

## Safety While Outdoors

Last Updated Monday, 10 December 2007

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The majesty of the outdoors presents a FUN and exciting place for Scout activities, but Scouts must follow the guidelines of Adventure Scouts USA in addition to using common sense during their enjoyment of the outdoors.

### Hiking

\* One must never allow a Scout to hike alone out of view of an adult



\* One must never allow Scouts to hike alone out of view of an adult.

\* Scouts should be assigned a hiking buddy, who should at all times be vigilant as to the whereabouts of their buddy.

\* One should map out the trail ahead and regularly evaluate where they are on the trail.

\* Always carry a compass and trail map.

\* Adults should be spread out throughout the hiking party with an adult in front, in the middle and in the rear.

\* Regularly make sure everyone is physically able to keep up.

\* Always make sure that more than an adequate supply of water and energy bars are carried.

\* Always make sure everyone is hydrating at regular intervals.

\* Always wear clothing, hats and proper boots that will protect as much as possible against poisonous plants, scratches, insect bites and sunburn.

\* Always advise others where the group is going, the route they are taking and the time of your expected return.

\* Always carry appropriate first aid equipment for the type of hike.

### Tent Safety

\* Only use non-flammable tents.

\* Erect tents no closer than 10 feet from a fire or heat source.

\* Space tents at least 10 feet apart to avoid fire from leaping from one to the next.

\* Always be aware of the danger of carbon monoxide fumes entering a tent from a fire or any flame or heat source.

### Cooking

\* Only those who are tending to a fire or cooking should be near the fire or cook area



\* Scouts must always be supervised when near a fire or in the cooking area or near any flame or heat source.

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- \* Prior to lighting a fire or flame or heat source for any use, the regulations and fire level must have been determined.
- \* Sources of fuel used for cooking or a fire must always follow the regulations in force at the location.
- \* When car camping, buckets of water, sand, shovels and fire extinguishers must be present and near the cooking area and/or fire.
- \* When backpacking, buckets of water, sand, shovels and fire extinguishers must be present and near the cooking area and/or fire.
- \* One must never use nor allow matches, lighters, lanterns, stoves, heaters or any flame or heat source inside a tent or vehicles of any type.
- \* Matches, lighters or any flame or heat source must always be kept out of reach of non-trained Scouts.
- \* When making a fire circle always insure it is adequately protected and large enough to prevent a fire from spreading.
- \* Always make sure that all fires are properly extinguished prior to leaving an area.
- \* Always make sure fires are not recklessly built nor fueled excessively.

### Safety Around Water

- \* Since drowning can occur in as little as an inch of water no one may be unsupervised when in or near water.
- \* No one should be permitted to run, jump on others, or pull others under the surface.
- \* One should always make entry into water initially by wading or jumping in water until the depth has been determined.
- \* No diving head first.
- \* Prior to entering water, the area must be checked for safety and evaluated for depth, currents, undercurrents, debris and any other safety hazard in or around the area.
- \* Glass objects must never be allowed near water.



- \* Only U.S. Coast Guard Approved personal flotation devices or jackets shall be worn by everyone in all vessels of any kind and when near water of any sort other than pools.
- \* During lightning or bad weather, no one must be near or in the water.
- \* The buddy system should always be used when in or near water.
- \* One may only enter water after determining that the temperature is safe.
- \* A change of clothing must be available after leaving the water.

### Outdoor Safety

- \* Unless plants, fruits or vegetables are known to you, avoid direct contact or eating them.
- \* When aware of any poisonous plant in the local area, one must take proper precautions to identify them and avoid them.
- \* When aware of any poisonous animal in the local area, one must take proper precautions to identify them, avoid them and avoid surprising them.
- \* When aware of any dangerous animals in the local area, one must take proper precautions to identify them, avoid them and avoid surprising them.
- \* When aware of any wildlife in the local area, one must take proper precautions to identify them and avoid surprising them.
- \* Sunscreen of SPF 15 or greater is recommended.

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- \* Sunscreen should be applied at least 15 minutes prior to exposure to the sun, applied frequently and used even when conditions are hazy.
- \* Proper clothing, including length of sleeves, color of garments and type of material should be worn to prevent sunburn, scratches and contact with poisonous plants, animals and insects.
- \* All should carry layers of clothing to be prepared for change in weather.
- \* Changes in the body temperature of Scouts may occur faster than that of an adult, therefore, care must be undertaken to insure the safety of the Scout.
- \* The application of insect repellent must carefully follow manufacturer's instructions and use on Scouts must be undertaken with care.
- \* When necessary, use insect repellent and carefully follow manufacturer's instructions.
- \* After being in the outdoors, exposed skin and clothing should be checked for ticks and insects.
- \* Clothing should be shaken before putting it on and footwear should be checked.
- \* The use of perfumes and scented products should be avoided.
- \* Scouts must never be left alone with animals, even if presumed harmless.
- \* Be snake aware and properly watch out for them.
- \* Avoid disturbing encountered animals.
- \* Everyone should drink water frequently.
- \* Confirm current weather conditions and the forecast in the area in which one is camping just prior to leaving for time in the outdoors.
- \* Carry a first aid kit with appropriate supplies for the length, type and duration of your journey.
- \* Obtain and carry emergency telephone numbers and identify the location of the nearest telephone, ranger station, and hospital or first aid station.
- \* Since cell phone networks are expanding, carry a cell phone if possible and if signal is available.
- \* Bring flashlights, batteries, extra food, water, extra layers of clothing, rain gear, heat and fire source in case of sudden weather change.
- \* Always advise others where the group is going, the route they are taking, and the time of your expected return.