



Chester County Council, BSA



High Adventure Committee

Advisor Meeting #1

Chester County Council High Adventure

Agenda

- ✦ Opening
- ✦ Welcome & Introductions
- ✦ Mission of the CCC High Adventure Committee
- ✦ Key Milestones
- ✦ New Business
 - ◆ T-Shirt & Neckerchief Design Contests
 - ◆ Philmont Scholarships
 - ◆ Independent Transportation
 - ◆ Crew Formation
 - ◆ Waiting List Status, Management and likely outcomes
 - ◆ Payments
- ✦ Action Items – Due at Advisors Meeting – January 2, 2018
- ✦ Questions & Answers
- ✦ Closing

The High Adventure Committee

The mission of the Chester County Council High Adventure Committee is to provide training, logistics and support to units and individuals desiring to participate in a BSA high adventure program to ensure a safe, enjoyable and memorable 'mountaintop' experience.

Knowledge, Expertise, Safety and Support.

The High Adventure Committee

- ✦ Are Experienced HA Advisors & Unit Leaders
- ✦ Are Subject area experts
- ✦ Offers Comprehensive Training
 - ◆ Advisors – Safety, Outdoor Skills, Leadership
 - ◆ Crew – Philmont Specific Skills
- ✦ Provides Logistics
 - ◆ Complete package

Why are we here?



Cathedral Rock, Philmont Scout Ranch – July, 1985 – My crew hiked over this rock on my second trek at the ranch. We paused on the way to Hidden Valley to enjoy the view from the top before hiking on. One of our advisors came down with altitude sickness the following day. He was evacuated back to base camp. He was laying in bed as base camp that afternoon when a radio report came in saying that a scout had fallen off Cathedral Rock. My advisor's condition became low priority as the medical staff mobilized for this accident. He laid in bed recuperating and listening as reports come in through the afternoon.

The scout had been on top of the rocks with his crew. He had his pack on and got too close to the edge. He lost his balance and fell two hundred feet to the rocks below. Sadly, the fall did not kill him immediately. He was still alive when first responders reached him, though he died later that day.

Why are we here?

Philmont Scout Ranch, Cimarron, NM Boy Scout Dies During Backpacking Trip

My advisor learned that the boy was from a crew from York, PA doing Trek #15, the same trek my crew was doing. They were one day behind us on the trail.

I remembered my crew enjoying the view, same as the boys from York. My boys hadn't bothered taking off their packs either as they peered over the edge of the rocks to trees and rocks below.

All I could think was, 'There but for the grace of God go I.'

I recognized my job: **BRING THEM HOME SAFE!**

Chester County Council High Adventure Committee

A list of Boy Scout outing deaths Los Angeles Times December, 2010

In the past five years, 32 Boy Scouts, adult leaders and invited guests have died in outdoor activities. The list was compiled from news accounts, law enforcement reports, lawsuits and other public records. It excludes other deaths that involved occupational accidents, heart failures that occurred during nonstrenuous activities and transportation accidents.

1. Ian Joshua Miller, 2010, Coudersport, Pa. Sledding: head injury
2. Corey Buxton, 2010, Zion National Park, Utah. **Hiking: lost, hyperthermia**
3. Anthony Alvin, 2010, Gemini Bridges, Utah. **Hiking: fall**
4. Michael Sclawy-Adelman, 2009, Big Cypress National Preserve, Fla. **Hiking: heatstroke**
5. Timothy Nunn, 2009, Philmont Scout Ranch, N.M. **Hiking: heart failure**
6. David Campbell, 2009, Arkansas River, Colo. **Rafting: drowned.**
7. Craig McCuiston, 2009, Snake River, Wyo. **Rafting: drowned**
8. Daniel Fadrowski, 2009, Peach Bottom Township, Pa. Scuba diving: Heart attack
9. Luis Alberto Ramirez Jr., 2008, Yosemite National Park, Calif. **Hiking: fall**
10. Payden Sommers, 2008, Tar Hollow State Park, Ohio. **Hiking: hyperthermia**
11. Aaron Eilerts, 2008, Little Sioux Scout Ranch, Iowa. **Camping: tornado**
12. Ben Petrzilka, 2008, Little Sioux Scout Ranch, Iowa. **Camping: tornado**
13. Josh Fennen, 2008, Little Sioux Scout Ranch, Iowa. **Camping: tornado**
14. Sam Thomsen, 2008, Little Sioux Scout Ranch, Iowa. **Camping: tornado**
15. Finn Terry, 2008, Clackamas River, Ore. **Canoeing: drowned**
16. Sean Whitley, 2008, Joseph A. Citta Scout Reservation, N.J. **Camping: burns from campfire**
17. Caleb Williams, 2008, Little Sahara National Recreation Area, Utah. **Camping: tunnel collapse**
18. Tyler Shope, 2007, Hidden Valley Boy Scout Camp, Penn. **Camping: hit by falling totem pole**
19. Thomas Fogarty, 2006, Portsmouth, N.H. Parade: fell off float
20. Paul Ostler, 2005, Camp Steiner, Utah. Camping: **struck by lightning**
21. Jeffrey Lloyd, 2005, Adams County, Idaho. Camping: fell from zipline
22. Luke Sanburg, 2005, Yellowstone National Park, Wyo. **Backpacking: drowned**
23. Chase Hathenbruck 2005, Animas River, N.M. **Rafting: drowned**
24. Ronald Bitzer 2005 Ft. A.P. Hill, Va. Camping: electrocution
25. Mike Lacroix 2005 Ft. A.P. Hill, Va. Camping: electrocution
26. Michael Shibe 2005 Ft. A.P. Hill, Va. Camping: electrocution
27. Scott Powell 2005 Ft. A.P. Hill, Va. Camping: electrocution
28. Ryan Collins 2005, Sequoia National Park, Calif. **Backpacking: lightning**
29. Steve McCullagh 2005, Sequoia National Park, Calif. **Backpacking : lightning**
30. Kelly Beahan, 2005, Joseph A. Citta Scout Reservation, N.J. **Camping: hit by falling tree**
31. Nicholas Johs, 2005, Atlantic Ocean, N.J. Boating: struck by propeller
32. Matthew Johnson, 2005, Chugach National Forest, Alaska. **Backpacking: hit by falling tree**
33. Alden Brock, 2015, Philmont Scout Ranch, Cimarron, new Mexico. **Backpacking: swept away by flash flood**

High Adventure Advisor Training

Planning ahead for success

- | | |
|-----------------------|--------------------------|
| ✦ Outdoor Training | October 21 st |
| ✦ Gear Clinic | November 8 th |
| ✦ Itinerary Selection | January-March |
| ✦ Crew Training | Now until you go |
| ✦ Shakedown | May 18-20, 2018 |
| ✦ Picnic & Wrap-up | September 4, 2018 |

Chester County Council High Adventure Committee

Key Milestones

| Date | Time | What |
|----------------------|-----------------------|--|
| October 3, 2017 | 7:30 PM | Philmont Advisors (required) - Council Service Center. |
| October 21, 2017 | 8AM-4PM | Philmont Advisors & Crew Leaders Training Day (Required) - Horseshoe Scout Reservation |
| November 8, 2017 | 7:30 PM | Gear Clinic (optional) – Location – ??Central Presbyterian Church, Downingtown, PA?? What to expect; What needs to be done. |
| January 2, 2018 | 7:30 PM | Philmont Advisors (required) - Council Service Center |
| Jan.-March, 2018 | Note 1 | Philmont Itinerary Planning Workshops (optional) |
| March 6, 2018 | 7:30 PM | Philmont Advisors (required) - Council Service Center |
| Spring, 2018 | Various | Wilderness First Aid & CPR Training |
| ~April 3-4, 2018 | | Philmont Treks Books go on-line; Arrive at Council Service Center shortly afterwards Crews Select Itineraries on-line |
| April 4, 2018 | 7:30 PM | Parent & Participant Send-Off Meeting – Location - Central Presbyterian Church, Downingtown, PA |
| May 18-20, 2018 | 6 PM Fri to 11 AM Sun | Trail to Cimarron Weekend (required) - HSR |
| June 23-July 7, 2018 | | Philmont Contingent I |
| July 7-July 21, 2018 | | Philmont Contingent II |

New Business

- ✦ T-Shirt & Neckerchief Design Contests
- ✦ Philmont Scholarships
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- ✦ Waiting List Status, Management and likely outcomes
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High Adventure Committee

T Minus 275 Days...

or... *What should I be doing now?*

T Minus 275: Crew Issues

- ✦ Family Commitment
- ✦ Reality Check
- ✦ Dealing with Problems

Family Commitment

- ✦ Fall meeting with youth and parent
- ✦ Bring important school & family dates
- ✦ Set shakedown expectations & schedule
- ✦ Payment schedule & penalties
- ✦ Fundraising & Scholarship availability
- ✦ Communication - Put It In Writing!

Reality Check

✦ When is a Scout Ready for Philmont or Northern Tier?

- ◆ Desire and commitment
- ◆ Physical & Emotional Readiness
- ◆ Maturity
 - Will they eat the food and drink the water?
 - Can they self-medicate?
 - Will they practice personal hygiene?
 - Can they work within the patrol method?

Dealing with Problems

✦ Now....or...Later?

T Minus 275: Advisor Issues

- ✦ Sorting out roles
- ✦ Working out differences
- ✦ Physical readiness

Roles of the Advisors

- ✦ Lead advisor
- ✦ Navi-guesser advisor
- ✦ Medical advisor
- ✦ Other roles?

Working Out Differences

- ✦ Don't fool yourselves
- ✦ You aren't fooling the scouts
- ✦ Eleven days + ten nights = LONG TIME!!!

Physical Readiness

- ✦ Philmont
 - ◆ Hiking pace and hiker separation
 - ◆ Hiking pace and hypothermia
- ✦ The High Adventure Physical- Part D
- ✦ Challenges
- ✦ Diet and Exercise

Weight Restrictions

- ✦ Zero Tolerance
 - ◆ Advisors are sent home every year
- ✦ Advisor Weigh-In & BP Check
 - ◆ If you have a problem it can be fixed
 - If you act NOW

Philmont Weight Limits

| Height | Recommended | Maximum |
|--------|-------------|---------|
| | : | |
| 5' 5" | 114 - 162 | 195 |
| 5' 6" | 118 - 167 | 201 |
| 5' 7" | 121 - 172 | 207 |
| 5' 8" | 125 - 178 | 214 |
| 5' 9" | 129 - 183 | 220 |
| 5' 10" | 132 - 188 | 226 |
| 5' 11" | 136 - 194 | 233 |
| 6' 0" | 140 - 199 | 239 |
| 6' 1" | 144 - 209 | 246 |
| 6' 2" | 148 - 210 | 252 |
| 6' 3" | 152 - 216 | 260 |
| 6' 4" | 156 - 222 | 267 |
| | : | |

Diet & Weight Issues

- ✦ Do what works for you
- ✦ Consult your doctor
- ✦ Lose it slow to keep it off
 - ◆ ½ to 1 pound per week
 - ◆ Present weight x 10 = daily calories
- ✦ Drink water to eliminate waste
- ✦ Try using a “Diet Buddy”

Fitness Plans

- ✦ Check with your doctor
- ✦ Consider a trainer
- ✦ Understand physiology of exercise
- ✦ Train for cardio, strength...and feet!
- ✦ Build a progression
- ✦ Don't rely on shakedown!
- ✦ Pick something you like!

Target Heart Rates

- ✦ Max effective HR = 220 minus your age
- ✦ Exercise @ 70-85% of max effective rate
- ✦ FORMULA: $220 - \text{age} \times (.70) \text{ to } (.85)$
- ✦ Example: Age 40
 - ◆ 70%: $(220-40=180) \times (.70) = 126 \text{ BPM}$
 - ◆ 85%: $(220-40=180) \times (.85) = 153 \text{ BPM}$
- ✦ Learn what it feels like

Combining Cardio & Strength

- ✦ Stretch before *and after* all exercise
- ✦ Cardio
 - ◆ Cardiovascular duration of 20-60 minutes
 - ◆ Begin timing after target HR is achieved
 - ◆ Slowly build target HR, # days, and duration
- ✦ Strength
 - ◆ Limit strength training to alternate days
 - ◆ Slowly build repetition & weight

Sample Cardio-Vascular Exercise

- ✦ Walking/Running/Hiking/Backpacking
- ✦ Gym: step, bike, X-trainer, treadmill
- ✦ Swimming
- ✦ Climbing Stairs
- ✦ Step Aerobics
- ✦ Biking
- ✦ Whitewater Kayaking

Sample Cardio Exercise Plan

- ✦ December: 20-30 min. cardio, 70%, 3x wk
- ✦ January: 20-30 min. cardio, 75%, 3x wk
- ✦ February: 20-40 min. cardio, 80%, 3-4x wk
- ✦ March: 20-40 min. cardio, 85%, 3-4x wk
- ✦ April-May: 30-60 min. cardio, 85%, 4-5x wk
- ✦ June: 30-60 min. cardio, 85%, 5x wk

Strength Training

- ✦ Free weights
- ✦ Bench weights
- ✦ Circuit training
- ✦ Exercises (situps, leg lifts, pushups, etc.)

Resources

Philmont

- ◆ <http://www.philmontscoutranch.org> (Official Site)
- ◆ <http://philsearch.org> (Trek Selection)
- ◆ <http://w4.lns.cornell.edu/~seb/philmont.html>

Northern Tier

- ◆ <http://w4.lns.cornell.edu/~seb/ntier.html>