

SABATTIS ADVENTURE CAMP 2010 LEADERS' GUIDE ADDENDUM



**PATRIOTS' PATH COUNCIL, INC.
BOY SCOUTS OF AMERICA**



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Directions To Sabattis

- Rt. 287 north to NY Thruway (Rt. 87) north.
- Take Exit 23, the Warrensburg exit off I-87 to NY Rt. 28. The camp is 75 miles from this exit.
- Stay on Rt. 28 until you pick up Rt. 30 (do not take Rt. 28N).
- Continue on Rt. 30 passing through Blue Mt. Lake and Long Lake.
- After turning left into Long Lake, stay on Rt. 30 for 7 more miles; then, make a left-hand turn at the top of a hill (as the road begins to curve to the right).
- The sign for the left-hand turn (located on the left-hand side of the road) reads “Sabattis Road”. This sign is brown with gold lettering. Also see a white sign with black SAC letters
- Proceed on this road for 3 miles. The road will go to the right and a large lake will appear on the left-hand side. (this is Little Tupper Lake).
- Just to the other side of the lake’s end you will come to a 3-way intersection. Turn to the left, keeping the lake on your left-hand side.
- As you drive along this road you will see signs for Whitney Park and other recreational areas. After 2 miles, the road will turn from pavement to dirt/gravel.
- Once the road turns to dirt/gravel you have 3.2 miles to go until you get to the camp road.
- The entrance road for the camp is on the left-hand side as you crest a hill. After you pass the sign for “Lake Lila,” we are the next driveway on the left. There is a large, mailbox and camp sign at the camp entrance, the last driveway before a small bridge that crosses a lake. It is 75 miles from Route 87 to camp (1 hour and 45 minutes).

Unit Arrival

Saturday Check In

Please be aware that the camp staff is on a required day off from Saturday noon until Sunday noon. We understand that you are anxious to get started, but please allow the staff the time off they deserve. If there is an emergency, please see the Health Officer or the Camp Director. If you have any other questions, please wait until Sunday afternoon.

Saturday Procedure

- Arrive between 1:00 and 3:00 PM. Dinner will not be provided for those Troops arriving after 5:00 PM.
- Unit Leaders report to the camp office and hand in medical forms (please have in alphabetical order) and two (2) copies of unit roster listing all Scouts and Scouters with their full name, address, telephone number and BSA registration number.
- Unit leaders pay any fees for additional scouts/adults to the business manager
- Wait for your guide who will show you to your campsite
- A staff member will report to your site on Sunday afternoon and you'll follow steps below

Sunday Procedure

- Follow steps above
- Scouts should bring medications with them for medical re-checks
- Change into bathing suits, report to Health Lodge for medical re-check
- After medical re-check, go to waterfront for swim test

Medical checks and swim checks will only occur on Sunday afternoon.

Unit Departure

Prior to leaving camp, each unit must check out with the Business Manager, pick up all blue cards, and have its campsite inspected.

Mail Service

Incoming Mail

All incoming mail will be available in your unit's box in the Camp Office.
The address is:

Name, Troop Number, Site Name
Sabattis Adventure Camp
Patriots' Path Council BSA
1745 Sabattis Road
Long Lake, NY 12847

Outgoing Mail

Bring any outgoing mail to the Camp Office and put it in the mailbox on the counter for outgoing mail.

Telephone Service

Outgoing Calls

Adult leaders will be allowed limited use of the camp telephone for important calls only. All outgoing calls other than official Scouting business will be with a calling card or as a collect call. Public pay phones are located in Tupper or Long Lake. *Scouts may use the telephone only when accompanied by a unit leader*

Incoming Calls

Leaders, Scouts, and parents should be made aware that incoming calls to individuals are seldom practical due to the size of our camps.

Emergency Calls

In case of emergency, the Sabattis Camp Office telephone number is 518-624-3676. A message will be taken and delivered to the individual concerned as quickly as possible. *Do not expect to talk to the person immediately.*

Health Lodge/Emergency Services

Our resident Health Officer lives at the Health Lodge and is available 24 hours a day to handle medical emergencies. In addition, arrangements have been made with a local doctor in Long Lake, Mercy Medical Center in Tupper Lake, and the hospital in Saranac Lake to be available for our campers at Sabattis. The Long Lake First Aid Squad and the local New York State Forest Ranger are also available for on-site emergencies and transportation to the local doctor and hospitals.

Medication Dispensing Policy

When dispensing medications to scouts attending camp, the following procedures will be followed:

1. The Health Officer will make the Scoutmaster aware of all scouts taking medications. The Scoutmaster will sign a form assuming responsibility for ensuring that their scouts make it to the Health Lodge at the appointed time.
2. If a scout is more than one hour late for their appointment, the Health Officer will notify the troop in writing that their scout did not show up. The Scoutmaster will sign the written notice and the scout will be escorted to the Health Lodge by Troop Leadership. This notice will be filed with the Camp Medication Log and stored at the Health Lodge.

3. If the scout does not arrive at the Health Lodge within one hour of Scoutmaster notification, the Camp Director will be informed. The Camp Director or designee will immediately notify the Scoutmaster to schedule a phone conference with the scout's parents or guardians informing them of the situation.

Please take the time to set up a reliable system of ensuring that your scouts receive their medications at the appropriate times. Just asking a scout if they got their meds is unsatisfactory. An adult needs to escort them to the Health Lodge every time.

Trading Post

Our Trading Post operates as a service to the camp community and is well stocked to meet your daily needs. Stock includes snacks, soft drinks, patches, shirts, and other collectibles available for your enjoyment. The hours of operation will be posted at the Trading Post. Leaders please remind your Scouts and other adults that any food purchased at the Trading Post should be eaten there and not taken back to the campsites. This is a precaution due to the population of bears in the area. It is recommended that each Scout bring between \$30 and \$40 for spending money while at camp. Please instill in the Scouts the responsibility of guarding against theft or loss of money while at camp.

Shower Facilities

Shower facilities are available in camp. The shower house across from the Scoutcraft area is strictly for campers under 18 years old. Adult leaders will have reasonable hours to use the showers in the back of the barn. Under BSA policy, Scouts and leaders over 18 years old cannot use common showers at the same time. This will be strictly enforced. Each troop will be asked to take a turn cleaning the shower house.

Latrines

Each latrine has been provided with a length of garden hose to facilitate washing down the urinals, wash stands, and floors. Please do not run water down into the latrine pit: water deters the aerobic process of the system. We ask everyone to keep the covers to the seats down, whether in a new or old style latrine, when not in use. This is a New York State Health Regulation. So please make sure the Scouts are aware of this and do not prop them open when not in use. Please make sure the Scouts don't dump garbage into the latrine pits. The latrines are for one purpose only. At the end of each week, the Camp Guide will inspect the latrines and make sure they are ready for the next troop to occupy the site.

Automobiles

Private cars are to be used for transportation to and from camp, not as transportation in camp. Only at the time of check-in and check-out will private vehicles be permitted to travel to the campsites for the purpose of unloading and loading troop gear. *Please only send one vehicle at a time, otherwise our small roads get jammed.* Immediately after this task is completed, all private vehicles will be returned to the designated parking area behind the barn. *Your Troop will be assigned a specific row.* If you need something transported in camp, contact the Camp Director and he'll arrange to accommodate your needs.

Fires

The ground of the Adirondacks is covered with a thick layer of high organic "duff" which is flammable during the drier summer months. **We do not permit ground fires at any campsite at Sabattis Adventure Camp without a concrete burn ring. If your site does not have a concrete burn ring then, all fires for cooking and troop campfires must be contained in your metal burning barrel.**

Flag Ceremonies

It is important that all troops have appropriate flag ceremonies in their campsites. It is recommended that each troop brings both their American and troop flags to camp. Camp wide retreats are held each evening at 5:30PM on the parade field. We request that all troops attend the camp wide retreat in Class A uniforms on Sunday evening. On Monday through Friday, all troops should hold retreat at their individual campsites, but are invited to attend the camp wide retreat.

Laundry

There are coin operated laundry facilities at Sabattis. They are located in the Trek Center. The hours of operation are from 9:00 AM to 5:00 PM.

Commissary

Extra Meals:

Saturday evening and Sunday meals are available at the commissary for pick-up by those Troops arriving Saturday. All units are entitled to meals beginning Saturday evening. If for some reason your unit chooses not to use the meals on the day of arrival, your unit will still be paying for it in the camping fees.

Food is issued three times/day from the commissary. We use fresh foods, although dehydrated trail food is available for outpost trips, canoe trips, etc., with advance notice. Written menus and food preparation instructions will be provided to all patrols at the time of food pickup. Some changes may be necessary because of shipping and marketing, although these will be kept to a minimum. Please notify the Commissary Director of any problems as soon as possible so they may be corrected. Please note that your troop will need to bring its own mess gear. Troops and visitors may purchase some additional foods through the commissary.

A dietician has approved each week's menu. All trail food for the trekking programs will be selected by the voyageurs based on information provided through the trek applications.

The food pickup/return times are as follows:

MEAL	PICKUP	RETURN
Breakfast	6:45 - 7:15 AM	8:45 - 9:15 AM
Lunch (Sat & Sun)	11:30 - 12 Noon	2:00 - 2:30 PM
Lunch (Mon - Fri)	12:15 - 12:45 PM	2:00 - 2:30 PM
Dinner	4:30 - 5:00 PM	7:00 - 7:30 PM

- Please return only unopened food at the specified return time.
- Please bring opened, unused food directly to the garbage container immediately after each meal.
- Whenever possible, please share food between patrols to help reduce food waste.
- Thank you!

When organizing your patrols for camp, try to set up patrols of 8 or 9 each. This will give each patrol a head count for food of 9 to 10 people with the adult guest at each meal. Using this system reduces the number of patrols transporting food from the commissary to the campsite

Staple items are commissary items that can be picked up at any meal: salt, pepper, ketchup, toilet paper, etc. Simply turn in a "staple request form" one meal prior and they will be ready for pickup at the next meal. Instruct your Scouts to carefully check the items in their food packs before leaving the commissary. This will avoid unnecessary return trips to the commissary.

In the past, many troops have tried cold lunches and found them less time consuming for the Scouts during the midday. This left the Scouts with some relaxing time before beginning the afternoon program sessions. *If you would like to have a "no cook" lunch, please fill out the "no cook" option sheet included in your leader's pack at camp.*

Private Property

When hiking or camping off camp property, please do not trespass or use private property. Many of the state hiking trails and waterways are bordered by private property. Our voyageurs are acquainted with the sites that are available for public use.

Religious Services

Jewish services are not available in camp, but are available both in Saranac Lake and Tupper Lake on Friday evenings. Catholic services are presently not available. Notice will be posted if this changes. An all faith service is available in camp immediately following our Sunday evening camp wide barbecue.

Sanitation

The Health and Safety Officer in camp is the Health Officer. This person is responsible for supervising the Sanitary Code of Sabattis Adventure Camp. The New York State Department of Health and the BSA require that the three pot methods of washing be used at all times in all patrol sites. If your troop has inadequate containers to meet this requirement, see the camp quartermaster for extra containers. Instruction sheets will be provided describing the three pot washing procedure. The camp commissary has a supply of water purification tablets and instructions how to use them. If you have an occasion to drink water while on a hike or trek from some source other than the camp water system, we ask that you use purification tablets to treat the water.

Uniform

We ask that all Scouts and Leaders wear the official BSA "Class A" uniform each evening for retreat, church services, special ceremonies, and any off-camp trips. Be proud to say that you are a member of the Boy Scouts of America. A BSA "Class B" uniform is desirable in camp.

Equipment Information

Each troop will be provided the following equipment:

- 3 pots for dish washing
- latrine cleaning equipment
- fire-fighting equipment
- flag pole
- bulletin board
- bear box

Each patrol will be provided the following equipment:

- picnic table
- dining fly
- cooking fire barrel
- patrol box

Tents, platforms, cots and mattresses are not provided at Sabattis. Each troop is asked to bring its own tents and cooking equipment. Any other equipment your troop may want to bring to camp to enhance the stay is encouraged.

Some suggestions are:

American Flag, troop flag, patrol flags, advancement charts,
record books, Merit Badge books, handbooks, fieldbooks,
woods tools, backpacking equipment (if you plan to do an outpost trip)

A limited amount of gear is available from the quartermaster on a first-come, first-served basis.

Prohibited Items

The following items are prohibited at Patriots' Path Council Camps (and at all Patriots' Path Council activities and properties):

- Personal rifles or archery equipment
- SCUBA tanks and wetsuits (snorkeling equipment may only be used during Snorkeling BSA instruction)
- Fireworks
- Alcoholic beverages and non-prescription drugs
- Bikes (camps with a mountain bike program will supply the bikes)
- Personal Climbing Equipment (Exceptions: climbing shoes, gloves)
- Pets

Violators of this policy, whether boys, leaders, staff members, or visitors, will be asked to leave the property immediately and may be subject to criminal prosecution.

Out of Camp Activities

The Sabattis Adventure Camp is readily accessible to a wide range of out of camp activities. The camp sponsors Bog River Falls, Charley's Mountain and Trimaran Sailing; all other activities are the individual troop's responsibility. If some of your adults or Scouts decide to participate in any of these out of camp activities, please let the camp staff know your plans. This should be done through the Program Director and at the beginning of the camp week in case special arrangements are required prior to the day of the activity.

Bog River Falls

This is a natural water slide situated in the Bog River just before it enters the southernmost end of Tupper Lake. Bog River Falls is located about ¼ mile off Route 30, within a 20-minute drive from Sabattis. Because of its popularity, the Aquatics Staff sponsors a camp wide trip to the falls each week, on Wednesday afternoon, for all Scouts who have passed the "swimmer" test and have never been to the falls. It is impossible for the entire camp to attend the Wednesday afternoon outing to the falls because of personnel and transportation logistics.

Ampersand Mountain

Ampersand Mountain is located between the Lakes Region and the High Peaks Region off of Rte 3 between Tupper Lake and Saranac Lake, approximately 45 minutes from camp. Once on the top, you'll be rewarded with a spectacular 360 degree view of what the Adirondacks have to offer. A very accomplishable day hike. If you are going to climb just one mountain in the Adirondacks this should be the one.

Coney Mountain

Historic Coney Mountain is located on Rte 30 between Long Lake and Tupper Lake, approximately 1 mile from camp. Coney Mountain is not a difficult hike and is easy enough for beginners. There is a full 360 degree view of Tupper Lake on the north, Goodman Mountain, Coney's twin; Mount Morris (Big Tupper), the Swards, the MacIntyres to the east, Mt. Marci, Santanoni, Blue Mountain, and several lakes and ponds to the west.

Charley's Mountain

Each Wednesday afternoon, the Ecology Staff sponsors a trip to Charley's Mountain. Except for the very top of the mountain, most of the trail and surrounding lands are on camp property. This is an opportunity to test your mountain climbing and hiking skill, provided you are in physical condition for it. Your reward, on a clear day, is a spectacular view of the surrounding mountains for miles around.

Mt. Marcy

Mt. Marcy, at 5344 feet, is the roof of the Adirondacks. The trailhead at the Adirondack LOJ leading to its summit is an hour drive from Sabattis. Here is a challenging day activity for older Scouts and adults who have time on their hands.

Merit Badges

Scouts should plan on working on no more than 4 merit badges (including partials from previous years) while at Sabattis. The Sabattis staff will be emphasizing quality rather than quantity. Our merit badge classes will be 1 hour sessions and meet daily for up to five days, depending on the merit badge. Scouts come to camp to have fun, not to attend a merit badge mill under stress for the week of summer camp.

Remember that some merit badges have requirements that must be completed prior to attending camp, and evidence must be brought to camp to show that those requirements have been completed. Check the prerequisites later in this guide. A note from the Scoutmaster or parent is sufficient evidence.

Remember to check the requirements of all badges that the boys are interested in earning, as not all optional requirements can be performed at camp. If you have any questions about a badge's requirements, please check with your local Merit Badge Counselor.

Remember to properly complete the Application for Merit Badge, #4124A (blue card) for each merit badge a Scout attempts. The blue cards are important records, and need to be submitted during the first meeting with the counselor.

All information required of the Scout, including name, address, troop, council, district, badge, etc., should be filled in by the Scout. A unit leader's signature must appear on the front side of the card. Please use a pen, not a pencil.

All merit badge counselors are selected members of the camp staff who have been chosen based on their knowledge of the subject, rank within Scouting, and leadership initiative. Recognized merit badge counselors at camp may not be recognized counselors in the community, but are qualified instructors in their field and are approved by Council.

If a Scout completes only part of the requirements for a merit badge while at camp, he will be given a blue card showing partial completion of the merit badge. It will show which requirements were completed. This partial completion will be honored both at camp and at home.

The Trailblazer program has proven to be very successful for both the younger Scouts and for many of the older Scouts and adults needing to sharpen forgotten skills. Adult leaders are encouraged to assist with this program since many have a wealth of Scouting skills with which to enhance the program.

Merit Badge Prerequisites

	Recommended Older Scout Merit Badge
Archery	
Astronomy	6, 7b, 9
Camping	9a, 9b
Canoeing	
Climbing	
Emergency Preparedness	1, 2b, 2c, 6b, 6c, 8a, 8b, 8c, 9a
Environmental Science	3e, 3f, 4, 6
First Aid *	2d
Fish & Wildlife Management	4, 5,6, 7, 8
Fishing	7
Forestry	3b, 5, 6a, 6c, 7
Geology	4
Lifesaving	1a
Mammal Study	3c, 4a, 4b, 4c
Orienteering	6a,6b, 7, 8, 9, 10
Pioneering	2a
Rifle Shooting	1d, 1f Recommended Older Scout Merit Badge-Minimum Age is 12 years old
Rowing	
Shotgun Shooting	1d, 1f Recommended Older Scout Merit Badge- Minimum Age is 12 years old
Small Boat Sailing	Swimming, Rowing or Canoeing
Soil & Water Conservation	1 a,b,c; 2 a,b,c,d; 3 a,b,c; 4 a,b,c,d; 7
Swimming	3, 10c
Weather	1, 2, 3, 6, 7, 8
Wilderness Survival *	5

* Revised requirements for 2008

In-Camp Programs

PLEASE SEE THE MERIT BADGE SCHEDULE FOR DAYS AND TIMES

Scoutcraft

Scoutcraft and the Trailblazer Program are located in and adjacent to the old fairway opposite the shower house area. This gives the Scoutcraft area expanded activity sites and brings it within the nucleus of the camp. Scoutcraft will be divided into two areas of activity. The main area will offer merit badges for the older and more advanced Scout (First Class and higher).

Offered merit badges: Camping, Emergency Preparedness, Pioneering, Orienteering, and Wilderness Survival. Some of these merit badges require additional equipment and time away from camp.

The other area of Scoutcraft is a Skill Section designed to meet the skill requirements of Scouts working on Tenderfoot through First Class. The skill section will be supervised and managed by the Scoutcraft Director. Scouters with Woodsman's Thong and Wood Badge training are asked to volunteer some time each day to assist in the skill training.

Offered skills: Totin' Chip, Fireman's Chit, fires and fire building, knots and lashings, cooking, and orienteering.

Shooting Sports

The Rifle range is located on the left coming into camp. Our range uses .22 caliber rifles and is supervised by a certified Shooting Sports Director. Only camp rifles and ammunition can be used in camp.

The Rifle Shooting Merit Badge is offered in two morning sessions. **Scouts must attend both morning sessions.**

Rifle Ammunition -The fee for Scouts working on the Rifle Merit Badge is \$5

Our Shotgun range uses 12 gauge shotguns only. To earn the Shotgun Shooting Merit Badge, **Scouts must attend ALL of the five morning sessions, Monday through Friday and BOTH evening sessions, Monday and Thursday.**

Shotgun Ammunition -Scouts working on the Shotgun Merit Badge will receive 50 shots for \$15
Additional shots \$.25

Open shots are offered various days during the week from 2-5pm

THE MINIMUM AGE TO FIRE A RIFLE OR SHOTGUN IN NEW YORK IS 12 YEARS OLD.

The Archery Range has stationary targets at various distances. A thirty- (30) pound weight limit is in effect for all bows.

BUCKSKIN GAMES: The Buckskin Games are located in the Archery Range. Participants get one on one instruction on the proper techniques for throwing knives and tomahawks into stationary wooden targets. Buckskin Games are open to Scouts and Scouters Monday through Thursday from **2:00 to 3:30 pm.**

Ecology

The Sabattis Ecology area comprises the entire 1200 acres at Sabattis Adventure Camp. The area director will establish a base of operations located on the fairway between the commissary and the Archery Range. However, the director and his staff will use the entire camp as a classroom, except those areas designated as restricted.

Scouts taking ecology related merit badges should be prepared to spend extensive time in the field meeting requirements for the various merit badges. Please go over the requirements with the Scouts.

Offered merit badges: Environmental Science, Mammal Study, Soil and Water Conservation, Forestry, Fishing, Fish and Wildlife Management, Astronomy, Weather and Geology.

Waterfront

On a hot summer day, no other activity can match the popularity of the waterfront. Here the Scouts can take a cool dip in Bear Pond under the supervision of our trained Aquatics Staff.

Tired of swimming, they can learn how to sail a boat or paddle a canoe. The more daring Scouts try the Polar Bear Swim each morning before breakfast. For those that want more than just swimming, Sabattis also offers mile-long swims and snorkeling.

Offered merit badges: Swimming, Canoeing, Lifesaving, Rowing, and Small Boat Sailing.

Special programs: Snorkeling BSA, BSA Lifeguard, Safe Swim Defense, Safety Afloat, Funyak, Mile Swim, 17' Trimaran, open swimming and open boating (both offered in afternoons).

First Aid

The Health Officer will work with the Scouts on this merit badge. This merit badge will be conducted twice daily near the Health Lodge or an area designated nearby. **It is recommended that any Scout taking the First Aid Merit Badge complete the First Aid skill requirements through First Class and have a thorough understanding of the subject before coming to camp.**

Challenging Outdoor Personal Experience (C.O.P.E.)

C.O.P.E. is the challenge course program of the Boy Scouts of America. It is a series of physical, mental, and emotional challenges facilitated by a trained staff directed at enhancing personal growth. The program is comprised of group initiative games, low course, and high course activities. Some of the activities involve a group challenge while others test individual skills and agility. Group activities are ideal for emphasizing the patrol method and developing leadership skills.

The goals of the program are:

- Leadership
- Self-Esteem
- Communication
- Trust
- Decision Making
- Teamwork
- Problem Solving
- Planning

Each C.O.P.E. experience begins with several activities called initiative games which are designed to allow a team to get to know each other and form a new level of trust. The activities are not designed to be competitive or to be a race against time.

After completing a phase of initiative games, groups explore low C.O.P.E. elements. These new challenges provide an opportunity to improve team skills while finding solutions to fun problems. Along the way, team members may find themselves mute, blind, or unable to use their arms or legs for an event. Participants climb, jump, balance, swing, and find many solutions to a variety of activities.

When teams finish the low course, they enter the 30' high course. It is important to note that no group is permitted to use the High Course area without proper training. The High Course training consists of knot tying, proper safety procedures, equipment use guidelines, belay training, and much more. The course has several elements including the following:

Multiline Traverse - The Multiline Traverse is a single foot cable with multiple hand ropes that hang down from above the participant. The objective is to cross the span by using the overhead lines for balance and the foot cable for support.

Giants Ladder - The Giants Ladder can be used by one or two people at a time. The rungs on this ladder are made of large wood timbers. What makes this element so difficult is that the rungs are over three feet apart and are spaced farther apart as the height increases.

Burma Bridge - The Burma Bridge is a single foot cable with two hand ropes – one on either side of the participant. The objective is to cross the span by using the hand ropes and foot cable while maintaining balance.

Two-Line Traverse - The Two-Line Traverse is a single foot cable with a single taut hand cable located at about chest height. The objective is to cross the span by using the hand cable while maintaining balance.

Vertical Playground - The Vertical Playground is an element in which participants begin on the ground and attempt to climb upwards through a series of ropes, timbers, and tires. The physical challenge increases as the height increases.

Confidence Pole - In this element, participants climb to the top of a 30' pole and leap outwards in order to take hold of a small trapeze.

Zip Line - The zip line is the final high course element and serves as an enjoyable and exciting way for participants to return to ground level. From the top of the climbing tower, participants zoom over 150 feet across a field before coming to a gentle stop.

What makes COPE special?

1. **It has challenges but is not an obstacle course** - Traditional obstacle courses emphasize physical performance and exclude non-athletes from success. COPE encourages "personal best" performance from each individual while increasing their awareness of their physical self.

2. **It can be a thrilling experience but it is not a "thrill ride"** - Although elements of COPE may seem like "thrill rides", the difference is that the participants must invest personal effort, responsibility and commitment to reach each level. They must decide for themselves how far they go and when, or if, to take the next step.

3. **Safety is everyone's responsibility** - Staff and participants are actively involved in maintaining a safe program. Emotional as well as physical well being of everyone is ensured by using safety skills and understanding risk.

4. **Each experience is customized for the group/individual** - Since one of the goals of the program is to enhance self-esteem, the experience must be challenging but not futile. Each group also has its own goals and objectives which can be best met by careful selection of challenges.

5. **The staff "facilitates", the group "leads"** -The staff sets-up the program, ensures safety, presents the challenges and facilitates the group/individual processing of the experience, but does not give "answers". The group must solve problems and make decision themselves.

The minimum age for C.O.P.E. participation is 13 years old.

Climbing Tower

The Sabattis Adventure Camp Climbing Tower is the focal point of the main activity field. With the upper platform over 30 feet in the air, the tower provides a formidable challenge to the Climbing MB class, C.O.P.E. participants, and scouts arriving for open climb. The tower has four sides and countless challenges for climbers. It includes an inclined side, an overhang side, and a roof section. The third side of the tower is made up of the C.O.P.E. course's Giant's Ladder, and the fourth side is free to allow for open rappelling.

Programs available at the Climbing Tower include the Climbing Merit Badge, Climb on Safely training for adult leaders, open climb in the afternoons, and troop climbs are available in the evenings.

Morning Merit Badge Program

8:50am Senior Patrol Leader Meeting outside the barn M -- F							
Monday-Friday	Scoutcraft	ECON	Shooting Sports	Archery	Waterfront	Health Lodge	Tower
7:00 - 7:30					Polar Bear		
9:00 - 10:00	Pioneering	Env. Sci. P1	Rifle Shooting Part 1(2)	Archery	Swimming		Climbing
		Soil & Water Conservation			Canoeing		
	Camping	Mammal Study			Mile Swim		
10:10 - 11:10	Orienteering	Env. Sci. P2	Rifle Shooting Part 2(2)	Open Archery	Lifesaving	First Aid	Open Climb
	Wilderness Survival	Forestry			Rowing		Climb on Safely
		Weather			Snorkeling BSA		
11:20-12:20	Emergency Prep.	Geology	Shotgun Shooting Part 1(2)	Archery	Swimming	First Aid	Climbing
		Fish & Wildlife Management			Small Boat Sailing		
	Scout Skills	Fishing					

Evening Program

Campwide Games Monday and Wednesday at 8:30pm.

7 - 8pm							
Monday	Firem'n Chit	Twilight Canoe*	Shotgun Shooting Part 2(2)	Open Archery	Open Swim		Open Climb
		Scout Skills Partial Hour			Astronomy		Open Boat
	Safety Afloat						
Tuesday	Wilderness Survival Overnight	Charley's Mtn Overnight*	Open Shotgun	Open Archery	Troop Swim*		Open Climb
		Astronomy on Charley's Mtn.			Troop Funyak*		C.O.P.E.
	Scout Skills						
Wednesday	Totin' Chip Fire Building Contest	Twilight Fishing	Open Rifle	Open Archery	Troop Swim*		Speed Climbing Comp.
		Astronomy			Open Boat		
Thursday	Leave No Trace/Trek Safely At Barn	Twilight Canoe*	Shotgun Shooting Part 2(2)	Robin Hood Competition	Troop Swim*		C.O.P.E.
		Astronomy			Open Boat		
		Scout Skills					

* - Scoutmaster must sign up in the main office. Please provide number of participants.

Note: Rifle, Shotgun Shooting, and Env. Sci. require all parts to be taken.

Afternoon Program

2 - 5pm	Scoutcraft	ECON	Out Of Camp	Archery	Shooting	CPR	Climbing	Waterfront	Mountain Man
Monday	2-3:00pm Mtn. Biking 3:30-5pm Mtn. Boarding	Bear Pond		Open Archery	Open Rifle	CPR Training	2-3:30pm C.O.P.E. I 3:30-5pm C.O.P.E. II	Open Swim/Boat	2-3:30pm Buckskin Games 3:30-5pm Outdoor Cooking
Tuesday	2-3:00pm Mtn. Biking 3:30-5pm Mtn. Boarding	~Partial Hour~ Survival Games	17' Trimaran*^	Horse Archery Dart Archery	Open Shotgun	CPR Training	2-3:30pm C.O.P.E. I 3:30-5pm C.O.P.E. II	Open Swim/Boat	Buckskin Games
Wednesday	Lake Lila Bike Trip*^	~Partial Hour~ Survival Games	<i>Bog River Falls*^</i>	Field Archery	2-3pm Muzzle Loader 3-5pm Open Rifle		2-3:30pm C.O.P.E. I 3:30-5pm C.O.P.E. II		Charlies Mountain
Thursday	Scout Skills Adult Skills Partial Hour	Conservation Project	17' Trimaran*^	Open Archery	2-5 Rifle & Shotgun Competition		2-3:30pm C.O.P.E. I 3:30-5pm C.O.P.E. II	Open Swim/Boat	2-3:30pm Buckskin Competition 3:30-5pm Lasso

Mountain Biking:

Trips leave from the **Barn** at **2:00 and 3:30pm**. First Come – First Served

Lake Lila Bike Trip*^:

Trip leaves from the **Barn** at **2:00pm**. Bring plenty of water! About 15 miles round trip on dirt roads.

Survival Games:

Fun for everyone at **ECON**. Camo is encouraged!

Bog River Falls*^:

A natural rock waterslide. For first-year scouts or first-year campers. **Swimmers Only**. Leaves from the **Barn** at **2:00pm**.

17' Trimaran*^:

Enjoy an afternoon at Little Tupper Lake on our 17' trimaran. Departs from the **Barn** at **2:00pm**. **Swimmers Only**.

Buckskin Games:

Test your skill throwing knives and tomahawks. Meet at the Mountain Man Hut.

Open Rifle:

Open all afternoon at the **Rifle Range**.

Open Shotgun:

Open all afternoon at the **Shotgun Range**.

Muzzle Loader:

Learn how to load and fire a muzzle-loading rifle. **Open** all afternoon at the **Rifle Range**.

CPR Training:

Pass the Waterfront CPR requirements at the **Health Lodge**. Starts at **2:00pm** and lasts until about 3:00pm

Open Climbing:

Open most of the afternoon. Wear sneakers!

Open Swimming/Boating:

Open all afternoon at the **Waterfront**. Swimming, sailing, kayak, funyak, canoeing, rowing.

Other Activities:

Get a buddy and head to the **Office** to try: Disc Golf, Soccer, Horseshoes, Volleyball, Football and MORE

Field Archery:

Archery course in the woods! A challenge for novice and expert alike.

Baseball Archery:

Exactly how it sounds! At the **Archery Range**.

Partial Hour:

Have to finish up a badge? Come by during their dedicated partial hour.

Rifle & Shotgun Competition:

Send your top guns to the **Rifle Range** at **2:00**. One scout and one leader per troop.

Rifle Battleship:

Hit! You sank my destroyer! At the **Rifle Range** for the second half of the afternoon.

Trek Safely/ Leave No Trace

Learn how to camp safer and smarter with these two training sections. Meet at the **Trek Center**. Thursday Night at 7:00pm

C.O.P.E.

NEW!!! Challenging Outdoor Personal Experience Team & Leadership building! For Scouts age 13 and up

Trailblazer Program

Recommendations for first-year campers or scouts working on rank advancement.

Morning Program:

Monday - Friday

9:00 – 10:00 AM

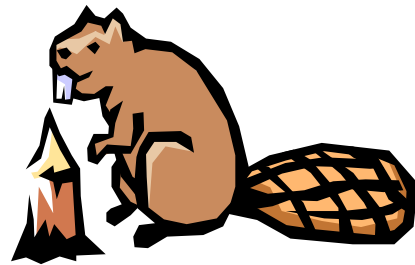
Scoutcraft: Camping MB
ECON: Mammal Study MB
Shooting Sports: Archery MB

10:10 – 11:10 AM

Scoutcraft: Wilderness Survival MB
Shooting Sports: Open Archery
Health Lodge: First Aid MB

11:20 – 12:20 PM

Scoutcraft: Scout Skills
ECON: Fishing MB, Geology MB
Shooting Sports: Archery MB
Health Lodge: First Aid MB



Evening Program:

7:00 – 8:00 PM

Monday:

Scoutcraft: Totin' Chip/Firem'n Chit

Tuesday:

Waterfront: Waterfront Rank Requirements

Wednesday:

Scoutcraft: Wilderness Survival MB Overnight

Shooting Sports: Open Archery

Waterfront: Open Swimming/Boating

Thursday:

ECON: ECON Rank Requirements

