



BOY SCOUTS OF AMERICA®
TIDEWATER COUNCIL

2024 KLONDIKE DERBY
PIPSICO SCOUT RESERVATION



KLONDIKE DERBY 2024



FEBRUARY 23 - 25, 2024

PARTICIPANT GUIDE

(LAST UPDATED 8/30/23)

TIDEWATER COUNCIL, BSA
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VIRGINIA BEACH, VA 23455
WWW.TIDEWATERBSA.COM

PIPSICO SCOUT RESERVATION
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EVENT INFORMATION

When	February 23 - 25, 2024 (Friday – Sunday)		
	There is no rain/snow date for this event. All units should prepare for foul weather.		
What	Experience cold weather camping, Team Building experiences, Leadership Development, and fun ways to practice and hone Scout skills.		
Who	This event is open to Scouts BSA, Venturers, Sea Scouts, and Explorers.		
Where	Pipsico Scout Reservation, Camp Lions 57 Pipsico Road Spring Grove, VA 23881		
Contact	Mike Maruska – Event Chair	757-641-2373	mikemaruska1179@gmail.com
	Wes Sherman – Staff Advisor	757-524-0022	William.sherman@scouting.org

Register **Online registration will open 10/9/23 @ 12AM**

Register/ Pay online by [CLICKING HERE](#). To make registering for events easier than ever before, we are rolling out a different system. *If you have trouble registering, view these 3 min. videos: [PART 1](#) - [PART 2](#).* You CAN register online AND pay online using funds from your unit's Council Store account. Transactions and reservations are not complete until payment is posted. Prior to arriving at the event, please finish the registration process by entering the names of all participants, both youth and adult, attending the event (this allows for faster check-in).



Register before Dec 1st and each patrol gets 3 extra Gold coins. Register between Dec 1st and Jan 1st and receive two Gold Coins.

Cost **\$26** per Scout, **\$15** per adult when paid in full before February 12, 2024

Late registration fees are **\$31** per Scout, **\$20** per adult when paying February 12, 2024 and after.

NO REGISTRATIONS WILL BE ACCEPTED AFTER FEBRUARY 17, 2024

PRE-REGISTRATION IS REQUIRED. THERE WILL BE NO ON-SITE REGISTRATION.

Reductions & Refunds Refund requests must be made on Tidewater Council's Refund Application prior to the event and are subject to a 15% surcharge processing fee. Funds will be returned to the payee/unit via their store account or by check. Refunds will be granted only in the case of documented illness or family emergency. **NO refunds** can be given if notified **within 14 days of the event** as pre-paid expenses will already have been incurred. No refunds for partial attendance will be granted.

Registrants must pay for slots upon registration. Once checkout is complete, requesting a reduction can **ONLY** be completed by submitting a Refund Application to the event contacts and is subject to a 15% processing fee. Reductions in registrations can **ONLY** be made up to **14 days before the event** unless the event sells out. Should the event sell out, the unit will be financially responsible for the full reservation. This is to limit over-booking on popular events.

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CONCEPT

In August 1896, prospectors discovered gold in the remote Klondike region of Canada's Yukon Territory. In July 1897, the S.S. Portland arrived in Seattle, Washington, with more than a ton of Klondike gold on board. This event touched off the great Klondike Gold Rush as thousands of people who dreamed of becoming wealthy began booking passage on steamers heading north from Seattle and other West Coast ports to the Yukon. Upon arriving at the northern end of the Inside Passage, however, these adventure-bound stampeders found no easy route leading to the still distant Klondike region. Their progress was slow as each prospector made repeated trips over the rugged trail through the bitter cold.

Imagine pulling a sled loaded with three to six hundred pounds of supplies over a stretch of ice up a steep grade, strewn with boulders and logs, then crossing over a river bed on a couple of trees laid side by side and you get a picture of their labors. Facing 60-mile-an-hour winds in 65-degree-below-zero weather, the prospectors had to ascend the Chilkoot Pass -- 1,000 feet straight up. With a steady stream of stampeders lining the path each day, it took forty trips to get a ton of supplies up the mountain. Those who survived the mountain then faced a treacherous passage by boat to the town of Dawson near the gold fields.

Since 1949, Boy Scout units have been participating in Klondike Derbies as a way to honor this historic time. Scouts pull a sled loaded with supplies from station to station and compete in various Scout skill based events. Pipsico Scout Reservation is carrying on the tradition! Webelos patrols may attend with a Scouts BSA unit.

The Klondike Derby consists of a race between multiple stations where patrols/ teams/ units will test their Scout skills and their leadership abilities, earning points towards a total score. Each team must transport their gear that will be necessary to complete the stations on a homemade sled **with wheels or Skies** pulled by the Scouts. Lunch on Saturday is the only meal provided by camp for this event. All other meals for the event will be provided and prepared by the individual units within their respective campsites.

This event is open to Scouts BSA, Venturers, Sea Scouts, and Explorers. Each team of 4 to 8 people will have one sled for the trek. Other Scouts are encouraged to cheer on their team as they complete each station. Unit/Teams will lose points for any additional assistance from bystanders. Participants may be considered youth, through age 20; however, registrants aged 18-20 may register as adults if they are supporting youth in a capacity of a "BSA Adult Member." Attendance is limited to the first 350-registrants.



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TENTATIVE SCHEDULE & PROGRAM

Friday

5:30 – 9:30 PM	Check-in Burton Center (Roster, Team Roster Turned in)
9:00 – 9:30 PM	Staff Meeting (Dining Hall)
7:00 PM – 9:30 PM	Sled Inspection OA Shelter (pre-assembled ready for inspection) (Earn extra points for Inspecting Friday Night)
9:30 PM	Leader's & SPL's Meeting (OA Shelter- Base Camp)
10:30 PM	Scouts Return to Campsites
11:00 PM	Lights Out

Saturday

6:00 – 8:00 AM	Breakfast in Campsites
7:00 – 8:10 AM	Sled Inspection OA Shelter (pre-assembled ready for inspection)
8:15 AM	Opening / Flags (Awesome Field)
9:00 AM – 12:00 PM	Klondike Race!
12:15 – 1:15 PM	Lunch (Dining Hall Amphitheater)
1:30 – 5:00 PM	Klondike Race!
5:00 – 5:30 PM	Blue Heron Lodge Callout Setup Meeting
5:15 - 7:00 PM	Dinner in Campsites
7:15 – 7:30 PM	Scouts Gather in Amphitheater (OA Members Wear Sashes)
7:45 - 8:30 PM	OA Call Out Ceremony / Awards Ceremony (Amphitheater)
8:45 – 9:30 PM	Cracker Barrell (Hot Chocolate)
9:30 – 10:00 PM	Leader's & SPL's Meeting (Dining Hall)
10:30 PM	Scouts Return to Campsites
11:00 PM	Lights Out

Sunday

6:00 – 7:15 AM	Breakfast – Units in Campsites
8:00 – 11:00 AM	All Units Leave Camp - SAFE DRIVE HOME!

All meals (other than Sat Lunch) are the unit's responsibility

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COMPETITION

The weekend will be filled with FUN and competition. Scouts will compete as a Patrol (4 to 8 Scouts). Several activity stations will be set up throughout Camp Lions. Scouts will compete by participating in a variety of activities which will require Scouts to demonstrate basic Scouting skills, team work, problem solving and most of all, show Scout Spirit! Scoring will be done by completion and time as teams may not complete all stations on the Klondike Trail. Station themes are Fire Building / Cooking, Wilderness Survival, Rifle Shooting, First Aid, Pioneering and Obstacle Course.

REQUIRED SLED CARGO - EACH PATROL SLED MUST HOLD THESE ITEMS (THIS IS A SCORED EVENT)

- | | |
|---|--|
| <input type="checkbox"/> Lightweight, All-terrain sled (wheels/Skies) | <input type="checkbox"/> Ball of twine for lashing |
| <input type="checkbox"/> Boy Scout Handbook | <input type="checkbox"/> Blanket |
| <input type="checkbox"/> #10 Coffee Can | <input type="checkbox"/> Compass & GPS Unit |
| <input type="checkbox"/> Axe or Hatchet with Cover | <input type="checkbox"/> Cup or Water Bottle for each Scout |
| <input type="checkbox"/> Leather Gloves for each Scout | <input type="checkbox"/> Roll of Duct Tape |
| <input type="checkbox"/> Bow Saw with Cover | <input type="checkbox"/> First-Aid Kit (Include four neckerchiefs) |
| <input type="checkbox"/> Camp Shovel | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Large Aluminum Pot | <input type="checkbox"/> Flint & Steel or Hot Spark |
| <input type="checkbox"/> 10 ft. x 10 ft. Tarp | <input type="checkbox"/> A Pencil & Paper for each Scout |
| <input type="checkbox"/> 30 ft. of Rope (1/4" – 1/2" in Size) | <input type="checkbox"/> Pocket Knife for each Scout |
| <input type="checkbox"/> Three Hiking Staves | <input type="checkbox"/> Rain Gear for each Scout |
| <input type="checkbox"/> Patrol Flag | <input type="checkbox"/> Three Gallons of Water |
| <input type="checkbox"/> Patrol Roster | <input type="checkbox"/> Trash Bag |
| <input type="checkbox"/> Totin' Chip card per Scout | <input type="checkbox"/> Two Tents |
| <input type="checkbox"/> One Copy of Leader's Guide | <input type="checkbox"/> Water Bottle per Scout |
| <input type="checkbox"/> Gallon Size Ziploc Bag for Paperwork | <input type="checkbox"/> Matches for Fire Starting |

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CHALLENGES

There will not be an event list posted prior to the Klondike Derby. Trek challenges will focus on Scout skills in Fire Building / Cooking, Wilderness Survival, Shooting Sports, First Aid, Pioneering and Lumberjack Skills.

LEADERS

Volunteers are welcomed from all Troops. Contact Event Chair to see how you can help.

KLONDIKE DERBY RULES

Read the challenges. Each team is responsible to have everything they will need on this trek, listed on Require Sled Cargo. Nothing will be supplied except for the Gold Nuggets, Breakfast basket ingredients, and a hot lunch.

- Sleds are to be constructed by youth.
- **Sleds must have at least 2 wheels or skis** attached and be functional.
- All sled must be propelled only by Scouts.
- No electrically powered devices are allowed.
- Teams should be prepared to have sleds travel over rough terrain.
- All Sleds will be inspected prior to the start of the race for safety. Points will be given for getting Sled inspected Friday Night.
- Teams consist of a minimum of 4 Scouts or maximum of 8 Scouts. Teams must finish with the same number of participants you start out with.
- Teams must attempt all challenges.
- Teams must be at the starting line on time, this is when the clock will start.
- Teams must follow the designated course.
- Teams must have everything secured on their sled or carried on their person.
- Safety Observer / Timekeeper will be at each station along with Station Coordinator.

GENERAL EVENT INFORMATION

ADULT LEADERS

All units must ensure that they meet the BSA two-deep leadership requirement in camp at all times. BSA policy requires at least two adult leaders be in camp at all times; one must be 21 years or older. See Guide to Safe Scouting for clarification. Troops should be organized under the Patrol method, led by their Senior Patrol Leader for, Crews under the President. All campers must be registered members of the BSA. This is NOT a camp event for Provisional Scouts.

CAMPsites

Campers need to provide their own tents and beddings. All Pipsico tents and cots are in storage for the winter. Sites will be assigned based on registration date and Unit size. Units are encouraged to set up their campsite with their unit number, an American Flag, unit flag, and patrol flags. A minimum number of sites have electricity for those requiring medical devices. Please identify your electricity needs on your registration.

CHECK-IN

Unit Check-in will be conducted from **5:30 pm till 9:30 pm** on Friday at the Burton Center, in Camp Lions, on Pipsico Scout Reservation. Do not arrive early, there will be no one to check you in, you may **NOT** enter the campsites prior to check-in.

For the safety of Scouts walking through camp, only vehicles pulling unit trailers are allowed beyond the yellow gates inside Base Camp. The trailer must be unhooked and parked in the designated area adjacent to your

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campsite. No unit trailers are to be parked past the wooden post located inside the campsites. Tow vehicles are to be immediately moved to the front parking lot. All other vehicles are to stay in the parking lots and any addition gear or Scouts will have to hike in or can utilize one of the FEW available carts, located at the Burton Center. Your cooperation is greatly appreciated.

CHECK OUT

Check out will begin on **Sunday at 9:00 AM** with a Pipsico Scout Reservation staff member. Please ensure that your camping area is left better than what you found it (Leave No Trace) and that your latrines have been swept clean and toilet lids are down. ONLY AFTER 8:00 AM on Sunday, will tow vehicles be allowed into the camping area. Units leaving Saturday night must notify the staff in advance for checking out procedures.

CAMP RULES

- The Boy Scout Oath and Law
- NO fireworks, pets, firearms, or TV's
- Scouts are not permitted to roam through campsites during scheduled activities.
- Scouts are not permitted to leave the boundaries of Pipsico Scout Reservation.
- Areas Off-limits- Staff quarters (behind the dining hall), shooting ranges and the cliffs at the waterfront.
- The Guide to Safe Scouting
- Leave No Trace

MEALS

Lunch on Saturday is the only meal provided by camp for this event. All meals for the event will be provided and prepared by the individual units within their respective campsites.

STAFF

Weekend events are staffed by volunteers. The Boy Scouts of America is a volunteer run program. Every unit that participates in weekend events is expected to provide some form of contribution to the success of that event. Staff positions are available for direct program support as well as logistical support. Please inform the event chairman, or other contacts listed in this guide, of the names and contact information for those volunteers in your unit who may help contribute to the event's success.

TRADING POST

The Pipsico Trading Post will be OPEN throughout the weekend for your convenience. In addition to outdoor program materials, our Trading Post offers a variety of snacks and drinks, and a wide selection of camping supplies, Scouting materials, and special Pipsico Scout Reservation souvenirs. Remember that the proceeds from the Trading Post support your Scouting programs! Feel free to bring some extra spending money for your retail therapy. MasterCard and Visa are accepted for transactions over \$5.

UNIFORM

Units are encouraged to wear the official Field Uniform, often referred to as a Class A uniform, during Check-in/out, and Saturday Night Call Out. At all other times participants may wear an Activity uniform, referred to as "Class B", consisting of a troop or camp T-shirt with Scout pants or shorts. Leaders must monitor their units to ensure that clothing reflects good taste and Scouting standards. Females must also wear similar appropriate Scout attire.

VISITORS & GUESTS

Due to restrictions put into place by the Governor of Virginia, unregistered guests and visitors are not permitted at this event. The event has been designed to allow for the highest number of participants possible within the guidelines provide by the Virginia Department of Health (VDH). Your cooperation, which allows us to offer programming to as many scouts as possible, is appreciated. Not Pets are permitted on camp. Service animals must wear identifying insignia.

WATER AND BATH FACILITIES

Drinking water is available in every site, at the OA shelter in Base Camp, and at the Gregson Center at the front of the Reservation. Units are encouraged to bring 2 to 5 gallon containers for transporting water. Primary bathroom

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facilities are latrines inside of each campsite and limited use “enclosed” toilet facilities are available (both male and female) at the front of the Reservation in the Gregson Center, and at the Burton Center. Shower and toilet facilities are also available at the Westside shower house adjacent to Site 9.

MEDICAL MATTERS-

MEDICALS

According to BSA Policy, all Scouts and leaders should complete an Annual Health and Medical Record form (parts A&B only) for all Scouting activities. This is just the health history form (excluding the physician’s portion). **IT IS THE RESPONSIBILITY OF THE UNIT** to obtain and maintain copies of these forms for members of their unit for all activities they conduct. Medical forms will NOT be turned in at check-in. The official BSA form is located here: http://www.Scouting.org/filestore/HealthSafety/pdf/680-001_AB.pdf.

MEDICAL TREATMENT & FIRST AID

All units should bring a unit first aid kit and treat injuries within their capabilities. Units must report all injuries and other medical situations to the camp staff at the Health Lodge, even those they treat themselves. Qualified medical personnel will be on duty at the Health Lodge. If necessary, the camp staff will contact emergency medical services and ambulance services using 911.

PRESCRIPTION MEDICATIONS

All prescription drugs are kept and administered by the unit. It is to be kept in a secured location out of the reach of the children. If medication requires refrigeration, it can be checked in with the Health Officer at check-in. Provide a list of medication, dosage (Medical part B) and to whom you are administering medication to when you check in with the Health Officer. By law, medications must be in a container with a typed label from the pharmacy. Medications shall be given only in accordance with the label. Handwritten changes will not be accepted.

EMERGENCY PROCEDURES

Pipsico Scout Reservation maintains emergency procedures to meet, and in some cases, exceed the standards set by the Boy Scouts of America. It is essential for everyone’s safety that every member of your unit fully understands that these procedures exist - their life, your life, or someone else’s life could depend on it. Please be sure to follow only instructions delivered by the staff chain of command. Likewise, if an emergency arises, or is brought to your attention, please notify the nearest staff member immediately so that we may launch the appropriate procedures. Do not attempt to resolve an emergency situation alone. Notify the nearest staff member. **In the event that an emergency arises, an alarm will sound** from the program administration building (Burton Center). When this alarm is heard, **all units and participants are required to assemble at Awesome Field** in front of the flag poles and await further instruction.

YOUTH PROTECTION POLICIES

Leaders are asked to review the Guide to Safe Scouting before attending camp and ensure compliance by their unit with policies as detailed in the Guide, particularly in respect of youth protection policies. Failure to comply with Guide to Safe Scouting and youth protection policies will result in disciplinary action. Key portions of the youth protection policies found in the Guide to Safe Scouting are reproduced below. Other Guide to Safe Scouting policies are also contained elsewhere in this guide.

Adult leaders must respect the privacy of youth members and protect their own privacy at all times. Except in emergencies, adults and youth may not enter each other’s designated sleeping and shower areas. Two registered adult leaders 21 years of age or over are required to attend this event. At least one (1) female adult over the age of 21 is required whenever female youth are present. No ScoutBSA youth may share a tent with an adult, regardless of whether or not they are his/ her own parent or guardian. Separate tenting arrangements must be provided for male and female youth. Youth sharing tents must be no more than two years apart in age.

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GENERAL POLICIES-

ALCOHOLIC BEVERAGES & DRUGS

Alcohol and illegal drugs are prohibited. All prescription drugs are kept and administered by an adult within the unit. (See the Prescription Medications section above.)

CELL PHONE POLICY

We request that Scouts not take cell phones to program sessions or, at the very least, to turn them off during sessions. Use of cell phones during program sessions is inconsiderate to other participants and, in some cases, can be extremely dangerous.

FIRES, COOKING, AND OPEN FLAMES

Fires will be authorized depending on the status of State and County fire prohibitions in effect for the weekend of the event. The staff will update units on the current fire policy at check-in. All fires are permitted ONLY in the designated fire rings at each camp site or in unit provided above-the-ground fire barrels. Lanterns can be used in the campsites if elevated off of the ground. All units should plan to cook using propane stoves or fully contained charcoal grills elevated off of the ground or in established fire-rings. Dutch oven or charcoal cooking will be allowed if the charcoal is raised off the ground or contained in an established fire-ring or fire barrel. Do not dig into the ground to form fire pits. Units must post water buckets or a fire extinguisher in the fire area. Cutting of live trees, shrubs, or vegetation is prohibited. Wood is available in the Ax Yard. **We prohibit brining wood from off property.**

For safety reasons, there are to be **no open flames in tents**. This ban on open flames in tents includes a ban on the use of matches, candles, kerosene, propane or liquid lanterns in tents. Lighting in tents is to be provided by battery-powered lanterns or flashlights only. It is, however, acceptable to use a lantern under a dining fly. All cooking fires, campfires and stoves are to be attended while they are burning. Fires are only to be built in designated areas and must be extinguished so that they are cold to the touch when unattended.

INITIATIONS, HAZING & MILITARY TRAINING

Corporal punishment, hazing, initiation of any sort, and military training and drill are not permitted in the BSA.

LIQUID FUELS

Adult leaders only may use stoves and lanterns requiring liquid fuel. Extra fuel must be turned over to the Quartermaster for safekeeping in locked storage.

MONEY & VALUABLES

Each family must decide how much spending money a Scout should take to camp. Each Scout is, however, responsible for the safeguarding of his money and personal property. It is recommended that expensive cameras, watches, and personal entertainment devices be left at home. Regardless, all items should be clearly marked, with the youth's name and unit number.

PETS

No pets are allowed in camp. Please ensure that anyone planning to visit your troop during the weekend is also aware of this rule. Service animals must wear identifying insignia.

RESTRICTED AREAS

The following areas are off limits to all campers: The Ranger's home and maintenance areas, camp staff living areas, the kitchen and food storage areas (except for authorized adult volunteers,) any program area where staff is not present, and the cliffs along the James River. Scouts may visit the waterfront for beach combing or fishing only when staff is present or when accompanied by an adult leader.

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SMOKING & VAPING

Anyone under 21 years old is prohibited from using tobacco in any form while at camp. Adults who smoke must do so out of sight of any youth members. Smoking is prohibited in any tent or building. Cigarette butts must be field stripped and placed in a trash receptacle. This includes E-cigarettes and Vaping products.

TAPS/LIGHTS OUT

A Scout is courteous. All Scouts should be in their designated campsites at 10:30 PM to Wind-down the day's activities. Taps is at 11 PM. Unit leaders must ensure that fires and lanterns are out and that all their youth have retreated to their tents and are quiet.

TRAILERS

If your unit plans on bringing a trailer, please provide this information on the registration form. Specific campsites have been designated for unit use when a unit has a trailer. The requesting unit is permitted to have one trailer in the designated area at the perimeter of their campsite until checkout.

TRASH DISPOSAL

Participants should practice Leave No Trace principles to the maximum extent practicable. If you packed it in - you pack it out! All units are expected to police their camping area and remove all trash to the dumpsters located behind the dining hall or at the front of camp near the barn. Trash that will not fit in the dumpsters becomes the responsibility of the unit to remove from the campground. Do not pile trash next to the dumpsters. If the dumpsters are full at time of checkout then units MUST pack out their trash and dispose of it properly.

VEHICLES IN CAMP

Since safety is our number one priority, vehicles are not permitted past the Burton Center parking lot unless authorized by the event staff for unit gear drop off. Any vehicle that is authorized to drive beyond the Burton Center must remain on the main road. Absolutely no vehicles are permitted on grass or in campsites. Likewise, no vehicles authorized in camp may block the loading dock at the rear of the Dining Hall. Vehicle owners, and operators, who drive beyond the Burton Center parking lot do so at their own risk. Tidewater Council will not accept responsibility for any vehicle damage within camp.

No other motorized vehicles (golf carts, etc.) will be allowed in camp at any time except for use by designated camp staff. If the need arises for a vehicle to be in camp, approval MUST first be obtained from the Event Chair or the Camp Ranger (Evan Sommerfeld). Special arrangements will be available for special needs visitors, Scouts and Scouters as requested.

WEAPONS, KNIVES, FIREWORKS, & FIREARMS

Pipsico provides all necessary and appropriate equipment for our shooting programs. Personal firearms, ammunition, bows and arrows are not permitted in camp. Also, no water guns are permitted at camp.

Pocketknives may be carried by adult leaders and any Scout who has earned the Totin' Chip or Whittling Chip. Fireworks & firearms of any kind are prohibited in camp. Law Enforcement Officers (LEO's), please notify the council prior to camp of any special requirements by your department.

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APPENDIX A: EVENT EVALUATION FORM

Please rate the following on a scale of 1-5 (5 being the best)

Location (site & facilities): 1 2 3 4 5

Leaders Guide (overall): 1 2 3 4 5

Did it help prepare you for this weekend? 1 2 3 4 5

Was it available in time? 1 2 3 4 5

(1: Way too Late, 5: Right when I needed it.)

Was any information missing? Please elaborate: _____

Staff (overall): 1 2 3 4 5

Ease of registration: 1 2 3 4 5

Was the staff responsive? 1 2 3 4 5

Demonstrations & Activities (overall): 1 2 3 4 5

Quality of personnel: 1 2 3 4 5

Were they interesting? 1 2 3 4 5

Activity difficulty: 1 2 3 4 5

Would you like to help plan the next Klondike Derby?

____ Yes, count me in.

____ Don't know, call me when it's time.

____ I might be able to help out in a limited capacity.



Name: _____ Phone: _____

E-mail: _____ Unit: _____

Suggestions: (What did we do wrong? What did we get right? How can we improve for next year?) (Continue on reverse, if required.)

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PLEASE USE THE BELOW MEDICAL SCREENING CHECKLIST PRIOR TO CAMP:

(These questions may also be asked upon arrival at the event/ activity)

- ☐ Yes ☐ No Have you or has anyone in your household been in [close contact*](#) in the past 14 days with anyone known or suspected to have COVID-19 or is otherwise sick? ¹
- ☐ Yes ☐ No Have you or has anyone in your household been in [close contact*](#) with anyone who has been tested for COVID-19 and is waiting for results? ¹
- ☐ Yes ☐ No Have you or has anyone in your household been sick in the past 14 days, or have you or they been tested for any illness and are waiting for results? ¹
- ☐ Yes ☐ No Has anyone in your household been exposed to an individual known or suspected to have COVID-19 in the past 14 days or within the past 10 days **without** a negative COVID-19 test result **at least 5 days after exposure?** ¹
- ☐ Yes ☐ No Have you or has anyone you have been in [close contact*](#) with traveled on a cruise ship or internationally or to an area with a known communicable disease outbreak in the past 14 days?

¹ - Healthcare workers/ first responders who wear approved and properly fitted Personal Protective Equipment (PPE) while treating patients should follow their employer's guidelines when answering these questions.

***According to the Centers for Disease Control and Prevention (CDC), "close contact" means:**

- You were within 6 feet of someone who has COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period
- You had direct physical contact with an infected person (hugged or kissed them)
- You shared eating or drinking utensils
- An infected person sneezed, coughed, or otherwise got respiratory droplets on you

If the answer is YES to any one of the five questions above, and you have not either been diagnosed and recovered within 90 days or fully vaccinated for at least two weeks, the participant must stay home. If all answers above are NO, proceed to the symptoms list below.

Symptoms of COVID-19

*If anyone in your household has **any one** of the following new or worsening signs or symptoms of possible COVID-19, the entire household must stay home.*

- ☐ Shortness of breath
- ☐ Cough
- ☐ Fever of 100.0° or greater
- ☐ Flu-like symptoms
- ☐ Repeated shaking with chills
- ☐ Fatigue
- ☐ Muscle or body aches
- ☐ Headache
- ☐ Sore throat
- ☐ Loss of taste or smell
- ☐ Diarrhea
- ☐ Nausea or vomiting

****Potential Higher-Risk Individuals****

- ☐ Yes ☐ No Are you in a higher-risk category as defined by the [CDC guidelines](#), including older adults, people with medical conditions, and those with other individual circumstances?

If the answer is "yes," we recommend that you stay home.

Should you choose to participate, you must have approval from your health care provider.