

Program and Adventure Elective Offerings

Camp Ross Webinar Series



Tonight's Safety Moment:

- Annual Health and Medical Record
 - Annual: Valid through end of the 12th month from date administered.
 - 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.

Full name: _____ High-adventure base participants:
 Expedition/crew No.: _____
 Date of birth: _____ or staff position: _____

! You are being asked to certify that this individual has no contraindication for participation in a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient. You can also visit www.scouting.org/health-and-safety/fahr to view this information online.

Please fill in the following information:

	Yes	No	Explain
Medical restrictions to participate	<input type="checkbox"/>	<input type="checkbox"/>	

Yes	No	Allergies or Reactions	Explain	Yes	No	Allergies or Reactions	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Medication		<input type="checkbox"/>	<input type="checkbox"/>	Plants	
<input type="checkbox"/>	<input type="checkbox"/>	Food		<input type="checkbox"/>	<input type="checkbox"/>	Insect bites/stings	

Height (inches)	Weight (lbs.)	BMI	Blood Pressure	Pulse
			/	

	Normal	Abnormal	Explain Abnormalities
Eyes	<input type="checkbox"/>	<input type="checkbox"/>	
Ears/nose/throat	<input type="checkbox"/>	<input type="checkbox"/>	
Lungs	<input type="checkbox"/>	<input type="checkbox"/>	
Heart	<input type="checkbox"/>	<input type="checkbox"/>	
Abdomen	<input type="checkbox"/>	<input type="checkbox"/>	
Genitals/hernia	<input type="checkbox"/>	<input type="checkbox"/>	
Musculoskeletal	<input type="checkbox"/>	<input type="checkbox"/>	
Neurological	<input type="checkbox"/>	<input type="checkbox"/>	
Skin issues	<input type="checkbox"/>	<input type="checkbox"/>	
Other	<input type="checkbox"/>	<input type="checkbox"/>	

Examiner's Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant (with noted restrictions):

True	False	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Meets height/weight requirements.
<input type="checkbox"/>	<input type="checkbox"/>	Has no uncontrolled heart disease, lung disease, or hypertension.
<input type="checkbox"/>	<input type="checkbox"/>	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.
<input type="checkbox"/>	<input type="checkbox"/>	Has no uncontrolled psychiatric disorders.
<input type="checkbox"/>	<input type="checkbox"/>	Has had no seizures in the last year.
<input type="checkbox"/>	<input type="checkbox"/>	Does not have poorly controlled diabetes.
<input type="checkbox"/>	<input type="checkbox"/>	If planning to scuba dive, does not have diabetes, asthma, or seizures.

Examiner's signature: _____ Date: _____
 Examiner's printed name: _____
 Address: _____
 City: _____ State: _____ ZIP code: _____
 Office phone: _____

Height/Weight Restrictions
 If you exceed the maximum 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	Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	65	195	70	226	75	260
61	172	66	201	71	232	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 over	285



2025 Camp Ross Programs

2025 Theme



CAMP ROSS

MYTHIC
HEROES

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	Dinner @ Camp Ross Dining Hall				
7:00 PM	Leader's meeting on Admin Porch (one leader per pack), scouts have free time				
8:15 PM	Flag lowering and retreat OPENING CAMPFIRE				
	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
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	Open Lunch
1:00 PM		Leader's Meeting	Leader's Meeting - NCAC Leadership Visit	Leaders Meeting - Closeout Procedure Review	
2:30 PM	Program Block 4	Program Block 4	Program Block 4	Program Block 4	Open Program!
3:30 PM	Program Block 5	Program Block 5	Program Block 5	Program Block 5	
4:30 PM	Program Block 6	Program Block 6 . . . Foil Dinner Pickup	Program Block 6	Program Block 6	
6:00 PM	Dinner . . . Theme Skit	Foil Dinner Night!	Dinner . . . Theme Skit	Dinner . . . Theme Skit	Dinner
7:00 PM	Field Games / GaGa Ball		Staff Hunt!	Interfaith Service & Meditation	Pack Time
	Leaders Meeting on Program Scheduling				
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!



CAMP ROSS SUMMER 2025

Archery

Monday & Tuesday

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

Wednesday, Thursday, Friday

- 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.

Wednesday, Thursday, Friday

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



Handicraft

- Monday & Tuesday
 - 2025 Theme Craft: Mini Mosaics

Wednesday, Thursday, Friday

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



Nature

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

Wednesday, Thursday, Friday

- 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

Wednesday, Thursday, Friday

- Viewing Rock
- Swimming Hole
- Scouts BSA Camp Tour



Other Activities

Wednesday, Thursday, Friday

- 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!