The Paul R. Christen National High Adventure Base New River Trek

Webinar 3
AGENDA

- 2020 Summer Update
- CPR and First Aid Requirements
- Health and Medical Record
- New River Trek At a Glance
- Physical Preparation
- Personal Gear
- Gear provided by the Summit
- Trek Staff Roles
- Specialty Roles on Trek
- Things to Remember
National High Adventure Base (including OA programs at HAB’s) Update

Status of summer 2020 operations

COVID-19 has brought unprecedented uncertainty, financial challenges and impact to our daily lives. The leadership of the BSA and the National High Adventure Bases (HAB’s) recognize that Scouts and leaders have been planning for many months to enjoy a life changing High Adventure experience

The health and safety of our participants and staff is our utmost concern. At this time, the HAB’s plan to operate in the summer of 2020 if we can do so safely and within the guidelines of the CDC.

On May 1st we will provide an update on the 2020 season specific to each National High Adventure Base. We understand that crews need to make travel plans. However, by applying a metered approach to the summer season, it allows the most flexibility in adjusting programs to serve participants.

Refunds for summer 2020

The National Executive Committee will review the refund policy for the HAB’s and information regarding those policies will be posted on May 1st.
Additional programs for summer/fall/Holiday 2020

HAB’s have added additional late summer/fall and Holiday 2020 programs and we encourage you to review those. You can also move your 2020 adventure to 2021 (based on availability) and keep the 2020 price.

Wilderness First Aid and other required courses

We understand that courses such as Wilderness First Aid are currently unavailable. We are working with the organizations that provide those trainings to have options for Crews which will be posted on May 1st.

BSA Annual Health and Medical Record

We are evaluating all options while being mindful of those who have valid exams as well as those new members and adults who may have never completed a Part C exam, state and local authority requirements, and the special review required by high adventure programs. IN the interim, we recommend that council heath supervisors, camp staff and volunteers begin a conversation on local availability of well exams and alternatives that could be put in place.
Payments

If you have a summer 2020 payment coming up and are either unsure if you should make the payment or are having difficulty collecting payments, please contact the Registrar at the HAB you are planning to attend.

Summer Staff

Those who have been hired for summer 2020 are being contacted by their HAB. If you are interested in being on staff, please contact the HAB for more information regarding staff training dates or other factors.

State “Lockdowns” or “Stay at Home Orders”

We are monitoring the status of state “Lockdowns” or “Stay at Home Orders” that would interrupt travel during the time you are scheduled to attend an HAB. We will work with units to fill openings later in the summer should a state order preclude you from travel.
Every camper and advisor is required to have a medical evaluation within twelve (12) months of their participation date by a physician licensed to practice medicine.
FIRST AID AND CPR CERTIFICATION REQUIRED

The Summit requires each crew to **have at least one person trained CPR and Wilderness First Aid or the equivalent.** However, The Summit will accept the following advance levels of training and a copy of the current license or certification must be shared with The Summit during the registration process:

- Wilderness First Responder
- Outdoor Emergency Care
- EMT Basic, Intermediate, or Paramedic
- Military Corpsman or Medic
- Registered Nurse
- Licensed Nurse Practitioner
- Licensed Physician’s Assistant
- Licensed Physician, MD or DO
The New River Trek at a Glance

- **Day 1** - Arrival, check in and Shakedown.
- **Day 2** - Depart The Summit for the river and begin kayaking!!!!
- **Day 3-5** - More Kayaking and Adventure! Service project will be performed somewhere in this window depending on the project.
- **Day 6** - Whitewater rafting down the Lower New River!! Return to the Summit.
- **Day 7** - Depart for home. All good things must come to an end...
Other Notes:

- Nights 1 and 6 are spent at The Summit all others will be camping in The New River Gorge.
- Day 1 dinner, Day 2 breakfast, Day 6 dinner and Day 7 breakfast are in the SBR Dining Hall all others are in the gorge.
- When back at the SBR on day 6 the evening activity areas in the Summit Center are available to New River Trek Participants.
- Trek route will meet the distance requirement for the 50 miler award.
PERSONAL GEAR

**Personal Gear Storage** - During your gear Shakedown, everyone will be handed a dry bag to store their personal gear in. This will include: Sleeping Bag, Pillow (optional), toiletries, clothing etc.... These are large dry bags everything should fit into one bag per person for the trip. These bags are much larger than most expedition style backpacks and provide sufficient packing space for you. **Dry bag size is roughly 3300 cu. In., or 54 liters.** Take this into account when packing your gear to bring along.
EQUIPMENT - PARTICIPANT PROVIDED

- Sleeping bag (Pillow/ Ground Pad Optional)
- Simple toiletries
- Quick Dry Towel
- Dry clothes to change into
- Dry shoes for camp
- Sweater/light jacket
- Rain gear
- Simple Mess Kit
- Bug Spray and Sunscreen
- Clothes and Footwear to wear on the river
RIVER GEAR - PARTICIPANT PROVIDED

Remember “Cotton is the enemy”. Cotton wicks body heat away. Cotton on the water is BAD. Cotton at campsite is GOOD.

- **Base Layer** - Polypropylene, capilene, thermax and thermion are some of different types of synthetic long underwear that is available. Think thin.

- **Mid Layer** - Next you’ll want to add a layer of fleece or pile. These are thicker and fluffier than your base layer and supply insulation and warmth.

- **Outer Layer** - The purpose of this layer is to block the water. It can take several forms. Paddle jackets are ideal because they have neck and wrist closures that prevent water from reaching your sensitive core. Waterproof-breathable (such as Gore-Tex) or coated nylon rain shells work well too. Ponchos are not recommended. We will provide you a paddle jacket also known as a splash jacket.
EQUIPMENT - SUMMIT PROVIDED

- Tents
- Camp chairs
- Dry bags (1 for camp, 1 for river)
- PFD’s, Helmets, Paddles
- River Gear
- Boats
- First Aid Kit
- Food, Cookware
- Chemical Toilets
- Drinking water
SUMMIT PROVIDED

- Farmer john type neoprene wetsuit
- one pair neoprene water shoes
- splash jacket to help protect from wind

- This set of gear will provide a solid foundation of clothing in case of inclement weather. 95% chance we will not take wetsuit or booties on the trek.
DAYUSE DRY BAG

Some daily items will stay with you will on the river. You will keep these items in your personal day use dry bag provided to you for the Trek. Dry Bag is approximately 2-5 liters.

DAYUSE DRY BAG ITEMS:
- Sunscreen
- Vital Medications (Inhalers, epipens, heart medication, etc.)
- Sunglasses
- Bug spray
- Waterproof camera (optional)
- Water Bottle with a locking carabiner
Regarding non-essential items like cameras, GPS units, binoculars etc. It is pretty simple

If it’s going to break your heart or your wallet to lose it, don’t take it on the river.

Any items like these that you decide to take with you make sure you have the protective equipment to keep them dry.

We will be able to accommodate medications that require cold storage needs while on the river.

For all vital medications whether it needs to be kept cool or not, it is highly recommended that you bring twice what you would need for the duration of the Trek. One batch goes with you on the Trek. One batch stays with the Health Lodge at the Summit in case of any unforeseen accidents.
NEW RIVER TREK STAFF AND THEIR ROLES

► Trek Check in Host
Will take you through the basic arrival day check-in procedures. This will include a basic Summit Center Tour and during the tour you will meet with our registration staff to turn in paperwork and meet with our medical staff to go through a medical recheck. Your host will join you for dinner and evening program (Sunday Arrival only) but will not be on the trek with your group.

► Trek Coordinator
Will greet upon arrival Day 1, help you settle into your campsite for the first night, lead you through a comprehensive trek gear shakedown and get you prepared for departure on morning Day 2. The Trek Coordinator will lead the Day 1 evening Trek Orientation meeting. He or She will be with you for the entire trek. They are a part of the Trek Staff.

► Trek Staff
Will join the group on morning of Day 2 for departure. They will be with your group from departure from the Summit to arrival back to the Summit. The Trek Staff will lead, assist, guide, and support you on and off the water. Trek Staff is made up of Trip Leader (The TL), a Gear Boater, and Trek Guides.

► Trip Leader
The Trip Leader (TL) has undergone all of the requirements from the WVDNR to fulfill his or her responsibilities on and off the river. They have more experience and have taken extra training courses to get to this position. The TL will provide leadership on and off water throughout trek.

► Gear Boater
Oversees all things involved with the 18 foot gear boat that will accompany you along your trek. Detail oriented and a master at Tetris, they will pack, stack, and strap down everything needed for your journey onto and into a 18 foot inflatable raft. Then they row the boat downstream to campsite so your stuff is there when you need it.
SPECIALTY ROLES ON TREK

Specialty roles will be assigned to Trek participants during their Trek. These duties are an integral part of activity and experienced based leadership and character development. Dryland Duties can include:

- Kitchen Duty
- Boat Duty
- Campsite Duty
- Etc..

Trek Staff will assist and guide you through these responsibilities with the end goal being the group taking total ownership of Trek duties on dryland in a positive and productive way. It’s our goal to have these duties be youth led and initiated but we will be there for support and instruction when needed. Duties will rotate on a daily basis throughout the group.
Transportation and Arrival Day

Start Planning Your Transportation **NOW**

- When planning remember that you will hit the river the morning of day 2 so it is important to arrive to the Summit on day 1 between 11:00 AM and 2 PM.

- All groups on the New River Trek will depart together so a delay by one group will delay all.

- When planning your arrival it is better to be early than late. Early arrivals are available for 35.00 per person.
APPENDICES

The back of the planning guide provides multiple appendices designed for quick reference on multiple topics

- Maps
- Wildlife and Other Natural Hazards
- Swim Test Master List
- Buddy Tag Instructions
- Summit Duty To God Award
- Summit Sustainability Award
FAQs

Will our crew camp together at the Summit base camp?
- Yes.

Can we fish during our river experience? How do we obtain fishing licenses?
- No license required for youth under 15. Order license online at: [https://www.wvhunt.com/](https://www.wvhunt.com/) Fishing at the Summit does not require a license.

Can I bring my personal kayak, PFD, paddle, helmet etc..?
- Kayak and or PFD. NO. Paddle and or helmet. Maybe but all equipment must be approved by Trek Director.

How many people fit in the inflatable kayak?
- We have 1 person and 2 person IK’s. Most people prefer the 1 person setup.

How many people do the rafts hold?
- Generally 8 plus the guide. If your groups have multiple rafts you will still be close to each other and traveling the river as a group.

Are paper copies of training Certificates allowed?
- Yes.

For Specific Aquatics Questions Contact Isaac Colvard at [Isaac.Colvard@Scouting.org](mailto:Isaac.Colvard@Scouting.org) or call 304-465-2800
SUMMIT STAFF DIRECTORY

Below is a listing of full-time staff at The Summit that can help you with questions related to your High Adventure Experience at The Summit. All can be reached by phone at our main number 304-465-2800 during regular business hours 8 AM to 5 PM Monday through Friday. This is not an entire list of the full-time staff, but this is a list of those who will mostly likely be able to answer the questions you have about your trip to The Summit.

Director of Outdoor Adventures
For general questions on the high adventure program such as facilities, housing, food, transportation, etc. contact:

Matthew Reineck- Director, Outdoor Adventures at The Summit
E-mail Address- Matthew.Reineck@Scouting.org
Programs- The Director is responsible for all High Adventure Programs and directly oversees The Summit Experience as well as the 3-hour service projects in which all HA groups participate.

Reservation Information
For questions on your reservation, payments, paperwork, etc. contact our registration team:

Cristi Richardson- Registrar
Camela Rodgers- Registration Coordinator
E-mail Address- Summit.Program@Scouting.org The Registration team is the administrator for this e-mail address which you have seen throughout this guide.

Trek Specific Information
Equipment, route details, skills questions etc.

Aquatic Sports Program Manager- Isaac Colvard
Email Address- Isaac.Colvard@Scouting.org
Programs- River Trek
Activities- Lake kayaking, river kayaking, white water rafting, stand up paddle boarding and The Summit’s Water Reality Obstacle Course.