

WELCOME TO THE 2013 NSJ REGISTRATION SITE!

We are very excited about the jamboree and are pleased that you are interested in attending as a participant or staff member. A lot of things about the jamboree at our new home, the Summit Bechtel National Scout Reserve, are different from past jamborees. The Summit is a physically demanding facility, and minimum physical fitness standards will be enforced. While the jamboree is not as strenuous as an extended high-adventure trek, it will be appreciably more demanding than the jamborees held at Fort A.P. Hill.

Some of our geographic features at the Summit include:

- Mean elevation of 2,500 feet above sea level
- Elevation change of 200 feet from the Summit Center to the Staff Village
- Hiking (there will be no transportation vehicles to ride) up to three miles to/from the program bases

We want your 2013 National Scout Jamboree experience to be the best 10 days of your life! Please read carefully the Be Prepared policy, check the acknowledgement and you will be on your way!

BE PREPARED!

PHYSICAL FITNESS

The national jamboree is a physically demanding experience. Our new home, the Summit, offers a very different environment than Fort A.P. Hill; West Virginia is called “the Mountain State” for a reason. The 2013 National Scout Jamboree is “on foot,” with all participants and staff walking/hiking everywhere; there will not be bus circuits or personal vehicles on site. While a lot of the site is level, there are regular changes in grade as part of everyone’s daily schedule. The Staff Village, for example, is 200 feet higher than Twelve Points, the flag plaza in the Summit Center; staff will make that hike, or one that is similar, at least once and probably twice every day, and participants will be hiking even more. A number of our activities require more stamina and fitness too—think climbing, rappelling, rafting, mountain biking, and skateboarding. It is essential that all participants and staff are prepared for their Summit jamboree experience.

Obesity and being overweight have been shown to increase the likelihood of certain diseases and other health problems: hypertension, heart attack, dyslipidemia, and stroke. Anyone who is obese and has multiple risk factors for cardiovascular/cardiopulmonary disease would be at much greater risk of an acute cardiovascular/cardiopulmonary event imposed on them by the environmental stresses of the Summit. Our goal is to prevent any serious health-related event from occurring, and ensuring that all of our participants and staff are “physically strong.”

The Centers for Disease Control is the national body that monitors our overall health as a country, and it makes recommendations to help us stay or become healthy. The CDC suggests using a body mass index as a screening tool for obesity; it is easy and only requires knowing your height and weight. The BMI is a governmental calculation based on nationwide statistics that take into account variables that include geography, age, and sex. The simple online calculator to determine your BMI can be found at www.cdc.gov/healthyweight/assessing/bmi/.

The CDC defines the BMI Healthy Weight as follows:

- If your BMI is **less than 18.5**, it falls within the “**underweight**” range.
- If your BMI is **18.5 to 24.9**, it falls within the “**normal**” or **Healthy Weight** range.
- If your BMI is **25.0 to 29.9**, it falls within the “**overweight**” range.
- If your BMI is **30.0 or higher**, it falls within the “**obese**” range.

We know the BMI is just one of the factors to be considered, and we will take those other "co-morbidities" into account as we make our decisions about an individual's inclusion in the jamboree. The BSA high-adventure bases have determined they will exclude anyone from participation that has a BMI of 32.0 or higher, regardless of any other circumstances. The national jamboree at the Summit has some high-adventure elements but is not a 24/7 high-adventure experience, so we have modified the criteria for the jamboree.

Accordingly, it is the policy of the 2013 National Scout Jamboree that:

The national jamboree will uphold a decision by an applicant's personal health care practitioner to deny participation for medical reasons.

The national jamboree will accept for participation applicants that are recommended for participation by their health care practitioner and have a BMI of 31.9 or less.

The national jamboree will consider for participation applicants with a BMI of 32.0 to 39.9 and/or one of the following risks:

+Hypertension	+Diabetes mellitus	+Tobacco use
+Dyslipidemia	+Prior heart attack	+Coronary angioplasty/stent
+Prior stroke or transient ischemic attack (TIA)		+Coronary artery surgery
+Family history of premature (before age 55) coronary artery disease		
+Sleep apnea requiring CPAP or BiPAP	+COPD	

****Applicants may be requested to provide further documentation, including cardiac testing, pulmonary testing, or further information from their physician to ensure the applicant's ability to participate.***

Jamboree Medical Services will provide specific instructions to the practitioner to determine eligibility.

The national jamboree cannot accept for participation any applicant with a BMI of 40.0 or higher.

TOBACCO

The current *Guide to Safe Scouting* states:

"Adult leaders should support the attitude that they, as well as youths, are better off without tobacco in any form and may not allow the use of tobacco products at any BSA activity involving youth participants. All Scouting functions, meetings, and activities should be conducted on a smoke-free basis, with smoking areas located away from all participants."

Accordingly, it is the policy of the 2013 National Scout Jamboree that:

Smoking and the use of smokeless tobacco is prohibited in all national jamboree buildings, tents, and vehicles. While in BSA uniform and/or on duty, smoking or the use of smokeless tobacco is not permitted.

The use of tobacco by visitors or off-duty non-uniformed staff or leaders will be restricted to designated areas.

ALCOHOL

The current *Guide to Safe Scouting* states:

The following statement was approved by the National Executive Board of the Boy Scouts of America.

"It is the policy of the Boy Scouts of America that the use of alcoholic beverages and controlled substances is not permitted at encampments or activities on property owned and/or operated by the Boy Scouts of America, or at any activity involving participation of youth members."

Accordingly, it is the policy of the 2013 National Scout Jamboree that:

Alcoholic beverages and controlled substances are not permitted at the national jamboree.