

Outback Guide

Camp Alexander





IMPORTANT

The Outback Adventure program is designed to be a full “Colorado Experience” over the course of one week. Scouts will experience hiking, mountain biking, rock climbing, white water rafting, and summiting Pikes Peak (one of Colorado’s 53 14ers). This week will be physically demanding and is designed with an ample amount of down time with which scouts and adult leaders should rest and recover for their next day’s adventure.

In order to make the most of your week and have the greatest experience you need to arrive physically prepared to exert yourself daily. You will spend a considerable amount of time at high elevations throughout the week. **When you hike Pikes Peak you will start at an elevation of 10,000’ and climb to 14,115’ in just under 7 miles, then you will return on the same route for a total of 14 miles.** Our Pikes Peak hike will be the most physically demanding event of the week, and we have designed the program to prepare you as much as we can for the high elevation before attempting the hike. We suggest you develop a physical training plan to prepare you for the week.

WATER!!!

We highly recommend that Outback participants start drinking 4 liters of water per day 2 weeks out from attending camp to help with the altitude and to be hydrated by the start of activities. We also recommend that you refrain from drinking sugar and carbonated drinks during this time as well.

REQUIREMENTS

Outback High Adventure and Camp Alexander abide by the national standards of the Boy Scouts of America for the High Adventure Programs.

All participants in units from within the United States must be currently registered with the Boy Scouts of America. Units from outside the United States must be registered with a nationally-recognized Scouting organization.

Camp Alexander is an equal opportunity service provider and a permittee of Pike National Forest.

Scout must be 14 years old or 13 and passed the 8th grade by the start of their Outback High Adventure.

Complete Annual BSA Health and Medical Form Part A-C, including a copy of both sides of health insurance card.

| HEIGHT | | WEIGHT (POUNDS) | |
|--------|-----|-----------------|-----|
| FT | IN | RECOMMENDED | MAX |
| 5' | 0" | 97-138 | 166 |
| 5' | 1" | 101-143 | 172 |
| 5' | 2" | 104-148 | 178 |
| 5' | 3" | 107-152 | 183 |
| 5' | 4" | 111-157 | 189 |
| 5' | 5" | 114-162 | 195 |
| 5' | 6" | 118-167 | 201 |
| 5' | 7" | 121-172 | 207 |
| 5' | 8" | 125-178 | 214 |
| 5' | 9" | 129-185 | 220 |
| 5' | 10" | 132-188 | 226 |
| 5' | 11" | 136-194 | 233 |
| 6' | 0" | 140-199 | 239 |
| 6' | 1" | 144-205 | 246 |
| 6' | 2" | 148-210 | 252 |
| 6' | 3" | 152-216 | 260 |
| 6' | 4" | 156-222 | 267 |
| 6' | 5" | 160-228 | 274 |
| 6' | 6" | 164-234 | 281 |
| 6' | 7" | 170-240 | 295 |

PROGRAM

Outback Adventure Program is an off-camp experience that is designed to provide a taste of all the outdoor adventures Colorado has to offer. The program will include team building skills and leadership development in accordance with the aims and methods of the Boy Scouts of America, plus these great activities;

Mountain Biking – Hiking – Whitewater Rafting – Mountaineering – Rock Climbing

LEADERSHIP AND DEVELOPMENT

All activities are designed to reinforce the principles of the Scout Oath and Law. Outback Adventure includes a number of activities designed to stretch participants outside of their usual comfort zone. Many of the activities involve an element of danger and all of them are physically demanding.

Weekly Schedule

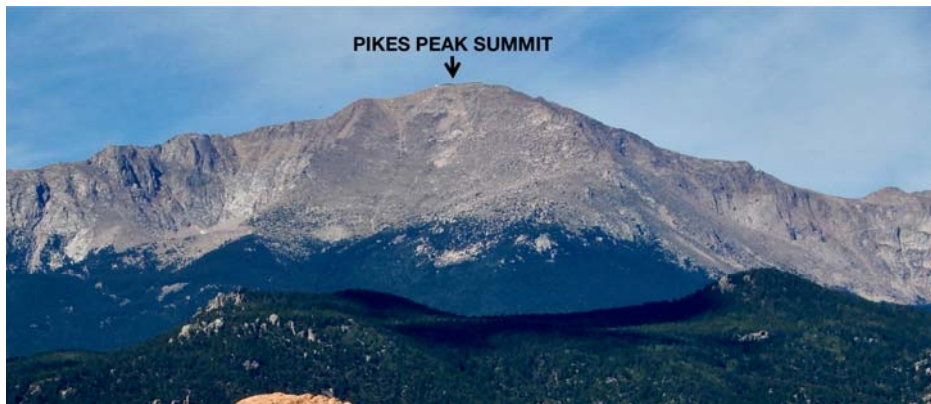
| | | |
|---|---|--|
| SUNDAY | TUESDAY | THURSDAY |
| 1:00 PM Meet Scouts at main parking lot | 7:00AM -Breakfast | 7:00AM -Wake up/Breakfast |
| -Take them to the Outback base. | 8:15 AM -Drive to Red Rocks Canyon | 9:00AM -Mountain Biking |
| -Do medical check | 9:00 AM -Climb and rappel | NOON - Lunch |
| 4:00 PM or when everyone arrives | NOON - Lunch | 1:30 PM- Continue Mountain Biking |
| -Head to Fish Camp | 1:00 PM -Climb, rappel, hike Red Rocks Canyon | 5:00PM -Arrive at river campsite |
| 4:15 PM Set up Camp | 3:30 PM -Clean up and collect all climbing gear | 6:00PM - Dinner |
| 5:00 PM Overview of week | 4:00PM -Drive to Camp A | 7:00 PM - Evening Program |
| 6:00 PM Dinner | 6:00PM -Dinner | 9:00PM -Lights out |
| 7:00 PM Evening Program | 7:00 PM -Evening Program | FRIDAY |
| 10:00 PM Lights out | 9:00PM -Lights out | 7:00AM -Wake up/Breakfast |
| MONDAY | WEDNESDAY | -Break down camp |
| 7:00AM -Wake up & Breakfast | 4:00AM -Wake up/breakfast | 8:15AM-Load vans and head to Echo Canyon |
| 9:00AM - Climb up Blue Mtn | 5:00AM -Start hike up Pikes Peak | -Go rafting all day! |
| NOON -Lunch | Noon -Summit no later than noon | 3:30PM -Load van and head back to camp |
| | 3:00PM -Reach base camp | -Pick up gear from outback area |
| | 5:30PM -Dinner | - Closing remarks hand out patches |
| | 7:00 PM - Evening Program | -Released to Troop and dinner. |
| | 10:00PM -Lights out | SATURDAY |
| | | Leave with Troop |

Pikes Peak

One of the highlights of the week is hiking to the top of Pikes Peak (14,115')! The crew will be hiking from the Crags trailhead. It is 7 miles to the top and 7 miles back with over 4,000 ft of elevation gain. The goal is to arrive to summit Pikes Peak before noon; any later and scouts will be at risk of running into thunderstorms.

Participants should be able to run a 10 minute mile average in order to be in shape for this hike.

There will be a checkpoint along the way where if certain participants will not be able to make the summit by noon (judged by the staff), a group will be taken back down so the rest of the group can summit.



Rock Climbing

Rock Climbing will take place in Red Rock Canyon right next to Garden of the Gods. The program will be run by one of our sponsors, Front Range Climbing. They will have qualified instructors along with all the gear needed to participate. Scouts are not required to bring their own gear. Afterwards, scouts and participants will have the option of seeing Garden of the Gods and the visitor center with time permitting.

White Water Rafting

Whitewater rafting is one of the biggest outdoor activities in the state of Colorado! This activity is run by Echo Canyon. It will be a full day of rafting through Big Horn Sheep Canyon with class 2, 3, and potentially class 4 rapids depending on the water flow rate in cubic feet per second (CFS). **Scouts must have passed the BSA swim test in order to participate.**



Mountain Biking

Mountain biking will take place on several potential treks. We are currently in the process of receiving permits for the Colorado Trail. If we are unable to obtain permits from the Forest service, Mountain Biking will take place in Eleven Mile Canyon and Muller State Park.



Evening Programs

We will have various evening programs scouts can choose to do, such as outdoor games, tubing the river, fishing, and other activities. Please keep in mind that the evening time frame will be used for rest a majority of the time. These activities can be strenuous and we want you to rebuild your strength for the next day.

Food

Food throughout the week will be a combination of patrol cooking and backpacking meals. Patrol cooking will be done at the campsite at Camp Alexander. All cooking supplies and a patrol box will be provided for participants to cook. Everyone will need to help with cooking and cleaning.

Lodging

We will be providing you tents and cots during your stay at Camp Alexander. Each tent will fit up to 4 people.



Personal Packing List

- Sleeping Bag (20 degrees)
- Pillow
- 3-4 shirts (not cotton)
- 1-2 pants (no jeans, hiking pants recommended)
- 2-3 shorts (no jeans)
- 1 pair of sturdy hiking shoes
- 1 pair of tennis/activity shoes
- 3-4 pairs of underwear (no cotton)
- Rain gear (shirt and pant)
- Windbreaker
- Fleece
- Hat (Full brimmed recommended)
- 5-6 pairs of hiking socks
- Sunglasses (polarized recommended)
- Pocket knife
- Daypack to carry items
- Hydration pack or Nalgene style water bottles (at least 3 quarts total)
- Sunscreen
- Bug spray
- Towel
- Shampoo
- Body wash
- Shower shoes
- Toothbrush
- Toothpaste
- Folding chair
- Favorite outdoor game (optional)
- Walking poles/stick
- Footlocker or back pack to hold everything

Camp Alexander will provide the following

- Lodging
- Cot
- Food
- Mess Kit
- Cooking equipment for patrol cooking.
- Propane
- Patrol Box
- Tables
- Dining Fly/Car port
- First aid kit
- Transportation to/from activities
- Gear for climbing , biking, and whitewater rafting
- Sunscreen and Chapstick (feel free to bring your own)

HEALTH & MEDICAL RECORDS

The State of Colorado and Department of Social Services have strict rules that Camp Alexander must follow. Please read the following section carefully. Each person attending Camp Alexander must have an Annual BSA Health and Medical Record within 12 months arrival at Camp Alexander.

Required Medical Documents (BSA Medical form is required for youth and adults):

- BSA Medical Form—For most up to date form, go to Google and search BSA Medical Form
- Copy of health insurance card (both sides) (youth only)
- Colorado Medical Form Addendum (youth only)
- Sunscreen Permission Form (youth only)
- Medication Form—Attached in appendices/resources (youth only)

The BSA Form must be completed and signed by a medical doctor, M.D., D.O., R.N.P. or P.A./C. These are the only signatures which the Colorado Department of Social Services will allow to sign the Health Form.” Chiropractic doctor, D.P.M. signatures are unacceptable under Colorado Department of Social Services requirements.

On page 3 of the BSA medical form there is a section where prescription medications are to be listed. Below that are two signature lines for a parent and a doctor. A parent signature is required even if **NO** medications are listed. The parent **AND** doctor signature is required if **ANY** medications are listed. This requirement is for only for scouts and not adults.

www.scouting.org/filesstore/health/safety/pdf/000-001_abc.pdf

3 / 4

DOB: _____ Expedition/Crew No.: _____
or staff position: _____

Allergies/Medications

Are you allergic to or do you have any adverse reaction to any of the following?

| 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 | |

List all medications currently used, including any over-the-counter medications.

CHECK HERE IF NO MEDICATIONS ARE ROUTINELY TAKEN. IF ADDITIONAL SPACE IS NEEDED, PLEASE INDICATE ON A SEPARATE SHEET AND ATTACH.

| Medication | Dose | Frequency | Reason |
|------------|------|-----------|--------|
| | | | |
| | | | |
| | | | |
| | | | |

YES NO Non-prescription medication administration is authorized with these exceptions: _____
Administration of the above medications is approved for youth by: _____ / _____
Parent/guardian signature MD/DO, NP, or PA signature (if your state requires signature)

! Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor. **!**

NO OTHER FORMS WILL BE ACCEPTED at camp. It will be the Scout’s parent’s responsibility to secure and pay for Health and Medical record prior to camp admittance. All Scouts and adult leaders are required to participate in a medical check with the Camp Alexander Medical Staff upon check-in. **Scouts without a completed and properly signed Medical Form as of 4:00 PM Monday must be picked up that evening by the parents, or taken home by the unit leaders. There will be no refund.**

MEDICATIONS

Under Colorado State Law, any Scouts bringing medication to camp, including herbal supplements and vitamins, must adhere to the following procedures. All medication and herbal supplements must be checked in upon arrival to camp and will be made available by the Camp's medical staff throughout the week. This includes all over-the-counter medications. i.e. Aspirin, Tylenol, etc. We ask, however, that you do not send these medications to camp as we have them available at the Health Lodge. Adults bringing their own medication must secure and lock their medication in their campsite.

All prescription medication must come to camp in the original bottle from the pharmacy. The label must contain:

- a. The camper's name**
- b. Date of prescription**
- c. Doctor's name and phone number**

Daily pill containers are not permitted under Colorado Law.

Please do not cover-up information and instructions on the medication. **A letter or prescription from a licensed medical practitioner (MD, DO, PA-C or RNP) must accompany the vitamins or herbal remedies with the name of the camper, the type of vitamins or herbal remedies, the dosage and the times of dispensing.** If these requirements are not met, the vitamins or herbal remedies will not be made available. They will be placed in a locked container in the Health Lodge and returned to the troop leader at the end of the week. No adult leader or parent will be allowed to dispense any medication, vitamins or herbal remedies to any camper without the approval of the Camp Health Officer. (CO Dept. of Human Services) The **ONLY** medications that will be allowed to remain with the camper, by law, are rescue inhalers, epi-pens or ana-kits for allergic reactions. The type of rescue inhalers will be determined by the camp medical staff. Medications and herbal supplements in pill boxes and non-original containers are considered contaminated and will be disposed of. Please send only enough medication for the week.

It is the responsibility of the adult leaders to ensure that Scouts are taking their medication during the week. Unit leaders must accompany their campers to the Health Lodge for their medications. Please bring all your Scouts taking medication at the same time. Additionally, it is the responsibility of the adult leaders, at departure from camp, to collect any medications or herbal supplements from the Health Lodge.

For speedy check-in, please have each Scout's parent complete the Medication Log Form. This form is used to log the medication administered to each person. If no medications are administered, then no log is needed.

Any camper, upon check-in, requiring treatment for a pre-existing condition (i.e., wound care) should bring a note from

CAMP ALEXANDER IS REQUIRED TO KEEP THE SUBMITTED MEDICAL FORMS ON FILE PER COLORADO STATE LAW FOR 3 YEARS. THE FORM THAT YOU WILL TURN IN FOR THE WEEK WILL NOT BE RETURNED TO YOU. IT IS ADVISED THAT YOU BRING 2 COPIES OF EVERYONES MEDICAL FORM TO CAMP: ONE TO TURN IN AND THE SECOND TO KEEP FOR YOUR RECORDS FOR THE RETURN HOME

ECHO CANYON RIVER EXPEDITIONS, LLC - ECHO CANYON RIVERSIDE, LLC - ECHOLAND, LLC

RAFTING WARNING, ASSUMPTION OF RISK, RELEASE OF LIABILITY & INDEMNIFICATION AGREEMENT
PLEASE READ CAREFULLY BEFORE SIGNING. THIS IS A RELEASE OF LIABILITY & WAIVER OF LEGAL RIGHTS.

1. Definitions. The person who is participating in rafting shall be referred to hereinafter as "Participant". The "Undersigned" means only the Participant when the Participant is age 18 or older OR it means both the Participant and the Participant's parent or legal guardian when the Participant is under the age of 18. "Released Parties" mean Echo Canyon River Expeditions, LLC, Echo Canyon Riverside, LLC, Echoland, LLC and any of their respective successors in interest, affiliated organizations and companies, insurance carriers, agents, employees, representatives, assignees, officers, directors, members, and shareholders. The "Activity" means taking part in rafting, boating, paddling, fishing, swimming, wading, hiking, climbing on rocks and slopes, portaging and traveling to and from Activity site(s).

2. Risks of Activity. The Undersigned agree and understand that taking part in the Activity can be HAZARDOUS AND INVOLVES THE RISK OF PHYSICAL INJURY AND/OR DEATH. The Undersigned acknowledge that the Activity is inherently dangerous and fully realize the dangers of participating in the Activity. The risks and dangers of the activity include, but are not limited to: extreme physical demands and exertion, exhaustion, lack of instruction, lack of communication, lack of medical attention or equipment, choice of rafting course, choice of difficulty of rapids, negligence of guides or other participants, changing weather conditions, changing water conditions, cold water immersion, hidden underwater obstacles, trees or other above water obstacles, slippery terrain and falling, changing and unpredictable currents, holes, hydraulics, drowning, exposure, swimming in cold water rapids, overturning, improper use of or lack of equipment, man-made objects, jumping off rocks, wildlife, carrying rafts and other equipment, entrapment of feet or other body parts under rocks or other objects, equipment failure, dehydration, sunburn, driving to and from the Activity site(s), Participant's poor health or physical condition, and mental distress from exposure to any one of the above. THE UNDERSIGNED ACKNOWLEDGE AND UNDERSTAND THAT THE DESCRIPTION OF THE RISKS LISTED ABOVE IS NOT COMPLETE AND THAT PARTICIPATING IN THE ACTIVITY MAY BE DANGEROUS AND MAY INCLUDE OTHER RISKS.

3. Release, Indemnification, and Assumption of Risk. In consideration of the Participant being permitted to participate in the Activity, the Undersigned agree as follows:

(a) **Release.** THE UNDERSIGNED HEREBY IRREVOCABLY AND UNCONDITIONALLY RELEASE, FOREVER DISCHARGE, AND AGREE NOT TO SUE OR BRING ANY OTHER LEGAL ACTION AGAINST THE RELEASED PARTIES with respect to any and all claims and causes of action of any nature whether currently known or unknown, which the Undersigned, or any of them, have or which could be asserted on behalf of the Undersigned in connection with the Participant's participation in the Activity, including, but not limited to, claims of negligence, negligence *per se*, negligent misrepresentation, premises liability, tort claims, breach of warranty, statutory violations and breach of contract.

(b) **Indemnification.** The Undersigned hereby agree to indemnify, defend and hold harmless the Released Parties from and against any and all liability, costs, property loss, medical bills, loss of income, expenses, attorney's fees, liens, subrogation rights, and all other damages of any kind or nature whatsoever, and from any suits, claims or demands, including legal fees and expenses whether or not in litigation, arising out of or related to Participant's participation in the Activity. Such obligation on the part of the Undersigned shall survive the period of the Participant's participation in the Activity.

(c) **Assumption of Risk.** The Undersigned agree and understand that there are dangers and risks associated with the participation in the Activity and that INJURIES AND/OR DEATH may result from participating in the Activity, including, but not limited to, the acts, omissions, representations, carelessness, and negligence of the Released Parties. The Undersigned acknowledges that participation in the Activity is voluntary. The Undersigned also acknowledge that Participant is physically and mentally capable of participating in the Activity. By signing this document, the Undersigned recognize that property loss, injury and death are all possible while participating in the Activity. RECOGNIZING THE RISKS AND DANGERS, THE UNDERSIGNED UNDERSTAND THE NATURE OF THE ACTIVITY AND VOLUNTARILY CHOOSE FOR PARTICIPANT TO PARTICIPATE IN AND EXPRESSLY ASSUME ALL RISKS AND DANGERS OF THE PARTICIPATION IN THE ACTIVITY, WHETHER OR NOT DESCRIBED ABOVE, KNOWN OR UNKNOWN, INHERENT, OR OTHERWISE.

4. Minor Acknowledgment. In the case of a minor Participant, the Undersigned parent or legal guardian acknowledges that he/she is not only signing this Agreement on his/her behalf, but that he/she is also signing on behalf of the minor and that the

minor shall be bound by all the terms of this Agreement. Additionally, by signing this Agreement as the parent or legal guardian of a minor, the parent or legal guardian understands that he/she is also waiving rights on behalf of the minor that the minor otherwise may have. The Undersigned parent or legal guardian agrees that, but for the foregoing, the minor would not be permitted to participate in the Activity. By signing this Agreement without a parent or legal guardian's signature, Participant, under penalty of fraud, represents that he/she is at least 18 years of age. If signing as the parent or guardian of a minor Participant, signing adults represent that they are a legal parent or guardian of the minor Participant.

5. Medical Care. Undersigned authorize the Released Parties and/or their authorized personnel to call for medical care for Participant or to transport Participant to a medical facility or hospital if, in the opinion of such personnel, medical attention is needed and it is possible to call for medical care for Participant or transport Participant to a medical facility or hospital. Undersigned agree to pay all costs associated with such medical care and related transportation.

6. Photographic and Video Imagery. Undersigned agrees that Echo Canyon River Expeditions, LLC, and persons authorized by them, may use such imagery of Participant taken during the Activity in promotional materials. Undersigned further agrees that any such imagery acquired by the Participant must be provided to Echo upon request.

7. Miscellaneous. The Undersigned further agree and understand: (a) Participant will not engage in any activities prohibited by any applicable laws, statutes, regulations and ordinances; (b) this Agreement shall be governed by the laws of the State of Colorado, and the exclusive jurisdiction for any claim shall be the District Court of Fremont County, Colorado or the federal court of the State of Colorado; (c) THIS AGREEMENT CONSTITUTES THE ENTIRE AGREEMENT BETWEEN THE PARTIES HERETO AND SUPERSEDES ANY AND ALL PRIOR CONTRACTS, ARRANGEMENTS, COMMUNICATIONS, OR REPRESENTATIONS, WHETHER ORAL OR WRITTEN, BETWEEN THE PARTIES RELATING TO THE SUBJECT MATTER HEREOF INCLUDING BUT NOT LIMITED TO ANY PRIOR REPRESENTATIONS ABOUT THE ACTIVITY ITSELF OR THE SAFETY THEREOF; (d) the Undersigned is voluntarily and fairly entering into this Agreement. The Undersigned understand and acknowledge that this Agreement is a contract and shall be binding to the fullest extent permitted by law. If any part of this Agreement is deemed to be unenforceable, the remaining terms shall be an enforceable contract between the parties. It is the intent of the Undersigneds that this agreement shall be binding upon the assignees, subrogors, distributors, heirs, next of kin, executors and personal representatives of the Undersigned.

I HAVE CAREFULLY READ THE FOREGOING ASSUMPTION OF RISK, RELEASE OF LIABILITY & INDEMNIFICATION AGREEMENT AND UNDERSTAND ITS CONTENTS. I AM AWARE THAT I AM RELEASING LEGAL RIGHTS THAT OTHERWISE MAY EXIST.

Printed Name of Participant

Signature of Participant

Date

Printed Name of Parent/Legal Guardian

Signature of Parent/Legal Guardian

Date

Address

City

State

Zip Code

Age of Participant

Telephone

Email address

ALL PAPERWORK REQUIRED TO BE TURNED IN 11 DAYS PRIOR TO CAMP

Due to new State of Colorado Child Care Regulations, all paperwork for youth and adult campers are REQUIRED to be turned into the Pikes Peak Council 11 days prior to your unit attending camp. The forms submitted will be reviewed to ensure all paperwork is completed correctly. The forms will be at Camp Alexander when you arrive. The forms you submit WILL NOT be returned to you. Colorado requires us to keep all medical forms on file for 3 years. Please be sure your unit brings a copy of medical forms for your own use. In addition to sending medical forms, we will be asking you send the additional forms needed for your unit to help make the check in process easier for you.

Youth Camper Paperwork Check List

- BSA Medical Form Parts A, B, and C
- Copy of insurance card
- Colorado Addendum
- Medication form
- Sunscreen permission form

Adult Camper Paperwork Check List

- BSA Medical Form Parts A, B, and C
- Copy of insurance card
- Adult Reference Form
- Proof of YPT
- Proof of BSA registration

Whole Unit Paperwork Check List

- Swim Classification Record
- Rafting Waiver

| Camp Date | Forms required to be turned in | Suggested postmark date to mail |
|-----------------------|--------------------------------|---------------------------------|
| Week A June 2—8 | May 22 | May 15 |
| Week 1 June 9-15 | May 29 | May 22 |
| Week 2 June 16—22 | June 5 | May 29 |
| Week 3 June 23—29 | June 12 | June 5 |
| Week 4 June 30—July 6 | June 19 | June 12 |
| Week 5 July 7—13 | June 26 | June 19 |
| Week 6 July 14—20 | July 3 | June 26 |
| Week 7 July 21-27 | July 10 | July 3 |

**SEE NEXT PAGE
FOR
PRINTABLE LABEL**

Pikes Peak Council Attn: Camp Alexander Outback Adventure

Unit Number: _____ Week attending: _____

985 W. Fillmore St.

Colorado Springs, CO 80907

CUT ON THE ABOVE LINE

DO NOT SEND MONEY IN THIS PACKET
ONLY SEND PACKET TO THE ABOVE ADDRESS
DO NOT SEND TO CAMP ALEXANDER