

**Are we in the right place,  
at the right time,  
with the right people,  
with the right equipment?**

**Camping/Outdoor Activity Guide  
FEBRUARY 2003**

## **Scouting's Practices or Methods:**

Scouting Practices and Methods are defined as a system of progressive self-education, including:

- ◆ A Promise and Law,
- ◆ Learning by doing,
- ◆ Membership in small groups,
- ◆ Progressive and stimulating programs,
- ◆ Commitment to the values of doing one's best, contributing to the community, respecting and caring for others, contributing as a family member,
- ◆ Use of outdoor activities as a key learning resource.

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# Section 1

## Introduction

Scouts Canada recognizes and encourages the use of the “outdoors” as an excellent environment for conducting our Programs and achieving our Mission. This is carried out as members participate in programs as responsible citizens in their local, national and international communities. Programmed activities in the outdoors have proven to be an excellent way for Scouts Canada to apply its principles of duty to self, others and to God. The challenge for members is to ensure that our programs continue to be provided in a safe yet fun, challenging, educational, and ethical manner.

Continuing to realize our Mission through safe, responsible, outdoor programming requires that we become more conscious and systematic about how we prepare, equip, and carry out our programs. To that end, we have consulted extensively with our members, other organizations and recognised international authorities. We acknowledge their contributions, particularly those of The Association for Experiential Education (AEE), who has granted permission for the use of its resources in the development of this Guide. *AEE’s Manual of Accreditation Standards for Adventure Programs, 3rd Edition*, has proven particularly valuable and Scouts Canada would like to thank AEE for its support and assistance. Although selected material used in the development of this Guide has come from other sources, the Guide is solely the property of Scouts Canada. Permission to use source material does not express or imply any endorsement whatsoever by AEE, any other organization or individual.

Scouts Canada recognizes that following the practices described in this guide will contribute to the safety of the participants, but simply following these practices cannot be expected to guarantee their safety.

## Introduction to Risk Management

Scouts Canada recognizes that the nature of the activities that the youth and leaders participate in involves “risk”, and the elements of risk change. It is generally accepted that activities of longer duration, in more isolated areas and demanding higher levels of skill and physical ability, increase the element of risk.

To help leaders visualize this concept we have grouped “typical Scouting Activities” into three categories based on the location and duration of the activity.

### Category 1

Green - (go carefully) Regular weekly meetings whether they are held indoors or outdoors at the regular meeting place. For this category all “Acceptable Practices for Conducting Outdoor Scouting Activities” would apply.

**Note:** Tour, visits and fundraisers would be included in this category. See section 3 of this guide.

### Category 2

Yellow - (proceed with caution) Any outdoor activity away from the regular meeting facilities, or, of an extended nature, up to and including short-term camping, 3 nights or less (as defined in *By-Law, Policies and Procedures*). For this category all “Acceptable Practices for Conducting Outdoor Scouting Activities” would apply. In addition to these practices the “Acceptable Practices for Specific Outdoor Scouting Activities” may also apply. See sections 3 & 4 of this guide.

### Category 3

Red - (stop, be alert, check things carefully before proceeding) Long-term overnight activity of 4 nights or longer, (as defined in *By-Law, Policies and Procedures*), or activities of shorter duration, but requiring advanced levels of skills and competencies. For this category, “Acceptable Practices for Conducting Outdoor Scouting Activities” would apply. In addition to these practices, the “Acceptable Practices for Specific Outdoor Scouting Activities” may also apply. See sections 3 & 4 of this guide.

Scouts Canada’s approach to Risk Management is to provide leaders and group committee members, tasked with planning and approving programs, with resources to help them identify, assess, avoid and minimize potential risk. Examples of resources provided by Scouts Canada include but are not limited to: section leader handbooks, *Fieldbook for Canadian Scouting*, Duty of Care, Program Standards, *the Leader Magazine*, Scouts Canada’s Website [www.scouts.ca](http://www.scouts.ca) and this guide.

This Guide has been provided to help leaders and group committee members identify and appreciate the level of risk associated with an activity.

The Guide also helps leaders and group committee members determine if the proposed activity meets the following criteria:

### Leaders and Participants Are:

in the Right Place,  
at the Right Time,  
with the Right People  
and with the Right Equipment.

## Section 2

### How to Use This Guide

1. Section 1 of this guide helps familiarize Scouters with Scouts Canada's mission statement and how this can be achieved through the use of the outdoors. It also provides Leaders with a brief introduction to Risk Management and Scouts Canada's approach to conducting programs. **Read this section.**
2. Section 3 of this Guide provides the "Acceptable Practices for Conducting Outdoor Scouting Activities." **Consult this section before planning any outdoor activities.**

Note: It is useful to have a particular activity in mind as you review these guidelines. Select a particular activity, then answer in your mind or on paper:

<b>Who?</b>	Who will go? Who will the leaders be? Who is qualified to lead the activity?
<b>What?</b>	What will the goal or purpose of the activity be? What are you likely to encounter while participating in the activity? What will you do while you are out there?
<b>Why?</b>	Why are you going? Why have you chosen that particular activity?
<b>When?</b>	When will you be going? Day or night? What season?
<b>Where?</b>	Where will you be going?
<b>How?</b>	How will you get there? Transportation? Bike, hike, canoe?

Taking a few minutes to get a picture in your mind of what it is you would like to do will help you identify material in the guide that will be helpful in planning your activity.

3. Section 4 of this guide provides "Acceptable Practices for Specific Outdoor Scouting Activities." These activities typically require more specific skills, experience, planning and preparation. **Consult this section, in addition to section 3 before planning any outdoor activity requiring advanced levels of skills or competencies, or of a longer duration.**
4. **Consult Appendix "A" for Scouts Canada's Policies and Procedures for Outdoor Activities.** Once again review your activity plan to ensure that all of Scouts Canada's policies are adhered to. Note: The policies and procedures included in this guide reflect only outdoors related policies and procedures; a more in-depth policy booklet (*By-Law, Policy and Procedures*) is available from your local Scout Shop.
5. Appendixes "B, C, D & E" provide the required Scouts Canada application forms and permits for

conducting outdoor activities. **Complete appropriate forms and forward to the office of your Council Executive Director.**

- B** *Scouts Canada Camping and Outdoor Activity Application*
- C** *Physical Fitness Certificate*
- D** *Parent/Guardian Consent Form*
- E** *Scouts Canada Tour Permit*
6. a) Appendix "F" provides information regarding insurance coverage provided by Scouts Canada for its members (Liability and Indemnity). **Become familiar with this information.**  
b) The following activities can NOT be approved as Scouting activities, due to the inherent risks involved with participating in these types of activities:
    - mud bash events;
    - parachuting, parasailing, hang gliding, ultralight aircraft and similar activities;
    - motorcycle, automobile or power boat races or rallies;
    - bungee jumping;
    - paint ball or similar activities where a projectile is aimed at a person;
    - sale of fireworks (as a fundraiser).
  - c) Waivers - Scouts Canada practices risk management and provides adequate coverage for all its members. It should be noted that this insurance protection applies to all Scouting members during authorized Scouting activities. Scouts Canada accepts responsibility for its members and its activities and expects others to do the same.
    - Scouts Canada is not prepared to take on the potential risk of others or jeopardize the rights of our youth through the use of waivers. **Waivers cannot be signed by individual members, groups or Councils.**
    - Scouts Canada is prepared to provide proof of its insurance coverage and would reasonably expect other agencies or enterprises to do the same.
  7. Appendix "G" provides *Scouts Canada's Incident Report Form*. **Become familiar with this form and put one with your Emergency plan.**
  8. Appendixes "H-I" provide other helpful tools to use for planning, preparing and evaluating outdoor activities. **Refer to these as necessary.**

**H** *First Aid Kit Usage Log*

**I** *Emergency Plan / Action Plan*
  9. **Appendix "J"** provides a convenient "sign-up" *Parent/Guardian Consent Form for Tours, Visits and Fundraisers*. **NOTE:** This form is NOT to be used for Camping/Outdoor activities.
  10. **Appendix "K"** provides Procedures for the Screening of Adult Volunteers Involved in Scouting Activities.

## Section 3

### Accepted Practices for Conducting Outdoor Activities

The following acceptable practices are appropriate for typical Outdoor Scouting Activities and are consistent with Scouts Canada's Practices or Methods.

#### A. RISK MANAGEMENT

*"A ship in harbour is safe, but that's not what ships are built for."* (William Shedd)

Sensible and safe practices, tested over time, are the best preparations for safe programs. These practices should include a comprehensive set of guidelines and procedures for encouraging their systematic use by members.

**A.01** Leaders, and parents/guardians of youth members complete a *Scouts Canada's Physical Fitness Form*.

Explanation: These are completed at the beginning of each year and updated as the medical history of the participant changes.

Note: These are an important **and necessary** part of the *Leader's Emergency Plan*.

**A.02** Parents/Guardians complete a *Scouts Canada Parent/Guardian Consent Form* prior to each outing.

Explanation: This form gives permission for a child to participate in a specific event and provides information where the parents may be reached in the event of an emergency. This form also gives permission for the leader-in-charge or delegates to make arrangements for qualified surgical or medical attention for a child/ward in the event of an emergency without necessity of parents' prior approval.

**A.03** Leaders develop an emergency action plan appropriate for their activities.

Explanation: The emergency action plan will include but may not be limited to: a) A *Scouts Canada Parent/Guardian Consent Form* and a *Physical Fitness Certificate* completed for each participant; b) site specific considerations; c) search and rescue protocols; d) location of, and contact information for, emergency medical facilities; e) first aid protocols; f) notification protocols.

**A.04** At least one adult has First Aid training and equipment appropriate for the activity.

Explanation: The level of training required varies with the context within which the programming occurs, i.e. Emergency, Standard, Wilderness, etc.

Copies of leader certifications are kept on file and must be current to be considered valid.

**A.05** Leaders understand that each individual experiences things differently and that for some the perceived risk is far greater than for others. Explanation: Having this understanding, leaders encourage participants to share their concerns/anxieties either publicly or confidentially so that these may be dealt with in an appropriate manner.

#### B. LEADERSHIP

*"It is wrong to coerce people into opinions, but it is a duty to impel them into experience."* (Kurt Hahn)

Exercising sound leadership means providing links between our Mission and the details of programs. In a general sense, this means providing an appropriate duty of care that reflects our Mission. The specific manner in which this duty of care is exercised can be thought of as minimizing the effects of dangers that are both within and outside human control.

**B.01** Leaders/adults have successfully completed Scouts Canada's screening process.

**B.02** Leaders/adults have demonstrated the appropriate attitude, skills and knowledge necessary to conduct the activities.

**B.03** At least one leader/adult has successfully completed recognized training appropriate to the activity or has demonstrated equivalent attitudes, knowledge and skills appropriate to the activity.

**B.04** Leaders keep up-to-date on changes in policies, procedures and practices for all program activities. Explanation: Leaders remain current in their knowledge of *Scouts Canada's By-Law, Policies & Procedures*, and Practices for all program activities.

**B.05** Leaders are familiar with the program areas and type of terrain where activities are conducted, and can adapt to changing conditions. Explanation: Leaders have a general knowledge of the area and type of terrain in which the program will occur. This knowledge includes, but may not be limited to an understanding of the educational possibilities of the site. Familiarity does not necessarily imply previous experience with the specific route, program area or activity site. It does imply that there is enough familiarity with the terrain in which activities take place so that the focus can be on the participants, and on the program goals. Leaders are prepared to address changes in weather, damaged or lost equipment, or other potential and unforeseen program changes.

- B.06** Leaders have appropriate skills for observing, interpreting, and predicting basic weather patterns.  
Explanation: Leaders understand the types and extremes of weather conditions in the program area in order to anticipate and be prepared for changes, have the necessary equipment, and are able to make activity adjustments.
- B.07** Leaders have appropriate skills and are effective at navigating in the program areas encountered.  
Explanation: Leaders are able to get participants from one point to another in an appropriate manner. Skills required include but may not be limited to: a) map reading; b) compass use; c) celestial navigation; d) route interpretation, and e) obstacle avoidance.
- B.08** Leaders are familiar with the identification and avoidance of specific environmental hazards of the program area.  
Explanation: There are physical features, plants, animals - large and small, weather, diseases, and humans, that can cause serious harm to staff and participants.
- B.09** Leaders are aware of relevant medical and psychological histories and health needs as disclosed by parents and/or guardians of the participants.  
Explanation: Leaders are aware that participants can come to harm if they have particular physiological or psychological problems and they are engaged in certain activities. Examples include but are not limited to such things as: a) going on a high ropes course with a heart condition; b) a person with claustrophobia - fear of enclosed spaces. Leaders are familiar with participants' medications, as well as the dosages and side effects thereof. Leaders ask the participant or their parents/guardians what signs or symptoms may develop due to increased stress levels and dietary changes.
- B.10** Leaders select activities based on participants' skill levels, physical ability and psychological or emotional readiness and can adapt the activity to meet the needs of the participants.  
Explanation: Leaders recognize that participants can come to harm if they are confronted with activities that are beyond their physical or psychological readiness.
- B.11** Adequate supervision is provided for the activity.  
Explanation: Participants are provided with adequate supervision considering their cognitive, emotional, psychological and physical abilities and the program goals and activities.

|| Appropriate youth/leader ratios are followed as indicated in Appendices A, K of this guide.

- B.12** Leaders, in consultation with the youth, have established appropriate rules, goals and objectives for the activity.

### C. PLANNING AND RESEARCH

*"Let's eat all of our provisions now so we'll have less to carry."* (Christopher Robin)

It's a matter of accepted and safe practice that no matter how, or under what circumstances activities are conducted, there has to be some kind of a plan that falls within a broader set of intentions.

- C.01** Leaders have demonstrated that they have conducted thorough research appropriate to the nature of the activity.  
Explanation: Inspection of the activity area is conducted appropriately and adjustments are made accordingly.
- C.02** Leaders have identified and assessed the risks/hazards associated with the activity and modified their program appropriately if necessary.
- C.03** Leaders have determined what the participants' appropriate attitudes, skills and knowledge for the activity should be.
- C.04** Leaders have obtained permission to conduct the activity.  
Explanation: These permissions include but may not be limited to: Group Committee, Commissioner, Land Owner, Parents, etc.
- C.05** Activity areas and weather conditions are appropriate for the activities and the level of the participants' skills.
- C.06** Participants are provided with adequate instruction for the activity.  
Explanation: This includes but may not be limited to instruction in: a) clothing; b) equipment; c) food; d) navigation; e) conduct on the route; f) injury prevention; and; g) the appropriate information, practice, experience and evaluation in the appropriate sequence.
- C.07** Participants and/or parents are appropriately briefed and then debriefed following the activity.  
Explanation: This includes but may not be limited to: description of event, attitudes, skills, knowledge, and equipment required.

- C.08** Leaders have ensured that the activities to be conducted are consistent with Scouts Canada's *Bylaw, Policies and Procedures* and program objectives, local Scouting policies and the laws of the land.
- C.09** Leaders have ensured that the group has acquired, through training or experience, the appropriate attitudes, skills, knowledge, health and fitness levels appropriate for the activity.
- C.10** Leaders have contingency plans in the event that an emergency or change of route plan requires them.
- C.11** Leaders are able at a minimum to effect simple rescues from various situations.
- C.12** Leaders have knowledge and locations of all medical facilities en route, and the ability to contact support personnel.

**D. EQUIPMENT, NUTRITION AND HYGIENE**

*"Camping equipment must be strong enough to withstand the hardest kind of handling, and yet light enough not to be cumbersome."* (Richard E. Byrd)

Equipment loss and breakage is most often linked to inappropriate use. Nutritional and hygiene needs are also identified as sound preventative measures for safe programming. Ignoring the lessons in the loss and breakage of equipment, and/or poor attention to nutrition are precursors to personal injury.

- D.01** Participants have, or are provided with, a list identifying: the appropriate food, clothing, equipment and footwear for each activity.  
Explanation: It is understood that the appropriate kinds of clothing, food and equipment will vary depending on the activity, length of activity, type of terrain and environment, time of year and the weather which could be encountered.
- D.02** Leaders have demonstrated the ability to properly select, use and maintain equipment appropriate for the activity.  
Explanation: Appropriate guidelines include but may not be limited to: a) Properly care for and maintain equipment as per manufacturer's directions; b) checking equipment prior to each outing; c) retiring equipment that is no longer functional or adequate; d) properly recording the purchase, maintenance, and replacement of equipment.

- D.03** Leaders have an up-to-date, appropriate understanding of the equipment they will be using and they teach this to the participants.  
Explanation: Leaders generally have an advanced understanding of the equipment they will be required to use, including, but not limited to appropriate operation, use, care, cleaning and repair.
- D.04** Appropriate measures are taken to ensure that participants have adequate nourishment and water appropriate for the activity.  
Explanation: Adequate levels of food and water are supplied or brought by participants, including pure water or a pure water source. It is understood that the amount of water and food will vary depending on the activity, length of activity, type of terrain and environment, time of year and the weather, which could be encountered.
- D.05** Appropriate measures are taken to provide proper hygiene for participants and leaders.  
Explanation: Proper hygiene may reduce the frequency and severity of illness and infections. Measures taken include, but may not be limited to: a) use of appropriate latrine facilities; b) bathing; c) hand washing; d) water purification; and e) proper food handling.
- D.06** Leaders have checked the participants to ensure that they are adequately equipped and prepared for the activity and the group has appropriate emergency and repair kits.
- D.07** The program follows an appropriate inspection schedule for equipment and associated protective gear. Inspections are conducted prior to participant use.  
Explanation: This includes but may not be limited to: a) checking equipment at the beginning of each activity; b) any damaged equipment is brought to the attention of the leaders and either repaired or retired.

**E. ENVIRONMENT**

*"What is the use of a house if you haven't got a tolerable planet to put it on?"* (Henry David Thoreau)

We live in a different world from the one that we grew up in. We are beginning to realize that we are part of an ecosystem in a delicate balance. Maintaining that balance means developing acceptable ways and means of operating programs in a variety of circumstances.



**E.01** Leaders have assessed the potential risks/hazards associated with the environment in which the activity is to take place.

Explanation: This includes but may not be limited to: weather, location, isolation, accessibility, communication, water, etc. and leaders have taken steps to minimize/manage potential risks/hazards identified.

**E.02** Leaders and participants respect other campers, hikers, cyclists, the environment, and any wildlife, which they may encounter.

Explanation: This includes but may not be limited to: a) establishing location of camps in group camping areas where possible; b) keeping noise levels to a reasonable level and establishing “quiet hours”; c) sharing the trail and allowing other hikers to pass; d) not harassing or feeding wildlife.

**E.03** Leaders select routes and campsites where impact to the environment is minimal and all garbage and waste is properly disposed of, or packed out, following a “*Leave No Trace*” philosophy.

Explanation: If human waste is disposed of in the natural environment, it is done so in a minimally invasive manner. If this cannot be accomplished, it is carried out. If needed, toilet areas are constructed for the type of environment in which activities are conducted.

In back country and wilderness areas where toilet facilities are not available, the program promotes the appropriate methods for waste disposal. This generally is dependent upon the amount of waste and the ecological system. Facilities are located at least 60 metres from water sources. In some cases (e.g., caving programs, river corridors) waste will need to be carried out.

All paper and packaging is disposed of according to “*Leave No Trace*” philosophy.

**E.04** Washing, is done in a manner that will not adversely affect participants health or attract animals, and limits environmental impact.  
Explanation: The program uses “*Leave No Trace*” philosophies that make minimal use of soap near water sources, including scouring with sand and gravel, lathering first and rinsing well, and brushing teeth at a minimum of 60 metres from water source.

**E.05** Cooking and food handling are conducted in a manner that will not affect or attract animals.

Explanation: This includes but may not be limited to; a) clean campsites; b) not feeding

animals; c) and using appropriate methods for avoiding bears.

**E.06** Food is appropriately stored, and in reusable containers when possible.

Explanation: Food is purchased in accordance with a reduce/reuse/recycle policy, and is appropriately stored against the effects of heat and cold and possible animal predation.

If food is not used, it is carried out. If this cannot be done, it is disposed of in a minimally invasive manner.

**E.07** Fires are used in a manner so as to limit environmental impact.

Explanation: For cooking, stoves are used in place of fires when fires would adversely affect the environment. Fires in certain regions (e.g., desert or high mountains) have a greater consequence than in other regions. Fire sites used are ones that are established or else cleaned up after use. Wood is not gathered in a destructive manner. It is recognized that building a fire to save a life supersedes this general policy.

## **F. CONDUCTING THE ACTIVITY**

*“Don’t measure yourself against the standards of others. If you set your own standards high, and try your hardest, then you are successful, regardless of the performance of others.”* (Carolyn Birmingham)

Conducting activities fairly and equitably avoids coercion and encourages a standard of care where participation is by choice.

**F.01** Participants proceed at a pace which is appropriate for all members of the group and which will reasonably prevent injury or illness.  
Explanation: The strenuousness of the activity is adjusted to be appropriate for all members of the group and consistent with the program goals. “As fast as the slowest person” is appropriate if the group has agreed that travel together is the activity goal. There are times when a person is physically, mentally or emotionally unable to complete an activity and should no longer participate.

**F.02** If programming is conducted in diminished conditions (e.g., at night, or in difficult terrain), it is limited to appropriate times and appropriate safety precautions are in place.

**F.03** Appropriate safety procedures are followed.

## Section 4

### Acceptable Practices for Specific Outdoor Scouting Activities

Section 4 provides information relating to specific activities. This material should be used in addition to the material found in Section 3.

#### 1. HIKING AND BACKPACKING

**General** - Hiking and backpacking activities may combine a number of other skills found in other sections so those will apply accordingly.

#### **C. Planning And Research:**

**1.C.10** Leaders have contingency plans for emergency campsites in the event that an emergency or change of route plan requires them.

#### **E. Environment:**

**1.E.03** Campsites, shelters, tarps, and hammocks are utilized in a manner so as to limit impact on the environment.

Explanation: In most circumstances, the use of tents, tarps, or hammocks rather than constructing shelters from surrounding resources are the least invasive methods of providing shelter. There are exceptions, including: a) snow igloos or quinzhees in winter settings, and b) emergency situations. When there is a choice, tents and tarps are set up on sand, duff, or mineral soil and not vegetated areas. Hammocks are hung from trees sturdy enough not to be pulled down or scarred. When the shelter is taken down, the area appears to be in its natural state.

#### 2. CAMPING

Camping may combine a number of other skills found in other sections, so those will apply accordingly.

**General** - Camp site selection is conducted appropriately.

Explanation: Leaders choose safe and appropriate sites for setting up camps or teach participants how to choose and set up safe and appropriate low impact campsites.

#### **E. Environment:**

**2.E.03** Leaders select routes and campsites where impact to the environment is minimal and all garbage and waste is disposed of, or packed out, following a “*Leave No Trace*” philosophy. Campsites, shelters, tarps, and hammocks are utilized in a manner so as to limit impact on the environment.

Explanation: In most circumstances, the use of tents, tarps, or hammocks rather than constructing shelters from surrounding resources are the least invasive methods of providing shelter. There are exceptions, including: a) snow igloos or quinzhees in winter settings, and b) emergency situations. When there is a choice, tents and tarps are set up on sand, duff, or mineral soil and not vegetated areas. Hammocks are hung from trees sturdy enough not to be pulled down or scarred. When the shelter is taken down, the area appears to be in its natural state.

#### 3. INITIATIVE GAMES AND PROBLEM-SOLVING EXERCISES

**General** - The location is appropriate for the initiative activities that are planned.

Explanation: Leaders are aware that proper environmental conditions are critical for fostering the appropriate conduct of initiative activities, as well as for enhancing the educational possibilities.

#### **B. Leadership**

**3.B.11** Appropriate supervision is provided for initiative games and problem-solving exercises.

Explanation: Leaders follow the current and standard practices for initiative games and problem-solving exercises. Some conditions may necessitate specific and direct observation and instruction by staff. Supervision is implemented accordingly.

## 4. ORIENTEERING

Orienteering may combine a number of other skills found in other sections, so those will apply accordingly.

**General** - Leaders are familiar with the orienteering course.

Explanation: Leaders understand the conditions of the terrain and the educational possibilities for the participants. Leaders are aware that familiar terrain can change as a result of weather or other natural phenomena, and that the activity often involves off-trail obstacles such as swamps, streams and dense underbrush.

### **B. Leadership**

**4.B.11** Adequate supervision is provided for orienteering.

Explanation: While the goal of orienteering is to have participants follow a course on their own, some conditions may necessitate specific and direct observation by staff. Supervision is implemented accordingly.

## 5. BICYCLE TOURING

Bicycle touring may combine a number of other skills found in other sections, so those will apply accordingly.

**General** - Leaders are familiar with the roads and areas where participants will be riding.

Explanation: Appropriate methods of pre-site investigation are conducted by staff in order to understand the road conditions, rules, regulations, potential route variations, and educational possibilities of the biking area. The factors guiding the investigation include but may not be limited to: a) participants' abilities; b) leaders' knowledge of the area; c) difficulty of the riding conditions of the road. The method may range from having actually biked the road to consulting guidebooks, trail research, and input from other leaders.

### **B. Leadership**

**5.B.11** Adequate supervision is provided for bicycle touring.

Explanation: Factors governing supervision include, but may not be limited to: a) level of traffic congestion; b) length of the bike ride; c) goal of the riding experience; d) number of multiple roads and intersections; e) when to walk and not to ride due to dangerous conditions (e.g., crossing busy intersections,

through congested parking lots, or other unregulated traffic areas); f) inclement weather; g) proper positioning of participants and staff. Some of these conditions may necessitate direct visual observation by staff.

### **C. Planning And Research**

**5.C.12** Leaders have knowledge and locations of all medical facilities en route, and the ability to contact support personnel.

Explanation: Motorized support vehicles are used with certain groups (especially beginners) for long distances in remote areas, and in areas with heavy traffic.

### **D. Equipment, Nutrition And Hygiene**

**5.D.01** Participants have, or are provided with, a list of appropriate items required for the activity. This includes but may not be limited to: food, clothing, footwear and equipment etc.

Explanation: Participants and leaders wear helmets, appropriate clothing, and other protective gear appropriate for the conditions. Other items may be appropriate for the conditions, including but not limited to: gloves, reflective vests, seat padding, protective eyewear, rear view mirrors, and rear mounted antennae with reflective flag. Participants have or are outfitted with bicycles that are appropriately designed and fitted. Bicycles are structurally sound and in good repair, have adequate gears, gear ratios and brakes.

**5.D.02** Leaders have demonstrated the ability to properly select, use and maintain equipment appropriate for the activity.

Explanation: This includes but may not be limited to: a) the proper inflation of tires; b) properly adjusted brakes; c) appropriate lubrication and adjustment of bearings; d) appropriate replacement of chains; e) safety check before leaving on a trip.

**5.D.04** Appropriate measures are taken to ensure that participants have adequate nourishment and water appropriate for the activity.

Explanation: Because dehydration and fatigue can happen quickly in this activity, and can go unnoticed as a result of conditions, all bikes must have the means of carrying water.

**5.D.07** The program follows an appropriate inspection schedule for equipment and associated protective gear. Inspections are conducted prior to participant use.

Explanation: Inspections of bikes during appropriate intervals (e.g., daily) can help to prevent potential equipment breakdowns. Such inspections may include but may not be limited to checking: a) wheels; b) bottom brackets; c) pedals; d) headset; e) brakes; f) wheel trueness; g) bolts.

## F. Conducting The Activity

**5.F.01** Participants bike at appropriate levels of control and speed.

Explanation: The speed at which participants can safely travel is influenced by factors including, but not limited to: a) road conditions; b) level of traffic congestion; c) participant skill level. Travel speeds are set according to these conditions.

**5.F.02** If programming is conducted at night or during other diminished conditions, it is limited to appropriate times, and appropriate safety precautions are in place.

Explanation: If cyclists must travel during times of diminished vision, appropriate lighting, clothing, and reflection is used. While bike touring should be limited to appropriate visual conditions, there are times when travel under limited vision occurs, such as fog, dawn, dusk, or times where it may be safer to continue than to stop. If night riding occurs, participants are informed of potential dangers, and appropriate steps are taken to reduce the hazards that exist.

## 6. MOUNTAIN BIKING

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Mountain biking may combine a number of other skills found in other sections, so those will apply accordingly.

**General** - Leaders are familiar with the trails and areas where participants will be riding.

Explanation: Appropriate methods of pre-site investigation are conducted by staff in order to understand the trail conditions, rules, regulations, potential route variations, and educational/therapeutic possibilities of the biking area. The factors guiding the investigation include but may not be limited to: a) participant's abilities; b) staff knowledge of the area; c) difficulty of the riding conditions of the trail. The method may range from having actually ridden the trail to consulting

guidebooks, trail research, and input from other staff.

## B. Leadership

**6.B.11** Adequate supervision is provided for mountain biking.

Explanation: This includes, but may not be limited to: a) participant ability; b) difficulty of terrain; c) length of the bike ride; d) goal of the riding experience; e) number of multiple trails and intersections; f) proper positioning of staff and participants; g) when not to ride due to dangerous conditions; h) appropriate staggering of cyclists; i) weather conditions. Some of these conditions may necessitate direct visual observation by staff. It is also recognized that mountain bikers use trails where they will encounter other bikers, horseback riders, hikers, and other users. Participants are informed as to how to interact with such users.

## C. Planning And Research

**6.C.12** Leaders have knowledge and locations of all medical facilities en route, and the ability to contact support personnel.

Explanation: Motorized support vehicles are used with certain groups (especially beginners) for long distances in remote areas, and in areas with heavy traffic.

## D. Equipment, Nutrition And Hygiene

**6.D.01** Participants have, or are provided with, a list identifying: the appropriate food, clothing, equipment and footwear for each activity.

Explanation: Participants and leaders wear helmets, appropriate clothing, and other protective gear appropriate for the conditions. Other items may be appropriate for the conditions, including but not limited to: gloves, reflective vests, seat padding, protective eyewear, rear view mirrors, and rear mounted antennae with reflective flag. Participants have, or are outfitted with, bicycles that are appropriately designed and fitted. Bicycles are structurally sound and in good repair, have adequate gears, gear ratios and brakes.

**6.D.02** Leaders have demonstrated the ability to properly select, use and maintain equipment appropriate for the activity.

Explanation: This includes, but may not be limited to: a) the proper inflation of tires; b) properly adjusted brakes; c) appropriate lubrication and adjustment of bearings; d) appropriate replacement of chains; e) safety check before leaving on a trip.

**6.D.04** Appropriate measures are taken to ensure that participants have adequate nourishment and water appropriate for the activity.

Explanation: Adequate levels of food and water are supplied for participants including pure water or a pure water source. It is understood that the amount of water and food will vary depending on the activity, length of activity, type of terrain and environment, time of year and the weather, which could be encountered. Also, because dehydration and fatigue can happen quickly in this activity, and can go unnoticed as a result of conditions, all bikes must have the means of carrying water.

**6.D.07** The program follows an appropriate inspection schedule for equipment and associated protective gear. Inspections are conducted prior to participant use.

Explanation: Inspections of bikes during appropriate intervals (e.g., daily) can help to prevent potential equipment breakdowns. Such inspections may include but may not be limited to checking: a) wheels; b) bottom brackets; c) pedals; d) headset; e) brakes; f) wheel trueness; g) bolts.

## **E. Environment**

**6.E.02** The leaders and participants respect other campers, hikers, cyclists and any wildlife that they may encounter.

Explanation: This includes, but may not be limited to: a) establishing location of camps in group camping areas where possible; b) keeping noise levels to a reasonable level and establishing “quiet hours”; c) sharing the trail and allowing other hikers or cyclists to pass; d) not harassing or feeding wildlife; e) cycling only on trails designated for cyclists.

## **F. Conducting The Activity**

**6.F.01** Participants proceed at a pace which is appropriate for all members of the group and which will reasonably prevent injury or illness.

Participants bike at appropriate levels of control and speed.

Explanation: The speed at which participants can safely travel is influenced by factors including, but not limited to: a) road conditions; b) level of traffic congestion; c) participant skill level. Travel speeds are set according to these conditions.

**6.F.02** If programming is conducted at night or during other diminished conditions, it is limited to appropriate times, and appropriate safety precautions are in place.

Explanation: If cyclists must travel during times of diminished vision, appropriate lighting, clothing, and reflection is used. While mountain biking is limited to appropriate visual conditions, there are times when travel under limited vision occurs, including fog, dawn and dusk. If night riding occurs, participants are informed of potential dangers, and appropriate steps are taken to reduce the hazards that exist.

## **7. ARTIFICIAL WALL CLIMBING**

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Artificial wall climbing may combine a number of other skills found in other sections, so those will apply accordingly.

**General** - The program uses or has constructed an artificial climbing wall with hard and soft materials which meet accepted standards.  
Explanation: The program uses or has built an artificial climbing wall that meets accepted standards. Considerations include but are not limited to: a) the site or existing structure can accommodate the additional loads of an artificial climbing structure; b) the climbing structure conforms to local zoning requirements and building codes; c) the design of the climbing structure is appropriate for the site; d) the climbing structure is designed and constructed to withstand the loads and forces acting on all components; e) the structure was constructed using appropriate construction materials and techniques; f) the structure incorporates an appropriate impact-absorbing surface at the base; and g) all soft materials conform to appropriate standards and are of the appropriate type and strength for their intended use.

## B. Leadership

- 7.B.05** Leaders are familiar with the activity areas and the type of terrain where the activities are to be conducted, and can adapt to changing conditions.

Explanation: Even though many programs have relied upon outside contractors to construct their artificial walls, leaders should have an appropriate working knowledge of the accepted standards for the construction and conduct of activities on artificial walls. Appropriate staff need to know the following terminology and accepted usage and standards associated therewith: a) safe working load (SWL); b) minimum breaking strength (MBS); c) carabineers (kinds, materials, strengths); d) pulleys (kinds, sizes, strengths); e) belay devices (kinds, materials, strengths); f) static and dynamic belay methods; g) belay anchors; and h) harnesses (kinds, materials, strength).

- 7.B.10** The climbs selected are appropriate for the level of participant skills.

Explanation: The training area and routes selected are within the physical and psychological capabilities of participants. Participants are not put on routes that are beyond their level of physical and psychological readiness.

## C. Planning And Research

- 7.C.01** Appropriate inspection of the climbing wall is conducted prior to programming, and adjustments are made accordingly.

- 7.C.06** Adequate instruction is provided for artificial wall climbing.

Explanation: This includes, but is not limited to: a) belaying techniques; b) belay signals; c) lowering technique; d) protection.

Participants are instructed how to spot for each other when appropriate.

Explanation: Because learning how to support and protect someone's head and upper body when he/she is falling can prevent serious injury, this technique is taught before any climbing is done unroped and, therefore, unbelayed. The maximum height for climbing above the spotter is at the spotter's shoulder height. Participants are also taught the difference between spotting and catching.

Appropriate knots are used for all tie-in situations.

Explanation: Climbing knots appropriate for the ends, middle, and tying two ends together are used. The knots used are appropriate for the application and the material being tied.

Participants are tied in correctly.

Explanation: Rope is tied in directly to a properly fastened harness. The climbing rope is properly threaded through the harness and tied with a figure eight follow through and back-up knot or other appropriate knot and back-up. In certain situations, a bowline or bowline on a coil may be used to tie directly into the rope.

## F. Conducting The Activity

- 7.F.01** Participants climb at an appropriate level of control and speed.

Explanation: This includes but may not be limited to ensuring that participants climb no faster than the belayer can take in rope.

- 7.F.02** If programming is conducted in diminished conditions, it is limited to appropriate times and appropriate safety precautions are in place.

Explanation: Appropriate precautions are taken for the use of outdoor climbing structures in diminished conditions.

- 7.F.03** Appropriate safety procedures are followed for artificial wall climbing.

Explanation: Safety procedures include, but may not be limited to; a) attention to falling objects or climbers; b) spotting techniques; c) assessment of competency with rope and belay systems; d) helmet use; e) assessment of effective harness use; f) harness tie in. Leaders are aware that helmets are not a requirement for artificial climbing walls. Helmets are constructed to protect one's head from falling objects rather than from actually falling.

## 8. TOP ROPE ROCK CLIMBING

Top rope climbing may combine a number of other skills found in other sections, so those will apply accordingly.

**General** - Leaders are familiar with the climbing site and have inspected the routes before participants climb.

Explanation: Leaders investigate the climbing site to determine the current conditions as well as the educational and/or therapeutic possibilities. Because environmental conditions

can change familiar terrain, a site inspection is conducted to confirm whether or not to use the routes on a given program day. Considerations include, but are not limited to: new rockfall, loose rocks, blow-down trees, nesting birds, or stinging insects such as bees. Leaders who are supervising participants have led the climbs themselves.

## B. Leadership

**8.B.10** The routes selected are appropriate for the level of participant skills.

Explanation: The training area and routes selected are within the physical and psychological readiness of the participants.

**8.B.11** Adequate supervision is provided for top rope climbing.

Explanation: Staff maintain contact with participants that will allow them to confirm that knots, harnesses, belaying, and anchors are being used properly

## C. Planning And Research

**8.C.06** Adequate instruction is provided for top rope climbing. Participants are instructed how to spot for each other when appropriate.

Explanation: Because learning how to support and protect someone's head and upper body when he/she is falling can prevent serious injury, this technique is taught before any climbing is done unroped and, therefore, unbelayed. The maximum height for climbing above the spotter is at the spotter's shoulder height. Participants are also taught the difference between spotting and catching.

Appropriate knots are used for all tie-in situations.

Explanation(s):

- 1) Climbing knots appropriate for the ends, middle, and tying two ends together are used. The knots used are appropriate for the application and the material being tied. Participants are tied in correctly.
- 2) Rope is tied in directly to a properly fastened harness. The climbing rope is properly threaded through the harness and tied with a figure eight follow through and back-up knot or other appropriate knot and back-up. In certain situations, a bowline on a coil may be used to tie directly into the rope.

## D. Equipment, Nutrition And Hygiene

**8.D.01** Participants have, or are provided with, a list of appropriate items required for the activity. This includes, but may not be limited to: food, clothing, footwear and equipment etc.

Explanation: Helmets are required for climbing. Manufactured harnesses, slings, carabineers, and any other gear must be designed for climbing. Nylon webbing may be used for harnesses and slings, but must have adequate tensile strength.

**8.D.02** Leaders have demonstrated the ability to properly select, use and maintain equipment appropriate for the activity.

Explanation: Care of ropes and slings includes but is not limited to: a) storing in dark, dry place; b) avoiding unnecessary exposure to light; c) using only for climbing activities; d) protecting ropes from sharp edges and contact with corrosive and acid-based products; e) protecting ropes from abrasion from dirt and avoiding stepping on ropes when possible; f) washing ropes regularly; g) ropes are not left tightly knotted or stretched longer than necessary. Participants are taught to check ropes for damage when coiling. Rope logs report on the ways in which the rope was used, i.e. date first put into service, date of use, type of activity, falls, etc.

## F. Conducting The Activity

**8.F.01** Participants climb at an appropriate level of control and speed.

Explanation: This includes but may not be limited to ensuring that participants climb no faster than the belayer can take in rope.

**8.F.02** If programming is conducted in diminished conditions, it is limited to appropriate times and appropriate safety precautions are in place.

**8.F.03** Appropriate safety procedures are followed for top rope climbing.

Explanation: Safety procedures include, but are not limited to: a) attention to falling objects or climbers; b) spotting techniques; c) assessment of competency with rope and belay systems; d) helmet use; e) assessment of effective harness use, harness tie in; f) participants tying in if needed; g) walking ascent and descent of the climbing site; and h) edge behaviour and appropriate boundaries.

## 9. RAPPELLING

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Rappelling may combine a number of other skills found in other sections, so those will apply accordingly.

**General** - Leaders are familiar with the rappelling area and have visually inspected and cleaned it before participants rappel.  
Explanation: Leaders investigate the rappelling site to determine the current conditions as well as the educational and/or therapeutic possibilities. Because environmental conditions can change familiar terrain, a site inspection is conducted to confirm whether or not to use the site on a given program day.

Considerations include, but are not limited to: new rockfall, loose rocks, run-off, blow-down trees, nesting birds and stinging insects such as bees. Staff who are supervising participants have done the rappels themselves.

### B. Leadership

**9.B.10** The rappels selected are appropriate for the level of the participant skills.  
Explanation: The rappels selected are within the physical and psychological capabilities of participants. Participants are not put on routes that are beyond their level of physical and psychological readiness.

**9.B.11** Adequate supervision is provided for rappelling.  
Explanation: Leaders maintain contact with participants that will allow them to confirm that knots, harnesses, belaying, and anchors are being used properly.

### C. Planning And Research

**9.C.06** Adequate instruction is provided for rappelling.  
Explanation: While there are many procedures that are similar to rock climbing, there are specific areas of concern that rappelling leaders are aware of. These include, but are not limited to: a) the use of appropriate gear, such as figure of eight descenders and locking carabineers; b) ensuring that loose clothing, equipment and hair will not become lodged in rappelling devices; and c) appropriate signals for rappelling are used.

Appropriate knots are used for all tie-in situations.

Explanation: Climbing knots appropriate for the ends, middle and tying two ends together are used. The knots used are appropriate for the application and the material being tied.

Participants are tied in correctly.

Explanation: Rope is tied in directly to a properly fastened harness. The climbing rope is properly threaded through the harness and tied with a figure eight follow through and back-up knot or other appropriate knot and back-up. In certain situations, a bowline or bowline on a coil may be used to tie directly into the rope.

### D. Equipment, Nutrition And Hygiene

**9.D.01** Participants have, or are provided with, a list of appropriate items required for the activity. This includes, but may not be limited to: food, clothing, footwear and equipment, etc.  
Explanation: Helmets are required for climbing. Manufactured harnesses, slings, carabineers, and any other gear must be designed for climbing. Nylon webbing may be used for harnesses and slings, but must have adequate tensile strength.

**9.D.02** Leaders have demonstrated the ability to properly select, use and maintain equipment appropriate for the activity.  
Explanation: Care of ropes and slings includes but is not limited to: a) storing in dark, dry places; b) avoiding unnecessary exposure to light; c) using only for climbing activities; d) protecting ropes from sharp edges and contact with corrosive and acid-based products; e) protecting ropes from abrasion from dirt and avoiding stepping on ropes when possible; f) washing ropes regularly; g) ropes are not left tightly knotted or stretched longer than necessary. Participants are taught to check ropes for damage when coiling. Rope logs report on the ways in which the rope was used, i.e. date first put into service, date of use, type of activity, falls, etc.

### F. Conducting The Activity

**9.F.01** Participants rappel at an appropriate level of control and speed.  
Explanation: This includes but may not be limited to insuring that participants do not damage equipment or rope due to their rate of descent.



**9.F.02** If programming is conducted in diminished conditions, it is limited to appropriate times and appropriate safety precautions are in place.

**9.F.03** Appropriate safety procedures are followed for rappelling.

Explanation: Safety procedures include, but may not be limited to: a) appropriate and adequate rappelling and belaying equipment; b) climbing site supervision especially in regards to edge behaviour, falling objects and walking around the site; c) signals or other forms of communication; d) anchors; e) belays; f) use of helmets; g) rappel and belay technique is appropriate and adequate; h) supervision of tie-in process.

## **10. CAVING**

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Caving may combine a number of other skills found in other sections, so those will apply accordingly. Advanced caving techniques can include the use of other adventure skills such as technical climbing, rappelling, or water activities. Safety procedures for these techniques, with appropriate adaptations for caving, are followed.

**General** - Leaders are familiar with the caving site.

Explanation: A pre-site investigation conducted by the leaders is necessary to understand the physical conditions as well as the educational/therapeutic possibilities of the caving site. Staff are aware of any recent hazardous environmental conditions such as surface rain storms.

### **B. Leadership**

**10.B.10** The caves selected are appropriate for the level of participants' skills.

**10.B.11** Appropriate plans of supervision are in place for caving.

Explanation: These include, but may not be limited to: a) stopping to conduct a head count at all major junctions; b) implementing a "buddy system"; c) participants staying between a scout (first caver) and sweep (last caver). Some of these conditions may necessitate specific and direct visual observation by the leaders.

### **C. Planning And Research**

**10.C.06** Adequate instruction is provided for caving. Participants have been instructed how to spot for each other when appropriate.

Appropriate knots are used for all tie-in situations.

Explanation: Climbing knots appropriate for the ends, middle and tying two ends together are used. The knots used are appropriate for the application and the material being tied.

Participants are tied in correctly if needed.

Explanation: Rope is tied in directly to a properly fastened harness. The climbing rope is properly threaded through the harness and tied with a figure eight follow through and back-up knot or other appropriate knot and back-up. In certain situations, a bowline or bowline on a coil may be used to tie directly into the knot.

## **D. Equipment, Nutrition And Hygiene**

**10.D.01** Participants have, or are provided with, a list of appropriate items required for the activity.  
Explanation: This list includes, but may not be limited to: food, clothing, footwear and equipment etc. Helmets and lights are required. Each participant should have a minimum of three sources of lighting. Other equipment includes but may not be limited to: a) cave map; b) food; c) clothing - overalls, gloves, appropriate boots; d) individual first aid kit; e) knee pads, f) candles; g) compass; h) spare batteries and bulbs; i) survival kits; j) dust masks.

**10.D.02** Leaders have demonstrated the ability to properly select, use and maintain equipment appropriate for the activity.  
Explanation: Care of ropes and slings includes but is not limited to: a) storing in a dark, dry place, b) avoiding unnecessary exposure to light; c) using only for climbing activities; d) protecting ropes from sharp edges and contact with corrosive and acid-based products; e) protecting ropes from abrasion from dirt and avoiding stepping on ropes when possible; f) washing ropes regularly; g) ropes are not left tightly knotted or stretched longer than necessary. Participants are taught to check ropes for damage when coiling.

- 10.D.06** Leaders have checked the participants to ensure that they are adequately equipped and prepared for the activity and the group has appropriate emergency and repair kits.  
Explanation: Appropriate rescue gear includes but may not be limited to: a) a full length static rope; b) wire ladders; c) ascenders; d) necessary anchors; e) carabineers; f) pulleys. There is enough water, food, and extra clothing for at least 24 hours beyond the intended stay in the cave for situations such as getting lost or injury.

### **F. Conducting The Activity**

- 10.F.01** The caving proceeds at a pace that is appropriate for members of the group, and that will reasonably prevent injury.
- 10.F.02** If programming is conducted in diminished conditions, it is limited to appropriate times and appropriate safety precautions are in place.
- 10.F.03** Appropriate safety procedures are followed.  
Explanation: The minimum number of cavers in a group is recommended at three to four people for safety reasons. The maximum number of cavers is typically 6 - 10 and should seldom exceed 15 for conservation reasons. Appropriate efforts are made to keep participants out of obvious areas of hazard.

## **11. RIVER CROSSINGS**

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River crossings may combine a number of other standards found in other sections, so those will apply accordingly.

- General** - Program leaders are familiar with the type of river crossing to be attempted.  
Explanation: River currents and beds change with seasons and weather. Leaders should be familiar with the particular rivers they intend to cross, or may have to cross, and be able to "read" them on site. Considerations include, but are not limited to: a) configuration of the river; b) downstream hazards; c) depth of water; d) water temperature; e) rate of flow; f) time of day; g) opacity of water; h) composition of the bottom and footing; i) condition of the participants; j) rescue options in the event of losing control and being taken downstream; and k) good visual contact with probable deposition zones.

## **B. Leadership**

- 11.B.10** River crossing sites selected are appropriate for the level of participant skills.
- 11.B.11** Adequate supervision is provided for river crossings.  
Explanation: Program goals, expectations, curriculum, sequence of training and specific crossing variables will determine appropriate levels of leader supervision. These variables include but may not be limited to: a) configuration of the river; b) downstream hazards; c) depth of water; d) water temperature; e) rate of flow; f) time of day; g) opacity of water; h) composition of the bottom and footing; i) condition of the participants; j) rescue options in the event of losing control and being taken downstream; and k) good visual contact with probable deposition zones. When conditions warrant, there is one leader on each side of the river before participants are allowed to cross.

## **C. Planning And Research**

- 11.C.06** Adequate instruction is provided for river crossings.  
Explanation: There are explicit educational or instructional objectives for this activity addressing skills taught, participant standards of performance, and appropriate assessment of participant skills.

Leaders are aware of participants' swimming ability, strength, and balance relative to the chosen crossing. River crossings where swimming, using a pole, a rope or human linkage, and/or belaying may be needed require a level of strength and skill that should be assessed before attempting to cross.

Experiences are sequenced appropriately and appropriate warm up activities are conducted prior to this activity.

## D. Equipment, Nutrition And Hygiene

- 11.D.01** Participants have, or are provided with, a list of appropriate items required for the activity. This list includes, but may not be limited to: a) ropes; b) slings; c) carabineers; d) throw bags; e) personal gear for the kind of crossing which may be encountered.

Personal items include but may not be limited to: a) waterproof bags; b) extra clothes; c) boots and lightweight shoes; d) helmets; e) gloves.

## F. Conducting The Activity

- 11.F.01** An appropriate pace is set that will reasonably prevent injury.
- 11.F.02** If programming is conducted in diminished conditions, it is limited to appropriate times and appropriate safety precautions are in place.
- 11.F.03** Appropriate safety procedures are conducted for river crossings.  
Explanation: Leaders have appropriately assessed the hazards of the river before participants are allowed to cross, especially if participants cross before leaders. Because conditions change so frequently, it is essential that staff are aware of the immediate conditions in order to judge the difficulty of the crossing at hand.

## 12. SNOWSHOEING

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Snowshoeing may combine a number of other standards found in other sections, so those will apply accordingly.

### B. Leadership

- 12.B.11** Adequate supervision is provided for snowshoeing.  
Explanation: Factors that determine supervision plans include, but may not be limited to: a) participants' ability; b) difficulty of terrain; c) length of the route; d) goal of the experience; e) environmental conditions. Some of these conditions may necessitate specific and direct visual observation by the leader and supervision should be implemented accordingly.

## D. Equipment, Nutrition And Hygiene

- 12.D.06** Leaders have checked the participants to ensure that they are adequately equipped and prepared for the activity and the group has appropriate emergency and repair kits.  
Explanation: Items in the repair kit include but are not limited to: a) spare parts and bindings; b) wire; c) screwdrivers; d) pliers; e) tape.

## F. Conducting The Activity

- 12.F.01** Participants travel at a pace appropriate for all members of the group and that will reasonably prevent injury or illness.  
Explanation: The appropriate travel speed is influenced by factors that include but may not be limited to: a) participants' physical condition; b) environmental conditions; c) participant skill level.
- 12.F.02** If programming is conducted in diminished conditions, it is limited to appropriate times and appropriate safety precautions are in place.
- 12.F.03** Appropriate safety procedures are followed for snowshoeing.

## 13. CROSS COUNTRY SKIING AND BACKCOUNTRY SKIING

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Cross country and back country skiing may combine a number of other standards found in other sections, so those will apply accordingly.

### B. Leadership

- 13.B.11** Participants are provided with adequate supervision for cross country and back country skiing.

### C. Planning And Research

- 13.C.06** Participants are provided with adequate instruction for cross country and back country skiing.  
Explanation: This may include, but is not limited to: a) layering clothing; b) fitting foot and hand wear for maximum circulation; c) sizing skis and poles properly; d) high energy food and ample liquid; e) ski preparation and technique for varying terrain and snow conditions; and f) improvising shelters and evacuation sleds. (Participants on short day ski adventure programs are not routinely taught how to make improvised litters and shelters).

## D. Equipment, Nutrition And Hygiene

- 13.D.06** Leaders have checked the participants to ensure that they are adequately equipped and prepared for the activity and the group has appropriate emergency and repair kits.  
Explanation: The items in the kit include but are not limited to: a) spare ski tips; b) pole shaft and baskets; c) spare bindings; d) wire; e) screwdrivers; f) pliers; g) tape.

## F. Conducting The Activity

- 13.F.01** A pace is set that is appropriate for all members of the group and that will reasonably prevent injury or illness.
- 13.F.02** If programming is conducted in diminished conditions, it is limited to appropriate times, and appropriate safety precautions are in place.
- 13.F.03** Appropriate safety procedures are followed for cross country and back country skiing.

## 14. EXPEDITIONS AND REMOTE WILDERNESS TRAVEL

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This kind of travel may include off trail hiking above and below treeline, in all conditions and environments. Many of the standards for other activities encountered will apply here. See those standards for appropriate explanations.

**GENERAL** - Expeditions and remote wilderness travel can be major undertakings where assistance might be delayed or perhaps unavailable. Groups may need to be self-sufficient for long periods and may need to be resupplied more than once.

### B. Leadership

- 14.B.11** Adequate supervision is provided for the activity.  
Explanation: Factors that determine the level of supervision include but may not be limited to: a) participants' skills and abilities; b) difficulty of terrain; c) length of the trip; d) goal of the experience; e) environmental conditions. Some of these conditions may necessitate specific and direct visual observation and supervision by the leaders.

### C. Planning And Research

- 14.C.06** Adequate instruction is provided for expeditions and remote wilderness travel.

## F. Conducting The Activity

- 14.F.01** A pace is set that is appropriate for all members of the group and which will reasonably prevent injury or illness.  
Explanation: Factors that determine the pace include, but may not be limited to: a) participants' physical condition; b) environmental conditions; c) terrain; d) participants' skill level.
- 14.F.02** If programming is conducted in diminished conditions, it is limited to appropriate times and appropriate safety precautions are in place.
- 14.F.03** Appropriate safety procedures are followed for expeditions and remote wilderness travel.  
Explanation: Participant groups are only allowed to make unaccompanied expeditions when the group has successfully demonstrated appropriate skills, has shown appropriate judgement, and has other critical qualities including appropriate physical and psychological readiness. Skills requiring direct, specific supervision are not included in the unaccompanied expedition itinerary. These skills include technical skills beyond the level of the participants, for example: major water crossings or roped climbing.

Unaccompanied groups have a minimum of four participants. Leaders who make the decision to allow a group to be unaccompanied should have experience in making such decisions. Criteria for unaccompanied expedition groups include, but may not be limited to: a) if plans are made by the participants, they are approved by the leaders; b) the unaccompanied expedition does not cover terrain more hazardous than previously encountered by the participants; c) routes for unaccompanied expeditions are through terrain familiar to the leaders; d) prior to the unaccompanied expedition, the leaders provide a briefing that includes safety considerations and emergency procedures; e) instructors monitor the unaccompanied group's progress periodically as needed. Methods for doing this include periodic accompaniment, "shadowing", daily personal contact, checkpoints, and written notices; f) skills requiring direct supervision, which includes technical skills beyond the level of the participants, such as major water crossings or roped climbing, are not included in the unaccompanied expedition itinerary;

g) the participants are informed of the proposed routes of the leaders, location of the base camp, and the routes of other groups that may also be conducting expeditions.

## **15. FLAT WATER CANOEING AND KAYAKING**

This section includes operations in Tandem Canoe, Solo Canoe, and Kayaks. Flat water canoeing and kayaking may combine a number of standards found in other sections, so those will apply accordingly.

### **B. Leadership**

**15.B.04** Leaders are aware of and comply with legal statutes as well as rules and regulations for PFD's.

**15.B.11** Adequate supervision is provided for flat water canoeing and kayaking.

Explanation: Visual supervision is done for beginners and individuals unfamiliar with the activity area, or when participants could inappropriately deviate from the intended route.

### **C. Planning And Research**

**15.C.06** Adequate instruction is provided for flat water canoeing and kayaking.

Explanation: Some of the strokes include, but may not be limited to: a) power strokes; b) turning; c) corrective strokes; d) braces. Some of the manoeuvres may include, but may not be limited to: a) spins; b) forward straight; c) reverse straight; d) sideslips or shifts; e) eddy turns or peelout; f) bracing; g) ferries; h) rolling.

### **D. Equipment, Nutrition And Hygiene**

**15.D.01** Participants have, or are provided with, a list of appropriate items required for the activity and conditions to be encountered.

Explanation: Factors that determine these items include, but may not be limited to: a) temperature of the water and air; b) the length of time participants may spend in the water; c) the degree of difficulty of the rapid; d) the experience level of the participant.

**15.D.02** Leaders and participants have, or are provided with, and use appropriate Personal Floatation Devices (PFD's) for each water activity.

Explanation: Leaders are aware that the leading cause of any boating fatality stems from not wearing an appropriate, properly

fitted PFD. Requirements for the PFD's include but are not limited to: a) there are appropriate numbers of PFD's available; b) PFD's meet the standards set by the Canadian Coast Guard; c) PFD's are the appropriate type (e.g. Type I, II, III, or IV PFD's), size, and fit for each user based on the type of activity, conditions and water craft used; d) buoyancy is sufficient to support the particular participant's weight; e) a safety check is conducted immediately prior to use; f) PFD's are in serviceable condition, including working clasps and zippers.

PFD's are cared for in an appropriate manner. Explanation: This includes but may not be limited to: a) wet PFD's are allowed to dry thoroughly before storing; b) storage is in a well-ventilated area.

The program follows an appropriate inspection schedule for PFD's.

Explanation: This includes, but may not be limited to a) inspections are conducted prior to participant use; b) all PFD's are tested annually for buoyancy.

The purchase or rental, maintenance and replacement of PFD's is properly conducted and recorded.

Explanation: This includes, but may not be limited to: a) purchaser/renter is aware of the type of PFD's required for the various water activities; b) maintenance is conducted according to manufacturer's recommendations; c) PFD's are replaced when they no longer perform as intended.

**15.D.03** Leaders teach the appropriate use and fit of PFD's.

Explanation: This includes, but may not be limited to: a) participants are taught how to fit and fasten PFD's properly; b) participants are informed as to how their PFD works in the water under the conditions they are likely to experience; c) participants are taught to check PFD's prior to each use; d) participants are taught to bring any damaged PFD's to the instructor's attention; e) PFD's are not altered or used in a manner for which they are not intended; f) participants are informed of and, when appropriate, practise the methods of swimming while wearing PFD's.

Leaders keep up-to-date on changes in technology for PFD's.

- 15.D.06** Leaders have checked the participants to ensure that they are adequately equipped and prepared for the activity and the group has appropriate emergency and repair kits.  
Explanation: Available rescue equipment includes: throw lines/throw bags, painter lines, grab loops, pulley and rope systems, repair kits.

## **F. Conducting The Activity**

- 15.F.03** Appropriate safety procedures are followed for flat water canoeing and kayaking.  
Explanation: This includes, but may not be limited to considering the water temperature in relation to the clothing, skills, and abilities of the participants to determine whether to enter the program area or not.

## **16. WHITE WATER CANOEING AND KAYAKING**

White water canoeing and kayaking may combine a number of other standards found in other sections, so those will apply accordingly.

### **B. Leadership**

- 16.B.11** Adequate supervision is provided for white water canoeing and kayaking.  
Explanation: Visual observation is maintained when appropriate. Visual supervision is essential for beginners and individuals unfamiliar with the activity area, or when participants could deviate from the intended route in rapids. Leaders are available to supervise activities in white water activities. The nature of the overall supervision will be dictated by the conditions.

### **C. Planning And Research**

- 16.C.01** Leaders have demonstrated that they have conducted thorough research appropriate to the nature of the activity.  
Explanation: Considerations include locating appropriate put in areas, take out areas and access to safe transportation sites. The route is visually inspected and if necessary, cleared before entering the water. Inspection items include but are not limited to: a) water levels and flow rates; b) fallen trees and/or branches; c) obstacles. If any obstructions on the intended route are considered to be an unacceptable hazard and cannot be rectified, an alternate route is selected.

- 16.C.06** Adequate instruction is provided for white water canoeing and kayaking.  
Explanation: Some of these strokes include but may not be limited to: a) power strokes; b) turning; c) corrective strokes; d) braces. Some of the manoeuvres include but may be limited to: a) spins; b) forward straight; c) reverse straight; d) sideslips or shifts; e) eddy turns or peelout; f) bracing; g) ferries; h) rolling.

## **D. Equipment, Nutrition And Hygiene**

- 16.D.01** Participants have, or are provided with, a list of appropriate items required for the activity and conditions to be encountered.  
Explanation: Factors that determine these items include, but may not be limited to: a) temperature of the water and air; b) the length of time participants may spend in the water; c) the degree of difficulty of the rapid; d) the experience level of the participant.

Personal clothing to be considered include but may not be limited to: a) wet/dry suits; b) pile or fleece top and bottoms; c) appropriate booties or footwear; d) gloves; e) hats; f) wind-proof pants and jacket.

- 16.D.06** Leaders have checked the participants to ensure that they are adequately equipped and prepared for the activity and the group has appropriate emergency and repair kits.  
Explanation: Available rescue equipment includes but may not be limited to: throw lines/throw bags, painter lines, grab loops, pulley and rope systems, repair kits.

## **F. Conducting The Activity**

- 16.F.03** Appropriate safety procedures are followed for white water canoeing and kayaking.  
Explanation: The water temperature in relation to the clothing, skills, and abilities of the participants will determine whether to enter the program area or not. Storage of accessory gear is made secure to avoid a paddler's entanglement with ropes, rope systems, and other gear.

## **17. SEA KAYAKING**

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This activity may combine a number of standards found in other sections, so those will apply accordingly.

### **B. Leadership**

- 17.B.11** Adequate supervision is provided for sea kayaking.  
Explanation: Convoys may require appropriate support boats and escorts when paddling in open stretches of water. The skill level of participants and the environmental conditions may preclude this activity even with an escort.

### **C. Planning And Research**

- 17.C.06** Adequate instruction is provided for sea kayaking.  
Explanation: Skills include but may not be limited to: a) boat construction; b) carrying boats; c) boat care and maintenance; d) weight distribution and loading; e) navigation skills; f) communication; g) rafting boat procedures; h) deploying sea anchors; i) appropriate strokes; j) appropriate manoeuvres.

### **D. Equipment, Nutrition And Hygiene**

- 17.D.01** Participants have, or are provided with, a list of appropriate items required for the activity and conditions to be encountered.  
Explanation: Factors that determine these items include but may not be limited to: a) temperature of the water and air; b) the length of time participants may spend in the water; c) the degree of difficulty of the conditions; d) the experience level of the participant.  
Personal clothing to be considered include but may not be limited to: a) wet/dry suits; b) pile or fleece top and bottoms; c) appropriate booties or footwear; d) gloves; e) hats; f) wind-proof pants and jacket.
- 17.D.06** Leaders have checked the participants to ensure that they are adequately equipped and prepared for the activity and the group has appropriate emergency and repair kits.  
Explanation: Available rescue equipment includes but may not be limited to: throw lines/throw bags, painter lines, grab loops, pulley and rope systems, repair kits.

## **F. Conducting The Activity**

- 17.F.02** If programming is conducted in diminished conditions, it is limited to appropriate times and appropriate safety precautions are in place.  
Explanation: Appropriate measures are taken to deal with high winds and seas, strong currents, strong tides, low visibility, lightning, etc. Unless there is an emergency, all paddling in diminished conditions should be done near shore.
- 17.F.03** Appropriate safety procedures are followed.  
Explanation: These include, but may not be limited to: a) shore manoeuvres; b) bracing techniques; c) basic sea operation procedures; and, d) rescue techniques. When travelling in a convoy, boats should be within a 50 yard perimeter of one another. During certain times of poor conditions, such as low visibility or high winds, this distance may be reduced, and staff may want boats close enough for verbal communication.

## **18. SAILING**

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This activity may combine a number of other skills found in other sections, so those will apply accordingly.

### **C. Planning And Research**

- 18.C.06** Adequate instruction is provided for sailing.  
Explanation: Participants have an appropriate understanding of the operation of the boat and associated equipment. Participants also have an appropriate understanding of sail handling and navigation principles.

### **D. Equipment, Nutrition And Hygiene**

- 18.D.02** The program uses vessels which meet accepted Transport Canada/Coast Guard standards.  
Appropriate inspection of the vessel is conducted prior to sailing and adjustments or repairs are made accordingly.

## **19. POWER BOATING**

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This activity may combine a number of other skills found in other sections, so those will apply accordingly.

### **B. Leadership**

**19.B.03** At least one leader/adult has successfully completed recognized training appropriate to the activity or has demonstrated equivalent attitudes, skills and knowledge appropriate to the activity.

Explanation: Power boat operators must comply with Canadian Coast Guard regulations including operator competency requirements.

### **C. Planning And Research**

**19.C.06** Adequate instruction is provided for power boating.

Explanation: Participants have an appropriate understanding of the operation of the boat and associated equipment. Participants also have an appropriate understanding of power boat handling and overboard recovery procedures as well as navigation principles.

### **D. Equipment, Nutrition And Hygiene**

**19.D.02** The program uses vessels which meet accepted Transport Canada/Coast Guard standards.

Appropriate inspection of the vessel is conducted prior to use of power vessel and adjustments or repairs are made accordingly.

## **20. POWER OR SAIL CRUISING**

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This activity may combine a number of other skills found in other sections, so those will apply accordingly.

### **B. Leadership**

**20.B.03** At least one leader/adult has successfully completed recognized training appropriate to the activity or has demonstrated equivalent attitudes, skills and knowledge appropriate to the activity.

Explanation: Power boat operators must comply with Canadian Coast Guard regulations including operator competency requirements.

**20.B.11** Adequate supervision is provided for power or sail cruising.

Explanation: Factors that may determine the level of supervision include, but may not be limited to: a) participant's skills; b) length of cruise; c) the environmental conditions; d) location of cruise.

### **C. Planning And Research**

**20.C.06** Adequate instruction is provided for length of cruise.

Explanation: Skills include but may not be limited to: a) vessel construction; b) vessel care and maintenance; c) weight distribution and loading; d) navigation skills; e) communication; f) rafting vessel procedures; g) deploying sea anchors; h) knowledge of local navigation hazards.

### **D. Equipment, Nutrition And Hygiene**

**20.D.01** Participants have, or are provided with, a list of appropriate items required for the activity conditions to be encountered.

Explanation: Factors that may determine these items include, but may not be limited to: a) temperature of the water and air; b) the length of time participants may spend on the water; c) the degree of difficulty of the conditions; d) the experience level of the participants.

Personal clothing to be considered include but may not be limited to: a) hats; b) wind/water-proof jackets and pants; c) gloves; d) sunglasses; e) sunblock; f) whistle attached to PFD.

**20.D.02** The program uses vessels which meet accepted Transport Canada/Coast Guard standards.

Appropriate inspection of the vessel is conducted prior to use of power vessel and adjustments or repairs are made accordingly.

**20.D.06** Leaders have checked and equipped each vessel to meet accepted Transport Canada/Coast Guard safety and rescue equipment standards for size and type of vessel.



## **E. Conducting The Activity**

**20.F.02** If programming is conducted in diminished conditions, it is limited to appropriate times and appropriate safety precautions are in place.

Explanation: Appropriate measures are taken to deal with high winds and seas, strong currents, strong tides, low visibility, lighting, etc.

**20.F.03** Appropriate safety procedures are followed.

Explanation: These include, but may not be limited to: a) rescue techniques; b) shorting and reefing sails; c) movement on board vessel in diminished conditions (use of lifelines). When cruising in convoy, vessels should be within a half a kilometre first to last vessel. Vessels should be able to communicate with each other by cb / vhf, or pre-determined hand signals / whistle signals.

# Section 5

## Appendix A

### Policy: Camping And Outdoor Activities

#### Scouts Canada believes:

- that the outdoors provides an ideal setting for personal growth and recreation;
- that responsible citizenship imposes upon each person an increasing obligation to live in harmony with the natural environment.

Because of these beliefs, camping and outdoor activities are essential parts of the programs.

Every member has the right to the opportunity to participate in camping and outdoor activities. These activities must meet the needs of members for fun and challenge and comply with recognized health and safety practices.

The responsibility for the development of long-range plans for camping and outdoor events and facilities is carried out by the council which can most appropriately meet the needs of members. Guidance, resource material and supporting programs are provided by Scouts Canada's Program Division.

#### Objectives:

Participation in camping and outdoor activities will help individuals to develop:

- interdependence with others and the environment,
- physical growth and co-ordination,
- practical skills,
- utilization of personal resourcefulness,
- awareness and appreciation of the natural environment through exploration and understanding.

#### Definitions:

- 1) A short-term camp consists of three nights or less.
- 2) A long-term camp consists of four nights or more.
- 3) The word "watercraft" implies any form of canoe, sailing, pulling or power boat.
- 4) Camping - staying overnight for one or more nights in a tent, cabin or other form of shelter.
- 5) Day-Camps - Outings that do not involve an overnight stay.

### Regulations Covering Camping And Outdoor Activities:

#### Group/Section Committees

Group/Section committees, on behalf of their sponsors, are responsible for:

- A) Providing the opportunity for members to have year-round camping experiences.
- B) Approving plans and operations of section camps.
- C) Submitting camp applications to their council as required.
- D) Considering the provision of facilities for families of Scouters at long-term camps.

#### Transportation

##### Parent's Responsibility for Transportation

Parents are responsible for transporting or arranging for transport of their children to and from Scouting activities.

##### Scouts Canada Advises:

Vehicles owned and operated by volunteers must be insured by the owner under the Provincial law of their domicile and be operated by duly licensed and insured drivers.

Volunteers who drive Scouting members do so at their own risk. Scouts Canada does not cover the cost of damage to their automobiles, nor does it cover deductible amounts, loss of discounts or loss of use. Third party claims made against owners of vehicles are not covered by Scouts Canada.

Scouts Canada strongly suggests drivers transporting youth maintain a minimum of \$1,000,000. liability insurance, and recommends limits of \$1,000,000. per passenger to a maximum of \$5,000,000.

#### Beavers

- A) A colony may hold a day camp under the leadership of Beaver leaders. Day camps must have a minimum of one leader, plus an additional Beaver leader for every five Beavers.
- B) Family Camping – an overnight camp where each Beaver is accompanied by an adult member of their family or adult designate. A parent/designate may be responsible for a maximum of two Beavers. Leadership for an overnight camp must consist of a minimum of two Beaver leaders, one of whom must be at least 21 years of age, plus one additional adult for every three Beavers.

- C) Minimum facilities for Beaver camping must include tents for sleeping and some form of additional weather resistant shelter suitable for games, crafts, dining and cooking.
- D) Sleep-Over - staying overnight for one night in your typical meeting place or comparable facility such as community hall, school, etc. Leadership for a Beaver sleep-over must consist of a minimum of two Beaver leaders, one of whom must be at least 21 years of age, plus one additional adult for every three Beavers.

### Wolf Cubs

- A) Cub camps must have a minimum of two adults, one of whom must be over 21 years of age, and one of whom must be a Scouter.
- B) Cub camps must have a minimum of one **additional** Scouter, parent, guardian or adult for every six Cubs.
- C) Minimum facilities for Cub camping must include tents for sleeping and some form of additional weather shelter suitable for games, crafts, dining and cooking.

### Guidelines for Winter Camping for Wolf Cubs

Consideration should be given to the following guidelines:

- A) At least one of the adults be experienced in winter camping.
- B) A parent or guardian of each Cub receives a list of the clothing and bedding required. This gear to be checked by the experienced adult before leaving for camp.
- C) A telephone or similar communication equipment is available for emergency use.
- D) A vehicle, to be used in the event of an emergency, is present on site.
- E) There are adequate latrines and washing facilities.
- F) A supply of drinking water is available.
- G) Arrangements made in case of the need for emergency evacuation.

### Scouts

- A) A troop may hold a short-term camp under the leadership of at least two adults, one of which must be a Scouter.
- B) Troops of one or more patrols holding long-term camps must have a minimum of two adults, one of whom must be a Scouter.
- C) Troop Scouters may approve patrol size groups of Scouts (two to ten) holding short-term camps without adult leadership, providing each Scout has obtained permission from a parent or guardian.

### Venturers

- A) Venturers may hold short-term camps without adult leadership, providing each has obtained permission of a parent or guardian and the approval of the advisor.
- B) A Venturer company may hold a short or long-term camp with at least two adults, one of which must be a Scouter. The provision for an advisor in camp may be waived by the group/section committee after consultation with the advisor and the approval of each Venturer's parent or guardian.

### Rovers

- A) Rovers may camp as individuals, small groups or as a crew, provided notification has been given to the Rover crew advisor.

### Sleeping Quarters

The individual's right to privacy must be recognized and taken into consideration in such matters as sleeping places and sanitary facilities.

1. Adult members should, where possible, have sleeping accommodations separate from youth members, unless discipline, safety or available facilities dictate otherwise. (If sleeping accommodations are shared with youth for any of the above reasons, at least two adults must be present at all times.)
2. Toilet facilities must comply with local health regulations. Scouters should check with their council office for advice.
3. Co-educational camps should ensure that every consideration is given to propriety.

### Conservation

Sections involved in outdoor activities must ensure that sound conservation and environmental practices appropriate to the area are followed.

### Camp Property

#### Standards/Compliance

All property which is owned or leased by Scouts Canada must meet requirements of *By-Law, Policies and Procedures*, Section II, Duties (iv) and must be inspected annually.

#### Fire Protection

All buildings must be adequately protected against fire. The person(s) responsible for maintenance of the property

should consult local fire department inspectors to ensure that local regulations are observed and that precautions are adequate. Fire orders should be posted in prominent places and all concerned trained in their observance.

Where members meet in buildings or other accommodation not owned by Scouts Canada, they must be familiar with the fire regulations and drills applying to that building or accommodation. Where no regulations exist, they must prepare their own. Regular practices should be conducted.

## **Insurance**

Insurance is provided under the National Liability Policy to cover Scouts Canada's legal liability as a result of bodily injury and property damage to third parties arising out of its premises and operations.

Scouts Canada and, providing they are acting within the scope of their Scout duties, all members, employees, sponsors and non-members who may be temporarily involved in Scouting activities are the named insureds.

Full particulars are included in the pamphlet "National Liability Insurance" which may be obtained from any council office. (See Appendix F)

Some benefits are also provided to all Scouting members under the National Indemnity Policy which provides limited coverage for accidental death, dismemberment, dental expenses and wage replacement.

The limits of coverage and other details are included in the pamphlet "National Indemnity Insurance" which may be obtained from any council office. (See Appendix F) Provision should be made by the Scout council which owns real property for adequate fire and other insurance coverage on such property and renewal of such insurance coverage on a regular basis.

## **Smoking**

It is inappropriate for any member of Scouting to smoke in front of youth at any Scouting activity.

## **Alcohol / Drugs**

There shall be no alcohol or recreational drug/substance consumed or made available on any Scout property ... owned or leased.

There shall be no alcohol or recreational drug / substance consumed or made available during any Program activity. "Program activities" include meetings, camps, hikes, training programs (Wood Badge, workshops, etc.),

Scouters conferences, "Scout Night" with sports teams and similar functions.

No person shall consume alcohol or any other recreational drug / substance within a time frame which would negatively affect their ability to carry out a duty of care.

There shall be no exclusion of youth from any Scouting activity so alcohol or recreational drugs/substances may be consumed by adult members.

## **Tools/Knives**

Knives, including multi-purpose tools, may be used during age-appropriate program activities, by all members excluding Beavers. Sheath knives may be worn, when appropriate, only by Scouts, Venturers, Rovers and Scouters, and must not, by law, be concealed.

## **Lethal Weapons**

### **Archery**

Scouters may allow members to practise archery or to engage in archery matches under competent supervision on ranges approved by experts and the authorities.

### **Firearms**

The possession or use of any weapons at a camp or during any camping or other outdoor activity is to be controlled under federal, provincial and local legislation, and as well may be regulated by a provincial council of Scouts Canada. (See also Range Shooting below)

Note: For Scouts Canada's purposes, firearms include but may not be limited to: pellet guns, B.B. guns and air rifles.

## Range Shooting

After securing permission from the appropriate councils, Scouters may allow members to practise shooting only according to the laws of Canada provided that the members are enrolled in a section senior to Cubs and have signed permission from the member's parent or guardian. Scouters should check with the appropriate authorities including the Chief Provincial Firearms Offices and local police before commencing a range shooting program to ensure that all requirements of law are met in the implementation of the proposed program.

## First Aid

At least one adult has First Aid training and equipment appropriate for the activity. In the case of Scouts, Venturers and Rovers who can camp without adults present, one of them must meet this criteria if an adult is not present.

## Travel

Members proposing to camp or travel outside Canada as part of an authorized Scouting event/ activity must obtain the approval of their provincial council, giving at least four weeks prior notice. Tour Permits for this purpose can be obtained from any council office.

**Exception:** If tour is into the USA, the distance from home is not more than 200 km and the trip duration outside of Canada is less than 12 hours, a Tour Permit is NOT required.

Scouts Canada requires that individuals and groups travelling outside Canada carry adequate "Out of Country Medical Insurance" and if travelling by commercial carrier, "Trip Cancellation Insurance". Travellers may obtain such coverage through local travel agents, insurance companies or family health plan.

Invitations to visit foreign Scout groups, or invitations for foreign Scout groups to visit this country must be approved by National Office on the recommendation of the provincial council.

Note: Travel insurance is not available through Scouts Canada.

## Water Safety Regulations

When Scout councils provide watercraft programs/activities, it is their responsibility to ensure that the person(s) in charge is competent to operate a watercraft program activity on the waters to be used, and to ensure that the regulations that follow are observed.

When sections provide watercraft programs/activities, it is the responsibility of the group committee to ensure that the person(s) in charge is competent to operate a watercraft program activity on the waters to be used, and to ensure that the regulations that follow are observed.

## Regulations

- (1) Watercraft used for Scouting purposes must meet Transport Canada/Coast Guard and local Scouting regulations. In addition to the regulations of Transport Canada/Coast Guard, watercraft used for Scouting purposes must:
    - (a) be equipped with painters or end loops;
    - (b) if equipped with drain holes, carry a spare plug.
  - (2) Each small watercraft, if full of water, must be capable of remaining afloat supporting its occupants (this may necessitate the addition of buoyancy materials).
  - (3) When travel at night is necessary, watercraft not required by law to carry navigation lights must be equipped with a flashlight or lantern in order to make their presence known.
  - (4) Youth and adults participating in small craft (6 metres or less) boating activities involving powered or non powered boats must wear Transport Canada approved, properly fitted, personal floatation devices (PFDS)/life jackets at all times. Canoes exceeding the 6 metre standard will also be included in this policy.
- (Transport Canada/Coast Guard recommends that approved PFDS be worn at all times while participating in watercraft activities.)**
- (5) Members taking part in watercraft activities must have a knowledge of hypothermia, its symptoms and treatment.

## Swimming

When Scout councils provide swimming programs/activities, it is their responsibility to ensure that the person(s) in charge is competent to operate a swimming program/activity in the waters to be used, and to ensure that the regulations that follow are observed. When sections provide swimming programs/activities, it is the responsibility of the group committee to ensure that the person(s) in charge is competent to operate a swimming program/activity in the waters to be used, and to ensure that the regulations that follow are observed.

## Regulations

During any swim period (except in public regulated pools) the following must be met:

- (a) Before beginning a swim period, the safety of the swim area shall be established.
- (b) At least one water activity supervisor for every ten (10) swimmers must be on duty.
- (c) The minimum qualification for youth members who are acting as water activity supervisors is the Bronze Cross and they must be a minimum of 16 years of age.
- (d) Water activity supervisors should be identified to the swimmers prior to the commencement of swimming activities, and suitable attire is to be worn by the supervisors when on duty.
- (e) Suitable rescue and reaching aids must be available at all times.
- (f) All swim groups must be organized under the paired "buddy system."
- (g) The physical condition and swimming ability of each member should be known by the Scouter and the water activity supervisor before the activity/program begins.
- (h) Water activity supervisors are to be positioned within easy reach of swimmers.
- (i) No member shall be permitted to swim unless under responsible supervision.
- (j) Each swim period shall be under the supervision of a qualified person to whom the water activity supervisor is responsible.

The following agencies are formally recognized by Scouts Canada as the authority in their respective fields:

- (a) Canadian Red Cross Society (Swimming)
- (b) The Lifesaving Society (Lifesaving)
- (c) St. John Ambulance (First Aid)

## Religion

1. Acceptance of the Mission and Principles of Scouts Canada is the basis for membership.
  - (a) Members shall be encouraged to participate actively in the life of a religious community and to assume appropriate responsibilities therein.
  - (b) Scouters shall, in addition to accepting the Mission and Principles of Scouts Canada, provide leadership by word and example in the application of (a) above.
  - (c) Scouts Canada prefers and strongly encourages membership and participation by all adult members in the religious programs and activities of a religious community.
2. In each group/section it is the responsibility of the Scouters, in consultation with the chaplain or other religious authority concerned, to seek to fulfil in and through the Scout group/section the Principles of Scouts Canada and the spiritual goals of the sponsor/partner.
3.
  - (a) Church sponsors/partners may make religious exercises and/or instruction a condition of membership. This condition must be stated to all applicants.
  - (b) In church sponsored groups/sections open to children of any faith, children/youth not belonging to the sponsoring church, may be excused from such exercises and/or instruction on parent's or guardian's request.
4. A gathering of members called a Scouts' Own, is held for the worship of God and to promote a fuller understanding of the Promise and Law.

A Scouts' Own is supplementary to, and not in substitution for, a regular religious service.

A Scouts' Own is prepared and conducted by the Scouters, children and youth, and on occasion chaplains, and should be acceptable to all the faiths represented. These services may be held at any time.
5. In planning combined or district religious services or church parades, Scouters shall consult with the clergy of the faiths concerned.

6. (a) In camp, daily prayer should be of the simplest character. Grace should be said at meals.
  - (b) In camp, the Scouters shall make every effort to provide the opportunity and means for campers to attend religious observances of their own faith. Where it is not possible for campers to attend religious observances of their own faith, a Scouts' Own shall be held.
7. Scouts Canada shall provide interdenominational guidelines and resource material to assist in the enrichment of spiritual life through Scouting.
  8. In planning programs, all groups/sections, whatever their sponsorship, shall respect the religious obligations of the members. Members may be excused upon the request of parents or guardians if any program is thought to contravene the rules of their own faith.

## **Scouts Canada's Mission:**

**The mission of Scouting is to contribute to the education of young people, through a value system based on the Scout Promise and Law, to help build a better world where people are self-fulfilled as individuals and play a constructive role in society.**