



NUT FREE CAMP

# Cubs County Camp

June 10,11,12<sup>th</sup> 2022

# Agenda

- Numbers Review
- Programme Schedule
- Cub Assignments
- Scouter Assignments
- Rules
- Health & Safety
- Emergency Plan
- Waste Disposal
- Arrival / Departure
- Payment

# Group Numbers

Group	Cub	Adult	Ventures
1st Galway St. Josephs St. Nicolas x	13	5	8
2nd Galway Tuam x	9	4	
4th Craughwell x	13	3	
8th Oranmore x	28	6	
13th Renmore x	30	8	
17th Gort /3rd Loughrea x	16+1	3+1	
19th Athenry x	12	3	2
24th Sea Scouts x	20	5	
26th Galway Kilcoona x	17	5	
27th Carabane x	8	3	
29th Killanin x	17	4	
30th Galway Abbey-Duniry x	9	6	
32nd Menlo x	16	4	2 Scouts
Total	207		

# Group Themes

Group	Theme
1st Galway St. Josephs St. Nicolas	Utopians
2nd Galway Tuam	Titanic
4th Craughwell	80's Disco
8th Oranmore	70's Disco
13th Renmore	Victorians
17th Gort /3rd Loughrea	The 70's
19th Athenry	Ice Age
24th Sea Scouts	The 80's Theme
26th Galway Kilcoona	Egyptians
27th Carabane	Life in Space
29th Killanin	Medieval
30th Galway Abbey-Duniry	Pirates
32nd Menlo	Vikings



# Schedule

Day	Time	Activity
FRI	1800	Setup Camp
FRI	2100	Induction – 2 Mins Skit by each team
FRI	2130	Leaders Meeting
FRI	2300	All Quiet
SAT	0700	All Quiet Ends. Madness Begins
SAT	0915	Meet at Flagpole
SAT	0900	Flag Break
SAT	0930-1330	Programme ( 4 Bases @60 minutes each )
SAT	1330-1430	Lunch
SAT	1430-1730	Programme ( 3 Bases @60 minutes each )
SAT	2000-2130	Camp Fair
SAT	2130	Camp Fire ( TBD)
SAT	2300	All Quiet
SUN	0700	All Quiet Ends.
SUN	1000	Scouts Own ( Cubs representative to Read reflection on Camp ) Uniforms
SUN	1030	Break Camp
SUN	TBD 1300	Camp Clear

# Saturday Schedule

## Morning

Purple	Water Slide etc	Kayaking	Obstacle Course etc	Pioneering etc	LUNCH
Light Blue	Craft Base	Water Slide etc	Kayaking	Obstacle Course etc	LUNCH
Tangerine	Emergency / First Aid Fun	Craft Base	Water Slide etc	Kayaking	LUNCH
Navy Blue	Archery/ Challenge games etc	Emergency / First Aid Fun	Craft Base	Water Slide etc	LUNCH
Grape	Pioneering etc	Archery/ Challenge games etc	Emergency / First Aid Fun	Craft Base	LUNCH
Bright Yellow	Obstacle Course etc	Pioneering etc	Archery/ Challenge games etc	Emergency / First Aid Fun	LUNCH
Gold	Kayaking	Obstacle Course etc	Pioneering etc	Archery/ Challenge games etc	LUNCH

## Afternoon

LUNCH	1430-1530	1530-1630	1630-1730
LUNCH	Archery/ Challenge games etc	Emergency / First Aid Fun	Craft Base
LUNCH	Pioneering etc	Archery/ Challenge games etc	Emergency / First Aid Fun
LUNCH	Obstacle Course etc	Pioneering etc	Archery/ Challenge games etc
LUNCH	Kayaking	Obstacle Course etc	Pioneering etc
LUNCH	Water Slide etc	Kayaking	Obstacle Course etc
LUNCH	Craft Base	Water Slide etc	Kayaking
LUNCH	Emergency / First Aid Fun	Craft Base	Water Slide etc

# Bases

#	Activity ( max 24 per session)	Responsible
1	Kayaking	Portlick
2	Water Slide , Crate Staking , Gladiator , Zip Wire	Portlick
3	Archery & Challenge Games	<b>Neil McCaffrey - Challenge Games</b>
4	Obstacle Course / Fusion Football	Portlick
5	Craft	<b>Eilis - Carrabane / Eileen - Kinvarra</b>
6	Pioneering ( Tripod & Catapult )	<b>Damien - Renmore + Ventures</b>
7	Emergency / First Aid Fun	<b>Lesley - Tuam</b>
Optional	Laser Tag	Portlick
Optional	Inflatables + Field Sports	Done with Archery?
	Orienteering	Backup
	Quiz	Bad Weather..

# Bases

- Art and Craft
  - Eilis has purchased items
  - Timing – fill the hour
- Challenge Games
  - Anything needed?
- Pioneering ( Tripod/Catapult )
  - JB has 200 Spars in Portlick
  - Groups bring sponges
- Emergency / First Aid Fun
  - Anything needed?

Bases	
Art and Craft	Eilis Fyfe , Eileen Mills Hynes, Erin Kileen
Challenge Games	Neil Mc Caffrey
Pioneering ( Tripod & Catapult )	Damien
Emergency / First Aid Fun	Lesley Connern



# Cubs Assignments – Assign your Cubs to Colour Group

	Cubs	Sixes	Purple	Lt Blue	Tangerine	Navy	Grape	Yellow	Gold	Total
1st Galway St. Josephs St. Nicolas Scout Group	13	2	1	1						2
2nd Galway Tuam	9	2			1	1				2
4th Craughwell	13	2					1	1		2
8th Oranmore	28	5			1	1	1	1	1	5
13th Renmore	30	5			1	1	1	1	1	5
17th Gort,3rd Loughrea	17	3	1	1	1					3
19th Athenry	10	2				1	1			2
24th Sea Scouts	20	3					1	1	1	3
26th Galway Kilcoona	17	3	1	1					1	3
27 Carabane	8	1			1					1
29th Killanin	17	3	1	1		1				3
30th Galway Abbey-Duniry	9	2						1	1	2
32nd Menlo	16	3	1	1	1					3
	207	36	5	5	6	5	5	5	5	36

I will share a sheet for your group individually

# Scouter Assignments

		AM	PM	Kayaking	Obstacle Course	Craft	Water Slide etc	Challenge Games etc	Pioneering	Emergency Fun	Purple	Light Blue	Tangerine	Navy Blue	Grape	Yellow	Gold	Kayaking	Obstacle Course	Craft	Water Slide etc	Challenge Games etc	Pioneering	Emergency Fun	Purple	Light Blue	Tangerine	Navy Blue	Grape	Yellow	Gold
COUNT >>	71	71	71	3	4	5	5	9	6	3	5	5	6	5	5	5	5	3	4	5	5	9	6	3	5	5	6	5	5	5	5
1st Galway St. Josephs St. N	4	4	4					1		1	1		1									1		1	1		1				
2nd Galway Tuam	4	4	4			1			2	1									1				2	1							
3rd Loughrea	1	1	1									1														1					
4th Craughwell	3	3	3	1		1							1					1	1								1				
8th Oranmore	6	6	6							1	1		1	1	1	1	1							1	1		1	1	1	1	1
13th Renmore	8	8	8		2				3			2	1					2			1		3		2	1					
17th Gort,3rd Loughrea	3	3	3			1										2			1										2		
19th Athenry	4	4	4										1	1	1		1									1	1	1		1	
24th Sea Scouts	5	5	5			1			1					1	1		1		1			1					1	1		1	
26th Galway Kilcoona	4	4	4	1					1		2							1				1		2							
27th Carabane	3	3	3			1	1										1			1	1										1
29th Killanin	5	5	5	1	2								2					1	2							2					
30th Galway Abbey-Duniry	6	6	6				1							2	2	1					1						2	2	1		
32nd Menlo	7	7	7				3		1			1				1	1				3		1		1				1	1	
Ventures	8	8	8					8														8									

I will share a sheet for your group individually

# Health and Safety

- Pete Ashton – H&S Rep has completed Risk Assessments – Thank you ! . Will share.
- You must have your own First Aid Kits.
- Chaperone Scouters – 1 Nominated to Log Accidents for their group.
- Logging – Notebook & pen will be provided.
- All Cuts , Bruises , Injuries etc to be logged
  - Time , Location , Cub Name , Group , Injury , Action
  - Any Cub brought to OOM – Log as above.
- Head Injury ( Any ) – ( *Note – Obstacle Course* )
  - Order Of Malta + CRT5 Head Injury assessment
  - Notify Pete / Stephen
  - Monitor , Group to Notify Parents
  - If deemed necessary , call 999



# CONCUSSION RECOGNITION TOOL 5<sup>®</sup>

To help identify concussion in children, adolescents and adults



FIFA<sup>®</sup>

Supported by



FEI

## RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

### STEP 1: RED FLAGS — CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play/game/activity. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

#### Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove a helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identification of possible concussion should proceed to the following steps:

### STEP 2: OBSERVABLE SIGNS

Visual clues that suggest possible concussion include:

- Lying motionless on the playing surface
- Slow to get up after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor incoordination, stumbling, slow laboured movements
- Facial injury after head trauma

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### STEP 3: SYMPTOMS

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

### STEP 4: MEMORY ASSESSMENT

(IN ATHLETES OLDER THAN 12 YEARS)

Failure to answer any of these questions (modified appropriately for each sport) correctly may suggest a concussion:

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored last in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

### Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/ prescription drugs.
- Not be sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

The CRT5 may be freely copied in its current form for distribution to individuals, teams, groups and organisations. Any revision and any reproduction in a digital form requires approval by the Concussion in Sport Group. It should not be altered in any way, rebranded or sold for commercial gain.

**ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE**

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# Emergency

Local Gardaí- Glasson Garda station 090 648 5102

ESB emergency 1850 372 999

Poisons information: 01 809 2568

In the event of an Emergency , first action will be a call to 999/112. The details here are for information only.

- An AED Cardiac Defibrillator is available on site.
- Order of Malta crew will be on site Saturday during Programme
- **Midoc** – 1850 302702 ( Out of Hours Doctor Service  
<https://www.hse.ie/eng/services/list/1/lho/longford-westmeath/gps,-gp-out-of-hours-service-and-medical-cards/gp-out-of-hours-service-midoc-in-longford-and-westmeath.html> )
- **Portiuncula Hospital** ( 999/112 - 090 964 8200 ) ( Approx 35 mins from Portlick -)  
<https://www.google.com/maps/dir/Portlick+Scout+Campsite,+Montree,+Abbey+Road,+Portlick,+Athlone,+County+Westmeath,+Ireland/Portiuncula+Hospital,+Dunlo,+Ballinasloe,+County+Galway,+Ireland/@53.4547448,-8.2359407,10.25z/am=t/data=!4m14!4m13!1m5!1m1!1s0x485c35dff1f31391:0xa517ba2168ed50e7!2m2!1d-7.9093771!2d53.4984201!1m5!1m1!1s0x485c69cc28053905:0x8051fe3806ba17b!2m2!1d-8.2351273!2d53.3269126!3e0>
- **Roscommon Hospital** ( 999/112 ) ( Approx 45 mins from Portlick  
<https://www.google.com/maps/dir/Portlick+Scout+Campsite,+Montree,+Abbey+Road,+Portlick,+Athlone,+County+Westmeath,+Ireland/Roscommon+University+Hospital,+Athlone+Rd,+Roscommon,+F42+AX61,+Ireland/@53.5627108,-8.1051052,11.25z/data=!4m13!4m12!1m5!1m1!1s0x485c35dff1f31391:0xa517ba2168ed50e7!2m2!1d-7.9093771!2d53.4984201!1m5!1m1!1s0x485c3cada40cc67d:0xc5516c6971aec30e!2m2!1d-8.175126!2d53.6249601>)
- Lough Ree Coast Guard via RNLI <https://www.facebook.com/pg/LoughReeRNLI/>

## Emergency

In the event of an emergency an air horn will be sounded with 6 long bursts repeated every 5 minutes.

## Assembly areas

Assemble at group campsite and await instructions from camp staff

Camp Emergency Alarm activation assigned to Camp Chief.

### Severe weather

- In the event of extreme weather conditions (i.e. flooding, high winds) the camp chief will advise campers to seek appropriate shelter in the wet weather shelter or other suitable accommodation.
- In the event of extreme heat some activities may be stopped due to the risk of heat stroke/
- dehydration.

### Lost youth members

- Cub section leaders will take a headcount. The camp chief will detail search parties under the
- supervision of appropriate staff.

### Fire

- In the event of a fire Cub section leaders will evacuate campers to an assembly point in the main
- campsite. If it is safe to do so small fires may be tackled by suitably trained staff. Emergency services will be called by camp chief if required.

### Intruders

- If a stranger enters camp the Camp chief should be notified immediately. Unless the stranger poses
- an obvious threat, they may be approached and asked to identify themselves. If they fail to do so the Gardai should be called immediately. If an extreme danger is suspected then the emergency alert will be given.

### Serious illness or injury

- Illnesses or injuries may be dealt with by suitably trained First Aid personnel within the scope of
- their expertise. Order of Malta staff will be on site during daytime programme activities. If expert
- medical care is required then responsible scouters should call for emergency services or remove
- casualty to the local hospital as required. Cub section leaders must keep a log of all accidents and
- incidents.

# Rules

- **ACTION** – Please let Cubs know about the rules in advance.
- No Alcohol
- No Mobile Phones
- No Pen Knives
- No Flint & Steel
- No Water Balloons
- Quiet time – 2300 – 0700.
- Cubs making noise during the quiet time , will need to be monitored by Scouters.
- If complaints are made by other Groups and this continues, we may need to request that the Cubs parents/guardian is called.
- Scouters to ID their Tent. ( tie on a high viz )

# Waste Disposal

- Portlick Campsite requires each group to ensure they adhere to the campsites waste management system.
- Each group should have provision on site for 4 types of waste. Just like at home.....
  - Recycling: this is for all recyclable waste except glass. All cardboard, cleaned plastic, paper etc. should be disposed of in this bin.
  - General Waste: this will contain sisal and any other types of waste that is not catered for elsewhere.
  - Organic Waste: this will contain all food waste.
  - Glass: all glass needs to be washed out before being placed in the glass bin.
- Each group should have 2 rubbish bins/bags, one recycling and one general.
- Each group should ideally have a bucket with handle for their organic waste. These buckets should be lined with a bag (preferably compostable).
- Please encourage Cubs to become familiar with waste management on camp.
- Waste water to be placed in sinks. No fat .No food pieces to be left in the sink – clean up after yourself.
- ( Thanks Lesley ! )



# Leads

- Entertainment
  - Skit Coordination – Approx 2 mins , represent theme – Song , Speaker + 2 Wireless Mics
  - Campfire Assistance

- Health & Safety
  - Maintain Med forms
  - Coordinate Chaperone Feedback
  - Order Of Malta

Leads	
Programme Assist	Pete Ashton
Entertainment	Emma & Emma – 8th Oranmore
Health & Safety	Pete Ashton
Traffic	Damien – 13th Renmore coordinating with Ventures
Camp Fire	Mairead Mc Caffrey
Facilities Co Ordination	TBD/Camp Chief

- Traffic
  - On Arrival
  - Departure
- Camp Fire
  - Weather permitting Beach front or in Yard.
  - Songs to be sent to Scouters ( SG will get Eamonn Murray's List.. )

# Skit

## ***Skit/Fun Facts/Presentation/Show***

ACTION – Each Group must prepare a Skit/Show/Presentation

ACTION – If you want to have a song played , I need this in mp3 or a reference to Youtube Video by **June 6th**

- Should last no longer than 3 mins
- Can be 1 or more Cubs representing Group.
- Groups will be called in Numerical Order. i.e. 1st Galway will be 1st.
- Will be a representation of the groups Theme
- Should be a “fun” representation.
- We have a PA with MP3 Player Ability – Groups can submit MP3 Music/Sounds for use
- PA has Wireless Mic available so that a Narrator/Singer can use .

# Campfire

From Mairead Mc Caffrey

- In general Campfire songs to be pitched at cub level as some songs are for the scout and venture program and something to look forward to for that age group
- If there are any other campfire leaders with songs to make themselves known.
- If any groups have ashes to bring to add to fire I'd like to have a cub rep from each group to add them to the fire at the start if no ashes a piece of wood from their area.

# Arrival/Departure

- At all times – Yield to Cubs , Scouters & Portlick Staff.
- Bus Unload Cubs near Wet Weather Shelter.
- Cubs with Parent drop offs at Car Park ( right side on way in , sign posted )
  - a. Radio to Site , Scouters to come and pickup Cubs.
- Van/Jeep allowed on site . Speed to a minimum.
- No other Cars allowed on site unless towing a trailer.
- All vehicles off site ASAP – Can then park in Car Park near site.
- On Sunday , no vehicles allowed on site until 1030 ( Break Camp )



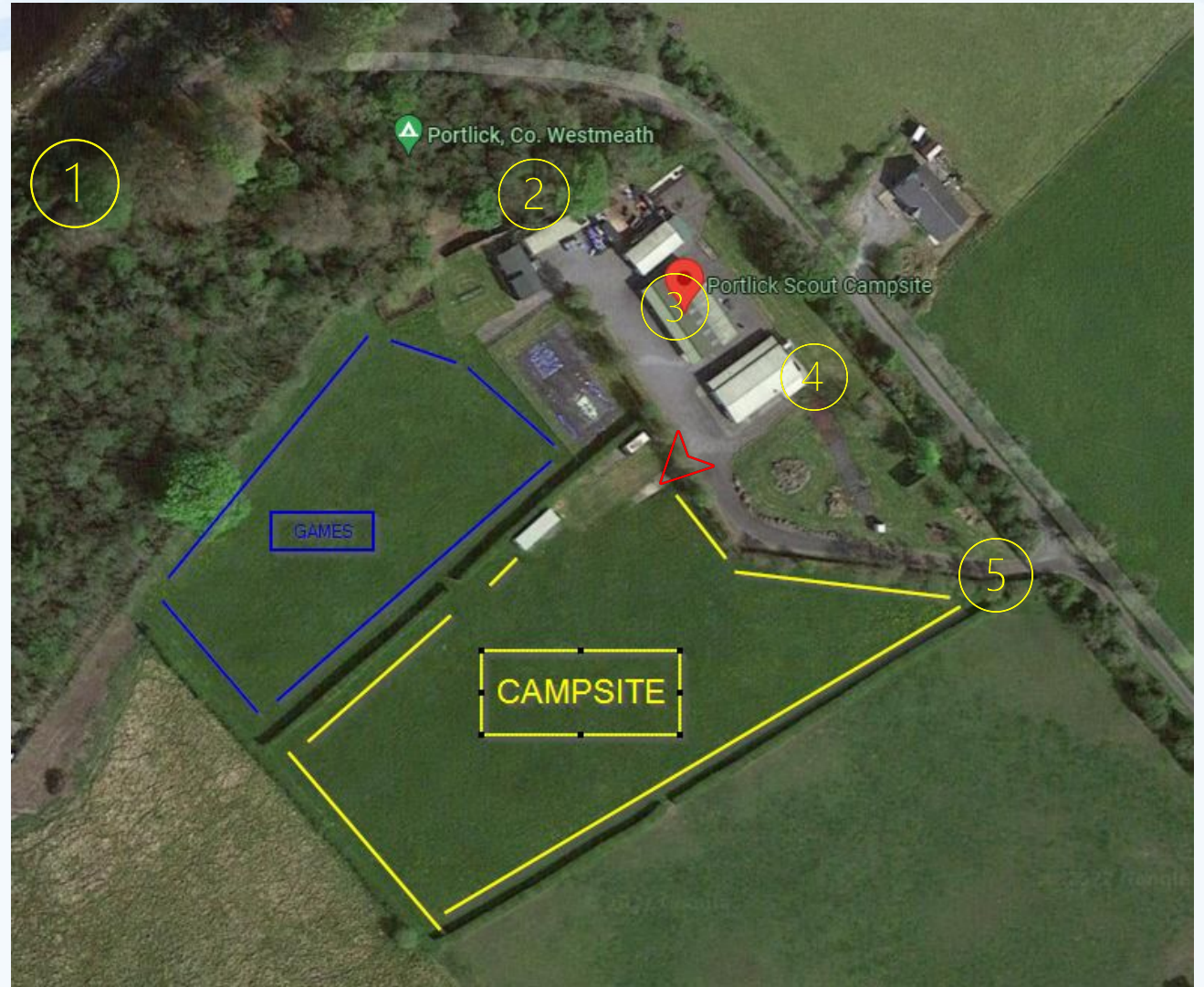
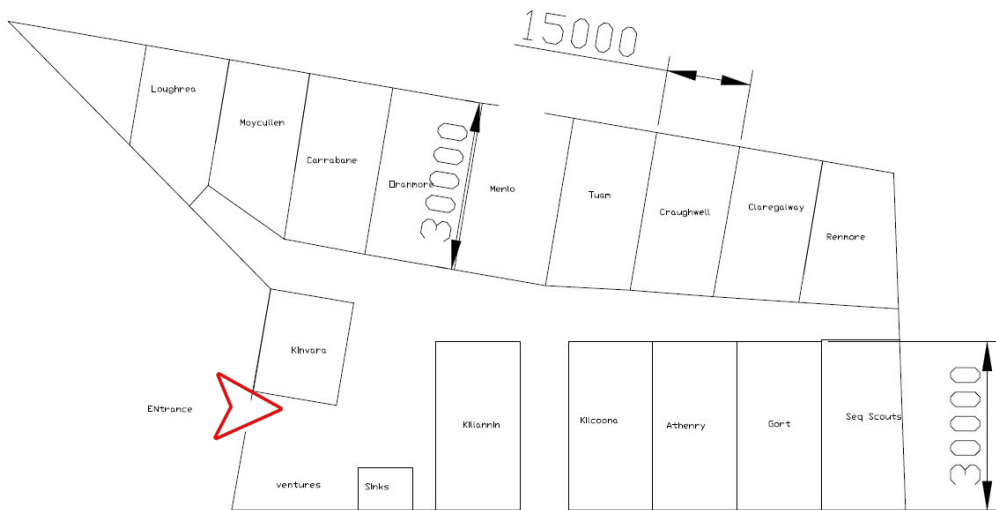
# Costing

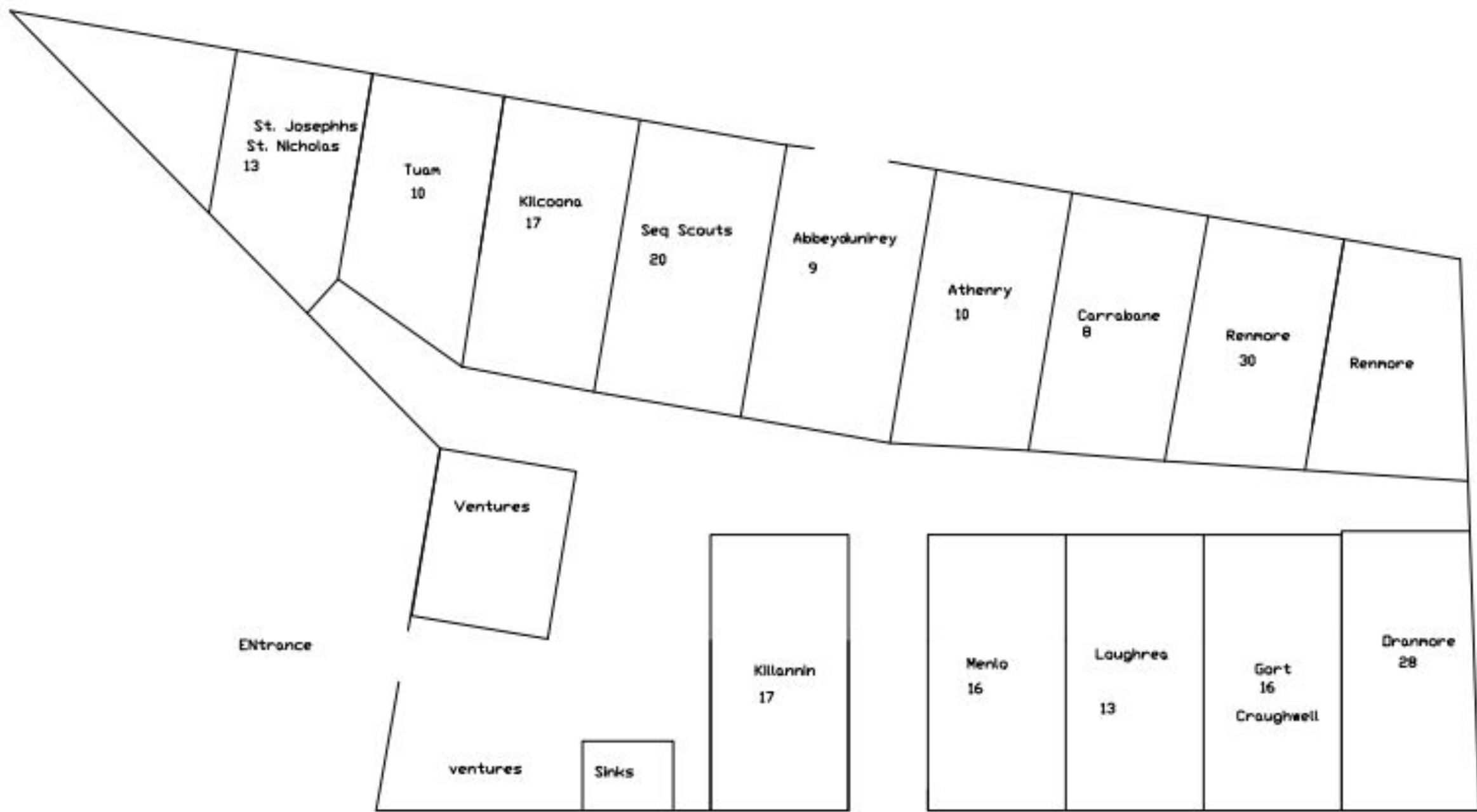
Portlick – Cubs for 2 Nights	10
Portlick – Activities	20
Base Supplies ( approx. )	1.50
Necker Cost ( badge applied )	Junior 6.50 Adult 7.50
Order of Malta Donation ( Ambulance present on Sat )	0.50
<b>Total ( Approx )</b>	<b>€38.50</b>
Portlick – Scouters for 2 Nights	€10 each. <b>€17.50 per Scouter/Venture</b>

Full payment required – Latest 6th June  
Thank you !

# Portlick Site

1. Kayaking
2. Cubs Toilets
3. Wet Weather Shelter
4. Scouters Toilets/Showers
5. Site Entrance







# Other

- **Ventures**
  - Must be Garda Vetted if over 16
  - No hammock camping
  - Can camp in separate field
- **Backup Plan** – We do have the use of “Wet Weather Shelter” should inclement Weather take hold. We will discuss in next meetings about “Plan B”, which hasn’t had to be used yet.. Last year , Groups had Board Games , Quiz questions as a backup.
- **ACTION** – Please have each Group prepare a set of 10 questions ( Re their theme ) for use at Quiz in the event of inclement weather
- **ACTION** – Please bring some board games , again for the same purpose
- **Food Storage**
- **There are fridges and freezers on-site. Your freezer blocks should be labelled with a Permanent Marker.**
- **Walkie Talkies**
  - Keep Short, end with “Over” .
  - If no response , be mindful of coverage. ( Car Park and Kayaking furthest out )



# Other continued

- Any Special Requirements
  - Noise Sensitive – Hall will be loud
  - Cubs with any special needs – make Chaperone Scouter aware
- Home Sick Cubs
  - Prepare for some Cubs to be homesick
  - Remind them to bring a Blanket/Teddy – Others will have them and all welcome in Tents!
  - Prep Parents for a Saturday pickup if Cubs dont want to stay 2nd night
- Kayaking
  - Cubs need to be warm. Tshirt at least ( to wear under LifeVest )
  - Cubs to have Swimming Gear on ready for the session
- Lost and Found
  - Items will be listed on website for claim by Parents. Groups will be notified , must collect from Camp Chief.
  - <https://countycamp.info/product-category/lost-and-found/>

# To Do

- ACTION - Advise Cubs & your Food organisers that we aim for this to be a Nut Free Camp due to Cubs with allergy.
- ACTION - Advise all Cubs to label their clothes.
- ACTION – Please ensure Managing Medications Form is up to date.
- ACTION - Consent forms to Camp Chief on Friday 10th
- ACTION – Required Sponges to be brought by each Group. Car wash sponges ideal.
- ACTION – Can Groups please practice at least one song to bring to Campfire.
- ACTION – Can each group bring some wood to use in Campfire , chopped blocks.
- ACTION – Cubs should make simple flag with their assigned Colour – one per six.
- ACTION – Each Group must prepare a Skit/Show/Presentation
- ACTION – If you want to have a song played , I need this in mp3 or a reference
- ACTION – Please have each Group prepare a set of 10 questions ( General
- ACTION – Please bring some board games , again for the same purpose
- ACTION – Please ensure Consent forms are up to date and valid. We will need
- ACTION – Please ensure Managing Medications Form forms are up to date and
- ACTION – Please let us know if there is a Peanut Allergy Risk with any of
- ACTION – Cub from each Group – Reflection/Few Words/Poem/Song
- ACTION – Please let Cubs know about the rules in advance.

# Portlick Activities

<http://portlickscoutcampsite.com/crate-stacking/>

<http://portlickscoutcampsite.com/waterslide/>

<http://portlickscoutcampsite.com/climbing-wall/>

<http://portlickscoutcampsite.com/field-sports/>

<http://portlickscoutcampsite.com/zip-line/>

<http://portlickscoutcampsite.com/gladiator-challenge/>

# Next Steps

- WhatsApp Group will be setup
- Please have payments in on time.
- Any questions feel free to ask.