

Updated Youth Protection Training Now Available

Update Your Training by October 1, 2018

Over the decades, the Boy Scouts of America has been a leader in developing training and policies designed to keep young people safe. Over time, these policies have become standard with organizations across the nation. Now, the Boy Scouts of America is releasing fully updated training to further strengthen our ability to protect youth. Michael Johnson, BSA's director of Youth Protection, has announced the following changes:



- Updated Youth Protection Training, including insights from experts and survivors and the latest strategies for recognizing and preventing major forms of abuse. **This is the designated Youth Protection Training for all adults. All volunteers must take the new training by October 1, 2018, no matter when they took the previous training.**
- An expanded ScoutsFirst Helpline to aid volunteers and families in addressing potentially dangerous situations.
- Unlimited counseling and support for healing provided to anyone who has ever been abused in Scouting.
- Youth Protection Training for youth members available beginning in 2019.

In addition to updated training, BSA recently announced new policies to ensure compliance with mandatory training requirements, including:

- As of January 1, 2018, no new leader can be registered without first completing Youth Protection Training.
- As of January 1, 2018, no council, regional, or national leader will be allowed to renew their registration if they are not current on their Youth Protection Training.
- As of September 1, 2017, no unit may renew its charter without all leaders being current on their Youth Protection Training. Registrars no longer have the ability to approve charters without full compliance.
- Effective June 1, 2018, adults accompanying a Scouting unit who are present at an event or activity for a total of 72 hours or more must be registered as a leader, including completion of a criminal background check and Youth Protection Training. The 72 hours need not be consecutive.

With these changes, and many more outlined in the documents listed below as well as the overview video, BSA will continue to build a safe environment for our youth.

As an advocate and champion for youth protection in the Scouting movement, Michael encourages you to

- Watch the video at <https://vimeo.com/259172648/8e448a2e5a>
- Become familiar with the resource documents
- Take the training and spread the word

The October 1 training deadline will be a challenge for some, but the safety of our children is too important to delay the updated Youth Protection Training.

Additional resources can be found at:

www.scouting.org/training/youth-protection.

Every Trip, Every Time

It's a sad fact that in Scouting, motor vehicle accidents rank number one in frequency and in severity (i.e., cost) of claim. In other words, we see more claims in transporting Scouts to and from camps than we do from the actual programs and activities there.

What can leaders do to reduce these accidents? A good place to start is the BSA's fact-filled Risk Zone: Transporting Scouts Safely program at www.scouting.org/health-and-safety/training. There, drivers who transport Scouts will find a solid presentation on preventing distracted and drowsy driving. You should also keep in mind that texting and phone use while driving is a triple-threat problem because it involves all three types of distraction: visual, manual, and cognitive.

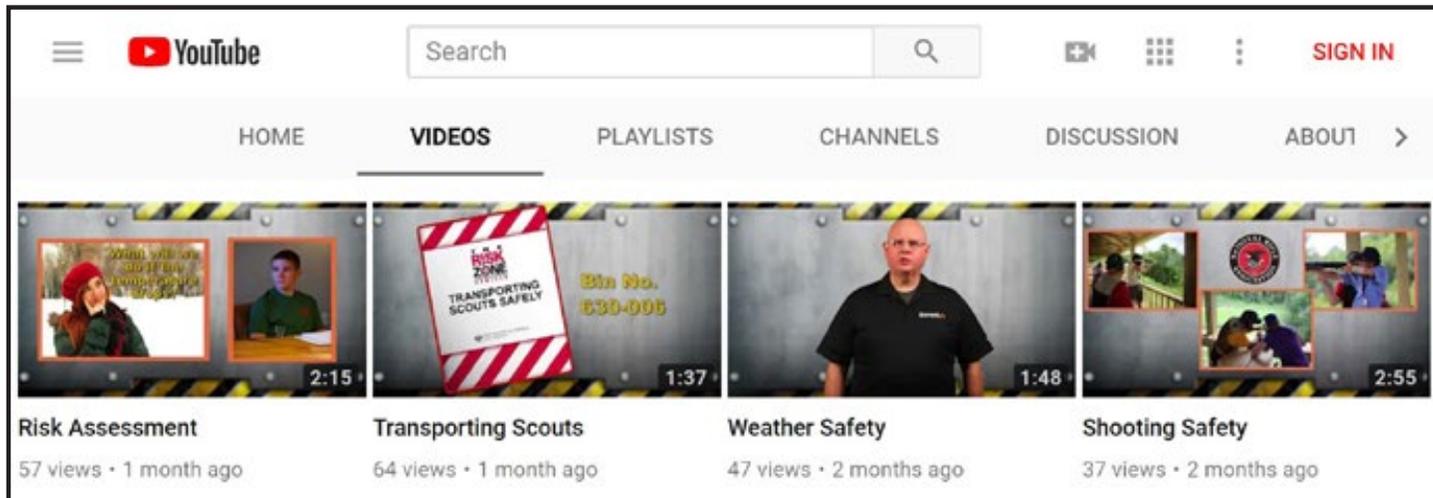
It's also essential that drivers get adequate sleep before transporting Scouts. When planning a trip, allow time for a full night's sleep before you head out. Drive early in the day if possible and share the driving duties. Take frequent breaks and avoid any medications with a sedating effect.

To "accident-proof" driving even further, check out the Hartford Driver Improvement Program provided through the BSA Learn Center. The course, which takes about 35 minutes, focuses on defensive driving skills, recognizing hazards, and preventing collisions. Log in to My.Scouting.org, then click the red BSA Learn Center box on the right. Once you have finished the course, your training record will be updated to reflect completion.

Transporting Scouts is a huge responsibility. In 2017, 40,100 lives were lost in motor vehicle accidents across the country. Let's do everything we can to make sure our young people don't join those tragic numbers.



Safety Moment Videos



Last fall, a few of the H&S National Committee members got together and taped 10 Safety Moment Videos based on already produced BSA Safety Moments. These short YouTube videos can be used in conjunction with Safety Moment and Incident Review discussions.

The safety videos include the following and more:

- Rocket Safety
- Shooting Safety
- Annual Health Medical Record (AHMR)
- First-Aid Kits
- Zip Lines
- Risk Assessment

To see all the safety-related videos, please visit the Scouting multimedia website at <https://m.youtube.com/channel/UCyKacGlfyTHyWcyzHMfycJw>.

To review any of the 50-plus Safety Moment articles, please click on www.scouting.org/health-and-safety/safety-moments.

And to review any of the 30-plus Incident Review articles, just click on www.scouting.org/health-and-safety/incident-report/incident-reviews.

All of these Scouting Safely resources are provided to assist in discussion and for educating our unit leaders, parents, and youth.

Preparing for a Trek

As winter turns to spring and spring turns to summer, now is the time that many Scouters begin planning their summer outdoor treks. Whether you're going on a weekend hike or a longer high-adventure trip, it's important that your planning includes becoming prepared *physically* for the trip. Doing so helps to ensure that everyone who goes on the trip will have better memories than "I'm glad I learned wilderness first aid."

The first part of physically preparing for a trip is being sure that it is *medically* appropriate for you to go. Begin with the Annual Health and Medical Record (AHMR). Parts A and B are self-reported and part C must be completed by a health care provider.

Next, be sure to have a frank conversation with your health care provider about whether the physical challenges of the planned trip might conflict with any medical conditions you have. For example, you may have a medical condition that is well-controlled now but could become problematic when your physical activity increases during an outdoor trek (e.g., diabetes, asthma, high blood pressure). Your provider may not have discussed this concern with you previously if you haven't been active in the recent past. If you are planning a high-adventure activity at a council or high-adventure base, review the specific risk advisory with your health care provider.

Assuming it is medically appropriate for you to go on the trip, then it is critical that you become physically fit enough to tolerate the rigors you will be facing. Being fit will greatly enhance your enjoyment! Most high-adventure treks require a combination of cardiorespiratory fitness, muscular endurance, and muscular strength. How can you begin developing these attributes? One method is to complete the SCOUTStrong Presidential Active Lifestyle Award Challenge. The Challenge is designed to help participants become more active while also eating healthier. For more information, go to www.scouting.org/resources/bsa-fit/scout-strong.



A second method is to complete the physical activity-related rank requirements for Tenderfoot (requirements 6a, 6b, 6c), Second Class (7a, 7b), and First Class (8a, 8b) as outlined in the *Boy Scout Handbook*. These requirements are designed to help Scouts improve their physical fitness in a structured, gradual manner. But they will work just as well for an adult.

Read the "Be Prepared for High Adventure" Safety Moment for additional tips on how to be sure you're in shape for your next trek: [https://filestore.scouting.org/filestore/HealthSafety/pdf/680-055\(17\)HiAdventure-d.pdf](https://filestore.scouting.org/filestore/HealthSafety/pdf/680-055(17)HiAdventure-d.pdf)

Building Your Resilience

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress such as family and relationship issues, serious health problems, and school or financial stressors.

Resilience is not an inherent trait that people either have or don't have. Rather, it involves behaviors, thoughts, and actions that anyone can learn and develop.

Developing resilience is a personal journey. What works well for one may not work for another, so try to find your own best strategy. Some variations can reflect cultural or other differences.

The following points may help in determining one's own strategy for building resilience:

- **Make connections.** Good relationships with others are important. Accepting help and support from people who care about you and will listen to you strengthens your resilience. Being active in various groups like Boy Scouts or churches can provide social support and help with reclaiming hope. Assisting others in their time of need may also benefit you.
- **Avoid seeing crises as insurmountable problems.** You can't change the fact that highly stressful events occur but you can change how you interpret or respond to them. It's important to look beyond the present to how future circumstances can be better.
- **Accept that change is a part of living.** Certain goals may not be attainable as a result of adverse situations. Accepting circumstances that cannot be changed will help you focus on the ones you can improve.
- **Move toward your goals.** Think about possible solutions to problems you are facing and decide what realistic goals you want to achieve. Do something on a regular basis that can help move you forward, even if it seems like only a small accomplishment at the time. Shift your focus away from tasks that are unachievable. It is important to ask yourself, "What is one thing I know I can accomplish today that helps move me in the direction I want to go?" Some people find it helpful to track their progress by making a record of any accomplishments that move them toward their goals. Reflect on the fact that you are taking positive action and achieving what you need to do.
- **Take decisive actions.** Act on adverse situations as quickly and completely as you can. Take decisive actions—don't just detach yourself from problems and stresses and try to "wish them away." Being active instead of passive will help you become more effective in managing adversity.
- **Find positive ways to reduce stress and negativity.** After a stressful event, people often find they need to turn away from negative thoughts and feelings they are experiencing. Positive distractions like exercising, going to a movie, or reading a book can help renew your enthusiasm so that you can refocus on meeting challenges in your life. Avoid numbing any unpleasant feelings with alcohol or drugs.
- **Look for opportunities for self-discovery.** Living through a crisis or loss can enable us to learn important things about ourselves and grow in important ways. Many people who have experienced tragedies later report better relationships, a greater sense of strength even though they feel more vulnerable, increased self-esteem, increased spirituality, and a heightened appreciation for life.
- **Nurture a positive view of yourself.** Trusting your instincts and developing confidence in your ability to solve problems will help build resilience.
- **Keep things in perspective.** Even in painful or stressful situations, try to think of it in a broader context and keep a long-term perspective. Don't blow the event out of proportion. Strong emotional reactions are normal and typically fade over time.
- **Maintain an optimistic outlook.** Look for ways to stay hopeful and expect that good things will happen in your life. Try visualizing what you want rather than worrying about what you fear.

Building Your Resilience

- **Take care of yourself.** Pay attention to your own needs and feelings. Engage in activities that are relaxing and contribute to good health, like exercise and healthy eating. Taking care of yourself enables you to recharge your batteries and be better prepared for dealing with other situations that require resilience.
- **Additional ways of strengthening resilience may be helpful.** Some people write about their deepest thoughts and feelings or use meditation or other spiritual practices that enable them to build connections and restore hope. The key is to find ways of building your resilience that are likely to work well for you.
- **Look for help.** Getting help when you need it is crucial to building your resilience. Many people turn to family members, friends, or others who care about them for support and encouragement. Self-help and community support groups can also be beneficial. Sharing information, ideas, and emotions allows group participants to assist one another and find comfort in knowing they are not alone in experiencing difficulty. If using your own resources and getting help from others is not sufficient for building resilience, seeking the assistance of a licensed mental health professional can be an important next step.

More information on resilience can be found through the Psychology Help Center on the American Psychological Association website at www.apa.org/helpcenter.

Larry Kubiak

Incident Reporting

Sometimes, despite our best efforts, injury, illness, or property damage may occur during Scouting activities. When this happens, it is important to submit an incident report. Reporting an incident promptly is critical so that we can respond and assist you in a timely manner.

In addition, reporting all “near miss” and “general liability” incidents can lead to reducing risk in the future. With this reporting, you help us to identify and address potential liabilities. If the same types of incidents are reported with some frequency, we will know that we have a situation to address with additional or better training, resources, or other solutions.

The following tools are available to help you gather and report information on general liability incidents and near miss incidents:

- Incident Information Report (No. 680-016)
- Near Miss Incident Information Report (No. 680-017)
- *Guide to Safe Scouting* (No. 34416) at www.scouting.org/health-and-safety/gss/
- Youth Protection/Membership Infraction Incident Information Form (No. 680-676)
- Additional online resources at www.scouting.org/health-and-safety/incident-report

Video tutorials are also available for incident reporting. The two most common incidents to be reported are a near miss incident and a general liability incident. A near miss incident is defined as an unplanned occurrence that *did not* result in an injury, illness, or damage but had the potential to do so. We strongly encourage you to submit all near miss incident reports to BSA so that they can be utilized in improving safety. When you submit a general liability incident report, this does not mean there will become a claim—it is just the report of an injury, illness, or property damage incident.

So, what information is needed to submit a near miss incident or general liability incident report? Just the facts are needed: who, what, when, where, and how.

Please do your best to refrain from theorizing and providing your own opinion of what occurred. Remember, stick to the facts. Until recently, designated council members have entered all incidents into an Incident Portal. There is an additional Public Portal now available for volunteers and registered leaders to enter incidents.

Youth Protection/Membership Infraction reporting are also available for public and private use. The link to the Public Portal can be accessed here:

www.scouting.org/health-and-safety/incident-report

If you have any questions, please follow up with your local council or contact the Risk Management and/or Health and Safety departments in the national office.

Incident Reporting Tool

(Events or allegations of injury, illness, or property damage, including employment and directors and officer's issues)

General Incident Details

*Required Fields

*Incident Date: _____ Incident Time (in 24-hour format): _____

*Report Date: _____

Date Reported to Council: _____

Date Reported to Council/BSA Location: _____

Reported by Name: _____

Reported by Phone (Home): _____ Reported by Phone (Cell/Work): _____

Reported by Email: _____

Reported by Address: _____

Reported by City: _____ Reported by State: _____ Reported by Zip Code: _____

*Council/BSA Location: _____ *Location of Incident: _____

Specific area where incident occurred: _____

Incident Address: _____

Incident City: _____ *Incident State: _____ Incident Zip Code: _____

*Description of Incident (clear/concise/complete facts):

Was an Agency or Authority Notified? Yes No Whom: _____

Injury/Illness/Damage Information

*Claimant Name: _____

Claimant Address: _____

Claimant City: _____ *Claimant State: _____ Claimant Zip Code: _____

Claimant Phone (Home): _____ Claimant Phone (Cell/Work): _____

Claimant Email: _____

Claimant Date of Birth: _____ Age of Claimant: _____

General Classification (Cub Scout/Registered Leader/etc.): _____

Adventure/Program/Event: _____

Chartered Organization: _____

Property Damage? Yes No Describe: _____

Adventure/Program/Event: _____