



Monthly Meeting

December, 2020

Agenda

- Crew makeup.
 - Crew leadership positions.
 - Wilderness First Aid and CPR.
 - Weight for Height Limits.
 - December training challenge.
-

Crew Makeup

- Crew size limited to 12 (8 scouts, 4 adults).
 - Lots of interest in the troop! (11 scouts, 7 adults).
 - Establishing primary and alternate groups.
 - We will all plan and train together.
 - Be flexible - schedules change, conflicts arise, etc.
 - This is just the beginning - Troop 900 will be going to Philmont again.
-

Primary Crew Members

- Scouts

- Milan Grewal
- Jason Thompson
- Colin Lyons
- William Arnold
- Collin Smith
- Arvin Grewal
- Jack Orthman
- Riley Langford

- Adults

- Mr. Smith
- Mr. Arnold
- Mr. Grewal
- Mr Langford

Alternate Crew Members

- Scouts
 - Owen Dady
 - Jaimisen Foster
 - Bhaumik Misra
- Adults
 - Mr. Orthman
 - Mr. Foster
 - Mr. Dady

Crew Leadership Positions

Crew Leader

- Responsible for organizing the crew, assigning duties, making decisions, and recognizing the capabilities of each crew member.
 - He/she leads by example and practices servant leadership to allow the crew to have an enjoyable and successful trek.
 - The Crew Leader should have leadership capabilities that are respected by everyone and should be selected prior to the first shakedown hike.
 - Successful Crew Leaders exhibit the following traits: positive attitude, attentiveness to all crew members' needs, and the ability to identify and resolve conflicts before they develop into larger issues.
-

Chaplain's Aide

- Responsible for leading the crew in following the 12th point of the Scout Law.
 - They help the crew earn the Duty to God Award and lead daily devotionals from the Eagles Soaring High Booklet as well as facilitating Roses, Thorns, and Buds each night.
 - The Chaplain's Aide should be selected by the crew prior to the first shakedown hike.
 - On the shakedown hikes, it is a great time to start Roses, Thorns, and Buds with the crew. During Roses, Thorns, and Buds each crew member will say their rose (something they liked about the day), thorn (something they disliked about the day), and bud (what they are looking forward to tomorrow or in the near future).
 - Each crew member should be allowed to talk uninterrupted to allow this exercise to facilitate crew bonding.
-

Wilderness Pledge Guia

- Responsible for helping the crew understand and follow the principles of the Philmont Wilderness Pledge and Leave No Trace.
 - They help the crew earn the Wilderness Pledge Achievement Award with the help of the Ranger.
 - They also help enforce Philmont's bear procedures.
 - The Wilderness Pledge Guia should be selected by the crew prior to the first shakedown hike and should help the crew follow these two wilderness ethics both at home and at Philmont.
-

Discussion

Wilderness First Aid and CPR

- Crew must have 2 adults with current Wilderness First Aid training.
- Crew must have 2 adults with current CPR training.
- Sierra Rescue International offers a 16 hour class that covers both. Classes held in Colma, CA on weekends.
- Perhaps we can find a date that works for all adults and attend as a group.

Weight and Height Limits

Each participant in a backcountry Philmont trek must not exceed the maximum acceptable limit in the weight-for-height chart below. The right column shows the maximum acceptable weight for a person's height in order to participate in a Philmont trek.

| Height (inches) | Max. Weight | Height (Inches) | Max. Weight |
|-----------------|-------------|-----------------|-------------|
| 60 | 166 | 70 | 226 |
| 61 | 172 | 71 | 233 |
| 62 | 178 | 72 | 239 |
| 63 | 183 | 73 | 246 |
| 64 | 189 | 74 | 252 |
| 65 | 195 | 75 | 260 |
| 66 | 201 | 76 | 267 |
| 67 | 207 | 77 | 274 |
| 68 | 214 | 78 | 281 |
| 69 | 220 | 79 and over | 295 |

December Training Challenge

- Take three five mile hikes near Livermore.
- Use Gaia GPS, Strava, Apple Watch, Garmin, etc. to track your hikes.
- Start a hiking log (spreadsheet or paper).
 - Date, Location, Distance, Total Time, Ascent, Pace



Since

1963

Troop-900