



## Program Age and Skill Requirements

### Ten Mile River Requirements for High Adventure and Shooting Sports

Activity	Requirements
Rifle Shooting	12 years old (New York State Law), 13 years old for muzzleloading
River Canoeing	Scout age and a Swimmer
River Kayaking	13 years old or completed 7th grade, and a Swimmer
Lake Kayaking	Scout age and a Swimmer
Shotgun Shooting	13 years old or completed 7th grade
Mountain Biking	12 years old or completed 6th grade
High C.O.P.E. Course	13 years old or completed 7th grade
Low C.O.P.E. Course	Scout age
Cliff Rapelling	13 years old or completed 7th grade
Climbing Towers	13 years old or completed 7th grade
Water Skiing	13 years old or completed 7th grade, and a Swimmer
Motorboating	14 years old or completed 8th grade, and a Swimmer
B.S.A. Lifeguard	15 years old or completed 9th grade
Catskill Adventure Base	13 years old by January 1 of the year of attendance, or completed the 7th grade

### Swimming Ability Ratings

- **Learner:** Scouts should enter the water, be reasonably comfortable, and get their head wet.
- **Beginner:** Demonstrate your ability to jump feet first into water over your head in depth, level off and swim 25 feet (8 meters) on the surface, stop, turn sharply, resume swimming, then return to your starting place.
- **Swimmer:** Demonstrate your ability to jump feet first into water over the head in depth, swim 75 yards/meters in a strong manner using one or more of the following strokes: side-stroke, breaststroke, trudgen, or crawl; then swim 25 yards/meters using an easy, resting backstroke. The 100 yards/meters must be swum continuously and include at least one sharp turn. After completing the swim, rest by floating.



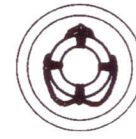
# Program Area Offerings

## Aquatics

Swimming Instruction  
 Troop Swim  
 Canoe Swamp (Evening Activity)  
 Water Polo or Basketball (Evening Activity)  
 Push Ball (Evening Activity)



Canoeing



Lifesaving



Motorboating

## Special Awards

B.S.A. Lifeguard  
 Mile Swim  
 Snorkeling, B.S.A.



Rowing



Small Boat  
Sailing



Swimming

## Scoutmaster Sessions

Safe Swim Defense  
 Safety Afloat  
 Youth Protection Training  
 New Camp Leader Training  
 Weekend Camping Planning  
 Climb On Safely

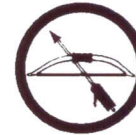


## Field Sports

Softball  
 Soccer  
 Troop Target Archery  
 Volleyball  
 Football  
 Inter-Troop Competitions  
 Basketball  
 Ultimate Frisbee



Fishing



Archery



Athletics

## Shooting Sports

Shotgun Shooting  
 Troop Rifle Shoots



Shotgun  
Shooting



Rifle  
Shooting

## Handicraft

Plaque Making  
 Totem Making  
 Patrol Flag Making  
 Troop Neckerchief Slide Making  
 Tie Dye Projects  
 Silk Screen Projects  
 Woodwork  
 Belt Making  
 Basket Projects  
 Craft Items  
 Lanyards  
 Indian Lore  
 Model Rockets



Basketry



Leatherwork



Wood Carving



# Program Area Offerings

## Nature/Ecology

Nature Trail Hikes  
 Edible Plant Hikes  
 Conservation Projects  
 Astronomy Hikes (evenings)  
 Tree Planting  
 Terrariums  
 Soil Profiles  
 Rock Displays  
 Nesting Boxes  
 Birdhouses  
 Weather Station  
 Wildlife Survey  
 Animal Track Casting  
 Insect Collection  
 Leaf Pressing  
 Fishing



Astronomy



Environmental Science



Fish & Wildlife Management



Forestry



Geology



Insect Study



Mammal Study



Nature



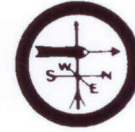
Reptile & Amphibian Study

## Scout Skills

In-Site Pioneering Projects  
 Shelter Building  
 Outdoor Living  
 Knot Relay  
 Lashing Projects  
 Basic Skills Review  
 Specialty Cooking Demonstrations  
 Compass Courses  
 Rope Making  
 Splicing  
 Dutch Oven Cooking  
 Fire Building  
 Menu Planning  
 Tin Foil & Utensil-less Cooking  
 Totin' Chip  
 Paul Bunyan Axe Award



Soil & Water Conservation



Weather



Camping



Pioneering



Wilderness Survival

## Camp-wide Events

Opening Campfire  
 Scoutmaster vs. Staff Softball Game  
 Camp-wide Game  
 Movie Night  
 Camp-wide Barbecue  
 O.A. Day  
 Fishing Derby  
 Aquatics Olympics  
 Scavenger Hunt  
 Closing Campfire

