

GENERAL INFORMATION

S bar F Scout Ranch is 5,200 acres of forest, rocks, streams, bluffs, Nims Lake, wildflowers, the Little St. Francis River, trails, and boundless excitement — all of which makes S bar F Ranch a great place for summer camp. There are four camps on the 270-acre Nims Lake: Camp Sakima, Camp Famous Eagle, Camp Gamble, and Swift Base.

CAMPSITES

Five different campsites at Swift allow your unit to operate as a crew and away from the crowd. The campsite is your home away from home. We encourage each crew to make its site as comfortable as possible. Please wait for a member of the camp staff before setting up any canvas on your campsites or moving into the framed tents. This will avoid having your crew move equipment that was placed in the wrong area. The Crew Advisor or other adult leader is in charge of his or her unit.

HOURS OF OPERATION

Trading Post: Monday - Friday
9:00 a.m. – 11:30 a.m., 2:00 p.m. – 4:00 p.m., and
after evening program till 11:00 p.m.

Camp Office: Monday – Friday
9:00 a.m. – 11:30 p.m. and 2:00 p.m. – 4:00 p.m.

There is someone in the Camp Office or Trading Post to handle emergencies during the above times. You can also find a staff member in the staff living area or at the Ranch Headquarters.

CHECK-IN-AND CHECK-OUT TIME

Check-in time for your crew is Sunday afternoon, 1:00 p.m. to 2:30 p.m. Venturers should not arrive before 1:00 p.m. on Sunday. Check-out for all camps will be by 10:30 a.m. on the following Saturday.

Swift Base business office opens at 1:00 p.m. and the S bar F Scout Ranch office opens at 11:00 a.m. on Sunday.

CAMPSITE SET-UP

Campers are expected to take good care of the camp and its equipment. Charges will be made for damages. Campsites are equipped with a latrine and shower, table, fly, tents and frames, and cots. There are at least eight 3-person and one 2-person frame tents on each campsite. The Program Counselor will assign these frame tents evenly among units on each campsite. Overflow from the frame tents will be assigned to 2-person 9'X7' wall tents. Campers will setup

these tents upon arrival and strike their tents upon departure each week. Unused equipment should be brought back to Swift Lodge. Your Program Counselor will be present on your campsite to assist with check-in, campsite arrangement, and proper tent setup.

Occupants of each campsite are to set up a rotation schedule to take turns keeping the latrines, shower, and grounds clean.

More than one unit may share a campsite, depending on the number of units and campers in camp. Campsite preference will be taken into consideration but our staff will make final campsite assignments. Trek carts are located conveniently for carrying heavy luggage to/from campsites. Trek carts should be returned to the central area immediately after use. Your cooperation is necessary in allowing everyone to use these carts.

FEES

\$220.00 per week. A \$10.00 saving will apply if the full fee is paid by May 3. The nonrefundable reservation fee is \$25.00 per Venturer. Unused reservation fee cannot be applied to any other camp expense and, if not used, will be forfeited. All camp fees should be paid 15 days before the crew goes to camp. A crew may make special arrangements on all or none basis to provide their own food, for religious, dietary, or personal preferences. Call the Director of Camping for details.

One leader is free with three to 10 youth members. One additional leader is free for each additional 10 youth members or fraction thereof. Additional leaders at S bar F, above the free leader policy, will be charged only a \$75.00 fee to cover food costs. Visiting leaders may also purchase individual meals. Visiting leaders also have the option of bringing their own food. Prices and times are as follows:

Breakfast	8:00 a.m.	\$5.00
Lunch	12:30 p.m.	\$5.00
Supper	6:30 p.m.	\$5.00

REFUNDS

All requests for refunds must be made in writing, within 30 days of the unit's departure from camp. The maximum refund per Venturer is \$110.00. Refunds are not available for those arriving in camp late or leaving early. No refunds will be made after September 30, 2010.

CREWS VISITING FROM OUTSIDE THE GREATER ST. LOUIS AREA COUNCIL

Welcome to one of the finest camps in America. Our fees and programs are the same for you. We require two additional items from you upon arrival:

- Tour Permit
- Proof of unit insurance

LEADERSHIP

Coed units - Adult leadership must be provided by mature men and women who are 21 years of age or older, approved by the unit committee on behalf of the chartered partner. Where possible, they should be parents of Venturers and Explorers or married couples. They must be in attendance at all times during camp. There must be at least one man and one woman. It is recommended that there be one couple for each 20 Explorers or Venturers.

All male or female units - Two leaders are required regardless of the number of youth campers attending of the same sex.

Crews may share leadership as long as arrangements are made prior to the week of camp. Notify the Camp Director and the Business Manager prior to camp if units are sharing leadership.

MAIL SERVICE

The correct mailing address is: Venturer's Name, Crew _____
Swift Base
S bar F Scout Ranch
Knob Lick, MO 63651

TELEPHONE SERVICE

The phone number for S bar F Scout Ranch is **573-756-5738**. Ask to be connected to Swift Base. This phone number is for emergencies or leaving messages. If you need to contact a youth member or adult in an emergency, you can leave a message for him or her to return a call. It would be difficult for us to locate the person while you wait on the phone. Although our emergency phone is staffed 24 hours a day, please refrain from calling between the hours of 10:00 p.m. and 8:00 a.m., unless it is a true emergency.

CAMP VISITING HOURS

Parents who take their sons or daughters to camp on Sunday are welcome to inspect our facilities. Friends will not be allowed to visit. Only registered Boy Scouts of Venture age, Explorers, Venturers, and adults who are registered with a unit to attend Swift are allowed at Swift Base.

All adults at Swift Base will wear a colored wristband which will be provided during the check-in process.

PETS

Pets are not permitted at camp. Please inform parents that pets are not permitted when dropping off or picking up their son or daughter.

RELIGIOUS OBSERVANCE

Youth members will have an opportunity to lead Grace at each meal. Suggestions of Graces that may be used are at the end of the Food Service section of this guide.

A nondenominational vesper service will be held in camp. Check the bulletin board in the lodge for details.

MEDICAL EXAMINATIONS AND HEALTH CARE

Every youth member and leader going to camp must, upon arrival, present a completed health record, **Parts A, B, and C** of the Annual Health and Medical Record (form 34605). **Part B** is to be signed by licensed medical personnel. Licensed medical personnel are limited to a doctor of medicine, a doctor of osteopathy, a physician's assistant, or a nurse practitioner. The Annual Health and Medical Record is valid for one year.

Medical forms may be downloaded from the council's web site, www.stlbsa.org.

Unit leaders should collect and review all medical forms prior to camp. If the unit leader has any questions concerning a Venturer's medical form, he or she should contact the parents of the youth member.

Leaders should not permit a Venturer to attend camp if he/she is feeling ill within three days prior to their departure to Swift Base. This includes running a fever or stomach pains.

Adults who will spend less than 72 hours in camp are classified as visiting leaders and are not required to have the physician's statement. They must complete **Parts A and C** of the Annual Health and Medical Record (form 34605). **Note:** Visiting leaders may not swim, boat, rappel, rock climb, ride horses, or participate in the Ropes Course unless they have a **Part B** of the Annual Health and Medical Record (form 34605) signed by licensed medical personnel.

Swift Base has limited first aid supplies in the Camp Office and Aquatics Area.

The unit leader should provide all first aid of youths and adults. All medications will be kept locked up by and dispensed by the unit leader. Unit leaders should keep track of when, how much, the type, and by whom the medication was dispensed. When requested, the camp will hold medications requiring refrigeration or those that the camper and his leaders feel uncomfortable holding. If an injury or illness is beyond the knowledge of the unit leader, the Ranch Medical Staff will respond. The Ranch Medical Director holds sick call in the Program Hall each day. An adult unit leader must accompany a youth member to sick call. Contact the Swift Office for details concerning the times of sick call.

The Ranch Medical Director provides first aid treatment; the camp staff does not. Arrangements have been made with Parkland Health Center to accommodate cases needing attention beyond the scope of the Camp Medical Staff. However, the camp office must be notified if a youth member is being taken to a hospital, so that arrangements can be made for his or her admission. Parents of Venturers are responsible for the cost of any treatment that cannot be done in camp.

Non-emergency transportation of a youth member or adult to a hospital is the responsibility of the unit. In case of an emergency, transportation will be provided by the local authorities. The adult leader or the parents of the youth member are responsible for any costs incurred for emergency transportation.

CAMP SAFETY PROCEDURES

- The buddy system should be used at all times.
- Fires should be put out when leaving your campsite. No fire should be left unattended. Fire Orders and Severe Weather Procedures are posted in each campsite and should be reviewed with the entire membership of the crew. Unit leaders need to appoint a fire marshal for their crew and review the responsibilities of that position with the individual.
- Venturers are not to be transported in the cargo section of trucks.
- All buildings are smoke free. Smokers, please smoke outside in a safe manner away from youth members. It is unacceptable for anyone younger than age 18 to use tobacco products at camp.
- Shoes, boots, sandals, or appropriate footwear should be worn at all times while walking around camp.
- The camp setting offers a great opportunity to observe plant and animal wildlife in their natural surroundings. Please inform your Scouts and adults not to feed or try catching any wildlife. If there is a problem with any type of wildlife you should contact the Camp Office or Camp Staff Member immediately.
- Upon departure from camp, all youth members will leave with their unit leadership, parent, guardian, or an individual approved by the parent or guardian. When a youth member leaves camp with someone other than the above individual, written permission needs to be provided by the legal parent or guardian to the unit leadership. This process is intended to maintain accountability of all Venturers and provide for their safety.
- Camp staff under the guidance of their Camp Director will monitor the camp for unauthorized persons. All participants at Swift Base will wear a colored wristband which is provided during the check-in process. The central Ranch staff and the Camp Rangers will provide assistance. Any questions or concerns regarding unauthorized person will be referred to the Camp Director or the Ranch Director. Those persons found not to be official guests of S bar F Scout Ranch or registered campers will be asked to leave and escorted off the premises. Local law enforcement officers will be contacted in necessary. Any problems or safety concerns regarding unauthorized persons, needs to be referred to the Ranch Director or his designee.

CAMPER ACCOUNTABILITY

The following information should be shared with the unit before arriving at camp so that unit leadership and their youth members may clearly understand what course of action will be taken if camp rules are broken.

- The Venturing Oath and the Scout Oath and Law are the rules in camp. They are all that are needed, and unit leadership is responsible for enforcing these rules and disciplining those youth members who break them.

- In the case of inter-unit conflicts or concerns, the unit leadership of the individual youth members involved is responsible for disciplining each of the individual Venturers or Scouts.
- The camp administration, beginning with the Camp Director of any camp involved, is available and prepared to assist in establishing communication in the event of inter-unit concerns.
- If the camp administration determines further action is necessary from the unit leadership, they will request it. If it is not forthcoming, the chartered organization and/or the District Executive will be contacted.
- The camp administration reserves the right to take action, if necessary, including sending a youth or adult member home immediately who steals, vandalizes, possesses a controlled substance, or intentionally places himself/herself or another camper in danger of harm
- Swift Base is a Scouting facility....it is not designed as a “dating facility.” The camp administration reserves the right to take action, if necessary, including sending a camper home immediately who conducts himself/herself inappropriately in a sexual manner.
- Hazing, “midnight raids,” or other such activities are not allowed at any time at camp. Such activities place campers at unnecessary risk of injury and may cause bigger problems to occur as a result of seemingly small rituals getting out of control.
- Youth members will be expected to be on their campsite by midnight. An adult leader or camp staff member must accompany any youth member who needs to be away from his or her campsite after midnight.
- Finally, it is expected that all youth members and adults camping at S bar F will live up to the principles and values of the Venture Oath and Scout Oath and Law.

EQUIPMENT

All equipment needed for camping is provided at no additional cost. This is National Supply Service equipment and is of the highest quality. The equipment includes the following items: wall tents (two to three people), cots, 12' x 16' patrol fly, and picnic tables. The only equipment that Venturers and leaders must bring to camp is personal duffel. All other equipment is on the campsite waiting for your use. The campsites are equipped with a latrine, washstand, and shower. Youth members and leaders must not remove equipment from other campsites.

Crews may bring unit tentage if desired. Please inform the camp business office in advance if your crew will bring any such equipment so that we may avoid double handling of equipment.

RIFLES AND BOWS

All of the equipment necessary for rifle shooting and archery will be provided by the camp. Do not bring personal equipment to camp.

WEEK NO. 1

If you are attending camp the first week, June 13, you may want to take a gas-powered weed whip to knock down foliage on the fringes of your campsite.

COTS

Our cots may not provide enough support for large leaders or leaders with bad backs. One of our leaders has suggested using a chaise lounge-style lawn chair that folds flat.

VEHICLES IN CAMP

All program and administration sites are within walking distance of each unit's campsite. No access roads to campsites are available by private vehicles. No vehicles are allowed on the Swift campsites. Ample parking areas are provided in the central area and all vehicles, including campers must be parked there. When parking your vehicle, do not block any gate, chain, or road. Any vehicle blocking a chain, road, or gate is subject to towing at the owner's expense. It is important to maintain access to all roads in case of an emergency. Restricted roads will be for use of the authorized and camp vehicles only.

No passengers should be transported in the cargo section of trucks.

Only adults older than 21 are allowed to drive while in camp.

It is expected that if a youth member drives a vehicle to camp, it will remain the parking lot until the individual departs for home. Youth members are expected to remain at Swift and not be running into town or to one of the Boy Scout camps. A youth member will be asked to leave camp if the Camp Director has a concern with that youth member's whereabouts.

CREW SIGNS

Directional signs made out of cardboard or paper trash up the camp. Please do not use them. You may instead want to photocopy and distribute to your members or the parents of your Venturers the camp map from this manual.

DAD & LAD WEEKENDS

The Camping Service of the Greater St. Louis Area Council will conduct Dad & Lad Weekends at the S bar F Scout Ranch. This program enables Cub Scouts and their dads to enjoy a well planned program under the direction of a qualified staff. The weekends are as follows at Swift.

June 26-27

July 10-11

Check-in time is 1:00 p.m. on Saturday, and check-out is 11:30 a.m. on Sunday. Due to the nature of the program and lack of experience, tents are left standing for the Cub Scouts and their dads.

RECOMMENDED ITEMS FOR CREWS TO TAKE TO CAMP

1. Lawn chairs for leaders.
2. Badminton or wiffle ball game for campsite.
3. First aid kit — include sunscreen and after-burn lotion such as aloe.
4. Water cooler.
5. Large battery-operated clock.
6. Cooler for ice, extra foodstuffs, and medicine storage — varmint proof.
7. Wax fire starters and newspapers.
8. Coffee, tea, and creamer.
9. Hose and nozzle.
10. Duct tape — lots of uses.
11. Clothesline and clothes pins.
12. Binders twine.
13. Sealable drywall buckets are great for tinder, “smellables” storage, or as a clothes washer.
14. Soft soap and dispenser for wash basin.
15. Dutch oven.
16. Citronella candle.
17. Large trash bags.
18. Cobbler mixings, peanut butter, etc.
19. Hand ax and bow saw.

PERSONAL EQUIPMENT LIST FOR SUMMER CAMP AT SWIFT BASE

1. Summer camp physical completed and signed by licensed medical personnel
2. Medications with directions — give to your unit leader for safekeeping at camp
3. Duffle bag or pack
4. Venture uniform
5. Sturdy shoes or boots suitable for hiking
6. Sandals
7. Work gloves
8. Ball glove
9. Cap or hat
10. Raincoat or poncho
11. Sweatshirt or jacket
12. Work gloves
13. Underwear
14. Socks (at least 1 pair for hiking), including Scout socks
15. Camp T-shirts
16. Handkerchiefs
17. Pajamas or sleeping attire
18. Extra changes of clothing
19. Blue jeans for Low Ropes Course and horseback riding
20. Ziploc bags to keep clothing items dry
21. Swim suit (pack on top of duffel)
22. Towels (pack on top of duffel)
23. Washcloth
24. Toothbrush and paste
25. Hand soap in container
26. Shampoo
27. Brush or comb
28. Sunscreen
29. Insect repellent (nonaerosol only — see note below)
30. Personal first aid kit
31. Wristwatch
32. Flashlight and batteries
33. Pocketknife
34. Pen, pencil, and paper
35. Sleeping bag or blankets & sheets
36. Pillow (if desired)
37. Canteen or water bottle
38. Camp stool
39. Bible or prayer book
40. Spending money
41. Camera with extra film (disposable recommended)

NOTES:

- **Items not recommended** are electronic devices (game boys, radios, cell phones), items of value, extra food that might attract animals.
- **Items prohibited** are firearms or ammunition, alcohol, fireworks.
- Mark all of your equipment and clothing with your name.
- If you bring insect repellent, bring lotion as bug spray removes the waterproofing from canvas tents.
- A Venturer is welcome in camp, whether or not he or she owns a Venture uniform.

PROGRAM

IN GENERAL

Camp is probably the greatest experience that the crew will have during the year. You'll get tremendous satisfaction out of seeing the following:

- Each Venturer has fun in the great outdoors.
- Each crew leader becomes more responsible.
- Each crew functions as a team.

Your crew will improve as a result of camp. The opportunity to get to know and understand your Venturers will never be better. Get your crew's summer camp program ready by taking these simple steps:

- Set your goals.
- Find out what the Venturers want!
- Involve your crew officers.
- Outline your program.

PROGRAM SUPPORT

The camp program and the scheduling of the crew's part in the camp program are the responsibility of the Camp Director and the Camp Staff. The primary responsibility of the Camp Staff is to see that each unit has a great camping experience. The daily or weekly schedule is not the program — it is a tool for planning and the administration of the program. It is a timetable for certain formal activities and a checklist of opportunities.

Adventure is one of our goals, and it is not found at exactly 9:30 a.m. or 4:15 p.m. It often just happens, or results from, other activities. You will have planned activities, and the camp will have planned special events. Both of these should be and will be placed on the schedule, but things may happen that are not on the schedule and yet will be program.

PROGRAM DIRECTOR

The Program Director will help you plan your crew's schedule. He will assist you in developing and carrying out a full and balanced camping program. If you need help with a hike, rock climbing, mountain biking, or Ranger Award, please see the Program Director.

PROGRAM COUNSELORS

The Program Counselor will come to your campsite daily to visit with the Venturers or older Scouts, review the camp program, or address concerns. They will assist with check-in and check-out.

ACTIVITIES

Aquatics — Includes swimming, tubing, canoeing, rowing, sailing, kayaking, Huck’s Cove, water-skiing, and instruction in all of these areas.

Sports — Includes archery, basketball, fishing, football, horseback riding, horseshoes, shotgun shooting, rifle shooting, soccer, volleyball, and beach volleyball.

Indoor activities — Includes card games, checkers, chess, music, various board games, listening to music, movies, and dancing.

Outdoor high-adventure activities — Hiking, backpacking, mountain biking, nature, rock climbing, rappelling, camp wide games, and ropes course. Campers going mountain biking, rock climbing, and rappelling must use camp equipment and the methods prescribed by the Swift staff.

ACTIVITY SCHEDULING

Your Program Counselor will explain and conduct the scheduling during Sunday check-in.

All of the daytime activities, except water-skiing, run for three-hour blocks of time. This includes rappelling, rock climbing, high-ropes and low-ropes courses, and horseback riding. These four activities are scheduled from 9:00 a.m. to noon or 2:00 to 5:00 p.m. Water-skiing is scheduled three people per hour per boat from 9:00 a.m. to noon and 2:00 to 5:00 p.m.

NOTE: For each of the daytime activities except water-skiing and tubing, a leader should participate or attend with the unit. Leaders who are certified in Rocks or Ropes are more than welcome to assist with these programs. Interested leaders should contact the Program Director.

WHERE TO MEET

Rappelling, rock climbing, and high- and low-ropes courses — Meet at 8:45 a.m. or 1:45 p.m. under the Swift Pavilion. Campers should bring water and recommend clothing is closed-toe tie-able shoe. Low-ropes course participants are required to wear long pants and bring a long-sleeved shirt. Please keep all jewelry and wallets on a campsite with a leader or locked in a vehicle.

Horseback riding — Meet at 8:45 a.m. or 1:45 p.m. at the corral gate. Individuals will need to wear long pants, preferably blue jeans, and closed-toe tie-able shoe. No hats.

Water-skiing and tubing — Meet 15 minutes before your scheduled hour at the aquatics area. Report to the Aquatics Director.

All unscheduled activities, such as rifle shooting, archery, and sailing — Show up at any time during scheduled open hours.

SCHEDULED CAMP PROGRAM

Your crew is a vital part of the camp community. Certain activities, such as campfires, religious worship services, flag ceremonies, etc., are set for the entire camp community. Your crew will want to use the opportunity to participate in these activities:

FLAG CEREMONIES

Flag raising is held at 7:55 a.m. and a retreat ceremony at 6:25 p.m. daily at the Swift Lodge flagpoles. Venturers who have uniforms should wear them to the evening retreat ceremony.

REST PERIOD

Following lunch is a rest hour from 1:00 to 2:00 p.m. This a good time for napping, writing postcards, or just stretching out and gazing at the sky.

CAMPWIDE ACTIVITIES

- **Opening Campfires:** The Opening Campfire is held in the Council Ring on Sunday night. Assemble at the Swift Lodge flagpoles at 8:15 p.m.
- **Archery & Rifle:** Contests in these areas are held for the best archer and marksman, and awards for winners are presented at the Closing Campfire. Check with your Program Director or the Field Sports Director on when these contests will occur. Information will be posted at the ranges and in Swift Lodge.
- **A camp-wide activity** is held on Monday evening. Meet at the Swift Lodge flagpoles. Details will be posted in Swift Lodge.
- **Movie Night:** On Thursday evening a movie night will be held. Weather permitting, the movie may be held outside. Bring your blankets, lawn chairs, and snacks.
- **A Closing Campfire** is held on Friday night at the Council Ring. Assemble at the Swift Lodge flagpoles at 8:15 p.m. Songs, skits, awards, and recognitions are the highlights of the Closing Campfire.

FIELD SPORTS

The Field Sports Area is open Monday through Friday for recreational periods various times throughout the week.

Shotguns are available for use at a cost of \$5.00 per shooting period.

HIKING AND OUTPOST CAMPING

Trails are available for Venturers to hike at the 5,200-acre S bar F Scout Ranch. You may spend a night away from the camp and hike back the next morning. A morning or afternoon hike to

Castle Rock is recommended. Please consult with the Program Director before taking a hike. Proper adult leadership is required with any hike.

ADULT LEADER TRAINING

Unit leaders will have the opportunity to participate in several adult leader training programs while at Swift.

- **Pressurized Fuel Training** for adults is held on the porch of the lodge at 2:00 p.m. on Monday. Please bring your equipment with you to the training.
- **Youth Protection Training** is held on Tuesdays at 2:00 p.m. in the lodge.
- **Trek Safely Training** is held at 9:00 a.m. on Wednesday in the Lodge. A listing of high-adventure information will be distributed at the training.
- **Safe Swim and Safety Afloat** instruction is held in the Aquatics Area on Wednesday at 10:30 a.m.

HORSE CAMP

The 2010 long-term horse program is a seven-day, adventure-filled experience. Features include horseback riding, swimming, skeet shooting, rappelling, campfires, and much more. A horse show will be the grand finale on the sixth day. To be a part of this exciting program, you must be a registered Venturer or Explorer and 14 years of age by June 1, 2010. The dates for the Horse Camp are June 6 through June 12, 2010. Maximum number of participants is 40. The cost is \$220.00, which includes meals, lodging, and program materials. A nonrefundable reservation fee of \$25.00 will hold your spot. All fees must be paid in full by May 1, 2010. Leadership is provided by the Council Trail Guide Committee. A registration form is in Forms section of this guide.

MEETINGS

Meetings for Crew Presidents and Advisors will be held several times during the week to provide program and scheduling information. The meetings will be held at the Swift pavilion.

- Sunday 5:00 p.m.
- Tuesday 11:30 a.m.

CREW PROGRAM

In addition to the many opportunities already outlined here, there are activities that the crew can develop into their program. Some ideas are:

- Daybreak Hike or Fishing Outing
- Horseshoe or Basketball Contest

- Barbeque
- Venture of the Day
- Crew Scavenger/Treasure Hunt
- The Sky's the Limit at Camp!

Finally, there are many good programs that are not mentioned here because we haven't thought of them yet! But if your crew does, you can plan and carry them out.

Seems like there's just too much to do in one week?

That's the way we like it — to keep your Venturers and you coming back year after year!

AQUATIC SAFETY AND FUN

The Camping Committee has set the following procedures in concert with our National Boy Scouts of America policies, recognizing our responsibility to parents and leaders for their sons, daughters, Scouts, Venturers, and Explorers.

Although most of these procedures and rules fall under the “common sense” category, it is important that all acknowledge and understand them. The Camp Director, through his Aquatic Director, will be the final authority in any question of safety, policy, or procedure.

Please keep valuables – jewelry, wallets, cameras, etc. – at your campsite during your swim times.

Scouts and adults should use sun block and wear shirts at the waterfront to avoid sunburns.

Inappropriate swimming attire is unacceptable.

In order to swim, each camper must submit a physical examination record and evidence of swimming ability through testing by qualified examiners. Campers will be qualified according to their swimming ability as Swimmers, Beginners, or Learners.

Learners — No test

Beginners — Swim 50 feet as follows: Jump feet first into water over your head, come to the surface, level off, swim 25 feet, turn sharply, and return to the starting point.

Swimmers — Swim 100 yards as follows: Enter water feet first, swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; swim 25 yards on the back, using a resting stroke; rest by floating or if nonbuoyant, with just enough motion to stay afloat.

The Aquatics Director should be given special notice of campers who are not able to swim well.

PROGRAM

- Crews will be able to swim each day.
- Crew leaders will have the opportunity for instruction in the Safe Swim Defense Plan and Safety Afloat on Wednesday at 10:30 a.m. at the Aquatics Area.
- Recreational canoeing, kayaking, sailing, and rowing are available. Times will be posted in the Aquatics Area.
- BSA Lifeguard – The National Council has made major revisions to the BSA Lifeguard program. The revisions have made it increasingly difficult to meet all the needs in a

single course of reasonable duration. The primary purpose is no longer to give units the skills necessary to conduct safe swimming and boating activities. The two Aquatics Supervision Awards in Swimming and Water Rescue and Paddle Craft Safety are designed to meet that need. The revised BSA Lifeguard program now focuses on the need to provide BSA-operated facilities, such as summer camps, with training that meets the requirements of government agencies for professional lifeguards at regulated swimming activities. BSA Lifeguard will not be offered at camp.

- Aquatics Supervision Award: Swimming and Water Rescue and Aquatics Supervision Award: Paddle Craft Safety – These two hands-on courses provides older Scouts and unit leaders in-depth training in Safe Swim Defense and Safety Afloat principles along with basic swimming, boating, and rescue skills. A Scout must be at least 16 years of age to work on the Aquatics Supervision Awards.
- Huck’s Cove — Huck’s Cove consists of two water slides, a zip line, rope swings, and more. Learners and Beginners are welcome but restricted to shallow areas. Beginners may slide wearing life jackets. Leaders must assist as guards at Huck’s Cove.

BOATING, CANOEING, ROWING, AND SAILING

- Waterfront activities on Nims Lake will take place in authorized areas under the strict supervision of the Aquatics Staff. Anyone violating this rule may be dismissed from camp immediately. Wading outside the swim areas is not permitted.
- The Buddy Plan will be in use at all times, including boating.
- The use of any watercraft is restricted to daylight hours from one-half hour before sunrise to one-half hour after sunset.
- Coast Guard-approved personal flotation device (PFD) for each person aboard a watercraft will be worn at all times except in closely supervised situations as determined by the Aquatics Director.
- Craft are to remain within sight of the waterfront area in the area designated by the Aquatics Director except when under staff escort for special programs.
- In the event of any swamping or capsizing, campers should remain with the craft, which will float, and not attempt to swim to shore or another craft.
- Always check in and out through the Boating Buddy Board.

WHO MAY BOAT

- Only qualified Swimmers may use the rowboats, canoes, or power boats for waterskiing and tubing. According to National Council policy, Beginners or Learners are not permitted in these types of crafts.

- There should be at least two but no more than three campers in a craft.
- Leaders bringing their own craft — sailboat, canoe, rowboat, or fishing boat — to camp must have the approval of the Camp Director, have the craft checked by the Aquatics Director, and follow the procedures as outlined in the policy of the council. Electric trolling motors are permitted; no other motors are allowed. Private craft must be docked at the camp boating area and must abide by all council boating regulations.

The following are not permitted in the aquatics or boating areas:

- Running or horseplay
- Sitting or walking on beached craft
- Food, drink, or any type of glass container
- Standing up in the craft except sculling practice for BSA Lifeguard
- Changing positions in a craft offshore
- Ramming, splashing, or capsizing

FISHERMEN

Wading is not permitted. Do not fish near any swim area including Huck’s Cove. When you lose a lure, a person’s foot generally finds it!

General Information

- Anyone between the ages of 16 and 65 must hold a current Missouri Fishing License.
- Live minnows may not be used in the lake at any time.
- Fishing is not permitted in any waterfront, Huck’s Cove, or boating area. Lines should not be cast toward swimming area ropes, mile swim lines, or any type of floating device anchored for marking safety or direction.

Rules Regarding the Use of Camp Boats By Adults for Fishing

- Rowboats may be used, canoes as available. Required minimum of two craft and minimum two Scouters.
- Hours for the use of the boats by adults are 5:30 to 7:45 a.m. and 7:30 to 8:30 p.m.
- The craft are not to be taken out under adverse weather conditions.
- The camp boating regulations apply at all times except where they conflict with this policy.
- Craft must be left clean, oars and PFDs returned as instructed, and all trash removed from the area.
- The Aquatics Director must be informed when the craft are used for fishing purposes.

Personal craft are subject to these same rules. Personal craft may be used from 5:30 a.m. to 8:30 p.m. The Aquatics Director must be informed of when a personal craft will be out on the water.

FOOD SERVICE

GENERAL INFORMATION

The camp fee includes 17 meals. The schedule for meals is as follows:

Breakfast	8:00 a.m.
Lunch	12:30 p.m.
Supper	6:30 p.m.

Please meet at the Swift Lodge flagpoles five minutes before each meal. Food will not be available other than established meal times. Campers are asked to help with food serving and clean-up. Specific assignments for each unit will be made and posted in the lodge on Monday morning. Each unit will work service crew for three meals, reporting to the dining hall one-half hour before each meal and at 11:00 p.m. to help close the lodge.

Meals will be served family style in the Swift Lodge. An orientation will be given during the check-in process on Sunday.

EXTRA MEALS

Meals for additional leaders can be obtained at Swift, providing 24-hour notice is given to the Swift Camp Director. Costs are \$5.00 per meal - breakfast, lunch, and supper. Additional leaders participating in the program are expected to purchase meals at Swift.

GARBAGE AND TRASH DISPOSAL

Trash bags are provided for transporting garbage to the disposal area located adjacent to the Swift Lodge. Garbage should be disposed of on a regular basis.

EATING EQUIPMENT

Plates, cups, and silverware are furnished at each meal.

ICE

Ice will be available for purchase from the Trading Post.

SPECIAL DIETS

Occasionally, an individual may have varying dietary needs for religious, personal, or health reasons. The camp menu listed on the following page will assist unit leaders in planning for that individual's needs. **Note:** It is the responsibility of the individual and unit to bring any necessary supplements to the menu.

USDA SUMMER MILK PROGRAM

Greater St. Louis Area Council–BSA camps participate in the USDA Summer Milk Program and the USDA Surplus Commodities Program through the Missouri Division of Family Service. Program benefits and services are available to all children without regard to race, color, sex, handicap, age, or national origin. If you feel you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, DC 20250.”

2010 TENTATIVE MENU
SWIFT BASE

BREAKFAST**Monday**

Oranges
Fruit Loops with Milk
Scrambled Eggs
Bacon
Bread & Butter
Jelly

Tuesday

Juice
Apple Cinnamon Toasted Oats
with Milk
French Toast
Sausage Links
Syrup
Butter

Wednesday

Juice
Peaches
Buttermilk pancakes with syrup
Sausage links
Milk

Thursday

Juice
Cereal
Pop tarts
Bagels
Fruit salad
Milk

Friday

Cereal
Scrambled eggs
Diced bacon
Bread and butter
Milk

Saturday

Juice
Frosted Flakes with Milk
Bagel and sweet Rolls

LUNCH

Cold Cuts & Cheese
Potato Chips
Lettuce & Tomatoes
Hoagie Sandwich Bread
Mustard-Mayo
Nutty Bar
Punch

Roast Beef Sandwich
Tator tots
Catsup & Mustard
Potato Salad
Cookies
Pink Lemonade

Beef tacos
Lettuce & Tomatoes
Nacho Chips
Applesauce
Donut stix
Punch

Hot ham and cheese croissants
Tator tots
Oranges
Brownies
Cherry drink

Chicken patty on bun
Cheese
Chips
Pasta salad
Cookies
Punch

DINNER

Roast Turkey with dressing
Mashed potatoes with gravy
Buttered carrots
Bread and butter
Cake
Chocolate milk

Hamburger
Lettuce, tomato, onions
Catsup & Mustard
Chips
Cookies
Koolaid

Sirloin steak
Hash browns
Baked beans
Bread and butter
Chocolate pudding
Chocolate milk

Mostaccoli and meatsauce
Green beans
Salad
Garlic toast
Ice cream
Milk

BBQ pork steaks
Buttered corn
Salad
French bread
Cake
Chocolate Milk

For its nutritional value, we substitute turkey meat products where possible.

GRACE AT MEALS IN CAMPS

The graces listed below are only suggestions. Venturers may use them, or the grace they say at home.

Morning Graces

1. Gracious Giver of all good, Thee we thank for rest and food. Grant that all we do or say, in Thy service be this day.
2. Our Father, we thank Thee, for this new day and for Thy loving care. Help us to be mindful of Thee in these happy, sunlit hours.
3. Heavenly Father, we thank Thee for Thy care through the night and for this new day. Guide us by Thy spirit, and at the close of this day may we not be ashamed before Thee.

Noon Graces

1. Father, for this noonday meal, we would speak the praise we feel. Health and strength we have from Thee, help us Lord to faithful be.
2. Heavenly Father, help us to see the beautiful things in earth and sky which be tokens of Thy love. Walk with us in the days we spend together here. May the food we eat and all thy blessing help us to better serve Thee.
3. Our Father in Heaven, as the day leads on, let us not forget our obligation to honor and serve Thee. We thank Thee for these gifts of Thy bounty. Bless them to our use and our lives to Thy service.

Evening Graces

1. Tireless Guardian on our way, Thou hast kept us well this day. While we thank Thee, we request care continued, pardon, and rest.
2. Heavenly Father, we thank Thee for this day and for Thy presence in it. Forgive us if we have not made it a better day and help us to be tomorrow what we failed to be today.
3. Our Father God, we thank Thee for this evening meal. As Thou hast been mindful of us, so help us to be mindful of Thee, that we may know and do Thy will.
4. Our Father in Heaven, Thou hast given us all things richly to enjoy. We bring our thanks to Thee at this evening meal. Bless us as we partake of this food, and keep us mindful of the needs of others.

Graces suitable for any meal

1. For health and strength and daily food, we give Thee thanks, O Lord.
2. For this and all Thy mercies, Lord, make us duly grateful.
3. For food and health and friendship, we give Thee thanks, O Lord.
4. We thank Thee, our heavenly Father, for this food. Bless us as we partake of it that it may strengthen us for Thy service.

Scout Benediction

May the Great Master of all Scouts be with us 'til we meet again, Amen.

S bar F Ranch Grace

For the gifts of food and freedom
And hills to roam
For crimson sunsets
For the earth, our home
For the stars at night
And gentle wind in trees
Thank you, Great Spirit,
For all of these.
- Amen

Camp Lewallen Grace

Beneath the stars above Logan,
by the river as it winds,
Looking over old Potashnik,
and sheltered by the towering pines,
We thank you Lord for these blessings –
this food, this fellowship, and this day.
And ask your continued grace and mercy
as we carry on the Scouting way.

Philmont Grace

For food, for raiment,
For life, for opportunity,
For friendship and fellowship,
We thank Thee, O Lord.
- Amen

Florida Sea Base - The Keys Blessing

Bless the creatures of the sea,
Bless this person I call me.
Bless the Keys you made so grand,
Bless the sun that warms the land.
Bless the fellow-ship we feel,
As we gather for this meal.
- Amen.

Northern Tier Wilderness Grace

For food, for raiment,
For life and opportunity,
For sun and rain,
For water and portage trails,
For friendship and fellowship,
We thank Thee, O Lord.
- Amen.

**SWIFT BASE
CAMP CHECK-IN PROCEDURE**

SPECIAL NOTE: A camp staff member will be present to work with you and your unit to plan the layout of the campsite.

- A. CHECK-IN: Check-in time is between 1:00 and 2:30 p.m. on Sunday. Please make every effort to arrive during this period. The first meal served is the Sunday evening meal.

- B. REPORT TO THE SWIFT LODGE where we will direct you to your campsite. Please have the following information ready when you arrive at the Swift Lodge:
 - 1. Camp roster with names, addresses, ages, and phone numbers.
 - 2. All receipts for camp fees paid at Council Office.A Program Counselor will meet you on your campsite.

- C. MEDICAL RECHECKS: A medical recheck will be given to every youth member and adult staying in camp. The medical recheck will be conducted on the campsite by your Program Counselor.

- D. SWIM QUALIFICATION AND WATERFRONT ORIENTATION: After going to your campsite to change clothes, your unit will report to the waterfront for swim qualification. Everyone wears a swimsuit and shoes. Please leave valuables back at your campsite.

- E. CAMPSITE: Following swim qualification, your unit will want to go back to your site and check these:
 - _____ TENTS IN ORDER
 - _____ BEDS MADE
 - _____ SITE IN ORDER
 - _____ CHECK EQUIPMENT FOR DAMAGES
 - _____ EQUIPMENT NEEDS SECURED FROM THE CAMP SUPPLY ROOM.

- F. ENJOY THE CAMP: Once everything is set up on your site – come down to the lodge to checkout sports equipment or explore Swift.

- G. RETREAT: On Sunday evening, at 6:25 p.m., the entire camp will attend flag lowering in uniform.

CAMPING SERVICE

SUNDAY SCHEDULE – SWIFT EXPLORER BASE

- 1:30 – 2:30 p.m. Check-in at Swift Lodge for unit leaders
1. Advisors check-in with Business Manager - please have: unit roster, receipts – fees due and medical forms.
- 1:30 – 3:00 p.m. 1. Take gear to site.
2. Check-in with program counselor on campsite.
 3. Medical re-check – on your campsite – all members of unit in swimming suits.
 4. Swim tests
- 5:00 p.m. Presidents’ and Advisors’ meeting in front of lodge
- 6:25 p.m. Retreat – announcements – crew, post, or troop in uniform please
- Dinner
- 8:15 p.m. Opening campfire – meet at flagpoles
 Lodge and trading post opens after campfire
- 11:00 p.m. Lodge closes
- 12:00 midnight CURFEW – all campers on their own campsite

SWIFT SUPERSTAR EMBLEM

Camper or Leader _____ Unit No. _____

1. Participate in any 4 evening camp activities.

ACTIVITY	ADVISOR'S SIGNATURE
Sunday _____	_____
Monday _____	_____
Tuesday _____	_____
Wednesday _____	_____
Thursday _____	_____
Friday _____	_____

2. Complete an approved project to benefit Swift Base. _____

3. Complete 7 of the following:

STAFF SIGNATURE

- | | |
|---|-------|
| A. Go rappelling and tie harness properly | _____ |
| B. Go rock climbing and tie harness properly | _____ |
| C. Participate in the low ropes course | _____ |
| D. Participate in the high ropes course | _____ |
| E. Go horseback riding and show proper saddling | _____ |
| F. Shoot a score of 25 at the rifle range | _____ |
| G. Score a 20 at the archery range | _____ |
| H. Go water skiing or tubing | _____ |
| I. Take out a sailboat and follow proper procedures | _____ |
| J. Participate at Huck's Cove | _____ |
| K. Complete a craft project | _____ |
| L. Kayak, canoe, or rowboat | _____ |

When complete, turn in your card at the camp store and pay the emblem fee.

APPLICATION FOR JOHN S. SWIFT BASE CAMPING AWARD

Crew, Post, or Troop _____ Cluster, District, or Area _____

Week _____ Campsite _____

Our unit has earned the John S. Swift Base Camping Award by satisfying all of the following requirements:

- _____ 1. At least 25% of our members earned the Superstar Award.
- _____ 2. Our unit participated in at least 4 out of the 6 daytime activities - horseback riding, high ropes course, low ropes course, rock climbing, rappelling, and water-skiing.
- _____ 3. At least 60% of our membership attended 4 of the 6 evening programs.
- _____ 4. Our unit went to Huck’s Cove.
- _____ 5. Our unit participated in the closing campfire.
- _____ 6. Our unit did an approved service project while in camp in addition to the service project for the Superstar Award.

Describe: _____

Signed: _____
Crew or Post President or Senior Patrol Leader

Signed: _____
Advisor or Scoutmaster

FOR OFFICE USE ONLY

Award was made on _____
Date

Signed _____
Camp Director

Name _____

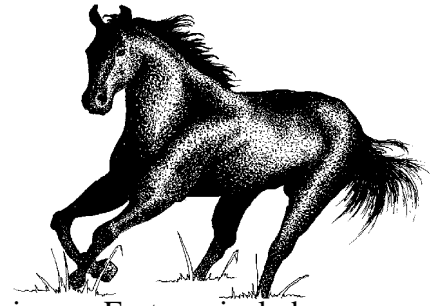
Position _____

Phone number _____

- Mail this form two weeks prior to camp.
- Do not take to the council office and do not fax to camp.

Mail two weeks before camp to: SWIFT BASE
CAMP DIRECTOR
S BAR F SCOUT RANCH
KNOB LICK, MO 63651

HORSE CAMP



The 2010 long-term horse program will be a seven-day, adventure-filled experience. Features include horseback riding, swimming, skeet shooting, climbing tower, campfires, and much, much more. A horse show is conducted at the end of the week. To be a part of this exciting program, you must be a registered Boy Scout, Venturer, or Explorer and 14 years of age by June 1, 2010. Dates for the Horse Camp are June 6-12, 2010. Sign up today! Maximum number of participants is 40. Cost is only \$220.00, which includes meals, lodging, and program materials. A reservation fee of \$25.00 will hold your spot. The registration fee is non-refundable. All fees must be paid in full by May 1, 2010. Leadership is provided by the Council Trail Guide Committee. The program takes place at the Nagel Base of the Beaumont Scout Reservation.



Greater St. Louis Area Council

Boy Scouts of America

2010 Horse Camp Application

Nagel Base

Print all information

Troop No. _____

Crew No. _____

Post No. _____ District/Area _____

Name _____ Telephone No. _____

Address _____

City _____ State _____ Zip Code _____

Date of birth _____ Age _____

Parent Approval/Date

Leader Approval/Date

Send registration form and payment to Camping Service, Greater St. Louis Area Council, 4568 West Pine Blvd., St. Louis, MO, 63108.

OFFICE USE

Reservation Fee \$ _____ Date received _____ Receipt Number _____

Balance of Fees \$ _____ Date Received _____ Receipt number _____

ADVISOR'S AND PRESIDENT'S INFORMATION SHEET

This information should be conveyed to your crew, post, or troop:

_____Mark all personal gear with their name.

_____Bring water bottle.

_____No visitors allowed in camp.

_____No personal firearms or bows are allowed in camp.

_____Please stay out of program areas when they are closed.

_____Please stay away from staff quarters.

_____Curfew is midnight. Be on your campsite at this time and quiet.

_____Report all accidents to the office.

_____No one under 21 is permitted to leave camp.

_____Cars are to remain parked once in camp.

_____Pressurized fuel lanterns and stoves are allowed only through trained leaders.

_____Please do not spray insect repellent or other aerosols in the tents.

_____Missouri State fishing licenses are required if between the ages of 16 and 65.

_____Smoking is not permitted in or around the Swift Lodge or program areas. Smoking is permitted on a campsite around a fire ring. No smoking in tents. It is unacceptable for individuals under the age of 18 to be smoking at camp.

Please remember our four unacceptable: fireworks, alcoholic beverages, drugs – nonprescription or prescription drugs used incorrectly, and acts of a sexual nature.