

Young people today seek increasingly challenging activities, many of which involve trekking in backcountry or wilderness areas.

Treks can include such high-adventure activities as backpacking, canoeing, caving, horse packing, kayaking, mountain biking, mountaineering, rafting, sailing, and skiing. While some treks are

as short as overnight, others last a week or two. Trek Safely, the

Boy Scouts of America's recommended procedure for organizing

BSA outdoor treks, applies to overnight treks of any duration.

By being aware of the seven points of Trek Safely, youth and

adult leaders will be better prepared for a safe trekking experience.

## Parental Informed Consent and Hold-Harmless/Release Agreement

I understand that participation in the \_\_\_\_\_ offered through the \_\_\_\_\_ Council, BSA, on \_\_\_\_\_, involves a certain degree of risk that could result in injury or death. In consideration of the benefits to be derived and after carefully considering the risk involved, and in view of the fact that the Boy Scouts of America is an organization in which membership is voluntary, and having full confidence that precautions will be taken to ensure the safety and well-being of my (son/daughter), I have given \_\_\_\_\_ (son/daughter) my consent to participate in \_\_\_\_\_, and waive all claims I may have against Boy Scouts of America, \_\_\_\_\_ Council, activity coordinators, and all employees, volunteers, or sponsors associated with the \_\_\_\_\_.

In case of emergency, I understand every effort will be made to contact me. In the event I cannot be reached, I hereby give my permission to the physician selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for my child.

Signature \_\_\_\_\_ Date \_\_\_\_\_



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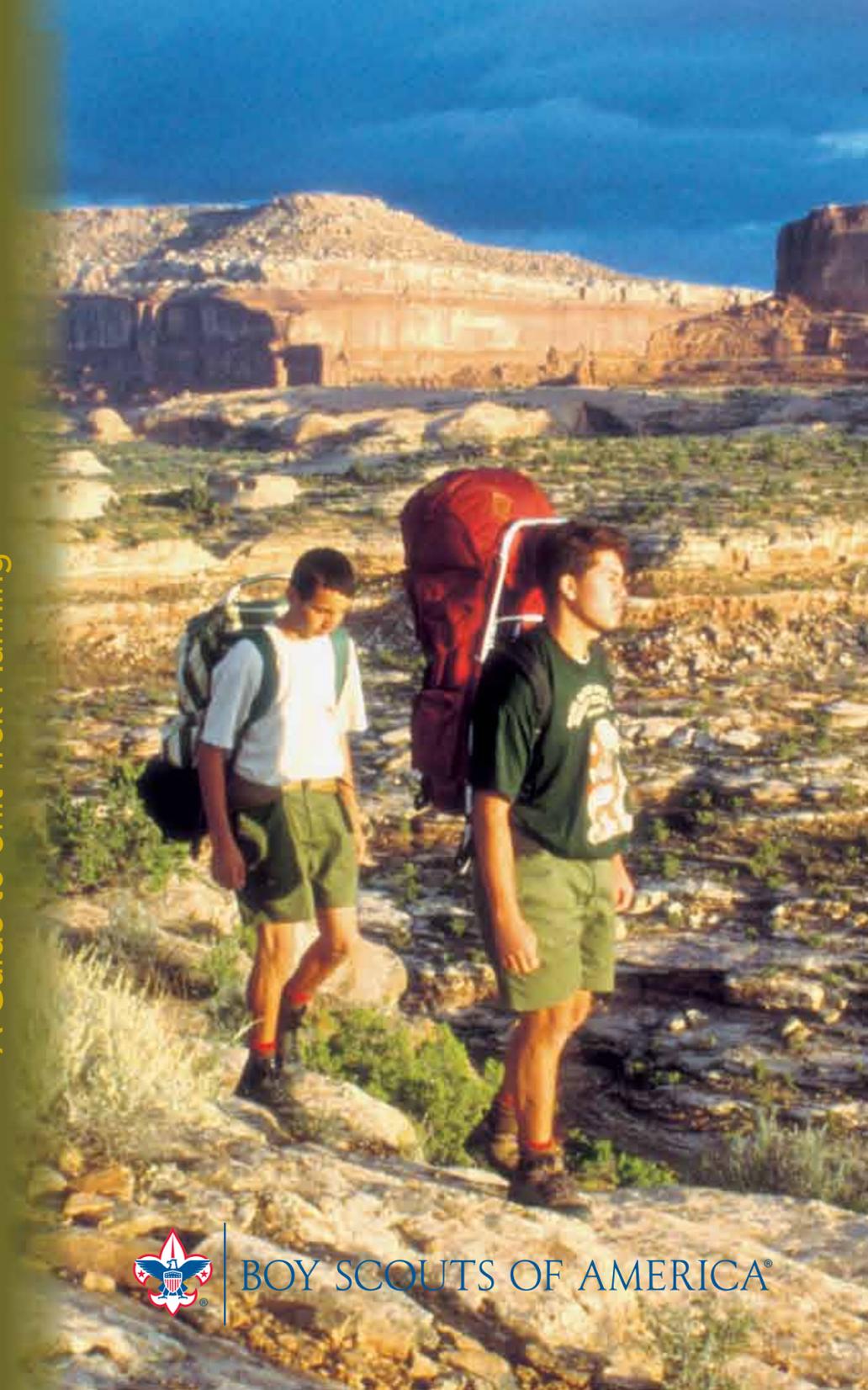


trek safely

A Guide to Unit Trek Planning



BOY SCOUTS OF AMERICA®



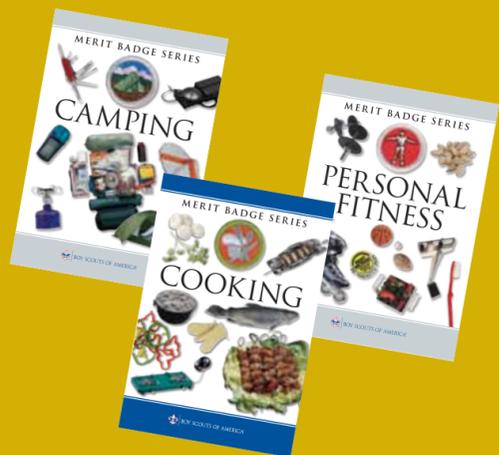
Backcountry and extended treks provide the excitement that many older Scouts and Venturers are looking for. With this added excitement comes the responsibility to pay close attention to every detail. Your planning must anticipate weather changes, the itinerary's difficulty, and crew dynamics.

Trek Safely is designed to help Scouting groups be fully prepared for a backcountry trek. It will help each youth member and adult leader recognize situations that could develop where the group will have to adjust its schedule or route, or even make camp for the night due to weather or an injured or ill crew member. Crews who address possible scenarios in advance are less likely to be surprised on the trail. Contingency planning is critical to the success of every trip.

Knowing the members of the crew is one of the most effective ways to avoid conflicts and other problems. A strenuous backcountry trip will always be physically and mentally challenging. Rugged backcountry conditions will magnify emotions and create stress levels that may be a new experience for some members. Groups should expect occasional friction and not be surprised if some conflict occurs on a trek. Understanding that this is a normal occurrence enables the group to maintain unity and work through disputes.

Leaders should consult current BSA training materials and literature on trekking for additional guidance. Among the many training sessions and resources that can help leaders plan and prepare for a trek are the following:

- Trek Leader section, National Camping School
- Aquatics section, National Camping School
- Climbing section, National Camping School
- *Fieldbook*, No. 33104; <http://bsafieldbook.org>
- *Principles of Leave No Trace*, No. 430-105
- *Okpik: Cold-Weather Camping*, No. 34040
- *Topping Out: A BSA Climbing/Rappelling Manual*, No. 32007
- *Guide to Safe Scouting*, No. 34416; <http://www.scouting.org/scoutsource/HealthandSafety/GSS.aspx>
- *Backpacking* merit badge pamphlet, No. 35863
- *Camping* merit badge pamphlet, No. 35866
- *Canoeing* merit badge pamphlet, No. 35867
- *Cooking* merit badge pamphlet, No. 35879
- *First Aid* merit badge pamphlet, No. 35897
- *Horsemanship* merit badge pamphlet, No. 35909
- *Orienteering* merit badge pamphlet, No. 35925
- *Personal Fitness* merit badge pamphlet, No. 35927
- *Snow Sports* merit badge pamphlet, No. 35951
- *Weather* merit badge pamphlet, No. 35964
- *Whitewater* merit badge pamphlet, No. 35965
- *Wilderness Survival* merit badge pamphlet, No. 35966
- Council high-adventure website, <http://www.scouting.org/scoutsource/Applications/highadventuresearch.aspx>
- High-adventure trek planning, Philmont Training Center



**Each of the following elements plays an important role in the overall Trek Safely procedure. Fun and safe overnight trekking activities require compliance with Trek Safely by both adult and youth leaders.**

### 1. Qualified Supervision

All backcountry treks must be supervised by a mature, conscientious adult at least 21 years of age who understands the potential risks associated with the trek. This person knowingly accepts responsibility for the well-being and safety of the youth in his or her care. This adult supervisor is trained in and committed to compliance with the seven points of the BSA's Trek Safely procedure. One additional adult who is at least 18 years of age must also accompany the unit.

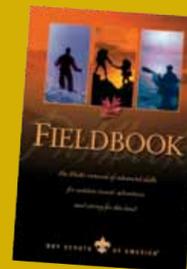
The lead adult is responsible for ensuring that someone in the group is currently trained in first aid appropriate to the type of trek and the environment. Training in basic wilderness first aid (typically a 16-hour course) and CPR is recommended. A signed parental informed consent form for each participant under 18 years of age may be used for adventurous activities such as whitewater, climbing, and horse packing treks.



### 2. Keep Fit

Require evidence of fitness with a current BSA Annual Health and Medical Record, No. 680-001. A regular fitness regimen is recommended for trek participants. They are urged to start slowly, gradually increasing the duration and intensity of their exercise. The adult leader should adjust supervision, protection, and planning to anticipate potential risks associated with individual health conditions. Neither youth nor adults should participate in a trek or activity for which they are not physically prepared. See the *Fieldbook*, No. 33104.

*The Fieldbook, No. 33104, has a chapter called "Becoming Fit" that includes exercises to increase physical fitness and stamina, and tips on increasing mental fitness and awareness as well.*



### 3. Plan Ahead

Planning a trek includes filing a tour and activity plan with the local council service center at least 21 days before the departure date. Log into [www.myscouting.org](http://www.myscouting.org) to find the tour and activity plan online.

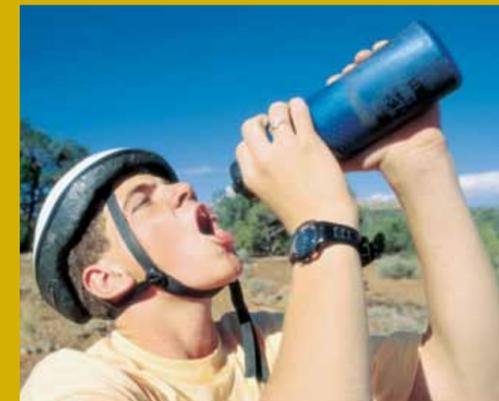
The trek should match the maturity, skill level, and fitness of unit members. A youth or adult leader must secure land-use permits to use public land or written permission from the owner to cross or use private land. It is also crucial to learn about any requirements and recommendations from the local land manager. Find out about the terrain, elevation ranges, trails, wildlife, campsites, typical weather conditions, and environmental issues for the period of the trek.

Training in Leave No Trace using the *Principles of Leave No Trace*, No. 430-105, and the Leave No Trace Training Outline, No. 21-113, is crucial. Units should anticipate a range of weather conditions and temperatures and develop an alternate itinerary in the event that adverse conditions develop.



### 4. Gear Up

Procure topographic maps, as well as current trail maps, for the area of the trek. Take equipment and clothing that is appropriate for the weather and unit skill level, is in good condition, and is properly sized for each participant. A qualified youth or adult leader ensures that participants are trained in the proper use of specialized equipment, particularly items with which they are not familiar, such as climbing ropes, ice axes, crampons, watercraft, bridles, saddles, and cross-country skis and poles. A shakedown must be conducted to be sure each person has the right equipment without taking too much.



Crew equipment includes a first-aid kit stocked with current medications and supplies. The leader reminds youth and adults to bring and take prescribed medications. Every crew must have the means to treat water for drinking by boiling it, treating it with chemicals, or using an approved water filter. When ultraviolet light (sunlight) is prevalent, it is critical that participants have adequate sun protection, including broad-brimmed hats, sunglasses, and sunscreen.

### 5. Communicate Clearly and Completely

Communication is one of the keys to a safe outdoor adventure, and staying in touch with home base is the first step. A youth or adult leader should complete a trip plan and share these details of the trek—including time of departure, overnight stops, the time of expected return, the trailhead (where vehicles will be parked) and the itinerary and alternate itinerary—with a contact person in the home area. At any time the itinerary changes, one of the leaders relays the changes to the contact person, who in turn relays them to the Scouts' parents. A plan for communicating with each parent is developed before the trek.

A means of electronic communication—with back-up power—may be helpful should an emergency occur. The leader should carry the telephone numbers or contact information of medical and emergency services in the area of the trek. Before calling for emergency assistance, the exact location and nature of the patient's injury or illness should be determined.

Youth and adult leaders are responsible for making sure that everyone knows what to expect and what is expected of them. Leaders should communicate with each other, as well as with the entire crew, to avoid unpleasant surprises.

### 6. Monitor Conditions

The leaders are responsible for making good decisions during the trek, conservatively estimating the capabilities and stamina of the group. If adverse conditions develop, the group is prepared to stop or turn back. The unit is responsible for monitoring weather conditions and forecasts before and during the trek—a small National Oceanographic and Atmospheric Administration (NOAA) radio is helpful for learning current weather forecasts. Leaders continually assess conditions, including weather, terrain, group morale, food and water supplies, group physical condition, and other factors to determine the difference between what is difficult and what is dangerous. Dangerous conditions are avoided.

### 7. Discipline

Each participant knows, understands, and respects the rules and procedures for safe trekking and has been oriented in Trek Safely. Applicable rules should be presented and learned prior to the outing and should be reviewed with participants before the trek begins. When participants know the reasons for rules and procedures, they are more likely to follow them. Adult and youth leaders must be strict and fair, showing no favoritism.

