The Principles of Leave
• Discipline
• Monitor conditions
• Plan ahead
• Physical fitness
• Qualified supervision

Trek Safely

• Qualified supervision
• Physical fitness
• Plan ahead
• Commencement clean and complete
• Monitor conditions

Climate On Safety
• Qualified supervision
• Qualified instructors
• Physical fitness
• Safe area
• Equipment
• Planning
• Environmental conditions

Discipline

Trek Safely

• Qualified supervision
• Physical fitness
• Plan ahead
• Commencement clean and complete
• Monitor conditions

Climb On Safety

• Qualified supervision
• Qualified instructors
• Physical fitness
• Safe area
• Equipment
• Planning
• Environmental conditions

Oh. For more information refer to the Principles of Leave No Trace, No. 21-100. Also see Teaching Leave No Trace on the BSA Web site at http://www.scouting.org.

Safety

To ensure safe outings, the BSA has developed several leader training opportunities.

Safe Swim Defense

• Qualified supervision
• Physical fitness
• Swim area
• Lifeguard on duty
• Lookout
• Ability groups
• Buddy system
• Discipline

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• Qualified supervision
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• Discipline

Safety Afloat

• Qualified supervision
• Physical fitness
• Swimming ability
• Personal flotation equipment
• Buddy system
• Skill proficiency
• Planning
• Equipment
• Obstacles

Trek Safely

• Qualified supervision
• Physical fitness
• Plan ahead
• Commencement clean and completely
• Monitor conditions

Outdoor Literature
Outdoor knowledge and skills are highlighted throughout Scout literature. Publications that are most pertinent to Boy Scout outdoor activities include:

• The Boy Scout Handbook, No. 33105—The Boy Scout Handbook is the primary resource providing knowledge and skills development leading to the highest rank of Eagle Scout.

• Fieldbook, No. 20-109—The Fieldbook is a comprehensive resource providing knowledge about nature and the environment. It includes sections on leadership and Trail Preparation, Leave No Trace, Trek Adventures, and Appreciating the Environment.

• Passport to High Adventure, No. 21-183—This manual describes facilities and procedures for council, national, or unit high-adventure programs. It is intended primarily for BSA climbing directors and instructors. This manual describes and illustrates recommended techniques for constructing a variety of snow shelters and traveling across the snow. Also described are snow shelters and techniques for making a shelter in a non-snow environment.

• Topping Out, No. 32007—Designed primarily for BSA climbing directors and instructors, this manual describes and illustrates recommended techniques for top rope climbing, rappelling, and repelling. A list of 191 top rope climbing, rappelling, and repelling operations is included.

• Project COPE manual, No. 34371C—This manual describes facilities and equipment for council, national, or unit high-adventure activities that help provide a realistic experience to help participants gain confidence, teamwork, trust, leadership, decision making, problem solving, and self-esteem in the participants.

Conservation Good-Turn—Scout units that perform a meaningful conservation project and complete the Conservation Good-Turn Award application, No. 21-108, may earn a Conservation Good-Turn award, No. 21-386.

Honor Awards—There are seven different William T. Hornaday Awards that may be earned by Boy Scouts, Varsity Scouts, and adult leaders.

Silvane and Brown medals are the highest, most distinguished awards in the conservation award series. For these awards, the nominee must complete a minimum number of merit projects requiring a number of merit projects as specified in the award application. No. 21-387 is eligible to wear the Hornaday 50-Miler award, No. 21-386.

The Boy Scouts of America publishes a compendium of historic trails operated by Scout councils throughout the United States. See Nationally Approved Historic Trails operated by Scout councils throughout the United States. See Nationally Approved Historic Trails and Trek Preparation, Leaving No Trace—A Leave No Trace Achievement Award application, No. 21-156.

This card, No. 00187, or leather patch, No. 00244, is earned when a Scout hikes, studies about a historic trail, hikes and conservation awards. Each medal is earned when a Scout is eligible to wear the leaves at least 50 miles over five consecutive days, and completes the Historic Trails Award application, No. 34408A.

For more detailed information on these training opportunities visit the BSA Web site at http://www.scouting.org/applications/trails.aspx.

Climb On Safety

• Qualified supervision
• Qualified instructors
• Physical fitness
• Safe area
• Equipment
• Planning
• Environmental conditions

Discipline

Weather Smart Training

• Weather planning and preparation
• Lightning
• Hot weather
• Hail
• Flash floods
• Tornadoes
• Windstorms
• Traditional weather signals

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Learning by doing is a hallmark of outdoor education. Boy Scouts spend time on camping trips, both weeklong and shorter, and on adventure outings each month throughout the year. A 10-day weeklong adventure introduces participants to a world of fun and adventure. It allows participants to work together as a team and learn important life skills.

Scouting uses the patrol method to teach skills and values. Scouts elect their own patrol leader and their patrol sends its suggestions and problems to the Troop and Council leaders. The patrol system enables them to learn that good teamwork is the key to success.

Exercise and fitness is a part of the outdoor experience. As Scouts hike, paddle, climb, bike, and ride, their muscle mass becomes toned and their aerobic capacity increases. Learning to plan their meals is an important part of training. Patrols are encouraged to experiment with ingredients to prepare flavorful and nutritious meals.

Service to others and good citizenship is learned through such service projects as providing food and shelter for the homeless, working with community service projects that promote healthy living. Through helping other people, Scouts learn the importance of service that can share.

Types of Outdoor Activities

What are typical outdoor activities for young Scouts, less-rugged activities are more appropriate as they begin to acquire outdoor knowledge. The casual, non-structured, off-trail, hands-on learning that adolescent boy groups prefer is designed to take advantage of their natural curiosity.

Service projects—Doing projects that may be related to conservation, local buildings, building shelters, or other healthy living activities.

Day hikes—Round-trip short hikes (3 to 6 miles) in terrain without a lot of elevation gain or loss.

Patrol activities—A Boy Scout patrol or Varsity Scout squad may hike or camp with other patrols or squads in the unit or, with the permission of their Scoutmaster and parents or guardians, may hike or camp on their own.

Weekend overnights—Troop plan and carry out outings once a month at least and retain boys at a much higher level than those that have fewer outings during the year.

Camporees—Councils and district planning camporees and other events during the year that give Scouts an opportunity to learn their knowledge and skills in a concentrated way with other Scouts.

Summer camp—Summer camp is what many Scout leaders call it. Camp provides numerous opportunities for Scout leaders to earn merit badges along their advancement path. Camp scouting includes at least five nights and six days of outdoor activities.

Jamborees—Every four or five years, the Boy Scouts of America hosts a national Jamboree. Numerous Scout jamborees. More than 150,000 Scouts and leaders from across the county participate. This 10-day event includes the most popular and highest quality outdoor activities Scouts enjoy. Participating, a Scout must be at least 13 years old by July 1 of the jamboree year and be a Boy Scout leader. The jamboree is a lifetime experience.

Council high adventure—A high adventure experience that can be experienced at least six days of trail walking in wilderness and other rugged remote locations. Trekking, may include backpacking, canoeing, cross-country skiing, horse packing, mountaineering, skiing, rafting, rock climbing, or sailing with high adventure

National high adventure—The BSA operates national high-adventure bases and programs. With two locations: the Florida National High Adventure Base and the Philmont Scout Ranch in Cimarron, its high-adventure bases and programs. The Northern Tier National High Adventure Program, based in northern Minnesota with two satellite bases in Canada, provides a variety of Boy Scout campers and programs. Outdoor Scout Ranch and the Double I Ranch in the mountains of New Mexico provide excellent backcountry paddling trips. A different offers a wide variety of opportunities for youth adventures. These activities for more experienced Scouts are planned and implemented by youth leaders working with their adult leaders.

Central to this is the council’s policies and procedures that ensure that health and safety reviews. Adults need to control and share in their role as a group leader.

Although it is not mandatory, councils are strongly encouraged to have separate and helpful facilities. In some areas, separate facilities or accommodations for groups of young people and families should be provided. Use the buddy system for before, during, and after every outing. Use a buddy system before, during, and after every outing. Make sure the group leader is qualified to use a buddy system. Be prepared with first aid for the group leader.

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