



Health and Safety

Camp Conestoga Health & Safety Guidelines

All Campers must abide by these standards as set forth by the Boy Scouts of America and State of Pennsylvania. These rules and regulations are set forth to provide all Scouts with the safest environment possible.

For Safety:

1. Always hike with a buddy or buddies. Be sure to get permission from your leader. Inform him of your route and your estimated returning time.
2. Aquatic activities (swimming, canoeing, and boating) are conducted under adult supervision and following the minimum standards of the BSA.
3. No Scout leader or Scout leaves camp without checking out at the main office in Rohrbacher Lodge.
4. Shoes and socks are worn at all times to prevent cuts and bruises. No open toe shoes or sandals. Even if you are going to the pool, you must wear shoes and socks while walking there.
5. Fireworks are not permitted. (PROHIBITED BY LAUREL HILL STATE PARK AND THE BSA)
6. Each troop makes a visual check for attendance at meals and at bedtime.
7. Determine the location of natural hazards.
8. Do not use liquid fuel to start fires. (“Boy Scout Water” is not an acceptable fire starter!)
9. Drink from an approved water supply; do not drink from springs as they may be contaminated.
10. No alcoholic beverages are permitted on camp property.
11. Keep the shower houses clean! Instances of graffiti or intentional destruction will NOT be tolerated. A shower house cleaning schedule will be established at the Senior Patrol Leader’s Meeting on Sunday evening.
12. Place garbage in proper area for pickup. (Do not bury garbage).
 1. No pets allowed in camp.
 1. **No passengers transported in the cargo section of pickups or trucks.** NO EXCEPTIONS, YOUTH OR ADULTS. Every passenger must have a seatbelt.

Camp Conestoga Health Lodge Procedures

All Troops must report to the Health Lodge with medications and health forms in hand, between 1:00 pm and 3:00 pm on Sunday

All health forms must be:

- ✓ CURRENT, WITHIN 12 MONTHS
- ✓ SIGNED BY A PHYSICIAN
- ✓ UP TO DATE AND COMPLETE WITH CURRENT EMERGENCY PHONE NUMBERS HMO POLICY NUMBERS, ETC.



Medications

All medications must be turned into the Health Officer at check-in. Medication that must remain with the Scout i.e. inhalers, bee sting kits, etc. must be shown to the Health Officer. These medications will remain in the Scouts possession. It is the responsibility of the Scout and the Scoutmaster to see that the Scout reports to the Health Lodge to receive his medication. IT IS NOT THE RESPONSIBILITY OF THE RESERVATION HEALTH OFFICER.

Medical Requirements

Each Scout and Adult Leader attending camp must submit a medical form, the **Annual Health and Medical Record** upon arrival during the medical check-in. Be sure your troop number and campsite are on each Physical Form in the upper corner block!

*** Please place your unit's health form in a binder. Write your Unit number on the binder and ensure the forms are in alphabetical order by their last name, this includes your leaders!

ANY person coming to camp without a COMPLETED MEDICAL FORM
WILL BE SENT HOME!

Once you have all physical forms completed, copy the original and BRING ONLY THE PHOTOCOPY TO CAMP. THESE FORMS ARE REQUIRED TO BE KEPT ON FILE FOR THE WEEK.

All Scouts must use the **Annual Health and Medical Record** which requires a medical examination by a licensed medical doctor once every year. The form must include a doctor's signature and have sections one and two completed.

All adults in camp are also required to have a physical. All Scouters are required to have a yearly physical signed by a medical doctor and recorded on the **Annual Health and Medical Record**.

Rest

SLEEP can mean the difference between a great or poor week. Each person needs a certain number of hours each night to function properly the next day. The Scoutmaster should ensure that, from 10:00 PM until 6:00 AM, their campsite is quiet so that those who wish to sleep may do so.

Footwear

NO SANDALS, OPEN-TOED SHOES, OR BOAT SHOES ARE TO BE WORN IN CAMP. You may wear these types of shoes at the pool or in the shower house, but only in those areas. This does not include travel to and from those places. Any camper found wearing illegal footwear, will be sent back to his campsite to change.

Camp Conestoga is staffed 24 hours a day 7 day a week, by a fully certified medical officer, to render emergency care to anyone one in camp. **Contact the main office to obtain medical assistance.**