

**Venture Crew #488 – Canoe Trails
PROGRAM EXPERIENCE**

Based in Vanport, PA, Canoe Trails is a primitive camping and canoeing experience that has been enjoyed by many for more than 50 years. The program trains new participants in the skills needed to successfully participate in a Canadian wilderness canoe expedition.

Canoe Trails is a very rigorous experience and is physically, mentally and emotionally demanding on all participants. Each person will be expected to carry a 50 to 90 pound pack or canoe over portages as long as two miles, or more, and paddle 10 to 20 miles per day, often into the wind. Climatic conditions can range from 25 to 100 degrees F. Canoeing, portaging and camping are activities that have potential for injury. Canoe Trails strives to minimize risks to participants by emphasizing proper safety precautions and proper training. Participants are instructed and trained in safety measures and are taught to incorporate such measures in all activities. Each participant is expected to follow all safety measures and to accept responsibility for the health and safety of all participants.

Recommendations regarding chronic illnesses:

All participants who have any of the following should undergo a thorough evaluation by a physician before considering participation in the training and/or tripping activities of the Canoe Trails Program.

1. Angina (chest pain caused by heart or coronary artery disease)
2. Myocardial infarction (heart attack)
3. Cardiac surgery or angioplasty
4. Stroke or transient ischemic attack
5. Claudication (leg pain with exercise caused by hardening of the arteries)
6. Family history of heart disease or sudden cardiac death
7. Excessive weight
8. Smoking
9. Poor physical conditioning

Physical exertion involved with canoeing and camping may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the conditions listed above should have a physician-supervised stress test. A thallium stress test or stress echocardiogram is recommended for participants who have coronary artery disease. If the stress test results are abnormal, the individual is advised not to participate. If the stress test results are abnormal, the Canoe Trails Program committee may deny participation in activities.

Risk Factors:

Based on the vast experience in the medical community, the BSA has identified that the following risk factors may define your participation in various outdoor adventures.

Excessive body weight	Asthma
Heart disease	Sleep disorders
Hypertension (high blood pressure)	Allergies/anaphylaxis
Diabetes	Muscular/skeletal injuries
Lack of appropriate immunizations	Seizures
Psychiatric/psychological & emotional difficulties	

Seizures (Epilepsy)

A seizure disorder or epilepsy must be completely controlled with medication. A minimum of two year seizure free is considered adequate control, but will require a discussion between the participant's parent(s) and the Canoe Trails Program committee to ensure complete understanding of treatment restrictions. A statement from the participant's attending neurologist will be required before a discussion will be scheduled.

Asthma

Participants with a history of asthma must have good control of symptoms and complete familiarity with medication management. The adult advisor must be made completely familiar with the participant's medical history and medication. Adequate supplies, including extra medication must be brought to all activities. Asthma that requires oral corticosteroid treatment or has resulted in multiple hospital admissions will preclude participation in the Canoe Trails Program. A statement from the participant's attending physician may be required. A discussion regarding participation will be scheduled upon request.

Recent musculoskeletal injury and orthopedic concerns

The intense physical exertion of paddling and portaging heavy gear over irregular terrain requires good muscle and joint function. Recent significant musculoskeletal injury or orthopedic procedure will require a letter of clearance from the participant's physician. A discussion with the Canoe Trails Program committee will be necessary before permission to participate will be granted.

Bee, Wasp, Hornet or other sting allergy

Participants with a history of allergic reaction to such stings will be required to bring a supply of Epi-Pen, Ana-Kit or equivalent, with them to all activities. The adult advisor must be made familiar with this history and with the appropriate use of the kit. A statement from the participant's attending physician may be required. A discussion regarding participation will be scheduled upon request.

Medications

Each participant in the Canoe Trails Program who has a condition requiring medication should bring an appropriate supply of such medication to all activities. All medications must be surrendered to the designated Canoe Trails personnel upon arrival. Each medication must be in its original container, with name, dosage, prescribing physician and date readily legible.

Psychological and emotional difficulties

Psychological and emotional difficulties are generally magnified, not lessened, when a participant is subjected to the physical and mental challenges in a remote wilderness setting. Under no circumstances should medication used to help manage these conditions be stopped immediately prior to participation in Canoe Trails Program activities. This also applies to participants with a history of Attention Deficit/Hyperactivity Disorder (ADD/ADHD) who are normally treated with medication. The adult advisor must be made familiar with the participant's history and medication management.

Food & Environmental Allergies

Attempts will be made to accommodate participants with food and environmental allergies, but such condition may precipitate a denial of participation in Canoe Trails Program activities.

RISK ADVISORY

Canoe Trails Program has an excellent health and safety record. We strive to minimize risks to participants by emphasizing appropriate safety precautions. Most participants do not experience injuries because they are prepared, conscious of risks, and take safety precautions. To participate in this program, each participant must be physically fit, have proper clothing and equipment, be willing and able to follow instructions, work as a team with your group and take responsibility for your own health and safety. For further information, please discuss all concerns with the Canoe Trails Program committee.

Like other wilderness activities, Canoe Trails camping and canoeing activities are not risk free. Each participant must be prepared to listen to safety instructions carefully, follow directions, and take appropriate steps to safeguard yourself and others. Personal flotation devices will be worn at all times when on the water. Participants will stay with the group they have been assigned to at all times.

Emergency communications and/or emergency evacuations can be hampered by weather, terrain, distance, equipment malfunction, time of day and numerous other factors, and is not a substitute for taking appropriate precautions and having adequate first aid knowledge and equipment. Canoe Trails will have first aiders trained in wilderness and general first aid and CPR.

Be aware that professional emergency care or evacuation will not be immediately available.

Per directive of the BSA, individuals desiring to participate in any high-adventure type activity in which emergency evacuation may take longer than thirty minutes by ground transportation will not be permitted to do so if the participant exceeds the weight restrictions as documented within this document.

BSA High-Adventure Weight Restrictions

Height in Inches	Recommended Weight (lbs)	Maximum Weight	Height in Inches	Recommended Weight (lbs)	Maximum Weight
60	97-138	166	70	132-188	226
61	101-143	172	71	136-194	233
62	104-148	178	72	140-199	239
63	107-152	183	73	144-205	246
64	111-157	189	74	148-210	252
65	114-162	195	75	152-216	260
66	116-167	201	76	156-222	267
67	121-172	207	77	160-228	274
68	125-178	214	78	164-234	281
69	129-185	220	79	170-240	295

END DOCUMENT