



Tonight's Safety Moment:

- Annual Health and Medical Record
 - Annual: Valid through end of the12th month from date administered.
 - o 72 hours or less
 - Parts A & B
 - 72+ hours or taking the Swim Test
 - Parts A, B, & Part C

Part C: Pre-Participation Physical

This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants.

High-adventure base participants:

Expedition/crew No.:
or staff position:

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You are being asked to certify that this individual has no contraindication for participation in a Secuting experience. For individuals who will be attending a high-adventure progrincluding one of the national high-adventure bases, please need to the supplemental information on the following pages or the form provided by your patient. Not can also visit www.scouting.or/pleath-and-adventured in information online.

Please fill in the following information:

Medica	ıl restricti	ions to participate					
Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
		Medication				Plants	

ŀ	Height (inches)	Weight (lbs.)	BMI	Blood Pressure	Pulse
ı				1	

	Normal	Abnormal	Explain Abnormalities			Certification
Eyes				perticipation	at I have rev on in a Scou	viewed the health history and examined this person and find no contraindications for uling experience. This participant {with noted restrictions}:
				True	False	Explain
Ears/nose/throat						Meets height/weight requirements.
Lungs						Has no uncontrolled heart disease, lung disease, or hypertension.
Heart						Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
						Has no uncontrolled psychiatric disorders.
/bdomen						Has had no seizures in the last year.
Genitalia/hernia						Does not have poorly controlled diabetes.
						If planning to scuba dive, does not have diabetes, asthma, or seizures.
Musculoskeletal				Examiner'	's signature	ec Date:
Neurological				Examiner'	's printed n	name:
Skin issues				Address:		
				City:		State: ZIP code:
Other				Office pho	ne:	

Height/Weight Restriction

If you exceed the inscirman weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/ accessible roadway, you may not be allowed to participate.

Maximum weight for height:

Height (inches)	Max. Weight						
60	166	65	195	70	226	75	260
61	172	66	201	71	223	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 and owar	295

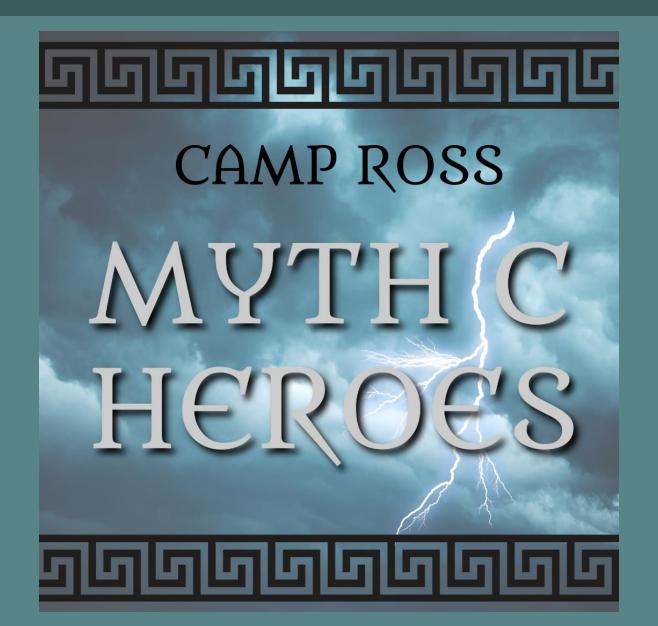








2025 Theme



Program Schedule

Camp Ross 2025 Program Schedule								
Sunday								
1:30 - 4:00 PM	Arrival at Camp Ross! Please do not arrive before 1:30 PM. Camp tour and medical checks will follow arrival.							
Campsite Set Up, Camp Tour, Medical Re-Checks								
5:50 PM	Arrive at Ross Parade Field for Dinner							
6:00 PM 7:00 PM	Dinner @ Camp Ross Dining Hall Leader's meeting on Admin Porch (one leader per pack), scouts have free time							
7:00 PM 8:15 PM	Flag lowering and retreat 0		ts nave free time					
	Monday Tuesday Wednesday Thursday Friday							
7:50 AM	Flag raising Theme Skit	Flag raising Theme Skit	Flag raising Theme Skit	Flag raising Theme Skit	Flag raising Theme Skit			
8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast			
0.000								
9:00 AM	Program Block 1	Program Block 1	Program Block 1	Program Block 1	Program Block 1			
10:00 AM	Program Block 2	Program Block 2	Program Block 2	Program Block 2	Program Block 2			
11:00 AM	Program Block 3	Program Block 3	Program Block 3	Program Block 3	Program Block 3			
12:00 PM		Open Lunch	Open Lunch	Open Lunch	Open Lunch			
1:00 PM	Open Lunch	Leader's Meeting	Leader's Meeting - NCAC Leadership Visit	Leaders Meeting - Closeout Proceedure Review				
2:30 PM	Program Block 4	Program Block 4	Program Block 4	Program Block 4				
3:30 PM	Program Block 5	Program Block 5			Open Program!			
4:30 PM	M Program Block 6 Program Block 6 Foil Program Block 6 Foil Program Block 6		Program Block 6	Program Block 6				
6:00 PM	Dinner Theme Skit Dinner Theme Skit		Dinner Theme Skit	Dinner				
7:00 PM	Field Games / GaGa Ball		Staff Hunt!	Interfaith Service &	Pack Time			
7.00 PM	Leaders Meeting on Program Scheduling	Foil Dinner Night!	Stall nullt:	Meditation				
8:15 PM	Flag lowering	Flag lowering		Flag lowering	Flag lowering			
8:30 PM	Pack Time Evening Hours		Pack Time Star Party	Pack Time Arrow of Light Campfire	Closing CAMPFIRE!			
10:30 PM	Lights out	Lights out	Lights out	Lights out	Lights out			
Saturday								
6:00 AM	Continental breakfast provided at the Dining Hall Open Checkout Begins, Please grab your Medical Forms!							
9:00 AM	Last call for checkout. Have a safe ride home!							

Program Areas













Tracking Advancement

- While at Camp, your Scouts will participate in lots of activities that fulfill requirements and complete elective adventures!
 - Camp Ross Program Guide: Elective Advancement Tracker

Elective	Rank	Program & Completed Elective Requirements				
Aquatics						
Aquanaut	Webelos	Swim Test (Monday): 5 Aquanaut & Swimming: 1, 2, 3, 4, 6 Free Swim: 6 Trampoline: 6 (Complete all 6 requirements for full elective!)				
Swimming	Arrow of Light	Swim Test (Monday): 3 Aquanaut & Swimming: 1, 2, 4 Free Swim: 4 Trampoline: 4 (Complete all 4 requirements for full elective!)				

Aquatics

- Monday: Swim Test
- Tuesday: Boating
- Wednesday, Thursday, Friday
 - Aquanaut & Swimming
 - Paddle Onward & Paddle Craft Safety
 - Free Swim
 - And...



New - Trampoline w/ Slide!



Archery

Monday & Tuesday

• Scouts learn the rules of the Archery Range and basics of how to shoot.

- Archery Webelos & Archery Arrow of Light
- Distance Shooting
- Bring Your Own Target (BYOT)
- Open Shoot



BBs

Monday & Tuesday:

• Scouts learn the rules of the BBs Range and basics of how to shoot.

- BBs Webelos & BBs Arrow of Light
- Bring Your Own Target (BYOT)
- Open Shoot



Handicraft

- Monday & Tuesday
 - 2025 Theme Craft: Mini Mosaics

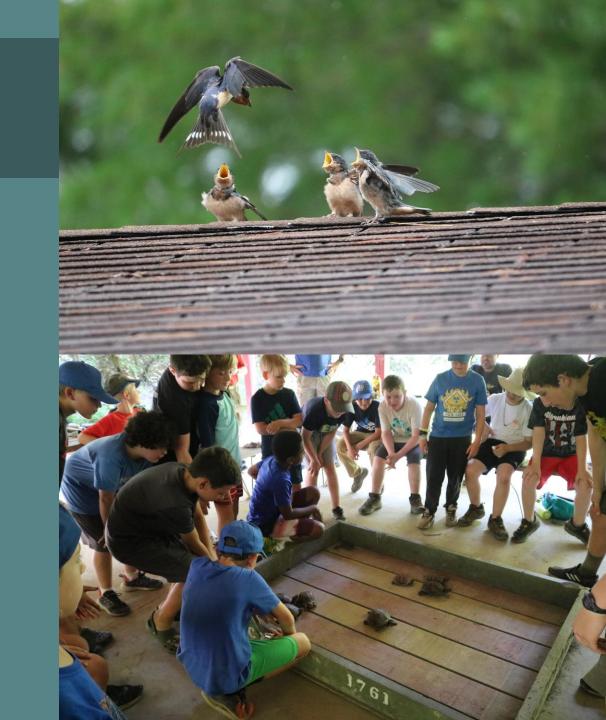
- Escape Room
- Leatherwork
- Beaded Animal Keychains (New!)
- Tie-Dye



Nature

- Monday
 - Introduction
- Tuesday
 - Leave No Trace and the Outdoor Code (New!)

- Catch the Big One (Webelos) & Fishing (Arrow of Light) (New!)
- Critter Hunt
- Earth Rocks (Webelos)
- Into the Wild (*Arrow of Light*)
- Into the Woods (Arrow of Light)



Scoutcraft

Monday

- Knot Tying Tuesday
- Chef's Knife & Knife Safety (New!) Wednesday, Thursday, Friday
- Advanced Knot Tying
- Fire Building
- First Aid Skills (New!)
- Teamwork Challenge
- Treasure Hunt (New!)



Hikes

- Viewing Rock
- Swimming Hole
- Scouts BSA Camp Tour



Other Activities

- Service Project
- Shower Time
- Pack Time



Evening Programs

- Sunday: Opening Campfire
- Monday: Field Games
- Tuesday: Foil Dinner Night
- Wednesday: Staff Hunt, Star Party
- Thursday: Interfaith Service, AOL Campfire
- Friday: Closing Campfire



The Role of Adult Leaders During Camp

- Maintain Pack safety and discipline at all times (including traveling to and from Camp Ross)
- Maintain YPT supervision in all areas (such as campsites, program areas)
- Participate in camp activities on a daily basis
- Be aware of your Scouts' and Pack's needs (dietary restrictions, medical concerns, goals at camp, etc.)
- Provide guidance, counseling, and encouragement to your Scouts and fellow leaders
- Complete and turn in your Pack's end of the week evaluation form!