

San Isabel Scout Ranch

THE CAMP WITH ALTITUDE



PLEASE READ CAREFULLY

For any questions, contact:

Rocky Mountain Council BSA
 411 South Pueblo Boulevard
 Pueblo, Colorado 81005
 Phone: (719) 561-1220 / Fax: (719) 561-3891
 Email: seborn@bsamail.org / Web Site: www.rockymountaincouncil.org

PLEASE BRING THESE DOCUMENTS TO CAMP FOR CHECK-IN

REQUIRED FORMS – TWO (2) COPIES	NOTE
Health Record for each Adult & Youth	Must be the form approved by the State of Colorado
Proof of personal Insurance	Everyone must be covered
Tour Permit (In-Council Units) for BSA Units attending	Local Tour Permit for BSA Units
<u>2 Adults/Leaders, are required to be at camp with the youth(unless you are the parent or guardian of the youth attending camp)</u>	YOUTH PROTECTION
Camper Roster	Bring copies of your Camper Roster with all Adults and Youth attending camp highlighted.



- **Aquatics:** Instruction is offered in Canoeing, Rowing, and Small Craft Sailing.
 - A Polar Bear Swim is available for those of strong character.
 - Aquatic activities may be conducted under the leadership of qualified troop leadership following Safe Swim Defense and Safety Afloat guidelines.
 - San Isabel maintains several canoes and rowboats that may be used at camp on Wilbur Ladd Lake.

- **Shooting Sports Area:** With a new shooting range, San Isabel Scout Ranch offers a great shooting program, where campers can try their hand at:
 - Archery
 - Rifle Shooting (.22 caliber rifles) BB guns for 10 and younger.
 - Shotgun Shooting (12 gauge pump). – Trap Range



Whitewater Rafting: Campers that can swim can raft the Arkansas River at Rocky Mountain High Adventure Base in Poncha Springs, Colorado.

Our whitewater rafting experience pits you against the roaring Arkansas River as it fights its way along the sheer rock walls of the Brown's Canyon of the Arkansas. After receiving training from our certified River Guides, your crew will join them for two days of exciting – often times wet – whitewater rafting. At a length of 1,459 miles, the Arkansas River is the 4th longest river in the United States and the 16th longest on the planet. The source of the river is near Leadville, Colorado on the eastern slope of the Rocky Mountains. The river flows in a southeasterly direction through Colorado, Kansas, Oklahoma and Arkansas, joining the Mississippi River at Memphis, Tennessee.

Your day of rafting will see you 16 miles down the Arkansas River from Fisherman's Bridge through Browns Canyon and on to Big Bend. You will learn to navigate your raft, read the river and feel the power of whitewater rapids. You will get wet!! You will experience the famous "Browns Canyon Whitewater", the most popular rafting section of the river & most popular in the USA. You can expect to ride on Class I-IV+ rapids in Brown's Canyon. A filling lunch will be served at Heckla Junction, half way through your day, and an opportunity to take in the beautiful Arkansas River. After a well-deserved break, you will continue on towards Stone Bridge where our Staff will pick you up and return you to RMHAB for an evening of relaxation in the exhilarating natural surroundings of base camp (or return to San Isabel Scout Ranch). The memories you will build riding the Arkansas Whitewater will last you and your friends a lifetime!

- The Arkansas River is one of the most exciting whitewater rivers in the country.
- Rocky Mountain High Adventure Base will provide whitewater rafting guide service.
- Ride the river as it plummets through Brown's Canyon near Salida, Colorado. The additional fee to participate in this program is **\$50.00** per person.
- **Transportation between San Isabel Scout Ranch and Rocky Mountain High Adventure Base is the campers responsibility.**
- **Plan to leave San Isabel by 6:00 a.m. to make the 2-hour trip to Rocky Mountain High Adventure Base.**
- **Plan on paying when you arrive to camp for rafting**

- **Rafting will be the second day of each session of camp.**

PROGRAM FEES

Archery Fees	\$1.00 per target
Handicraft Fees	Project fees vary from \$3.00 - \$20.00
Rifle Range Fees	\$1.00 per 20 rounds
Shotgun Range Fees	\$1.00 per 3 rounds

CAMP FACILITIES:

Campsites: The campsites have many new platforms. Canvas wall tents, picnic tables, and vault toilet facilities are provided. All hold approximately 30 people per site.

Dining Hall: Located in the center of camp - come and enjoy the great food our cook has prepared for you.

Trading post: Located next to the Health lodge in the center of camp, the San Isabel Scout Ranch Trading Post Staff works very hard to provide Youth and Leaders with all of their program needs and a variety of snacks.

- San Isabel operates a fully stocked trading post with a large variety of souvenirs and program items.

The Trading post is open during program hours, an extra half hour in the evenings and is open Sunday

HEALTH AND SAFETY

Altitude Sickness: San Isabel Scout Ranch is located at 9,000 feet above sea level... it takes a couple days to acclimate to the higher altitude.

- **All Youth and Adults should be physically prepared for the rigors of the Rocky Mountains.**
- Symptoms of altitude sickness can become evident within two hours of arrival at camp.
 - These symptoms can include headache, dizziness, and nausea.
 - Any of these symptoms should be reported to the Camp Health Lodge as soon as possible.
 - These symptoms typically relent within a day or two.
- We recommend that Troops coming from lower altitudes camp Saturday night along the front range of the Rocky Mountains at an elevation of 4,500-6,000' to gradually acclimate to the 9,000' elevation at camp.

Bears: San Isabel Scout Ranch and its residents are fortunate to share their corner of the Wet Mountains with a number of local animals... one of the most spectacular and misunderstood of these creatures are the black bears... it is important for Scouts staying at San Isabel Scout Ranch to remember that we are the visitors in the bears' natural habitat, and we should act accordingly.

- This means Youth and Adults should avoid keeping food or other "smellables" (e.g. deodorant, toothpaste, etc) in their campsites.
- San Isabel Scout Ranch recommends that "smellables" be stored in the Pump House.

- Please avoid the use of bear bags, and avoid leaving food items in automobiles parked in the SISR Parking Lot.

Dehydration: A serious health concern easily prevented.

- All campers are encouraged to drink water frequently... soda pop is not an effective substitute.
- Everyone should carry a personal water bottle wherever drinking water is not immediately available.

Fires: San Isabel is in an extremely high fire danger area and has frequently been under a fire ban.

- If fires are permitted, they must be in the campsites and only in the established fire pit.
- At least one (1) adult must supervise the fire at all times.

Health History and Physical: Good camp health is based on knowledge of the physical conditions of everyone who comes to camp.

- **All Participants (adult & youth) are required by Colorado Law** to submit the Personal Health and Medical Record Form - approved by the State of Colorado. (Attached – make copies)
 - We are required to retain one (1) copy permanently, so **make two (2) copies** – one for you, one for us.
 - The form must be current within one (1) year of arrival at camp and **the health history must be updated within ninety (90) days** before arrival at camp.
 - This form may be downloaded from the council web site www.rockymountaincouncil.org
- All adults and youth members attending San Isabel Scout Ranch should consult their physician if they have any health issues that may affect their safety or enjoyment of San Isabel Scout Ranch.

Health Officer and Lodge: Our Health Lodge is equipped with supplies to handle most injuries in camp. **A Health Officer is on site and available 24 hours a day to handle emergencies.**

The camp menu can be altered to accommodate special dietary needs IF we are given advance notice; however, Campers must provide any special foodstuffs required by their diet that are not part of the normal fare

Lightning: Summer storms occasionally strike San Isabel Scout Ranch, bringing lightning with them.

- During a thunder storm head for cover, stay away from tall trees, wires, or plumbing.
- Get out of open spaces like the lake and meadow – stay away from the flagpoles.

Sunburn: At high altitude, sunburn can occur at a much faster rate than at sea level – less atmosphere to protect you. Be prepared!

Following these and a few other simple precautions will ensure that both our campers and the bears will enjoy a pleasant and memorable summer camp experience.

Facilities: Campsites include canvas wall tents; many on platforms.

- No mattresses are provided, so you should bring a portable cot and foam pad.
- Warm showers are available for as long as the heated water lasts... the early bird gets the warm shower!

Labels: While San Isabel is a Scout Camp, things do get misplaced and some campers find it hard to resist the temptation of "borrowing" the belongings of others. Please label your clothing and equipment with your name and phone number for easy identification.

Packing:

- Be sure to be prepared for the rigors of the Rocky Mountains.
- Use the Boy Scout motto "Be Prepared" and the attached gear list to guide your selection of gear to bring.
- This form may downloaded from the San Isabel page at www.rockymountaincouncil.org

Visitors at Camp: Visitors are always welcome at San Isabel Scout Ranch,

- Once you arrive please report immediately to the Camp Office and check-in.
- Meals cost \$5.00 per person for family members 4 years of age and older.
- If you plan to stay longer then a meal we will need to charge for each person staying for the full day visit which is \$15 a day.

After your visit please be sure to check out at the Camp Office by 10:00 p.m

Check In: Arrive between 1:30 and 3:00 p.m.

- NO vehicles are allowed in camp unless cleared during check-in.
- During the check-in process a staff member will work with your Adult Leader offering a camp tour, collecting forms, and showing you to your campsite.
- To avoid gridlock and to protect fragile mountain vegetation, we request that you consolidate equipment that needs to be hauled from the parking area into the campsite into the fewest vehicles possible.
- You may leave one (1) vehicle or trailer in your campsite for storage of smellables; otherwise, store them in the Pump House.

Required Forms: All troops must bring the following forms and present them at check-in.

- Please bring two copies of each form.
- San Isabel Scout Ranch will keep one copy and one copy will serve as the Troop copy.
- All camp forms may be downloaded from www.rockymountaincouncil.org

REQUIRED FORMS – TWO (2) COPIES		NOTE
Health Record for each Participant		Must be the form approved by the State of Colorado
Proof of Insurance		Everyone must be covered
Tour Permit (In-Council Units)		Local Tour Permit FOR SCOUTS TROOPS ONLY
Tour Permit (Out of Council Units)		National Tour Permit FOR SCOUT TROOPS ONLY
CAMP Roster	Bring copies of your CAMP Roster with all Adults and Youth attending camp highlighted.	

Firearms: No personal firearms, ammunition or archery equipment should be brought to camp. If for some reason you bring such items, leave them locked in your car.

Fireworks: Are absolutely prohibited and are causes for a camper to be sent home.

Telephone Service: The San Isabel Scout Ranch phone number (seasonal only) is (719) 485-3473

- The camp phone is only available for emergency use as we have only one phone line.
- Cell phone service is spotty to non-existent... the staff can identify locations to get the best reception.

Wireless Internet: This service is available in or around the A-Frame/Office.

PERSONAL GEAR LIST – ADULTS AND YOUTH

How Many	Check	Label all items with your name, address, and Troop number
1		Backpack
1		Bag, Sleeping (or 3-4 warm blankets)and pillow
1		Camera & film
1		Canteen or Water Bottle
1		Clothing - Boots (Comfortable & waterproof hiking boots)
1		Clothing - Boots or shoes, spare (NO SANDALS)
1		Clothing - Cap or hat with wide brim
1		Clothing - Pajamas or sweat suit
1		Clothing - Pants (Long) and shorts
1		Clothing - Rain gear
1		Clothing - Shirt, Long sleeved
1		Clothing - Swim trunks, towel, wash clothes, thongs
3		Clothing - Underwear, socks
1		Clothing - Warm (fall/winter) jacket & stocking cap
1		Compass
1		Cot and Sleeping Pad
1		Fishing pole & equipment
1		Flashlight & extra batteries
1		Ground cloth or cover
1		Lip balm
1		Pack or duffel bag (to carry & store gear)
1		Paper &/or notebook
1		Pen &/or pencil(s)
1		Personal toilet articles
1		Plastic to cover sleeping gear
1		Pocketknife (NO sheath knives)
1		Soap in soapbox
1		Sun block
1		Sunglasses
1		Wallet & money (\$50.00 recommended)
1		Watch



Colorado Boy Scout Camps Health & Medical Record

This form is valid for 12 months for persons under 40 years of age and 12 months for persons 40 years of age and older.
Personal Health and Medical Record—Class 1 and 3

Instructions: By completing sections 1, 2, and 3, this form qualifies as a Class 1 medical history.
By completing all sections (page 1 and 2); this form qualifies as a Class 2 or 3 medical record.
Who needs a Class 1? Anyone attending Cub Scout Day Camps and any overnight activities less than 72 hours.
Who needs a Class 3? Anyone attending a high Adventure Base or Boy Scout Camp (longer than 72 hours).

NOTE: ALL
MEDICATIONS
MUST BE IN
ORIGINAL
CONTAINER WITH
PHARMACY LABEL

1. Personal and Emergency Contact Information

Name: _____ Date of Birth: _____
Age: _____ Sex: _____
Address: _____ City, State, Zip: _____
Phone: _____

Name of Father/Guardian/Spouse: _____
Phone: _____ Email: _____
Address: _____
City, State, Zip: _____
Place of Employment: _____
Phone: _____

Name of Mother/Guardian/Spouse: _____
Phone: _____ Email: _____
Address: _____
City, State, Zip: _____
Place of Employment: _____
Phone: _____

If above persons are not available in the event of an emergency, please contact:

Name: _____ Phone: _____ Name: _____
Phone: _____

Adults authorized to take youth to and from the event:
(You must designate an adult. Please include phone number)

Adults NOT authorized to take youth to and from the event:

2. Health History Information		YES	NO	Explain
Name of Primary Physician:	Serious Illness			
Phone: _____ State: _____ City,	Serious Injury			
Medical Insurance Provider:	Deformity			
Carrier's Name:	Surgery			
Policy or Group Number:	Ears / Eyes			
Medicatd ID #:	Nose / Sinus			

LAST NAME: _____
1ST NAME: _____
INITIAL: _____
ALLERGIES: _____
UNIT: _____

Medications taken in the last 30 days:	Teeth / Tonsils			
	Chest / Lungs			
	Heart Murmur			
Medications to be continued at event and dose:	Rheumatic Fever			
	Appendicitis			
	Kidney / Urine			
Special Instructions related to any medication:	Menstrual problems			
	Hernia			
	Back / Limbs / Joints			
Any activities participant cannot engage in:	Sleepwalking			
	Nervous conditions			
	Other (Explain:			
Food Allergies:				
Plant Allergies:				
Insect / Animal Allergies:	Diet			
Other Allergies	Restrictions:			

3. Parent/Minor Signature

This health history is correct so far as I know, and is up to date as of the last 90 days. The person herein described has permission to engage in all prescribed camp activities except as noted. Emergency Authorization: I hereby give permission to the medical personnel selected by the camp officials to order x-rays, routine tests and treatment for me or my child, as in the event I cannot be reached in an emergency. I hereby give permission to the physician selected by the camp director to hospitalize, secure proper treatment for, and to order injection and/or anesthesia and/or surgery for me or my child as named above. I hereby give permission to transport me or my child for medical assistance. I hereby give permission to Boy Scouts of America to use photos, likenesses, and images of me for marketing and publicity purposes. This form may be photocopied for use at camp. I understand that I am responsible for payment of all medical treatments received from non-camp sources. I also give permission for the camp medical staff to administer over-the-counter medications to my child, that the physician has approved on page 2 of this form. I also give permission for my child to go on trips away from camp premises, and to participate in all camp activities.

***Signature of parent or guardian (or participant if over 18):
 _____ Date: _____

***Signature of Minor: _____ Date:
