

Zephyr District

May the Forth, 2021
Scouts, BSA Leader's Roundtable

BREAKOUT SESSION

Agenda:

1. Safety Minute: The Sweet Sixteen of BSA Safety
2. Upcoming Training & Events
3. Tonight's Topic: Troop Summer Bicycling Activities
4. Closing: Next Roundtable: Tuesday, June 1
 - a. *No Roundtable in July*
 - b. August Roundtable: August 3

Upcoming Training

INTRODUCTION TO OUTDOOR LEADER SKILLS (IOLS)

This training is required to be certified as a TRAINED Scoutmaster and Assistant Scoutmaster.

Date: May 14-15, 2021 - BOTH DAYS ARE REQUIRED!!!

Time: 4:30 PM, Friday through 3:00 PM, Saturday

Location: Washoe Lake State Park, 4855 Eastlake Blvd, New Washoe City, NV 89704 (Equestrian group area)

Cost: \$20.00

Overnight camping is required.

Be prepared for any weather.

NATIONAL YOUTH LEADERSHIP TRAINING (NYLT)

Date/Times: 6/13/2021 6:00 PM - 6/19/2021 2:00 PM

Location: Camp Fleischmann, Chester, CA

National Youth Leadership Training is an exciting, action-packed program designed to provide youth with leadership skills and experience they can use in their home Troops, Crews, Posts, and Ships and in other situations demanding leadership of self and others.

WOODBADGE

Wood Badge will be conducted during a week long session (Sunday arrival and then Monday through Friday, June 13-18, 2021) at beautiful Camp Fleischmann. Registrations will be accepted on a first-come, first-served basis until the course reaches capacity; alternates will be placed on a wait list.

SUMMER VACATION & CAMP

CAMP FLEISCHMANN

This Summer, there are a wide variety of opportunities to attend Camp. Youth may attend with their troop or as a Maverick. Family Adventure Camp is another chance for the whole family to experience the camp.

Summer Bicycling as a Troop

Lake Tahoe Trails

Mr. Toad's Wild Ride

Mr. Toad's Wild Ride (Saxon Trail #18E13) is a popular spot in the Lake Tahoe area for experienced mountain bike enthusiasts. It's challenging? and rocky with some steep turns, but oh so satisfying!

Depending on how long you want the ride to be, you can connect with the trail at the Big Meadow parking area on Highway 89 or at the Tahoe Rim Trail marker near Luther pass on the north side of the highway near the beginning of Grass Lake.

Van Sickle Trail

Van Sickle Trail is right behind the Lake Tahoe Resort Hotel, Van Sickle Bi-State Park is very accessible and the trails are manageable for moderate to experienced riders. You'll love the amazing mountain and water views!

This trail also ties into the Tahoe Rim Trail for those that want a longer biking experience around the beautiful waters of Lake Tahoe. The Tahoe Rim Trail is a 165+ mile trail that follows around the Lake Tahoe Basin. It crosses six counties, four National Forests, three wilderness areas, two states, and one state park.

Powerline Trail

Powerline Trail is an intermediate bike trail that runs along the eastern limits of South Lake Tahoe, right through the El Dorado National Forest. Fir and pine forests create a shady riding experience and technical challenges are minimal.

Flume Trail

The Flume Trail features breathtaking views of Lake Tahoe's eastern shore. There's a reason this trail is often photographed for magazines and other publications! It's also been recently upgraded to support a great cycling adventure. This is a great trail for intermediate riders or beginners looking to step things up. It's relatively smooth and easy to navigate.

SUSANVILLE

Bizz Johnson National Recreation Trail

This is one of the best hiking and cycling trail experiences in the Zephyr District Area. There are three different trailheads to jump on the trail. Following the old Fernley and Lassen Branch Line of the Southern Pacific railroad, the trail winds 25.4 miles from Susanville, California to Mason Station. For the first 16 miles, the trail follows the Susan River. As it winds through the rugged Susan River Canyon, the trail crosses the river 12 times on bridges and trestles and passes through two tunnels.

OTHER CYCLING TRAILS

The Tahoe-Pyramid Trail: Adventure for Hikers & Cyclists

General Trail Info & Overview

The Tahoe-Pyramid Trail (abbreviated as 'TPT') is based on a vision for a trail that would follow the entire length of the Truckee River, from its source at forested Lake Tahoe (6225') to the desert terminus of Pyramid Lake (3796'). The current route can be traveled by foot or by bicycle, and when fully completed, will descend over 2000 feet during the entire course of the 114-mile long trail, using a combination of existing dirt and paved roads, bike paths, historic roads, as well as many new sections of trail and connecting bridges.



BICYCLING OUTING



- Repair kit
- Screwdrivers sized for your bike's various screws
- Allen wrenches and box wrenches for your bike
- Chain rivet extractor
- Spoke wrench
- Chain lube
- Tire patch kit
- Spare inner tube
- Mini pump

PADDLING EXPERT ESSENTIALS:

- Multi-tool
- Hydration pack
- Sunglasses
- Gloves

2 THINGS YOU DIDN'T KNOW YOU NEEDED:

- Energy bars
- Zip ties

THE SCOUT OUTDOOR ESSENTIALS

They're called Essentials for a reason. Every packing list starts with these items.

- Pocket knife
- First-aid kit
- Extra clothing
- Rain gear
- Water bottle
- Flashlight
- Trail food
- Matches and fire starter
- Sun protection
- Map and compass



KEEPING CLEAN

- Toothbrush
- Toothpaste
- Dental floss
- Soap
- Comb
- Waterless hand cleaner
- Small towel
- Washcloth
- Toilet paper
- Trowel for digging cathole latrines

COOKING/EATING

- Large plastic cereal bowl or kitchen storage bowl
- Spoon
- Cup or Insulated mug
- Water treatment system
- Backpacking stove with fuel
- Large pot and lid (2.5- or 3-quart size)
- Small pot and lid (1.5- or 2-quart size)
- Lightweight frying pan (10 to 12 inches in diameter)
- For melting snow, add one large pot and lid (6 to 10 quarts)
- Hot-pot tongs

EXTRAS

- Watch
- Camera
- Notebook
- Pen or pencil
- Sunglasses
- Small musical instrument
- Swimsuit
- Gloves
- Whistle
- Nylon cord
- Insect repellent
- Repair kit
- Hiking stick or trekking poles
- Binoculars
- Fishing gear
- Animal identification books, plant keys, geological studies, star charts etc.

BICYCLING SAFETY CHECKLIST

Checklist Last Updated May 2017

1. Frame - Clean and not bent out of shape. No cracks at Frame Joints.
2. Front Fork - Clean and not bent out of shape. No cracks at Fork Joints.
3. Headset Bearing - Well lubricated; turns freely with no binding. No perceptible play in the assembly.
4. Bottom-Bracket Bearing - Turns freely with not more than barely perceptible play in the bearing.
5. Crank Arms - Clean and not bent out of shape. Tightened securely on the Crankset Axle.
6. Chainrings - Clean, not worn, and not bent out of shape. Chainring Bolts tightened securely to hold Chainrings to Crankarms.
7. Pedals - Bearings well lubricated; turn freely with no play in the bearing. Pedals tightly screwed into Crankarm. Clipless pedals functional.
8. Fenders - Clean; tightly attached without rattling or rubbing against the Tires.
9. Wheels - Run true and round. Wheel nuts tight. Closed and tight quick-releases. Centered in form or frame members.
10. Wheel Bearings in hubs - Well lubricated and properly adjusted to move freely with no more than barely perceptible play.
11. Spokes - None broken or bent. Tightened to a uniform tension.
12. Tires - Good Tread. Valves completely airtight. Properly inflated to recommended pressure.
13. Rims - Clean of all oil and grime. Free of dents or kinks.
14. Chain - Proper tension, allowing 1/2 inch of play. No stiff links. Clean, lubricated, and wiped of excess lubrication.
15. Gearing - Clean and oiled. Three-speed gears adjusted to eliminate all slipping. Front and Rear derailleurs adjusted for proper shifting with Shifters.
16. Brakes functioning properly. Brake pads do not show excessive wear.
17. Coaster - Even braking. Operate within a 20-degree back-pedaling motion.
18. Hand - Even braking. All nuts tight. Front and rear brakes work without binding. Minimum of 3/16 inch of rubber on Brake Pads. Brake pads aligned with rims and contact rims with a minimum of movement of Hand Controls. No squeal when brakes are used.
19. Cables - No frayed ends. No broken strands. All taut.
20. Handlebars - Tightened securely. Grips not worn; fit snugly, adjusted to comfort of rider, ends plugged, & in line with wheel.
21. Saddle - Height, tilt, and fore/aft position adjusted to rider. All adjustments securely tightened. Seatpost not extended beyond maximum mark on post.
22. Lights (when needed) - Front light visible for 500 feet. Battery in good operating condition.
23. Rear Red Reflectors/Lights (when needed) - Visible for 300 feet. Lights functional with battery.
24. Bell or Horn - In good operating condition. All accessories well tightened and securely fastened. No broken frames or fasteners.
25. Bike Registration - If required by local law, must be displayed on frame.

This bicycle safety checklist is available at the end of the Cycling Merit Badge Workbook.

The Sweet Sixteen of BSA Safety

Few youth organizations encompass the breadth, volume, and diversity of physical activity common to Scouting, and none enjoy a better safety record. The key to maintaining and improving this exemplary record is the conscientious and trained adult leader who is attentive to safety concerns.

As an aid in the continuing effort to protect participants in a Scout activity, the BSA National Health and Safety Committee and the Council Services Division of the BSA National Council have developed the “Sweet Sixteen” of BSA safety procedures for physical activity. These 16 points, which embody good judgement and common sense, are applicable to all activities.

1. QUALIFIED SUPERVISION

Every BSA activity should be supervised by a conscientious adult who understands and knowingly accepts responsibility for the well-being and safety of the children and youth in his or her care. The supervisor should be sufficiently trained, experienced, and skilled in the activity to be confident of his/her ability to lead and to teach the necessary skills and to respond effectively in the event of an emergency. Field knowledge of all applicable BSA standards and a commitment to implement and follow BSA policies and procedures are essential parts of the supervisor’s qualifications.

2. PHYSICAL FITNESS

For youth participants in any potentially strenuous activity, the supervisor should receive a complete health history from a health-care professional, parent, or guardian. Adult participants and youth involved in higher-risk activity (e.g., scuba) may require professional evaluation in addition to the health history. The supervisor should adjust all supervision, discipline, and protection to anticipate potential risks associated with individual health conditions. Neither youth nor adults should participate in activities for which they are unfit. To do so would place both the individual and others at risk.

3. BUDDY SYSTEM

The long history of the buddy system in Scouting has shown that it is always best to have at least one other person with you and aware at all times as to your circumstances and what you are doing in any outdoor or strenuous activity.

4. SAFE AREA OR COURSE

A key part of the supervisor’s responsibility is to know the area or course for the activity and to determine that it is well-suited and free of hazards.

5. EQUIPMENT SELECTION AND MAINTENANCE

Most activity requires some specialized equipment. The equipment should be selected to suit the participant and the activity and to include appropriate safety and program features. The supervisor should also check equipment to determine that it is in good condition for the activity and is properly maintained while in use.

6. PERSONAL SAFETY EQUIPMENT

The supervisor must ensure that every participant has and uses the appropriate personal safety equipment. For example, activity afloat requires a life jacket properly worn by each participant; bikers, horseback riders,

and whitewater kayakers need helmets for certain activities; skaters may need protective gear; and all need to be dressed for warmth and utility depending on the circumstances.

7. SAFETY PROCEDURES AND POLICIES

For most activities, there are common-sense procedures and standards that can greatly reduce the risk. These should be known and appreciated by all participants, and the supervisor must ensure compliance.

8. SKILL LEVEL LIMITS

There is a minimum skill level requirement for every activity, and the supervisor must identify and recognize this minimum skill level and be sure that no participants are put at risk by attempting an activity beyond their ability. A good example of skill levels in Scouting is the venerable swim test, which defines conditions for safe swimming based on individual ability.

9. WEATHER CHECK

The risk factors in many outdoor activities vary substantially with weather conditions. These variables and the appropriate response should be understood and anticipated.

10. PLANNING

Safe activity follows a plan that has been conscientiously developed by the experienced supervisor or other competent source. Good planning minimizes risks and also anticipates contingencies that may require emergency response or a change of plan.

11. COMMUNICATIONS

The supervisor needs to be able to communicate effectively with participants as needed during the activity. Emergency communications also need to be considered in advance for any foreseeable contingencies.

12. PLANS AND NOTICES

Council office registration, government or landowner authorization, and any similar formalities are the supervisor's responsibility when such are required. Appropriate notification should be directed to parents, enforcement authorities, landowners, and others as needed, before and after the activity.

13. FIRST-AID RESOURCES

The supervisor should determine what first-aid supplies to include among the activity equipment. The level of first-aid training and skill appropriate for the activity should also be considered. An extended trek over remote terrain obviously may require more first-aid resources and capabilities than an afternoon activity in the local community. Whatever is determined to be needed should be available.

14. APPLICABLE LAWS

BSA safety policies generally run parallel or go beyond legal mandates, but the supervisor should confirm and ensure compliance with all applicable regulations or statutes.

15. CPR RESOURCE

Any strenuous activity or remote trek could present a cardiac emergency. Aquatics programs may involve cardiopulmonary emergencies. The BSA strongly recommends that a CPR-trained person (preferably an adult)

be part of the leadership for any BSA program. Such a resource should be available for strenuous outdoor activity.

16. DISCIPLINE

No supervisor is effective if he or she cannot control the activity and the individual participants. Youth must respect their leader and follow his or her direction.

In addition to these general rules, safety concerns in certain BSA activities, including most of the aquatics programs, have been specifically addressed in more detailed guidelines. All leaders should review and comply with such guidelines in the respective activities. Examples can be found in publications such as the Guide to Safe Scouting, Chemical Fuel and Equipment Policies, Safe Swim Defense, etc.