

## 2010 National Scout Jamboree Essential Troop Safety Guide

- TROOP CAMPSITE

Emergency procedures posted  
No digging holes anywhere  
Tent pegs no deeper than 8"  
Cover or mark exposed tent pegs  
Mark exposed ropes & guy wires  
Gateway no higher than 10' total  
Safe drop zone for gateway & flagpole  
No electrical use in gateway  
Keep drinking water supply clean  
First aid kit handy, leaders trained  
Unused troop & personal gear stowed  
No swimming pools or campfires  
Communication with Sub Camp okay  
Fireguard plan posted & in use  
At least one leader in site at all times  
Drink plenty of water

- ACTIVITIES

Daily safety briefing to Scouts  
Scouts use buddy system  
Follow the heat index activity flags  
Follow directions in mobilizations and  
emergencies from Sub Camp HQ  
Walk on left sides of road  
Watch for traffic  
Drink plenty of water



### 10 Safety Essentials for Jamboree Participants to Carry and Use

- Water bottle
- Sunscreen
- Hat
- Hand sanitizer
- Lip balm with sunscreen
- Rain gear/poncho
- Personal first aid kit
- Flashlight (night)
- Jamboree site map
- Jamboree ID

- MEALS

Soap check your propane connections –  
("no bubbles, no troubles")  
Stoves and propane stable & secure  
Stoves away from tents & dining flies  
No operating stove left unattended  
Close propane tank valve after meal  
Prep area & dining tables clean  
Prep & dining utensils clean (3 sink)  
Hand washing before meal prep  
Wash hands or use hand sanitizer before  
eating  
Cook food thoroughly  
Return unopened food, no hoarding  
Properly dispose food waste &  
dishwater  
Drink plenty of water

Thank you for helping make this 2010  
Jamboree the best, most exciting, fun-  
filled, **safest** Jamboree ever! (Did we  
mention to drink plenty of water?)

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- ACTIVITY HEAT INDEX (AHI)

In an effort to promote and assure greater safety and health of Jamboree participants, a plan was developed of activity and rest periods as well as proper rehydration during episodes of elevated temperature and humidity. Summers at Fort AP Hill have “feel-like” conditions which seem hotter than the actual temperature.

- HEAT INDEX FLAG SYSTEM

At program and activity areas, Scouts will see colored flags to indicate the activity heat index (AHI).

**White** = 78 – 81.9 AHI

**Green** = 82 – 84.9 AHI

**Yellow** = 85 – 87.9 AHI

**Red** = 88 – 89.9 AHI

**Black** = over 90 AHI

- ACTIVITY LEVELS

The greater the activity, the greater the need to periodically rest and rehydrate as the AHI increases. Activities have been sorted into four categories:

M = moderate

A = active

S = strenuous

- ACTIVITIES LIST

**M (moderate activities)** include:

Air-rifle, Aquatics, Amateur Radio K2BSA, Archery, Boys’ Life Exhibits, Buckskin Games, Camp Thunder, Conservation Trail, CPR Training, Daily Ceremonies, DisAbilities Awareness, Fishing, Geocaching, Hometown News, Jamboree Today, Jamboree Website, Merit Badge Midway, Morning Mobilization, National Exhibits, OA Mysterium Compass, Pioneering, Relationships, Religious Services, Technology Quest, and Trapshooting.

**A (active activities)** include:

Action Alley, Bikathalon, Confidence Course, Motocross BMX, Mountain Boarding, Climbing Tower, Rappelling, and Subcamp Sports (Jambo ball, Frisbee, Wiffleball, etc.).

**S (strenuous activities)** include:

Evening Mobilization, and Subcamp 5K Run.

M (moderate activity)

W	no limit	1/2
G	no limit	1/2
Y	no limit	3/4
R	no limit	3/4
B	50/10 min	1

A (active activity)

W	no limit	3/4
G	50/10	3/4
Y	40/20	3/4
R	30/30	3/4
B	20/40	1

S (strenuous activity)

W	40/20	3/4
G	30/30	1
Y	30/30	1
R	20/40	1
B	cancelled	1

**Flag – active/rest – H<sub>2</sub>O intake quarts**  
**Color minutes per hour**