

**Spring Camp-O-Ree
Cycling Merit Badge
May 10-11 2013**

Bring your own Bicycles

Agenda:

May 10, 2013

4:00pm - 7:30pm	Arrive, set up camp and prepare evening meal
8:00pm - 9:30pm	Flag ceremony/Uniform Inspection/Patrol Yells/Patrol Flags/Patrol Names Campfire Fireside Presentation
10:00pm - 11:00pm	Preparation for lights out
11:00pm	Lights Out

May 11, 2013

7:00am – 8:30am	Troops Prepare and eat Breakfast as a troop. Invite a staff person
8:30am - 8:45am	Flag ceremony/ Bike send-off instructions
10:30am - 12:30pm	Scout's Cycling Bike Rides organized by each Troop

-
- * Registration for the Camp will be \$3.00 per boy and leader if paid by May 8th, 2013. Registration after May 8th, 2013 it will be \$5.00 per boy and leader. Please try to pay online before you arrive at camp. When you register you will be given information on access to the facilities.
 - * Every troop is required to meet BSA guidelines and bring their own copy of Guide to Safe Scouting.
 - * Every troop needs to check in with District Headquarters as soon as they arrive at which time you will be assigned to your camping spot.
 - * Local Tour Plans are REQUIRED because the camp is outside of Council boundaries. You can fill out this form on line.
 - * When you check in, you will receive an agenda of activities for the Camp.
 - * There must be a least TWO adult leaders with each troop.
 - * Every scout and Leader are to live by the Scout Oath and Law.
 - * We will have a first aid support along with a communications on the rail trail. Note we cannot cover the whole 25 miles so, **be prepared with your own Troop communications on the trail.** Please report any accidents or illness to Brad Milne at 801-230-7461. Each troop should bring a basic first aid kit.
 - * Permission slips can be found on line at the Great Salt Lake Council web site under forms. Each youth must have a form signed and filled out completely before you come.
 - * You will need to plan & provide your own meals.
 - * If your camp site does not have a designated fire pit or cooking area, ONLY contained (off of the ground) Camp fires will be allowed in common cooking area. Cooking can also be done on Coleman type stoves, NO brickets. Bring own fire wood and fire container. Prepare meals accordingly.
 - * Bring your own tent, sleeping bedding and pad and whatever else your troop needs.
 - * Campsite inspections will be conducted Saturday after the bike rides are complete or during the rides.
 - * Clean Up your Own AREAS, all garbage is to be taken out with each troop as you leave. Bring your own garbage bags.
 - * IMPORTANT....Let's insist that everyone keep the area clean and in good condition!
 - * The 11 year old patrol & Scouts are encouraged to participate with this event.

* Register on line:

- | | | | |
|--------------|--------------------------|----------------|----------------------|
| * Questions: | Brad Milne | m-801-230-7461 | rbradmilne@yahoo.com |
| | Don Walker | h-801-913-3890 | |
| | Chris Waterman | h-801-266-5311 | m-801-889-6296 |
| | chrishwaterman@gmail.com | | |

Cycling requirements Classes and Demonstrations

This event can help with the following requirements:

8. Plan the required rides for the merit badge with your troop.
 - a. While avoiding main highways, take two rides of 10 miles each, two rides of 15 miles each, and two rides of 25 miles each. You must make a report of the rides taken. List dates, routes traveled, and interesting things seen.*
9. After fulfilling requirement 8, lay out on a road map a 50-mile trip. Stay away from main highways. Using your map, make this ride in eight hours.
10. The bicycle must have all required safety features. It must be registered as required by your local traffic laws.

A 50 mile bike ride on the Union Pacific Rail Trail to Park City and back. There are many other distances your Troops can make on this same trail.

Utah's Historic Union Pacific Rail Trail State Park is 28 miles long and runs from Park City east and north to Echo Reservoir, near I-80 and through the historic towns of Coalville and Wanship. The trail travels through wetland meadows and along the Weber River. It's a partly paved, partly cinder trail that's technically easy with a steady grade of 2 or 3 percent. The trail's highest point is 6900 feet at Park City and its lowest point at 5200 feet at Echo Reservoir. (By Marsha Maxwell, About.com Guide) <http://saltlakecity.about.com/od/sportsrecreation/a/Park-Citys-Rail-Trail.htm>

Fall Classes were given at Fall Camp 2012. If you haven't had these classes, please try to have them complete before this Spring Ride Camp Event so your Scouts can receive cycling Merit Badge this year.

1. Cycling First aid: Learn and Show that you know first aid for injuries or illnesses that could occur while cycling, including hypothermia, heat reactions, frostbite, dehydration, insect stings, tick bites, snakebites, blisters, and hyperventilation.
2. Bicycle Maintenance: Learn how to and show you know how to clean and adjust a bicycle. Prepare it for inspection using a bicycle safety checklist. Be sure the bicycle meets local laws.
3. Learn about and be able to point out the adjustments or repairs you have made. Do the following:
 - a. Show all points that need oiling regularly.
 - b. Show points that should be checked regularly to make sure the bicycle is safe to ride.
 - c. Show how to adjust brakes, seat level and height, and steering tube.
4. Learn about brake safety and describe how to brake safely with foot brakes and with hand brakes.
5. Learn and show how to repair a flat. Use an old bicycle tire.
6. Learn how and demonstrate the following:
 - a. Properly mount, pedal, and brake including emergency stops.
 - b. On an urban street with light traffic, properly execute a left turn from the center of the street; also demonstrate an alternate left turn technique used during periods of heavy traffic.
 - c. Properly execute a right turn.
 - d. Demonstrate appropriate actions at a right-turn-only lane when you are continuing straight.

- e. Show proper curbside and road-edge riding. Show how to safely ride along a row of parked cars.
 - f. Cross railroad tracks properly.
7. Learn about and describe your state's traffic laws for bicycles. Compare them with motor-vehicle laws. Know the bicycle-safety guidelines.
 8. Plan the required rides for the merit badge with your troop.
 - a. While avoiding main highways, take two rides of 10 miles each, two rides of 15 miles each, and two rides of 25 miles each. You must make a report of the rides taken. List dates, routes traveled, and interesting things seen.*
 9. After fulfilling requirement 8, lay out on a road map a 50-mile trip. Stay away from main highways. Using your map, make this ride in eight hours.
 10. The bicycle must have all required safety features. It must be registered as required by your local traffic laws.

Camp Site Rules

Please take a moment to review the information:

1. Water: Conserve the use of water. Make sure the hydrants are shut completely off when not in use. Do not leave the water running while washing your hair or brushing your teeth. There will be enough water for the campgrounds for the whole summer if we don't waste it, but it is no fun for campers scheduled later in the summer if they run out of water.
2. Recommendations for conserving water:
 - a. Don't wash the pavilion floor except for possibly the last day of your camp.
3. Restrooms: Bring your own toilet paper and soap. Please clean up after yourself. Shut the doors to the restrooms when you leave. It is not polite to leave clogged toilets ... don't be impolite. The East campground has 6 flushing toilets.
4. Trash and Garbage: Don't leave anything behind. Haul out all trash and garbage. Leave the camp cleaner than when you arrived.
5. Firearms: No firearms of any kind are to be taken onto this property for any reason, by anyone, at anytime. This includes pellet guns, air guns, paint guns...
6. General Area: Stay on established trails. Don't cut down or destroy any live flora or fauna.
7. All Terrain Vehicles: No ATVs are allowed on the property. Vegetation does not recover quickly, and is destroyed for the season.
8. Property Boundaries: Our property size is limited and is generally marked with a fence at the road and path heads. Remember that if you plan activities outside our property, you will be trespassing on private property. Please respect the rights of other property owners in the area.
9. Parking: Parking at the camp sites in the East campground is limited to two vehicles. Additional vehicles can park in the open flat area.
10. Noise: Let's be good neighbors. There are private cabins within a quarter mile to the south and east of our property. If you bring a PA system, do not turn it up louder than necessary.