

# **2011 Klondike Derby**

## **Mount Taylor**

Sandia District / Great Southwest Council

**January 14-15, 2011**



# General Information

## Activities:

**Classic Klondike Derby**

**First Annual Squad Biathlon**

## Key Staff:

**Chair - Allen Robinson - 822-0180 – acrobincadc (at) msn.com**

**Classic Klondike Derby - Crew 209 –Jake Kockerhans Advisor - 821-6196 -  
jakeva76 (at) comcast.net**

**Biathlon – Garth Reese – gmreese (at) gmail.com**

## Preregistration Deadline:

**Saturday January 8, 2011**

## Check In:

Check in will be from 4pm to 9pm on Friday, January 14. Please check in before beginning to set up camp.

## First Aid:

We will establish a first aid station for anything that you cannot handle at the unit level. Please maintain a copy of the medical release form to bring with you to the first aid station located at the base camp.

## Meals:

A lunch meal on Saturday will be provided. All other meals must be provided by the units.

## Adult Supervision:

Two adults per unit **MUST** be registered and be present the entire time your unit is in attendance.

## Prohibited Items:

No animals (e.g. dogs) are permitted. No electronic devices such as radios, CD players, IPODS, video games, TVs, etc. are allowed. No fireworks. Enjoy the wonder of the outdoors naturally.

## Check Out:

Units may check out anytime following the awards assembly. Please do not break camp until after the trail competitions.

### ***Leave No Trace Camping:***

- **Fires:**

Fires may be built, but must be enclosed in a safe fire pit area. If you build a new fire pit you must destroy it when you leave. Plan to bring your own wood supply. Camp stoves are encouraged for cooking.

- **Trash:**

Pack it in, pack it out! No trash service will be provided. Each unit is responsible for the removal and disposal of its own trash.

- **Latrines:**

Camp latrines will be provided (porta-potties). Please encourage all participants to use the latrines. Let's leave the area as pristine and white as we find it.

### **Camp sites and Inspection:**

Each campsite will be inspected as part of the scoring for the patrols in each unit. The inspection will occur while the teams are competing on the trail. The inspection team will be looking for the following items:

- Evidence of an organized unit camping area marked with the unit number.
- Shelters with proper ground cover.
- Proper fire pit with marked axe yard.
- Food storage and cooking areas clean.
- Posted unit roster with duty assignments – evidence of the patrol method.
- Unit first aid kit.

## **CLASSIC KLONDIKE DERBY INFORMATION**

### **Sled Teams:**

Each sled team may be composed of from 4 to 8 members. Each team should have a patrol leader and exhibit team spirit and cooperation.

- New Boys Scouts through 15 year olds are allowed to participate on sled teams.

### **Sled and Equipment:**

Each patrol will bring a sled made by the scouts. Sleds can look something like the standard Klondike sled (see attached diagram). Unloaded sleds will weigh about 30 pounds. Loaded sleds may weigh close to 50 pounds. The handrail height should be between 39 and 45 inches. An authentic Klondike sled design is attached for your

enjoyment. Additional sled plans can be found at various web sites including, [http://scoutdocs.ca/Klondike/Klondike\\_sled\\_plans.php](http://scoutdocs.ca/Klondike/Klondike_sled_plans.php).

Sleds must be equipped with the following:

- Fire starting kit (no liquids, aerosols, or paper)
- Six – 6-foot long poles (round, square, or any shape. No holes, pegs, or any form of joinery on the poles)
- Lashing material as follows: 10 each, 6 foot lengths of rope, not to exceed ¼ in diameter.
- Two compasses
- 10' x 10' tarp (plastic or canvas)
- Scout book
- First aid kit with equipment that would be necessary to provide treatment for any first aid scenario listed in the Scout book through First Class
- Drinking water
- Patrol flag and flagpole

## **Trail Competition:**

- Station Staff will be recruited from 14-18 year old youth from Troops, Teams and Crews who will run the stations.
- Participants will begin a new station every 25 minutes:
- 15 minutes per station
- 10 minutes transit to next station
- Patrols may not dispute the number of points awarded at the stations unless they can clearly demonstrate that a computation error has been made; otherwise, the decision of the Scouts running the station is final.

Seven separate stations will be running simultaneously

- Pioneering
- Fire building
- Wilderness survival
- Orienteering
- First Aid
- Group Problem solving
- Sled race

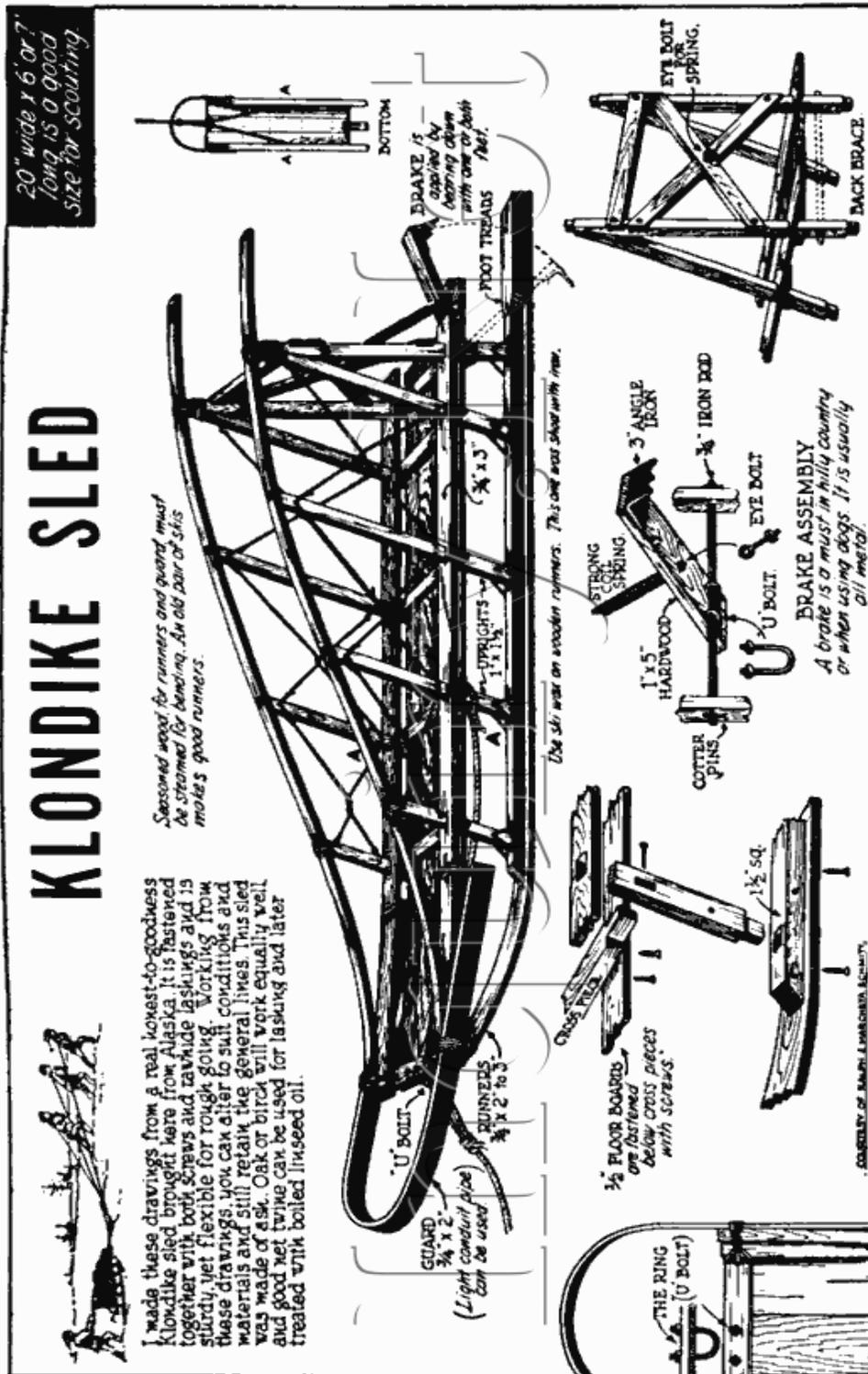
## **Awards:**

Each patrol will receive 15 points at each station. Station staff may decide how to award these points, but will follow a guideline of 10 points for the activity, and 5 points for scout

spirit and cooperation. In addition, 10 points will be provided at the end of the activity for teams that stay on schedule (neither too fast, nor too slow).

Awards will be issued for overall 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place, and best campsite. No awards will be issued for individual stations or individual participants. 2011 Klondike Derby patches will be awarded to all participants; Scouts, staff, and adult leadership.

We are preparing a nice selection of awards.



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# *First Annual Sandia District Squad Biathlon*

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The wolves are crying in the land of the north, and dedicated squads of young men are needed to cross the snowy waste and restore peace to the land.

## **Description**

Squads of 4 senior scouts, Varsity Scouts and Venturers (ages 14 and over only) will embark on a 5k snowshoeing adventure. Along the way, the squads will stop at four stations where they may shoot one target each. Squads are scored on overall time and on accuracy of the shooting. Scores will be totaled and the winning squad awarded.

## **Rules of Engagement**

1. Varsity Scouts (14 and up) , Boy Scouts (14 and up), and Venturers (14 and up) will form themselves into squads of four for the competition.
  - a. Squads of two and three are allowed, but are penalized (see below).
  - b. Squads larger than 4 are permitted, but only 4 will be allowed to shoot, and all must finish the race together.
  - c. We encourage you to form squads combining members from multiple troops, teams or crews.
2. Each squad will be assigned a starting time. The full squad must be present 15 minutes before the start. The full squad will participate in a short safety briefing before their race. (part of BSA shooting safety).
3. Each squad member will carry a staff. The squad leader will also carry a score card.
4. The squad will depart and a starting time will be recorded.
5. At approximately 1 km intervals, the squads will stop at shooting stations. At the stations:
  - a. All squad members will place their staves together. The squad leader will exchange his score card for BB rifles, one per boy.
  - b. Squads will be processed in the order of their arrival at a station. A squad is considered to have arrived at the station when all members have placed their staves together.
  - c. Each scout will shoot one BB at the target. After shooting, the scout may continue down the trail, but the squad leader must wait until all shots are fired and receive the score card for that squad.
6. When all squad members have finished the course, a final time will be recorded.

## **Scoring**

1. The squad is assessed one point for each minute spent on the trail.
2. The squad subtracts one point for each BB shot within the target circle. As there are four target stations with 4 BBs per station, a squad may deduct up to 16 points.
3. The squad with the lowest score wins.

Additional details:

4. A three member squad is assessed 1.2 points per minute, and is allowed only 3 shots per station.
5. A two member squad is assessed 1.4 points per minute, and is allowed only 2 shots per station.
6. Snowshoes must be worn for the duration of the race, including while shooting. You must stay on the marked trail.
7. Any extra BB shot, or any other error at a shooting station disqualifies the squad for the points at that station. They may proceed in the race, but will have no points deducted for that station. Any violation of safety at any station or anywhere on the trail will result in disqualification.
8. Targets are 10 cm in diameter, at a distance of 3 meters.
9. The squad leader is responsible to carry the score sheet from each shooting station with him.
10. This is going to be sooo much fun!

## FAQ

### Is there an additional charge to participate in the Squad Biathlon?

No. But we need to know how many squads are running. Please let us know as during registration.

### What if my young men are staffing the classic Klondike but also want to participate in the biathlon?

You can do both by splitting them up and coordinating ahead of time with the Klondike Biathlon Staff. Your first squad will be scheduled to participate in the biathlon first while the second quad runs the station. The first group will return to your station, make sure they understand how you have been judging and then take over. The relieved Klondike staff/squad will then go to the Biathlon and participate there near the end of the morning. You may need to combine resources with another unit or have some of your adult advisors help with judging to make sure you have enough Klondike Derby staff running your station at all times.

### Why squads of 4?

BSA recommends using hiking groups of four anytime you are in the wilderness area. Sending a lone person out into the cold is a very bad idea.

### Do we have to have our own snowshoes?

No. If you do have snowshoes, please bring them and use them in the competition. But, we will provide rental shoes as part of your registration for those who do not have them.

### How far will the course be?

We are planning on a 5 km course that should take about 40 minutes to complete.

## What if there is no snow?

The heavens will weep. ☺ We will work that out, and some rules may have to change.

## Why BB guns? Could we bring a .22? Could we bring our own BB gun?

You may only use BB guns provided by our staff. Safety issues are too great on a diverse group like this.

## When will the rankings be available?

Squad times and scores will be available at the awards ceremony. There will be awards for the top squad scores.

## Will this become a Klondike tradition?

You tell us! If this is as fun as we think it will be, it could provide an extra level of competition for older boy scouts, teams and crews. Let us know if it is valuable!

## Will there be time to practice?

Snowshoes will be available Friday night. If there is interest, we could organize a late evening snow shoe activity.

## Who do we contact for further information?

Contact Garth Reese: **gmreese (at) gmail.com**.

# 2011 Klondike Derby Schedule

## Friday January 14

4:00 pm - 8:00 pm

Arrival, check-in, campsite setup  
Dinner (Scouts and leadership will provide their own dinner)

8:15-8:30 pm Hot chocolate

8:30-8:55 pm Fireside Service. All attendees are invited.

9:00 pm - 9:15 pm

Cracker-barrel (Start instructions for all Senior Patrol Leaders, Team Captains, Crew Presidents, Scoutmasters, Varsity Coaches, Team Advisors, station workers and staff)

10:00 pm Lights out – All camps quiet

## Saturday January 15

6:15 am Camp reveille, thawing out of scouts and leaders and breakfast (not provided).

7:30 am Camp Cleanup, Camp Inspection Preparation, Sled Packing

8:10 – 8:20 am sharp!

Flagpole assembly

8:30 am - 11:45 am

- Klondike Trail Competition (All sled teams rotating through the seven stations)
- Biathlon Event
- Campsite inspection by district leadership

11:45-12:30 pm Lunch (provided)

12:30 pm Flagpole assembly for awards ceremony

1:00 pm Adjourn

Optional additional camping over Saturday night is possible if desired.

# 2011 Klondike Derby

## Cold Weather Camping

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### COLD WEATHER COMFORT & SAFETY

Cold weather camping as defined by BSA is "camping in weather where the average daily temperature is below 50 degrees Fahrenheit and conditions are cold, wet or windy."

The most important thing to remember about cold weather camping is to **KEEP DRY**. Moisture will reduce the insulating properties of almost everything. To keep yourself warm, remember the word **COLD**.

- C** keep yourself and your clothes **Clean**.
- O** avoid **Overheating**.
- L** wear clothes Loose and in **Layers**.
- D** keep **Dry**.

The hints listed below are in a random manner. There is no order of importance to the list, just some suggestions that have proven true for me over the years.

### CLOTHING

1. Layer your clothing. Wear several layers of lighter clothing instead of one heavy layer. This way you can better regulate the amount of insulation. If you get warm you can take layers off and add some more clothing layers if you get cold.
2. Keep yourself dry, both from the weather and perspiration.
3. Wear loose fitting clothing, to optimize insulation.
4. Remember when buying clothes for cold weather that wool retains most of its insulation properties when wet, while cotton loses most of its.
5. There are also excellent manmade fibers and insulation's that retain their insulation properties as good as or better than wool. Other benefits include light weight, wide design options & wind-blocking.
6. Remember your rain gear is water proof and will not allow perspiration to exit. During rainy weather change your clothing several times a day.
7. Athletic shoes and nylon hiking boots do not provide enough insulation. You should wear either mukluks, water-proofed leather hiking boots, rubber overshoes or rubberized boots.
8. Waterproof your leather hiking boots with the appropriate commercial treatment. Be sure to use only silicon-based products on leathers which require it. Check the care tag that came with the boots.
9. If you choose to wear rubberized boots, remember they do not allow for ventilation, therefore you will need to change your socks several times a day. Also you may want to get some felt inserts for insulation.
10. Wear a pair of lightweight polyester and a pair of wool socks to increase insulation and take the perspiration way from your feet.
11. Pull trouser legs over top of shoes to keep out snow. You may want to use nylon gaiters (leggings), or tie or tape them to make sure of the seal.

12. Wear mittens instead of fingered gloves when you do not need independent use of your fingers. This will allow the fingers to help keep each other warm.
13. Use a pair of socks to cover hands if mittens get wet.
14. Wear a stocking cap or other warm hat. One that covers the ears and neck area is particularly effective. Remember, most heat loss is through the head. Wearing a warm hat warms the rest of your body, too.
15. Wear a scarf to reduce heat loss around the neck. Use a "ski mask" or scarf over your face for protection from the cold and wind.
16. In an emergency use your neckerchief to cover your ears.
17. If you need a fire to keep you warm you are not dressed properly. If the heat can get to your body, so can the cold.
18. Paper is a good insulator and can be wrapped around the body (under your clothes) to add insulation.

## **BEDDING DOWN**

1. Natural fiber sleeping bags do not maintain their insulation properties when damp, down bags also fit here. A 3 to 4 pound synthetic bag will take care of most of your needs.
2. A mummy style bag is warmer than a rectangular, as there is less space for your body to heat. Also, most mummy bags have a hood to help protect your head.
3. You can place one sleeping bag inside another to increase insulation.
4. If you only have a rectangular sleeping bag, bring an extra blanket to pack around your shoulders in the opening to keep air from getting in.
5. Do not sleep with your head under the covers. Doing so will increase the humidity in the bag that will reduce the insulation properties of the bag and increase dampness.
6. Wear a stocking cap to bed in order to reduce heat loss.
7. Wear a loose fitting hooded pull over type sweatshirt to sleep in.
8. Make a loose fitting bag from an old blanket or carpet padding to put both feet in when in your sleeping bag.
9. A bag liner made from an old blanket, preferably wool, will greatly enhance the bags warmth.
10. Insulate yourself from the ground as much as possible to avoid cold spots at the shoulders and hips. A sleeping pad of some kind is absolutely necessary.
11. Use a sleeping pad of closed cell foam instead of an air mattress.
12. A good rule of thumb is that you want 2 to 3 times the insulation below you as you have over you.
13. Use a ground cloth to keep ground moisture from your bag. Your body will warm up frozen ground to a point where moisture can become important.
14. Space blankets, if used as a ground cloth, will not reflect the body heat. Instead it will conduct the cold from the ground to your body.
15. Cold air will be above and below you if you sleep on a cot.
16. Put a hand warmer (in a sock) at the foot of your sleeping bag before getting into it.
17. Fill a canteen with hot water (not boiling) and place at foot of bag to keep warm. Be careful with plastic canteens.
18. Some light exercise before bedding down can increase body heat and warm your bag quicker. Be careful not to start perspiring.
19. Remove the clothes you are wearing before bedding down. Put on dry clothing or pajamas before entering the sleeping bag. Wearing tomorrow's socks to bed is a good idea.
20. Build a wind break outside your tent by piling up snow or leaves to a height sufficient to protect you when laying down.
21. Remember to air out your sleeping bag and tent, when weather permits. Perspiration and breath condense in the tent at night and the water will reduce insulating properties of your bag.
22. Hang your sleeping bag up or just lay it out, between trips, so the filling will not compress and lose its insulating properties.

23. Before you get out of bed bring the clothes you plan to wear inside your bag and warm them up some before dressing.
24. Place an empty capped plastic bottle outside your tent door for "night calls." This will reduce your exposure when you have to answer that call. Think twice before using it inside the tent, you do have a tent mate. Remember to empty the bottle away from the camp in the morning.

## **ODDS AND ENDS.**

1. If at night you get cold, let the adult leadership know so action can be taken before injury from cold weather health problems occur. In other words it's better to be kidded about forgetting your sleeping bag than risking hypothermia.
2. Organization and proper preparation is very important in cold weather camping. Good meals, proper shelter and comfortable sleeping arrangements make for an enjoyable outing.
3. Drink 2 quarts of fluids per day besides what you drink at meals.
4. Learn to recognize and treat cold weather health problems. These include frostbite, hypothermia, dehydration, chilblains, trench foot, snow blindness and carbon monoxide poisoning.
5. Use the buddy system to check each other for cold weather health problems. Notify the adult leadership if symptoms do occur.
6. If you feel cold gather some wood or do some other type of work. Working will help warm you.
7. Eating ice or snow can reduce your body temperature and it is not pure. Don't eat it.
8. Snow and ice can be used for drinking water but only after boiling.
9. No open flames (candles, matches, etc.) inside the tents. Wiggling your toes inside your boots will help keep feet warm. If your feet get cold put on a stocking cap.
10. Take and wear dark sunglasses if snow is in the forecast. The glare of the sun off the snow could lead to snow blindness. The sunglasses will reduce the glare.
11. Use the solid fuel hand warmers. They are cheaper and you can light them yourself. Adult leaders must handle all liquid fuel.
12. The solid fuel hand warmers tend to have a flair up of heat after burning for a while and then they start to cool down. Placing them in an old sock will help to protect you from this "hot spot".
13. Keep off ice on streams, lakes and ponds.
14. It takes longer to cook food in cold weather, so plan accordingly. Before going to bed pour enough water for breakfast into a pot. It is easier to heat the pot than a plastic water can.
15. Keep your matches in a metal match safe as plastic can freeze and break if dropped.
16. Gather twice as much fuel as you think you'll need for fires.
17. Carry tinder from home. It may be hard to find in snow or wet conditions.
18. Gather your wood and tinder for the morning fire in the evening so that you will be able to start the fire quickly in the morning.
19. Space blankets make good wind shields only. The metallic properties take over the insulation properties in cold weather and become cold conductors.
20. Carry extra plastic bags in cold weather. They can be used as personal wind shields and ponchos by slitting a hole in the top for your head to go through.
21. Carry extra matches because the more you need a fire to warm up the less likely you will be able to start one easily.
22. Flashlight batteries are affected by cold. You can revive a dead battery by warming it up near the fire.
23. You may want to take a bottle of propane into your tent with you at night. This will keep it warmer and make it easier to light your stove for breakfast.
24. Heaters inside your tent can lead to carbon monoxide poisoning.

## **Cold weather camping references:**

- OOIPIK manual, No. 34040
- BSA Field manual
- BSA Snow Camping Venture manual

## **LAYERED CLOTHING SYSTEM**

Select the proper type and amount of clothing. Regulate your clothing according to your activity rate. This is the most effective way to ensure comfort. Pay attention to your body's signals. Don't wait until you are cold to put on more clothing. Act when you first begin to feel cooler. Expect to put on extra clothing following an activity.

Clothing layers:

- Long, thermal underwear. polypropylene
- Shirt or inner layer
- Sweater, light jacket
- Wind or rain gear
- Long, thermal underwear. polypropylene
- Inner pants wool, wool blend
- Wind or rain pants
- Wicking inner socks polypropylene
- Insulating socks wool or wool blend
- Boot liners insulated insoles
- Footwear, boots waterproof, loose-fitting, mukluks or snow boots
- Head coverings
- Gloves and mittens

## **TYPES OF COLD:**

### **Wet cold: 50° F to 14° F**

The most dangerous. Wide temperature variations from melting during the day to freezing at night makes proper dressing difficult, and important. Damp conditions from melting snow or rain makes keeping dry difficult.

### **Dry cold: 14° F to -20° F**

Ground is frozen and snow is dry and crystallized. Strong winds cause the most concern with keeping warm. Extra clothing layers and wind-proof outer garments should be added.

### **Arctic cold: below -20° F**

Requires the most insulation and wind-proofing. Many materials change physical properties, becoming brittle. Only for the most experienced campers.

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# LOSS OF BODY HEAT

## Homeostasis:

The body's process for maintaining an even temperature. The arms and legs are used as a radiator to remove excess heat from the body. This process dilates the blood vessels, allowing more blood to flow to the skin surfaces. When the body temperature drops, these blood vessels constrict, decreasing blood flow, and thereby, heat loss. This is why hands and feet get numb when cold, and why they're particularly vulnerable to frostbite.

Since your brain needs oxygen to function, your body can't cut off the flow of blood to your head in order to conserve heat. Consequently, much of your body heat can be lost through an uncovered head and neck.

Radiation. (55%) A major source of heat loss. Heat is lost directly from exposed skin and the head. The head may lose up to one-half of the body's total heat production at 40 degrees F, and up to three-quarters at 5 degrees F.

Conduction. (15% w/convection) Heat is lost through skin contact with cold objects, primarily the hands, and wet or tight clothing. Handling gasoline, and other super-cooled liquids, at low temperatures is especially dangerous.

Convection. Heat is lost from the wind carrying away heat from the surface of the skin. This includes wind-chill effects.

Evaporation. (21%) Loss from evaporation of sweat, moisture from the skin and lungs produces substantial heat loss. Except for controlling sweating, there is little that can be done about this. We need to allow for this by using breathable fabrics to allow this moisture to pass out freely.

Respiration. (2-9%) Heat lost from inhaling cold air and exhaling warm air.

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# COLD WEATHER FIRST AID

## Dehydration

Excessive loss of body water. Impairs the ability to reason, so the victim may not react properly.

### Prevention:

- Drink at least 2 quarts of water a day.
- Avoid dehydrating foods (high protein) and fluids (coffee, caffeine).
- Increase fluid intake at first signs of darker yellow urine.

## **Symptoms:**

### **1 to 5 % deficiency**

- Increased pulse rate
- Nausea and loss of appetite
- Dark urine or constipation
- Irritability, fatigue
- Thirst

### **6 to 10 % deficiency**

- Headache, dizziness
- Labored breathing
- Tingling
- Absence of salivation
- Inability to walk
- Cyanosis (bluish or grayish skin color)

### **11 to 20 % deficiency**

- Swollen tongue, inability to swallow
- Dim vision, deafness
- Shriveled, numb skin
- Painful urination
- Delirium, unconsciousness and death

## **Treatment:**

Mild cases - drink liquids, keep warm.

More severe cases require professional medical treatment.

## **Hypothermia**

Lowering of the inner core temperature of the body. Can and usually does happen above freezing. The victim may not recognize the symptoms and may not be able to think clearly enough to react. Injury or death may result.

## **Predisposing Conditions:**

- Poor physical condition.
- Inadequate nutrition and water intake.
- Thin build.
- Nonprotective clothing.
- Getting wet.
- Inadequate protection from wind, rain and snow.
- Exhaustion.

## **Symptoms:**

- Loss of ability to reason.
- Shivering.
- Slowing, drowsiness, fatigue.
- Stumbling.
- Thickness of speech.
- Amnesia.
- Irrationality, poor judgment.
- Hallucinations.
- Cyanosis (blueness of skin).
- Dilation of pupils of eyes.
- Decreased heart and respiration rate.
- Stupor.

## **Treatment:**

- Shelter the victim from wind and weather.
- Insulate the victim from the ground.
- Change wet clothing.
- Put on windproof, waterproof gear.
- Increase exercise, if possible.
- Put in a prewarmed sleeping bag.
- Give hot drinks, followed by candy or other high-sugar foods.
- Apply external heat; hot stones, hot canteens.
- Huddle for body heat from others.
- Place victim in a tub of 105° F water. Never above 110° F.

## **Prevention:**

- Keep rested, maintain good nutrition.
- Consume plenty of high-energy food.
- Use proper clothing.
- Make camp early if tired, injured or lost.
- Get plenty of exercise. Don't sit around much.
- Appoint an experienced person to watch the group for signs.
- Take immediate corrective action for any signs.

# **Frostbite**

Tissue injury involving the actual freezing of the skin and underlying tissues. Recovery is slow, severe frostbite can lead to gangrene. Once exposed the victim will be predisposed toward frostbite in the future.

## **Predisposing Conditions:**

- Prolonged exposure to temperatures 32° F or below.
- Brief exposure at extremely low temperatures, -25° F and below.
- Exposed body parts
- Restriction of circulation.
- Fatigue, poor nutrition, low liquid intake, poor physical condition.
- Previous case of frostbite or other cold injury.

## **Symptoms:**

### First Degree (Frostnip)

- Redness, pain, burning, stinging or prickly sensation.
- Pain disappears and there is a sudden blanching of the skin.
- The skin may look mottled.
- Skin is firm to the touch, but resilient underneath.
- On thawing, there is aching pain or brownness. The skin may peel off, and the part may remain cold for some time.

### Second Degree (Superficial Frostbite, Frostbite)

- No pain, the part may feel dead.
- Numbness, hard to move the part.
- Tissue and layers underneath are hard to the touch.
- After thawing (takes 3 to 20 days) pain, large blisters, sweating.
- Black or discolored skin sloughs off, leaving tender new skin.

### Third degree (Severe Frostbite)

- Full thickness of the skin is involved.
- After thawing, pain continues for 2 to 5 weeks.

### Fourth degree (Severe Frostbite)

- Skin and bone are frozen.
- Swelling and sweating occur.
- Gangrene may develop, amputation may be necessary.

## **Treatment:**

- Do not rub affected area with snow. Hold it over fire, or use cold water to thaw it.
- Exercise the affected area to promote blood circulation.
- Use any warmth available to thaw area.
- Do not attempt to thaw frostbitten limbs in the field. It is less harmful for the victim to walk out on a frostbitten limb than to thaw it in the field. Thawing only risks additional injury and the victim will be in too much pain to walk.
- Check for hypothermia.
- For more severe cases refer to more complete instructions.

## **Prevention:**

- Proper clothing.
- Good nutrition, drink water, maintain core temperature.
- Use buddy system to check face, nose, and ears.
- Immediate treatment of minor symptoms.

# **Snow Blindness**

Inflammation of the eye caused by exposure to reflected ultraviolet rays when the sun is shining brightly on an expanse of snow.

## **Symptoms:**

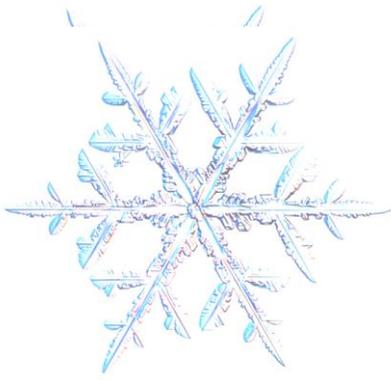
Sensation of grit in the eyes, made worse by eye movement, watering, redness, headache, and increased pain on exposure to light.

## **Treatment:**

Blindfold the victim and get rest. Further exposure should be avoided. If unavoidable, the eyes should be protected with dark bandages or the darkest sunglasses. The condition heals in a few days without permanent damage once exposure is stopped.

## **Prevention:**

Wear sunglasses when any danger is present. Do not wait for discomfort to begin.



## Registration Form

# Sandia District 2011 Klondike Derby

January 14-15, 2011

Early Registration Deadline: January 8, 2011

Final Registration Deadline: January 12, 2011

Event Code 304

Return this form with fees to the Council Service Center

Great Southwest Council

5841 Office Blvd, NE

Albuquerque, NM 87109

Troop/Team/Crew # \_\_\_\_\_ District \_\_\_\_\_  
(circle one)

Contact Person \_\_\_\_\_

Phone Numbers (H) \_\_\_\_\_ (W or Cell) \_\_\_\_\_

Camping Overnight      Friday:              YES \_\_\_\_\_ NO \_\_\_\_\_  
   Saturday:              YES \_\_\_\_\_ NO \_\_\_\_\_

### Projected Attendance:

Number of Klondike Derby Patrols: \_\_\_\_\_

Number of Biathlon Squads \_\_\_\_\_

|  | Number | Fees |
|--|--------|------|
|--|--------|------|

|   |       |       |
|---|-------|-------|
| Youth Participants & Staff (\$10 each): | _____ | _____ |
|---|-------|-------|

|  |       |       |
|--|-------|-------|
| Adult Participants & Staff (At Least 2)(\$5 each): | _____ | _____ |
|--|-------|-------|

|   |       |       |
|---|-------|-------|
| Late Fee (After 1/8/2011) (\$2/person): | _____ | _____ |
|---|-------|-------|

|             |       |       |
|-------------|-------|-------|
| Total Fees: | _____ | _____ |
|-------------|-------|-------|

Date Received in Service Center: \_\_\_\_\_

# 2011 Klondike Derby Roster

January 14-15, 2011

Bring This Form To Check In

Make Additional Copies as Needed

Troop/Team/Crew #: \_\_\_\_\_

(circle one)

Derby Sled Patrol Name: \_\_\_\_\_

Participants: 4-8 members

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

Derby Sled Patrol Name: \_\_\_\_\_

Participants: 4-8 members

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

Derby Sled Patrol Name: \_\_\_\_\_

Participants: 4-8 members

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

Derby Sled Patrol Name: \_\_\_\_\_

Participants: 4-8 members

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

# 2011 Biathlon Roster

January 14-15, 2011

**Bring This Form To Check In**

Make Additional Copies as Needed

**Troop/Team/Crew #:** \_\_\_\_\_

(circle one)

**Biathlon Squad Name:** \_\_\_\_\_

**Participants: 2-4 members**

- 1.
- 2.
- 3.
- 4.

**Biathlon Squad Name:** \_\_\_\_\_

**Participants: 2-4 members**

- 1.
- 2.
- 3.
- 4.

**Biathlon Squad Name:** \_\_\_\_\_

**Squad Participants: 2-4 members**

- 1.
- 2.
- 3.
- 4.

**Biathlon Squad Name:** \_\_\_\_\_

**Squad Participants: 2-4 members**

- 1.
- 2.
- 3.
- 4.

From Albuquerque, take I-40 west to Grants and take Exit 85 into town. Stay on Railroad (Old 66) to 1<sup>st</sup> Street (about 2.5 miles). Turn right and go .8 mile to Roosevelt. Turn right and proceed .4 mile to Lobo Canyon Road/Hwy 547. Turn Left and follow Hwy 547 to end of pavement where it becomes Forest Road 239. Klondike site is about 17 miles up this road.

# Mt. Taylor Klondike Derby Site

