Welcome Home!

Dear Scouts and Scouters,

On behalf of the Mitigwa Reservation Staff we are excited to be able to open our gates and welcome everyone home. This summer we are looking forward to embracing our traditions yet knowing that this will be a summer like no other. 2020 has been a truly unique year. We all have been faced with challenges like no one has ever encountered before. The COVID-19 virus has crippled our lives in ways we could have never imagined. It is because of this, Mid Iowa Council found it that much more important to open our gates so Scouting can continue to change lives.

This decision to open was not taken lightly. A group of dedicated volunteers have put countless hours of brainstorming, and researching as many possible scenarios, to make Mitigwa Scout Reservation as safe as we can for all who come to the hills above the river. It is important to know that there is still a risk that someone could contract the virus this summer. Mid-Iowa Council is implementing many practices to mitigate the virus but it is impossible to eradicate it. Even with the best practices in place, it is possible for the virus to still be at camp. This is a risk we understand, and you should too.

Please know that this summer will be like no other camp you have experienced before in your life. We know that there will be many programs that will be missed by all. Our staff will do our best to provided a high quality fun program for all that come through our gates. I will personally say that the greatest asset we have this year is our Staff. They, like many others, are chomping at the bit to come out and be a part of the excitement and impact young Scouts’ lives.

This guide was created as an addendum to the Leader’s Guide that was sent out earlier this year. It was meant to supplement the current guide and give information about many changes we are faced with. Hopefully it will give you insight on what you can expect this summer. Please be aware that like anywhere else, plans are ever evolving. We will do our best to keep everyone up to speed. I look forward to seeing you this year on the Reservation.

Rah Rah Mitigwa!
Jeff VerHelst
2020 Reservation Camp Director
## General Daily Schedule

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-7:45am</td>
<td>Breakfast in Campsites</td>
<td>Breakfast in Campsites</td>
<td>Breakfast in Campsites</td>
<td>Breakfast in Campsites</td>
<td>Breakfast in Campsites</td>
<td>Breakfast in Campsites</td>
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<tr>
<td>7:50am</td>
<td>Flags and Morning Messages</td>
<td>Flags and Morning Messages</td>
<td>Flags and Morning Messages</td>
<td>Flags and Morning Messages</td>
<td>Flags and Morning Messages</td>
<td>Flags and Morning Messages</td>
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</tr>
<tr>
<td>8:00am-10:00am</td>
<td>Program Areas 1st Rotation</td>
<td>Program Areas 1st Rotation</td>
<td>Program Areas 1st Rotation</td>
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<td>Program Areas 1st Rotation</td>
<td>Program Areas 1st Rotation</td>
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<tr>
<td>10:00am-12:00pm</td>
<td>Program Areas 2nd Rotation</td>
<td>Program Areas 2nd Rotation</td>
<td>Program Areas 2nd Rotation</td>
<td>Program Areas 2nd Rotation</td>
<td>Program Areas 2nd Rotation</td>
<td>Program Areas 2nd Rotation</td>
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</tr>
<tr>
<td>12:00pm-12:30pm</td>
<td>Lunch In Morning Program Area</td>
<td>Lunch In Morning Program Area</td>
<td>Lunch In Morning Program Area</td>
<td>Lunch In Morning Program Area</td>
<td>Lunch In Morning Program Area</td>
<td>Lunch In Morning Program Area</td>
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<tr>
<td>12:45pm-2:45pm</td>
<td>Check In Begins: Program Areas 1st Rotation</td>
<td>Program Areas 1st Rotation</td>
<td>Program Areas 1st Rotation</td>
<td>Program Areas 1st Rotation</td>
<td>Program Areas 1st Rotation</td>
<td>Program Areas 1st Rotation</td>
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<tr>
<td>2:45pm-4:45pm</td>
<td>Med Checks/Swim Checks/Program Areas 2nd Rotation</td>
<td>Program Areas 2nd Rotation</td>
<td>Program Areas 2nd Rotation</td>
<td>Program Areas 2nd Rotation</td>
<td>Program Areas 2nd Rotation</td>
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<tr>
<td>4:45pm—4:55pm</td>
<td>Lunch In Morning Program Area</td>
<td>Lunch In Morning Program Area</td>
<td>Lunch In Morning Program Area</td>
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<tr>
<td>5:00pm-5:45pm</td>
<td>Troop Time</td>
<td>Troop Time</td>
<td>Troop Time</td>
<td>Troop Time</td>
<td>Troop Time</td>
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</tr>
<tr>
<td>5:45pm-6:45pm</td>
<td>BBQ on the Patio—Blank Dining Hall</td>
<td>Dinner in Campsites</td>
<td>Dinner in Campsites</td>
<td>Dinner in Campsites</td>
<td>Dinner in Campsites</td>
<td>Dinner in Campsites</td>
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</tr>
<tr>
<td>7:00pm</td>
<td>Troop Time</td>
<td>Mitigwa Olympics</td>
<td>Mitigwa Olympics</td>
<td>Camp Fire and OA Call Out</td>
<td>Mitigwa Olympics</td>
<td>Troop Time</td>
<td></td>
</tr>
<tr>
<td>7:30pm</td>
<td>Camp Fire (Staff Skits)</td>
<td>Camp Fire (Staff Skits)</td>
<td>Camp Fire (Staff Skits)</td>
<td>Camp Fire (Staff Skits)</td>
<td>Camp Fire (Staff Skits)</td>
<td>Camp Fire (Staff Skits)</td>
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<tr>
<td>8:15pm</td>
<td>Night Hawk Swim</td>
<td>Night Hawk Swim</td>
<td>Night Hawk Swim</td>
<td>Night Hawk Swim</td>
<td>Night Hawk Swim</td>
<td>Night Hawk Swim</td>
<td></td>
</tr>
<tr>
<td>9:00pm</td>
<td>Taps</td>
<td>Taps</td>
<td>Taps</td>
<td>Taps</td>
<td>Taps</td>
<td>Taps</td>
<td></td>
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<tr>
<td>10:30pm</td>
<td>Taps</td>
<td>Taps</td>
<td>Taps</td>
<td>Taps</td>
<td>Taps</td>
<td>Taps</td>
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</tr>
</tbody>
</table>
Program Areas

During the week, each Team will take part in 5 different program areas. Teams will visit each program area two times during the week for a 4 hour time frame. Each 4 hour block will be divided into 2 time slots where a Scout can participate in two different Merit Badges or activities during that program time. The first time in an area, the staff will help divide the Scouts into the different activities. Our goal is allow Scouts the opportunity to start and complete as much of each Merit Badge as time / COVID 19 restrictions will allow. Some restrictions will limit what we can do depending on the requirement. Please see the list of what Merit Badges or Activities will be available for each Program Area.

<table>
<thead>
<tr>
<th>Program Area 1</th>
<th>Rotation 1</th>
<th>Shotgun</th>
<th>Archery</th>
<th>Zipline</th>
<th>Eagle Academy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shooting Sports / Older Scout</td>
<td>Rotation 2</td>
<td>Rifle</td>
<td>Archery</td>
<td>Eagle Academy</td>
<td>Eagle Academy</td>
</tr>
<tr>
<td>Program Area 2</td>
<td>Rotation 1</td>
<td>Learn to Swim</td>
<td>Swimming MB</td>
<td>Kayaking</td>
<td>Rowing</td>
</tr>
<tr>
<td>Aquatics</td>
<td>Rotation 2</td>
<td>Learn to Swim</td>
<td>Swimming MB</td>
<td>Kayaking</td>
<td>Canoeing</td>
</tr>
<tr>
<td>Program Area 3</td>
<td>Rotation 1</td>
<td>Programming</td>
<td>Cooking</td>
<td>First Aid</td>
<td>Orienteering</td>
</tr>
<tr>
<td>Scouicraft / Stem</td>
<td>Rotation 2</td>
<td>Robotics</td>
<td>Communications</td>
<td>Emergency Prep</td>
<td>Geocaching</td>
</tr>
<tr>
<td>Program Area 4</td>
<td>Rotation 1</td>
<td>Photography</td>
<td>Astronomy</td>
<td>Nature</td>
<td>Bird Study</td>
</tr>
<tr>
<td>Nature / Stem</td>
<td>Rotation 2</td>
<td>Movie Making</td>
<td>Environmental Science</td>
<td>Reptile and Amphibian Study</td>
<td>Forestry</td>
</tr>
<tr>
<td>Program Area 5</td>
<td>Unit Guided</td>
<td>Unit Service project / Baden Powell</td>
<td>Frisbee Golf Tourney</td>
<td>Trading Post Time</td>
<td>Unit Driven Activities</td>
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<tr>
<td>Unit Time</td>
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</tr>
</tbody>
</table>

Eagle Academy

Eagle Academy opportunities will be provided in 3 of our 5 Program Areas throughout the week. The skills being taught will try to tie into the Program Area they are in for that time block. We also encourage units to work on other requirements for the 1st year campers during their Unit Time. Contact our Eagle Academy Director for any support that you may need while working with these Scouts. We can help round up supplies if needed.
Older Scout Program

Due to the necessity of sanitizing equipment, and the delicate nature of the equipment, we are narrowing down our Older Scout program to activities to be done at the Zip Line. We will not be able to hold any off site programming as we hoped to do prior to COVID-19. As much as we would like to offer everything, this is not possible. Scouts 13 years of age and over will have the opportunity to spend their Program Area Time with our COPE staff at the new Zip Line. They will have the opportunity to ride the new Zip Line as well as crate stacking and other such activities. If you have a Scout that would like to participate in this program, they will need to bring a pair of leather palm gloves. Scouts and Staff will also need to be prepared to wear a mask while on the zip line as it will be impossible to Social Distance.

Aquatics

This year we will be getting creative with our Aquatics area. As of now, pools are only allowed open for lap swims and lessons. Right now we will have our lessons or Merit Badges along with free time during our lessons. At the pool we will all have to do our best to give our buddies some distance. However, social distancing can not always be guaranteed and we cannot wear face coverings in the pool or on the inflatables. If a camper opts to partake in these activities, they should know that Social Distancing will be difficult at some times. Our hope is that by the time camp rolls around more restrictions will be able to be lifted.

Night Hawk and Polar Bear swims, as well as open time, will need to be worked in and scheduled as Teams. The times listed on the schedule are not guaranteed time frames. They are time periods the Aquatics staff will be working with our Teams to provide other opportunities to be in the water.
Order of the Arrow

This year, due to COVID 19, Order of the Arrow will look a bit different. The Lodge Leadership is currently working on a plan to bring the best call out possible with our restrictions. If a Scout is eligible to be called out, they must be a registered camper and in camp the entire week. Unfortunately, visitors will not be allowed to come to camp just to participate in the Call Out this year. More details about how Call Out will be run will be given in camp. This year there will be no Ordeals held in camp. The Lodge is working on holding Ordeal weekends in the coming year.

Special Programming

Due to the need to maintain the integrity of our Teams, we will be unable to have our traditional Friday Excursions, Campsite Draft Picks, and Aquatics High Adventure program. Also, due to our restrictions we will be unable to run our Cardboard Regatta because of the nature of the activity. Our hope is to bring them back for the summer of 2021.

Evening Programming

This year we will need to look at how to open up our areas for our Scouts to enjoy some of the extras of Camp. Because of the VIRUS we are having to eliminate our ever popular Merit Badge Midway due to the volunteer base it takes to make it work. Instead, we will be having our own Mitigwa Olympics that will test the skill set of our campers. More details will come as you arrive to camp.

Camp fires will also look a little different than in years’ past. We are currently evaluating how we can pull them off and make them truly amazing.
Food, Food, and more Food!

Currently, the COVID-19 virus has required us to rethink how we are doing our dining services. This year, we will be doing a mix of boxed meals and Unit campsite cooking with support from a commissary. *Menus will be published soon.*

**Breakfast**—Each morning, prepared breakfasts will be delivered to each campsite.

**Lunches**—Prepared lunches will be delivered to the program area that each team attended in the AM. Teams will eat in that program area and will then head to their afternoon program sessions.

**Dinner**—On Sunday, Tuesday, and Friday meals will be prepared for units by our Food Service Staff. Monday, Wednesday, and Thursday units will be cooking in their campsites. Each unit will be provided all the essential ingredients to prepare their evening meal. Units will need to come prepared with stoves, cooking utensils, and any other essential items needed to prepare the meal. We would suggest bringing a wagon to help carry food from the Commissary back to the campsite.

Units must access each participants online registration and provide all dietary restrictions two weeks prior to their arrival to camp. Any questions, please contact Mitigwa Operations Manager.
Health and Safety

It is important to know that there is still a risk that someone could contract the virus this summer. Mid-Iowa Council is implementing many practices to mitigate the virus but it is impossible to eradicate it. Even with the best practices in place, it is possible for the virus to still be at camp. This is a risk we understand, and you should too.

Cleaning and Sanitation

This year keeping our areas sanitized and clean is extremely important. Staff will be working hard making sure public areas are clean and sanitizing multiple times a day. Each unit will be required to clean their latrine daily as they have done in the past. All chemicals will be provided by the camp. Reservation Staff will be around to sanitize as well.

Dish Duty in Campsite

When units eat in their own sites and use non disposable dishes, it is important to ensure dishes are cleaned fully. Each unit will be given a cleaning supply kit which includes all the chemicals (soap and sanitizer) and a 5 gallon bucket with a strainer screen for food waste. Each unit will need to have a minimum of 3 dish tubs, scrubber pads, and drying towels. Units will be given instruction on how to do dishes to maintain proper sanitation.

Cleaning and Sanitation

As we all know, July can be a hot month and it is very important to drink plenty of water. It is extra important that participants bring a water bottle to carry as there will be no access to drinking fountains throughout the day. We will not be using Igloo Water Coolers in each program area, there will be hands free filling stations throughout camp. Scouts will also be asked to fill bottles before leaving camp for the day from their soapy station.
WHAT TO BRING TO CAMP
(This is above and beyond what is printed in the leader’s guide.)

- At least one digital thermometer. We recommend the infrared forehead type as to minimize contact with each participant in your unit. Each unit will be required to record temperatures and complete a daily health check of each participant. Forms will be provided at camp and will be turned in daily.
- Since Camp is not providing any canvas this year, we also recommend that each unit bring enough canopy to prepare and eat meals under, in case if inclement weather.
- Each participant will need multiple face coverings. We will also have some for sale in our Trading Post.
- We recommend each troop bring a wagon or other item to help haul food back to their sites.
- Cooking gear to cook meals.
  - Each participant will need their own Mess Kit with Plate, Bowl, Cup, Spoon, Knife, and Fork.
  - Stoves and Propane to prepare meals. We would suggest bringing a patrol box so that you have all the cooking utensils you are used to using on your monthly Unit outings. Charcoal will be provided.
- A minimum of 3 dish pans to clean and sanitize dishes.
- If a camper would like to climb or ride the new zip line, they will need to provide their own leather palm gloves.

What Not To Bring To Camp

- Do NOT bring any cleaning chemicals. Camp will provide all sanitizing chemicals as well as chemical such as dish soap and sanitizer for cleaning up after the meal.
- Bikes will NOT be allowed in Camp this summer. We hope to allow bikes in the coming season.
Face Coverings

As you know, we sent out information regarding certain policies and procedures that had changed but ultimately allowed us to open up our summer camp program. One of those was the use of a face covering while campers are here for their week of camp. The purpose of the face covering is not to protect yourself but to protect others around you that you are not able to Social Distance from. Cloth face coverings are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing in public settings. The CDC recommends that face coverings when you cannot maintain a social distance of at least 6 feet.

Face coverings can be many different things such as a face mask, plastic face shield, buff, neck gator, or even a bandana as long as it covers both the mouth and nose. The CDC states that cloth face coverings should be washed after each “use”. We are asking participants to be prepared for this recommendation. We will also have custom Mitigwa Face Masks for sale in our Trading Posts.

We knew that people's opinions would be all over the spectrum on this. Some of you would agree and appreciate the decision. Some of you would think it's ridiculous. We want you to know this has been hard for our staff to navigate. In this situation, we can't please everybody and that's hard for us to realize. HOWEVER, in order for us to open our gates this summer, we had to have a plan of protection. Face coverings were a part of that plan.

First off, CAMPERS WILL NOT BE COVERING THEIR FACE DURING ALL HOURS OF THE DAY! They will not have to wear that mask up over their noses from the time they wake up till the time they go to sleep.

All campers will be health checked and campsites will be considered "family group" by definition. While they are in their family group, they will not have to wear their mask as long as they can maintain an acceptable social distance..

Now, if that family group is in close situations where social distancing is a challenge, we will use the phrase, "mask up", and the campers, and staff will have to pull that covering up over their nose. When they are safely socially distanced and in their family group again, they can pull their mask down.

If anyone is having a hard time breathing, staff or unit leaders will be able to tell them to step just away from the group, take the mask down and catch their breath.

Again, please remember, we know that people will vary on their opinion of this. But I ask that these issues not get in the way of Camp’s mission and purpose. These are procedures that we had to abide by in order to open our gates. We hope that you see that and appreciate it.

For more information about face coverings please visit the CDC’s website.

**Visitors in Camp**

This year, due to the COVID-19, we need to limit visitors to camp for essential needs only. Families of units will not be able to visit their camper during the week. This will help us keep the integrity of our concentric circles (Teams) in place to the best of our ability. If an essential visitor does come into camp, they need to report directly to the office for their health check. We are asking all essential visitors to wear a mask while in camp.

How is a visitor defined as essential? The best way to answer this is to ask yourself, is this visit essential for the Unit to participate in camp. A good example would be when you have 2 adults splitting their time due to work commitments. One adult would come in during the day to serve as the a leader needed for adult coverage and a second adult is needed for the overnight period while the day time adult goes home. An example of a nonessential visitor would be an adult that has always come in just to visit to see how the troop is doing. To be able to just socialize and head home later that day. These are the type of visits we need to avoid.

Any adults that would like to come up to camp for a partial week still needs to do the 7 day health and temperature check. When they arrive to camp, they must check into the office before heading into camp.

This year the gates will not be open 24 hours a day. Gate hours will be open any time the office is open. Typically 8:00 am to 5:00 pm. If the office is closed, gates will be shut and any essential visitor needing in camp must call the phone number on the gate sign to have a staff member admit them into camp.