



Healthy Scouting

By Golden Empire Council

Greetings to all Packs, Troops and Venturers.

An Update for Scouts and Scouters on (Covid-19)

Golden Empire Council is COMMITTED to safe Scouting. There is a lot of Scouting planned in the next 30 days, so we are going to address upcoming Scouting events and meetings.

Scouting for Food

Most units handed out Scouting for Food door hangers last weekend. Units who completed this over the weekend need to have a plan to pick-up the food on Saturday. The plans should be modified to fit the following guidelines:

- No knocking door to door. Simply pick up food that has been left out for us due to the advance notice. If your unit did not do door hangers and your annual plan is knocking door to door, postpone your Scouting for Food campaign until the current issues are resolved.
- Maintain personal space – 6 feet recommended.
- Meet in the neighborhoods your picking up in, consider parent-Scout pick-up teams instead of dividing up Scouts at your chartered partner and driving to your assigned communities.
- Scout Leaders 60+ or with health conditions should sit this one out.
- Reexamine food sorting, perhaps delay sorting and reassign to another group. Scouts should not sort food in confined indoor spaces.

Scout Meetings

The Golden Empire Council is recommending the suspension of in person Troop and Pack meetings through March 31. However, we are still encouraging outings!

Reexamine your March meeting schedule – perhaps you could come up with an alternative delivery method.

- In place of meeting, hold web meetings for skills or merit badges.
- Host a Saturday family hike outdoors.
- Hold only den or patrol meetings in March – but hold them outdoors, respecting personal space with no handshaking and much hand washing.
- Anyone who is sick, or elderly should stay home.

Planned Outings

Outdoor outings are still an option; however, precautions should be made.

- Encourage parents to drive their own family members.
- One person per tent.
- Respect personal space, no handshaking, lots of hand washing.

Greetings

Head nodding is the new handshake. Lots of head nods. No handshaking or elbow bumps.

A Scout is Clean

You can't wash your hands too much. Let's keep our hands clean.

We currently have no plans to change summer camp or Duck-o-ree. The Boy Scouts of America is a leader in health and safety. Let's continue to Scout safely and keep our Scouts safe.

Important Dates:

Mar 4: GEC Council Connections

Mar 7-14: Scouting for Food

Mar 14: 2020 Trainers EDGE, Sacramento

Mar 14: Wilderness 1st Aid, Yuba City

Mar 18: STEM Committee Meeting, Sacramento

April 24-26: Camporee

April 24-26: Wood Badge, Camp Lassen (W3-47-20-1) 1st Session

May 1-3: NYLT1, Nor Cal, 1st Session

May 2-3: Wood Badge, Camp Lassen (W3-47-20-1) 2nd Session

May 7: District Connections & Recognition Dinner

Updated Medical Forms

By Michael Freeman, Associate Editor *Boys' Life*, *Scouting* and *Eagles' Call* Magazines (resubmission)

Every few years, the BSA updates its Annual Health and Medical Record (AHMR) after consulting with health care professionals, Scout executives, council and camp health officers and other experts to ensure it is up-to-date and helpful.

This was one of those years, meaning a new form is available for everyone to use for 2020. Your AHMR is valid through the end of the 12th month after the date it was administered by your medical provider. For example, if you got your physical on Nov. 3, 2019, it's valid until Nov. 30, 2020.

Next year will be a transition year, so you can use either the old or new form, but everyone in all Scouting programs must use the updated AHMR form starting Jan. 1, 2021. The old form will be obsolete at that date. So, the BSA recommends using the new form on your next physical exam or if you're a new participant in 2020.

Since at least the 1930s, the BSA has required the use of standardized health and medical information. The last time this form was updated was in 2014. The changes made this year were minor, such as some conditions listed in the health history section.

To download the new form, log on to <https://www.scouting.org/health-and-safety/ahmr/>. The Annual Health and Medical Record is required for Scouts and adult leaders who want to go on Scouting events, campouts and high-adventure trips. Note that there are different parts to the AHMR:

- **Part A** is an informed consent, release agreement and authorization that needs to be signed by every participant (or a parent and/or legal guardian for all youth under 18).
- **Part B** is general information and a health history.
- **Part C** is your pre-participation physical exam completed by a certified and licensed health care provider.

Which part must be completed?

- **For all Scouting events:** Part A and B. Give the completed forms to your unit leader. This applies to all participants for all activities, day camps, local tours and weekend camping trips less than 72 hours.
- **For events or camps:** Part A, B and C. A pre-participation physical is needed for resident, tour, or trek camps or for a Scouting event of more than 72 hours, such as Wood Badge and NYLT. The exam needs to be completed by a certified and licensed physician (M.D. or D.O.), nurse practitioner or physician assistant. If your camp has provided you with any supplemental risk information, or if your plans include attending one of the four national high-adventure bases, share the venue's risk advisory with your medical provider when you are having your physical exam.
- **For high-adventure trips:** Part A, B and C. Plus, each of the four national high-adventure bases (Florida Sea Base, Northern Tier, Philmont and the Summit Bechtel Reserve) has provided a supplemental risk advisory that explains in greater detail some of the risks inherent in that program. Please review these as some Scouts or leaders may not be physically or mentally able to handle the trek. Others arrive at a high-adventure base without discussing that base's risk factors with their health care provider, meaning they have missing info at check-in that can slow down the process.

How do I fill it out?

Please review and complete the AHMR fully and carefully. If you have any questions how to review it, read this BSA Safety Moment (<https://www.scouting.org/health-and-safety/safety-moments/how-to-review-the-ahmr/>) or look at these frequently asked questions (<https://www.scouting.org/health-and-safety/ahmr/medical-formfaqs/>). Remember, these completed forms must be secure, so they are not to be digitized, scanned, emailed or stored electronically by unit leaders.

GEC Wood Badge 2020

By Golden Empire Council and Mat Greenfield, Utah National Parks Council (Jul 2013) (resubmission)

Attendees often use phrases like ‘inspirational’ and even ‘life-changing’ to describe their Wood Badge experience. Is the week-long leadership training experience all that it's cracked up to be? Can a week of camping really have the impact proclaimed by its champions?

Wood Badge for the 21st Century is the modern iteration of an adult training course that has been evolving since Scouting's first days. Early in the movement, Baden Powell saw the need to provide high quality training to adults. This concept hasn't changed.

The instruction is provided by a variety of classroom sessions, discussions, small group exercises, and learning games. Staff and instructors are typically well-prepared, and do a pretty good job of delivering the Nationally-developed content. The quality of the content is excellent, with lessons taken from leading management theorists such as Stephen Covey and Ken Blanchard. Some companies such as IBM, Motorola, and Intel, consider Wood Badge to be ‘management training’, partially subsidizing the cost, or not requiring employees to take vacation in order to attend.



However, the ‘formal’ learning opportunities are just one side of the Wood Badge coin. The informal learning done by participants as they live and work together for a week is substantial. Attendees are organized into ‘patrols’ of about 5-8 people, and spend the week learning and serving as a group. They are supported by a dedicated staff member ‘Troop Guide’, who mentors them through the Wood Badge experience.

But does Wood Badge deliver on the promise of being ‘life-changing’? While I won't go as far as to say that Wood Badge will be a life-changing experience for every attendee, I believe that it does have that potential for some people.

Wood Badge Training is for all programs including Cub Scouts, Boy Scouts, Varsity and Venturing. Come and join the Ranks of Effectively Trained Wood Badge Leaders. Don't Wait --- be a Motivated Leader!

For more information and a flyer, log on to <https://www.gec-bsa.org/document/gec-wood-badge-w3-47-20-flyer/194877>

Date/Location	Course Directors	Registration
<u>W3-47-20-1</u> April 24-26 & May 2-3 Camp Lassen	Paul Helman	Participant Registration Staff Registration
<u>W3-47-20-2</u> September 18-20 & October 3-4 Camp Lassen	Russ Erickson	Opens April 2020

April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 - Field Archery, Yolo Grasslands Park
5 - Palm Sunday	6	7	8	9	10 - Good Friday	11
12 - Easter	13	14	15	16	17	18 - Duck –O-Ree, NorCal
19	20	21	22	23	24 - Camporee, Timm Ranch - Wood Badge Ses. 1	25 - Wood Badge Ses. 1
26 - Wood Badge, Ses. 1	27	28	29	30		
				For additional events, check https:// www.gec-bsa.org		Submit newsletter corrections and articles to Diane Disharoon at newsletter@ydbsa.org .