



Cardinal District
Heart of Virginia Council, BSA

**“Back to Basics”
Merit Badge Weekend**

April 13-15, 2018

Heart of Virginia Scout Reservation



Leaders Guide

THE GREAT CARDINAL DISTRICT MERIT BADGE WEEKEND

The Great Cardinal District is proud to present its annual Merit Badge Weekend at Heat of Virginia Scout Reservation located in Goochland County. Over 600 Boy Scouts and adult leaders will participate in this Great Cardinal District tradition.

This Leaders guide provides general and specific information to help you prepare for Merit Badge weekend.

During the day, each scout will have the opportunity to work on and earn a merit badge. The merit badges will be taught at various locations throughout scout camp. A list of the merit badges being offered is included in this guide. For new scouts, there will be a course on scout fundamentals taught by the Order of the Arrow and they will have an opportunity to earn either Finger Printing or Crime Prevention merit badge.

On Saturday night, there will be the traditional campfire. Troops will show off their various talents and entertain us all with skits, cheers, songs, and Scouting antics! Also, the Pamunkey Chapter of the Order of the Arrow Nawakwa Lodge 3 will be honoring new Vigil, Brotherhood, Ordeal, and elected members. Schedule your troop election soon.

Registration – Registration for Merit Badge Weekend will be handled through Double Knot. You can go to the Council calendar. The registration fee is \$12.00 per youth and adults. Registration will start on March 12th at 6:00 PM and will close on April 6th at 5:00 PM. Each unit is required to have their unit's health forms for of all its campers, in camp, at all times. If there are special health requirements for any Scout or Adult Leader, please notify the Event Director. Registrations will be for only actual scouts, by name. Troops will not be allowed to hold/reserve a spot.

Payment – Payment can be made through Double Knot when registering for the event. All payments are due by April 1st at the Council Office. *Bring your receipt with you for Check in.*

Even though we will be camping in mid-April, we may encounter cold weather. Before departing for Merit Badge Weekend, please review cold weather camping with your scouts. This is especially important for the younger (less experienced) Scouts. This guide includes a section on cold weather camping tips.

Please forward any questions or concerns to the Event Directors or Program Chairman. Our goal is to have a safe, fun event for all participants.

We look forward to seeing all of you at the Great Cardinal District Merit Badge Weekend!

Event Director

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General Information 2018 Merit Badge Weekend Event Schedule

Friday, April 13

5:00 p.m. – 9:30 p.m. Check-in at Registration Area **Cub Camp Welcome Center** and set-up campsites
(will be assigned at check-in)
9:30 p.m. – 10:00 p.m. Leaders' Briefing at Cub Camp Dining Hall
11:01 p.m. Taps - Lights Out

Saturday, April 14

7:00 a.m. Reveille
7:01 a.m. – 8:45 a.m. Breakfast in campsites
9:00 a.m. – 9:15 a.m. Opening Ceremony in front of Boy Scout Admin.
9:15 a.m. – 12:15 p.m. Merit Badge Classes begin
12:15 p.m. – 1:30 p.m. Lunch in campsites
1:30 p.m. – 4:30 p.m. Merit Badge Classes resume (some classes may need more time)
5:00 p.m. – 7:30 p.m. Dinner in campsites
7:45 p.m. – 9:00 p.m. Campfire (Cub Adventure Camp Amphitheater, Troop Skits will be solicited)
9:00 p.m. – 11:00 p.m. Troop cracker barrel in campsites
11:00 p.m. Taps – Lights Out

Sunday, April 15

7:00 a.m. Reveille
7:15 a.m. – 7:45 a.m. Sunday Service / Closing (Cub Camp Amphitheater)
7:45 a.m. – 11:00 a.m. Breakfast / Checkout (The Commissioners will check you out)

****Important** - Registration is at Cub Adventure Camp with Classes in both Camps**

What is the Great Cardinal District Merit Badge Weekend?

Merit Badge Weekend involves overnight camping and the opportunity for each scout to earn a merit badge on Saturday. Over 600 scouts and leaders traditionally attend Merit Badge Weekend.

When is Merit Badge Weekend?

Merit Badge Weekend will be held April 13 – April 15, 2018.

Who can attend Merit Badge Weekend?

Merit Badge Weekend is intended for Boy Scouts of the Heart of Virginia Council.

Where is Merit Badge Weekend?

Merit Badge Weekend is being held Heart of Virginia Scout Reservation, which is located in Goochland County. The address is 1723 Maidens Road, Maidens, VA, 23102.

What Merit Badges will be taught at Merit Badge Weekend?

Additional Merit badge Counselors are always needed. If you are able to teach a Merit Badge please contact the Event Director to let the staff know and allow boys the opportunity to take your class! Merit Badge offerings will change throughout the registration window as boys drop a class or more classes are offered.

We anticipate the following Merit Badges will be offered, depending on the number of volunteer Merit Badge Counselors. Not all Merit Badges will be offered if a counselor is not found. Please make sure your boys have alternate choices identified when you complete the registration process. If new Merit Badges are offered after registration opens, all leaders of REGISTERED Scouts will be notified via email when they are added.

Archery, Automotive Maintenance, Aviation, Backpacking, Camping, Citizenship in the Community, Citizenship in the Nation, Citizenship in the World, Climbing, Communication, Digital Technology, Disabilities Awareness, Electricity, Emergency Preparedness, Engineering, First Aid, Fishing, Game Design, Golf, Hiking, Home Repair, Indian Lore, Law, Leatherwork, Mining in Society, New Scout Skills (with Fingerprinting or Crime Prevention), Photography, Pioneering, Public Speaking, Rifle Shooting, SCUBA, Soil and Water Conservation, Wilderness Survival

How do I register for Merit Badge Weekend and the individual merit badges?

SCOUTS MUST BE REGISTERED AS A TROOP. No provisional Scouts will be accepted. Two-deep leadership must be followed at all times. Go to the Heart of Virginia Council web site <http://hovc.org> and choose the Council calendar. Click on the link on April 13, 2018 for Cardinal District Merit Badge Weekend. You will be able to register your troop and the scouts merit badges there.

How do I get special event memorabilia?

There will be a special event t-shirt for this merit badge weekend! The t-shirt will be the event logo in white on an olive drab shirt that is the same color as the Class A uniform pants. T-shirts are available for pre-order for \$12 with a limited number available for \$15 at the event. Please note the size and quantity needed for the t-shirt when registering. T-shirt pre-orders will close on March 31.



We are also considering a 20oz. double-walled stainless steel beverage container (similar to YETI brand) with the event logo laser etched onto the steel!

There will be a minimum number required to be purchased. Purchase price will be \$15 in advance and \$20 (a very limited number might be available at camp). These beverage containers will last for years and hold both hot and cold beverages. Beverage container pre-orders will close on March 31. (A minimum number of containers must be ordered. If not enough orders are received, a refund will be provided.)

General Information and Expectations for Scout Leaders, Merit Badge Counselors and Scouts

The 2018 Cardinal District Merit Badge Weekend event will be a fun filled opportunity for Boys Scouts to work on various Merit Badges offered by volunteer counselors.

Scoutmaster's T-Shirt and Mug Order Worksheet (Use this to help order MBW18 memorabilia for your Scouts)

NAME	T-shirt size (\$12 each)	Quantity	Mugs (\$15 each)

- Youth small** _____
- Youth medium** _____
- Youth large** _____
- Adult small** _____
- Adult medium** _____
- Adult large** _____
- Adult XL** _____
- Adult 2XL** _____
- Adult 3XL** _____
- Adult 4XL** _____

TOTALS

T-shirts _____ **X \$12 =** _____

Bev. Cont. _____ **X \$15 =** _____

Total Due _____

Scoutmasters (SM): You should have a pre-weekend discussion with each of your scouts giving them an overview of what challenges the scout should expect while working to complete the badge. You should provide the scout with a SIGNED “Blue card” for the merit badge. The SM signature on the Blue Card indicates that *“I have discussed this merit badge with this Scout and have recommended at least one merit badge counselor.”*

Merit Badge Counselors (MBC): All MBCs will need to verify that they are currently registered as a MBC. Those registered in the Cardinal District can check the MBC list on the Cardinal District web-site, www.cardinalscouts.com

As a MBC, you are expected to be a coach, a mentor, and an examiner. You are expected to have the scouts complete the requirements ***exactly as written, nothing more, nothing less***. Additions, changes or deletions to the requirements are not permitted. Pay close attention to action words in the requirements such as “show”, “discuss”, “demonstrate”, “list”, etc. While group instruction is acceptable, evaluation of completion of requirements must be individual. Worksheets (available online) may be used but they cannot be required.

If the scout completes all the requirements for a merit badge, complete the counselor information section of the Blue Card. Sign and date the card in two locations. In the “Requirements” section either list, initial and date each requirement completed or write “All Requirements Completed” across the section. Retain the Counselor’s portion of the card and return the other two parts.

If the scout completes some of the requirements for a merit badge, in the “Requirements” section list, initial and date each requirement completed. Do not fill in the Counselor Information section and do not sign the card. Return all three parts of the Blue Card.

Scouts: You will need to bring with you a **SIGNED** “Blue Card” for the merit badge you wish to attempt. It is recommended that you read and bring with you, the Merit Badge pamphlet. You should be familiar with the requirements as you will be expected to complete each requirement as written. You may use worksheets (available online) to help you prepare to meet the requirements but you will still need to “show”, “demonstrate”, “discuss”, etc. Merit Badges will be awarded for those that complete all the requirements.

Scouts not completing all the requirements will be given the “Blue Card” with the completed requirements listed. This is often called a *partial*. It is then the scout’s responsibility to meet with a counselor to complete the requirements. The new counselor should, but is not required to, accept the *partial* as documentation of completed requirements.

Merit Badge Prerequisites

Scouts - please remember:

- Bring and read your Merit Badge Pamphlet (be prepared to discuss the contents in class.)
- Bring a copy of your Merit Badge Worksheet (complete your prerequisites as required)
 - http://meritbadge.org/wiki/index.php/Merit_Badge_Worksheets
- Bring a notebook and pen or pencil
- **If you are Scout, Tenderfoot, or Second Class Rank, please do NOT sign up for an Eagle Required Merit Badge that have prerequisites unless you have FULLY completed the prerequisites. Please reserve these Merit Badges for boys that need them for rank advancement.**

Archery	<ul style="list-style-type: none"> • Arrow Kit - \$8 activity fee per participant
Camping	<ul style="list-style-type: none"> • 2, 4b, 5e, 6e (part 3), 8d, 9a,b,c
Citizenship in the Community	<ul style="list-style-type: none"> • 2b, 3a, 3b, 4b • 5 – Complete the first part • 7 – Bring articles to class
Citizenship in the Nation	<ul style="list-style-type: none"> • 2 – Complete two of the options • 3 – Be prepared to discuss a national issue that affects you or your family • 6 – Select a speech of national importance and learn its history. • 8 – Write or e-mail your national congressman or one of the senators about a national issue. Bring a copy of the correspondence and, if any, the response you received.
Citizenship in the World	<ul style="list-style-type: none"> • 3a, 3b • 7 – Complete two (2) of the options.
Climbing	<ul style="list-style-type: none"> • \$10 fee
Communication	<ul style="list-style-type: none"> • 1, 4, 5, 7
Digital Technology	<ul style="list-style-type: none"> • Up to date Cyber Chip • 6 – Do three (3) of the options. • 9 – Do one (1) of the options • Each scout will need a laptop and a thumb drive.
Emergency Preparedness	<ul style="list-style-type: none"> • 1, 2b, 2c, 7, 8a, 8b, 8c and 9

Engineering	<ul style="list-style-type: none"> • 1, 2 • 5a or 5b • Note for equipment designs: Make your drawings so complete and detailed that you can hand them to someone else to do the fabrication & assembly. If your worker can't make the item from your drawings, you haven't engineered it
First Aid	<ul style="list-style-type: none"> • Merit Badge Worksheet (completed or ready to fill out during class) • 5 (home first aid kit must be brought to class) • Scout Handbook with ALL first aid requirements complete through 1st Class rank.
Fishing	<ul style="list-style-type: none"> • None
Golf	<ul style="list-style-type: none"> • \$5 Activity fee • Class size 20 • Permission Slip for Field Trip to Driving Range • Will need 5 drivers that can carry 5 people plus themselves.
Hiking	<ul style="list-style-type: none"> • No prerequisites • Scouts must come prepared to hike • Scouts must come to class with water and lunch • Because the badge requires 6 different hikes on 6 different days, scouts will earn a partial.
Indian Lore	<ul style="list-style-type: none"> • \$10 Activity fee
Law	<ul style="list-style-type: none"> • 4
Leatherwork	<ul style="list-style-type: none"> • \$10 Activity fee • Must attend 2 hour session on Friday from 8:00-10:00 pm • Class size 10
Mining in Society	<ul style="list-style-type: none"> • Signed Permission Slip for Field Trip to Quarry • 7 – Complete one (1) of the options • 5 drivers that can carry 5 youth each
New Scout Skills and Fingerprinting	<ul style="list-style-type: none"> • None
Photography	<ul style="list-style-type: none"> • Up to date Cyber Chip • Camera (not a cell phone)
Pioneering	<ul style="list-style-type: none"> • Read the Merit Badge Pamphlet
Public Speaking	<ul style="list-style-type: none"> • None
Rifle Shooting	<ul style="list-style-type: none"> • \$5 Activity fee to cover ammunition cost

Wilderness Survival	<ul style="list-style-type: none"> • This merit badge is not for scouts that are attending their first campout • drinking water • Wilderness Survival Merit Badge Book • Wear clothes for the weather • Survival Kit (requirement 5) • Sleeping bag for the weather • Ground cloth • No saws
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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

Units may arrive Friday evening, April 13 to set up campsites. Upon entering the camp from Maidens Road proceed to the registration area located at the Cub Adventure Camp. Only one vehicle/trailer per unit will be permitted to continue to the camping area to offload equipment. Vehicle passes will be issued to each unit based on the number of scouts. 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 Merit Badge Weekend. We want to have a safe event. Concerns about vehicle congestion and safety necessitate these parking procedures:

- Vehicles are required to park in the designated parking lots only.
 - All roads must remain open for Emergency Vehicles at all times.
 - Units may park a trailer at their campsite in Camp Fleet area. In the Cub Adventure Camp area, trailers can be park in the designated parking lots only, At the Western Fort, Handicraft Lodge or in the small lot at Baloo Village. Please make sure the trailer wheels are chocked.
 - All Vehicles must be in the parking areas by 9:00 PM 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 April 6th 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: 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

- **Campfires will be permitted in existing fire rings ONLY.**
 - Bonfires are not permitted.
 - Depending on local fire conditions, additional restrictions may be imposed.
 - NO Firewood is to be brought in from an outside source. It is recommended to use the deadfall wood from Camp. This help to stop the spread of invasive insects.
 - If your unit is camping in a grasses area in either camp, there will be NO campfires permitted, even in raised fire pits. Camping Committee rule.
 - 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.

GENERAL CONCERNS

- Vehicle Speed – Drivers must exercise **EXTREME** caution when operating motor vehicles on camp property. Speed limit is 15 MPH.
- 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 a Charcoal Chimney to start the charcoal and not the self-starting brands.
- Firearms and fireworks are not allowed in camp.
- Radios and electronic devices are strongly discouraged. The staff uses the same type of radios that you have and if we can’t communicate when there is an issue safety may be jeopardized. Remember the life you save might be your own.
- 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.

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 *thermic*, 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 dilation, 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 balky 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.