Camp Alexander 2017
June 4 – June 10, 2017

Important Deadlines
- April 6: First payment of $150
- April 27: Second payment of $195 (program fees to be paid after sign-up)
- April 27: Submit request for merit badges & activities
- BSA Swim Tests: April 7, 14 and 28
- May 4: BSA Medical Form
- May 4: Troop 114 Liability Release
- May 4: Adult Leader Reference form

Depart / Return
- June 4 – Meet at 10:30 AM at the Littleton Historical Museum, 6028 S Gallup St, 80120. Bring sack lunch for the drive. Our first meal is dinner.
- June 10 – Arrive at ~10:30 AM at the Scout Hut
- We will need drivers!

Cost – $345 registration fee, plus cost for merit badges & activities, and spending money
- April 6 - $150
- April 27 - $195 + program fees

Swim Test – ALL scouts must take the BSA swim test prior to leaving for camp. Troop 114 will offer swim tests on April 7, 14 and 28 from 8:00-10:00 pm at Lilly Gulch Recreation Center.

Medical Forms & Medications (following is from Camp A Leader Guide)
The State of Colorado and Department of Social Services have strict rules that Camp Alexander must follow. Please read the following section carefully. All campers, scouts, and scouters must have an Annual BSA Health and Medical Record within the past 12 months of arrival at Camp Alexander.

Please use the form: http://www.scouting.org/filestore/HealthSafety/pdf/680-001_ABC.pdf

The record must be completed and signed by a medical doctor, M.D., D.O., R.N.P. or P.A./C. These are the only signatures which the Colorado Department of Social Services will allow to sign the Health Form. Chiropractor doctor, D.P.M. signatures are unacceptable under Colorado Department of Social Services requirements. On page 3 of the BSA medical form there is a section on where medications are to be listed. Below that are two signature lines for a parent and a doctor. The State of Colorado requires both these signature lines be signed prior to coming to Camp Alexander. If the lines are not signed, we are not allowed to give that scout any form of medication on including prescription on and non-prescription on medication on such as Tylenol or Ibuprofen.

NO OTHER FORM WILL BE PERMITTED at camp. It will be the Scout’s parent’s responsibility to secure and pay for a local Health and Medical record prior to camp admittance. All Scouts and adult leaders are required to patriciate in a medical “re-check” with the Camp Alexander Medical Staff upon check-in.

Scouts and adults without a completed and properly signed Medical Form as of 4:00 PM Monday must be picked up that evening by the parents, or taken home by the unit leaders. There is no refund.

Medications – see attachment
At Camp
- ~20 scouts and ~4 adults attending
- Troop patrols and youth leadership
- Home sickness (see article in attachment)
- Health Lodge is on camp and staffed with BSA approved medical personnel. Woodland Park hospital is ~20 minutes away by car.

Program
- Typical day at Camp Alexander
- First Class Center
- Merit Badges
- Camp duties: serve meals, clean showers, flags, etc.
- Evening activities: merit badges, campfires, “troop time” activities, open camp activities

Class Registration
- Submit “Program/Activity Sign-up” form to request activities and merit badges by April 27. Every effort will be made to get scouts their first choice.
- Camp A activity / merit badge signup begins May 2.

What to bring
- See Summer Camp Packing List - http://media.wix.com/ugd/1cc746_d98470bf1679436d967ecd6d0d44d943a.pdf
- NO electronics
- NO cell phones
- Money – Camp recommends $80-100

Trading Post – Sells program items, craft items, apparel, gifts and food items.

Family Night – Friday, 6/9
- 5:15 – Final Assembly with awards and rank recognitions
- Dinner at Dining Hall is $7 per person which can be purchased at the Business Office. You can also bring you own picnic dinner.
- 7:45-9:30 – Closing campfire
- Scouts can depart camp after campfire but must check out with Scoutmaster.
- NO pets!
- Must let Scoutmaster know prior to 6/7 if you plan to attend. You will pay camp staff when you arrive.
- Guests will be required to park in the lower lot and make the 10 minute walk to the main camp.

Visitors – All visitors must check-in and out with the Camp Office when arriving and leaving camp. There are no facilities or camping areas available at Camp Alexander for visitors or family members to stay. RV’s or travel trailers are permitted for daily visits but no overnight accommodations.

Care Packages
You can purchase Camp Care Packages for your scout while he is at camp. These great packages have tasty treats and clothing to let your son know you thinking about him. You can go to pikespeakbsa.org to order a package.
Contact Information

By Mail:
Scout or Leader Name, Troop 114
Shawnee Campsite
Camp Alexander, BSA
P.O. Box 450
Lake George, CO 80827-0450

By FEDEX or UPS
Scout or Leader Name, Troop 114
Shawnee Campsite
Camp Alexander, BSA
2182 County Rd. 96
Lake George, CO 80827

Camp Alexander Emergency Phone Numbers

- Camp Alexander: 719.748.3254
- Pikes Peak Council Service Center 719.634.1584

Camp Alexander: https://www.pikespeakbsa.org/summercamp_outback
Summer Camp Program Guide: https://www.pikespeakbsa.org/files/12693/Summer-Camp-Progr
Under Colorado State Law, any Scouts bringing medication to camp, including herbal supplements and vitamins must adhere to the following procedures. All medication and herbal supplements must be checked in upon arrival to camp and will be made available by the Camp’s medical staff throughout the week. This includes all over-the-counter medications. i.e. Aspirin, Tylenol, etc. We ask however that you do not send these medications to camp as we have them available at the Health Lodge. Any adult bringing medication must secure and lock their medication in their campsite.

All prescription medication must come to camp in the original bottle from the pharmacy. The label must contain:

a. The camper’s name
b. Date of prescription
c. Doctor’s name and phone number
d. Correct Dosage

Daily pill containers are not permitted under Colorado Law.

Please do not cover-up information and instructions on the medication. A letter or prescription from a licensed medical practitioner (MD, DO, PA-C or RNP) must accompany the vitamins or herbal remedies with the name of the camper, the type of vitamins or herbal remedies, the dosage and the times of dispensing. If these requirements are not met, the vitamins or herbal remedies will not be made available. They will be placed in a locked container in the Health Lodge and returned to the troop leader at the end of the week. No adult leader or parent will be allowed to dispense any medication, vitamins or herbal remedies to any camper without the approval of the Camp Health Officer. (CO Dept. of Human Services) The ONLY medications that will be allowed to remain with the camper, by law, are rescue inhalers, epi-pens or ana-kits for allergic reactions. The type of rescue inhalers will be determined by the camp medical staff. Medications and herbal supplements in pill boxes and non-original containers are considered contaminated and will be disposed of. Please send only enough medication for the week.

It is the responsibility of the adult leaders to ensure that Scouts are taking their medication during the week. Unit leaders must accompany their campers to the Health Lodge for their medications. Please try to bring all your Scouts taking medication at the same time. Additionally, it is the responsibility of the adult leaders, at departure from camp, to collect any medications or herbal supplements from the Health Lodge.

In order for speedy check-in please have each Scout’s parent complete the Medication Log Form. This form is used to log the medication administered to each person. If no medications are administered then no log is needed.

Any camper, upon check-in, requiring treatment for a pre-existing condition (i.e., wound care) should bring a note from a doctor or parent, along with the sterile supplies necessary to perform the care, and instructions stating what ongoing treatment needs to be done. We are happy to assist so that treatment can take place in a clean environment. Our medical staff is not permitted by law to administer injections.

CAMP ALEXANDER IS REQUIRED TO KEEP ANY MEDICAL FORMS THAT ARE GIVEN ON FILE PER COLORADO STATE LAW. IT IS RECOMMENDED THAT UNITS BRING A SECOND COPY FOR THEIR OWN USE

MEDICAL CARE

Our Health Lodge is equipped with supplies to handle most injuries which could occur at camp. BSA approved medical personnel are in camp 24 hours a day to handle such emergencies. If injuries warrant a visit to a physician, we have made arrangements so that you can transport your Scouts and adults to medical facilities in Woodland Park or Colorado Springs. Camp Alexander reserves the right to refuse admittance to any Scout or Adult leader who, in the opinion of the Camp Health and Safety Director or Camp Director, may have any physical, mental, or medical problems which could present a hazard to that individual or others at Camp Alexander.
The Homesick Scout

By Fr. Francis Schwartz. From the Canyon Camp Leaders Guide, courtesy of the Blackhawk Area Council, BSA; Rockford IL.

Homesickness is described psychologically as a "manifestation of separation anxiety" or the "unconscious defense mechanism called regression." The Camp Director and Scoutmaster describe it as "the longing for home." Many a young camper would put it more clearly as "that terrible feeling in the pit of my stomach." Regardless of how homesickness is defined, it is, indeed experienced in varying degrees by Scouts who come to camp.

What causes homesickness? It is a product of a happy home life, and it occurs often in a child who misses the warmth and security that comes from a good relationship with family and friends. Homesickness is also a problem for a child whose parents are anxious about his welfare. A parent who will miss the child while he is at camp or worries that the camping experience will be unhappy often transmits this fear to the Scout. In short, while at camp, the boy often feels the anxiety of his parents and fulfills their expectations that he will miss home and not enjoy camp by becoming homesick.

Homesickness often produces regressive behavior in a child. In order to cope with the situation he will revert to behavior used at an earlier age to gain attention. Sometimes a boy will cry easily, wet the bed, or withdraw from others. When a boy who is normally sociable and active suddenly becomes quiet, alone and disinterested in what is happening around him, this can be a sign of homesickness.

The treatment of homesickness is not simple. It involves the active participation of the Scoutmaster, troop members, camp staff, and often firm, but understanding parents. When homesickness is detected, the youth must be listened to and his feelings understood. Often an understanding person, willing to listen and empathize is all that is needed. Any unusual behavior patterns that have developed, such as bedwetting must be taken in stride and not be overly emphasized. Next, the boy must be kept active and interested in some phase of camp life. An effort must be made to make the Scout part of the Troop and a part of all the camp's activities so that he can make friends. If parents are contacted, they should do all in their power to avoid promising the Scout may come home, unless advised to do so by the Camp Director and Scoutmaster. If a Scout is ready to leave for camp, avoid a dramatic departure scene. However, it is our experience that once a Scout leaves a summer camp experience because of homesickness, he may not ever return to another summer camp.

Homesickness can be prevented. Parents are the best preventers. Parents must not promise their child that, if he doesn't like it he can come home. This promise sets the boy up for defeat. Parents must try to transmit positive messages about camp, emphasizing that his days at camp will be a worthwhile experience, and that they are happy he is going. If a child wishes to take something special with him that reminds him of home, such as a pillow, blanket or toy, he should be encouraged to do so. This special object will be a reminder of and link to home. Do not tell a Scout to telephone if he needs anything. Such advice could be contrary to the camp policy against indiscriminate use of phones. Also, more than likely the Scout calling home does not reach the parent but a voice message – such a voice message makes the situation worse for both the Scout and the Parent listening to the Scout at a later time.
While the boy is at camp, letters can provide a bond with home during separation. The tone of the letter and its contents have a great effect on the production of homesickness. The letters should be conversational about events at home and ask questions about the Scouts experience at camp. They should never contain such lines as "We all miss you very much; we love you so." "Your dog hasn't eaten since you left." "We served your favorite meal last night, too bad you could not be with us to eat it." Items that may cause jealousy should also be avoided like "Yesterday, we bought your brother a new bike". Campers sometimes break into tears after reading such well-intentioned letters from home.

Homesickness is a common occurrence, and if faced with understanding and care is just another step in the process of growing up. Parents, members of the Troop, and the Camp Staff should all be aware of its causes, means of prevention, and above all, its cure. The cure is simply a great deal of understanding, and willingness to help another person deal with his feelings while getting involved in the Scouting Program.