



# Three Rivers POST

## COVID-19 & Scouting

Given the circumstances of this unprecedented threat of Covid-19, Scouting is being called to a new challenge.

Scouting has always been a leader in our community, helping and serving our community to the best of our ability. We should focus on the Scout Motto “be-

prepared”, and the Scout Oath “do our best “ to “help other people at all times”.

This document is summary of Scouts BSA, CDC



Guidelines and ways to continue advancement in Scouting. As we venture through this storm,

we will look for opportunities to see the rainbow, and call upon our Scouting knowledge

to help us weather the storm.

Plato said “Necessity is the mother of invention.” I challenge you to find creative solutions to meet the needs in Scouting.

Please send me your thoughts (John Bryant [japb@mindspring.com](mailto:japb@mindspring.com))

### References:

1. CDC Corona virus (COVID-19) <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
2. Boy Scouts of America Greater Alabama Council <https://1bsa.org/>

## Three Rivers POST

Please submit your comments, feedback or suggestions to [:japb@mindspring.com](mailto:japb@mindspring.com) Please include “Three Rivers Post” in the subject.

The intent of this newsletter is keep leaders informed and provide resources needed to support the mission

of BSA Scouting.



Advancement is just one of the methods in Scouting that helps to grow a Scouts self esteem.

### Inside this issue:

COVID-19 & Scouting	1
COVID-19 Safety	2
CDC Recommendations	3
All Boards of Review	4
Education While @ Home	5

### Scout Slogan

“Do a Good Turn Daily”

# Safety Resources—COVID-19 Safety

## Person-to-person spread

The virus is thought to spread mainly from person-to-person.

Between people who are in close contact with one another (within about 6 feet).

Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

## Protect yourself

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

## Avoid close contact

Avoid close contact with people who are sick

Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

## Stay home if you're sick

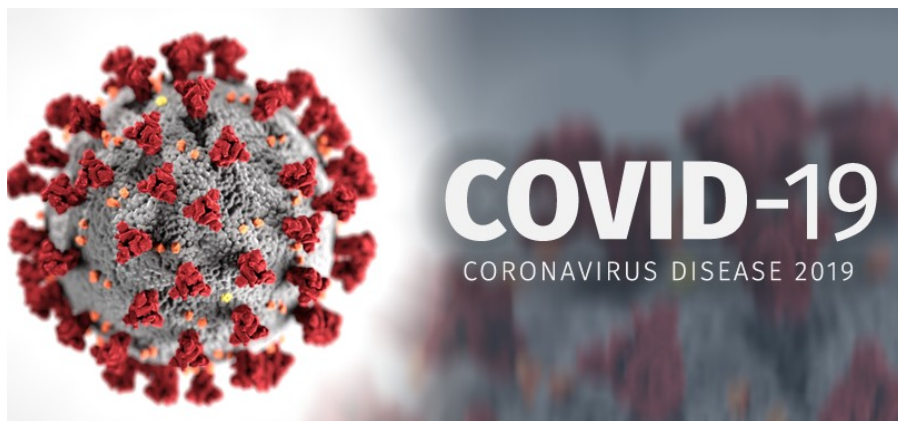
Stay home if you are sick, except to get medical care. Learn what to do if you are sick.

## Cover coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Throw used tissues in the trash.

Immediately wash your hands with soap and



water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

## Wear a facemask if you are sick

If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a health-care provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.

If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

## Clean and disinfect

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

## Can someone spread the virus without being sick?

People are thought to be most contagious when they are most symptomatic (the sickest).

Some spread might be possible before people show symptoms; there have been reports of this occurring with this new corona virus, but this is not thought to be the main way the virus spreads.

Spread from contact with contaminated surfaces or objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

*"Knowledge is Power"—Quote by Francis Bacon (1597)*

## How easily the virus spreads

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (spread easily), like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, spreading continually without stopping.

The virus that causes COVID-19 seems to be spreading easily and sustainably in the community ("community spread") in some affected geographic areas.

**Community spread** means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

# CDC Clean and Disinfect Recommendations

## To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include:

Diluting your household bleach.

To make a bleach solution, mix:

5 tablespoons (1/3rd cup) bleach per gallon of water

OR

4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against corona viruses when properly diluted.

Alcohol solutions.

Ensure solution has at least 70% alcohol.

## When to Wash Your Hands

Hand washing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

Before, during, and after preparing food

Before eating food

Before and after caring for someone at home who is sick with vomiting or diarrhea

Before and after treating a cut or wound

After using the toilet

After changing diapers or cleaning up a child who has used the toilet

After blowing your nose, coughing, or sneezing

After touching an animal, animal feed, or animal waste

After handling pet food or pet treats

After touching garbage

## How to Wash Your Hands

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Rinse your hands well under clean, running water.

Dry your hands using a clean towel or air dry

them.

[Why? Read the science behind the recommendations.](#)

Use Hand Sanitizer When You Can't Use Soap and Water. You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

[How to use Hand Sanitizer \(Click Here\).](#)

*"The Scout Oath and Law are our binding disciplinary force" - Baden Powell*

## Confirmed Cases in Alabama

[CLICK HERE](#)

## A Scout is clean



**SCOUTS**  
BSA

A Scout is clean. A Scout keeps his/her body and mind fit. Chooses the company of those who live by high standards. Helps keep their home and community clean. A Scout washes their hands.

# Program Recommendation—Preventative Measures

Scouting recommends all district committee meetings and roundtable meetings take place via video conference or teleconference until further notice.

Boards of Review for Scouts BSA, Venturing, and Sea Scouting advancement may be conducted by videoconferencing; [see this post](#) from Scouting Magazine with details

BSA is currently working on recommendations/guidelines for working on merit badges online; we expect an update on this on Tuesday March 17

## Scout BSA Boards of Review

### Board of Review (Face to Face)

Face to face Boards of Review are to follow CDC guidelines. I.E. make every effort to:

1. Exercise social distancing (6 feet), may not be practical in some situations.
2. Practice good hygiene (Wash hands, keep surfaces clean/disinfected, cough/sneeze with a tissue or use inside of your elbow.
3. Stay home when not feeling well.

#### Additional Recommendations

1. Ask everyone to reframe from touching, no handshaking.
2. Limit the Board to 3 or 4 members.
3. Have hand cleaning station available with soap and water.
4. Wash hands directly after touching any material needed to be reviewed (books, photos...)
5. Wash hands after using a pen or pencil.
6. Keep cell phone down while board is in progress, if you must use it—wash hands when your done.
7. Disinfect area needed to conduct the Board of Review per CDC Guidelines

### Board of Review (Videoconferencing)

The following is adapted from the BSA's *Guide to Advancement* (section 8.0.1.6).

1. For Eagle Scout boards of review, the local council has provided permission to hold it by

videoconference. Other ranks do not need approval but should follow the requirements below.

**2 Test all equipment**, including cameras, lighting, microphones, software, and internet connection.

**3 Make sure everyone is visible** — including all members of the board of review, the Scout and any observers with the Scout. No one within hearing range on either side shall be off-camera. It is important to consider your technical capabilities when planning how many board of review members to involve. Observers should be minimized for any board of review, and this applies especially to videoconference reviews. Their presence can change the discussion dynamics.

**4 A parent or guardian of the Scout**, or two registered adult leaders (as required by the Guide to Safe Scouting) who are familiar with these requirements for videoconference boards of review, must be directly present with the Scout at the beginning of the conference. The Scouters may be from the nearest council, district or unit. Their role is to verify that the Scout is in a safe environment and that the board of review appears to be in compliance with these requirements. Once all the members of the board of review are present on their end of the call and introductions are completed, and the review is about to begin, anyone present with the Scout must leave the room or move out of hearing distance unless they have specifically been approved to remain as observers.

**5 Once the review process has been concluded**, if the Scout is under age 18, the Scout's parent or guardian, or two registered adult leaders, must rejoin the Scout. Their purpose is to be available to answer any questions that may arise, to join in the celebration of the Scout's accomplishment, or to be party to any instructions or arrangements regarding the appeals process or the reconvening of an incomplete review. Once this is done, the board members end the call and sign off.

**6 Videoconference boards of review must not be recorded.**

**7 If an appeal is necessary** (as outlined in the *Guide to Advancement*), this may be conducted

via videoconference as well.

### Videoconferencing tips

- **Look presentable.** Just as you would want to look sharp in your uniform for an in-person board of review, the same should apply to one conducted via video.

- **Find a quiet space with a clean background.** Try to minimize audio and visual distractions.

- **Test your equipment.** Enlist a friend or family member to help you test your connection, making sure they can see and hear you with minimal lag.

- **Try for eye contact.** Though your instinct will be to look at the screen to see the board of review members, spend some time looking directly into the camera. It may feel strange, but it will look better to the people watching.

#### Free videoconferencing options

Note: Each of the options below has a paid option, but I'm outlining the features of the free tier.

- **Google Hangouts:** Easy to use, no time limit, allows up to 10 participants
- **Zoom:** Great features, 40-minute time limit, allows up to 100 participants
- **Skype:** Good stability, four-hour time limit, allows up to 50 participants
- **Uber Conference:** Excellent video quality, 45-minute time limit, allows up to 10 participants



# Educational Activities while at Home

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## Scouting

### [Completing Cub Scout rank Adventures](#)

Educational (all free)

### [Khan Academy](#)

Especially good for math and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

### [Futurelearn](#)

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

### [Openlearn](#)

Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

### [Blockly](#)

Learn computer programming skills – fun and free.

### [Scratch](#)

Creative computer programming

### [Ted Ed](#)

All sorts of engaging educational videos

### [National Geographic Kids](#)

Activities and quizzes for younger kids

### [Duolingo](#)

Learn languages for free

### [Mystery Science](#)

Free science lessons

### [The Kids Should See This](#)

Wide range of cool educational videos

### [Crash Course](#)

You Tube videos on many subjects

### [Crash Course Kids](#)

As above for a younger audience

### [Crest Awards](#)

Science awards you can complete from home

### [Tinkercard](#)

All kinds of making

### [Prodigy Math](#)

Good for elementary school ages

### [Big History Project](#)

Aimed at Secondary age, multi disciplinary activities

### [Geography Games](#)

Geography gaming!

### [STEM Simulators](#)

### [Learn Computer Science](#)

### [The Artful Parent](#)

Good, free art activities linked to from this Facebook page

### [Red Ted Art](#)

Easy arts and crafts for little ones

### [The Imagination Tree](#)

Creative art and craft activities for the very youngest

### [Toy Theater](#)

Educational online games

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## A Scout is Helpful

A Scout is helpful. A Scout cares about other people. A Scout willingly volunteers to help others without expecting payment or reward.

You promise in the Scout Oath to help other people at all times.



## BSA Mission Statement

(Reference: [Guide to Advancement 2019](#))

The mission of the Boy Scouts of America is to prepare young people to make ethical and moral choices over their lifetimes by instilling in them the values of the Scout Oath and Scout Law.

## The Aims of Scouting

Every Scouting activity moves young people toward the basic aims of: character development, citizenship training, leadership, and mental and physical fitness.

What a young person learns to do—is important,  
but not as important as the  
primary goal:

Personal Growth

Achieved through participating in a unit program.

## General Resources

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### [Age-Appropriate Guidelines for Scouting Activities](#)

This chart provides an at-a-glance reference to activity guidelines that are based on the mental, physical, emotional, and social maturity of youth members.

### [Guide to Safe Scouting](#)

The *Guide to Safe Scouting* is the unit leaders' guide to current policies and procedures.

### [The Sweet 16 of BSA Safety](#)

As an aid in the continuing effort to protect participants in Scout activity, the BSA National Health & Safety Committee have developed 16 points that embody good judgment and common sense for all activities.

### [Health and Safety News](#)

The Health and Safety Service provides periodic updates for Scouting leaders on a variety of relevant health- and safety-related topics.

## Youth Protection

Resources for the [Cub Scout](#), [Boy Scout](#), and [Venturing](#) programs.

### [Youth Protection Information](#)

[The Current of Three Rivers](http://www.threerivers1bsa.org/)—<http://www.threerivers1bsa.org/>

