



**GOSHEN SCOUT
RESERVATION**

2021 LEADERS/PARENTS GUIDE

February 19, 2021

A Note from the Goshen Camp Directors:

Welcome to the Adventures of Scout Camping at Goshen Scout Reservation!

In the following pages, we provide you with all the information you need to help prepare your youth members and adult leaders to enjoy a successful week at one of the camps at Goshen Scout Reservation, home to thousands of boys, girls, and leaders every summer. Whether you are with a den of Webelos Scouts, a Scouts BSA troop (some brand new, some experienced) or a Venturing BSA Crew, this guide will be helpful to you in preparing for camp next summer.

Unfortunately, we weren't able to conduct in-person summer camp last year. This was a major disappointment for all of the youth and adults we serve. This summer, we are committed to conducting summer camp in the safest way possible. **We have a new set of COVID-19 protocols that we will be enacting to assist in our continuing efforts to combat the pandemic. Please see here for the latest updates:** <https://www.gotogoshen.org/information/covid-19/>.

The camp directors have spent hours revising and preparing this guide for you. While they are very good at foreseeing all the possible questions one might have in preparing for camp, they certainly cannot foresee every possible question that you or a member of your unit might have. We are ready and willing to help with emails, phone calls, unit visits, "whatever it takes" to help you be as prepared as possible. That's what this guide and our camp directors are all about.

Please read through the material here and feel free to email or call us with any questions you have. The best email address to use is that of Goshen's Director of Operations, Phil Barbash: Phil.Barbash@Scouting.org. By phone, you may reach us at 301-214-9155. In addition, we are constantly updating and adding new information that is specific to your camp program on our website, www.gotogoshen.org. Be sure to visit your specific camp's pages frequently for information on themes, merit badge schedules, special programs, etc.

The camp directors will spend months preparing for summer, as will you and your Scouts. We'll be ready when you show up at camp with the best summer camp program anywhere. Together with your Leadership, we will deliver on a program second to none for our youth and instill the values of Citizenship, Character, and Fitness in these young people that they will carry with them forever.

We look forward to seeing you at Goshen!

Yours in Scouting,



Phil Barbash
Director of Goshen Scout Reservation

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1. Introduction

We hope you find the information in this guide helpful in planning an outstanding summer camp experience. As an Adult Leader or Parent, you can make your job a lot easier if you start to prepare for camp in a systematic manner now that you have this Leaders' Guide. This Leaders' Guide will serve as your key to becoming familiar with the camp program and the mechanics of bringing a unit to Goshen. Please share this guide with all assistants and parents so that they are familiar with the guide as well.

The camps at Goshen Scout Reservation are nestled in the Blue Ridge Mountains surrounding 450-acre Lake Merriweather. Goshen Scout Reservation consists of Scouts BSA Camps: Bowman, Marriott, and Olmsted; Webelos Camps: P.M.I. and Ross; and Lenhok'sin High Adventure Base, headquartered at Camp Baird. Camp Post is the administrative center and the location of the Reservation Health Lodge.

Webelos Cub Scouts and Adult Leaders/Parents attend as a "den" (minimum of 2 adults). Scouts BSA Troops and Venturers may attend in two ways: as a troop/crew member accompanied by adult Leaders, or as an individual "provisional" camper. (Information on Provisional camping programs is available at the www.gotogoshen.org or by calling the NCAC Camping Department at (301) 214-9155.)

1.1 COVID-19

In order to keep both campers and staff safe during the pandemic, we will be following state, local, and national guidance. This will include wearing a face covering and social distancing, among other protocols. The specifics of the COVID-19 protocols may change as we get closer to the summer to stay in line with the latest guidance from health experts. Please reference www.gotogoshen.org/coronavirus for the latest protocols at all Goshen camps.

2. Registration

2.1 Registration and Payments

www.GoToGoshen.org/Register

Goshen Scout Reservation uses an online system registration system for all camping registrations. All registrations must be completed using the online system.

Registrations Check List

1. Required Leadership

It is important to remember when beginning registration that all units must provide adult leadership at camp. At any time during your week your Unit must have two adults over the age of 21 who are registered with the BSA. If there are female youth members within your Unit, one of those adults must be female. If Youth are attending are Provisional Scouts or Provisional Venturers there is no required leadership. There are no provisional programs at Webelos Resident Camps. If a contingent is only a parent/child combination, then that is acceptable for leadership requirements.

2. Unit Registrar

Only one person, the Unit Registrar, should manage the registration, enter information, and make payments on behalf of the unit. The Unit Registrar will be the Registration Contact person. We have found that less mistakes and issues arise when you have one primary person (the Unit Registrar) responsible for all registration activities. The Unit Registrar can be any adult associated with your Unit, and does not necessarily have to attend camp with your Unit. Parents should contact their unit registrar to register their youth to go to camp. Parents should not be registering their youth individually.

3. Registration Reservation

To reserve your unit's spot, the unit registrar needs to enter their unit information and pay a deposit payment of \$385. (This is the cost of just one youth!) Once you have registered and paid for one youth then you have officially reserved your Unit's week at camp.

4. Registration Log-In

With the new online system, no username or password is required. Everything is handled with the email address you provide. Once you have completed your initial Unit registration you will access your account with the email address you provided.

5. Registering Scouts

Once you have paid the deposit and reserved your spot you can then add additional campers to your roster only when you are ready to pay for them. Additional attendees can be added as youth and adults fully commit. (The registrar will receive an email that gives further details AFTER the first payment is made.)

6. Free Adults!

Every unit will receive two free adults, regardless of the unit size. The system will automatically subtract the cost when you go to Make a Payment.

7. Paid in Full

Each participant will need to pay in full to be considered registered for Goshen Summer Programs. If a participant has not fully paid the camping fees, then they have not been officially registered.

8. Camperships

If you plan on applying for a campership for a youth, please DO NOT pay the full amount right away. Voucher codes will be sent out after camperships are awarded. Please see section 3.4 for more information on Camperships.

For help or questions regarding registration, the online system, or registrations policies please call the Camping department at (301) 214-9155 or email Sarah Moses at Sarah.Moses@Scouting.org.

2.2 Fee Settlement

On one of your first days in camp, an Adult Leader from your unit will meet with a Goshen Business Manager/Camp Director to complete a Unit Reconciliation Statement. This serves to verify total attendance, and settle your camp account by paying any balance due.

Upon arrival at Camp, please make sure that you have at least 3 printed rosters that indicate every attendee at camp, their status as an adult or youth, and the duration of their stay. Please bring at least two blank checks (or a credit card): one to pay any fees due, and the other to pay for emergencies or damaged equipment.

2.3 Refund Policy

If the unit cancels, the deposit payment (the cost of one Scout) may be saved as credit for the unit OR a refund may be requested for a limited time.

If an individual cancels, a replacement scout may be found, the cost may be saved as credit for the unit, OR a refund may be requested for a limited time.

- **Refund Requests**

- **On or before July 31, 2021:** A refund of 85% of registration costs will be granted for any reason by request through our Refund Request online form. Only requests from unit leaders will be honored (parents, please work through your unit to receive a refund).
- **After July 31, 2021:** Registration costs may be donated or saved as rollover credit.

Non-registration fees (i.e. ATV, Shotgun, Robotics, bus fare) are non-refundable. All refunds will be subject to final review in the Council office before the check is issued. Online payments options will be credited where possible, or paper checks will be issued to the unit.

2.4 Camper Financial Aid

“Camperships” are financial aid for Scouts who need assistance to attend camp and are available by application. Working together with parents and other partners we aim that no youth will be denied the experience of summer camp because of financial hardship. There are limited available camperships and funds available.

All Campership requests for Goshen Scout Reservation are due by early spring of each year. The Campership Committee will convene and make award designations. Requests received after the due date will only be considered if funds are still available. If you plan on applying for a campership for a youth, please DO NOT pay the full amount right away. Voucher codes will be sent out after camperships are awarded. To apply for a campership visit www.gotogoshen.org/camperships.

3. Medical Requirements

3.1 BSA Personal Health and Medical Record

Every Scout and adult Leader must submit a Personal Health and Medical Record - Class A-B-C - upon arrival. This is BSA Form #680-001, which is now the only form allowed by BSA for summer camps. In addition to the BSA Personal Health and Medical Form all campers must also have the NCAC Health Advisory Risk Factors Form filled out and signed by a parent/guardian. A medical examination by a doctor within the 12 month period prior to arriving at camp is now required for all campers, regardless of age. This is a BSA requirement that we must enforce.

Leaders should provide a copy of the medical form to each youth and adult planning to come to camp as soon as possible so that they can get their physicals completed and forms filled out properly.

The Goshen specific Personal Health and Medical Record forms can be found at the following address:

www.GoToGoshen.org/Health

Before you leave for camp, make sure that all medical forms have been completed and signed by a physician and either the parent or guardian. Any person arriving at camp without a properly completed medical form will be restricted to the unit site until transported to the nearest doctor to have a physical at their own expense or until a completed form is sent electronically to camp. No one is allowed to stay in camp more than 24 hours without a medical form. Make sure your unit number and district name are on the forms to help the camp staff. Place all forms in an envelope and be sure to bring the forms with you. Please do not mail your medical forms to the council office!

Medical forms will be returned to you before you depart camp on your final morning. It is advisable to keep copies of all health forms for future events. If your unit departs before receiving the medical forms, our staff is instructed to destroy the forms so as to not allow personal information to escape. It is advisable to make sure that at least one Leader is responsible for collecting the forms before departure.

3.2 Medications

Any persons taking prescription medication must bring the medication to camp in the original prescription container. A lock box will be provided to each unit to store their prescription medications in their site. Units wishing to store their prescription medications in the health room at camp may do so by talking to the medical officer upon arrival.

4. Adult Leadership

4.1 Required Leadership

Each Unit must have two adults over the age of 21 who are registered with the BSA. If there are female youth members with your Unit, one of these Leaders must be female. While not required, one of these Leaders would preferably be the Unit's year-round Leader or assistant Leader. Unit Leaders are responsible for the good behavior and good practices of their Scouts at all times and are expected to be available to assist their Scouts and camp staff in assuring the best camping experience.

It is required that Webelos Dens provide a minimum ratio of one adult for every four youth. We do not recommend that you have a one-to-one youth to adult ratio in the Webelos Camps. We encourage units that might find themselves with a one-to-one youth to adult ratio to have some of their adults split the week. There is no required ratio for Scouts BSA Troops and Venturing Crews. These units should provide the number of adults they see fit (with a minimum of two adult Leaders to satisfy the requirements above).

4.2 Adults Role in Camp

All adult Leaders should expect to assist the camp staff in providing a safe, fun experience for the Scouts. Leaders are expected to:

- Be responsible for maintaining unit safety and discipline at all times. This includes safe travel to and from camp.
- Be responsible for coordinating all unit and individual activities to ensure maximum benefit to participants.
- Be aware of each youth's personal goals and objectives in order to promote Scouting's advancement program. For the Scouts BSA Merit Badge program, please refer to the Merit Badge Schedule and Prerequisites List (which is available on the website).
- Participate in camp activities on a daily basis. This should include program area visits, punctual attendance at roundtables and designated meetings and conferences, and collection of progress reports on each youth's activities.
- Be prepared to help and assist others, specifically other camping units and staff personnel, as needed. Assistance should be given in a spirit of mutual cooperation and support but not at the expense of one's own unit.

- Monitor and evaluate unit and individual progress in camp and to provide counseling, guidance, and encouragement.
- Review the daily schedule of unit activities with fellow Leaders before departure for camp. This process should include review by experienced Leaders who may not be participating in the current trip but have been to Goshen Scout Reservation before. There are many experienced Scouters (like your Unit Commissioner) in your district willing to assist you.
- Be sure that each Adult Leader and Parent at camp completes and turns in the camp evaluations. These forms are the primary means of evaluating the program and staff at each camp and they are used each week by the camp and program directors to determine if there is a problem needing immediate attention. In addition, they are studied in great detail by members of the Camping Committee of the National Capital Area Council to recommend improvements for the next year.

4.3 Adult Standards of Conduct

Boy Scouts of America Policy

Preventing child abuse has been adopted as a critical objective of the Boy Scouts of America. The assistance of every adult is essential to success. The guidelines listed below are designed to protect Scouts against child abuse, and Adult Leaders against misinterpretation of their intentions. Anyone who has questions should consult with the Camp Director. If faced with difficulty in complying with the guidelines, and no further advice is available, use common sense and the principles of the Scout Oath and Scout Law.

Youth Protection Guidelines for Adult Leaders and Parents

All adults in camp must endeavor to protect Scouts from (1) physical abuse, which is understood to mean the sustaining of physical injury as the result of cruel and inhumane treatment or as the result of a malicious act and, (2) sexual abuse, i.e., any act involving sexual molestation or exploitation of a Scout, by any person who has permanent or temporary care, custody or responsibility for the supervision of Scouts or a Scout.

- a. All adults in camp, whether registered Scouters, Merit Badge Counselors, parents of Scouts, or other qualified personnel, must understand their responsibilities and the limitations placed on their relationship with Scouts.
- b. Adults and Scouts never sleep in the same tent. In Cub Scouting (ie, Webelos), parents and guardians may share a tent with their family. This is the only exception.
- c. Adults must always shower separately from Scouts. Goshen provides shower facilities with individual shower stalls. An Adult and Scout are not permitted to share a shower stall.

- d. Adults will not permit activities involving group nudity, such as skinny-dipping.
- e. Adults must avoid unnecessary physical contact with Scouts, such as placing hands on the legs and patting backsides.
- f. We recommend that Scouts have at least one tent mate, unless it is unavoidable.
- g. In accordance with National Council policy, a minimum of two registered Adult Leaders age 21+ must be present on camping trips and other group activities.
- h. Adults will never tell off-color or inappropriate stories to youth. A Scouter, as well as a Scout, is clean in mind and body.
- i. Adults must hold conferences with Scouts in open settings, where they may be seen (but not heard, if discussion is confidential) by others. Avoid rooms with closed doors, closed tents or other secluded locations.
- j. If a Scout complains or comments about an experience with an adult that may suggest physical abuse or sexual molestation or an invitation to molestation, take him or her seriously. Remember that the Scout is not likely to articulate his or her complaint in an adult manner. It may take the form of declining to associate with a particular Leader for no apparent reason or abruptly leaving the unit.
- k. Any Adult who observes another adult relate to a Scout in a manner that is not clearly objectionable, but which might be misconstrued as leading to child abuse, should warn the person so observed to avoid conduct that may be misunderstood.
- l. At Goshen, we would like to serve as many youth members of Scouting as we can. When possible, please do not bring so many Leaders as to create a 1-1 ratio. It is completely acceptable, and normal, for Leaders to share a week and therefore allow for more Scouts to attend.

Reporting Child Abuse

Our camp staff has received training to deal with potential victims of any kind of child abuse. If you suspect that a Scout in camp is a victim, report this to the Camp Director immediately. Virginia law requires that all childcare providers, including Scout Leaders, must report any incidence of child abuse to child protection authorities. The Virginia State Child Abuse and Neglect hotline is 1-800-552-7096. All discussions, both at camp and over the hotline, will be kept confidential.

4.4 Discipline at Camp

Discipline and conduct of all youth and adults is the responsibility of the Unit Leaders in camp. The camp staff administration is ready and willing to assist at any time with problems that might arise. Camp Chaplains are available upon request for counseling. Unit committees should be sure that the camp Unit Leaders are trained in proper disciplinary techniques and that they understand their responsibilities while in summer camp.

We aim to provide each Scout at Goshen with a safe and developmental week at camp. While conflict and issues are likely to arise, we ask for leaders to manage issues in a constructive way. Any form of corporal punishment or physical acts of discipline is strictly prohibited. Any adult, including parents of Scouts, taking part in acts of physical or emotionally negative discipline will be asked to leave camp.

4.5 Criminal Offenses

While exceedingly rare, when a criminal act has been committed, the following procedures apply:

1. The immediate health and safety of both parties must be secured. Please ensure that the parties are separated to stop any further actions.
2. Immediately notify your Camp Director of the incident.
3. Upon report, the Camp Director will respond accordingly. In the case of a serious criminal offense, the Camp Director will work with you to contact law enforcement. Camp Staff and Leadership have been trained on specific procedures when dealing with offenses of a criminal nature.

5. Camp Policies

5.1 Wildlife Policies and Procedures

Purpose: Approximately 10,000 scouts, leaders, and staff camp each summer at the six camps within the Goshen Scout Reservation. The large property is home to a vast amount of wildlife that poses a potential risk to all campers. These procedures are in place to minimize the risk to campers and staff as well as protect the wildlife of Goshen Scout Reservation.

Policies:

1. No wild animals are to be handled or captured. This includes mice, snakes, turtles, raccoons, and all other species. The only exception to this rule is camp staff with explicit permission from their Camp Director to handle or capture wildlife for use in an Ecology or Nature based educational program.
2. All campers should respect the wildlife at Goshen Scout Reservation. Intruding upon, disturbing, scaring, yelling, feeding, or throwing objects at any wildlife is strictly prohibited.
3. All campsites must be kept free of litter to prevent the intrusion of animals such as bears, foxes, raccoons, and mice. All trash should be taken to the dumpster on a nightly (or more frequent) basis.
4. All spiders are to be left alone and campers should be informed of the distinguishing characteristics of venomous ones. Issues with venomous spiders should be reported to camp staff leadership.
5. All snakes are to be considered venomous and not approached. Location should be noted and your Camp Director should be notified.
6. In the event of a large animal or predator being seen, the Camp Director is to be notified so proper authorities can relocate that animal.
7. In the event of an injury caused by wildlife, the Camp First Aider and Camp Director should be notified so that proper medical treatment can be given and the animal relocated.
8. In the event of an injured animal being found, your Camp Director should be notified so that trained and qualified individuals can be called to assist the animal. Only Reservation Ranger Staff and Virginia Department of Game and Inland Fisheries Officials will attempt to handle or treat any injured wildlife at Goshen Scout Reservation
9. Goshen Scout Reservation is home to many black bears. Proper preparation is needed to ensure that encounters with these bears are unremarkable. Please refer to our webpage here for more information:
<https://www.ncacbsa.org/blog/2018/07/05/bear-visits-on-the-rise-do-your-part-to-keep-goshen-safe-for-all/>.

5.2 Camp Sign-In/Out Log

Anyone—youth or adult—leaving camp must check out at the individual camp office and check in again upon return. Youth are not permitted to leave without direct adult or staff supervision. The camp sign in/out book must be signed. A youth is not to leave for home without his Leader first clearing it with the Camp Director and the youth's parents. Anyone arriving after the opening day of camp should proceed directly to the administration office in his or her specific camp to check in.

5.3 Off Limit Areas

For safety reasons, certain areas of Goshen Scout Reservation are OFF LIMITS. These include the area above the upstream bridge and the dam, its spillway and the adjoining embankments, and all Staff Residence Sites and Staff Cabins. Other Off Limits areas include:

- While on the lake, persons using boats or canoes should stay away from any floating logs near the dam spillways.
- Short cutting through other camps and campsites is not allowed unless hiking on the existing trails and you have informed your camp director of your plans.
- All campers should be in their unit's site by 9:30 pm. each evening unless engaged in a late night program.
- Fishing is not permitted at any camp's waterfront, from the Lake Merriweather dam or its embankments (both sides), or the upstream bridge.

5.4 Smoking and Tobacco Policies

Smoking is only allowed for adults over the age of 21. This smoking policy includes the use of electronic cigarettes. You may smoke in designated areas only, and not in sight of Scouts. Each camp has one or two designated smoking areas. Smoking is not allowed in any campsites, camp building or structure, including tents. Cigarette butts are to be collected and disposed of properly.

Smokeless tobacco products must adhere to the same standards as outlined above. The use of smokeless tobacco is not permitted in sight of scouts.

5.5 Dress Code

Everyone in camp is expected to follow the same rules of dress regardless of gender or age. Closed-toe shoes are required. Shower shoes may be worn in the shower only and water shoes should be worn for activities outside of the swimming area.

Clothing depicting or advocating violence, criminal activity, use of alcohol or drugs, pornography, or hate speech will not be allowed.

5.6 Swimsuit Policy

Swimming attire must be modest. For males, tight fitting swim bottoms or bottoms short enough to potentially cause exposure are not allowed. For females, bikinis are not allowed. Modest tankinis and one piece swimsuits are appropriate.

6. Pre-Camp Planning

6.1 Campsite Set-Up

All the campsites at Goshen Scout Reservation (except for Lenhok'sin) are organized into what are called "troop sites" or "pack sites." Each troop and pack site is located conveniently next to a latrine. Within each of these sites are two or more "patrol sites" or "sub-sites." In order for your unit to properly plan, the patrol and sub-sites at all Goshen Scout Reservation camps are generally set up for 8-person patrols or dens. Since many units do not come with evenly distributed 8 person patrols or dens, sites will be set up as close to that as possible. Be advised that smaller units may share a troop or pack site with another unit, but there will be suitable space to allow for privacy within a unit.

Adult areas are separate from youth areas. Adults may be required to share tents with other adults. The unit Leader area in each troop or pack site will consist of at least two tents for adult Leaders. Additional tents will be provided as necessary/available.

6.2 Pre-Camp Parent Meeting

In the spring, it is a good idea to have a meeting with the parents of the Scouts who are going to camp. This allows you to review the camp program, camp physical examination requirements, transportation arrangements, uniform requirements, and what each Scout needs to bring. Many unit Leaders put together guides tailored to their unit's particular requirements based upon information contained in this guide and materials found on the Goshen Scout Reservation website.

6.3 “Shake Down” Campout

If you are a troop going to a patrol cooking camp you may want to consider having a practice campout in either April or May. Scouts should camp in the same patrols they will be in at camp. Use menus similar to those you would cook either over wood fires or on propane stoves. The booklet Camp Cookery for Small Groups, available at our Scout Shops, will provide menus you can use. This will help your Scouts, particularly new Scouts who haven't been to a patrol cooking camp before, and those who have limited camping, fire building, and cooking experience.

For troops and packs attending dining hall camps, a practice campout is still very useful to ensure that all the Scouts will have the necessary equipment needed and any unnecessary equipment is left at home. This should be done not later than two weeks before camp. A timely inspection allows everyone enough time to add, subtract, or substitute what they need for camp.

Lenhok'sin crews should have more involved shake down campouts and those are outlined in the Lenhok'sin specific leaders guide found on the GoToGoshen.org website.

Menus for each camp are available on our council website in the spring to help your patrols plan for and cook typical summer camp meals on weekend outings.

6.4 Swim Checks

Swim Checks at Goshen camps take place once you arrive at camp.

For Scouts BSA camps, swim checks occur as part of check-in on the first day. For Webelos Camps, swim checks will occur during your first program time at Aquatics. Swim check scheduling at Lenhok'sin High Adventure will vary depending on your trek.

Swim Checks are only necessary for those planning to take part in water-based activities.

New in 2021! Camps Bowman, Marriott, and Olmsted and Lenhok'sin High Adventure will be allowing pre-camp swim checks. Pre-camp swim checks are only valid if conducted by approved certified instructors, as listed on the GSR Pre-Camp Swim Check Form. Pre-camp swim checks must be submitted to the camp using this Goshen form. The form can be found in each camp's downloads sections as well as on the Forms and Downloads page:

www.gotogoshen.org/information/forms-downloads.

7. Camp Services

7.1 Site Guide

Every Unit will be assigned a Site Guide upon arrival at camp check-in. The Site Guide will be a seasoned camp staff member who will be your main point of contact for general questions and issues. Site Guides are the main link between you and the camp. On the day of arrival they will show you to your site, assist throughout the check-in process, lead a full camp tour with your unit, and provide answers to any questions you may have on the first day.

The remainder of the week they will visit with you every day and will be ready to assist with any concerns, problems, or suggestions your unit may have. The Site Guides will help you schedule activities for your troop or den and they also are a liaison to the Camp Commissioner, who conducts a daily visitation of your campsite to ensure safety and cleanliness. If you need something for your campsite, your Site Guide is ready and willing to help.

7.2 Religious Services

Working with the various religious committees on Scouting, each camp has an appointed Chaplain to serve at that camp. The Chaplains can help to provide religious services and religious emblems assistance. We also hope that all our campers to join in the non-denominational services offered each week at camp by the Chaplains.

We will also continue the popular “Duty to God” program this summer. Those who successfully complete the program may purchase a special patch at the trading post. The main requirements of the program are to attend a religious service while at camp, say a prayer at one meal, and participate in short daily devotionals. More information about the Duty to God program will be distributed at the first Adult Leaders meeting on check-in day.

7.3 First Aid/Medical Treatment

Each camp has a trained First Aider available 24-hours a day in each camp's First Aid room. The First Aid Room is located in the Administration Building. The First Aid room at each camp can provide basic first aid treatment including minor cuts and abrasions, dehydration, sunburn, minor aches and pains. More serious cases will be forwarded to the Reservation Health Lodge at Camp Post. In most cases the First Aid room at your camp should be your first stop, so the trained First Aider can properly assess the situation and utilize proper procedures to continue care.

More serious medical issues will be forwarded to the Goshen Scout Reservation Health Lodge at Camp Post. This facility is staffed by the Reservation Health & Safety Director who is a certified emergency health specialist. Goshen Scout Reservation has arrangements with Stonewall Jackson Hospital in Lexington to handle any emergencies. It is important that you visit the First Aid Room at your base camp before departing for the Health Lodge, as certain cases might be handled better by mobilizing emergency services to your location rather than moving the patient to a secondary location.

We encourage campers to notify camp staff in the event of most emergencies as we do have staffed EMT's and medical services at camp that can provide many of the same services as local EMS. However, In the event of a serious life threatening emergency campers should dial 911 immediately. 911 Dispatch will immediately notify Reservation Leadership Staff so we will dispatch our on-site services to provide care until local EMS arrives.

If a member of your unit requires medical treatment to the extent that he/she is admitted to either the Health Lodge or needs treatment at an outside facility, the staff will notify the Unit Leader. Either the physician or the Health Lodge Director will be responsible for notifying parents. Unit Leaders are asked to contact the Health Lodge before calling parents about first aid and other medical problems.

Local Hospital (Emergencies): Carilion

Local Urgent Care (Non-emergencies):

Stonewall Jackson Hospital (540) 458-3300

MedExpress Urgent Care (540) 885-1629

1 Health Cir, Lexington, VA 24450

1209 Richmond Ave, Staunton, VA 24401

For medical protocols specific to COVID-19, please see the Goshen COVID-19 protocols at www.gotogoshen.org/coronavirus.

7.4 24 Hour Assistance

If problems arise during the night that you cannot handle alone, proceed to the camp administration building, where a staff member will be present to assist. The Staffer on Duty (CQ) can handle most problems or will get help. At night, the CQ on duty may be asleep. Do not be afraid to wake them, that is why they are there. In case of an emergency such as a fire, get all Scouts out of the immediate area and go to the Administration Building.

7.5 Valuables and Lost & Found

The camp is not responsible for personal items. All valuables, such as money, cameras, watches, etc. should be carefully secured and labeled. Many Unit Leaders find it useful to bring along a container that can be locked for the storage of their campers' valuables. If a Scout reports a lost item, the Scout should check with lost and found in the camp administration office, to see if the item has been found. It is recommended that all items brought to camp be labeled with the Scout's name and unit number. At the end of the summer, any items of significant value are brought to the Marriott Scout Service Center and held for a short time before donated to charity or disposed of.

7.6 Mail Services

Mail is delivered to the Administration Building in your camp each day. In order to ensure mail is received at Goshen before the unit leaves camp at the end of the week, we suggest all mail and packages be sent out no later than Monday of the week in camp. Mail can often be delayed through the postal service, as Goshen Scout Reservation is in a remote area of the state.

Outgoing mail is picked up daily as well. Outgoing mail should be placed in the mailbox at the camp administration building by 12 noon. Outgoing mail sent "home" should be mailed no later than Tuesday in order to arrive before the camper does. However, outgoing mail can be sent any day of the week (other than Sunday the arrival day, mail will go out on Monday).

An adult Leader may pick up incoming mail from the Administration Building after 4 p.m. daily. Stamps, envelopes, and postcards are available at the Trading Post. Mail should be addressed as follows:

Camper Name _____ Pack/Troop/Crew # _____
Specific Camp _____
Goshen Scout Reservation
340 Millard Burke Memorial Highway
Goshen, VA 24439

7.7 Showers & Facilities

Depending on your specific camp there may be a schedule posted for hot showers for Scouts and Adult Leaders. Other camps utilize shower schedules at your leisure. There is a separate time for staff showers, where the shower house is restricted to only staff use. Scouts and Leaders should adhere to the showering schedule (if applicable) set by the Camp Director.

Per National BSA Youth Protection Policy, adults must ensure youth member privacy. Scouts and Leaders never shower together. The only exception to this rule is for youth requiring special accommodations due to medical issues, if this is the case, you should consult the Camp Director to determine necessary shower accommodations.

All our facilities are Family Scouting friendly and open to female and male youth and adults. Our shower houses at Goshen have locking private rooms with changing areas. Latrines are also individual facilities, except for some locations at Lenhok'sin High Adventure.

7.8 Pets

Absolutely no pets may be brought to camp. This is a national BSA policy we must enforce. In the case of a registered Service Animal, please contact your Camp Director at least 2 weeks before your arrival so arrangement can be made.

7.9 Camp Phones

If there is an emergency situation at home, parents and/or family members should call the main office at the camp that the scout is staying at. Current camp phone numbers are listed on each camp's website at GoToGoshen.org.

Parents may contact unit Leaders, but should be advised that it may take an hour or more to return phone calls, as schedules are busy throughout the week. Scouts will be allowed to call home ONLY in case of emergency. Two Adult Leaders must accompany a Scout when he is making an emergency call (remember youth protection guideline requirements).

Cell phone service is available at camp for callers with Verizon wireless service. Other cell service providers have little or no service. Please remember to use the utmost etiquette when using mobile phones. Our Camp Directors prefer that cell phones are used discreetly, away from others and for short periods of time. We encourage Leaders to strictly monitor any phone usage by Scouts who might bring them.

7.10 Leaders Lounge

A Leaders' lounge is located in each camp's Administration Building or Dining Hall depending on your camp. The Leaders Lounge is used for meetings and fellowship gatherings. The lounge is generally open from 9 a.m. until 10 p.m. for adult Leaders and staff only. Leaders should plan their schedule so that they are not in the Leader lounge past 10 PM. The Leader lounge is closed during meal times. There is a water fountain and coffee-pot.

Wireless Internet is available but limited; we ask that everyone shows courtesy and share what little bandwidth we have. Our wireless system is provided by a network of wifi hot-spots that have limited bandwidth. We ask that people using the internet refrain from using streaming sites and video calling sites such as YouTube, Skype, Netflix, Hulu, etc. These sites severely impact the ability for others on our network to have adequate internet access. Remember, we are out in the middle of the woods.

7.11 Trading Post

Each camp has a trading post that sells a wide range of supplies, including toiletries, merit badge materials, merit badge books, handicraft supplies, sodas, and snack food. The trading post is open every morning and afternoon and on several evenings during the week. Look for many new items this summer. We encourage Scouts to bring around \$100 in spending money for souvenirs, snacks, and those merit badges requiring craft kits or other supplies. Merit badge craft kits, a t-shirt, trinkets, and a few snacks a day quickly add up over the 6 days at camp!

Camp Post also has a full-service Trading Post named Memorial Trading Post with food items, souvenirs, uniforms, insignia, and much more. Memorial Trading Post has products and souvenirs from all 6 camps, so if you are looking for gear from other camps you can find it all at Memorial Trading Post. Plan time during camp to come visit our store at Camp Post!

7.12 Service Projects

During your week at Goshen, there will be plenty of opportunities to perform a service project in camp. These projects are wide-ranging from small projects like refurbishing a sign or raking leaves, to very large projects like rebuilding a bridge, routing a trail or painting a building. We will be posting each Camp's service projects online where units will be able to sign up via email with your camp director before they arrive at Goshen. More information about service projects will be provided at the first Adult Leaders meeting on check-in day.

8. Food Service

8.1 Dining Hall Camps – Olmsted, PMI, & Ross

Experienced, professional chefs prepare wholesome food, which provides a well-balanced diet for all Scouts and Leaders. Meals are served with the goal of ensuring everyone is well fed with minimal waste. Units assemble in a designated area prior to each meal and enter the dining hall at the direction of the dining hall stewards. Tables will be assigned to troops and packs during the opening day tour. It is most important that all troops and packs visit the Dining Hall on their camp tour to receive this information and to understand how meals are administered.

Our dining hall camps utilize a “Family Method” of food service. This is very similar to how you would eat at home, with bowls of food being passed around your table with everybody serving themselves a share. As you enter the dining hall for each meal, you proceed directly to your assigned table where all of your food will be ready and waiting for you.

Dining Hall procedures including meal structure and clean-up will be reviewed at your first dinner on check-in day.

Food menus can be found on our website www.GoToGoshen.org in the spring!

8.2 Patrol Cooking Camps

Patrol Cooking allows your troop/crew to prepare all of its own meals in your troop site. Your food is picked up at the commissary at the set times listed below. All raw meats (such as ground beef) will be pre-cooked; however they will need to be heated up. The commissary will supply food based on the numbers in each patrol in your unit. Adult Leaders should be assigned to eat with patrols based on these numbers but not exceed the maximum of ten persons per patrol for meals.

Camp staff will eat with the patrols at different times during the week. Your camp director will work this out with you. Dinner on the evening of arrival and the last night in camp, as well as breakfast on the morning of departure are prepared by the camp staff and served at the commissary building.

Lunches will not require cooking. However, they do require preparation and clean-up work. The first meal prepared by patrols is breakfast on Monday.

Food is issued before each meal at the commissary located in the service building. Food pick up times are: Breakfast: 7:00 am Lunch: 12:00 Noon Dinner: 5:00 pm

If the quantities of food are insufficient, the commissary will be glad to issue more. Likewise, the commissary will go lighter on the portions if too much food is being issued. Please advise any necessary adjustments to your food portions by notifying your Food Service Staff.

Troops are encouraged to use outdoor L.P. gas stoves for patrol cooking. Many troops use them to cook breakfast. Dinner can be cooked over a wood fire or using gas stoves. Units attending Camps Marriott and Bowman will be furnished a propane stove and fuel for each cooking patrol if requested. Stoves can be picked up at the Quartermaster building.

Please ask your cooks to read applicable instructions THREE times before preparing meals. Every meal should be successful if all instructions are followed and adults supervise food preparation and cooking. The only food items provided are those listed in the menu; however, every effort will be made to honor requests for specialty items. We encourage each unit to bring a spice kit with items such as hot sauce, seasoning salt, etc.

Adult Leaders are asked to pay close attention to the thoroughness of food preparation and cleanup. The health of your campers and the entire camp is dependent upon the supervision given by unit Leadership in this most important area of camp living. Food handlers must wash their hands prior to starting any meals. Training on safe food handling practices will be provided to all upon arrival in camp.

8.3 Heater Stack Method – Camp Marriott

This concept is similar to the dining hall service but with a patrol cooking aspect. The campers enjoy eating in the outdoors at their campsite. No cooking or major cleaning is required. All Scouts and Leaders must provide their own personal utensils, plates, and drinking cup. Troops pick up prepared food from the commissary building for all meals.

Food pick-up times are:

Breakfast: 7:30 am

Lunch: 12 noon

Dinner: 5:45 pm

8.4 Tin Foil Dinner Nights

One evening in camp, all Leaders and Scouts will be given the ingredients for a foil dinner to cook in their sites over an open campfire. Wood for this meal should be collected early and kept dry. Many Packs and Troops bring additional charcoal to make cooking that much easier. Charcoal is also for sale in each camp Trading Post.

Scouts arrive at the dining hall or commissary by 4:00 p.m. to pick up their food. It is suggested that, except for the cook and fireguard, all patrol members in the troop or den be sent in order to have enough hands to carry food and other supplies back to the troop site. Early in the week, time should be devoted to learning how to manage this meal.

This meal consists of pre-cooked kielbasa, vegetables (carrots, potatoes, and onions), an apple, drink and cookies or pie. In anticipation of this event, it is suggested that you bring the following:

- Gloves, tongs, etc., to handle the hot aluminum foil packages
- Two to three paring knives to help prepare vegetables
- Any spices you think you may need such as salt, pepper, and special flavorings.
- Heavy Duty Aluminum foil (foil is provided for the meal, some units prefer more).

For more details, see the official Scouts BSA Handbooks concerning preparation of aluminum foil meals. Give it a try on a campout before you come to camp!

8.5 Food Allergies/Special Dietary Needs

Special dietary needs must be shared with Camp Leadership prior to arriving at camp.

There is a spot to indicate these needs when you register. We will do our best to accommodate most food allergies but cannot be held accountable for the management of these allergies.

Notice of severe allergies that require special food items must be provided at least 3 weeks prior to your Scout's arrival at Camp.

We take great strides to make sure that all campers are able to have healthy and wholesome meals throughout the week. The best way to ensure this is by planning ahead of time. Parents should contact the Camp Director before registering their Scouts for Camp to discuss options available to ensure that all food service needs are met. Options include providing storage space for food for you in our refrigerator or dry storage area if requested. Equipment such as microwaves and stoves will be available for reheating in every base camp.

9. Safety

9.1 Restricted Items

It is against BSA and Goshen Scout Reservation policy for any individual to possess any of the following items while on camp property:

- Personal Firearms or Ammunition
- Illegal Drugs
- Alcoholic Beverages
- Fireworks

If any of these items are found in the possession of any camper, either adult or youth, those involved will be dismissed from camp and law enforcement officials contacted if necessary.

Hunting arrows and bows are not permitted in camp. However, a special exception may be granted to those Scouts working to earn the archery merit badge to bring their personal bows. These bows must be turned in to the shooting sports director for storage when not in use. Requests should be sent to Phil Barbash, Goshen Director of Operations, at Phil.Barbash@Scouting.org before June 1st.

9.2 Chemical Fuels

The use of chemical fuels in lanterns and stoves is acceptable under the following conditions:

1. A knowledgeable adult must provide supervision over the storage, transport, and usage of the fuel and equipment.
2. Unit Leaders will teach Scouts the safe and proper handling and usage of fuel, stoves, and lanterns. Webelos Scouts do not handle liquid fuel stoves or lanterns.
3. The storage of liquid fuels must be in a safe and secure place approved by the Camp Director.
4. BY LAW, NO pressurized L.P. gas cylinders may be transported to camp on the bus.
5. BY LAW, NO liquid fuels (e.g., Coleman) may be transported to camp on the bus.

9.3 Appropriate Shoe Wear

Due to safety concerns, all individuals are required to wear closed-toed shoes at all times except when involved in swimming activities. Neither shower clogs nor sandals are acceptable for wear in camp as footwear, but may be worn while showering.

10. Transportation

10.1 Address

Goshen Scout Reservation

340 Millard Burke Memorial Highway

Goshen, Virginia 24439

We suggest that Units utilizing GPS services on their way to Goshen use the above address. Google Maps is reported to be the most accurate; we have worked with that service to ensure that the directions are accurate and highlight the best route. Other GPS services will also work to our above address; however they may utilize other routes that we do not suggest as primary routes.

10.2 Travel via Bus

Information about the Goshen Bus for 2021 is still being evaluated. We will update units accordingly.

10.3 Travel via Personal Vehicle/Other Means

Those units choosing to supply their own transportation are asked that drivers please observe the following regulations:

Campers should arrive at camp between **1:00 p.m. and 3:00 p.m.** Check your camp's schedule for specific details. Early arrivals will be restricted to the parking lot until the camp staff has readied the campsites. Adult drivers are welcome to stay for supper. All Scouts should be in camp no later than 4:00 pm. (3:00 p.m. for Camp Olmsted).

Drivers are requested to arrive at their specific camp and discharge all passengers and their equipment in the camp parking lot. If the unit has a trailer, it will be allowed to unload and leave the trailer at the campsite, if space allows. You will then be instructed on where to park by camp staff. Please note, there may be some instances where you may not be able to access your vehicle every day (satellite parking). Please plan accordingly.

Campsites have limited access for private cars and trucks due to camp access road conditions. Please plan and pack accordingly. Parking at camps is limited. Carpooling is helpful and appreciated.

When driving on reservation, please abide by posted speed limits of 20 mph on the Beltway and 10 mph in camps. At the end of the week, drivers should plan to pick up Scouts by 8:00 a.m. in the camp parking lot.

10.4 Parking

All vehicles must be parked in the camp parking lot. Our parking lots fill up quickly. Please try your best to consolidate and bring as few vehicles to camp as possible.

If campsite unloading or loading is required due to special needs, please have an Adult Leader coordinate with the Camp Director.

11. Check-Out

11.1 Check-Out Procedures

Specific check-out procedures will vary from camp to camp; you will receive specific information relating to your camp check-out procedures from the Adult Leaders meetings throughout your week at camp.

General procedures to be followed include:

- Your last evening, everyone should begin packing up his or her gear. Everything should be packed that night except for sleeping bags and clothes needed for Saturday.
- Sites must be clean and free of litter before a group checks out. Campsites will be inspected by your site guide prior to your departure
- All equipment, tools, or other camp property must be returned to the Quartermaster building

11.2 Final Camp Site Inspection

We ask that no units depart until a thorough check of your campsite for trash has been completed. Final camp site inspections will be done on a camp by camp basis. Your Camp Director will brief you of check-out and final camp site inspections upon your arrival to camp.

11.3 Saturday Morning Wake-Up

On departure morning, your Staff Guide will meet you in your site to help you pack your remaining gear. After you transport it to the parking lot, breakfast is served. You and your Scouts will leave shortly thereafter. Check-out time is 8:00am sharp, all units must be checked-out and on the road by 8:00am.

Triple check your unit rosters—leave NO ONE and NO THINGS behind! The trip home is a lot simpler than the trip to camp. Everyone will wind down and many will sleep.