Lightning Risk Reduction

Folks, there is no safe place outside in a lightning storm. Our friends at the National Weather Service recommend “When Thunder Roars, Go Indoors!” According to the weather service’s website, “The only completely safe action is to get inside a safe building or vehicle.” This is a change from some of the practices of the not-too-distant past. For example, how many of you remember the lightning “crouch” or being told to sit on an insulating mat in a storm? What the NWS has shared with us is that we need to leave those practices in the past and instead remind folks that they should keep moving toward a safe building or car instead of staying put. The data the NWS shared indicated that some of those struck by lightning could have used the time to return to a car or a building but may have felt pressure to stay put or keep going to a destination.


“When Thunder Roars, Go Indoors!”

Revised Unit Fireguard Plan

The BSA has a revised Unit Fireguard Plan. The revised colorful Unit Fireguard Plan incorporates much of the BSA’s latest information on what to do in the case of fire and includes the policy on the storage, handling, and use of chemical fuels. In addition, the plan further explains how the fireguard plan works.

Pick up a copy of the revised Unit Fireguard Plan the next time you visit your local Scout Shop.

Hydration Slogans

Need something to spice up your camp’s program to keep folks hydrated this summer?

Here are the winning slogans from last summer’s Bryan on Scouting blog ([http://blog.scoutingmagazine.org/2012/07/23/liquid-gold-check-out-these-10-winning-hydration-slogans/](http://blog.scoutingmagazine.org/2012/07/23/liquid-gold-check-out-these-10-winning-hydration-slogans/)).

Each winner received a custom Camelbak bottle. Perhaps a contest at your camp can produce even slogans. If so, send them to us at: Health.Safety@scouting.org

- “Don’t Be A Drip! Take A Sip!” — Stephanie Johnston, Jersey Shore Council

(continued on page 4)
BSA Stand Up Paddleboarding

Stand up paddleboards can be spotted on many American waterways, appear as program features at Scout camps, and will be a highlight at the 2013 National Scout Jamboree.

The BSA Outdoor Program Group, in association with BSA Health and Safety, has approved a new award to prepare Scouts to safely enjoy this rapidly expanding paddle sport.

An application and brochure for the BSA Stand Up Paddleboarding award will be available this summer. Information on stand up paddleboarding, or SUP as it is popularly known, has also been added to the latest edition of Aquatics Supervision.

The award introduces Scouts to SUP basics on calm water, including skills, equipment, self-rescue, and safety precautions. In addition to life jackets, required by Coast Guard regulations, state codes, and BSA Safety Afloat, the brochure discusses other important safety equipment, such as a leash and footwear, and the differences between paddling on calm water, on flowing water, and in the surf.

The safety information and the skill instructions were developed in cooperation with the American Canoe Association.

Unit leaders should update their online training in Safety Afloat in preparation for this year’s boating season, whether their units are enjoying the water by earning the new SUP award or in other craft.


Safety First! In Horsemanship

Here are some things to think about before, during, and after you ride your horse—for riders of all ages.

- Make sure you wear an ASTM-SEI approved riding helmet—not a bike or ski helmet—and that you have it fitted correctly. Visit YouTube (http://www.youtube.com/chainstructor) or the Certified Horsemanship Association website (http://cha-ahse.org) to view safety videos about horses produced by CHA, one of which is about fitting a riding helmet.

- Wear your boots when you groom, tack, and ride your horse. Boots keep your toes safe and prevent your foot from going through the stirrup when you ride.

- Wear pants! Shorts can lead to all kinds of sores on your legs. You will want that extra protection if you trail ride through brush.

- Wear your gloves while you lead, groom, and ride your horse. Gloves can help keep you from getting blisters or burns and give you a better grip as you ride.

- Do not duck under the lead rope or walk in front of your horse if it is in cross ties. Doing so could result in injury if the horse comes forward on top of you.

- Dismount by sliding down on your right hip facing the head of your horse and not by facing the saddle. You could get your shirt caught on the saddle horn or scrape the saddle leather with your belt buckle or jeans button.

- Feed your horse treats out of a bucket. Feeding by hand can get you nipped and also teaches your horse to disrespect you and try to push you for treats even when you don’t have any.

- If your horse pulls back while tied, don’t try to stop it! Just move away from the horse until the lead rope or halter breaks or until the horse stops pulling, and then go untie the horse. If you have a horse that pulls in your lesson program, think about wrapping the lead rope to tie it if you have your students groom and saddle as part of your lesson program.

You can visit www.cha-ahse.org to find out more about horsemanship safety.
Lifeguard Rescue and Personal Protective Equipment

As you prepare for fun and safe aquatics activities at camp this summer, have you thought about what rescue and personal protective equipment your lifeguards will need? Now is a good time to check whether you’re providing your lifeguards with rescue and personal protective equipment (PPE) required by state codes and Occupational Safety and Health Administration regulations.

The OSHA Occupational Exposure to Bloodborne Pathogens Standard (29 CFR 1910.1030) requires employers to provide employees having occupational exposure, such as lifeguards, with PPE and the opportunity to receive a Hepatitis B vaccination at no cost to the employees. Each lifeguard must have immediate access to a one-way valve resuscitation mask and nonlatex one-use disposable gloves.

Typically, each lifeguard carries individual PPE in a hip pack worn whenever the lifeguard is in the area. In addition, each lifeguard must have immediate access to communication devices to activate emergency action plans and appropriate rescue equipment in proper working order. Communication devices vary by facility and may include a whistle, megaphone, radio, flag, or another signaling device.

A rescue tube is the primary piece of equipment used to perform water rescue. Each lifeguard on surveillance duty must have immediate access to a rescue tube or other approved flotation device. That is, if there are four lifeguards providing surveillance, your facility will need at least four rescue tubes in good working order in addition to any that may be used concurrently for training. Typically, each lifeguard will hold the tube with the strap across the shoulder.

In addition to the PPE, rescue tube, and signal device carried by each lifeguard, aquatic facilities must also provide a backboard and first-aid kit that can be promptly brought to the scene of an emergency while a rescue is under way. A backboard is used for extracting unresponsive subjects from the water at the edge of a pool or pier and is also used to manage spinal injuries. For the latter purpose, a head restraint and at least three straps are required. State regulators may mandate minimum contents of your first-aid kit.

Some facilities, such as beaches with zero-depth entries, may use specific or specialty equipment to meet the needs of their environments. Such items may include rescue buoys, rescue boards, and watercraft. Camp management should review all equipment needs with the council aquatics committee and camp aquatics director.

Shooting Sports and FAQs

Shooting sports are exciting and fun for Scouts of all ages. With Cub Scout and Webelos day camps and resident camps just around the corner, please make sure that your staff is properly trained on how to operate a safe shooting sports program.

- Do your ranges have currently certified BB gun and archery range masters?
- Do you know if the approved BSA safety training is taught to the Cub Scouts and Webelos before they shoot?

If you don’t already have the BSA National Shooting Sports Manual, you can download it here: www.scouting.org/OutdoorProgram/ShootingSports.aspx.

This manual contains the BB gun and archery range master training, the safety training for Cub Scouts, and the requirements for operating a well-run program. Please note that Cub Scouts and Webelos can shoot BB guns and bows only at council- or district-sponsored events and not on a pack or den level.

For Webelos Scouts only, the use of pellet air rifles is allowed, but this activity is restricted to a council resident camp setting in which the range is on council-owned property. The range must be supervised by a National Camping School shooting sports director or an NRA rifle instructor per eight shooters rather than a BB gun range master.

Why not ask your shooting sports committee to help organize year-round council-sponsored shooting events for your Cub Scouts and Webelos that will help in your recruitment and retention efforts?
Adequate sleep may be as important as diet and exercise in terms of our overall health. Each year, about 40 million people in the United States suffer from sleep disorders, with 69 percent of children experiencing one or more sleep problems a few nights or more a week. Most of these problems go undiagnosed and untreated. Research has shown that inadequate sleep takes a toll both mentally and physically, including increasing the severity of high blood pressure and diabetes for those with these illnesses.

Sleep-deprived people may perform just as badly as intoxicated people; falling asleep while driving is responsible for at least 100,000 crashes, 71,000 injuries and 1,550 deaths each year in the United States. People in their teens and 20s are involved in more than half of these fatal crashes each year. School performance is also affected as 60 percent of grade school and high school students report that they are tired during the day and 15 percent admit to falling asleep in class.

The need for sleep doesn’t decline with age, but the ability to sleep for six to eight hours at one time may be reduced. Stress is the number one cause of short-term sleeping difficulties. Common triggers include school- or job-related pressures, a family or marriage problem, or a serious illness or death in the family. The sleep problem usually disappears when the stressful situation passes, but if the insomnia is not managed early on, it may persist long after the stress has passed.

Common sleep disorders include:

SNORING—Noisy breathing during sleep that occurs when relaxed structures in the throat vibrate and make noise. Most snoring is harmless although it can be a nuisance that interferes with the sleep of others. It can often be stopped with lifestyle changes such as losing weight, cutting down on smoking and alcohol use, and changing sleeping positions. Snoring can be an indication of sleep apnea.

SLEEP APNEA—An interruption in airflow for more than 10 seconds while sleeping. Fewer than five apneas per hour is considered normal. Sleep apnea can result in death, usually from heart attack, stroke, or even motor vehicle accidents related to sleepiness.

INSOMNIA—Difficulty falling asleep or staying asleep. It is the most common sleep disorder, affecting 20–30 percent of the population at some point in their lives. Cognitive behavioral therapy has been found to be longer lasting and more effective than sleeping medication in reducing insomnia, with a 70–80 percent success rate.

TIPS FOR BETTER SLEEPING:
1. Try to go to bed and wake up at the same time every day. A consistent bedtime routine is important. Dim the lights a few minutes before bedtime to get a sense of evening twilight. Avoid surfing the Web or watching television right before bed. Write down troubling thoughts so you won’t dwell on them during the night. Performing the same nightly activities will signal to your body that it’s time to rest and will allow you to fall asleep faster.
2. Avoid caffeine, alcohol, and nicotine in the four to six hours before bedtime.
3. Don’t exercise within two hours of bedtime. Exercising five or six hours before bedtime may help you sleep more soundly.
4. Don’t eat large meals within two hours of bedtime.
5. Don’t nap later than 3 p.m.
6. Sleep in a dark, quiet room with a comfortable temperature.
7. If you can’t fall asleep within 20 minutes, do a quiet activity elsewhere and return to bed when you’re sleepy.
8. Wind down in the 30 minutes before bedtime with a relaxing ritual such as taking a warm bath, listening to soft music, or reading.
9. Remove from the bedroom things that could disturb sleep such as pets, light, or noise.
10. Try to wake up without using an alarm clock. You will feel refreshed and know your body is getting enough sleep.
11. Go to bed earlier every night for a certain period. This will ensure that you’re getting enough sleep.
12. Take a power nap of no longer than 20 minutes during the day if needed. That will help counter the slump in alertness people generally feel around 3 p.m.

If problems persist, see a mental health professional who specializes in cognitive behavioral therapy related to sleep.

Hydration Slogans (continued from page 1)
• "H2O makes a Hiker GO!" — Tom Stanfield, Capital Area Council
• "Show What You Know – Drink Your H2O!" — Tony Hoppa, Seneca Waterways Council
• "Way 2 go H2O!" — Ellie Leialoha, Maui County Council
• "When the weather is hot and the sun is hotter, don’t be a fool! Drink some water!" — Angel Zamora, South Texas Council
• "Veni, Sudare, Bibi. (I came, I sweat, I drank.)" — Michael Menninger, Atlanta Area Council
• “Don’t dehydrate in the sun, Hydrate! Hydrate! And have fun.” — Mark DeWett, Longs Peak Council
• “No spit, no sweat, no need to go? Fix it all with H2O!” — Paul Kautz, Northern Star Council
• “You’re not thinking, If you’re not drinking.” — Gray Jolly, Old Hickory Council
• “Water in your gut keeps you off your butt!” — Chris McEvoy, Annawon Council