

KLONDIKE 2018

JEDI TRAINING

January 12- 13, 2018

PLANET HOYT

John Sherman Hoyt Scout Reservation
Redding Galaxy, CT



Contents

Welcome.....	3
Klondike Derby Details and Logistics.....	4
Klondike Derby Program Schedule.....	7
Klondike Jedi Training Stations.....	8
Klondike Derby Sled Equipment List.....	11
Klondike Derby Sled Plans Example.....	12
Klondike Derby Patrol Roster.....	13
Klondike Patrol Competition Scoring.....	14
Klondike Awards.....	14
Klondike Safety: Cold Weather Camping Reminders..	15
Klondike Safety: Laws of Layering.....	15
Klondike Safety: Hypothermia Training.....	17
Klondike Safety: Hypothermia and Frostbite Review...	18
Map of Plant Hoyt, Redding Galaxy.....	20

Welcome

The Scatacook and Pomperaug Districts and the Scout Troops are excited to host the 2018 Klondike Derby. This year's focus will be on galactic survival skills and will feature stations that feature opportunities for Webelos and scouts under First Class to learn skills towards advancement. We have prepared fun stations for all scouts to use teamwork, problem solving, as well as scouting skills, knowledge and spirit to successfully complete their Jedi training!

Please carefully read through this guide to be sure that we have covered all of the details for this year's event. If there any questions, please contact one of the Host Troop Leaders or our District Representative listed below. We also ask that you review the Derby and campout details with your scouts and adult leaders before the event.

Finally, please be sure to complete your on-line 2018 Klondike Registration no later than Friday, January 7th. Registration information can be found on the CT Yankee Council webpage <http://www.ctyankee.org//webpay/event/new/?form=000489>
Please do not delay! We need as accurate a count as possible of units and patrols so that we can prepare in advance for your arrival. Please be sure to fill out the registration form completely as it has some important information we need for the final planning.

Thank you,
Klondike Derby Committee

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2018 Klondike Derby Details and Logistics

Who: All Boy Scouts, Venturers and 2nd year Webelos
What: 2018 Scatacook District Klondike Derby
When: Friday, January 12 - Saturday, January 13, 2017
Where: **Planet HOYT.** John Sherman Hoyt Scout Reservation, Redding, CT
Bring: Klondike Sled and all required gear, forms and donations as outlined in this guide
Registration: On-line via CT Yankee Council Page:
<http://www.ctyankee.org//webpay/event/new/?form=000489>
Deadline: Friday, January 7th, 2018
Fees: \$20 Scouts / \$10 Adults
Hosted By: Bethel Troops 71, 54, Redding Troop 15, Fairfield Troop 88

Check-In:

All Crews, Patrols and Dens should check-in Friday evening between 5:00-8:00 PM or on Saturday morning between 7:00-8:00 AM, Webelos check in at 9AM. **Two complete youth and adult rosters must be turned-in at check in.** Only the Crew Leader, Patrol Leader or Den Leader will check-in at Headquarters (Jackson Pavilion). At check-in, each leader will be given a set of instructions, an assigned starting station and a map of the course and events. All events must be completed in the assigned order, which will be listed in the instructions.

Check-Out:

All units may check-out when they have completed their stations, cleaned their campsite and passed campsite inspection. All units should be ready to check-out no later than 4:00 pm. Checkout will be at Jackson Pavilion.

Parking:

Parking at Hoyt is very limited. Carpooling is essential. **No parking is permitted on the roads outside of Hoyt.** No vehicles will be allowed to drive beyond the lower field parking lot. Units arriving on Friday are strongly encourage to park in the upper parking lot. Volunteers will be directing traffic on Saturday. Please give them your **full cooperation**. **Troop trailers are discouraged due to limited parking availability.**

Campsites:

All units camping on Friday night must check-in at the Jackson Pavilion with a Klondike staff member. Each unit will be assigned a campsite upon check-in. Consistent with safe scouting guidelines, Webelos will not be permitted to camp. Camping is available at individual troop discretion on Saturday night but is not part of the formal Klondike program.

Dress:

Winter weather will be a challenge and concern for Scouts during the Klondike. As seen from past Klondikes, temperatures can range from -10 to +55 degrees, with wind chills as low as minus 35 degrees. The weather can include snow, rain, sleet, or sunshine, sometimes all in the same day. **All Scouts must be appropriately dressed for the weather, or they will not be allowed to participate.** That means long underwear, hats and gloves (2 pairs), wool or synthetic socks, boots (NOT sneakers), and layers of outerwear. **COTTON is not safe and should not be worn.** Rain gear (rain coat, poncho, etc.) must be carried or be available for each Scout on the sled or in daypacks.

2018 Klondike Derby Details and Logistics

Planning for Winter Camping:

Most of this information can be found in the Boy Scout Handbook. If you are going to be doing a lot of outdoor activities, this book is an invaluable source of know-how and advice.

"One has to lie deep in the snow to learn how warm and protective it is. A den in the snow confines the body heat like a blanket or overcoat. It is a snug place, no matter how hard the wind may howl. One who holes up in the snow understands better the mysteries of the woods in the winter. He knows why the severe weather grouse squirm their way under soft snow and be quiet. He understands why deer bury themselves in drifts, lying a half day or more with just their heads sticking out. He learns something of the comfort of the bear in hibernation."

- William O. Douglas, 1950

Water:

Fresh drinking water is available at both camping locations. Each camping unit should plan to have enough water for their drinking needs and all cooking and cleaning at their campsite. Water will be available at the two warming stations and the two cabins during the event on Saturday, but participants should be prepared with enough water for the day.

Meals:

Units are responsible for their own meals. Please ensure that every Scout in your unit has a pre-cooked foil meal for Saturday lunch, and plans for a balanced meal as outlined in the Boy Scout Handbook. Charcoal fires will be provided for lunch and will be available at each station. Charcoal fires should be started by each station supervisor by 11:20 AM in preparation for lunchtime cooking. Remember that there will be a large number of Scouts/Scouters looking to prepare their lunch, so the foil meals should be pre-cooked and compact in size.

Bathrooms:

Latrines and Porta-potties will be located on site.

First Aid:

The First Aid Station will be at the heated Jackson Pavilion station and the upper warming station. **All injuries must be reported to Headquarters at the Jackson Pavilion.**

Garbage/ Leave No Trace:

All trash must be packed out, including trash generated while participating in the Derby. Each sled must bring at least one heavy-duty garbage bag to collect trash, and use it accordingly. Please use only above-ground fire containers or existing site fire rings.

Quiet Time:

10:00 PM

Cracker Barrel: Hosted by Troop 71

At the Jackson Pavilion on Friday night at 9:00 PM for adult leaders and Senior Patrol leaders. Please feel free to bring an entrée or snacks.

2018 Klondike Derby Details and Logistics

Sled Inspections:

Troop leaders will be required to check each sled and patrol participating in the Klondike before embarking to their first station. Troop leaders will be provided a checklist to review with the scouts and inspect the sleds for safety & required materials. Once the Troop Leader's have handed in their inspection checklists, their patrols will be able to proceed.

Hypothermia Training:

Troop Leaders will be required to present instructions to their group on preventing hypothermia. The leader will also assign an "Observer" within his group to keep track of everyone's health, and make sure each scout is prepared for the weather, and is able to continue participating throughout the Klondike. Information on hypothermia has been included in this packet as a reference for your convenience.

Volunteers:

The Klondike Derby is a traditional camporee format. Each Troop, Pack or Crew is requested to provide two adults to assist with the event. Names and phone numbers should be listed on the registration form. Volunteers should report to Headquarters by 7:30am on Saturday, and should be available to serve until 4:00 pm. Volunteers should dress appropriately, as they will be outdoors all day. All volunteers are very much appreciated!

Recognition:

All registered scouts will receive a 2018 Klondike Derby Patch and Participation Award at completion of campsite inspection.

Communication:

Most Klondike station staff will have a radio capable of reaching the Headquarters / First Aid pavilion. These will also be used to announce the lunch break. Station supervisors are responsible for their radio – *it must only be used when necessary and must be for Klondike business only.*

Scatacook /Pomperaug District's Contribution to BSA'S Good Turn For America:

Each sled is asked to bring a **Nonperishable Food Item** or **Personal Care Item** for donation to **Local Food Pantry**. Please bring your donation to the Check-in Station on Saturday morning at the beginning of the event.

Cancellation:

In the event of severe weather on Friday or Saturday, requiring postponement or cancellation of the Klondike Derby, Unit Leaders will be contacted by phone or e-mail. Should the event be cancelled, Hoyt Scout Reservation will be closed for camping as well. Additional information will be available on the Scatacook District website. If necessary, a Go/No-Go notice will be posted to the web site by 12:00 PM on Friday at <http://www.ctyankee.org/districts/scatacook/news>.

Tour Permit:

A Tour Permit is **not required** for Klondike Derby for Connecticut Yankee Council Units. A Unit Insurance Certificate is also not required.

Conduct:

The Scout Oath and Law are the Code of Conduct. No drugs or alcohol permitted at a BSA event. No exceptions.

2018 Klondike Derby Program Schedule

Friday, January 12th

5:00 PM	Campground open for Units that are camping
5:00 - 8:00 PM	Registration at the Jackson Pavilion.
8:15 – 9:30 PM	Klondike Welcome Campfire / Star Wars Story Troop 15
9:00 – 9:30 PM	Staff Meeting & Leader Cracker Barrel at Jackson Pavilion (for Scoutmasters, SPLs, Crew Advisors, Crew Presidents, Station Supervisors & Klondike Staff)
10:00 PM	Taps/ Lights Out

Saturday, January 13th

6:30 AM	Reveille
7:00 - 8:00 AM	Registration at Jackson Pavilion Sled Inspections done by Leaders and SPLs Any issues should be reported to Headquarters
7:30 AM	Staff Report to Headquarters Tent
7:45 AM	Opening Flag Ceremony
8:00 AM	Scouts and Venture Crews Sled inspections / Costume check
9:00 AM	Webelos Sled inspections / Costume check Start of Klondike - Units begin at station assigned to them at check-in
11:20 AM	Lunch – charcoal is lit at each fire ring Units to cook foil meals on the trail at the station they are at using charcoal fires
2:45 PM	All stations now closed – No new starts at stations
3:30 PM	All score cards and additional point gems to be turned into Jackson Pavilion Check-out at Jackson Pavilion. All campsites must be cleaned and inspected
4:30 PM	Klondike Derby is over.

Additional Saturday/Sunday programming will be at individual troop discretion.

5:00 – 7:00 PM	Units that are staying for Saturday events prepare & eat dinner
7:00 - 9:30 PM	Central Campfire
10:00 PM	Taps/ Lights Out
7:00 AM	Reveille
7:00 - 10:00 AM	Breakfast/ Clean up / Pack out

Please leave your camp and campsite in BETTER condition than you found it. Pack out ALL trash.

Klondike 2018 JEDI TRAINING Stations

Klondike Station Planets:

Each Station has been created and designed to encourage participating patrols and scouts to have fun while using their best individual and teamwork skills to complete the task. The following provides the Station number, a description of the activity or task that must be performed, the basic scoring details, as well as the individual storyline behind these creative events.

Introduction - Storyline:

The Empire has struck back, and Rebel Commander Kwat Eithson has dispatched secret emissaries to the Roundtable of the Republic calling on all young Padawan Scouts to gather on the planet Hoyt. From there, they will travel by Hoversled to locations around the galaxy testing their Jedi skills.

The Rebellion is counting on them to save the galaxy before 5pm... May The Force Be With Them

Station 1. Takodana – Maz Kanata’s Castle Cantina (AKA “The Main Cabin”)

Skill: Team building and Games. (Troop 71)

Padawan Scouts will test their strength as a team by accomplishing tasks set by Jedi Masters. The cantina will be open to warm up!

Station 2. Death Star (Troop 54 and Troop 71)

Skill: BB Guns – note: no Webelos at this station

Padawan Scouts will simulate a mission to blow up the Death Star by training with Proton BB torpedo guns and targets. Can *YOU* hit a small thermal exhaust port? Jan Dodonna and the entire Rebellion is counting on you. Don't worry, it'll be just like bull's-eyeing a womp rat in your T-16 back home.

Station 3. Hoth (Troop 41)

Skill: Shelter building for cold weather survival – note: no Webelos at this station

Padawan Scouts must demonstrate their abilities to build a shelter from whatever materials are at hand on the planet Hoth and what they have brought with them on their Hoversled. If you happen to have a dead tauntaun to hand then you could make out like an Alkhara Bandit.

Station 4. Cantonica (Troop 88 & Troop 71)

Skill: Leave no trace and Trivia

Padawan Scouts will visit Camp OhNo, a disastrous attempt to establish an outer rim colony where mistakes have been made that have the potential to make life untenable on the planet. Scouts must identify what has gone wrong and how they could resolve the problems before it is too late. They will also be tested with Star Wars and Scouting Trivia.

Station 5. Eadu (Pomperaug Troop)

Skill: Hoversled Preparedness and Durability

Whilst speeding across the surface of this stormy planet your Hoversled has hit a microburst and turned over. Padawan Scouts are trained to be prepared for anything and to keep their equipment secured. A point will be lost for every item that falls out of the Hoversled!

Station 6. Tatooine (Scatacook Troop)

Skill: Hoversled Racing

Pit your Hoversled against other teams in this epic race across the open desert landscape. Will your sled survive? Will you finish the race unscathed? Will Uncle Owen and Aunt Beru ever let you out to play with Biggs Darklighter again??

Station 7. Mustafar (Troop 71)

Skill: Light Saber Skills

Test your Jedi light saber skills to the max, battling other Padawan Scouts whilst holding your balance and your nerve. Do you have what it takes to come away from the battle with *both* your hands?

Station 8. Endor (Troop 88)

Skill: Knots and Lashings – note: no Webelos at this station

As Luke Skywalker, Han Solo and Chewbacca found to their cost, the Ewoks' skills with rope, knots and lashings is legendary. Padawan Scouts must show their prowess by building a structure to raise their patrol symbol as high as possible. Scouts must bring their own rope and staves and can also use natural materials from the surrounding Endor forest

Station 9. Ahch-To (Troop 15)

Skill: Signaling and Messaging

You have traveled to the planet Ahch-To with a message to give to Luke Skywalker. Unfortunately, you've landed on the wrong island in the ocean and run out of space gas. You can see Luke on the other island but it's too far to shout. How will you send Luke the message? Use whatever you have on your sled as well as whatever materials your Jedi masters give you. A Jedi master will tell you what message to send.

Station 10. Alderaan (Troop 42)

Skill: First Aid

When the Death Star obliterated Leia's home planet of Alderaan there were quite a few casualties, all requiring some rather *urgent* medical attention. When you're in space no one can hear your 911 call - what are you going to do?

You have 20 min. to diagnosis and properly treat as many as you can.

Subject 1 - Broken arm

Subject 2 - Shock

Subject 3 - Head wound

Subject 4 - 2nd Degree Burn

Subject 5 - Hypothermia/Frostbite

Station 11. Dagobah (Troop 15)**Skill: Fire building race – burn the string**

When Yoda trained Luke Skywalker he set him the challenge of breaking a piece of string by just using his mind. That was waaaay too easy though, so now Padawan Scouts must use fire to accomplish the same task. How quickly can you build a fire from scratch and burn through the string? Scouts will be given five minutes to gather fuel. Points will then be deducted for each match used and every minute it takes to burn through the string

Station 12. Hyperspace Travel (Troop 71)**Skill: Navigation – note: no Webelos at this station**

Scouts must use their Hyperspace Navigational Tool (AKA “Compass”) to take bearings and follow a route collecting letters. Every Hoversled should be equipped with this super-useful device and Scouts should know how to use it – you won’t make it home otherwise!

Station 13. Ewok Slingshot Challenge (Troop 71)**Skill: Accuracy - – note: Webelos ONLY at this station**

Scouts must channel their inner Ewok to conquer a challenging course of storm trooper obstacles! Using a sling shot and handy eco-friendly ammunition, scouts must test their sling shot accuracy and knock down a series of trooper related targets. Top marks for the Webelos with the best aim!

2018 Klondike Derby Sled Equipment List

You may add your personal gear or any other items that you want to carry on your Patrol's sled; however, the following items are mandatory and must be on your sled (or person) during the initial Sled Inspection at the start, throughout, and at the finish of the Klondike Derby:

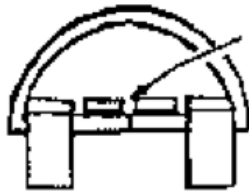
- **EACH SCOUT SHOULD BRING A CUP/MUG AND A PACKET OF HOT COCOA**
- Sled w/tow-ropes and Troop/Pack number
- Patrol Flag
- Clipboard with patrol roster, pencil and paper
- Permission slip for each Scout
- Boy Scout / Webelos Handbook
- Basic first aid kit. (Venture Crews/SPL scouts need complete kit.)
- Rain Gear (raincoat, poncho, etc.)
- Proper footwear, clothing and outerwear
- Water- 1 quart for each scout in Patrol
- Lunch- individual foil meal for each scout (*meat ingredients should be pre-cooked*)
- Donation for Food Pantry
- 2 Compasses
- 2 Watches
- 10 lengths of rope, each 5-6' long, depending for Scouts & Venture crews only
- 2 Poles between 6-8 feet
- Fire starting materials (matches, lighters, shavings, etc.) Scouts & Venture crews only
- One Firem'n's chit
- Pocket Knife with Totin' chit
- 1 Large Garbage bag for trash and discarded items during the competition
- 1 6 x 8 tarps or larger

*** It is the responsibility of each troop to ensure all safety precautions and proper cold weather attire will be met for each scout participating in the derby.**

Klondike Derby Sled Plans Example

Approximate Dimensions: HEIGHT = 40 inches, LENGTH = 6 feet, WIDTH = 18 inches.
Paint your sled bright colors -- varnish the bottom of the runners -- then wax before use! You can add a canvas snow curtain to keep equipment dry. Lace the sides with nylon rope to keep equipment from falling off the sled. Use screws instead of nails and pre-drill pilot holes to prevent splitting. Use glue in addition to screws. An old set of downhill skis or pvc pipe works well as runners. Make your sled strong, but light! Mount a pole on your sled to fly your patrol flag! Use hardwoods such as maple, oak or ash to make your sled. Pine is too soft!

Klondike Sled Plans



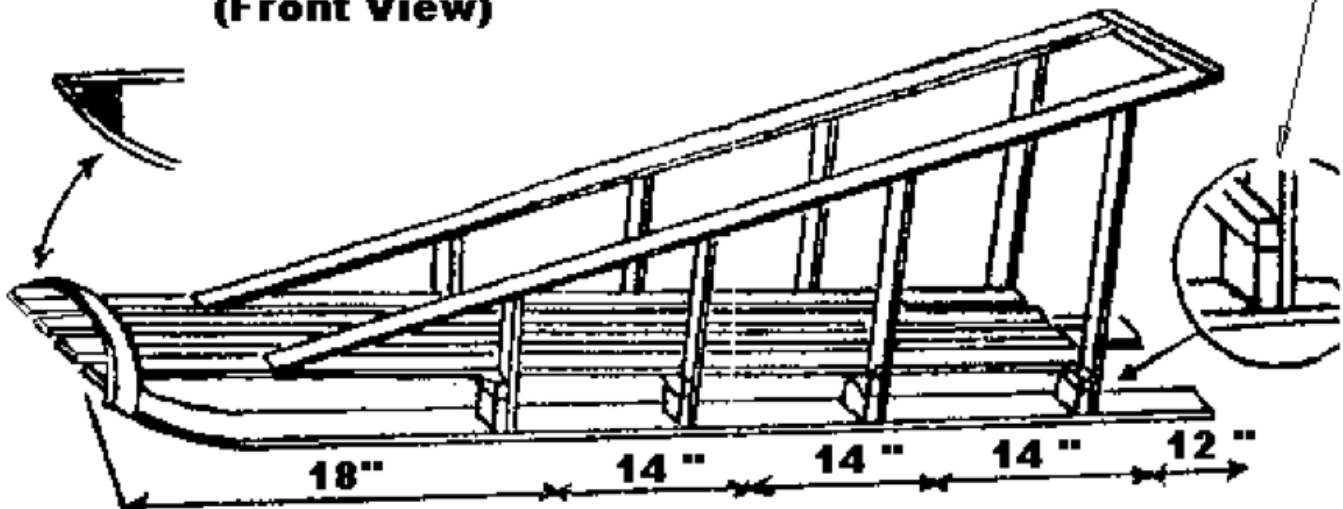
**Drill 1/2" Dia. Hole
For Bridle**

**Snow Shield
(Front View)**

Towing Bridle



Runner Detail



Bill of Materials

- 2 pcs. 4" x 1/2" x 6'6" - for Runners (use skis!!)
- 6 pcs. 1" x 1" x 18" - Cross Supports
- 8 pcs. 1" x 2" x 6" - Upright Supports
- 4 pcs. 1/2" x 4" x 5' - Floor Cover
- 2 pcs. 1" x 2" x 12" - Front Upright
- 2 pcs. 1" x 2" x 26" - 2nd Upright
- 2 pcs. 1" x 2" x 38" - 3rd Upright
- 2 pcs. 1" x 2" x 40" - Rear Upright
- 2 pcs. 1/2" x 2" x 6' - Hand Rail - sand smooth!
- 1 pc. 1/2" x 2" x 30" - Front Curved Snow/Ankle Guard
- 1 pc. 2" x 2" x 18" - Tow Bar
- Rope for Towing Bridle - 1/2" Dia. minimum
- Wood Screws
- Wood Glue
- Paint & Varnish

Klondike Derby Patrol Competition & Scoring:

The Patrol Competition:

Troops will form patrols of 6-8 boys. Each Patrol will meet up with several others at each station and compete with those troops at each station.

Scoring will be determined by each station judge and will be marked on a score card to be given to each sled team at the start of the derby.

Bonus points may be given to each team for Costumes/ Scout Spirit, Scout Values, and team effort.

Additional points may be awarded via a Jedi Light Saber Gemstone – each gem is worth an additional 10 points to the sled team. These gems should be turned in at the end of the day to be included for overall scoring.

The adult leaders at the events will track the unit scoring and at the end of the day, all scores will be combined to determine the overall 1st, 2nd and third place patrols.

Winners and ribbons will be awarded to troop leadership to be given out at each troop's discretion.

Klondike Safety: Cold Weather Camping Reminders

1. Always bring a bit more than what you'll need - food, water, clothes.
2. Bring extra WATER. It's easy to get dehydrated in the winter.
3. Remember C O L D. Clean - dirty clothes lose their loft causing you to get cold. Overheat - never get sweaty, since that moisture can cause problems later. Layers - dress in synthetic layers for easy temperature control. Dry - wet clothes lose insulation.
4. If Camping in the snow, wear snow pants over your regular clothes.
5. Bring extra pair of gloves in case the first pair gets wet (i.e. snow).
6. Bring 2 pairs of socks per day.
7. Always keep your hands and feet warm & dry.
8. Dress right while sleeping. Change into clean, dry clothes before going to bed. Wear a wool cap and gloves while sleeping. 40% of heat is lost from your head.
9. Put the next day's clothes into the bottom of your sleeping bag to keep them warm for the next morning.
10. Consider using long-lasting hand warmer pads down by your feet while sleeping.
11. Place hand warmers in boots to dry out the inside of the footwear over night.
12. Eat high-energy snack before bedtime to warm your core temperature.
13. Ensure that you have a sleeping bag rated for the right temperature. Consider doubling sleeping bags for extremely low temperatures.
14. Sleeping bag liners or blankets can also assist on a cold night.
15. Never sleep directly on the ground. Use a closed cell foam pad to insulate you from the freezing ground.
16. Go to bathroom before going to bed, so that you do not need to get up in middle of the night.

Klondike Safety: Laws of Layering

First rule of fabrics

A layering system is key. But effective layering isn't just a matter of piling one item of clothing over another. What you put on where is important, too.

The new fabrics—as well as new and improved old favorites—give you dozens of choices. Take time to experiment: Everyone's body retains heat and produces sweat a little differently. It may take some fine-tuning to come up with the perfect system.

Under layers

Your base layer is the starting point for moisture and temperature management.

These garments come in several different weights, ranging from lightweight to expedition-weight. Don't overdo it: Even if you plan to hike in subfreezing temperatures, expedition-weight under layers will make you overheat, unless you're headed for places with names like Denali or Everest.

Polypropylene is a common base layer fabric because it wicks sweat away from your body and helps keep you warm. It's inexpensive, but has two major drawbacks: It retains body odor in a big way, and it can't be washed in hot water or put in a clothes dryer because it will melt.

Polartec, a versatile fabric used in everything from base layers to insulation and weather protection, is a big step up: It doesn't retain as many odors, and it often has a brushed,

comfortable inner surface. Many manufacturers also offer proprietary blends. All have good moisture transfer properties and don't retain odors.

For those who love wool, *SmartWool* is both a base layer and a shirt for aerobic activities. Unlike synthetics, *SmartWool* fibers capture perspiration in the vapor state, which minimizes odors. The wool itself is soft New Zealand merino wool that is virtually itch-less. And it can be safely put in clothes dryers (unlike older wool clothing).

Another entry into the base layer field is the concept of a base layer that sandwiches three layers into one: a durable outer layer, a wind blocking mid-layer, and an inner wicking layer.

Insulating layers

When it comes to insulation, most hikers have at least one synthetic pile or fleece article of clothing. Fleece pullovers, vests, zip-up jackets, and pants are available in a variety of weights, measured usually between 100 and 300. The higher the number, the heavier—and warmer—the jacket.

The lightest is 100-weight, useful in pullovers and middle layers as vests, or as an outer layer in warm temperatures. A good all-around choice is 200-weight fleece, because it can be used as either a heavier pullover or a jacket. A 300-weight fleece jacket is so warm that you would use it more often in camp or during rest breaks than while working up a sweat on the trail.

Microfleece jackets have a tighter weave and block wind better, and pile has a rougher texture and tends to be warmer and bulkier.

Some manufacturers have added other features to their fabrics, like stretchy, form-fitting microfiber or water-repellent treatments. For example, a new 300-weight fleece that features a durable, water-repellent finish, making it useful as an outer layer in light rain conditions. Two-way pit zippers allow excess heat to escape.

And don't forget about your legs: While most hikers don't hike in fleece during the day, fleece pants can be cozy on cold evenings. You'll also use fleece for hats, mittens—and even socks for camp wear.

Insulating fills

Another way to stay warm is with a jacket filled with down or some other insulating fill.

Following the layering principle, you don't want one of those heavy-duty jackets that could practically double as a sleeping bag. Instead, have a lightweight jacket that can be part of a layering system.

While down is highly compressible and extremely warm, it does not insulate when wet.

Down works better in snow, that can be brushed off. If you're unsure of whether to expect rain or snow, you might opt for synthetic fill instead.

Reprinted from Scouting Magazine: November-December 2005

Klondike Safety: Hypothermia Training

One of the greatest dangers that Scouts and Scouters will face is hypothermia due to the combination of low temperatures, high exertion, and moderate food and liquid intake. Before each Crew, Patrol or Den sets out on their adventure into 'emergency situations' – we want to avoid any *actual* situations by presenting a briefing on the dangers and signs of Hypothermia during Sled Inspection. An example outline of this 3-4 minute briefing is included below. See also the Scout Handbook and Woods Wisdom.

The Crew Leader, Boy Scout Patrol Leader or Webelos Den Leader will present this training session at the beginning of the Derby, after Registration and Sled Inspection. The Staff will cover any points missed by the presenter, and will conduct the entire training session for any Crew, Patrol or Den Leaders not prepared to present it. At the completion of the hypothermia training, the Crew, Patrol or Den Leader will assign one Scout as hypothermia observer – to keep an extra eye on fellow Scouts and the leader.

No Unit will be permitted to compete in the Klondike Derby without this mandatory training, conducted by and for each Patrol and Den after Registration and Sled Inspection.

Additionally, Scouts (and Scouters) must be appropriately dressed for the weather, or they will not be allowed to participate. That means long underwear, hats and gloves, wool or synthetic socks, boots (NOT sneakers), and layers of outerwear. COTTON IS NOT SAFE and should not be worn. Rain gear should be available for each Scout on the sled (in daypacks).

Klondike Safety: Hypothermia and Frostbite Review

What is hypothermia?

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it.

Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water. Victims of hypothermia are often (1) elderly people with inadequate food, clothing, or heating; (2) babies sleeping in cold bedrooms; (3) people who remain outdoors for long periods—the homeless, hikers, hunters, etc.; and (4) people who drink alcohol or use illicit drugs.

Warnings signs of hypothermia:

- shivering, exhaustion
- confusion, fumbling hands
- memory loss, slurred speech
- drowsiness

What to do:

If you notice any of these signs, take the person's temperature. If it is below 95°, the situation is an emergency—get medical attention immediately. If medical care is not available, begin warming the person, as follows:

- Get the victim into a warm room or shelter.
- If the victim has on any wet clothing, remove it.
- Warm the center of the body first—chest, neck, head, and groin—using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.
- Get medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

<http://www.cdc.gov/disasters/winter/staysafe/hypothermia.html>

What is frostbite?

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite

is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

Recognizing Frostbite:

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may indicate frostbite:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

What to do:

If you detect symptoms of frostbite, seek medical care. Because frostbite and hypothermia both result from exposure, first determine whether the victim also shows signs of hypothermia, as described previously. Hypothermia is a more serious medical condition and requires emergency medical assistance.

If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:

- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming.

Affected areas are numb and can be easily burned.

These procedures are not substitutes for proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider. It is a good idea to take a first aid and emergency resuscitation (CPR) course to prepare for cold-weather health problems. Knowing what to do is an important part of protecting your health and the health of others. Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.

<http://www.cdc.gov/disasters/winter/staysafe/frostbite.html>

