

# Celtic Games

## December 1 - 3

Combining the traditions and skills of SCOUTING with the Traditions of the Celtic Games. There will be activities and challenges throughout the day. So make plans to meet at Camp Finley Albright for this unique Cardinal District event! Leaders, please use this guide to prepare for the Camporee. This guide provides general and specific information for a safe, fun event for your unit.

Each unit must have the unit health forms of all its campers in camp at all times. If there are special health requirements for any Scout, Venturer, Arrow of Light Scout (coming with their leader and a troop), or adult leader, please notify the event chairman. Troops and Crews are to supply their own meals, water and gear.

Please have a complete roster filled out and turned in at registration. (Adults and Scouters)

Before departing for the Camporee, please make sure the Scouts in your unit have several pairs of dry socks, spare dry clothing and appropriate attire for cold weather. This is especially important for the younger (less experienced) Scouts and Arrow of Light Scouts that are accompanying a troop.

There will be a briefing for Unit leaders and Senior Patrol Leaders at the Staff Area on Friday night at 9:00 p.m.

During the day, there will be all types of fun activities based on the Celtic Games (see list below). On Saturday night, there will be the traditional campfire. Troops and Crews will show off their various talents and entertain us all with skits, cheers, songs, and Scouting antics! Please sign up for your skit, cheer, and/or song by 5:00 p.m. with the camp firemaster at the Staff area.

Please forward questions or concerns to the event organizer, Rory Tufaro at [rtufaro@gmail.com](mailto:rtufaro@gmail.com). We look forward to seeing all of you at the Cardinal Districts Camporee!

### General Information

## ***What is the Valley Forge Camporee?***

*This Camporee will test your Scouters' winter skills. The weekend involves overnight camping and multiple Camporee-type activities and competitions based on the Celtic Games. When the scouts arrive at the various activity stations.*

*Here is a sampling of the activities:*

- *Chariot Sled (dress your Klondike sled for various competitions throughout the day. NO WHEELS, PLEASE)*
- *Come with a duct tape kilt (best kilt competition)*
- *Archery*
- *Hatchet Throwing*
- *Sling Shots*
- *Learn how to play the bagpipes and drums*
- *Caber Toss*
- *Tug of War*
- *Thor's Hammer Toss*
- *Barrel Toss*
- *Celtic Knots*
- *Two man saw (best time)*
- *Team Building activities*
- *Crest Flags Design*
- *Possible Irish Dancers, too.*

*At night, there will be a Camporee campfire full of songs, skits, jokes, tall tales and lots of fun. Units are encouraged to perform a song, skit, jokes, etc. at the evening campfire.*

## **Rules and Regulations**

The following rules were made to help us have a fun and safe camping experience. It is the responsibility of the adults in charge to see that their Scouts know and understand these rules. Anyone caught violating them may be asked to leave the camp.

### **CHECK-IN/REGISTRATION**

Troops (with any AOLs) and Crews may arrive Friday evening, December 1st to set up campsites. Upon entering the camp from Trent's Bridge Road (directions to Camp Finley Albright are included in this guide), units will proceed to the registration area to sign in. Campsite areas will be assigned at that time. Only one vehicle/trailer per unit will be permitted to continue to the camping area to offload equipment. One vehicle pass per unit will be issued. The **vehicle is to be returned to the parking area** for the duration of the weekend event in order to keep the road clear for emergency vehicle access. Trailers may be parked at the unit campsite. For the safety of participants, your cooperation is greatly appreciated.

### **PARKING**

The following parking procedure has been implemented for the Camporee. We all want to have a safe event. Concerns about vehicle congestion and safety has necessitated these parking procedures:

- Vehicles are required to park in the designated parking lot only.
- All roads must remain open for Emergency Vehicles at all times.
- (These are BSA National Guideline rules, and Albright Scout reservation rules.
- If your unit uses a box truck for it's gear it must be unloaded and returned to the parking lot as well)
- Units may park a trailer at their campsite. Due to the hilly camping area, please sure the trailer wheels are chocked.
- All Vehicles must be in the parking area by 9:00 Friday night.

### **HANDICAPPED PARKING**

Requests for special parking passes for medical conditions will be made on a case-by-case basis. Special passes must be requested in advance and will be issued on the day of the event. We prefer to discuss the request prior to the event to allow for the greatest degree of accommodation. Every reasonable effort will be made to accommodate those with physical disabilities or special needs.

### **CAMPING**

- Campers are responsible for the following:
  - Water for drinking, washing, cooking, & cleaning up ( Limited water is available in camp)
  - All their meals
  - Trash removal from camp. Bring plenty of trash bags.
  - Campsite cleanup to include firewood removal from fire stands and campsites
  - Camp safety and adherence to BSA policy found in "Guide to Safe Scouting"

## ***CAMPFIRES***

- **ALL CAMPFIRES WILL USE RAISED FIRE STANDS OR IN THE FIRE DRUMS AT THE CAMP.**
- Bonfires are not permitted, but campfires contained within raised fire stands or in the fire drums located at camp are permitted.
- Depending on local fire conditions, additional restrictions may be imposed.
- Firewood brought in from an outside source is recommended; however, on site deadfall may be used.
- There is to be NO digging of fire pits.
- A campfire has to be monitored at all times by adults.

## **FIRST AID**

A first aid station will be located at the camping area and staffed with licensed medical personnel.

Arrow of Lights (second year Webelos) must be with an appointed adult leader at all times. Some activity stations will be permissible for Webelos to participate in, others are prohibited by the Age Appropriate Guidelines, the station leaders will inform you if AOLs can or cannot do them. We ask that AOLs be in uniform for identification purposes.

## **GENERAL CONCERNS**

- Vehicle Speed – Drivers must exercise **EXTREME** caution when operating motor vehicles on camp property. Speed limit is 5 MPH.
- **NO VEHICLES ARE PERMITTED INSIDE THE CAMPOREE AREA ON SATURDAY FROM 7:30 AM THROUGH SUNDAY 9 AM**
- Traffic flow will be one way
- Passengers are not allowed to ride in back of pickup trucks without seats equipped with seat belts.
- Pets are not permitted on any camp property during the duration of this camp event. Service animals will be permitted, but must be discussed in advance.
- Please, no sheath knives (this includes adults).
- Tent trenching is not allowed.
- Open flames in tents are prohibited.
- Liquid fuels, such as charcoal starter, or “white gas” are not permitted in camp, nor is propane

allowed in tents. However, “Coleman” type cook stove fuel is allowed when used by adults and stored with caution. Where charcoal is used, please use self-starting brands.

- Firearms and fireworks are not allowed in camp.
- Alcoholic beverages and illegal substances are never permitted on camp property. Offenders will be asked to leave the council property.
- Secure and store foods to prevent attracting little furry friends.
- All campers are to stay within the boundaries of the camp. We do not want scouts wandering away from camp.
- No swimming allowed in the lakes.
- Please enforce the Buddy System with your scouts
- Each unit must have two-deep adult leadership
- Please respect others during Lights Out. Scouts are not allowed out of their site after lights out with the exception of to and from the latrine.

## Camporee Event Schedule

### Friday

6:00 p.m. - 9:00 p.m.	Check-in at Registration Area and set up campsites
9:00 p.m. - 9:15 p.m.	Staff Meeting
9:15 p.m. - 9:30 p.m.	Leaders' Briefing at staff area
10:00 p.m.	Taps – Lights Out

### Saturday

9:00 a.m.	Opening Ceremony
9:15 a.m. - 12:30 a.m.	Activities
12:30 a.m. - 1:30 p.m.	Lunch/Rest time
1:30 p.m. – 3:00 p.m.	Chariot Parade and competition and activities
3:00 p.m.	One Mile Race (play your drums, pipes and toten your kilt)
5:00 p.m. – 6:00 p.m.	Troop/patrol dinner
7:30 p.m. -	Campfire and Awards
9:00 p.m. - 10:00 p.m.	Troop cracker barrel at troop campsite
10:00 p.m.	Taps – Lights Out

### Sunday

7:30	Chapel Service/Closing
9:30 a.m. - 10:30 a.m.	Check-out

Be sure to check Lost and Found prior to departure

## **Cold Weather Information and Tips:**

*“If your feet are cold, put on your hat, and smile at the killer of the unprepared. Hypothermia has taken countless lives in the outdoors. Preparation and knowledge will keep you safe, warm and comfortable in the elements.”*

### **What is HYPOTHERMIA?**

The prefix *hypo* means abnormally low and *thermia*, in this case, refers to body heat or temperature. Therefore hypothermia is a decrease in body core temperature to a level at which normal muscular and brain functions are impaired.

Hypothermia may affect you without your knowing it. Watch your buddy and have him watch you for signs of confusion, inaction, or shivering. You must take action *immediately* to build a fire or move to a heated shelter, dry off and drink warm liquids.

### **How is heat lost from the body?**

There are four routes which heat takes out of the body:

1. **Radiation:** Direct heat transfer to the environment.
2. **Convection:** Air next to the skin is warmed, it rises away from the body and is replaced with cool air. Stop this by wearing a windproof outer layer.
3. **Evaporation:** Heat loss due to sweating; air breathed in is saturated with body temperature vapor and breathed out. Both of these methods which vaporize water cause great heat and water losses. Both are also increased with exercise. Try to breathe through your nose to lessen the shock on your throat and lungs.
4. **Conduction:** Heat is directly removed from the body due to contact with colder materials, sitting on a rock or in the snow, jumping in water. So insulate yourself from direct contact with cold materials. Use your sleeping pad to sit on, or cut a smaller piece from the same material.

### **Winter Health and Safety Hints:**

- ❑ Do not sweat. Try to adjust your layers so that sweating is kept to a minimum. Sweating will dampen and chill you.
- ❑ Mittens, hats, and socks can be dried out during the day while hiking by putting them next to your skin.
- ❑ Wear sunscreen constantly. Even put it inside your nose because snow reflects sun into unsuspecting places.
- ❑ If you're cold, exercise. This is a simple concept. Take four laps around your tent through two feet of snow and you are guaranteed to get warm. Drinking hot liquids also helps.

- Keep Blistex, Chapstick handy for frequent applications.

## **How can our bodies defend against the cold?**

Normal body temperature is 98.6 degrees F. and, given all these different ways of losing heat, how does your body stay warm? Luckily, even when we aren't prepared for the cold, our bodies have a few tricks for keeping us warm.

Increase heat production. Your body will increase your metabolism to meet the need for more heat. Muscular activity can also boost body heat, voluntary or not. Shivering is an involuntary reaction to increase body heat, but it's inefficient. Physical activity can greatly increase heat production. So, if you are cold, dance, jump and wiggle or do push-ups; in other words, stoke the fire, always eat plenty to keep the fire fueled up.

Cold hands mean that your body is trying to keep your heart warm. Think of the human body as two parts; a core and a shell. The core includes the vital internal organs such as the brain, heart, and lungs which must be kept at a constant temperature. The shell is comprised of the skin, muscles and legs which can tolerate relatively wide temperature variation. Because it is so important to maintain core temperature, the body will constrict the blood vessels to the surface of the body, thereby reducing the amount of blood flow to the body's outer shell. This way heat is kept deep within the body where it could otherwise be lost by convection, radiation and conduction.

The skin also tries to help by closing the pores and raising the hairs on the surface of the skin for insulation. This phenomenon is commonly known as goose bumps. However, in general, we don't have the amount of fur that we used to, so look at goose bumps as a signal that your body is cold and do something about it!

If you don't eat, dress, and think warmly, then the following signs and symptoms might occur:

**98-95F:** Feel chilly, skin numbness, minor muscular impairment especially in hands; shivering begins.

**95-93F:** Muscular incoordination is obvious, weakness, stumbling, mild confusion, and apathy.

**93-90F:** Gross muscular incoordination, frequent stumbling, inability to use hands, mental sluggishness, slow speech and thought, mild amnesia.

**90-86F:** Shivering stops, severe muscular incoordination and stiffness, inability to stand, incoherence, confusion, irrationality.

**86-82F:** Severe muscular rigidity, semi-conscious (barely able to arouse), pupil dialation, pulse virtually unapparent.

**82-78F:** Unconsciousness; death

Prevention is the best cure for hypothermia. If it does occur, get the victim moving. Give warm, sugary liquids; e.g., cocoa, hot Jell-O, etc.

### ***Clothing***

*Participants need good outdoor winter clothing, such as long johns (thermal underwear), gloves, hats, warm coats, multiple pairs of socks, good waterproof boots, rain gear, etc... basically to be prepared for a long cold weekend in cold, wet snow (or mud). The best idea is to dress in layers so that layers can be taken off when you're hot from working or more layers can be put on if you're cold.*

### **Winter Nutrition Hints:**

- ❑ The food you eat is fuel for the body. It is used to generate body heat. It also provides energy to the muscles needed to walk, run, climb, etc. Food is required for muscular activity. Muscular activity in turn produces heat.
- ❑ Keep your water bottle on your person so that it doesn't freeze. Keep the top of the bottle down so if ice forms at the bottom, it doesn't block the opening.
- ❑ Use stainless steel containers for cooking whenever possible. They are both a pleasure to cook with and easily cleaned.
- ❑ Use plastic cup, bowl, and spoon, an insulated variety if possible. You'll also find that wooden cups and spoons to be good in winter camping as there is much less heat loss than with metal.
- ❑ The use of a small stove in winter cooking is usually a great help.
- ❑ If you have to prime a bulky stove, let cool first. The lingering vaporized gas is highly volatile. Fire-starting paste makes the job easier and may be worth carrying in cold conditions.
- ❑ Carry extra fuel if you plan to heat up extremely cold water.
- ❑ Build fires on a base platform of logs to prevent the snow from melting into it and putting it out.
- ❑ A stove exposed to wind takes twice as long to cook. Create a windbreak with water bottles, food sacks, or rocks.
- ❑ Always use lids when cooking. This will help prevent heat loss and conserve fuel.
- ❑ Fill half empty water bottles with snow. The jostling movement while hiking will turn the snow to water.
- ❑ If you must eat snow (never ice) melt and warm it in your mouth before swallowing. This keeps your mouth moist and prevents your stomach from chilling.
- ❑ Dehydration seriously impairs the body's ability to produce heat. Drink fluids as often as possible during the day, and keep a full water bottle by your side at night.



- ❑ Rice is one of the best items in your “cupboard” for winter or, for that matter, any camping. It can be used in many different ways from main dishes to breakfast to desserts, takes but a small amount of space and is easily prepared.
- ❑ Fats are important in the winter to release heat and energy slowly. A good source of vegetable fat is corn oil margarine and can be used in almost anything. Fats give energy of 9.3 calories/gm compared to carbohydrate and protein of 4.1 calories/gm in final metabolism.
- ❑ Caffeine-free coffee is indicated for persons in winter camping to combat dehydration and diminish mental tension (headaches).
- ❑ When making trail biscuits, it is interesting to note that whole-wheat flour has 25% more biological value and twice the protein value of white flour.
- ❑ Peanut butter and honey make a very good trail spread. Mix at home and package in individual servings.
- ❑ The dangers of eating snow or ice deserves special attention. The amount of heat required to convert one ounce of snow or ice at 32 degrees F into one ounce of water at 32 degrees F is the same amount of heat required to raise the temperature of one ounce of water from room temperature to boiling. That is, heat is required just to convert ice or snow to water without raising its temperature. If you eat ice or snow, the heat required to do this melting comes from your body.
- ❑ When melting snow, always start with a little starter water. If snow is put into a hot pan it will scorch, giving the water and meal a bad taste. Always leave a little water to start the next batch to melt.
- ❑ The days are short in winter. Time spent cooking is time spent standing around getting cool. This means food that cooks fast is important. Often snow has to be melted for water, adding to the cooking time.
- ❑ Dinner should be your highest calorie meal of the day.

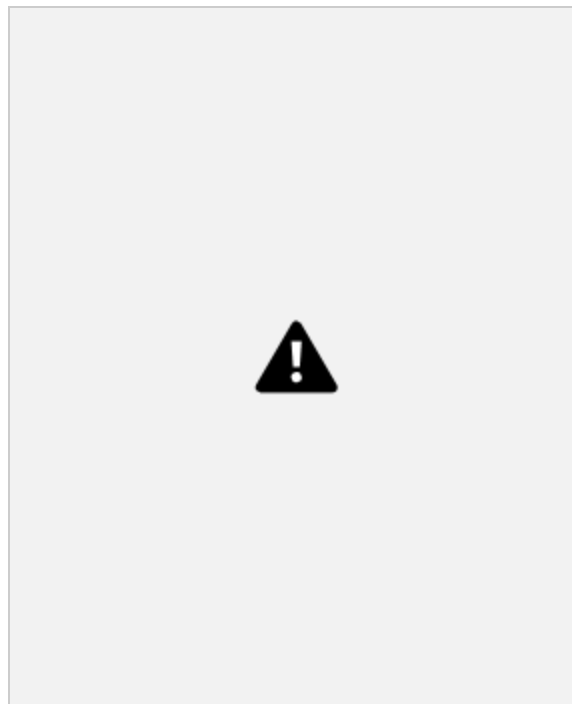
## **DIRECTIONS to FINLEY ALBRIGHT**

**Directions from Scout Service Center (Richmond):** Take Powhite Parkway (South) to Chippenham Parkway (South). Take the 1st Ironbridge Road Exit towards Chesterfield. Turn right onto Beach Road (Route 655) After about 1.1 miles, take a left onto Nash Road (Route 636). Follow Nash Road to Woodpecker and turn right, then shortly left, back onto Nash Road; then follow Nash until it ends at River Road (Route 602, Route 36)(around 7 miles). Turn left onto River Road. At the Radio Tower (.6 mile) take a right onto Trent's Bridge Road and turn left into Albright Scout Reservation (.5 mile)

**Directions from Skinquarter:** Take Hull Street (Route 360) East to Beaver Bridge Road (Route 603). Turn right onto Beaver Bridge Road and drive 4.3 miles. The name changes to Winterpock Road for about .1 mile before you reach Black Road. Turn Right onto Black Road (Route 621) until it

ends (1 mile) at River Road. Turn left onto River Road (Route 602, Route 36) until you see the Radio Tower (10.9 miles). Take a right at the Radio Tower onto Trent's Bridge Road (Route 628) and turn left into Albright Scout Reservation (.5 mile).

**Directions from Petersburg:** Take River Road (Route 36) West until your each the Radio Tower (about 9 to 10 miles). Turn left onto Trent's Bridge Road (Route 628) and turn left into Albright Scout Reservation (.5mile).



# **Emergencies or Information**

**Call 911**

**Event Coordinators**

**Rory Tufaro 804.467.4281**  
**Bill Simms 804.586.6382**

**District Executive**  
**Joseph Orr 804.909.3262**