

Camp Workcoeman

2016 Cub Scout Summer Program Guide

Webelos Resident Camp
Cub Scout Resident Camp
Cub Scout Mini-Week Resident Camp
Cub Scout Family Camp
Cub Scout Day Camp



A Connecticut Rivers Council Scout Camp
BOY SCOUTS OF AMERICA



Dear Cub Scout Leaders and Parents,

Welcome to the 2016 Summer Camp Season at Camp Workcoeman!

Thank you for choosing us as the place for your Scouts' summer camp experience! Camp Workcoeman is located on the shores of beautiful West Hill Pond in New Hartford, CT and it is here where your Scouts will meet new friends, learn outdoor skills and make memories to last a lifetime.

The Camp Workcoeman staff has been working diligently throughout the off-season to plan a fun and safe program for all Scouts. **The theme for this year is 'Vikings!'** Scouts and Vikings have a great deal in common; both are at home on the water, both have a deep connection with nature and believe that self-reliance is essential to personal growth. This year, Camp Workcoeman will bring together these two groups as camp songs and skits as well as other campwide games and competitions will be themed after Vikings! Please see page 5 of this guide for more theme related information.

Like anything, preparation is essential for your Scouts to have a successful experience. To help with this, please read through this guide carefully as it contains valuable information about each of our programs as well as safety procedures and medical form guidelines. Also see the schedule of Parents and Leaders Meetings leading up to your Scouts' experience. The dates and times for each of these meetings are listed in this guide.

Once again, welcome to a summer of camping and fun at Camp Workcoeman. The entire camp staff is looking forward to meeting your Scouts and providing them with a wonderful experience. Please let me know if you have any further questions or information.

Yours in Scouting,

Jeffrey Seiser

Director of Cub Scout Programs

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Pre-Camp Meeting Schedule

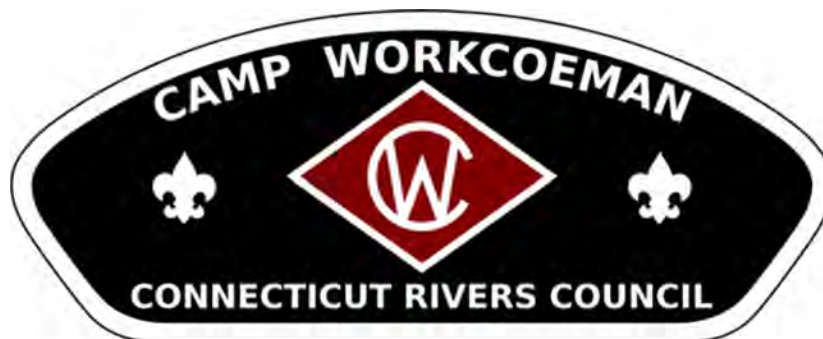
There is a mandatory meeting scheduled prior to your camp session that leaders and parents are expected to attend, and that Scouts are invited to. The staff will review the program schedules, medical form requirements and campsite assignments. There will also be a camp tour and an opportunity to have questions answered by the camp staff.

Information on the times and dates of the meetings are below.

Saturday, June 18 th , 2:00PM	Full Week Resident Camp July 3-July 8 Cub Scout Mini-Week July 3-July 5
Saturday, July 9 th , 2:00 PM or Saturday, July 23 rd , 2:00 PM	Full Week Resident Camp August 7-12 Mini Week Resident Camp August 7-9
Saturday, July 9 th , 5:00 PM or Saturday July 23 rd , 5:00 PM	Cub Scout Day Camp - August 15-19

Please bring all completed medical forms to this meeting- the camp Health Officer will be on hand to review any completed medical forms you may have. Health Officers will check forms, and will contact families about forms with missing information. Any missing information will need to be delivered to camp prior to camp arrival.

Remember: Make copies of all medical forms for you files. Medical forms must be kept on file and WILL NOT be returned at the end of the week.





2016 Theme Information

Vikings were expert outdoorsman and masters of their environment; believe it or not, Boy Scouts actually have a lot in common with Vikings! During the 2016 Camp Season, Camp Workcoeman will bring Scouts and Viking Tradition together through songs and skits, programs and competitions. Packs are encouraged to decorate their campsite or den area like a Viking outpost and learn about Viking explorers and the countries they came from. Be creative and have fun!

Getting your Scouts excited about this year's theme will make your week at camp even more special!

Special Theme Days for 2016

Come to morning colors dressed up for the day! An entirely frivolous way to have some fun and bond with your fellow Scouts. Participation is always optional.

Knee Sock Monday: Let's see if we can get everyone in camp wearing knee socks! Knee socks of any kind are appropriate.

Pack T-Shirt Tuesday: Show your solidarity as a pack and your pack pride!

Wear-It-Backwards Wednesday: Time to turn your clothes around!

Thor's Day Thursday: Vikings are invading Camp Workcoeman! Scouts are to come dressed in their Viking gear for a day of fun and adventure!

Workcoeman Friday: Scouts are to end the week wearing a Workcoeman t-shirt or any other shirt related to Scouting.

Webelos Full Week Resident Camp

July 3rd-8th

Description: This is a Resident Camp is a six-day, five-night program that takes place in conjunction with a week of Boy Scout Camp. It will provide those Webelos Scouts attending with the chance to have fun, but also see what awaits them when they become Boy Scouts.



Webelos Resident Camp Schedule:

<p>Sunday- Arrival</p> <p>1:00 am- Scout arrival</p> <p>1:00- 5:00- Check-in orientation</p> <p>*settle into campsites</p> <p>*Medical checks & Cubmaster meeting</p> <p>*Swim Checks</p> <p>5:30 – Staff I ntroductions and Flag Lowering</p> <p>6:00 - Dinner</p> <p>7:15 - Orientation Rotation</p> <p>8:15 - Opening Campfire</p> <p>9:00 – I ce Cream Social</p> <p>9:30- Taps - Quiet time</p>	<p>Monday – Thursday</p> <p>7:15 – Reveille</p> <p>7:45 – Flag Ceremony</p> <p>8:00 - Breakfast</p> <p>9:15 – 10:00 – Program Session 1</p> <p>10:15 – 11:00 Program Session 2</p> <p>11:15- 12:00 – Program Session 3</p> <p>12:30 Lunch</p> <p>1:15 – 2:00 Session 4</p> <p>2:15 – 3:00 Session 5</p> <p>3:15 – 4:00 Session 6</p> <p>4:00 –5:00 – Free Swim/Boat</p> <p>5:45 – Flag Lowering</p> <p>6:00 - Dinner</p> <p>7:00 - Evening Program</p> <p>9:30 – Taps - Lights Out</p>	<p>Friday</p> <p>7:15 – Reveille</p> <p>8:45- Flag Raising</p> <p>8:00 - Breakfast</p> <p>9:15 – 12:00 Program Sessions</p> <p>12:30 – Lunch</p> <p>1:15 – 5:00 Program Sessions</p> <p>5:45 - Flag Retreat</p> <p>6:00- Dinner</p> <p>7:30- Award Presentations (Parents Invited)</p>
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Important Notes:

- Scouts will have the opportunity to complete requirements towards activity badges during the week. These activity badges will include: Aquanaut, Moviemaking, Camper and Into the Woods.
- There will be a campfire on a particular night where Packs are invited to participate in by providing a song, skit or cheer.
- In addition to the activity badges listed above Scouts will participate in BB & archery shooting, climbing on the new climbing center, fishing, sports and much more!
- All Scouts attending this week from a particular pack, whether they are full week or mini week campers will camp and dine together.
- There will be an optional overnight for Arrow of Light Scouts (Webelos II) in Camp Workcoeman's historic Shawtown Woods. Here Scouts will participate with staff members in setting up camp, participating activities related to furthering outdoor skills and backcountry cooking for the night. See page 8 for more information.

Webelos and Cub Scout Full Week Resident Camp

August 7th - 12th

Description: This is a Resident Camp is a six-day, five-night program that takes place in an exclusive Cub Scout environment.

Cub Scout and Webelos Full Week Resident Camp Schedule:

Sunday- Arrival 1:00 am- Scout arrival 1:00- 5:00- Check-in orientation *settle into campsites *Medical checks & Cubmaster meeting *Swim Checks 5:30 - Staff Introductions and Flag Lowering 6:00 - Dinner 7:15 - Orientation Rotation 8:15 - Opening Campfire 9:00 - Ice Cream Social 9:30- Taps - Quiet time	Monday - Thursday 7:15 - Reveille 7:45 - Flag Ceremony 8:00 - Breakfast 9:15 - 10:00 - Program Session 1 10:15 - 11:00 Program Session 2 11:15- 12:00 - Program Session 3 12:30 Lunch 1:15 - 2:00 Session 4 2:15 - 3:00 Session 5 3:15 - 4:00 Session 6 4:00 -5:00 - Session 7 5:45 - Flag Lowering 6:00 - Dinner 7:00 - Evening Program 9:30 - Taps - Lights Out	Friday 7:15 - Reveille 8:45- Flag Raising 8:00 - Breakfast 9:15 - 12:00 Program Sessions 12:30 - Lunch 1:15 - 5:00 Program Sessions 5:45 - Flag Retreat 6:00- Family BBQ 7:00- Award Presentations (Parents Invited)
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Important Notes:

-Scouts will have the opportunity to complete requirements towards activity badges during the week. These activity badges will include:

- Webelos: Aquanaut, Into the Woods, Camper, Moviemaking
- Bear: Bear Necessities, A Bear Goes Fishing, Salmon Run
- Wolf: Call of the Wild, Spirit of the Water

- In addition to the activities associated with the adventure badges listed above, Scouts will participate in BB & archery shooting, fishing, sports climbing on the new climbing center and much more!

- There will be a campfire on Tuesday night where Packs are invited to participate in by providing a song, skit or cheer. On Friday night there will be a Family BBQ and Awards Presentation. For the BBQ it is \$8 per adult, \$6 children, Scouts and leaders attend for free.

- All Scouts attending this week from a particular pack, whether they are full week or mini week campers will camp and dine together.

- There will be an optional overnight for Arrow of Light Scouts (Webelos II) in Camp Workcoeman's historic Shawtown Woods. Here Scouts will participate with staff members in setting up camp, participating activities related to furthering outdoor skills and backcountry cooking for the night. See page 8 for more information.



Arrow of Light Adventure Trek

The Arrow of Light Adventure Trek is designed to provide a preview of opportunities that will be available to Webelos after crossing over to Boy Scouts. Arrow of Light Scouts participating will have an opportunity to gut and cook a fish, cook foil dinners, participate in a geo-caching adventure, make dessert over an open fire and sleep away from camp for the night. Scouts participating should be able to work well with others in an adventure opportunity without an adult partner.

Overview of Trek Program- For Arrow of Light (Webelos II) Scouts Only

Sunday

7:00 p.m. - Sign ups due for Arrow of Light Adventure Trek

Day of Trek (Determined by # of Scouts Signed Up and Staff Availability)

4:15 p.m. - Scouts meet at Scoutcraft Area

4:30 p.m. - Gut and Cook Fish Demonstration

5:30 p.m. - Foil Dinners in Scoutcraft

6:30 p.m. - Geo-Hunt Adventure along Camp Yellow Trail

8:00 p.m. - Set Up Campsite

9:00 p.m. - Dessert made over an open fire

9:30 p.m. - Taps

Scouts must bring a backpack and the below items to participate:

Poncho, Sweatshirt, Water Bottle/Canteen, Flashlight, Sleeping Bag and Bug Spray.

Cub Scout Mini-Week Resident Camp

July 3rd-5th, August 7th-9th

Description:

The Cub Scout Mini-Week program is a three-day, two-night program open to all Cub Scouts.

Sample Schedule: (may change depending on weather)

Sunday 1:00 pm Scout Arrival 1:00-5:00 Check-in/Orientation - Medical Check-in - Swim Tests - Camp Tour - Cubmaster Meeting 5:30- Staff Introductions & Flag Ceremony 6:00 Dinner 7:00 Orientation Rotation 8:00 - Opening Campfire 9:00 - Ice Cream Social 9:30- Taps - Quiet Time	Monday 7:15- Reveille 7:45 - Flag Ceremony 8:00 - Breakfast 9:15 - 12:00- Morning Program 12:30 - Lunch 1:15- 5:00- Afternoon Program 5:45 - Flag Retreat 6:00 - Dinner 7:00 - 9:00 Evening Program 9:30- Taps - Quiet time	Tuesday 7:15 Reveille 7:45- Flag Raising 8:00 - Breakfast 9:15 - 12:00- Morning Program 12:30 - Lunch 1:15- 5:00- Afternoon Program 5:45- Flag Retreat 6:00- Dinner 7:30- Campfire 8:00- Departure for Mini Week Campers
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Important Notes:

- Parents are invited to a campfire and awards ceremony on Tuesday night starting at 7:30pm in the amphitheater. Departure for mini-week will take place after this program.
- All Scouts attending this week from a particular pack, whether they are full week of mini week campers will camp and dine together.



Information for Full Week Resident and Cub Scout Mini-Week Camp Leaders

This section provides detailed information to help leaders and parents best prepare their Scouts for a resident camp experience.

- All Scouts and Leaders will stay in campsites in canvas wall tents on wooden platforms. You will sleep on metal cots with mattresses. Bring a sleeping bag or bedding. Insect nets are suggested.
- Washing and drinking water are in-site. Latrines are in-site. Centrally located showers with hot water are available. Restrooms with flush toilets are available for adults.
- Three balanced meals are served daily in a modern dining hall, prepared by a food service professional and kitchen staff. The Class 'A' Cub Scout Field Uniform will be the proper attire for all evening meals.
- The resident camp has a medical officer on duty (24-7).
- Advancement Opportunities: Scouts attending Resident Camp will have the opportunity to complete requirements towards multiple adventures unique to their current rank. Please check out the pages specific to each full week program for information on the activity badges that will be completed.
- Photos: Pack photos will be taken on Tuesday. Photos will be taken during before, during and after lunch. All scouts should be dressed in the same uniform for the photo. A separate photo signup sheet is enclosed as the last page of this guide. Unit leaders are responsible for collecting money (\$10 per photo) from their pack and distributing the photos. The photos will be distributed to leaders on Friday.
- "Akela's Staff": Akela's Staff is awarded every evening to the resident camp den that shows the most spirit in camp. Winners of Akela's Staff earn a right and a responsibility for the group. The "right" is to carry Akela's Staff around camp showing that your den has shown the most spirit during the day. The "responsibility" is that the den must affix a small totem to the staff that indicates they earned the stick for the day.
- Cub Scout Campfire- On Tuesday evening at 7:30pm we will gather at the amphitheater for a campfire where all packs will have a chance to perform a song, skit or cheer. The camp staff will join in the antics as well. Leaders should come to camp prepared with songs, skits and cheers for the pack to perform.
- Leader Name Badges: Leaders can place an order for a special Camp Workcoeman leader name badge. The cost of a name badge is \$5.00. These name badges can be worn throughout the year at all pack and district activities. Name badges can be ordered in advance by completing the form at the end of this guide.

Full Week Resident Camp & Mini-Week Check-In Day

1. For those attending camp starting on July 3rd or August 7th, Scout arrival is on Sunday starting at 1pm.
2. Leaders can settle their gear into their campsites before the designated arrival time, however staff will not be on duty until the time listed above. ONE vehicle is allowed to move gear to the campsite. No vehicles will be allowed into the campsites after 11AM and all vehicles must be out of the campsite and in the parking lot by 1 PM. No lunch is provided on Sunday.
3. A member of the camp staff will be assigned to your pack beginning at 1:00pm to act as a guide to assist with the arrival process.
4. Assign Scouts to Tents: Allow scouts to settle into their tents and unpack their gear (such as sleeping bag, etc.). Two scouts per tent. Each campsite has a double tent set up. Members of your pack will be assigned specific tents to occupy in the campsite.
5. Before Parents Leave:
 - Collect photograph money. (\$10)
 - Be sure parents accompany their Scout to the medical check-in if there were any issued discovered on their medical form.
 - ALL medications must be turned over to the Health Officer. All medications must be submitted in their original container.
4. Medical Check-In – Your pack will be assigned a time for medical check-in.

Once your Scouts have settled into their tents, a staff member will assist you in preparing you for the medical check-in.

REMEMBER: MEDICAL FORMS ARE TO BE SENT TO CAMP 3 WEEKS BEFORE YOUR WEEK OF CAMP! Packs not submitting medical forms in advance will be assigned a time at the end of the check-in schedule.
5. Waterfront Swim Tests – Following your medical check-in
 - Buddy tags are issued by the medical staff at medical check-in
 - Tags are issued only to scouts and leaders who have completed medical forms
6. Cubmaster Meeting with Camp Administration: There will be a leaders meeting in the Dining Hall on Sunday afternoon. One leader from each den/pack should attend. You will be given information regarding the number of dining hall waiters for meals your pack should send to the dining hall, as well as a review of the schedule for the rest of Sunday and the week ahead. Wristbands for ALL Scouts and leaders will be distributed at this time.



Suggested Resident Camp Gear List

Below is a suggested list of items that each scout should bring to camp. Please note, due to the number of lost and found items each camp season, it is highly recommended that each personal item be labeled with the scout's name and pack number. A few extra pairs of socks and a spare pair of sneakers can also make the difference between a great week and a cold, soggy week. Open-toed shoes are not permitted in camp.

Recommended:

Pack items in a Footlocker or Duffle bag

Clothing & Bedding:

Complete Scout Uniform

Comfortable Hiking Shoes or Sneakers

(No open-toed shoes)

Water Shoes- waterfront and showers

Extra Shorts or Pants

Shirts

Daily Change of Underwear and Socks

Swim Suit

Towel

Raincoat or Poncho

Pajamas

Sweater or Jacket

Sleeping Bag

Pillow

Wrist Watch

Other Must Haves:

Completed & Signed Medical Form

Flashlight w/ extra batteries

Toothbrush

Toothpaste

Comb or Brush

Soap & Shampoo



Optional:

Camera

Insect Repellent

A Book to Read

Fishing Pole

Pencil, Pen, & Pad

Money for the Trading Post

Hat

Bug Netting

Water Shoes (Worn at
Waterfront only)

Things to leave home:

Radios

Game Systems

MP3 players

Cell Phone!!

Any Other Electronic Devices

Cub Scout Family Camping Weekend- July 16th-17th



Description:

The Family Camping Overnight is designed for cubs and parents to experience the outdoors and get a taste of the Scouting program. Family members will be able to choose and participate in the many activities offered at camp.

Sample Schedule: (may change depending on weather).

Saturday- July 16th

11:00 - 12:00 Check-in at the Chapel

12:00 - 1:00 BBQ Lunch – Dining Hall

1:00 - 5:30 Program Area Rotations- Archery, BB, Nature
Swimming, Boating

5:45 Evening Colors (Flag Lowering Ceremony)

6:00 – 6:45 Dinner- Dining Hall

7:00-8:00 GAGA Dodgeball Competition

8:00 – 8:30 Campfire

8:30 -9:30 "Smoeres" Over the Campfire

9:30 - In Campsites Quiet time

Sunday-July 17th

7:15 Reveille

7:45 – Morning Flag Ceremony

8:00 – 8:45 Breakfast – Dining Hall

9:00 – 10:45 Free Time in Program Areas

11:00 Closing Ceremony



Important Notes:

*Medical forms with necessary sections completed are required for all campers. Scouts or adults without medical forms cannot participate in any camp activities.

*A camp health officer is on site during all camp hours of operation. All medications, including over the counter medications must have a medication authorization form and be in the original container. The health officer will dispense medications at the proper times. Medication times are directly before or after breakfast and dinner as well as following evening program. Please contact us if special arrangements are needed.

* Scouts will have the opportunity to complete requirements towards certain adventures during the weekend's program.

Camp Workcoeman Day Camp- August 15th-19th

Description:

Cub Scout Day Camp is open to all Cub Scouts, yet is best suited for those entering Tiger, Wolf or Bear year. Here Cub Scouts will enjoy many of the same facilities as resident campers, such as the waterfront, BB range, archery range, scoutcraft, sports field and nature lodge. Day Camp runs from 8am-5:15pm daily.

Daily Sample Schedule:

8:00-8:15	Arrival and Activities in Den Areas
8:20-8:30	Opening Ceremonies
8:30-12:15	Morning Program Periods
12:30-1:00	Lunch
1:00-2:00	Afternoon Special
2:00-5:00	Afternoon Program Periods
5:00- 5:15	Closing Ceremony
5:15	Parent Pick Up



Important Notes:

- Punctuality is key! Day Camp begins each day promptly at 8:00am *SHARP*
- Be sure to pack a small daypack including: a bathing suit, towel, rain gear, hat, sunscreen and water bottle. Hats are recommended as well; although there is adequate shade this protective measure is recommended.
- Scouts are required to bring a lunch. Be sure to label all personal items and lunches with your scout's name a den number. Please mark if there are nut products in your child's lunch as well.
- Scouts will be placed in dens according to pack to travel to different program areas. Depending on the size of the pack attending, scouts and adults may be with members of their pack only or with scouts and adults from other packs. It is expected that packs sending scouts to camp will provide adult support.
- Those attending will have the opportunity to complete requirements towards adventures during their week at camp. A guide listing these requirements will be made available prior to the week of camp.





Camp Rules & Emergency Procedures

Below is a list of camp rules and procedures that all scouts are asked to follow. Please review this list and be familiar with it before arriving at camp.

Camp Safety Rules

1. All campers, leaders and staff will be issued a camp wristband that recognizes them as a weekly paid camper.
2. Walk at all times, unless participating in an activity where running is allowed.
3. Wear closed-toed shoes (sneakers or hiking boots).
*Open toed shoes may be worn at the waterfront and showers.
4. No bathing suits or exposed underarms in the dining hall.
5. Remove hats and wash your hands before entering the dining hall.
6. Avoid climbing on the larger rocks at camp.
7. Please observe our quiet hours between 10pm and 7am.).
8. No alcohol or fireworks may be brought into or consumed/used on camp property.
9. Do not spray bug spray in tents.
10. No flames in tents.
11. Use the buddy system! Each scout must have a buddy at all times.
12. Do not hang wet items on the tent outriggers. Bring cord to make a clothesline.
13. Report all injuries to the camp's health officer.

Emergency Procedures

- Alert the staff to any emergencies.
- An emergency procedure will start with an announcement on the camp's PA system.
- When you hear the announcement, walk or remain at your designated activity area.
- Have a seat near your pack and wait for further instructions from the staff.
(Leaders take a head count of scouts, den chiefs, and leaders in the area. Report your pack number and your counts to a nearby staff member.)
- DO NOT DEPART THE AREA until the staff dismisses you. There will be a brief meeting following each drill or procedure.



Important Medical Form Information

The BSA requires use of its official medical form that consists of 4 parts: A, B, C and D. This form and all related forms are included in this guide.

Who Needs a Completed Medical Form?

For Full Week and Mini-Week Resident Campers:

All Scouts AND adults MUST have a complete medical form (Parts A, B, C and D) Part C is important. This page shows a physical examination dated within the last 12 months prior to the last day of camp. The form must be signed AND DATED by a licensed medical practitioner.

For Cub Scout Day Campers:

Day campers must use the same medical form HOWEVER, since they do not stay overnight at camp, they are required to have a physical exam dated within 3 years to the last day of camp.

Be sure to use the Medical Form, Medication Authorization Form and Allergy Treatment Plan found in the Forms Section of this guide or on the camp website.

All Medical Forms should be brought to your leaders/parents meeting or be sent to camp at least 3 weeks prior to your week at camp.

Our Health Officers will review them and contact you with any problems that are found. If you choose to mail them, please do so at least 3 weeks prior to your week of camp to:

Camp Workcoeman
169 Camp Workcoeman Rd.
New Hartford, CT 06057 Att: Camp Nurse

DO NOT fax your forms to camp!

Check the following items BEFORE submitting all Medical Forms:

IMMUNIZATION SECTION (Part A), with latest tetanus date.

Be sure that all personal information, including emergency phone numbers and insurance information is current and accurate.

If parents will be away while the Scout is at camp, be sure a person who can make decisions for the child is listed. It is recommended to include a copy of both sides of your insurance card.

ALL MEDICATIONS, INCLUDING OVER-THE-COUNTER, REQUIRE WRITTEN DOCTOR'S ORDERS

Use the "Authorization for Medication" form for EACH medication required. Please download a form at: www.campworkcoeman.org.

This form MUST be signed by BOTH the medical practitioner AND a parent.

All medications must be in original pharmacy containers.

Pill dosage boxes will not be accepted. They must be given to the Health Officer during your assigned medical check-in time. This includes any non-prescription medications such as Claritin or vitamins. Inhalers and epi-pens used for emergency conditions may be carried with the camper with a pharmacy label, and appropriate orders after the Camp Health Officer logs them in.

Only the necessary amount of medication for the week should be brought to camp.

** No medications may be kept by, or administered to Scouts by an adult leader unless the leader is the parent of the Scout. Otherwise, the Camp Health Officer is the only designated person to dispense medications.

A school physical form is acceptable BUT a BSA form with Parts A, B & D must be completed and accompany the school form.

Upon arrival, all Scouts and leaders must fill out a medical survey. These surveys are to be turned in to the Health Officers during your medical check-in.

Scouts attending Full Week Resident and Mini Week Camps will be given a time for your Sunday check-in with the Health Officers. It is very important to be on time for your medical check-in. Arriving late will negatively affect the check-in schedule of all units in camp.

Plague

What is "Plague" ?

Plague is a word that the camp staff uses to describe homesickness. Nothing perpetuates homesickness more than hearing the word home. Camp staff refers to this phenomenon as plague because it can come on quickly and spread rapidly through a pack if not dealt with. Take advantage of the following tips from seasoned staff members on avoiding/dealing with homesickness.

Step 1: Educate and communicate with parents! Most parents want to know that their children are being cared for while not in their supervision. They also want to know that their scouts are having fun (i.e. not miserable). Remind parents of other times they have left their child with someone new (grandparent) and reassure them that most children may experience some displacement at first, but often recover by dinner time the first day. If you have a reluctant parent/child combination, assure the parent that you can call during the week with an update about how the scout is doing. We do not recommend letting scouts call home.

Step 2: Prepare scouts! Let scouts know what to bring and where they will be staying. This can make a big difference for hesitant scouts that do not know what to expect.

Step 3: Pack proper equipment. Often times, scouts show signs of "plague" due to wet socks, damp clothing or being cold. Be sure that scouts do not bring cell phones. No one likes a surprise visit from a parent because a scout called home and nobody knew.

Step 4: At camp, encourage proper hygiene, adequate sleep, and healthy eating habits. These are all pitfalls that can lead scouts to feeling crummy and asking to go home. Often, a scout remembers home as a place that is comfortable and more desirable when they are wet, cold, tired, or miserable.

Step 5: Call on the staff. The camp staff is trained on how to approach and talk to a scout who is showing signs of homesickness. Sometimes, all it takes is a different adult or staff member to tell a scout it is bedtime for the sniffles to subside.

And lastly, the Camp Workcoeman offers year round camping, Take advantage of this by having your pack/den spend a weekend at camp during the fall/winter or spring seasons. Cabins can be rented or you can rent a campsite and bring your own tents. The more exposure your Scouts have camping and to the outdoors, the less likely homesickness will set in.

Helpful Tips During Camp

This section lists helpful tips and suggestions from seasoned camp staff that will help your experience go smoothly.

- Plan Ahead. Be sure that you have a copy of the camp schedule in your back pocket. It is helpful to give copies of your schedule to other key leaders in your pack so that everyone in your pack knows where everyone is going. Extra copies of these items are always available at the camp office.

- Know Your Schedule. Have Scouts carry a bathing suit and towel and make use of our changing stations if you have a waterfront session near a meal. This may spare you some extra hiking and grumpy campers!

- Keep Your Scouts Hydrated - Often, Scouts forget to drink water or opt for juice first at meals. While juice is a liquid, it does contain sugar that is not favorable during extreme heat.

- Avoid Scouts Buying Candy in Bulk - It is better to stop a few times than to have them stock up and store it in their tents. Our furry friends will make friends with your scouts at the cost of personal equipment.

- Encourage Changing Socks Daily - Most Scouts will try to wear the same pair all week. This often leads to blisters or poor mood in general. It is recommended that scouts take off their socks while sleeping as well. (Changing underwear is also highly recommended.)

- If you aren't traveling with Scouts during a program period, pick a designated place where two leaders will be in case a scout has an emergency. If a place is not predetermined, many scouts panic and head for the campsite that may be empty. Some packs create a free time board where scouts sign in to an area so that the leaders who hang back in the site know roughly where everyone is at all times.

- If there is time, have your scouts prepare the site for the daily site visitations prior to leaving for breakfast and opening flags. This way, there won't be a crunch time or late arrival to a program area.

- Try to avoid reminding scouts of home, pets, or parents. This decreases the amount of homesickness you have to deal with.

Den Time

Den time is scheduled at night during resident camp weeks and during one period each day of day camp. It is designated as self-guided time for the dens in camp. Den Chiefs can help run an activity during den time. Den time occurs throughout the week and gives dens a chance to tailor their own experience. Below is a list of suggested activities to help fill this time.

- Practice knot tying
- Practice a song, skit, or cheer for closing campfire in the council ring
- Take a nature hike
- Practice flag folding with a sheet or your site flags
- Bring scouts to the showers
- Work on a conservation project or camp wellness project
- Participate in site improvement/cleanup
- Work on the camp wide scavenger hunt
- Create a pack banner to bring to flag ceremonies
- Play a favorite game or one you learned from camp
- Have some chill time in the site (good on a hot day)
- Visit the Trading Post (check hours for availability)
- Work on an activity/advancement that the pack has not yet completed



Frequently Asked Questions

Q: Where will my child be staying during overnight camp?

A: Each scout will stay in a two-person platform tent. The tent has a metal bunk and a mattress for each boy. A scout can bring his own tent if he would like. Please note: the camp is not responsible for damage to personal property.

Q: How much money should I send with them?

A: The Trading Post is available for scouts to visit daily. It is recommended to send scouts with no more than \$50 dollars for the weeklong program.

Q: What if my son has food allergies?

A: If your son has food allergies, be sure this information is noted on his health form. Also, it is helpful to contact either the camp director or the head cook ahead of time if special dietary concerns exist.

Q: What if my son takes medication daily?

A: All medications must be locked in the health lodge. A health officer will distribute medications before/after breakfast and dinner. If special accommodations are needed, please indicate this on the health form and talk with the health officer on arrival. If your son has an epi-pen or an albuterol inhaler, he may carry it with him provided he has written approval from his parent/guardian and physician.

Q: Should I send snacks with my child?

A: No. We have many small critters in camp that love tasty treats and have been known to destroy personal gear to obtain snacks or even wrappers. Three meals are served each day and pre-approved by a dietitian. Also, single serving snacks are available in the Trading Post. If special accommodations are needed, please let us know ahead of time.

Q: Is a nurse available?

A: A health officer is available throughout the day and stays on site overnight during resident camp weeks. A qualified health officer is a registered nurse.

Q: What happens if my child does not want to participate in one of the planned camp activities? What else can he do?

A: No child is expected to do anything he does not want to do. Our staff is trained to assist children who may be hesitant to participate or try something new. Each program area offers a variety of activities. If one is not desirable, a scout can opt for another in its place.

More Frequently Asked Questions

Q: What if my child is homesick?

A: Scouts may experience homesickness or feelings of displacement in the beginning of the week. This often fades after the first day or two. In extreme cases, a camp staff member may contact a parent.

Q: If my child goes home sick, can he return?

A: The child must be free of fever or vomiting for 24 hours before returning. The child must also be cleared by a doctor to return to camp. Written proof of this must be submitted to the health officer when the child returns.

Q: Can I send mail to my child at camp?

A: Yes. Please consider that letters sent while your child is at camp may not reach us until the following week. Letters and care packages can be sent to the following address:

Scout's Name/ Pack #
Camp Workcoeman
169 Camp Workcoeman Road
New Hartford, CT 06057

Letters and packages may also be dropped off at the camp office on Check In day. The office manager will distribute these items throughout the week.

Q: If my child is sent home, can I get a refund for the week?

A: Please see the council's refund policy below. In most cases, money may not be refunded because it covers nonrefundable items such as the purchase of food.

BSA's Camp Refund Policy:

Refunds will be granted if written notice is received at least two weeks prior to the opening day of camp. In the case of illness, refunds will be granted until the opening day of camp if a written notice from a physician is provided. Refunds are not granted if notice is received after the opening day of the camp session that the camper is scheduled to attend. All refunds for Full Week Resident Camps are subject to a \$50.00 service charge, refunds for the Mini Week and Day Camp are subject to a \$25.00 service charge.

Camp Workcoeman Troop Picture Order Form

Leader Name _____ Week _____ Unit _____

Address _____ Telephone (____) _____

City/Town _____ State _____ Zip _____ Date _____

() Initial Order

() Additional Order

	Print All Information Name	#	Amount Paid		Name	#	Amount Paid		Name	#	Amount Paid
1.				13.				25.			
2.				14.				26.			
3.				15.				27.			
4.				16.				28.			
5.				17.				29.			
6.				18.				30.			
7.				19.				31.			
8.				20.				32.			
9.				21.				33.			
10.				22.				34.			
11.				23.				Total Photographs Ordered _____			
12.				24.				Total Amount Paid _____			

Make checks payable to C.R.C

Camp Workcoeman Troop Leader Name Badge Order Form

Leader Name _____ Week _____ Unit _____

Address _____ Telephone (____) _____

City/Town _____ State _____ Zip _____ Date _____

Print All Information Name	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	

Order name badges for your troop's summer camp leaders.
Clearly print names in the space to the left.

Send this form with payment 2 weeks prior to your week of camp and the name badges will be there when you arrive.

Badge Price: \$5.00 ea.



Camp Workcoeman
Summer Camp Troop Leader

Your Name Here

Total Name Badges Ordered _____ x \$5.00 = _____

Send this form and payment to:
Camp Workcoeman Trading Post
169 Camp Workcoeman Road
New Hartford, CT 06057

Make checks payable to C.R.C