



**Sabattis Scout
Reservation
Leader's Guide**



Scoutmasters and Summer Camp Coordinators,

Welcome to Sabattis Scout Reservation. We are overjoyed to bring you our 2020 summer program at our pristine camp on Lows Lake in the heart of the Adirondack Mountains. We are working on making this year the most memorable and successful yet. This guide has critical information you need for staying at Sabattis Scout Reservation. It is created for the adult leaders, parents, and the youth leadership of your unit to use to make the most of your week at camp. Please be sure to review it among this group.

In addition to our merit badge curriculum, in-camp outpost adventure opportunities, and Adirondack canoe and backpacking treks, we offer new opportunities this summer to keep the Sabattis experience fresh and exciting. We are offering many new merit badges and have a new STEM area offering technology related merit badges. We have also modified our afternoon and evening programs to encourage everyone to get out into our unique property and the surrounding area to take advantage of what truly makes Sabattis one of the most unique Scout camps in the country. Paddle Lows Lake. Stay overnight on an island. Hike Graves Mountain to get an amazing view of the whole area. Mountain bike to the ice caves. And much more. We are here to exceed your expectations and aim to do just that with our carefully selected and trained staff.

Sabattis Scout Reservation is a High Adventure Base that happens to have a resident base camp program. We offer a variety of treks through the Seton Trek Center, where Voyageurs are trained. Our program allows you the opportunity to get out into the Adirondacks for a pristine and true outdoor experience. Please contact our Trek Director Nate Atkinson for information on planning your adventure.

Your summer will be filled with unforgettable experiences and adventures. A true experience waits for your Scouts at SSR. Be awed by the natural beauty of New York's Adirondack Mountains and their wildlife. Be thrilled by the array of Scouting activities found at no other camp and overjoyed by friendship and fellowship you will experience.

We look forward to seeing you this summer. Do not hesitate to contact us with any special needs or concerns of your Scouts, parents, and leaders as they arise. We will work to address them and ensure an outstanding and enjoyable stay at Sabattis! At Sabattis, you are not just a visitor. You are a part of the team. Thank you for selecting Sabattis Scout Reservation as your camping destination. We can't wait for you arrive at Sabattis in the heart of the Adirondack Wilderness.

Yours in Scouting,

Michael Petitpas

Camp Director

Michael.Petitpas@scouting.org



Sabattis Scout Reservation



BSA Mission Statement

It is the mission of the Boy Scouts of America to serve others by helping to instill values in young people and, in other ways, to prepare them to make ethical choices over their lifetime in achieving their full potential.

The values we strive to instill are based on those found in the Scout Oath and Law.

Our Philosophy

The outdoor experience and fun of camp is an essential part of youth development in values, leadership, social responsibility, and conservation ethics.

Our Mission

As the premier Adirondack camp Sabattis Scout Reservation delivers the original spirit of Scouting that changes Scout's lives.



Overview

The Summer Camp Experience

“A week of camp life is worth six months of theoretical teaching in the meeting room.” – Lord Robert Baden Powell. Baden-Powell launched Scouting in 1907 when he established the first Scout camp on Brownsea Island. The first Scout camp in America was held on Lake George here in the Adirondacks in 1910. Every year since, Scouts gather for a week each summer in some of the world’s most beautiful places. This extended week of camping builds the skills that Scouts will use in their troops throughout the year. And for most Scouts, a week at camp is that “pinnacle” experience that keeps them interested in Scouting year-round.

Something appeals to young men and women about packing their gear and going camping for a week. Seven days and six nights in the wilderness to experience meadows, lakes, ponds, mountains, and streams: It is a true adventure! An adventure that no unit can duplicate on their own. We offer a wide variety of programs including merit badges, mountain biking, Challenge Valley, overnights on and around Lows Lake, hiking mountains, and the other programs and facilities available at Sabattis Scout Reservation.

An Accredited Camp

Sabattis Scout Reservation is accredited by the National Council of the BSA and the New York State Department of Health each summer as part of the National Camp Accreditation Program. The camp meets strict guidelines in health, safety, and programming. We are prepared for emergencies and understand that Scouts and Scouters are in our care.

Camp Program

At Sabattis, program is more than just merit badges. We offer a variety of unique and specialty programs. Take mountain bike trips to one of many locations on or adjacent to camp property, and operate our very own unique obstacle course: Challenge Valley. Our Trailblazers program allows first time campers the opportunity to work on advancement, learn the Scouting method, and earn selected key merit badges. We also have many opportunities for older Scouts and Venturers – including our innovative Akenaki’s Edge program.

At Sabattis, our most unique feature is our location. Located 19 miles off the main road in the Bog River Flow area we have direct access to more than 100,000 acres of Adirondack Wilderness. Lows Lake and the Bog River Flow is massive and is one of the premier paddling destinations in the Adirondacks. And we have more than three miles of frontage on Lows Lake. We have exclusive use of three islands on the lake that are an easy paddle from our Outpost Center. Troops can camp overnight on the islands for a unique summer camp experience. There are countless opportunities for exploration and adventure. We combine the best of both worlds – a quality traditional merit badge program with the adventure that is inherent to our unmatched location.

From islands and mountain biking to hiking peaks, small boat sailing, and unique unit planned adventures, there is always a way to get a slice of adventure. Our unique Outpost Program allows Troops and Crews to spend a night or two away from camp, going even further into the wilderness. And our flexible program means that with some diligence on their part, the Scouts will not miss out on advancement opportunities. At Sabattis Scout Reservation we know and respect that each Unit has different values related to program. We have developed a program schedule and curriculum that has wide variety and built in flexibility to assist your unit in providing programming that is best for you.



Our Staff

Our staff hiring and training is a year-round process, starting during camp the previous year. We hire the best candidates for each position and each staff member completes a minimum 7-day training program before any Scouts arrive! Some critical positions require two to three weeks of training. Some of those require individual National Camping School training and Accreditation which runs a week or more. We are well-qualified, highly motivated and truly dedicated. We are here to serve you.

If you older Scouts love their time at Sabattis, encourage them to apply to serve on our camp staff next summer!

Food

A licensed dietician reviews and approves our menu each year to meet quality and nutritional standards prescribed by the New York State Department of Health and National BSA standards. You will enjoy generous, well-balanced meals while in camp. Since Sabattis is a patrol style cooking camp, all meals, except for camp wide barbeques are prepared and served by you in your patrol sites. Food is delivered from the camp commissary to several centralized locations convenient to the campsites before each meal. Leftover food and trash is picked up at these same locations after each meal.

Units will have the opportunity to pre-order items like cakes to celebrate an in-camp birthday or extra bacon. Foods provided or purchased for consumption at Sabattis Scout Reservation may contain allergens. Risk assessment must be exercised by Scouts and their families. The menu will be available on the Longhouse Council Website: www.cnyscouts.org under the Sabattis Scout Reservation tab and by request. Please advise us of any dietary restrictions at least two weeks before your week at camp so that we can accommodate these needs.

Program Opportunities

Trailblazers

Trailblazers is our first-year camper program. It offers opportunities for Scouts working on ranks up through first class. The program gives Scouts a feel for camp and how it operates and builds in them the enthusiasm to fuel their advancement. This structured half day program will boost advancement through the Scout ranks in the morning session by teaching associated skills and the Scouting method. Afternoons can be spent taking merit badges appropriate for the age and rank of the Scout and taking part in activities with the Troop. We highly recommended this program for all first year Scouts.

Mountain Biking

Our mountain biking program provides units with opportunities to take trips to locations both in and out of camp. Our new staffing arrangement allows possible full day trips in addition to half day trips. There are many wilderness locations accessible via good trails in biking distance of camp. Why not take your unit on a trip out to the Ice Caves, Grass Pond Mountain, Horseshoe Lake, Low's Ridge, or even beyond?



Challenge Valley

Challenge Valley is our camp obstacle course. Obstacles include the wall, the over-under, tires, the frog pond, a horizontal cargo net, the bear tunnels, and every Scout's favorite -- the mud pit! Maybe you will win your unit's dirtiest Scout award? Your unit will have opportunity to schedule a run through the valley at Monday's activity sign up.

Fishing

The fishing opportunities at Sabattis are outstanding. With more than three miles of frontage on Lows Lake, canoes access to Lows Lake from the Outpost Center, and four pristine smaller ponds on property, there are countless opportunities to fish throughout the day. Individuals 16 year of age or older should acquire a New York State fishing license before coming to camp if they want to fish. Please see the following DEC link for State fishing license requirements: <https://www.dec.ny.gov/permits/6091.html>

NEW STEM & Skilled Trades Area

This year we are adding a new Science and Technology program area which is located under the BBQ Pavilion. This area will offer Welding, Space Exploration, Signs, Signals and Codes, and Disability Awareness merit badges.

Key Log Rolling

Experience log rolling on our lake like the lumberjacks who originally populated the Sabattis property at the turn of the last century. But we use the Key Log synthetic log system which includes baffles which make it easier for Scouts to stay on the log. The key log is located on the main waterfront.

Abenaki's Edge Older Camper Program

This program is designed for older Scouts and Venture Crews to allow them to explore camp and the surrounding area and take full advantage of Sabattis' unique location in the Adirondack wilderness! Get a head start on High Adventure with overnights, canoes, bikes, shotguns, and more. An entire week dedicated to the "outing in Scouting". Participants can choose their favorite destinations of our 15+ canoe trips and 3 mountains, plus many more memorable sights to see. The furthest into the wild you can get while still making it back to base camp!

The option also exists for Scouts to participate in the Older Camper Program while earning a quick merit badge or two during the afternoon periods Tuesday- Friday. The hybrid schedule for this program is complex in presentation, but it allows maximum flexibility and effectiveness to the customer. Scouts receive a full week adventure program that allows for customization, troop outing time, camp wide events, and varying levels of difficulty. Sign up for this program option with the Merit Badge Schedule.

Merit Badge, Afternoon and Evening Programs

Sabattis offers a traditional merit badge program for Scouts and units who wish to earn and work on skills and advancement while in camp. Scouts and units are encouraged to submit pre-sign ups prior to camp because space is limited in some merit badge sessions.

There are also many afternoon and evening program activities and competitions for units, patrols, or buddy pairs to participate in at their leisure or through arrangement with the Program Director. These include hiking Graves Mountain, Gaga ball (new this year), open rifle, shotgun, cowboy action and archery shoots, open swims, open sailing, and many other activities. Generally, the 2:30 to 4:30 time



period does not have merit badge offerings to encourage Troops and Scouts to take advantage of all the other activities we offer at Sabattis. The week is capped off by our camp wide Field Sports Day. Please see the merit badge, afternoon and evening program schedules for a full schedule of events:

Webelos in the Woods

This program is an awesome **recruiting opportunity for you to host Webelos and parents who will cross over into your Troop**. Invite them to come up Friday (any time) and stay till Saturday morning when you leave. **This enables Webelos Scouts to see the camp and gets them energized for camp next year with your Troop**. They begin to make connections within your Troop as they participate together in camp. It also allows parents to come and see Sabattis and how your Troop operates on a smaller scale for one day and one night. **Keep in mind that there is intentionally no organized program offered for the Webelos attending**. This is specifically meant to be an opportunity for you to show Scout and Parent around camp with your Troop. There is a nominal cost to cover food.

Outpost Programs

The Sabattis Scout Reservation Outpost Program may be our most popular outlet for Scout units wanting to experience the Adirondack Wilderness. These overnight experiences are available to units in camp at no extra cost. Sabattis has several remote locations on Lows Lake where units can spend a night away to enhance your experience. Our Trip Center will provide you with canoes, paddles, PFD's, lifeguard, trip appropriate food items, and if desired tents to make your trip successful. A realignment of staff resources makes more opportunities available to more units allowing possibilities of two or more nights out of camp.

Below is a condensed list of overnight opportunities for your unit to take part in. You will be able to sign up for these at the Monday morning activity sign up. Remember other locations may be available (depending on skill level) and trips may be customized to fit your unit's specific program needs.

Pole Island: Located about a mile west of the Outpost Center. The paddle usually averages between ½ to 1 hour depending on wind and weather conditions and canoeist abilities. Although not our largest island, it's relatively smooth terrain can accommodate about 30 people for an overnight. Pole Island has its own large beach and outpost swimming area. Open air box privies are available.

Gooseneck Island: Also located about a mile west of the Outpost Center. This is the largest island, but rugged terrain cannot accommodate the capacity that our other islands afford. A small unit (about 10-15) can be accommodated on this island comfortably. Gooseneck Island does not have a beach or outpost swimming site, but has breathtaking views of the west end of Lows Lake. It is perfect for a small unit that simply wants a nice relaxing evening away from camp. Open air box privies are available.

Frying Pan Island: Located in the vicinity of our other islands, Frying Pan Island has two campsites that may be occupied separately. Our first site is very established and can accommodate very large units with plenty of good tenting sites. This site does have a small beach and swimming area. The second site on Frying Pan Island can accommodate approximately 10-12 Scouts and Scouters comfortably. It has an outpost swimming area and a small lagoon that is great for fishing. Open air box privies are available on both sites.

Lookout Point: Located on camp property, this location can be reached by both canoe and by foot. It has many good tenting spaces and can accommodate a large unit. There is a small beach and swimming area, a designated stone fire hearth, and an enclosed latrine. It is located about a



half mile west of the Outpost Center and can be reached in about 20-40 minutes by canoe depending on wind and weather conditions and canoeist abilities. As its name suggests, this may be the most scenic view on Lows Lake.

Bear Point: Also located on camp property, this location is a short hike from the Outpost Center. This site can accommodate a large unit. It does not have a beach or swimming area, but does have a designated fire ring. There are no bathroom facilities on this site, therefore units will need to follow the principles of Leave No Trace to take care of personal matters or make the short hike back to the Outpost Center to use the latrine.

Bear Crossing: Located about 1 mile east of the Outpost Center, this location can be reached by both canoe and foot. It is a very primitive site, but has a designated fire ring. There is no beach or swimming area at Bear Crossing and no latrine facility. This site can accommodate a medium sized unit of about 20 Scouts and Scouters.

These locations are accessible by all Scouts and Scouters regardless of age, experience, swimming ability, or height/weight restrictions. Other locations around camp are also available for older Scouts with experience and who meet requirements for height/weight and swimming ability.

High Adventure Treks

All participants on canoeing treks out of the Seton Trek Center must qualify as blue-tag swimmers during the swim check. Those unable to qualify as a swimmer will forfeit their place on the trek and no refunds will be issued for the individual or for any other affected trek participant. These reserved slots may, however, be converted to in-camp attendance at no additional cost. This may be with the home unit if they are in camp or as Provisional campers if not. Two-deep leadership must be maintained; therefore, the entire trek will be converted to an in camp experience if adequate leaders do not meet the requirements to participate in an extended trek upon check-in. Two-deep leadership is required.

Off Your Rocker Quest

There is a plethora of lesser known locations in the region of special geological, environmental, or historical interest. All and more are in the beauty of the wilderness. Off Your Rocker Quest program extends the mission of out-of-camp exploration and adventure to rare and unique locations such as Big Deer Pond, Cat Mountain, the Gold Mine, several A. A. Low Estate locations, the Tri-County marker, and many more. Off Your Rocker is a step away from the Rocker Quest, reaching areas farther away from base camp throughout the week. Each team works with their Guide to write their own custom itinerary from the many trip options available. Adult participation to support two-deep leadership is required. Space is limited.



Camp Planning and Registration

Be Prepared for camp

- Be aware of each Scouts' advancement progress.
- Identify the Scouts who are eligible or able to participate in specialty programs.
- Complete your scheduling and pre-sign up for merit badge programs.
- Encourage the use of the patrol method year round
- Encourage older Scouts to act as teachers and guides to younger Scouts
- Work with each Scout to set camp goals and challenges.
- Poll your youth to get an idea of other program opportunities they may want to enjoy at camp - Be prepared at the Monday morning activity sign up (trips and specialty programs).

Leadership at Camp

"Any adult accompanying a Boy Scout troop to a residence camp or other Scouting activity lasting 72 hours or more must be registered as a leader, including completion of a CBC[Criminal Background Check] and YPT[Youth Protection Training], even if they are a parent of a youth on a trip."

Additionally, to achieve two deep leadership, each unit must be accompanied to camp by two registered adult leaders who are at least 21 years of age (previously one of the two leaders could be aged 18+).

<p>Camp Contact information (During camp season: June 25- August 13) Sabattis Scout Reservation HC 01, Box 3 Long Lake, New York 12847 (518) 359-9283</p>	<p>Inquiries and Information at Any Time: Longhouse Council Camping Department 2803 Brewerton Road Syracuse, New York 13208 (315) 463-0201</p>
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Reservation and Fee Information

To make reservations for camp please contact the Camping Department at the Longhouse Council office at (315) 463-0201. See below for fee schedule and payment deadlines. **To ensure a high program quality, reservations per week will be limited to 250 youth Scouts. You may wish to identify a backup week in case the roster fills early.**

Sabattis Scout Reservation Summer Camp Fees and Fee Schedule:

See our Base Camp Reservation Application:

Seton Trek Center Fees and Fee Schedule (Extended Treks):

See our Seton Trek Center Application:



Note:

- **Trek fees are the same for youth and adults.**
- **There are no free adults at the Seton Trek Center.**

All Trek participants, youth and adult, must qualify as a blue tag swimmer during the swim check to participate in Treks involving ANY aquatic activities. Adult leaders must be 21 years of age and approved by council. A minimum of two 21+ adults must be on each Trek team to satisfy the requirements of two-deep leadership. Youth participants must be at least 13 years of age before the start of the trek.

Discounts (Camp and Trek):

- \$35 **Sibling Discount** (2nd, 3rd, etc. siblings get discount)
\$65 **Multi Week Discount** (for attending more than 1 week of camp)

2020 Camp Dates:

Week 1: July 5 – July 11

Week 2: July 12 – July 18

Week 3: July 19 – July 25

Week 4: July 26 – August 1

Provisional Scouts

Scouts who wish to attend Sabattis, but who are unable to attend with their unit or whose unit is not attending Sabattis may attend as a provisional Scout. Provisional Scouts will be matched up with a unit that is in camp and has the ability and willingness to host them. Provisional Scouts will act as a member of their host Unit, will participate in Unit programs, and share in responsibilities. They will have access to and participate fully in the camp experience. Please contact the camping department of the Longhouse Council at (315) 463-0201 for more information. If your unit is willing to host provisional Scouts please let us know prior to or when you arrive to camp.

Refund and Cancellation Policy:

Each unit is responsible for all camp fees based on the headcount of their final roster, which must be submitted by May 1st. Until a unit's attendance at camp during their reserved week, any youth or adult can be replaced on that unit's final roster with another youth or adult, as appropriate, because each fee paid is transferrable but not refundable. Any youth reservation, paid or non-paid, that does not attend camp will be charged the non-refundable camp fee of \$155 if they are not replaced on the roster. An additional youth attendee must replace the reserved spot.

After May 1st a camper may cancel their reservation and receive a full refund provided that at least one of the following conditions have been met:

1. Summer school attendance – a letter from the school stating that the youth has to attend summer school must be submitted.
2. Death in the family – a note from the parents is sufficient.
3. Medical – a letter from the doctor stating that the Scout's medical condition prohibits participation at camp

Any other reasons are considered and subject to the review of the Sabattis Administration.



The unit should notify the council camping department as soon as it is known that attendance for the unit will be lower than expected and a written request for a refund (if any is due) must be submitted to the Council office within one week after the unit's departure from camp.

If your unit or crew decides to leave camp early for any reason or you are asked to leave camp early for any reason there will be no refund.

When You Arrive

Early Arrivals

Check in starts at Noon on Sunday for all units. However, we understand that some units require special consideration due to long distance travel or other reasons out of their control. Please contact the Longhouse Council camping department or camp administration as soon as possible to discuss these circumstances should they arise.

Please be aware that units that take advantage of early arrival will be required to provide their own provisions and services (food, garbage, program) until camp resumes normal weekly operation at noon on Sunday.

Check-In Process

Check-in begins at 12:00 pm on Sunday. Units are encouraged to arrive between 12:00 and 2:00 to ensure enough time for check in, medical rechecks, and swim tests.

- Upon arrival the camp Scoutmaster should report to the camp office to be greeted and checked in by the Camp Director and Camp Program Director. **Please have your final rosters and any un-submitted paperwork ready at this time (Adult Leader Clearance forms, health forms, etc.).**
- Once checked in at the camp office you will be assigned a campsite. Minimal vehicles and a unit trailer will be permitted to enter camp at this time to carry gear to the campsite. Personal gear should be carried to the site by Scouts. A Staff Guide will be assigned to escort your Scouts and leaders to the campsite. In the meantime, one or two of your leaders will proceed to medical re-checks at the Staff Center (**Please bring any medical forms not previously submitted with you at this time**). Once your unit has cleared re-check, the Staff Guide will escort your unit to the Trailblazer Pavilion for a brief health screening and then to the waterfront for swim checks. During re-check and after swim checks, your unit will have time in your campsite to set up camp.
- At 4:00 pm the entire camp will meet in the "LZ" or landing zone (large open area in front of Challenge Valley) for the camp tour. Camp will be split into 4 or 5 large groups for the tour. It should take approximately 1 hour and 15 minutes. **The camp tour is required by the NYS Dept. of Health. Every camper and leader is required to take this tour, even if you have been to camp before.**
- After the tour your unit will report back to your campsite, change into your field or dress uniforms and report to the BBQ/Handicraft area at 5:30 pm for the opening BBQ. While we are not offering unit photos this year, this is an excellent opportunity to get your own unit photo in fresh uniforms in front of the camp totem pole by the BBQ area. They may not look so fresh later in the week. A staff member will be happy to assist you with the photo.
- During the BBQ, unit leaders should report to the ice cream tarp if any changes to merit badge schedules are necessary. You will have been given a copy of all merit badge scheduling at check in. Units can report back to their campsites for down time after they eat.



- A brief leader's meeting will be held at 7:00 pm at the Staff Center. It is very important that at least one leader from each unit attends this meeting. Important announcements, introductions, and items of critical interest will be covered.
- Units should report to the Scoutcraft area at 8:00 pm for a knife, saw, and axe demonstration and training session prior to the opening campfire (Times are subject to change.).

Swim Checks

All Scouts and leaders attending camp must take a BSA swimmer check. Swimming abilities are assessed into three groups and are designated by color. You can retake the swim check any time throughout the week, and instructional swim is available.

Non-Swimmer (white tag): A Scout or Scouter who does not meet the Beginner (red tag) swimmer requirements or who declines to take the swim test. We encourage all Scouts to at least get in the water during the swim check. This helps Scouts overcome any apprehension over entering the lake and makes it much more likely they will participate in aquatic activities during the week.

Beginner (red tag): A Scout or Scouter who can jump into the water over their head and swim a minimum of 50 feet using any stroke, with at least one sharp turn, but has not met the Swimmer (blue tag) requirements.

Swimmer (blue tag): A Scout or Scouter who can jump into water over their head, level off and swim 75 yards in a strong manner using, individually or in combination, the trudgen, crawl, sidestroke, or breast stroke (with proper breath control) and then swim 25 additional yards using a resting backstroke, then float on their back with a minimum of movement.

Successful completion of any swim check is at the discretion of the Aquatics Director. Please see Aquatics Director for more details or questions.

Checking Out

Check-out is Saturday morning. All camp facilities close at 10:00 am. All units must be checked out before this time. Units must depart all together, you may not leave individuals or groups of Scouts behind for any reason.

- Schedule your check out time at the Main Office (Main Res) by Friday at noon.
- A staff member will report to your campsite at this time to perform your official checkout.
- After your campsite has been checked out you will receive the signed check-out form from the staff member. You must present this to the camp office when you leave camp.
- Pick up your bagged lunches at the commissary (if you ordered them) before 10:00 am.
- Please arrange for transportation and to be out of camp before or at 10:00 am. No services or programs will be available to units after this time.

General Information

Evening Flags

There is a mandatory retreat ceremony for all units in camp daily (units on an outpost overnight or evening trip that they have arranged through the Program Director and Outpost Center are not expected for evening flags). Monday-Thursday evening after dinner, at 6:50 PM, we will meet at the field in front of



the BBQ area. Scouts & Scouters will line up by troop as we retire the flags. After the retreat our commissioner or designated staff will call out for every unit in camp. The appropriate response is “All present or accounted for” from the Senior Patrol Leader or designated Scout. Other appropriate responses could include a troop cheer or motto.

During this time we understand units may be cleaning up from the evening meal. In this case it is appropriate for some youth and leaders to stay back in the site if needed as long as others report in. After this, all will be dismissed to their evening activities. Uniform for evening retreat is at the unit’s discretion. We understand that you may have just finished cleaning up dinner and be getting ready for evening program. We do not expect you to attend flags in the full Scout field uniform.

Camp Rules

As a Scouting facility, the foremost rules for personal and group behavior are the ideals found in the Scout Oath, Scout Law, and the Outdoor Code.

SCOUT OATH

On my honor, I will do my best
To do my duty to God and my country,
And to obey the Scout Law;
To help other people at all times;
To keep myself physically strong,
Mentally awake, and morally straight

SCOUT LAW

A Scout is Trustworthy, Loyal, Helpful,
Friendly, Courteous, Kind, Obedient,
Cheerful, Thrifty, Brave, Clean,
And Reverent.

OUTDOOR CODE

As an American, I will do my best to –
Be clean in my outdoor manners.
Be careful with fire.
Be considerate in the outdoors.
Be conservation minded.

Beyond these ideals, the following are enforced at Sabattis Scout Reservation:

- **Units must have two-deep leadership at all times while at camp – NO EXCEPTIONS!**
- **Do not leave food out or intentionally bait wildlife of any kind into your campsite!!!!**
- **All cars must be parked in the designated camp parking areas. Only authorized vehicles are allowed in campsites or on the roads.**
- **Closed-toed shoes must be worn at all times while in camp. Sandals and bare feet are only allowed at the showers and in aquatics areas.**
- **Campers and guests may not have pets in camp.**
- **Throwing of rocks and sticks is strictly forbidden.**
- **No flames, fires, or fuels are allowed in tents.**



- **Personal firearms, ammunition, bows, or arrows are not permitted in camp.**
- **Blades in camp may not exceed four (4) inches in length and must follow NYS Penal Code. Within these restrictions, fixed-blade knives are no longer permitted.**
- **No alcoholic beverages or illegal substances are allowed on camp property.**
- **No underage youth are allowed to participate in camp program. All youth of age must be registered with the BSA.**
- **All guests are required to immediately check-in at the camp office and must wear identification wrist bands at all times.**
- **Overnight guests require BSA medical forms parts A, B, C & Adult Clearance form.**
- **No overnight guests under the age of 10 are allowed. Includes registered BSA and unregistered youth (Webelos in the Woods is the only exception).**
- **No fireworks of any kind are permitted on camp property.**
- **All guidelines set forth in the guide to safe Scouting will be followed in camp at all times.**
- **Firewood and Invasive Insects:** A regulation is in effect that prohibits the import of firewood into New York unless it has been heat-treated to kill pests. The regulation also limits the transportation of untreated firewood to less than 50 miles from its source. Quarantines exist which further restrict firewood transportation.

For more information, visit <http://www.dec.ny.gov/animals/28722.html>

Be aware that violations causing harm or injury to others may result in immediate expulsion from camp.

YOUTH PROTECTION GUIDELINES

Two-Deep Leadership: Two registered adult leaders, both of whom are 21 years of age or older, are required on trips and outings. The chartered organization is responsible for ensuring that sufficient leadership is provided for all activities.

No One-on-One Contact: One-on-one contact between adults and youth members is **not** permitted. In situations that require a personal conference, such as a Scoutmaster conference, the meeting is to be conducted in view of the other adults and youth.

Respect for Privacy: Adult leaders must respect the privacy of youth members in situations such as changing clothes and taking showers at camp and intrude only to the extent that health and safety requires. Adults must protect their own privacy in similar situations.

Separate Accommodations: When camping, no youth is permitted to sleep in the tent of an adult. Camp has separate shower and latrine facilities for females, or if separate facilities are not available, times for male and female use are scheduled and posted. Camp has separate shower and latrine facilities for youth and adults. At no time are youth permitted to use adult-designated facilities nor are adults permitted to use youth-designated facilities.

***Refer to the BSA *Guide to Safe Scouting* for additional policies.**

Registration and Insurance

In accordance with national policy, every Scout and leader who attends summer camp must be registered with the Boy Scouts of America. Registered Boy Scouts, Ventures, Sea Scouts, and Explorers may attend Sabattis Scout Reservation.



Patrol Method

All unit camping is done using the “Patrol Method”. Sabattis is a patrol cooking camp. It is the responsibility of each unit’s Senior Patrol Leader to organize and run the unit. It is their job to ensure the campsite is ready for inspection, to ensure that each patrol leader posts a duty roster, that the fire guard plan is filled in and posted, and to attend Senior Patrol Leader meetings. **We expect the adult leaders to properly manage the behavior of your Troop members and guests, support the camp staff, guide their unit’s youth leadership, and enjoy themselves at camp without inhibiting the enjoyment of others!** Our camp is designed to develop the youth leadership through the aims and methods of the Boy Scouts of America.

This year we will be integrating our staff into your meals periodically through the week. If you have a favorite staff member who helped you accomplish a personal goal, invite them to eat with you by talking to the staff member, Commissioner, or Program Director.

Medical Information

Every person who attends camp must submit a completed and signed BSA medical form. The form must be current and complete (the document is current through the end of the month 12 months past the date of the physical. If the physical was on 6/1/2018, the document is good until 6/1/2019.). It is strongly encouraged that units submit as many of these forms as possible for review well in advance of camp in order to make check-in run quickly and efficiently (Please keep a copy for your records at this time – all units should maintain their own file of medical records). Any forms not submitted prior to camp must be submitted at the time of your unit’s medical re-checks in camp. The current revision of the BSA Annual Health & Medical Record (680-001, Sept. 2014) is required. Parts A, B, and C are mandatory for anyone who is staying in camp for more than 24 hours or participating in any high adventure activities.

http://www.cnyscouts.org/media/2138/2019_ahmr_longhouse_council-med-a-b-c-h1-for-sabattis_rev_1.pdf

Any person with an incorrect or out-of-date form will be required to fix the issue at his/her expense within hours of arrival in camp. Submitted medical forms will be returned to Scoutmasters at the end of camp. The phone line in camp does not support a high volume of fax transmission. **PLEASE GET YOUR MEDICALS IN BEFORE CAMP STARTS.**

Height and Weight Restriction at Sabattis Scout Reservation

In accordance with national policies, Sabattis Scout Reservation will strictly enforce height/weight restrictions in camp. Participants (youth, adult, and staff) who do not meet height and weight thresholds for their age will be subject to restriction on activities in locations around camp. This will mostly apply to activities that are in locations that are remote or difficult to access within a reasonable amount of time. These restrictions have been set forth and are reviewed annually by the council risk management committee. They may be found in a table appearing on Part C of the BSA Annual Health and Medical Record form. Please contact the Longhouse Council camping department for more information on height and weight restrictions in camp.

Medical Re-checks and Health Screenings

Upon arrival all units will be required to undergo a medical form re-check and each Scout and leader will undergo a brief health screening to ensure all required information is present and that all participants are protected from infectious diseases.



Hospital or Doctor Visits

Campers requiring the attention of a doctor or the services of a hospital should know the following. It is the responsibility of the unit leadership to provide transportation for the unit member(s) requiring medical attention. Two-deep leadership must be maintained, meaning that at least two adult leaders must accompany the Scout(s) to medical facilities. If available, staff may be able to assist in cases where units do not have enough leadership to provide two-deep leadership both in camp and out of camp.

The leader(s) providing transportation must bring the unit's copy of the Scout's health and medical form or obtain a copy from the Camp Health Officer before leaving camp. The Camp Director will immediately notify parents or guardians of any serious injury or illness. The Camp Health Officer must clear all cases requiring outside medical care.

Sabattis has agreements with the local medical centers in both Tupper Lake and Saranac Lake to provide services to participants should the need arise. Sabattis Scout Reservation is also able to call upon Emergency Response Vehicles to transport serious cases should the need arise. **Please be aware that although EMS services are available, our remote location prevents a quick response from such services. Response time can often be an hour or more.**

Our staff, both medical and non-medical, is highly trained in emergency response, including certification in CPR, First Aid, Wilderness First Aid, and the use of an Automated External Defibrillator. Please rest assured we are well prepared for any emergency that may arise in camp. Remember that there are inherent risks associated with all camp activities. You are key in the risk management of your Scouts.

Medication in Camp

Medication must be reported and in some cases surrendered to the Camp Health Officer upon arrival in camp. All medication will be available when needed or required. Medications must come to camp in their original containers with labels clearly attached (If you don't want to send several months supply of medication with your Scout, remove the excess from the original container and put it in something else to stay at home. Make sure there is enough medication in the original container for the week at camp and send that original container to camp.) Medication will be kept in secure, locked boxes or locations and administered under the supervision of the Camp Health Officer or their designee.

Leaving During Camp

There is a specific procedure that must be followed for Early Release from camp. Youth who will be leaving early or separately from their unit with adults other than who they arrived with will need a parental release form C-01 on file. Adults leaving camp will need to sign out in the camp office. If your number of participants for food deliveries increase or decrease during your stay, please make sure to stop in and let the Commissary Director know.

What to Bring

- Scout Field Uniform
- Medical Form
- Extra Clothing – including socks, underwear, closed-toed shoes. Scout-themed shirts are encouraged.
- Sweater or jacket and long pants – evening can be cool
- Raingear – Adirondack weather is often unpredictable
- Sleeping bag and bedding



- Folding knife – Unit Leader approval required.
- Appropriate Swim wear
- Towel
- Soap, comb, toothbrush, toothpaste, shampoo – small travel sizes are best.
- Scout Handbook
- Pens, Pencils, paper or notebook
- Money for crafts, fees, and trading post items *We have many new items, please plan accordingly*
- Flashlight and extra batteries
- Sunblock
- Insect repellent
- Camera

Please note that, especially in the evenings, it can be cooler in the Adirondacks than it is back home. Plan clothing and bedding appropriately.

We highly recommend that Scouts leave electronic devices such as cellular phones, computers and tablets at home. Cellular coverage does not exist at camp, and internet access will not be available to youth participants. Electronic entertainment is at odds with the wilderness experience which Sabattis delivers. Sabattis Scout Reservation, Longhouse Council, and Unit Leadership cannot be responsible for items lost or damaged as a result of being brought to camp.

What Units Should Bring

Sabattis provides in-camp units with large canvas wall tents on a platform (sleeps 2). Units will be provided with a cooking/eating area per patrol including a cooking half barrel, cooking grate, three wash buckets, patrol box (to store cooking gear), a dining fly, and a picnic table per patrol. Cooking gear is available and can be signed out through the commissary as needed. Units may wish to bring their own cooking gear, stoves, and propane to use in camp. Some units also choose to bring additional shelter. It is up to your unit what you will bring. Sabattis does not provide camp stoves or fuel for units to use, except for Treks out of the Seton Trek Center.

Adult Leader & Senior Patrol Leader Meetings

A brief orientation meeting for all unit leaders will be held on Sunday evening at 7:00 pm at the Staff Center immediately before the opening campfire. Special announcements concerning the camp, its policies and procedures, or any specific needs or questions about the camp operation will be answered at this meeting. It is important that every unit is represented.

Monday at 9:30 am there will be a leaders meeting specifically oriented to leaders who are new to camp. Immediately following this meeting at 10:00am on Monday will be the activity sign up. This is where you get to sign up for troop activities, island trips, and more!

Other meetings and roundtables may be held throughout the week. Keep an eye on the weekly schedule and camp newsletter for more information. Senior patrol leader meetings will be held at 8:30 pm on Monday and Wednesday at the Tarp outside the trading post.



Transportation

Each unit is responsible for safe transportation to and from camp and must meet the insurance requirements of the BSA found on the appropriate tour plan. Members of the BSA may not at any time be transported in the bed of pickup trucks. All passengers must wear seat belts. As per BSA policy, convoys are not allowed, and driving must be kept under 10 hours per day.

Speed Limits

Safety is our primary concern for all. The in-camp maximum speed limit is 10 mph or lower. This includes bicycles. Speed limits from the Camp mailbox to the Camp Gateway are posted at 20 mph. Be aware that road conditions are such that extreme caution should always be exercised, wet or dry.

Vehicles in camp

Vehicles are not allowed past the main reservation building without express approval of the Camp Director. This provides for the safety of our Scouts and maintains the wilderness experience that is Sabattis. There is no other vehicular traffic except for authorized camp vehicles. A single designated vehicle may drive to a unit campsite to deliver gear during check in but must be parked in the designated lots by 10:00 pm Sunday evening. A unit may keep their unit trailer in their site for the week, but please try to place it out of view from the road or nearby trails. Units with a specific need for a vehicle in camp (medical condition, mobility issues, etc.) should speak with the Camp Director for permission to park in-camp. Under no circumstances is any motorized vehicle (other than the Camp Ranger's) allowed on foot trails or anywhere off camp property other than the main road coming into camp from the east. The road past the west gate (beyond the Lookout Point turnoff) is expressly prohibited to motorized vehicles of any sort other than approved camp vehicles.

Parking

Parking is available in the main lot between the main gate and the camp office. There is overflow parking available just outside the main gate and at the Trek Center down the road across from the main parking lot. Vehicles will not be allowed in past the camp office at any time during the week unless expressly approved by the Camp Director.

Identification

Each camper, adult leader, and visitor must wear camp-issued identification (wristband). Campers and leaders staying in camp will receive their wristband from the waterfront, which will identify their swimming ability group as well. Visitors will be issued a green wristband when they arrive at camp. Camp Staff do not wear wristbands, as their staff uniform identifies them as staff. Any person without a wristband or staff uniform will be stopped and questioned about their business in camp. If your wristband becomes lost or damaged, please see a waterfront staff member to be issued a new one.

Internet Service

Internet access is available upon request only in the Main Office. Our internet is provided through a satellite service. It is relatively expensive and has limited bandwidth and overall capacity. In the past, even modest guest usage tends to use up our capacity and causes network crashes. Internet will be available to key staff members and leaders for business purposes only. Sabattis offers a rustic, off-the-grid experience when camping which, in part, means the lack of continuous connectivity to the outside



world. We advise leaders to take this into account when planning their time in camp with their unit and to treat this as a positive.

Mail Service

Our mailbox is located 6 miles from our camp office and is served through an extended delivery route. Mail service can take from 2-5 days depending, in part, on availability of personnel to leave camp to retrieve mail items. You must also ensure that you have sufficient postage on mail as the local post office will not deliver items that do not have sufficient postage. Please plan accordingly. **Please ship items by USPS first class mail only.**

Do not use shipping companies such as UPS or FedEx, they will not deliver to camp. Do not use any service that requires a signature. This can significantly delay delivery and your package may not reach its recipient in time.

To write a Scout at camp, address packages and letters using the following guidelines:

[Scout's Name]
[Unit #]
Sabattis Scout Reservation
HC 01, Box 3
Long Lake, NY 12847

Please factor in the time it takes mail to get to camp. Items should be mailed before your Scout leaves for camp to be sure that they arrive during the Scout's week at camp.

*Please ensure your mail items are clearly and correctly addressed. There are two camps with very similar names on the same road and mail has frequently been known to end up at the wrong camp.

Be sure to include a return address on all items mailed to camp. Letters or packages received after the Scout's unit has left camp will be returned to sender.

Phone Messages

Please limit phone messages to emergencies only. There is only one phone line in camp which is used for all purposes (emergencies, camp business, and personal business). If an emergency does arise please do not hesitate to call. Emergency messages will be delivered as soon as possible. Our phone line is staffed 24 hours a day, 7 days a week; however, if you do not get an answer in a reasonable amount of time, please hang up and call right back.

The camp emergency phone number is (518) 359-9283.

Litter

"A Scout is Clean." Trash must be taken to your site's designated trash pick-up location after every meal. The last pick up for the day will be at 8:00 pm. Trash not at the pick-up location at this time will need to be walked to the camp office to be secured so as to not attract wildlife.



Black Bears at Sabattis

Our black bears are special to all campers and staff here at Sabattis Scout Reservation. Seeing a black bear during your week at Sabattis can be one of your most memorable experiences. Most campers will not see one. A black bear in camp requires caution but is no cause for great concern. They are generally timid creatures and easily scared off by waving your hands, yelling, or banging pots and pans together.

They are highly intelligent, have color vision, acute hearing, a keen sense of smell, and are very opportunistic. They quickly learn that coolers, backpacks, food bags, trash bags, and any other container may contain food. Once a bear gets the smell of food and begins to consistently come into camp and look for food they become a PROBLEM BEAR. No food, smell-ables, or trash should be stored in the campsite. If you bring these items to your designate food pick-up/trash drop off site by 7:00 PM we will store them safely indoors and return them to you the next day.

It is your responsibility to ensure a bear will not become a PROBLEM BEAR. You should NEVER intentionally attract a bear into your campsite. Here at Sabattis we have a ZERO TOLERANCE POLICY on baiting wildlife.

The NYS DEC does not have any program to trap and relocate PROBLEM BEARS. For the safety of all campers PROBLEM BEARS generally will be destroyed (killed). Please remember “A FED BEAR IS A DEAD BEAR.”

Pets

All pets are to be left at home. Pets of any type are not permitted. Registered service animals are the only animals allowed. Please notify the camp administration or Longhouse Council camping department if you require a service animal in camp.

Chemical Fuels Policy

Sabattis Scout Reservation conforms to Section VI of the Guide to Safe Scouting regarding Chemical Fuels and Equipment. Historically, propane stoves and lanterns have proven to be safe and cost-effective. Sabattis Scout Reservation encourages and recommends the use of propane-fueled equipment over liquid-fueled stoves and lanterns. However, for a variety of reasons, many units choose to use liquid-fueled equipment. If used properly they can also be safe and cost effective.

While liquid-fueled equipment is acceptable at Sabattis Scout Reservation, unit leaders must remember and be aware of the heightened risk of uncontrolled fires or serious burns over liquefied petroleum gas products such as propane. Liquid fuel stoves are used in the Trek program and may be used in some program areas as a demonstration or learning tool, but staff in these areas have been specifically trained in the use and safety guidelines related to such items.

Any chemical fueled stove or lantern may be used by Scouts only under the supervision of responsible adult leaders and in full accordance with the guidelines set out in Section VI of the Guide to Safe Scouting.

Uniform

The BSA field uniform should be worn for the opening and closing BBQ's and campfires as well as for any formal ceremonies that may be held throughout your week at camp. Some units may decide to have activity uniforms to wear during other times throughout the week, but this is at the discretion of the



individual unit. Scout-themed apparel (such as tee-shirts) are encouraged if the unit does not have an activity uniform. When uniforms are required, it is expected that they are worn properly. They must be buttoned up and tucked in.

Unit/Unit Photo

Unit photos can be taken prior to the opening BBQ on Sunday. They may be taken at any time during the week, but we have found Scouts are often fresher and cleaner uniforms at the opening. The complete field uniform should be worn for your photos. **A photo service is not provided at camp**, but Units are encouraged to stage and take their own group photos. A camp staff member will be happy to help you take a photo.

If you take photos of your Scouts in action during the week, please share them with us at the Camp Office before you leave at the end of the week. We need them for our promotional materials and for social media.

Lost and Found

A lost and found depository is maintained in the camp office. If you are missing items, please check the area(s) where you think you may have last had them as well as with the camp office. Please check back often as they may turn up throughout the week. If you find an item, please turn it in to any staff member along with your name and unit number or you may bring it directly to the camp office yourself.

Smoking

Sabattis Scout Reservation discourages the use of tobacco. Adults with tobacco habits may only use tobacco in secluded areas out of sight of youth participants and are expected to observe the principles of Leave No Trace and observe Fire Warning Alert Status.

Damage to Camp Facilities

We are very proud of camp and our equipment. If you or your Scouts damage any equipment issued to your unit you will be expected to pay for damages. A list of replacement prices is available upon request.

Flammability Warning

No tent material is completely fireproof. Tent material can burn when exposed to continued, intense heat or fire. The most important safeguard is to keep flames away from canvas materials. For this reason, the following safety precautions must be adhered to: Only flashlights and electric lanterns are permitted in tents. **No Flames in Tents** is a rule that must be enforced by all adults and youth leaders.

Emergency Procedures

Sabattis Scout Reservation takes the safety of our participants and staff very seriously. For that reason, we have specific emergency procedures in place for various scenarios. More specific information regarding emergency procedures will be discussed upon arrival in camp. Our camp has agreements with local agencies to assist in the event of actual emergencies.



Trading Post

Our trading post is well stocked to serve you. We have camp supplies, crafts, souvenirs, toiletries, and a variety of food items. Don't leave camp without your t-shirt, hat or other Sabattis wear. The trading post accepts cash, checks, and credit cards. We recommend that Scouts bring \$60 to \$80 plus enough for anything they need to purchase for merit badges. We have many new items in the trading post this year, including K-cups and a coffee maker for fresh coffee for leaders!

Opportunities for Adult Leaders

Scoutmaster Lounge: Used for various trainings and meetings, this area is also available to adult leaders as a place to “escape” for a few minutes. The center is equipped with plumbing and coffee. Feel free to stop by!

Sabattis Scoutmaster Survival Badge: Back by popular demand! Earn your adult leader merit badge by completing a set of requirements. The patch may be purchased at the trading post. Wear it proudly!

Adult Leader Training Opportunities: A variety of adult leader training opportunities will be available to adult leaders. More information will be available upon arrival in camp.

A Scout is Reverent

The final point of the Scout Law is an integral part of camp. To assist traveling Scouts and adults in their obligations, we hold an interfaith service at 6:30pm in the chapel on Monday. Units should make a practice of saying grace before meals. Your unit may give thanks as it pleases, but here are suggestions for mealtime graces. Feel free to use them.

Morning Grace	Afternoon Grace	Evening Grace
Gracious giver of all good Thee we thank for rest and food Grant that all we do or say May in thy service be this day. Amen	Father for this noonday meal We will speak the praise we feel Health and strength we ask from thee Help us lord to faithful be Amen	Tireless guardian of our way Thou has kept us well this day While we thank the we request Care continued; pardon rest Amen

Check your Leader's Packet for information on the Sabattis **"A Scout is Reverent"** award which may be earned during your week in camp. This has proven to be a very popular program in the past and has produced lasting positive benefits in units which participate.

Seton Trek Center

The Seton Trek Center at Sabattis Scout Reservation will outfit your unit for an amazing Adirondack canoeing, backpacking or combination trek. Choose from one of our planned routes or we can tailor a trek to suit your unit's needs. Your unit will be led by a trained staff trek guide, and we will outfit you with the food, canoe, and trail gear you need for a memorable week in the Adirondack wilderness. Trekking opportunities are detailed in the Seton Trek Center brochure in following link:

<http://www.cnyscouts.org/media/2089/final-trek.pdf>



Driving Directions

From Long Lake

Take Route 30 North. About 10 miles North of Long Lake you will see a sign for Sabattis, turn left onto Sabattis Circle Road (County Rt. 10A). Proceed cautiously following signs into camp. After about 3 miles turn left onto Sabattis Road (County Rt. 10). Proceed cautiously following signs into camp. After about 8 miles (11 miles since Rt. 30) you will come to a circular lot with a gate at the far end with a sign pointing toward Sabattis. Sabattis is 6 miles from this point. Please observe the 20 MPH speed limit. Even in dry weather the sandy road can be very slippery. About halfway from the gate (3 miles) you will cross the dam at the foot of Lows Lake and make a sharp turn to the left in front of the stone ruins. You are not there until you have gone under the Sabattis arch at the main entrance.

From Tupper Lake

Take Route 30 South. About 11 miles South of Tupper Lake you will see a sign for Sabattis, turn right onto Sabattis Circle Road (County Rt. 10A). After about 3 miles, turn right onto Sabattis Road (County Rt. 10). Proceed cautiously following signs into camp. After about 8 miles (11 miles since Rt. 30) you will come to a circular lot with a gate at the far end with a sign pointing toward Sabattis. Sabattis is 6 miles from this point. Please observe the 20 MPH speed limit. Even in dry weather the sandy road can be very slippery. About halfway from the gate (3 miles) you will cross the dam at the foot of Lows Lake and make a sharp turn to the left in front of the stone ruins. You are not there until you have gone under the Sabattis arch at the main entrance.

From Syracuse

Follow the New York State Thruway East to Route 12 at Utica. Go North on Route 12 to Route 28. Then follow Route 28 to Blue Mountain Lake. Then go North on Route 30 to Long Lake. Follow instruction above from Long Lake to Sabattis. Driving time to camp is about 4 hours. An alternate route is to go north on interstate 81 to Watertown and follow the instructions below. This route is a little longer mileage-wise but is usually quicker time-wise.

From Watertown

Follow Route 3 East to Deferiet, turn left onto Route 3A. Route 3A will rejoin Route 3 after 4 miles. Continue on Route 3 to Tupper Lake. Follow instructions from Tupper Lake to Sabattis. Driving time to camp is about 3 hours.

From Albany

Follow route 87 north to exit 23 (Warrensburg) then follow route 28 northwest to Indian Lake. Then follow route 30 to Long Lake. Follow instruction above from Long Lake to Sabattis. Driving time to camp is about 3 hours.



