

# Family Camp Weekend

## 2017 Welcome Packet

About Camp Norse and Family Camping!



Camp Norse, located at 112 Parting Ways Road, Kingston, Massachusetts, is Southeastern Massachusetts' official Cub Scout summer camp facility providing the area's most exciting programs including Cub Scout Resident Camping, Day Camp, and Family Camping. This 325 wooded acre facility is located along Darby Pond and surrounded by cranberry bogs in Kingston & Plymouth, Massachusetts.

In 2017, the excitement continues to grow. All units are encouraged to take advantage of our family camp program. Come experience Scouting with us this summer.

Welcome to Family Camp!

### FAMILY WEEKEND PROGRAM AREAS

- Archery Range
- BB Range
- Bouldering Wall
- Handicrafts
- Sports
- Nature Hiking Trail
- Fishing
- Waterfront
- Pool
- Obstacle Course
- BMX Bike Course
- Adventure Fort
- Boating
- Island Exploration
- Frisbee Golf
- Trading Post
- STEM Area
- COPE Course (older scouts)

### CAMP INFORMATION

#### WHAT TO BRING:

- Health Forms (one for every person staying overnight Part A&B (adults included))\*
- Sleeping bag or blanket (Fitted sheet for bunk beds if staying in a cabin)
- Tent if Tenting
- Ground pad
- Appropriate clothing-evenings can be cooler
- Sneakers/ Shoes (**closed toes**, sandals and flip flops are not allowed)
- Rain gear
- Towels
- Swimsuit
- Flashlight and extra batteries
- Toiletries
- Song or Skit for the Campfire
- Sunscreen/insect repellent
- A good book to read
- Scouting Spirit

\*Medical forms should be picked up on Sunday as you depart. No forms are kept on file.

## WHEN YOU ARRIVE:

Check in starts at 5:00 p.m. on Friday evening at the Administration Building right off of the main parking lot. All guests' youth and adult must present themselves to the Camp Staff with a completed health form Part A & B and receive a wrist band and swim tag. Once you check in families and Scouting Units can set up in their Tent Sites and Cabins. Swim Tests are available at the water front after check in when weather permits.

## FAMILY CAMP WEEKEND PRACTICES AND POLICIES:

Our mission is to provide a quality outdoor experience, "Fun with a Purpose" for the whole family. We use the outdoor experience to deliver the opportunity for scouts and their families to develop in the 3 purposes related to the overall mission of the Boy Scouts of America – to build character, learn citizenship, and develop personal fitness.

### Flag Ceremony

Reveille is played at 7:00 a.m. There is a flag raising ceremony each day before breakfast and a flag lowering ceremony before dinner (see weekend schedule for times).

### Uniforms

Activity (aka Class B) uniforms are often worn during the day and many units wear their Field (aka Class A) uniforms at dinner time and to the flag ceremonies. Uniforms are always welcome and a great part of the program we deliver.

### Campfire

There is a camp wide campfire at the amphitheater on Saturday night, families, Dens, Packs, Patrols, Troops and Crews, siblings, parents, Cub Scouts, Boy Scouts – All Campers are encouraged to join in the fun by sharing a favorite song or skit. Campfires at Camp Sites are allowed in established fire pits only, per order of the Plymouth/Kingston Fire Departments. Remember that campfires are for fellowship but should not be higher than 3 feet. Please be respectful of other units camping nearby in terms of your noise level at night.

### Range Operations

Skill and safety instruction is provided on all ranges prior to use of equipment. Ranges are operated by Certified Range Masters able to provide instruction. All appropriate safety equipment is provided by the camp and required for use on our ranges. The Range Master has the final say in all activities.

### Parking

When possible campers will be able to drive their car to the point closest to their camp site to unload gear only. All Cars must be parked in the designated parking areas throughout the entire weekend. Cars should not be parked along roads, along fences, or in camp sites. Except with permission of the Director cars are not to be driven around camp during the weekend. Only designated camp vehicles are allowed through camp for transportation during the weekend.

## Bikes

No personal bikes are allowed in camp. All appropriate safety equipment and bicycles for use on our BMX course are provided by the camp.

## Pets

No pets are allowed in camp.

## Waterfront

The waterfront is run in accordance with BSA Safety Standards. The Waterfront Director has the final say in all activities. Buddy tags are required by all campers to enter the area. A swim test is required for some of the activities. Swimming is only allowed in the designated swimming area.

## Classification of Swimming Ability

### Swimmer Test

Jump feet first into water over your head in depth. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be swum continuously and include at least one sharp

turn. After completing the swim, rest by floating.

### Beginner Test

Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.

## Boating

The following boats are available for your enjoyment based on your swim level.

| Boats              | Swim level requirements   |
|--------------------|---|
| Paddle boat        | Anyone  |
| Small yellow boats | under 80 pounds and only used in special area                     |
| Rowboat            | Swimmer or non- swimmer with a swimmer                            |
| Kayak              | Swimmer   |
| Canoe              | Swimmer   |
| Sail boat          | Swimmer adult only and swimmer child. Sailing knowledge preferred |
| Paddleboards       | Swimmer   |

## Alcohol and Smoking

There is NO smoking in buildings or at any Program Areas. If you smoke, please refrain from smoking in front of small campers and dispose of all cigarettes properly. *Please be courteous of all campers and respect the BSA and Camp Policy of Leave No Trace.*

Alcohol and illegal drugs are NOT allowed in camp. Anyone found using alcohol or illegal drugs in camp WILL be cause for their entire unit being asked to leave.

## Trash Disposal

All trash should be placed in covered barrels. Please let the staff know if barrel is full or bring the full trash bag to the Dining Hall. Empty or full propane tanks must be disposed of separately. Please help keep the camp clean by picking up litter and disposing in trash barrels.

## Alarm System

There is an alarm in Camp which will be used in an emergency. Should it sound, everyone in camp is to report to the flag pole center of Camp for further directions.

## Bad weather

In the event of a thunder storm please seek shelter in a building. At the first sign of thunder, the waterfront will close. Other areas will close as needed. Handicrafts will remain open and activities will be available in the Dining Hall.

## Meals

All meals are served at the dining hall at the scheduled times. Please dispose of trash and clear the table of your dishes and utensils, when you are finished.

Please inform Camp Director of all food allergies prior to your arrival in camp and the kitchen staff at check in.

## Curfew

In consideration for other families quiet time is 11p.m. to 7 a.m. All lights and campfires out at 11:00 p.m. Taps is played at Camp Center at 10:00 p.m.

## WHAT TO EXPECT:

Cabins are cozy and rustic. They sleep from 8 up to 22 people. Wash facilities including hot showers and flush toilets are located at three central bath houses. Tent Sites are located throughout camp. There are flush toilets at/or near most Tent sites and at the Ball Field at the center of camp. Also available for your overnight experience are Adirondacks – these are 3 walled opened aired structures with 6 bunks in each.

During the day Scouts and their family members can spend their day leisurely choosing what activity to do and when. This is our open program time. List of our program areas are on the 1<sup>st</sup> page of this packet. At times there may be special cooking or other demonstrations for the Scouts and family members to participate in. Special Activities are announced and posted Saturday morning. Programs continue to run rain or shine with some additional indoor activities on rainy days. Ranges (BB & Archery) and the water front stay open in the rain and are only closed during lightning storms.

## SAMPLE MENU

|                    |                              |                     |                  |
|--------------------|------------------------------|---------------------|------------------|
| Saturday Breakfast | Saturday Lunch               | Saturday Dinner     | Sunday Breakfast |
| French toast       | Hot Dogs/Cold cut Sandwiches | Pasta               | Pancakes         |
| Scrambled eggs     | Green Salad                  | Meatballs and sauce | Scrambled Eggs   |
| Sausage or bacon   | Potato Salad                 | Bread               | Sausage or bacon |
| Home Fries         | Chips                        | Salad               | Home Fries       |
| Cereal             | Pickles                      | Ice Cream Sundae    | Cereal           |

## SAMPLE WEEKEND SCHEDULE

| Friday  | Saturday  | Sunday   |
|---|---|--|
| 5:00 p.m. Check-in  | 7:00 a.m. Reveille                                  | 7:00 a.m. Reveille                                 |
| 6:00 p.m. Swim Test (weather permitting)                                    | 7:45 a.m. Flag Ceremony                             | 8:00 a.m. Flag Ceremony/Breakfast                  |
| 8:00 p.m. Friday Night Activities<br>(Dinner is provided on Friday Evening) | 8:00 a.m. Breakfast                                 | 9:15-11:00 a.m. <a href="#">Program areas open</a> |
| 10:00 p.m. TAPS   | 9:00-11:45a.m. <a href="#">Program areas open</a>   | 11:00 a.m. Camp Closes                             |
| 11:00 p.m. Lights out   | 12:00 p.m. Lunch                                    |  |
|   | 1:30 - 5:00 p.m. <a href="#">Program areas open</a> |  |
|   | 5:45 p.m. Flag Ceremony                             |  |
|   | 6:00 p.m. Dinner                                    |  |
|   | 7:00 p.m. <a href="#">Ice Cream Sundae party</a>    |  |
|   | 8:00 p.m. Campfire                                  |  |
|   | 10:00 p.m. TAPS                                     |  |
|   | 11:00 p.m. Lights Out                               |  |

## CONTACT INFORMATION:

On Site Camp Director – Ben Pond – cell phone 508-479-3151

Camp Phone – 781-585-2262

Camp Director Email – [joe.livingston@scouting.org](mailto:joe.livingston@scouting.org)

### Fees

\$50.00 5 and up

Please contact us if you have any families that may need financial assistance. We do have camperships available and we want the Family Camp experience enjoyed by any family that wants to participate.

### Confirmations/Payments

The number of campers with your reservation and payment is due 30 days prior to your Camp Weekend. Payments should be made payable to Narragansett Council and mailed to PO Box 14777 East Providence RI 02914. Please include your reservation number on the check. To pay by credit card call 401-351-8700.

Payments made upon arrival at your designated camp weekend pay an additional \$5.00 per person.

### Cancellations/Refunds

A refund of camp fees (exclusive of deposits) will be considered only if a written cancellation is submitted two weeks prior to the registered camp weekend.