



BOY SCOUTS OF AMERICA
GREATER ST. LOUIS AREA COUNCIL

Swift Base

S bar F Scout Ranch

- June 15-21 Past, Present, Future
- June 22-28 Sea Scouts vs. Pirates
- July 6-12 Are You Tough Enough?

VENTURING CAMP MANUAL

Summer 2014

Name _____

Unit _____

Campsite _____



Prepared. For Life.™

Advisor Checklist

PRIOR TO CAMP

- Provide parents of youth with Parents Information Sheet and map of the camp.
- Collect and review all medical forms. Youth and adults must use the Annual Health and Medical Record, Parts A, B, and C (form 680-001).
- Fill out a roster of those attending camp.
- Pay all fees two weeks prior to attending camp.
- Inform camp business office in advance if crew is bringing its own tentage.
- Out-of-council crews:** Bring tour plan and proof of insurance.

UPON ARRIVAL AT CAMP

- Medical recheck takes place on the campsite** by the program counselor, an adult member of the staff, and an adult leader of the unit. Medical forms should remain on the campsite during check-in.
- The unit leader should check in** at the camp office at 1:00 p.m. with the following items:
 - Any fees that need to be paid.
 - Receipts of fees paid at the council service center.
 - Unit roster listing youth and adults — including names, addresses, phone numbers, and ages.

Important Health Information

Youth and adults are not to attend camp if they have had flu-like symptoms in the 3 days prior to their arrival in camp. Flu-like symptoms include fever (100 degrees or higher), cough, sore throat, chills, headache, fatigue, vomiting, and/or diarrhea. Parents and unit leaders are responsible to ensure that youth and adults who are ill do not come to camp.

***Information in this manual is subject to change.
For updates, visit camping.stlbsa.org
or swift.stlbsa.org.***

Welcome to Swift Base!

*Whether this is your first trip to Venturing Camp at S bar F Scout Ranch
or you're a seasoned camper, you'll have a great time this summer!*

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Section 01 • Summer Camp Program

Camp is probably the greatest experience that the crew will have during the year. It provides great satisfaction to see each Venturer having fun in the great outdoors, crew leaders becoming more responsible, and crews functioning as a team as the week goes on.

The crew will improve as a result of camp, and the opportunity to get to know and understand the unit's Venturers will never be better. Get the crew's summer camp program ready by taking these simple steps:

- A. Set goals.
- B. Find out what the Venturers want!
- C. Involve the crew officers.
- D. Outline the crew's program.

WHO'S WHO AT CAMP

Program Director

The program director helps plan the crew's schedule and assists in developing and carrying out a full and balanced camping program. For help with a hike, rock climbing, mountain biking, or Ranger Award, see the program director.

Program Counselors

The counselor visits the campsite daily to visit to review the camp program, or address concerns. The counselor assists with check-in and check-out.

PROGRAM SUPPORT

The camp program and the scheduling of the crew's part in the camp program are the responsibility of the camp director and the camp staff. The primary responsibility of the camp staff is to see that each unit has a great camping experience. The daily or weekly schedule is not the program — it is a tool for planning and the administration of the program. It is a timetable for certain formal activities and a checklist of opportunities.

Adventure is one of the goals, and it is not found at exactly 9:30 a.m. or 4:15 p.m. It often just happens, or results from other activities. The crew will have planned activities, and the camp will have planned special events. Both of these are placed on the schedule, but things happen that are not on the schedule and yet will be program.

MEETINGS

Crew presidents and Advisors meet at 5:00 p.m. on Sunday at the Swift pavilion to discuss program and scheduling information.

ACTIVITIES

Aquatics — swimming, tubing, canoeing, rowing, stand-up paddleboarding, pedal boats, sailing, kayaking, Huck's Cove, water-skiing, tubing, kneeboarding, and instruction in all of these areas.

Sports — Includes archery, basketball, fishing, football, horseback riding, horseshoes, shotgun shooting, rifle shooting, soccer, volleyball, and beach volleyball.

Indoor activities — Includes card games, checkers, chess, music, various board games, listening to music, movies, and dancing.

Outdoor high-adventure activities — Hiking, backpacking, mountain biking, nature, rock climbing, rappelling, camp-wide games, and challenge course. Campers going mountain biking, rock climbing, and rappelling must use camp equipment and the methods prescribed by the Swift staff.

ACTIVITY SCHEDULING

The program counselor will explain and conduct scheduling during Sunday check-in.

All daytime activities — except waterskiing, tubing, and kneeboarding — run for three-hour blocks of time: rappelling, rock climbing, high-ropes and low-ropes courses, and horseback riding. These four activities are scheduled from 9:00 a.m. to noon or 2:00 to 5:00 p.m. Water-skiing, tubing, and kneeboarding are scheduled three people per hour per boat from 9:00 a.m. to noon and 2:00 to 5:00 p.m.

NOTE: A leader should participate with the unit or attend all daytime activities except waterskiing and tubing. Leaders who are certified in climbing or challenge course may assist with these programs. Interested leaders should contact the program director.

WHERE TO MEET

Rappelling, rock climbing, and high- and low-ropes courses — Meet at 8:45 a.m. or 1:45 p.m. under the Swift Pavilion. Campers should bring water and required clothing is closed-toed tieable shoes. Low-challenge course participants are recommended to wear long pants and bring a long-sleeved shirt. Please keep all jewelry and wallets on a campsite with a leader or locked in a vehicle.

Horseback riding — Meet at 8:45 a.m. or 1:45 p.m. at the corral gate. Individuals must wear long pants, preferably blue jeans, and closed-toed tieable shoes. No hats are permitted.

Waterskiing, tubing, & kneeboarding — Meet 15 minutes before the scheduled hour at the aquatics area. Report to the Aquatics director.

Open activities, such as rifle shooting, archery, and sailing — Show up at any time during scheduled open hours.

SCHEDULED CAMP PROGRAM

The crew is a vital part of the camp community. Certain activities, such as campfires, religious worship services, flag ceremonies, etc., are set for the entire camp community. Crews will want to participate in these activities:

Flag Ceremonies

Flag raising is held at 7:55 a.m. and a retreat ceremony at 6:25 p.m. daily at the Swift Lodge flagpoles. Venturers who have uniforms should wear them to the evening retreat ceremony.

Meal Times

Breakfast is at 8:00 a.m., lunch at 12:30 p.m., dinner at 6:30 p.m. Meet 5 minutes prior for announcements.

Rest Period

A rest hour from 1:00 to 2:00 p.m. follows lunch. It's a good time for napping, writing letters home, quietly studying for advancement, or just stretching out and gazing at the sky.

Program Blocks

Daytime programs run during scheduled program blocks. The morning block is 9 a.m. to noon, and the afternoon block is 2:00 to 5:00 p.m. Meet 15 minutes in advance of your scheduled programs.

CAMPWIDE ACTIVITIES

Additional events may happen during the week, so watch for them.

- **Opening Campfire:** The opening campfire is held in the Council Ring on Sunday night. Assemble at the Swift Lodge flagpoles at 8:15 p.m.
- **Closing Campfire:** The closing campfire is held Friday night at the Council Ring. Assemble at the Swift Lodge flagpoles at 8:15 p.m. Songs, skits, awards, and recognitions are the highlights of the closing campfire.

SHOOTING SPORTS

The Shooting Sports Area is open Monday through Friday for recreational periods, various times throughout the week. Shotguns are available for \$5 per 10 rounds.

More information can be obtained from the program director.

OVERNIGHTS & DAY HIKES

Spend a night away from the camp and hike back the next morning on one of the trails within the 5,200 acres of S bar F Scout Ranch. Or take a morning or afternoon hike to Castle Rock or Ship Rock. Consult with the program director before taking a hike. Proper adult leadership is required with any hike.

AQUATICS

The Camping Committee has set the following procedures in concert with the National Boy Scouts of America policies, recognizing the responsibility to parents and leaders for their sons, daughters, Scouts, Venturers, and Explorers. Most of these procedures and rules fall under the “common sense” category, but it is important that all acknowledge and understand them. The camp director — through his Aquatics director — will be the final authority for any question of safety, policy, or procedure.

In order to swim, each camper must submit a physical examination record signed by licensed medical personnel and evidence of swimming ability through testing by qualified examiners. Campers will be identified according to their swimming ability as Swimmers, Beginners, or Learners according to the following:

- **Learners** — No test
- **Beginners** — Swim 50 feet as follows: Jump feet first into water over camper’s head, come to the surface, level off, swim 25 feet, turn sharply, and return to the starting point.
- **Swimmers** — Swim 100 yards as follows: Enter water feet first; swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; swim 25 yards on the back, using a resting stroke; rest by floating or, if nonbuoyant, with just enough motion to stay afloat.

The Aquatics director should be informed in writing of campers who are not allowed to swim due to medical restrictions.

During swim times:

- Keep valuables — jewelry, wallets, cameras, etc. — at unit’s campsite.
- Use sun block and wear shirts at the waterfront to avoid sunburns.

Aquatics Program Features

- **Crews can swim anytime the Aquatics area is open.**
- **Aquatics Supervision Award: Swimming and Water Rescue** and **Aquatics Supervision Award: Paddle Craft Safety** hands-on courses provide older Scouts and unit leaders in-depth training in Safe Swim Defense and Safety Afloat principles along with basic swimming, boating, and rescue skills. A youth must be at least 16 years old to work on the Aquatics Supervision Awards. Times are determined at camp based on number of participants.
- **Recreational canoeing, kayaking, and stand-up paddleboarding** are available from 9 a.m. to noon and 2:00 to 5:00 p.m. Monday through Friday.
- **Safe Swim Defense Plan and Safety Afloat** instruction for unit leaders takes place at 10:30 a.m. on Wednesday at the Aquatics Area.

Huck’s Cove

Huck’s Cove consists of two water slides, a zip line, rope swings, and more. Learners and Beginners are welcome but restricted to shallow areas. Beginners may slide wearing a personal floatation device (PFD). Leaders must assist as guards at Huck’s Cove.

Boating, Canoeing, Rowing, Sailing, Stand-up Paddleboards, & Pedal Boating

Waterfront activities are allowed only in authorized areas under the strict supervision of the Aquatics staff. Anyone violating this rule may be dismissed from camp immediately. Wading outside the swim areas is not permitted.

- The Buddy System is in use at all times, including during boating.
- A Coast Guard-approved personal flotation device (PFD) for each person aboard a watercraft must be worn at all times.
- Those wishing to use a watercraft outside of the designated afternoon time must secure the permission from the Aquatics director. Use of any watercraft is restricted to daylight hours from 1/2 hour before sunrise to 1/2 hour after sunset.
- Craft are to remain within sight of the waterfront pavillion in the area designated by the Aquatics director, except when under staff escort for special programs.
- In the event of swamping or capsizing, campers should not attempt to swim to shore or another craft but remain with the craft, which floats.
- Always check in and out through the Boating Buddy Board.

The following are not permitted in the aquatics or boating areas:

- Running or horseplay
- Sitting or walking on beached craft
- Standing up in the craft except sculling practice in a rowboat
- Changing positions in a craft offshore
- Ramming, splashing, or capsizing
- Food, drink, or any type of glass container
- Use of boats after dark

Who May Boat

- Only qualified Swimmers may use the rowboats, canoes, kayaks, or stand-up paddleboards during recreational periods.
- The Buddy System is in effect at all times.
- Scouters bringing their own craft to camp must obtain the approval of the camp director, have the craft checked by the Aquatics director, and follow the procedures as outlined in the policy of the council. Electric trolling motors are permitted, but no other motors are allowed. Private craft must be docked at the camp boating area and must abide by all council boating regulations.

Fishing

Fishing is a fun and relaxing activity for Venturers and leaders at camp.

General Fishing Rules

- Anyone between the ages of 16 and 65 must hold a current Missouri fishing license.
- Do not fish near any swim area, including Huck's Cove. A lost lure generally ends up in a Scout's foot!
- Wading is not permitted.
- Live minnows may not be used in the lake at any time.
- Fishing is not permitted in any waterfront, Huck's Cove, or boating area. Lines should not be cast toward swimming area ropes, mile swim lines, or any type of floating device anchored for marking safety or direction.

Rules Regarding the Use of Camp Boats By Adults for Fishing

- Hours for the use of boats by adults are 5:30 to 7:45 a.m. and 7:30 to 8:30 p.m.
- Rowboats can be used, as well as canoes when available — required minimum of two craft, minimum two campers.
- Craft are not to be taken out under adverse weather conditions.
- Camp boating regulations apply at all times except where they conflict with this policy.
- Craft must be left clean, oars and PFDs returned as instructed, and all trash removed from the area.
- The Aquatics director must be informed when craft are used for fishing purposes.

Personal craft are subject to these same rules. Personal craft may be used from 5:30 a.m. to 8:30 p.m. The Aquatics director must be informed of when any personal craft is out on the water.

OTHER SUMMER CAMP OPPORTUNITIES

Horse Camp

Cost: \$275* • July 27-Aug. 2

The horse program is a seven-day, adventure-filled experience at Nagel Base at Beaumont Scout Reservation in High Ridge, Mo. Activities include horseback riding, swimming, skeet shooting, campfires, float trip, and much more. A horse show concludes the camp on Saturday.

Each participant in this exciting program must be a registered Boy Scout, Venturer, or Explorer and 14 years of age by June 1 of the current camp year. Horse camp is a coed program. Leadership is provided by the Council Trail Guide Committee.

The fee includes meals, lodging, and program materials. A non-refundable reservation fee of \$25 holds a participant's spot. All fees must be paid in full by May 1 of the current camp year. A registration form is included in this packet.

**eligible for Camper Savings Day discount (see page 9)*

Venturing Pack & Paddle NYLT (National Youth Leader Training)

Cost: \$275* • July 20-26

National Youth Leader Training is an advanced training program that provides youth leaders with an opportunity to enhance their leadership skills while living the Scout Oath and Law in an exciting outdoor environment. Youth who earn the NYLT shield are prepared to meet the challenges ahead and are better prepared to work with adult leaders. The Venturing Pack & Paddle week includes canoeing, backpacking, and out-post camping.

Participants must be a registered Venturer and 14 years of age by June 1 of the current camp year. Venturing Pack & Paddle NYLT is a coed program.

More information and a registration form can be found at nylt.stlbsa.org.

**eligible for Camper Savings Day discount (see page 9)*

Section 02 • Food Service

The camp fee includes 17 meals:

Breakfast	8:00 a.m.
Lunch	12:30 p.m.
Dinner	6:30 p.m.

Meet at the Swift Lodge flagpoles five minutes before each meal. Food is not available other than established meal times. Campers should help with food serving and clean-up. Specific assignments for each unit are included in the schedule of programs. Each unit works service crew for three meals, reporting to the dining hall one-half hour before each meal and at 11:00 p.m. to help close the lodge.

DINING HALL

Eating Equipment

Plates, cups, and silverware are furnished at each meal.

Ice

Ice is issued with most meals. Additional ice can be purchased from the trading post.

Extra Meals

Meals for additional leaders can be obtained at Swift, providing 24-hour notice is given to the Swift camp director. Cost is \$5 per meal — breakfast, lunch, and dinner. Additional leaders participating in the program are expected to purchase meals at Swift.

Special Diets

Occasionally, an individual may have varying dietary needs for religious, personal, or health reasons. The camp menu is available prior to camp, assisting unit leaders in planning for that individual's needs.

NOTE: It is the responsibility of the individual and unit to bring any necessary supplements to the menu. The camp fee includes 17 meals. Food storage may not be available in the lodge, so plan accordingly.

Garbage & Trash Disposal

Trash bags are provided for transporting garbage to the disposal area located adjacent to Swift Lodge. Garbage should be disposed of on a regular basis.

USDA SUMMER MILK PROGRAM

Greater St. Louis Area Council—BSA camps participate in the USDA Summer Milk Program and the USDA Surplus Commodities Program through the Missouri Division of Family Service.

Program benefits and services are available to all children without regard to race, color, sex, handicap, age, or national origin. Any individual experiencing discrimination should write immediately to the Secretary of Agriculture, Washington, DC 20250.

GRACE AT MEALS IN CAMPS

The graces listed on these pages are only suggestions. Youth may use them or the grace they say at home.

Morning Graces

- Gracious Giver of all good, Thee we thank for rest and food. Grant that all we do or say, in Thy service be this day.
- Our Father, we thank Thee, for this new day and for Thy loving care. Help us to be mindful of Thee in these happy, sunlit hours.
- Heavenly Father, we thank Thee for Thy care through the night and for this new day. Guide us by Thy spirit, and at the close of this day may we not be ashamed before Thee.

Noon Graces

- Father, for this noonday meal, we would speak the praise we feel. Health and strength we have from Thee, help us Lord to faithful be.
- Heavenly Father, help us to see the beautiful things in earth and sky which betokens of Thy love. Walk with us in the days we spend together here. May the food we eat and all thy blessing help us to better serve Thee.
- Our Father in Heaven, as the day leads on, let us not forget our obligation to honor and serve Thee. We thank Thee for these gifts of Thy bounty. Bless them to our use and our lives to Thy service.

Evening Graces

- Tireless Guardian on our way, Thou hast kept us well this day. While we thank Thee, we request care continued, pardon, and rest.
- Heavenly Father, we thank Thee for this day and for Thy presence in it. Forgive us if we have not made it a better day and help us to be tomorrow what we failed to be today.
- Our Father God, we thank Thee for this evening meal. As Thou hast been mindful of us, so help us to be mindful of Thee, that we may know and do Thy will.
- Our Father in Heaven, Thou hast given us all things richly to enjoy. We bring our thanks to Thee at this evening meal. Bless us as we partake of this food, and keep us mindful of the needs of others.

Graces Suitable for Any Meal

- For health and strength and daily food, we give Thee thanks, O Lord.
- For this and all Thy mercies, Lord, make us duly grateful.
- For food and health and friendship, we give Thee thanks, O Lord.
- We thank Thee, our heavenly Father, for this food. Bless us as we partake of it that it may strengthen us for Thy service.

Venturer Benediction

May the Great Master of all Scouts
be with us 'til we meet again, Amen.

S bar F Ranch Grace

For the gifts of food and freedom
And hills to roam
For crimson sunsets
For the earth, our home
For the stars at night
And gentle wind in trees
Thank you, Great Spirit,
For all of these.
Amen.

Camp Lewallen Grace

Beneath the stars above Logan,
by the river as it winds,
Looking over old Potashnik,
and sheltered by the towering pines,
We thank you Lord for these blessings —
this food, this fellowship, and this day.
And ask your continued grace and mercy
as we carry on the Venturering way.
Amen.

Camp May Grace

We thank you, Lord, in every way
For the gifts you give to us each day,
For the gifts of life, the gifts of love,
The gifts of friends and heavens above.
For every Scout that does his best,
May this food of ours be blessed.
Amen.

Philmont Grace

For food, for raiment,
For life, for opportunity,
For friendship and fellowship,
We thank Thee, O Lord.
Amen.

Florida Sea Base – The Keys Blessing

Bless the creatures of the sea,
Bless this person I call me.
Bless the Keys you made so grand,
Bless the sun that warms the land.
Bless the fellow-ship we feel,
As we gather for this meal.
Amen.

Northern Tier Wilderness Grace

For food, for raiment,
For life and opportunity,
For sun and rain,
For water and portage trails,
For friendship and fellowship,
We thank Thee, O Lord.
Amen.

Section 03 • General Information

FEES

\$260 per week. Nonrefundable reservation fee is \$25 per Venturer. Reservation fee will be forfeited if not used by March 3. All camp fees should be paid 15 days before the crew goes to camp. A crew may make special arrangements on all-or-none basis to provide their own food for religious, dietary, or personal preferences. For details, call the Camping Department at 314-361-0600 or 800-392-0895.

Camper Savings Day

A \$15 savings applies if the full fee is paid by March 3, Camper Savings Day, for the following camps: Boy Scout Summer Camp, Eagle Trail Camp, Horse Camp, Ranger Program, and NYLT.

Leaders

One leader is free with three to 10 youths attending summer camp. One additional leader is free for each additional 10 youth members or fraction thereof.

Additional leaders at S bar F Scout Ranch — above the free-leader policy — are charged only a \$75 fee to cover food costs.

Visiting leaders may purchase individual meals — at \$5 per meal — or bring their own food.

Breakfast is at 8:00 a.m., Lunch at noon, Dinner at 6:00 p.m.

Refunds

Refunds can not be made at summer camp. All requests for refunds must be made in writing to the Camping Department within 30 days of the crew's departure from camp. The maximum refund per Venturer is 50 percent of amount paid. Refunds are not available for those arriving in camp late or leaving early. No refunds are made after September 30 of the current camp year.

MEDICAL EXAMINATIONS & HEALTH CARE

Every youth and leader attending camp must — upon arrival — present a completed health record:

Parts A, B, and C of the Annual Health and Medical Record. Part C must be signed by licensed medical personnel (limited to a doctor of medicine, doctor of osteopathy, physician's assistant, or nurse practitioner). The Annual Health and Medical Record requires a yearly medical exam by licensed medical personnel for all Scouts and adults attending camp.

Adults who will spend fewer than 72 hours in camp are classified as visiting leaders and are not required to have the physician's statement. They must complete Parts A and B of the Annual Health and Medical Record.

NOTE: Visiting leaders may not swim unless they have Part C of the Annual Health and Medical Record signed by licensed medical personnel.

Medical forms can be downloaded from the Resources page at stlbsa.org. The forms can be filled out online, printed, and saved with the typed information. Beware of common errors: missing date of physical, doctor's signature, tetanus shot date. We only accept the BSA medical form. No school or sports physicals will be accepted. These issues will delay check-in.

Unit leaders should collect and review all medical forms prior to camp. If the unit leader has any questions concerning a youth's medical form, the leader should contact the youth's parents.

Parents should not send their child to camp if he or she is feeling ill within three days prior to his departure to summer camp. This includes running a fever or stomach pains.

FIRST AID & HEALTH CARE

Swift Base has limited first aid supplies in the camp office and program areas.

The unit leader provides all first aid of youths and adults. All medications are kept locked up by and dispensed by the unit leader. Unit leaders should keep track of when, how much, the type, and by whom the medication was dispensed. When requested, the camp will hold medications requiring refrigeration or those that the camper and his leaders feel uncomfortable holding. If an injury or illness is beyond the knowledge of the unit leader, The Ranch's medical staff will respond. The Ranch medical director visits Swift Base as needed. Contact the Swift office for details.

The Ranch medical director provides first aid treatment; the camp staff does not. Arrangements have been made with Parkland Health Center (see page 16) to accommodate cases needing attention beyond the scope of the camp medical staff. However, the camp office must be notified if a youth member is being taken to a hospital, so that arrangements can be made for his or her admission. Parents of Venturers are responsible for the cost of any treatment that cannot be done in camp. Non-emergency transportation of a youth member or adult to a hospital is the responsibility of the unit. In case of an emergency, transportation will be provided by the local authorities. The adult leader or the parents of the youth member are responsible for any costs incurred for emergency transportation.

EQUIPMENT

All equipment needed for camping is provided at no additional cost. This is National Supply Service equipment and is of the highest quality. The equipment includes the following items: wall tents (two to three people), cots, 12'x16' patrol fly, and picnic tables. Sharing equipment with other units may be required depending on the size of units on the campsites. The only equipment Venturers and leaders must bring camp is personal duffel. All other equipment is on the campsite waiting for your use. The campsites are equipped with a latrine, washstand, and shower. Youth members and leaders must not remove equipment from other campsites.

Crews may bring unit tentage if desired. Inform the camp business office in advance if the crew is bringing any such equipment to avoid double handling of equipment.

Cots

Council cots may not provide enough support for large leaders or leaders with bad backs. An alternative to cots is using a chaise lounge-style lawn chair that folds flat.

Rifles & Bows

All of the equipment necessary for rifle shooting and archery is provided by the camp. Do not bring personal equipment to camp.

Recommended Crew Equipment to Bring to Camp

- | | |
|---|---|
| <input type="checkbox"/> 1. Lawn chairs for leaders. | <input type="checkbox"/> 10. Duct tape — lots of uses. |
| <input type="checkbox"/> 2. Badminton or wiffle ball game for campsite. | <input type="checkbox"/> 11. Clothesline and clothes pins. |
| <input type="checkbox"/> 3. First aid kit — include sunscreen and after-burn lotion such as aloe. | <input type="checkbox"/> 12. Binders twine. |
| <input type="checkbox"/> 4. Water cooler. | <input type="checkbox"/> 13. Sealable drywall buckets are great for tinder, “smellables” storage, or as a clothes washer. |
| <input type="checkbox"/> 5. Large battery-operated clock. | <input type="checkbox"/> 14. Soft soap and dispenser for wash basin. |
| <input type="checkbox"/> 6. Cooler for ice, extra foodstuffs, and medicine storage — varmint proof. | <input type="checkbox"/> 15. Dutch oven. |
| <input type="checkbox"/> 7. Wax fire starters and newspapers. | <input type="checkbox"/> 16. Citronella candle. |
| <input type="checkbox"/> 8. Coffee, tea, and creamer. | <input type="checkbox"/> 17. Large trash bags. |
| <input type="checkbox"/> 9. Hose and nozzle. | <input type="checkbox"/> 18. Cobbler mixings, peanut butter, etc. |
| | <input type="checkbox"/> 19. Hand ax and bow saw. |

Recommended Personal Equipment to Bring to Camp

- | | |
|--|--|
| <input type="checkbox"/> 1. Summer camp physical completed and signed by licensed medical personnel and parent | <input type="checkbox"/> 20. Swim suit (pack on top of duffel) |
| <input type="checkbox"/> 2. Medications with directions — give to unit leader for safekeeping at camp | <input type="checkbox"/> 21. Towels (pack on top of duffel) |
| <input type="checkbox"/> 3. Duffle bag or pack | <input type="checkbox"/> 22. Washcloth |
| <input type="checkbox"/> 4. Venturing uniform | <input type="checkbox"/> 23. Toothbrush and paste |
| <input type="checkbox"/> 5. Sturdy shoes or boots suitable for hiking | <input type="checkbox"/> 24. Hand soap in container |
| <input type="checkbox"/> 6. Sandals | <input type="checkbox"/> 25. Shampoo |
| <input type="checkbox"/> 7. Work gloves | <input type="checkbox"/> 26. Brush or comb |
| <input type="checkbox"/> 8. Ball glove | <input type="checkbox"/> 27. Sunscreen |
| <input type="checkbox"/> 9. Cap or hat | <input type="checkbox"/> 28. Insect repellent (non-aerosol only — see notes below) |
| <input type="checkbox"/> 10. Raincoat or poncho | <input type="checkbox"/> 29. Personal first aid kit |
| <input type="checkbox"/> 11. Sweatshirt or jacket | <input type="checkbox"/> 30. Wristwatch |
| <input type="checkbox"/> 12. Underwear | <input type="checkbox"/> 31. Flashlight and batteries |
| <input type="checkbox"/> 13. Socks (at least 1 pair for hiking), including uniform socks | <input type="checkbox"/> 32. Pocketknife |
| <input type="checkbox"/> 14. Camp T-shirts | <input type="checkbox"/> 33. Pen, pencil, and paper |
| <input type="checkbox"/> 15. Handkerchiefs | <input type="checkbox"/> 34. Sleeping bag or blankets & sheets |
| <input type="checkbox"/> 16. Pajamas or sleeping attire | <input type="checkbox"/> 35. Pillow (if desired) |
| <input type="checkbox"/> 17. Extra changes of clothing | <input type="checkbox"/> 36. Canteen or water bottle |
| <input type="checkbox"/> 18. Blue jeans for horseback riding | <input type="checkbox"/> 37. Camp stool/chair |
| <input type="checkbox"/> 19. Ziploc bags to keep clothing items dry | <input type="checkbox"/> 38. Bible or prayer book |
| | <input type="checkbox"/> 39. Spending money |
| | <input type="checkbox"/> 40. Camera with extra film (disposable recommended) |

NOTES:

- Items not recommended are electronic devices (such as Nintendo DS, iPods, radios, cell phones), items of value, extra food that might attract animals.
- Items prohibited are firearms or ammunition, fireworks, alcoholic beverages.
- Campers should mark all of their equipment and clothing with their name.
- Insect repellent should be a lotion-type, as bug spray removes the waterproofing from canvas tents.
- A Venturer is welcome in camp, whether or not he or she owns a Venturing uniform.

LEADERSHIP

Coed units — Adult leadership must be provided by mature men and women who are at least 21 years old, approved by the unit committee on behalf of the chartered partner. At least one man and woman are required with coed units, and they must be in attendance at all times during camp. Where possible, they should be parents of youth or leaders in the unit. It is recommended that there be two adults for each 20 youth.

All-male or all-female units — Two leaders are required regardless of the number of youth campers attending of the same sex.

Crews may share leadership as long as arrangements are made prior to the week of camp. Notify the camp director and business manager prior to camp if units are sharing leadership.

VISITING CREWS

Crews from outside the Greater St. Louis Area Council are welcome to enjoy the council's camp properties. Fees and programs are the same for visiting crews; however, two additional items are required upon arrival: tour plan and proof of unit insurance.

RELIGIOUS OBSERVANCE

A nondenominational vesper service is held in each Scout camp. Check the bulletin board at your campsite for details.

Youth members have the opportunity to lead grace at each meal.

See "Section 02 • Food Service" for suggested graces to use.

CAMP SAFETY PROCEDURES

- The buddy system should be used at all times.
- Fires should be put out when leaving the campsite. No fire should be left unattended. Fire Orders and Severe Weather Procedures are posted in each campsite and should be reviewed with the entire membership of the crew. Unit leaders must appoint a fire marshal for their crew and review the responsibilities of that position with the individual.
- Venturers or adults must not be transported in the cargo section of trucks.
- All buildings are smoke free. Smokers, please smoke outside in a safe manner away from youth members. A designated smoking area will be provided. It is unacceptable for anyone younger than age 18 to use tobacco products at camp.
- Closed-toed shoes should be worn at all times while walking around camp.
- The camp setting offers a great opportunity to observe plant and animal wildlife in their natural surroundings. Youth and adults should not feed or try catching any wildlife. If there is a problem with any type of wildlife, contact the camp office or camp staff member immediately.
- Upon departure from camp, all youth members must leave with their unit leadership, parent, guardian, or an individual approved by the parent or guardian. When a youth member leaves camp with someone other than the above individual, written permission must be provided by the legal parent or guardian to the unit leadership. This maintains accountability of all youth and provides for their safety.
- Camp staff — under the guidance of their camp director — monitor camp for unauthorized persons. The central Ranch staff and the camp rangers provide assistance. Any questions or concerns regarding unauthorized persons will be referred to the camp director or The Ranch director. Those persons found not to be official guests of S bar F Scout Ranch or registered campers will be asked to leave and escorted off the premises. Local law enforcement officers will be contacted if necessary. Any problems or safety concerns regarding unauthorized persons, needs to be referred to The Ranch director or his designee.

CAMPER ACCOUNTABILITY

The following information should be shared with the unit before arriving at camp so that unit leadership and their youth members clearly understand the course of action taken if camp rules are broken.

- The Scout Oath and Law are the rules in camp. They are all that are needed, and unit leadership is responsible for enforcing these rules and disciplining those youth members who break them.
- In the case of inter-unit conflicts or concerns, the unit leadership of the individual youth members involved is responsible for disciplining each of the individual Venturers or Scouts.
- Camp administration — beginning with the camp director of any camp involved — is available and prepared to assist in establishing communication in the event of inter-unit concerns.
- Further action may be required of the unit leadership, as determined by camp administration. If necessary, the chartered organization and/or district executive will be contacted.

- Camp administration reserves the right to take action, if necessary, including sending a youth or adult member home immediately who steals, vandalizes, possesses a controlled substance, or intentionally places himself/herself or another camper in danger of harm.
- Hazing, “midnight raids,” or other such activities are not allowed at any time at camp. Such activities place campers at unnecessary risk of injury and may cause bigger problems to occur as a result of seemingly small rituals getting out of control.
- Swift Base is a Scouting facility; it is not designed as a “dating facility.” Camp administration reserves the right to take action, if necessary, including sending a camper home immediately who conducts himself/herself inappropriately in a sexual manner.
- Youth members must be on their campsite by midnight. An adult leader or camp staff member must accompany any youth member who needs to be away from his or her campsite after midnight.
- All youth members and adults camping at S bar F Scout Ranch must live up to the principles and values of the Scout Oath and Law.

YOUTH PROTECTION

Any unit leader or staff member, who suspects, knows of, or witnesses a camper being abused at camp must notify the camp director immediately. Anyone suspected of mistreating a camper in any way — sexual, emotional, or physical – will be asked to leave camp.

- All youth must have their privacy respected when conducting personal business — showering, changing clothes, etc.
- Adults are not permitted to tent with a youth unless the youth is their own child.
- Youth Protection training is available at camp for interested adults. Date and time is posted at camp.

GENERAL REGULATIONS

Adhering to the following regulations ensures that everyone has a fun and safe experience at camp.

Directional Signs for Crews

Directional signs made out of cardboard or paper trash up the camp. Please do not use them. Instead, photocopy the camp map from this manual and distribute it to the members or parents of youth.

Pets

Pets are not permitted at camp. Please inform parents that pets are not permitted in camp when dropping off or picking up their son or daughter. Guests who bring pets to camp will be asked to leave the property.

Vehicles in Camp

All program and administration sites are within walking distance of each unit’s campsite. No access roads to campsites are available by private vehicles. No vehicles are allowed on the Swift campsites. Ample parking areas are provided in the central area and all vehicles, including campers must be parked there. When parking your vehicle, do not block any gate, chain, or road. Any vehicle blocking a chain, road, or gate is subject to towing at the owner’s expense. It is important to maintain access to all roads in case of an emergency. Restricted roads will be for use of the authorized and camp vehicles only.

No passengers should be transported in the cargo section of trucks.

Only adults older than 21 are allowed to drive while in camp.

It is expected that if a youth member drives a vehicle to camp, it will remain the parking lot until the individual departs for home. Youth members are expected to remain at Swift and not be running into town or to one of the Boy Scout camps. A youth member will be asked to leave camp if the Camp Director has a concern with that youth member’s whereabouts.

Section 04 • About This Camp

WELCOME TO THE RANCH!

S bar F Scout Ranch is 5,200 acres of forest, rocks, streams, bluffs, Nims Lake, wildflowers, the Little St. Francis River, trails, and boundless excitement — all of which makes The Ranch a great place for summer camp. There are four camps on the 270-acre Nims Lake. Camps Sakima, Famous Eagle, and Gamble are the Boy Scout camps and Swift Base is for Venturers, Explorers, and older Boy Scouts.

HOURS OF OPERATION

Office

Monday–Friday

8:30 to 11:30 a.m. & 1:30 to 4:00 p.m.

Trading Post

Monday–Friday

8:30 to 11:30 a.m., 1:30 to 4:00 p.m., & after evening program until 11:00 p.m.

There is someone in the camp office or trading post to handle emergencies during the above times. A staff member can also be found in the staff living area or at The Ranch headquarters.

MAIL SERVICE

Youth love getting mail at camp. The correct mailing address is:

Youth's Name, Crew No. _____
Swift Base
S bar F Scout Ranch
Knob Lick, MO 63651

Example: *Johnnie Doe, Crew 2001*
Swift Base
S bar F Scout Ranch
Knob Lick, MO 63651

TELEPHONE SERVICE

S bar F Scout Ranch, 573-756-5738 — ask to be connected to Swift Base. This phone number is for emergencies or leaving messages. If you need to contact a youth member or adult in an emergency, you can leave a message for him or her to return a call. It is difficult to locate a camper for a waiting phone call. The emergency phone is staffed 24 hours a day, but please refrain from calling between 10:00 p.m. and 8:00 a.m. unless it is a true emergency.

SUNDAY SCHEDULE

1:30 to 2:30 p.m.

Check-in at Swift Lodge

Advisors check in with business manager and provide:

- unit roster
- receipts & fees due

1:30 to 3:00 p.m.

Take gear to site

Staff member is at campsite to help plan layout. Wait to put gear in tents until tent assignments are made by your program counselor.

Check in with program counselor on campsite

Medical Recheck at the campsite

As soon as possible after arrival at the campsite, have every youth and adult change into swim suits and shoes. The counselor then leads the medical recheck on the campsite. The unit leader should be prepared to go over the medical forms with the youth and program counselor.

Swim tests

Your program counselor will lead you to the waterfront for swim qualification. Please leave valuables at campsite.

Campsite

Following orientation, the crew returns to the campsite and checks the following:

- Tents in order
- Site in order
- Beds made
- Check equipment for damages
- Equipment needs secured from camp supply room

5:00 p.m.

President & Advisors meeting at the pavillion

6:25 p.m.

Retreat

Entire camp attends flag lowering in uniform. Announcements are made.

Sunday Dinner

7:15 p.m.

Program Preview

Demos and displays of the week's activities.

8:15 p.m.

Opening Campfire

Meet at flagpoles.

Lodge and trading post open after campfire.

11:00 p.m.

Lodge closes

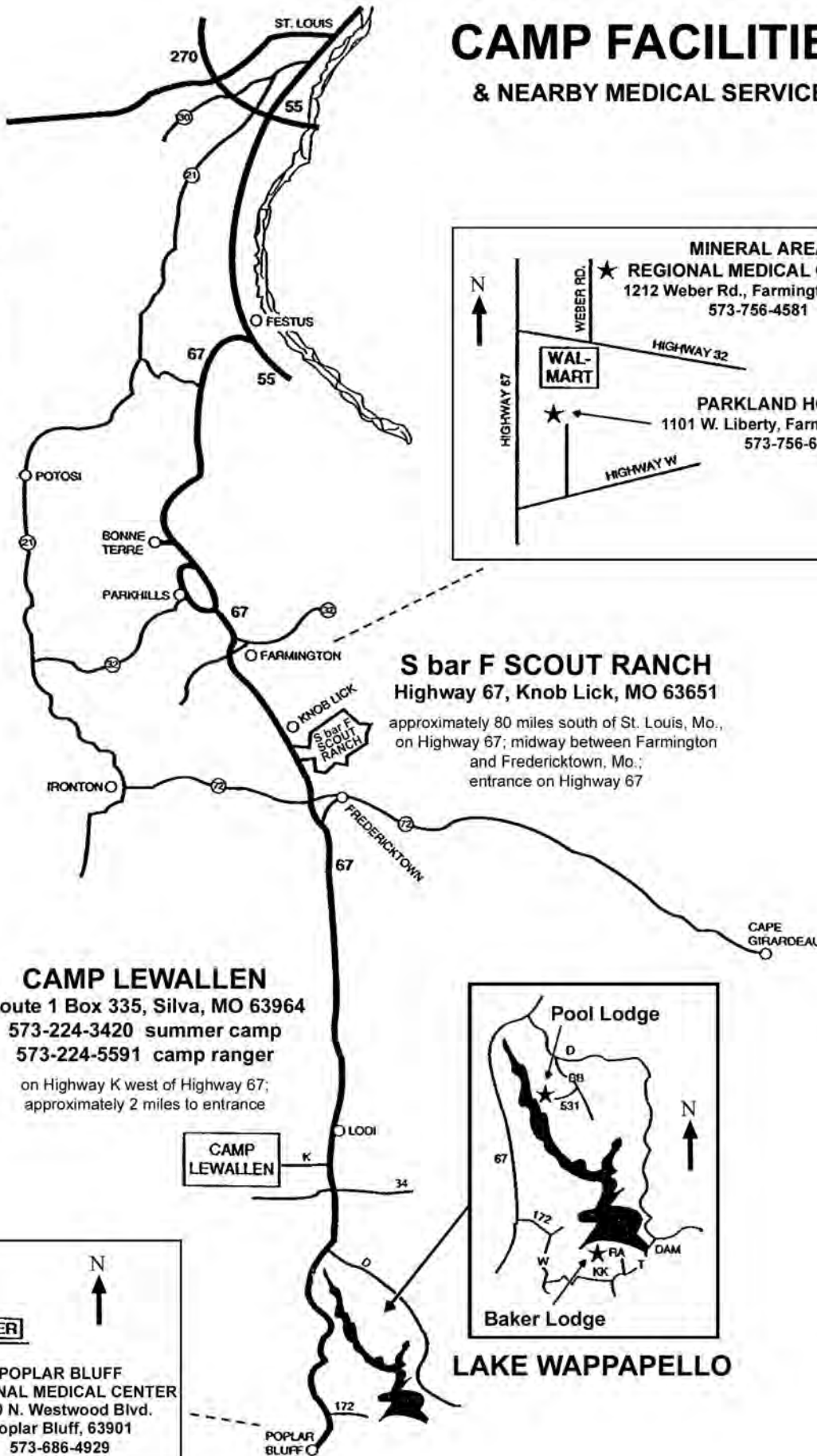
midnight

Curfew

All campers must be in their own campsite.

CAMP FACILITIES

& NEARBY MEDICAL SERVICES



S bar F SCOUT RANCH

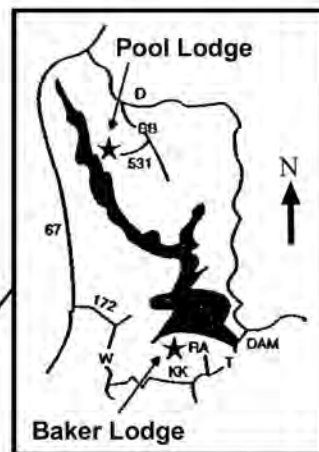
Highway 67, Knob Lick, MO 63651

approximately 80 miles south of St. Louis, Mo.,
on Highway 67; midway between Farmington
and Fredericktown, Mo.;
entrance on Highway 67

CAMP LEWALLEN

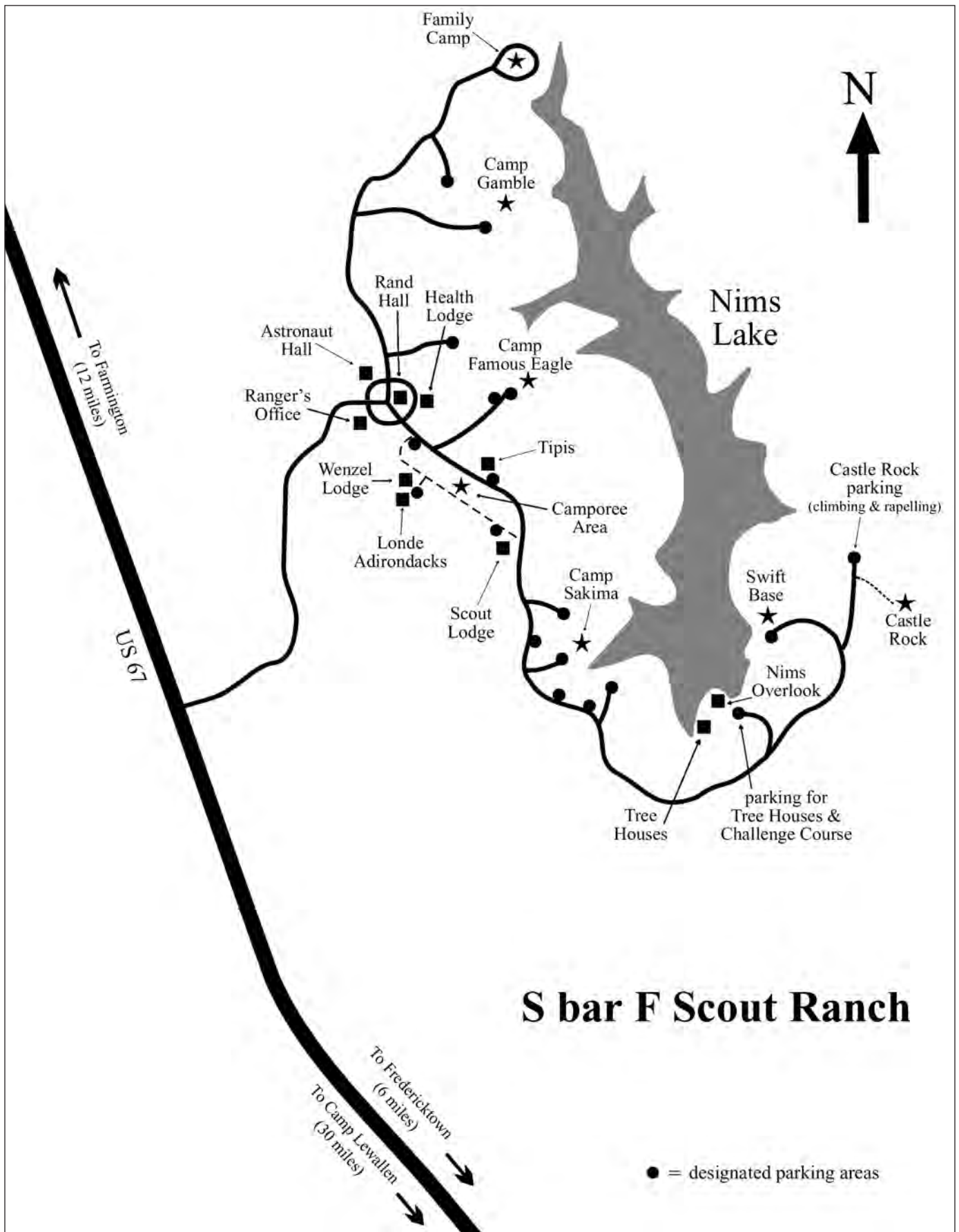
Route 1 Box 335, Silva, MO 63964
573-224-3420 summer camp
573-224-5591 camp ranger

on Highway K west of Highway 67;
approximately 2 miles to entrance



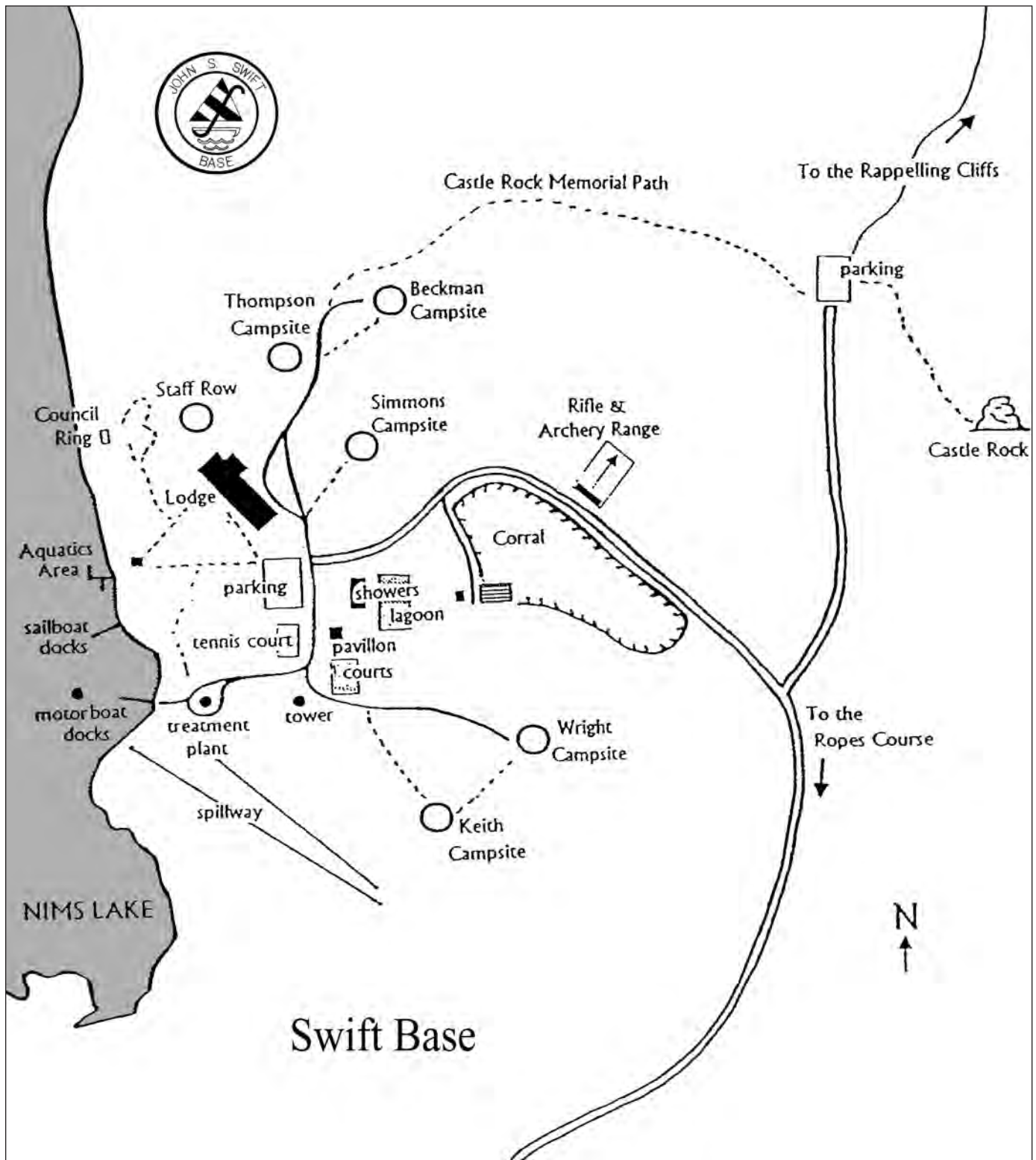
LAKE WAPPAPELLO





S bar F Scout Ranch

● = designated parking areas





Camps of the Greater St. Louis Area Council



Beaumont Scout Reservation
High Ridge, Mo.



Camp May at
Beaumont Scout Reservation



Nagel Base at
Beaumont Scout Reservation



Camp Lewallen
Silva, Mo.



Pine Ridge Scout Camp
Makanda, Ill.



S bar F Scout Ranch
Knob Lick, Mo.



Swift Base at
S bar F Scout Ranch



Camp Famous Eagle at
S bar F Scout Ranch



Camp Gamble at
S bar F Scout Ranch



Camp Sakima at
S bar F Scout Ranch



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GREATER ST. LOUIS AREA COUNCIL

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