need to pay at Summer Camp.

\*Does Not Apply to Out of Council Troops. Ordeal must be completed within their own Lodge. Visit [www.mitigwa-lodge.org](http://www.mitigwa-lodge.org) to learn more about the Order of the Arrow and the Ordeal process.



# Registration and Fees

## Session Dates:

**Week #1**     **June 14 – June 20**

**Week #2**     **June 21 – June 27**

**Week #3**     **June 28 – July 4**

**Week #4**     **July 5– July 11**

**Week #5**     **July 12 – July 18**



## Program Costs:

Through April 15, 2020

After April 15, 2020

Scout-

\$285

\$310

Adult-

\$135

\$135

## Registering for Camp:

Units may register for a campsite using [campiowa.org](http://campiowa.org). A \$100 deposit is due at the time of reservation. Leaders may upload their unit roster at a later date with the names of youth and adults that will be attending camp. By March 1, all campers must be named and any spots that were estimated but not named should be removed. There will be a \$150 minimum payment for each youth that is named.

Fees must be paid in full by April 15 to get the early rate. All accounts not paid after April 15 will be charged at the regular rate. Merit badge class registration opens March 2. Units may only register for merit badges after \$150 minimum payment per youth is made. This deters units from signing up Scouts who will not make it to camp and filling merit badge slots that may be better used to serve other units.

The All-Star Troop is a chance for Scouts to go to camp that might not be able to attend with their unit. Parents and troop leaders may register their individual Scouts for an All-Star Troop through [campiowa.org](http://campiowa.org). Payment schedules apply regardless of camping as a traditional unit or with the All-Star Troop.

## Camp Refund Policy:

The campsite reservation deposit is non-refundable. It will be used to help pay total unit fees. From April 1 through May 31 there will be a \$100 fee for any Scout or adult that is cancelled, though transfers are allowed. **After June 1 there are no refunds allowed** except per the regular council refund policy.

# Before Leaving Home

**Adult Leadership Training:** Camp Mitigwa requires adult supervision for the Scouts attending camp. All adults staying overnight with a unit are required to have youth protection training before arriving at camp, no exceptions! Any adult staying 72 hours or more needs to be a registered leader with the Boy Scouts of America. The ratio for youth to adult participation is 10 youth to 1 adult. There is a minimum of 2 required adults for youth protection policies. We also recommend that adult leaders are trained for their specific position as well as Safe Swim Defense, Safety Afloat, and Hazardous Weather.



**Health Forms:** A BSA Annual Health and Medical Record with parts A, B, and C is required for anyone staying more than 72 hours. For those staying less than 72 hours, parts A and B must be completed and on file. A copy of the BSA Annual Health and Medical Record may be found in the appendix or online. Health forms may NOT be emailed. Should a person need to send their health form to camp they may use the camp fax number: 515-438-4277 (Active after June 10).

**Pre-Camp Swim Tests:** Units may complete swim classification exams before coming to camp through a certified lifeguard. Units may submit the unit swim classification signed by person that administered the test as well as a photo copy of the lifeguard certification. **With out a copy of the certification, the Scouts and Scouters will be required to retake the testing at Camp.** Buddy tags will only be issued to those with a valid BSA Annual Health and Medical Record form. The Swimming Classification form is found in the appendix of this guide.



# Health and Safety

**Storm Shelters:** New storm shelters are being added as part of our continuous camp improvements for the safety and wellbeing of our campers. Procedures and locations will be reviewed at our first Leader's Roundtable.

**Buddy System:** All Scouting activities are to use the Buddy System as outlined in the Scout Handbook. Please make arrangements for all of your Scouts to have buddies with them during their camp activities.

**Conservation:** Camp Mitigwa follows Leave No Trace principles. It is important to review these principles with your troop prior to arriving at camp. Please make sure to dispose of unit garbage in the appropriate places as designated by the camp ranger.

**Stranger Danger:** All campers are required to wear wrist bands to identify them as campers. Staff will wear name tags to identify themselves. Visitors are required to check in at the camp office. They will be given a wristband by the office manager to help identify them. Anyone not wearing a wrist band or a staff name tag should be escorted to the office to register. Anyone encountering someone without a wristband should notify a staff member.

**Dietary Requests and Allergies:** Dietary requests can be made via [campiowa.org](http://campiowa.org) registration. We will attempt to meet any requests. You may also bring your own food and make arrangements with the Camp Operations Manager. Those with food allergies must make sure to alert the camp staff to those via [campiowa.org](http://campiowa.org) registration. Arrangements for food allergies will be accommodated. Please make sure to alert the camp medical team about food allergies as well upon your arrival. Out of consideration for those with peanut allergies, Mitigwa will be serving Sun Butter as an alternative. Personal peanut butters are not allowed in the Blank Dining Hall, but may be kept in your campsite.

**Fire Safety:** All units will be required to fill out a Unit Fire Guard Sheet. A sample is included in the appendix of this guide. This sheet appoints a fire warden to maintain fire safety in your campsite. Please make sure that all Scouts utilizing fire have been Firem'n Chit trained. Camp staff will let units know if there should be extra precautions taken or if there is a fire ban. Please make staff aware of any wild fires. Do NOT use liquids to start fires. Gas lanterns may be used under adult supervision. All liquid fuels must be locked in proper storage according to National Camp Accreditation Practices (NCAP). NCAP prohibits the use of flames in tents at any time. Never leave a fire unattended. Always put out fires with water before leaving the area or going to bed. Fires are only allowed in designated fire rings.



**Hazing and Bullying:** The Boy Scouts of America has a zero tolerance for hazing or bullying. Should you be concerned about hazing or bullying at camp, please alert a staff member immediately.

**Medication at Camp:** Unit leaders are responsible for the administering of medications for their Scouts at camp. Medications should be listed on the Annual Health and Medical form. All medications for Scouts, including over the counter, must be secured in a lock box. Troops may also use their locking trailers as long as access is restricted to adults. Camp will provide your unit with a lock box if you need one. Scouts needing to carry inhalers, EpiPens, or other medications for immediate emergencies should do so, but practice administration securely. Medications requiring refrigeration may be stored in the Camp Health Lodge facility. Please make sure that all medications are in their original containers.

**CPAP Machines:** A limited number of batteries will be available for usage of CPAP machines. Those requiring CPAP machines are encouraged to bring their own batteries and chargers. Batteries may be charged at facilities around camp, including the Scoutmaster's Lounge and Trading Post.

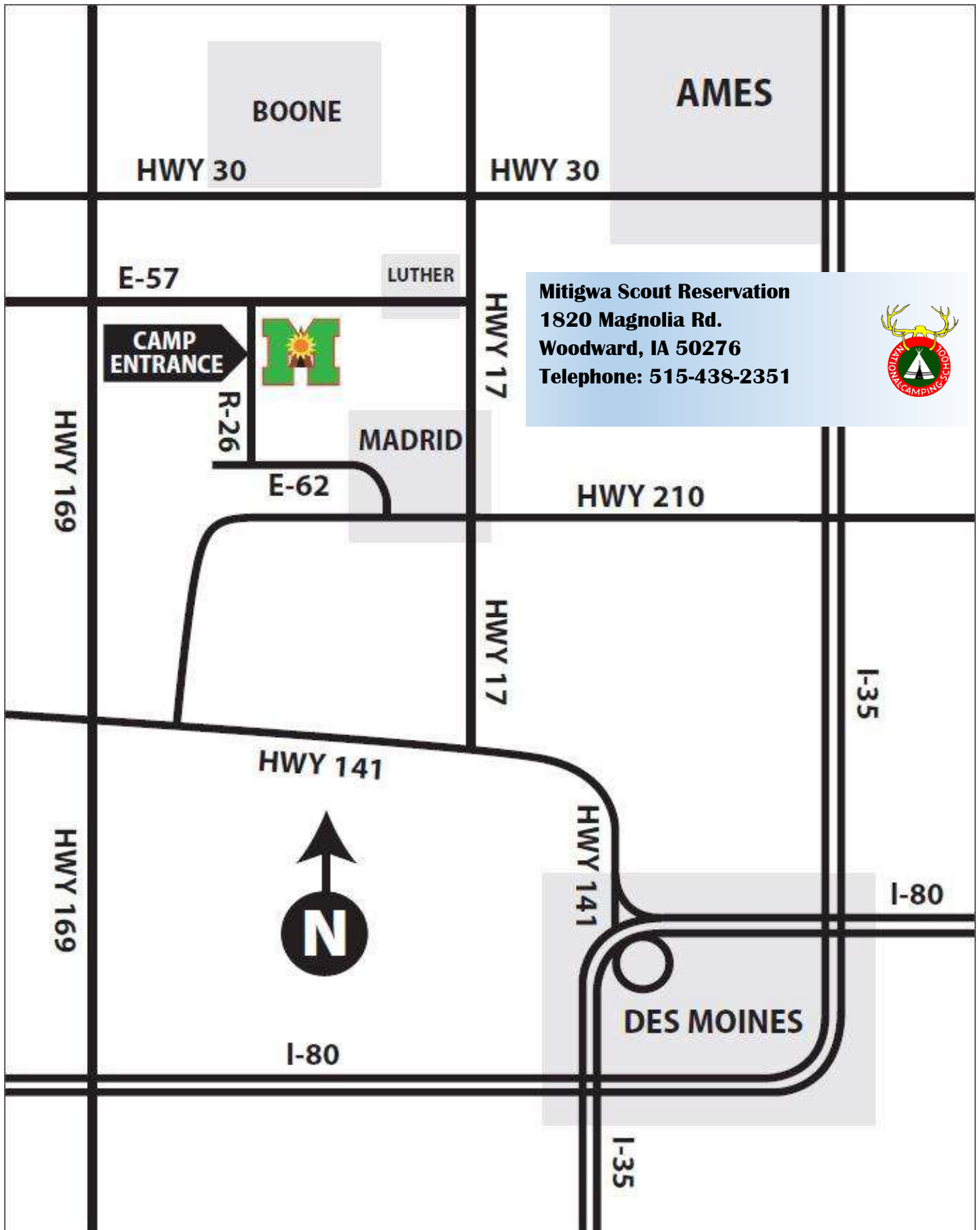
**Camper Insurance:** Primary accident and sickness insurance is the responsibility of the parent/guardian or adult Scouter. Secondary insurance is provided to all registered members of Mid-Iowa Council.

**Weather Related:** The Mitigwa Scout Reservation takes extreme precaution during weather emergencies, including, but not limited to, severe thunderstorms, high winds, and hail. Emergency Procedures will be distributed and discussed during the first day you are at camp. Please note that no campers are allowed to leave during an emergency. All leaders may sign up for Weather Call services, a special program that alerts participants when inclement weather is within a ten mile radius of camp. Please sign up with the Camp Commissioner during Sunday roundtable.

**Missing Scout:** Cases of missing Scouts can be alleviated by use of the Buddy System as outlined in the Scout Handbook. It is the responsibility of the unit leadership to know where their Scouts are at all times. Missing Scouts or Scouters should be reported to the camp office. After an initial search, emergency mobilization plans will be implemented to search for the missing person. Procedures for this will be distributed and discussed upon your arrival at camp.

**Guide to Safe Scouting:** The Mitigwa Scout Reservation adheres and enforces all policies as outlined in the Guide to Safe Scouting. Please review the policies in this guide book for further details as related to Summer Resident Camp programs.

# Getting to Camp



# What to Bring

## Scout Packing List

- |                        |                          |
|------------------------|--------------------------|
| _____ Scout Uniform    | _____ Sleeping Gear      |
| _____ Swimsuit         | _____ Closed Toe Shoes   |
| _____ Pants/Shorts     | _____ Camp Chair         |
| _____ Activity Uniform | _____ Flashlight         |
| _____ Underwear        | _____ Backpack           |
| _____ Socks            | _____ Scout Handbook     |
| _____ Towel            | _____ Spending Money     |
| _____ Toiletries       | _____ Ten Essentials     |
| _____ Water Bottle     | _____ Pen and Paper      |
| _____ Rain Gear        | _____ Bicycle and Helmet |

# What to Leave at Home

Camp Mitigwa is not responsible for broken, lost, or stolen items. Valuables should not be brought to camp, including, but not limited to the following items:

- Personal firearms and ammunition
- Fireworks of any kind
- Alcohol and illegal drugs
- Aerosol spray
- Electronics in general
- Pets (Service Animals must have written documentation and permission by the Health Officer)

# Merit Badge Prerequisites

Some Merit Badges require work to be done outside of camp. To ensure completion of these Merit Badges, leaders should ensure that Scouts complete these requirements prior to camp where possible. A list of requirements that cannot be completed at camp are listed under the description in the Merit Badge section. For instance, many Aquatics merit badges require CPR training and demonstration.

A CPR challenge will be available for Scouts to demonstrate CPR proficiency. Scoutmasters are responsible for this requirement being met. The CPR challenge is NOT CPR certification.

# Suggested Unit Equipment

_____ American and Troop Flags	_____ Equipment for axe yard
_____ First Aid Kit	_____ Tarps and rope
_____ Lantern	_____ Advancement forms and records
_____ Tents (if not using camp tents)	_____ Trash bags

Unit Leader Checklist	
_____	Register and pay for Camp
_____	Review Leader's Guide with unit/parents/Scouts
_____	Register for merit badges and report tent usage
_____	Collect and bring all Health Forms with sections A, B, and C completed
_____	Check Scouts complete all merit badge prerequisites
_____	Preorder camp shirts
_____	All adults staying overnight have completed Youth Protection Training. Bring documentation
_____	Transportation to camp arrange
_____	Scouts and adults have packed personal equipment
_____	Review troop equipment packed by troop quartermaster
_____	Register for Summer Camp 2021 at camp!

\*National Camping Standards require a strict No Pets Policy (Service Animals must have written documentation and permission by the health officer). Please review this with parents and visitors coming to Camp Mitigwa!



# Checking In

Check in on Sundays begins at 1:30pm. Please allow our camp staff time to eat lunch and prepare for you by not arriving before this time. Check in begins at the Reservation Headquarters Deere Conference Center. One leader will need to check in the unit. This leader will need all Medical Forms inside a Clear View 3 Ring Binder. All medical forms must be in alphabetical order separated by youth and adults. All others will go to campsite with their Campsite Host.

If you are bringing a unit trailer, make sure to pack all personal gear in the trailer. A flatbed trailer will be available to haul gear not in a trailer on a very limited basis. Personal vehicles must remain in the parking lot.

Once you have reached your campsite, your campsite guide will help you through the remainder of the process. You will then go to the pool to complete your swim checks if you have not completed them and included a lifeguard certification.

Campsite Guides will take units on a tour of camp. Please alert your campsite guide if this is your first time to the Mitigwa Scout Reservation. All troops are required to visit the dining hall for table assignments and briefing.

Units wishing to have unit pictures taken will have an opportunity to visit with our camp photographer, Pat Bonz. Please make sure to have your order forms completed before arriving. A copy of these forms can be found on the council website or in the appendix of this guide.

Units will participate in the evening Flag Ceremony and meal on Sunday evening. A Leader's Meeting will be held after these activities to help orient all leaders to camp and prepare for a fun week.

Summer Resident Camp is a uniformed event. Scouts and Scouters must conform to uniform policy as outlined by the Boy Scouts of America. Campers are required to wear Scout uniform to all evening flag ceremonies and to all campfires. Please make preparations prior to arrival at camp.

# Getting Around Camp

**Vehicles and Parking:** ALL vehicles must remain in the parking lot and will NOT be allowed on service roads without explicit permission. The speed limit for cars in camp is 5 mph. The camp utilizes many other service vehicles that are operated by certified drivers. NO personal vehicles are allowed at camp without the explicit permission of the Reservation Director prior to your attendance at camp.

**Bicycles:** Bicycles are allowed at Camp Mitigwa. Helmets are required by all who ride on a bike. Bikes are to be ridden on approved roads. Lakefront road and trails are off-limits to bikes. No bikes are allowed at Camp Akela on Frankel Ridge. Bikes in common camp areas should be parked in labeled bike parking. Please be cautious when passing pedestrians. No riding bikes across Jackson Bridge. The speed limit for bikes in camp is 5mph. Please make sure to follow the buddy system when on your bike.

# Leader's Roundtable

The first Leader and Senior Patrol Leader meeting will take place at 6:45 pm on Sunday evening. We require one adult leader and Senior Patrol Leader from each Troop/Crew to attend this meeting. This Roundtable meeting will be held to explain the schedule, talk about any changes to the program, review camp policies, and a chance for you to ask questions. Units will Choose their draft picks for the week at this meeting.

Additional Leader Roundtable and Senior Patrol Leader Roundtables will be held throughout the week. Leader Roundtables are in the Scoutmaster's Lounge. Senior Patrol Leader Roundtables will be announced at camp.

# Facilities

Camp Mitigwa offers facilities that make your time here comfortable and memorable.

**Campsites:** When registering for camp, your unit will have the option to use camp tents or bring your own. Camp uses military style canvas tents with wooden pallet floors and open air flaps. Please make proper arrangements for tent usage. The rustic style campsites provide a picnic table, latrine, fire ring, flag pole, and one dining fly or shelter. Firewood may be collected from already downed wood. Do not bring firewood from outside as disease may spread.

**Shower Facilities:** Adult showers are located at the Year-Round Shower House near the Scoutcraft Area. No youth are allowed to use these facilities. Youth showers are located only at the Maytag Pool Shower House. Please plan to use proper facilities and strictly follow youth protection policies.

**Blank Dining Hall:** All food at the Mitigwa Scout Reservation is prepared at Blank Dining Hall. Food is served for Camp Mitigwa at this facility. Units are responsible for setting and clearing their tables. Please make sure to provide two waiters per table per meal. An orientation briefing will take place at the Blank Dining Hall during check-in. Full Class A uniforms will be required for the evening meal and flags.



**Deere Conference Center:** The Deere Conference Center serves as the Reservation Headquarters. An office manager is available to help and assist during posted open hours. The Scoutmaster's Lounge is a part of the building and is provided for adult Scout leaders only. It is also the location of the Leader's Roundtable meetings held Monday-Thursday. Limited internet access is available. Information regarding merit badge completion is available here. It is not a meeting place for units nor a staff lounge.

# Facilities (continued)

**Blank Health Lodge:** A Health Officer serves as a regular member of camp staff and serves the entire reservation. In the event of serious accidents, illness, or hospitalization, parents are contacted. Medical care is given at camp without charge to the parents. If the Health Officer deems the patient must be treated outside of camp, the expense is the family's and can be filed with the family's insurance (family's responsibility). Make sure necessary medications, inhalers, bee allergy kits, and other emergency items are brought to camp and kept with an adult leader. All prescription drugs must be kept locked up in a lock box or a unit trailer. Please notify the Health Officer if you need a lock box provided for your unit. If refrigeration or electrical hook up is needed, please contact the Reservation Director before you arrive.

**Firestone Trading Post and Cantina:** The trading post has a selection of Mitigwa souvenirs, refreshments, craft materials, and much more. A limited number of this year's Camp Mitigwa t-shirts will be available. To guarantee your unit receives t-shirts, please make sure to pre-order them online via the Mid-Iowa Council website. The cantina offers a place for campers to play board games as well as to engage in fellowship with campers outside of their unit. Cash, checks, and credit cards are accepted. Hours will be posted when you arrive at camp.

**Program Areas:** Camp Mitigwa offers a number of programs and facilities to accommodate the needs of those programs. Along with merit badge classes, many of these areas have open area time for a Scout and his/her buddy or patrol to attend special activities hosted by each area before and after dinner.





# Leaving Camp Early

Unit leaders are responsible for the arrival and departing of their individual Scouts. However, camp is interested in helping maintain a safe and secure Scouting experience. All campers (youth and adult) must sign out at camp headquarters if they will be leaving before Saturday.

Scouts that are leaving early must have the person they are leaving with identified on their Health Form on file with the Camp Health Officer. Unit leaders are also required to fill out a Youth Authorization to Release form in the camp office. This form documents the units acknowledgement that the youth is leaving with a particular individual and the identification of that person. Those taking a Scout from camp will also be required to provide a state ID card with a photo. Units may complete these forms prior to Scouts leaving camp. A copy may be found in the appendix of this guide.

Scouts that will be returning to camp will need to sign in at camp headquarters and may be re-issued a camper wrist band.

# Visiting Camp

All visitors must check in to the camp headquarters upon arrival. Visitors will sign in and receive a visitors wrist band. Visitors should make arrangements to visit camp between 9am and 9pm, during regular office hours. Visitors attending meals must purchase a meal ticket in the Trading Post. Meal tickets are \$7 each.

Any one without a wrist band is considered an intruder and should be escorted to the office right away. If the unregistered visitor does not comply, please alert a staff member immediately.



# Leader's Lunch

Tuesday's Leader's Meeting will be a special lunch for all leader's that have been in camp the majority of the week. Lunch will be held in the Scoutcraft area. Please make arrangements for your Scouts in the Dining Hall to still have adult leadership.

Leaders will hear from council administration about upcoming program highlights and will have an opportunity to evaluate their camp experience. The administration of the Mitigwa Scout Reservation and the Mid-Iowa Council take these evaluations very seriously in the continuous improvement of the Camp Mitigwa experience!

# Checking Out

Check out from camp will begin on Saturday at 7am. Units will sign up for check out times during Leader's Meetings with the Camp Commissioner. During check out, Campsite Guides will check that campsites have been cleaned up and that units are ready to leave. One unit leader will be escorted to the camp headquarters to receive Health Forms, Merit Badge Completion Reports, camp patches, and other awards earned throughout your time at camp. If your unit ordered photographs, these will be mailed to those ordering directly from our photographer. You will also be required to pay any fees accumulated during your stay, if you have not done so prior to check out. These fees may include Ordeal fees for the Order of the Arrow or other camp programs Scouts or Scouters have participated in.

If you enjoyed your experience of Mitigwa Magic, we encourage you to reserve your spot for the 2021 Summer Camp season. This may be done while you are at camp via [campiowa.org](http://campiowa.org).







## Part A: Informed Consent, Release Agreement, and Authorization

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_

### Informed Consent, Release Agreement, and Authorization

I understand that participation in Scouting activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. 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 protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health-care provider involved in providing medical care to the participant. 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, includes 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.

(If applicable) I have carefully considered the risk involved and hereby give my informed consent for my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.

I also hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby 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 liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.

*Every person who furnishes any BB device to any minor, without the express or implied permission of the parent or legal guardian of the minor, is guilty of a misdemeanor. (California Penal Code Section 19915(a))* My signature below on this form indicates my permission.

I give permission for my child to use a BB device. (Note: Not all events will include BB devices.)

Checking this box indicates you DO NOT want your child to use a BB device.



**NOTE:** Due to the nature of programs and activities, the Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. However, so that leaders can be as familiar as possible with any limitations, list any restrictions imposed on a child participant in connection with programs or activities below.

List participant restrictions, if any:

None

\_\_\_\_\_

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity. If I am participating at Philmont Scout Ranch, Philmont Training Center, Northern Tier, Sea Base, or the Summit Bechtel Reserve, I have also read and understand the supplemental risk advisories, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met. The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider. If the participant is under the age of 18, a parent or guardian's signature is required.

Participant's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/guardian signature for youth: \_\_\_\_\_ Date: \_\_\_\_\_

(If participant is under the age of 18)

### Complete this section for youth participants only:

#### Adults Authorized to Take Youth to and From Events:

You must designate at least one adult. Please include a phone number.

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

#### Adults NOT Authorized to Take Youth to and From Events:

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_



Prepared. For Life.™



## Part B1: General Information/Health History

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Height (inches): \_\_\_\_\_ Weight (lbs.): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_ Phone: \_\_\_\_\_

Unit leader: \_\_\_\_\_ Unit leader's mobile #: \_\_\_\_\_

Council Name/No.: \_\_\_\_\_ Unit No.: \_\_\_\_\_

Health/Accident Insurance Company: \_\_\_\_\_ Policy No.: \_\_\_\_\_



Please attach a photocopy of both sides of the insurance card. If you do not have medical insurance, enter "none" above.

### In case of emergency, notify the person below:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Home phone: \_\_\_\_\_ Other phone: \_\_\_\_\_

Alternate contact name: \_\_\_\_\_ Alternate's phone: \_\_\_\_\_

## Health History

Do you currently have or have you ever been treated for any of the following?

Yes	No	Condition	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	Last HbA1c percentage and date: _____ Insulin pump: Yes <input type="checkbox"/> No <input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	Hypertension (high blood pressure)	
<input type="checkbox"/>	<input type="checkbox"/>	Adult or congenital heart disease/heart attack/chest pain (angina)/heart murmur/coronary artery disease. Any heart surgery or procedures. Explain all "yes" answers.	
<input type="checkbox"/>	<input type="checkbox"/>	Family history of heart disease or any sudden heart-related death of a family member before age 50.	
<input type="checkbox"/>	<input type="checkbox"/>	Stroke/TIA	
<input type="checkbox"/>	<input type="checkbox"/>	Asthma/reactive airway disease	Last attack date: _____
<input type="checkbox"/>	<input type="checkbox"/>	Lung/respiratory disease	
<input type="checkbox"/>	<input type="checkbox"/>	COPD	

## Part B2: General Information/Health History

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_

### Allergies/Medications

DO YOU USE AN EPINEPHRINE AUTOINJECTOR? Exp. date (if yes) \_\_\_\_\_  YES  NO

DO YOU USE AN ASTHMA RESCUE INHALER? Exp. date (if yes) \_\_\_\_\_  YES  NO

Are you allergic to or do you have any adverse reaction to any of the following?

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Medication		<input type="checkbox"/>	<input type="checkbox"/>	Plants	
<input type="checkbox"/>	<input type="checkbox"/>	Food		<input type="checkbox"/>	<input type="checkbox"/>	Insect bites/stings	

List all medications currently used, including any over-the-counter medications.

Check here if no medications are routinely taken.  If additional space is needed, please list on a separate sheet and attach.

Medication	Dose	Frequency	Reason

YES  NO Non-prescription medication administration is authorized with these exceptions: \_\_\_\_\_

Administration of the above medications is approved for youth by:

\_\_\_\_\_/\_\_\_\_\_  
 Parent/guardian signature MD/DO, NP, or PA signature (if your state requires signature)

**!** Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor.

### Immunization

The following immunizations are recommended. Tetanus immunization is required and must have been received within the last 10 years. If you had the disease, check the disease column and list the date. If immunized, check yes and provide the year received.

Yes	No	Had Disease	Immunization	Date(s)
<input type="checkbox"/>	<input type="checkbox"/>		Tetanus	
<input type="checkbox"/>	<input type="checkbox"/>		Pertussis	
<input type="checkbox"/>	<input type="checkbox"/>		Diphtheria	
<input type="checkbox"/>	<input type="checkbox"/>		Measles/mumps/rubella	
<input type="checkbox"/>	<input type="checkbox"/>		Polio	
<input type="checkbox"/>	<input type="checkbox"/>		Chicken Pox	
<input type="checkbox"/>	<input type="checkbox"/>		Hepatitis A	
<input type="checkbox"/>	<input type="checkbox"/>		Hepatitis B	
<input type="checkbox"/>	<input type="checkbox"/>		Meningitis	
<input type="checkbox"/>	<input type="checkbox"/>		Influenza	
<input type="checkbox"/>	<input type="checkbox"/>		Other (i.e., Hib)	
<input type="checkbox"/>	<input type="checkbox"/>		Exemption to immunizations (form required)	

Please list any additional information about your medical history:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DO NOT WRITE IN THIS BOX.**  
 Review for camp or special activity.

Reviewed by: \_\_\_\_\_

Date: \_\_\_\_\_

Further approval required:  Yes  No

Reason: \_\_\_\_\_

Approved by: \_\_\_\_\_

Date: \_\_\_\_\_



## Part C: Pre-Participation Physical

This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants.

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_



You are being asked to certify that this individual has no contraindication for participation in a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient. You can also visit [www.scouting.org/health-and-safety/ahmr](http://www.scouting.org/health-and-safety/ahmr) to view this information online.

Please fill in the following information:

	Yes	No	Explain
Medical restrictions to participate	<input type="checkbox"/>	<input type="checkbox"/>	

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Medication		<input type="checkbox"/>	<input type="checkbox"/>	Plants	
<input type="checkbox"/>	<input type="checkbox"/>	Food		<input type="checkbox"/>	<input type="checkbox"/>	Insect bites/stings	

Height (inches)	Weight (lbs.)	BMI	Blood Pressure	Pulse
			/	

	Normal	Abnormal	Explain Abnormalities
Eyes	<input type="checkbox"/>	<input type="checkbox"/>	
Ears/nose/throat	<input type="checkbox"/>	<input type="checkbox"/>	
Lungs	<input type="checkbox"/>	<input type="checkbox"/>	
Heart	<input type="checkbox"/>	<input type="checkbox"/>	
Abdomen	<input type="checkbox"/>	<input type="checkbox"/>	
Genitalia/hernia	<input type="checkbox"/>	<input type="checkbox"/>	
Musculoskeletal	<input type="checkbox"/>	<input type="checkbox"/>	
Neurological	<input type="checkbox"/>	<input type="checkbox"/>	
Skin issues	<input type="checkbox"/>	<input type="checkbox"/>	
Other	<input type="checkbox"/>	<input type="checkbox"/>	

### Examiner's Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant (with noted restrictions):

True	False	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Meets height/weight requirements.
<input type="checkbox"/>	<input type="checkbox"/>	Has no uncontrolled heart disease, lung disease, or hypertension.
<input type="checkbox"/>	<input type="checkbox"/>	Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
<input type="checkbox"/>	<input type="checkbox"/>	Has no uncontrolled psychiatric disorders.
<input type="checkbox"/>	<input type="checkbox"/>	Has had no seizures in the last year.
<input type="checkbox"/>	<input type="checkbox"/>	Does not have poorly controlled diabetes.
<input type="checkbox"/>	<input type="checkbox"/>	If planning to scuba dive, does not have diabetes, asthma, or seizures.

Examiner's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Examiner's printed name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_

Office phone: \_\_\_\_\_

#### Height/Weight Restrictions

If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

Maximum weight for height:

Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 and over	295



Prepared. For Life.®

# Unit Swim Classification Record

This is the individual's swim classification as of this date. Any change in status after this date (i.e., non-swimmer to beginner or beginner to swimmer) would require a reclassification test performed by an approved test administrator. Changes and corrections to the following chart should be initialed and dated by the test administrator.

**SPECIAL NOTE: When swim tests are conducted away from camp, the camp Aquatics Director retains the right to review or retest any or all participants to ensure that standards have been maintained.**

Unit Number \_\_\_\_\_ Date of Swim Test \_\_\_\_\_

Lifeguard Certification must be included for this report to be valid!

	Full Name (Print) (Draw lines through blank spaces)	Medical Recheck	Swim Classification		
			Non- swimmer	Beginner	Swimmer
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

**NAME OF PERSON CONDUCTING THE TEST:**

\_\_\_\_\_

Print Name

\_\_\_\_\_

Qualification

\_\_\_\_\_

Signature

\_\_\_\_\_

Council/Agency (Red Cross, YMCA, etc.)

**UNIT LEADER:**

\_\_\_\_\_

Print Name

\_\_\_\_\_

Signature



## SWIM CLASSIFICATION PROCEDURES

The swim classification of individuals participating in a Boy Scouts of America activity is a key element in both Safe Swim Defense and Safety Afloat. **The swim classification tests should be renewed annually, preferably at the beginning of each outdoor season.** Traditionally, the swim classification test has only been conducted at a long-term summer camp. However, there is no restriction that this be the only place the test can be conducted. It may be more useful to conduct the swim classification prior to a unit going to summer camp.

All persons participating in BSA aquatics are classified according to swimming ability. The classification tests and test procedures have been developed and structured to demonstrate a skill level consistent with the circumstances in which the individual will be in the water (e.g., the swimmer's test demonstrates the minimum level of swimming ability for recreational and instructional activity in a confined body of water with a maximum 12-foot depth).

### ADMINISTRATION OF SWIM CLASSIFICATION TEST

#### (THE LOCAL COUNCIL CHOOSES ONE OF THESE OPTIONS):

##### **OPTION A** (at camp):

The swim classification test is completed the first day by camp aquatics personnel.

##### **OPTION B** (Council conducted/council controlled):

The council controls the swim classification process by predetermined dates, locations, and approved personnel to serve as test administrators. When the unit goes to summer camp, each individual will be issued a buddy tag under the direction of the camp Aquatics Director for use at the camp.

##### **OPTION C** (At unit level with council-approved aquatics resource people):

The swim classification test done at a unit level should be conducted by one of the following council approved resource people: **Aquatics Instructor, BSA; Aquatics Cub Supervisor; BSA Lifeguard; BSA Swimming & Water Rescue; or other lifeguard, swimming instructor, etc. You MUST include a photocopy or the person's certification that administered the Swim Checks for your unit.** When the unit goes to summer camp, each individual will be issued a buddy tag under the direction of the camp Aquatics Director for use at the camp.

### TO THE TEST ADMINISTRATOR

The various components of each test evaluate the several skills essential to the minimum level of swimming ability. **Each step of the test is important and should be followed as listed below:**

#### **SWIMMER'S TEST:**

Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy resting backstroke. The 100 yards must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.

#### **BEGINNER'S TEST:**

Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.

# UNIT FIREGUARD CHART

Fill out and post this chart on your campsite bulletin board.

Unit Campsite Fire Prevention Assignments		Equipment Checked
First Day	Date _____ Patrol _____ Fire Warden _____	_____
Second Day	Date _____ Patrol _____ Fire Warden _____	_____
Third Day	Date _____ Patrol _____ Fire Warden _____	_____
Fourth Day	Date _____ Patrol _____ Fire Warden _____	_____
Fifth Day	Date _____ Patrol _____ Fire Warden _____	_____
Sixth Day	Date _____ Patrol _____ Fire Warden _____	_____
Seventh Day	Date _____ Patrol _____ Fire Warden _____	_____

Troop fire warden

Troop campsite

Troop

Camp

Dates



We will prevent fires by breaking matches in two after using.



Putting fires cold out with water.



Feeling with fingers to test heat.

## FLAMMABILITY WARNING CAMPING SAFETY RULES

NO TENT MATERIAL IS FIREPROOF, AND IT CAN BURN WHEN EXPOSED TO HEAT OR FIRE. FOLLOW THESE RULES:

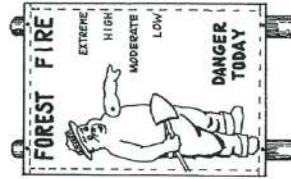
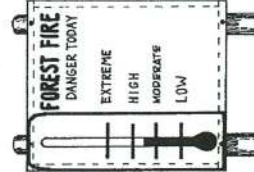
- Only flashlights and battery-powered lanterns are permitted in tents. **NO FLAMES IN TENTS** is a rule which must be enforced.
- Chemical-fueled stoves, heaters, lanterns, lighted candles, matches, or other flame sources should never be used in or near tents.
- Do not pitch tents near open fire.
- Do not use flammable chemicals near tents: charcoal lighter, spray cans of paint, or bug killer and repellent.
- Be careful when using electricity and lighting in tents.
- Always extinguish cooking and campfires properly.
- Obey all fire laws, ordinances, and regulations.
- Keep campers informed on a daily basis of your camp's fire danger.



Clearing all burnable material 4 to 6 feet away from the fires or as required by local law.

In the case of Cub Scouts, they should immediately seek adult help, sound the alarm by yelling, "Fire!" and stay away from attempting to fight any camp fire. If adult help is not readily available, the Cub Scout should continue to sound the alarm, send a runner for help, and/or dial the camp office or 911.

## VARIOUS TYPES OF FIRE DANGER SIGNS IN CAMP



SOUND ALARM



DROP TENTS (CANVAS ONLY) IF NECESSARY AND SAFE TO DO SO

## IN CASE OF FIRE

REPORTING AND ASSEMBLY INSTRUCTIONS

At some camps local changes are made in these suggested procedures. All exceptions, however, should be made on the recommendation and with the approval of local fire authorities.

### IN A UNIT CAMPSITE

1. Sound the alarm by yelling "Fire!" and then notify the first adult you see, then report to a camp officer or the camp fire warden.
2. Extinguish a fire only if it can be done quickly and easily.
3. When the central alarm is sounded to warn the camp, quickly mobilize in your unit. Move to your preassigned point immediately and await directions.
4. A runner reports to the camp office for instructions from the camp fire warden.
5. In the event of a tent fire, you can douse it with water or sand, or simply stand back and let professionals fight the fire.

### OUTSIDE UNIT CAMPSITE

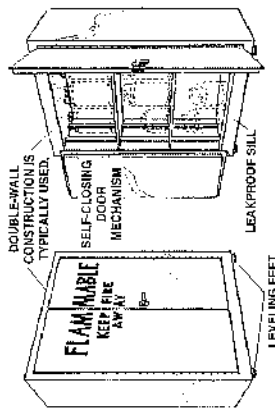
1. If you discover a fire anywhere in camp, report immediately to the camp office so the alarm may be sounded and fire authorities notified.
2. Camp fire warden sounds the central alarm, and your unit follows steps 3 and 4 above.
3. Remember, Campers should not be directly involved in the fire fighting process except for fires that can be quickly and easily extinguished.

In case of a fire in our campsite, we will notify \_\_\_\_\_ Camp fire warden and follow the instructions of our unit fire warden.

## Control of Flammable/Combustible Liquids and Gases in Camp

Because serious accidents can happen in connection with the use of liquid fuel, propane, butane, etc., in lanterns and stoves and as a result of igniting fires with liquid starters, adult supervision is required when chemical fuels are being used for lighting and cooking. Local councils have the option of restricting the use of chemical-fueled stoves, lanterns, and heaters in campsites under their jurisdiction.

- **Knowledgeable adult supervision** must be provided when Scouts are involved in the storing, handling, and filling of stoves or lanterns or the lighting of chemical fuels.
- **Battery-operated lanterns and flashlights** should be used by Scouts in camping activities, particularly in and around all tents. No chemical-fueled lantern, stove, or heater is to be used inside a tent.
- **Kerosene, gasoline, or liquefied petroleum-fuel lanterns** may, when permitted, be used inside permanent buildings or for outdoor lighting. When used indoors, there must be adequate ventilation. Strict adherence to the safety standards and the instructions of the manufacturers in fueling and lighting such stoves and lanterns must be carried out under the direct supervision of a responsible and knowledgeable adult.
- **Empty liquid-petroleum cylinders for portable stoves and lanterns** should be returned home or to base camp. They can explode when heated; therefore, they must never be put in fireplaces or with burnable trash.
- **The use of liquid fuels for starting any type of fire is prohibited.** This includes damp wood, charcoal, and cer-



Will your camp be there next season? This is a good question to ask at the close of each camping season as you pack away equipment and leave. In fairness to next year's campers, do everything that can be done to ensure the safety of camp equipment and camp timber.

Fall, with its dry, dead leaves that often bank high around camp buildings is, in many sections of the country, the most dangerous fire season of the entire year. Spring is another bad time.

Here is a checklist of things to do at all times to be sure that your camp is fireproof year-round:

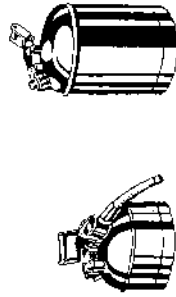
1. Destroy greasy rags.
2. Dispose of all combustible refuse and trash safely.
3. Be sure that doors and shutters are strong enough to keep out trespassers, vandals, or thieves.

enoidal campfires. Solid-type starters are just as effective, are easier to store and carry, and are much safer to use for this purpose.

- **Space heaters that use chemical fuels consume oxygen and must be used only in well-ventilated areas.** Using space heaters in poorly ventilated cabins, camper trucks, and recreation vehicles can cause fires and asphyxiation. The use of charcoal burners indoors can be lethal in causing carbon monoxide poisoning.

### Bulk Storage and Practices

Storage of liquid fuel and other flammables is a camp maintenance function. Filling tanks for motors, vehicles, and motorboats should always be handled by someone qualified by age and training for this responsibility. Similar responsible handling and control are prescribed for the limited use of kerosene. Use kerosene only for outside night lights and stationary heating stoves (not portable). Both gasoline and kerosene should be kept in well-marked safety cans and stored in ventilated locked boxes located away from buildings and tents. Large quantities of gasoline should be stored in a properly installed fuel tank with pump. Keys to pumps and storage boxes or sheds should be given to one adult (primarily the camp ranger), who distributes these fuels. Propane or butane storage tanks and permanent caps should be installed by experienced and knowledgeable individuals and changed only by gas distributors. These installations must conform to local regulations and must be inspected regularly.



USE SAFETY CANS ONLY!

## Year-Round Prevention Plan

4. Stow away firewood and loose equipment that might be used by trespassers.
5. Clear away dead grass or trees, ferns, leaves, bushes, straw piles, and trash from buildings.
6. Clean grease traps and dispose of the grease by burning it at a safe place or burying it in mineral earth.
7. Be sure the camp is ready for winter use. Check fuels, wall and floor protection around heaters, and protecting screens for fireplaces. Inspect location of fire trails, fire extinguishers, and mobile fire-fighting equipment.
8. Develop a fire prevention plan in accordance with OSHA standard 29 CFR 1910.139.

SKU 33691



## HOW YOUR UNIT FIREGUARD PLAN WORKS

### DUTIES

When you arrived at camp, you were oriented and trained in the use of the unit fireguard plan. It is your responsibility as a unit leader to train your Scouts in fire prevention, fire detection, reporting, and fire control. Only implement fire control techniques that can be done quickly and easily.

Study the procedures outlined on this chart and then train your staff and youth members. Post the chart for all to see and follow. At some camps local changes are made in these suggested procedures. All exceptions, however, should be made on the written recommendation and with the approval of local fire authorities.

Organize to make the fireguard plan work by appointing capable fire wardens and deputies.

### FIRE WARDENS AND DEPUTIES

As responsible Scouts appointed by their adult leader, the unit fire warden and his deputy are in charge of training, know where fire equipment is located, and are familiar with the unit fireguard chart. They instruct all unit fire wardens and Scouts in the operation of the camp fireguard plan. They conduct annual inspections of fire extinguishers and check to be sure all cooking fires, heating fires, and campfires are out at night or when no one is attending or monitoring the fire during the day. Unit fire wardens and deputies conduct fire drills at least once a week and follow the direction of the camp fire warden. They receive reports related to fire hazards daily from the duty fire warden.

Every boy in the unit should feel responsible for fire prevention, but the unit fire patrol for each day must be alert and ready to evacuate and account for everyone in case of fire emergency or drill.

If a small fire breaks out, the person discovering it should take immediate action, whether or not he is on the fire patrol for the day. Time is the most important element in the suppression of a fire. Some examples of fire control techniques are:

- Immediately send someone to seek assistance, send a runner for help, and/or dial the camp office or 911.
- Douse fire with water or sand.
- Smother fire with a lid.
- In the event of a tent fire (canvas only), simply kick out the end tent poles if it can be done safely.

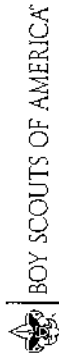
**Remember:** Campers should not be involved in the fire fighting process except for fires that can be quickly and easily extinguished.

In making daily inspections of the unit campsite, the unit fire warden should follow the fire-prevention suggestions and use the fire-fighting equipment illustrations found throughout this chart as a guide. Campsite equipment will vary according to your camp. Results of the daily inspection should be posted on the chart in the space provided.

### PATROL FIRE WARDEN

The patrol leader is responsible for training his patrol in the unit fireguard plan and leading the unit in practice evacuation and fire prevention.

He checks daily to be sure all members are preventing fires and are prepared in case a fire breaks out. He makes sure and double-checks that fires are built only on nonburnable soil in areas where they will not spread. He verifies to see that all fires are put COLD OUT and that open flames are not permitted in or near tents. He shows patrol members how to drop tents (canvas only) in case of fire. In the event of a tent fire (canvas only), you can simply kick out the end tent poles if it can be done safely and let professionals fight the fire.









## Minor Release Form

The purpose of the minor release form is to provide acknowledgement that the Scout leader in charge during your time at camp knows and understands that they are releasing a Scout or Scouts to an authorized individual as per their health forms, and to inform the camp that the said individual is taking Scouts off of property for a particular reason. Ultimately, the Scoutmaster in charge at camp is responsible for their youth, but assists the camp in maintaining safety and security by providing the minor release form and the information contained within it.

Name of Scout or Scouts and unit number:

---

---

Reason for leaving camp & are they returning. If so, when?:

---

---

---

Scoutmaster Phone Number: \_\_\_\_\_

Person's Name and Phone Number Taking Scout(s):

---

---

Date & Time: \_\_\_\_\_

Signatures of acknowledgment

---

Scoutmaster

---

Person Taking Scout(s)

---

Camp Director

Driver's License of Person Picking up  
Scout(s) must accompany this form  
for  
release to be valid

# Scoutmaster Merit Badge

To earn the Scoutmaster Merit Badge, an adult leader must complete at least ten of the following mandatory requirements. Initials of the Area Director must be accompanied with completion of each requirement for the area mentioned in the requirement.

- |   |  |
|---|--|
| Assist one hour at Eagle Academy: _____     | Mentor another Scouter: _____          |
| Assist with Shooting Sports: _____          | Help one Scout advance: _____          |
| Assist with Evening Swim: _____             | Attend ALL Adult Roundtables: _____    |
| Assist at Lakefront: _____                  | Assist at Merit Badge Midway: _____    |
| Assist with a religious service: _____      | Learn a new Scout skill: _____         |
| Help supervise clean up of two meals: _____ | Assist with Cooking Merit Badge: _____ |
| Complete an Adult Training: _____           | Assist with Call Out: _____            |

On my honor, I have completed the requirements initialed above to earn the Scoutmaster Merit Badge. Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Troop: \_\_\_\_\_

# Baden Powell Unit Award Application

The Baden Powell Unit Award focuses on a unit's drive to give back to the camp by providing service to that camp. A unit must apply with the Camp Commissioner Corps for a project. Once that project is completed you must file this application by Friday before 11am in the Camp Office.

Description of the project: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Number of Scouts and Scouters participating: \_\_\_\_\_

Number of Service Hours to complete: \_\_\_\_\_

The undersigned adult leader certifies that the requirements for the award has been met by the unit applying for the Baden Powell Unit Award.

Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_

Commissioner Approval: \_\_\_\_\_

# Honor Camper Award

## CAMP MITIGWA HONOR CAMPER AWARD

Name: \_\_\_\_\_ Unit: \_\_\_\_\_ Week: \_\_\_\_\_

The Honor Camper Award is designed to reward those youth who participate to the fullest extent possible in the Camp Mitigwa program. Honor Campers Awards are limited to one camper per unit. Youth who complete 15 of the 20 requirements and receive staff signatures confirming this will be eligible for the award.

Units must turn in this form by noon on Friday to the Camp Office.

\_\_\_\_\_ Achieve the Swimmer rank on the swim test.

\_\_\_\_\_ Learn the middle name of four staff members

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

\_\_\_\_\_ Take out a Canoe or Rowboat in the Aquatics area

\_\_\_\_\_ Work with your unit on a Baden Powell Project

\_\_\_\_\_ Challenge a staff member to a game of rock, paper, scissors. Win two out of three games.

\_\_\_\_\_ Go to Scoutcraft and tie a bowline in under 3.5 seconds.

\_\_\_\_\_ Go to the Ecology and show a staff member an example of three different Oak trees.

\_\_\_\_\_ Go to the Aquatics area and take a boat of some sort out on the water.

\_\_\_\_\_ Assist in constructing a unit pioneering project in the campsite.

\_\_\_\_\_ Trade a patch with another Scout.

\_\_\_\_\_ Get approval for a Friday night skit or song/cheer performed by your unit.

\_\_\_\_\_ Play a game of either Frisbee Golf, Ga-Ga Ball, or chess

\_\_\_\_\_ Be a table waiter in the mess-hall for your unit for at least 2 meals.

\_\_\_\_\_ Find a scout you don't know who has been to Philmont, Northern Tier, or Sea Base and talk to them about their experience.

\_\_\_\_\_ Participate with your unit in a flag raising or lowering

\_\_\_\_\_ Attend a Chapel Service

\_\_\_\_\_ Use the Camp Mitigwa brand on something you own.

\_\_\_\_\_ Sign up for a All Star Week at Camp Mitigwa

\_\_\_\_\_ Ask a staffer how to work at Camp Mitigwa as Camp Staff

\_\_\_\_\_ Attend a nightly program or training.

\_\_\_\_\_ Complete a Merit Badge at Merit Badge Midway.

**Each Scout will submit completed forms to their Senior Patrol Leader and Scoutmaster so that they can**

# Honor Unit Award

## Camp Mitigwa Honor Unit Award

Unit: \_\_\_\_\_ Week: \_\_\_\_\_

### **Do all of the following**

- o Demonstrate continuous Scout spirit and participate in the events of Mitigwa Summer camp program.
- o Follow all posted Camp Mitigwa procedures, as well as all of those put forth in the Leader's Guide
- o Post your unit program schedule and the camp schedule in the campsite
- o Review and post the needed rosters (table waiters, fireguard plans, cleanup duties, etc.).
- o Keep the unit campsite neat and free of hazards.
- o Conduct flag-raising and lowering ceremonies within the campsite.

### **Complete ten (10) of the following:**

- o Conduct a unit or inner-unit campfire and invite a staff member to attend.
- o Invent a unit yell and perform it when called to attendance at morning and evening flags.
- o Fly the flag of the United States of America proudly and properly within the unit campsite.
- o Create or embellish a unit flag and bring it to evening flags.
- o Complete the Baden Powell Program.
- o Have all Scouts wear their Class-A Uniform to evening flags every day.
- o Show that 75% of Scouts at camp have earned and carry a Totin' Chip and Firem'n Chit.
- o Show that wood tools are available and used safely within the unit campsite and that there exists a marked wood yard.
- o Have at least 75% of unit members at camp complete a merit badge from Merit Badge Midway.
- o Have at least one unit Scout leader trained in Safe Swim Defense and Safety
- o Pre-register for next year at Camp Mitigwa.
- o Have one member of your unit fill out a staff or volunteer application for next camp season.
- o Have at least one Scout Leader attend the daily Scoutmaster forum.
- o Have all Scout Leaders who have stayed over 72 hours earn the Scoutmaster Merit Badge.
- o Have your unit attend Chapel at least once during the week.
- o Participate as a Troop in the Cardboard Regatta.

The Senior Patrol Leader needs to turn this form in by Friday dinner to the Camp Office with both signatures below.

\_\_\_\_\_



# Clean Sweep Unit Award Application

Campsite: \_\_\_\_\_

## Camp Mitigwa Clean Sweep Award

### Camp Required:

<i>5 Possible Points</i>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Fireguard Schedule Posted</b>					
<b>Emergency Procedures Posted</b>					
<b>No Litter in Camp</b>					
<b>Latrine cleaned daily</b>					
<b>No Flame in Tent Signs Posted</b>					
<i>(Points)</i>					

<i>5 Possible Points</i>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>(Points)</i>					

**A big thank you to these and other community supporters that make Camp Mitigwa possible!**

# **FAREWAY®**

**MEAT & GROCERY**

**BOB DEWAARD** AMERICA'S BEST® APPAREL  
bob@ameribest.com  
(515)240-4347

1630 FULLER RD  
WEST DES MOINES, IA 50265  
800-735-4422



**FOR ALL YOUR DECORATED APPAREL & PROMOTIONAL NEEDS.**