

SPECIAL ACTIVITIES: CAMPING TRIPS AND HIKING

Commentary:

Never use portable heaters inside tents. Carbon monoxide poisoning can occur.

Signs of CM poisoning include flu like symptoms such as headaches, nausea, dizziness or fatigue. If such symptoms are present, seek immediate medical attention.

Boy and Girl Scout organized campouts must follow guidelines and regulations of their respective organizations including: supervision, fitness, planning, permits, equipment, notification, condition monitoring, and discipline)

- Follow the OFF SITE PARISH ACTIVITY, SITE INSPECTION and the OVERNIGHT ACCOMMODATIONS requirements in this manual
- Site inspections for safety and health risks must be made before setting camp, during the event, and following pack-up
- Warn campers about the risk of carbon monoxide poisoning that can occur through the use of grills, portable heaters, lanterns, or stoves that use fossil fuels such as kerosene charcoal, wood, or propane
- Prohibit the use of portable heaters while sleeping inside of tents or campers, or inside of a vehicle
- Prohibit rock climbing unless professional supervision is present
- Provide instructions on the proper storage of food
- Instruct hikers to stay on trails and make sure campers can identify poisonous plants such as poison ivy
- Instruct campers to use appropriate insect repellents
- Instruct campers to avoid brush piles that may harbor snakes
- Instruct campers to avoid contact with any wild animal
- Instruct campers to stay together while hiking and not to wander off the trail
- Instruct supervisors on emergency procedures in case of an accident or a health problem

SPECIAL ACTIVITIES: BICYCLING

Commentary:

Bike injuries can often be avoided by noting the following:

- Stop at all stop signs or traffic signals
- Use hand signals
- Wear bright/reflective clothing
- Never turn left into oncoming traffic
- Don't swerve into traffic that is approaching the rider from behind
- Don't ride against the flow of traffic

Always have a leader proficient in this type of activity. He/she can notice proper equipment upon inspection and can safely guide others through an enjoyable experience.

- Follow the OFF SITE PARISH ACTIVITY requirements of this manual.
- Require all riders to wear a helmet that contains a label indicating it meets the SNELL safety standard.
- Instruct riders on the proper use and fit of the helmet. The helmets should be secure, but comfortable, and should not move around on the head. When worn properly, the helmet is positioned near the eyebrows and does not expose the forehead.

Check each of the following before the trip begins:

- that riders wear fluorescent and brightly colored clothing to make them more visible.
- that all bikes have a reflector;
- that bikes used at night have both a headlight and a taillight;
- that riders check that nuts and bolts are tight;
- that riders inspect tires and air pressure;
- that the seat height is appropriate for the rider;
- that riders test brakes;

Instruct all riders to obey the following rules:

- to ride with the traffic, and not against traffic;
- to stay in a single line to the far right of the road maintaining a safe distance between each bike;
- to obey the same laws for motorized vehicles;
- to never assume that a driver of a car sees you, but to stay alert and be on guard for a car turning into your path;
- to warn pedestrians before you pass them;
- to be especially careful when descending hills and be prepared to stop if there is an intersection at the bottom of the hill;
- to move to a safe location away from the road when stopping for a break;
- to keep bikes locked when not in use and to lock the back wheels to an immovable object.

SPECIAL ACTIVITIES: HAYRIDES

Commentary:

Annual Hayrides can be an exciting endeavor for adults and participants. Every precaution, however, should be taken to avoid accidents which can harm or even kill participants. Trip Coordinators should only use companies that specialize in providing hayrides for young people. Once such a company is located, don't be afraid to check with the leaders of other groups that have used their services.

- Follow the OFF SITE PARISH ACTIVITY requirements in this manual
- Inspect the tractor and the wagon to verify they are good repair
- Check that the wagon is clean and equipped with side walls
- Prohibit the use of two wagons that are hitched together
- Check that the driver is fully trained and experienced in driving the tractor while pulling a wagon
- Check that the driver has a written checklist of all safety precautions
- Review the safety procedures with the adult supervisors prior to beginning the hayride
- Select the route in advance and fully inspect it for hazards
- Require the driver to practice driving the route with the wagon prior to the hayride
- Avoid the use of busy roads or roads that are too bumpy
- Check Consent forms to ensure that no participants suffer from Hay Fever or grass-related allergies
- Instruct riders to sit in such a manner that no part of the body can extend past the side, back, or front of the wagon
- Instruct riders to remain seated inside the wagon at all times
- Instruct riders to keep their arms, head, and legs inside the wagon
- Use only wagons equipped with proper seat belts and safety equipment for small children
- Instruct the driver to maintain a safe distance at all times if you use a trailing car
- Never fill wagon above capacity
- Instruct the driver to keep the hazard lights on if you use a trailing car,
- Check that the tractor pulling the wagon has warning hazard lights and lights on the back that illuminate the wagon
- Check that chaperons have a flashlight if the hayride occurs at night
- Give riders clear safety instructions prior to the hayride
- Instruct the driver to maintain a low speed
- Check that there is a spotter who rides along side of the driver that can relay information to the driver as warranted

SPECIAL ACTIVITIES: WORK SITES/WORK CAMPS

GENERAL CONSIDERATIONS

- Follow either the ON SITE PARISH ACTIVITY or the OFF SITE PARISH ACTIVITY requirements found in this manual
- Follow the SITE SELECTION and TRANSPORTATION requirements, and others as appropriate
- Provide an orientation to all young people addressing these topics
- Clear instructions on what type of activities they may or may not do
- A review of all safety precautions and the proper use of safety equipment
- A demonstration to young people of the tasks they will undertake, with proper feedback on correcting behavior that could endanger themselves and/or others
- Provide clear instructions for using particular tools and prohibit those under the age of 18 from performing any dangerous tasks

SAFETY CONSIDERSTIONS

- Maintain a well-stocked first aid kit on site
- Routinely check contents of kit to ensure that perishable items have not expired
- Ensure that all chaperons know location of kit and how to properly use all first aid supplies
- Include: bandages, gauze, cold packs, medical tape, protective gloves, antibacterial cream, bee sting kit (Benedryl™ or Epi-Pen)
- Maintain a well-stocked first aid kit in vehicles while traveling (see TRANSPORTATION section)
- Make sure that all chaperons know location and phone number of nearest hospital/emergency treatment center
- Have access to a telephone to contact emergency medical assistance
- Keep copies of completed medical releases readily available in case of emergency
- Use appropriate safety equipment (gloves, goggles)