



Welcome and Introductions.

Introduce Elisabeth Warren and Sarah Moses,
House Keeping Items:

- If you have a question, please submit your question in the Q&A area. At the end of our presentation, we'll go through each of your questions. Note that some may be answered live, and others may be responded to in the Q&A area.
- This webinar is being recorded and will be posted on the Council blogspot, WeOwnAdventure.com

Today, we're here to discuss the 2025 Camp Ross Program 2025 Program schedule, including Webeloes and AOL Elective offerings this summer!

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.

C

Full name: _____ High-adventure boater participants:
 Expedition/crew No. _____
 Date of birth: _____ or self-parent:

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

Please fill in the following information:

Medical restrictions to participate: Yes No Explain: _____

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
_____	_____	_____	_____	_____

Examiner's Certification

I certify that I have reviewed the health history and assessed this person and find no contraindications for participation in a Standby operation. (This participant is/has not had restrictions)

Yes	No	Explain
<input type="checkbox"/>	<input type="checkbox"/>	Mean length/weight appropriate.
<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 problem, or orthopedic surgery in the last six months or presence of a history of disease from his or her orthopedic surgery or resulting prostheses.
<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 newly controlled diabetes.
<input type="checkbox"/>	<input type="checkbox"/>	If planning to water ski, does not have diabetes, asthma, or seizures.

Examiner's signature: _____ Date: _____
 Examiner's printed name: _____
 Address: _____
 City: _____ State: _____ ZIP code: _____
 Other 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 landing, you may not be allowed to participate.

Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight
50	95	55	125	60	175	65	200
61	125	66	165	71	225	76	262
62	130	67	170	72	230	77	268
63	135	68	175	73	235	78	274
64	140	69	180	74	240	79	280
				75	245	80	286
				76	250	79 and over	292



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	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	
1:00 PM	Open Lunch	Leader's Meeting	Leader's Meeting - NCAC Leadership Visit	Leaders Meeting - Closeout Procedure Review	Open Lunch
2:30 PM	Program Block 4	Program Block 4	Program Block 4	Program Block 4	
3:30 PM	Program Block 5	Program Block 5	Program Block 5	Program Block 5	Open Program!
4:30 PM	Program Block 6	Program Block 6 ... Foil Dinner Pickup	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 Leaders Meeting on Program Scheduling	Foil Dinner Night	Staff Hunt!	Interfaith Service & Meditation	Pack Time
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!				

Your Pack's program schedule while at Camp Ross is broken into two parts. On Monday and Tuesday, your Scouts will be introduced to the safety rules of each program area and participate in introductory activities. During the second remainder of the week, your Pack will have the ability to select the programs you are interested in participating in. Learn more about the program schedule structure below!

Monday & Tuesday

Your Pack will receive a copy of your Monday and Tuesday program schedule during the week's first leader's meeting (Sunday evening). Throughout Monday and Tuesday, your Scouts will be introduced to each program area, traveling together and participating in programs as a group. We encourage leaders to use this time to take a pulse in their Scout's interests in each area to help form your decision on which activities your Pack will want to participate in the remainder of the week.

Wednesday, Thursday, & Friday

The schedule for the second part of the week (Wednesday, Thursday, Friday) is based on what your Pack wants to do! At Monday's evening Leader's Meeting, you will submit a "request sheet" where your Pack will list activity preferences for the remainder of the week, including advancement opportunities and open programs. Other schedulable activities will include hikes to Viewing Rock and the Swimming Hole. We also encourage Pack's to reserve a "Shower Block," where the Shower

House becomes designated to your Pack for the hour.

You will receive your Wednesday - Friday schedule at the Tuesday evening Leader's meeting. We will make every effort to accommodate your first choice schedule!

Program Schedule

A copy of the most up to date Camp Ross Program Schedule is available for download at www.gotogoshen.org/ross under "Forms and Downloads."

Program Areas



Aquatics



BBs



Archery



Nature



Handicraft



Scoutcraft

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!)

Tracking Advancement

Many of the activities at Camp Ross are not just fun - they also cover Adventures for Webelos and Arrow of Light ranks! Most times, Adventures are completed in full, but there are some opportunities that cover just a couple parts of Adventures.

Leaders should keep track of what their Scouts complete during camp. Use the chart in the last pages of this packet to keep track of which activities complete the different Adventures and Adventure parts.

Aquatics

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



Aquatics

Monday: Swim Test

Scouts will be able to take the Scouting America Swim Test, which will allow them to participate in Aquatics activities for the rest of the week.

What about Scouts who don't pass the swim test? What do they do the rest of the week?

Tuesday: Boating

Scouts learn the basics of paddling and test their skills as they paddle around the lake.

Wednesday, Thursday, Friday

Aquanaut (Webelos) & Swimming (Arrow of Light): Grab your swimsuits and buddy tags and hit the water! Scouts will earn the Aquanaut and Swimming Elective Adventures.

Paddle Onward (Webelos) & Paddle Craft: Getting out on the water and paddling around is a great way to enjoy the outdoors and go places that you can only get to with a paddle craft. Earn Paddle Onward and Paddle Craft in a Funoe or Canoe!

Free Swim: Scouts get the opportunity to Swim in the Swimming area with their friends and their pack.

And....

New - Trampoline w/ Slide!



Returning to Camp Ross this summer, we have purchased a NEW water trampoline AND a slide attachment (not just a replacement, but an investment and an improvement).

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



Monday, Tuesday

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

Wednesday, Thursday, Friday

Archery Webelos and Archery Arrow of Light

Scouts can earn the Archery Elective Adventure for Webelos and Arrow of Light ranks.

Bring Your Own Target (BYOT)

Scouts have the opportunity to bring their own targets to fire upon.

(Targets must be approved by the Area Director)

Distance Shooting

Scouts can challenge themselves by shooting at targets at different distances, and seeing who can hit the target from the farthest away.

Open Shoot

Scouts and Adult leaders get the entire block to just go and shoot on the range.

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



BB's

Monday, Tuesday

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

Wednesday, Thursday, Friday

BB Gun Webelos and BB Gun Arrow of Light

Scouts can earn the BB Gun Elective Adventure for Webelos and Arrow of Light ranks.

Open Shoot

Scouts and Adult leaders get the entire block to just go and shoot on the range.

Bring Your Own Target (BYOT)

Scouts have the opportunity to bring their own targets to fire upon.

(Targets must be approved by the Area Director)

Handicraft

- Monday & Tuesday
 - 2025 Theme Craft: Mini Mosaics
- Wednesday, Thursday, Friday
 - Escape Room
 - Leatherwork
 - Beaded Animal Keychains (New!)
 - Tie-Dye



Handicraft

Monday, Tuesday

Handicraft will have a theme based craft, which they will work to complete and finish, over the first two days.

2025 Craft: Mini Mosaics

In Ancient Greece, mosaics were used to depict scenes from Greek mythology. Join us in creating your own mosaic. Which story will you tell?

On Monday, we will design our mosaics and create them on Tuesday.

Wednesday, Thursday, Friday

Escape Room

Can you outriddle the sphinx? Work together to escape her lair!

Leatherwork

Scouts learn how to stamp and put together leatherworking kits that they can use. As of 2025, materials are provided to you!

Beaded Animal Keychains

Scouts will create their own mythical beaded companion!

Tie-Dye

Scouts learn how to and then make tie-dye shirts using different colors and designs. As of 2025, materials are provided to you!

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*)



Nature

Monday, Tuesday

Introduction (Monday)

Scouts are introduced to the different animals found at Camp Ross, including snakes, spiders, turtles, frogs, and many other animals, while going over the rules of the Area.

Leave No Trace and the Outdoor Code (Tuesday)

Scouts will learn the Leave No Trace Principles for Kids and the Scouting Outdoor Code through a series of games and activities. Join us in our campwide cleanup challenge!

Wednesday, Thursday, Friday

Catch the Big One (*Webelos*) and Fishing (*Arrow of Light*)

Scouts go to the lakeside of our beautiful Lake Merriweather and go fishing for one of our many fish species. Covers preparations needed to earn Catch the Big One (*Webelos*) and Fishing (*Arrow of Light*) Adventures. Finish up the Adventure by going fishing in your spare time!

(Live Bait not included, but available at the Trading Post)

Critter Hunt

Scouts go out to find different animals throughout our camp. Oftentimes finding frogs and newts along our creek beds.

Critter Time

Scouts get a chance to interact and hold our many animals at the nature center such as turtles, frogs, and snakes.

Earth Rocks (*Webelos*)

Scouts learn about the geological features and the different types of rocks and how they form.

(Earns Earth Rocks Elective Adventure)

Into the Wild (*Arrow of Light*)

Scouts Learn about the different animal life in the area, the food chain, and how animals interact with each other in their environments.

(Earns Into the Wild Elective Adventure)

Into the Woods (*Arrow of Light*)

Scouts learn about the different trees and plants in the area while also understanding the different parts of the tree and how they grow.

(Earns Into the Woods Elective Adventure)

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!*)



Scoutcraft

Monday, Tuesday

Knot Tying (Monday)

At Scoutcraft, Scouts will learn and practice learning basic knots, including the square knot, two half hitches, taut line hitch, and bowline!

Chef's Knife (*Webelos*) and Knife Safety (*Arrow of Light*) (Tuesday)

Scouts will earn the privilege of using a knife during Cub Scout activities and prepare for Tuesday evening's foil dinner night!

(Earns the Chef's Knife and Knife Safety Elective Adventures)

Wednesday, Thursday, Friday

Advanced Knot Tying

Scouts use the skills previously learned and expand upon them with more challenging knots.

Fire Building

Scouts learn the basics of fire safety and how to make their fire using matches and a bird's nest.

(Completes requirements for Fireman's Chit)

First Aid Skills

Learn what to do when someone needs help! Completes some requirements in Webelos Walkabout (Webelos) and First Aid (Arrow of Light).

Teamwork Challenge

Scouts work together to complete several different activities that require communication and teamwork to be able to succeed at.

Treasure Hunt

The Ancient Greeks went on many adventures! Follow in Jason and the Argonauts' footsteps as you use your map and compass skills to find the Golden Fleece.

Hikes

Wednesday, Thursday, Friday

- Viewing Rock
- Swimming Hole
- Scouts BSA Camp Tour



Hikes

Wednesday, Thursday, Friday

Swimming Hole

Located about a mile hike away from Camp Post, the Swimming Hole offers a chance to relax and enjoy the river.

Scouts BSA Camp Tour

Take a tour of GSR Camp Marriott to learn more about the Scouts BSA program and what future years of summer camp at the Goshen Scout Reservation may look like!

Viewing Rock

With the Trails head located across from Camp PMI, the 2 mile long hike offers one of the best views of the reservation, while offering scouts a not too challenging hike.

Other Activities

Wednesday, Thursday, Friday

- Service Project
- Shower Time
- Pack Time



Other Activities

Wednesday, Thursday, Friday

Service Project

Participate in a service project to beautify Camp Ross! Projects will be posted prior to the beginning of Summer Camp and available for Pack sign up in late spring. Meet at the Quartermaster.

Shower Time

Make time to go take showers! Remember you can go to the Trading Post when done with showers.

Pack Time

Take some time with your Pack! Packs commonly use this time to use the showers, go to the Trading Post, play games in the Parade Field, go fishing, or relax and play some card games.

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



Evening Program

Field Games (Monday)

Our field games include a wide variety of different activities such as corn hole, horse shoes, Can Jam, Frisbee, and our very own Gaga ball pit.

Foil Dinner Night (Tuesday)

Cook dinner in your campsite! Stop by the dining hall starting at 4:30 pm to pick up your food. Required for all packs.

Staff Hunt (Wednesday)

The Packs working as a unit must find all the staff in the allotted time, as they have been hidden throughout the camp. With different staff members worth different amounts of points.

Star Party (Wednesday After Flag Lowering)

Go out under the stars and see different constellations and planets as our Nature staff use our telescope to look up into the sky.

AOL Campfire (Thursday after flag lowering)

Exclusive for Arrow of Light Scouts, Scouts head out to our White Pine forest to enjoy a Campfire and a fun dessert as well.

Interfaith Service (Thursday)

We offer an interfaith service once a week for any and all who wish to attend.

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!