

Texas Junior Orienteering Camp (TJOC)

Staff Application

TJOC is an orienteering camp designed to train & field competitive junior orienteers who can compete and win at local and national meets! Texas provides a unique terrain and training experience that will significantly improve orienteering skills. Join us for an unmatched TEXAS sized orienteering camp.

TJOC is a joint effort between North Texas Orienteering Association (NTOA) and Boy Scouts of America (BSA) Longhorn Council. It has enhanced the skills of the best junior orienteers across the country for nearly 20 years.

Camp Location: Sid Richardson Scout Ranch (SR²) (Lakeview Lodge) near Bridgeport, Texas. See http://www.longhorncouncil.org/wp-content/uploads/2014/10/sid_large2004.gif.

Dates: Start: Sunday, 06 June 2021 at 2:00pm. (Eat lunch prior to check-in – Dinner will be the 1st camp meal)
End: Friday, 11 June 2021 at 3:30pm.

Camp cost: \$100. This cost is for ALL ADULT STAFF, including drivers, coaches, and chaperones.

This fee helps offset the cost of staff lodging, meals, and TJOC camp t-shirt. Fee may be paid upon arrival. Contact Camp Director, LCDR Ron Hojnowski, hojnowski.ronald.snsi@navyjrotc.us with questions.

COACHES must provide or arrange:

1. Transportation to and from TJOC for themselves and their junior orienteers.
2. A vehicle & adult driver capable of transporting at least 3 orienteers to locations around the ranch.
3. Appropriate chaperones/adult supervision during the camp. An adult from each team or school is required for teams bringing 4 or more runners.

Coaches: Please prepare orienteers to be successful at TJOC! You must actively organize, train, and equip your orienteers BEFORE they show up at Sid Richardson. Get them running in the May heat – it will be hot in Texas. ALL RUNNERS MUST have a hands-free water carrier, good orienteering shoes and gaiters/running pants.

Questions or need more info: contact TJOC Camp Director – Ronald Hojnowski

Email: hojnowski.ronald.snsi@navyjrotc.us

Phone: (985)788-8567 (cell)

Camp Training/Groups: Based on experience and coach recommendation, runners will be grouped as either Fast Start (2-day Yellow quick-start), Intermediate or Advanced. While infrequent, runners may be moved up or down, based on performance during the week.

Prerequisites, Individual Equipment and Skills (Provided as reference for camp staff members)

Prerequisite: Positive attitude & no couch potatoes! Participants must be physically active, motivated, and ready to learn the skills of orienteering as demonstrated by running 2 miles in 18 min (male) or 22 min (female).

Clothing & Equipment: All participants must bring at least 4 complete changes of clothes and an extra pair of closed-toe shoes. Extra undergarments and socks; you can't have enough. T-shirts, shorts and running shoes are appropriate for most non-orienteering activities. CONSERVATIVE swimsuit (Boys: no speedos; Girls: one-piece suit) and beach towel. Wet weather gear (poncho, ball cap, etc.) Flip-flops (shower shoes), wraps, pajamas, and other casual clothing are permitted for most after-hours activities. **All clothing must be school-appropriate**

General Equipment: Insect repellent, sun screen, glasses and/or sunglasses, *duct tape*, toiletries, aspirin or ibuprofen (check with your coach before bringing), small first aid kit, soap, shampoo, laundry detergent, mesh laundry bag, sleeping bag/pillow or sheets/blanket (bedding is NOT provided), washcloth, at least 2 bath towels, flashlight or headlamp (you will orienteer at night), extra batteries. Notebook and writing utensils.

Orienteering Equipment:

- Hands-free water carrier – camelbak or similar device (required on all courses)
- Watch, whistle, compass (bring an extra) - (required on all courses)
- E-stick (one can be provided if you don't have one), manual punch card holder, and clue card holder
- Gaiters, Orienteering Socks, Orienteering Pants (Shorts ARE NOT recommended for orienteering)
- Running/Trail/O-shoes; 2 pairs
- Flashlight or headlamp for Night Orienteering
- Long-sleeve t-shirts and other protective clothing
- Eye protection (as desired)

Other Equipment: Cell phones, charging cords, cameras, etc. Check with your coach before bringing. (Note: There is typically limited 4G LTE signal strength and no WiFi for juniors).

* *You must bring your own bedding (sheet/blanket/pillow/sleeping bag/etc)*

Fast-Start

Successfully completed at least two yellow courses in competition

Sample Skills:

- Folding/orienting/thumbing a map
- Proper use of a compass (bearing)
- Basic orienteering symbols/map reading

Intermediate Level:

Prerequisite: Competed at Orange level in at least one event during the past year

Sample Skills:

- Understand O-terms/vocabulary
- Read clue cards and map IOF symbols
- Taking a bearing
- Proper map folding/thumbing
- Pace count (walk/run/uphill, etc.)
- Applying “a system”

Advanced Level:

Prerequisites: Competed at Brown level in at least one event during the past year

Sample Skills:

- Route choice strategies
- Navigation techniques
- Able to stay in contact w/map
- Be able to Mentor/Teach

** Successful completion of TJOC will require each runner to pass an academic test (minimum score of 80%), covering orienteering related terms, tactics, and techniques. A portion of this test grade will also include a practical whereby runners will demonstrate various orienteering techniques to an on-site instructor/trainer.*

COACHES/DRIVERS, PLEASE NOTE!

TJOC starts Sunday, 06 June 2021 at 2:00 pm and ends Friday, 11 June 2021 at 3:30pm. If your group needs to arrive or depart early/late, please contact the Camp Director: Ron Hojnowski, hojnowski.ronald.snsi@navyjrotc.us

Location is Sid Richardson Scout Ranch (SR2) near Bridgeport, Texas. See http://www.longhorncouncil.org/wp-content/uploads/2014/10/sid_large2004.gif. We will be located at **Lakeview Lodge**.

ADULT TJOC STAFF APPLICATION

Full Name (Last, First, MI): _____ Nickname: _____

Address: _____ City: _____

State: _____ Zip Code: _____ Cell Phone Number: _____

E-mail address: _____

Name of School/Club/Organization and Location: _____

Gender: M F Year born: _____

T-shirt Size: S M L XL XXL XXXL E-punch number: _____

Are you a swimmer? non-swimmer weak medium strong certified lifeguard

Coach or adult leaders may also participate in training and competitions. You do not have to participate in all events. Please answer the following:

1. Are you interested in participating in training and competitions alongside camp participants?

Yes No

2. What level do you would you like this runner to participate during camp:

Fast Start (Beginner - Yellow) Intermediate (Orange) Advanced (Green/Brown)

Signature of Coach: _____ Date: _____

Staff members and coaches are expected to assist with orienteering training and other tasks as needed. Do you have any special qualifications that might help us at camp, such as certified lifeguard, COPE certified, EMT/emergency medical skills or qualifications, etc.?

NOTE: ADULT STAFF MEMBERS MUST BE CERTIFIED AND CURRENT IN BSA YOUTH PROTECTION TRAINING. OBTAIN THIS REQUIRED TRAINING BY REGISTERING WITH LONGHORN COUNCIL AND COMPLETING THE ONLINE YPT COURSE AT THIS LINK:

<https://www.longhorncouncil.org/training-2/youth-protection-training/>

(Signature of Staff Member
- Training Completed)

** 2021 is a unique year due to Covid. If a TJOC participant displays symptoms, tests positive for Covid, or is required to quarantine due to Covid exposure while at TJOC, a parent/guardian will be required to travel and pick up their child. Many travel long distances to attend TJOC; parents must agree to and be available to pick up their runner if this situation arises, without question. Coaches please ensure that the parent of each participant understands and agrees to pickup their participant within 48 hrs, due to Covid guidelines or other medical emergency, at the discretion of the camp director.*

_____ (Coach Initial)

**COVENANT NOT TO SUE
OFF-CAMPUS TRAINING AND PRACTICAL FIELD/HIGH RISK TRAINING
Texas Junior Orienteering Camp**

(1) PRINCIPAL PURPOSE: To release the host institutions and the state in which said institutions are located from liability for injury, death, or damages for participants in Texas Junior Orienteering Camp participating in voluntary off-campus training programs, practical field, and high risk training.

(2) ROUTINE USES: Normal personnel actions. Disclosures of information may be provided to proper authorities in actions regarding law enforcement, legal actions as a result of injury or death, and investigations of accidents resulting from such voluntary off-campus training programs, practical field, and high risk training.

(3) MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT ON INDIVIDUAL NOT PROVIDING INFORMATION: Voluntary. Failure to complete form will disqualify applicants from participating in Texas Junior Orienteering Camp.

I _____, residing at _____
(Full name) (Street)

(City, State, Zip Code)

do hereby agree that in consideration for being allowed to participate in Texas Junior Orienteering Camp, conducted by the Texas Junior Orienteering Camp association (consisting of the North Texas Orienteering Association and the Boy Scouts of America Longhorn Council) supervised activity, and whereas I am doing so entirely on my own initiative, risk, and responsibility; and being fully aware of the risk adhering to this type of training, I hereby RELEASE AND DISCHARGE FOREVER, the State of Texas and the Texas Junior Orienteering Camp association and all of its officers, agents, and employees, acting officially or otherwise from any and all claims, demands, actions or causes of action, on account of myself OR on account of any injury to me which may occur from any cause during said activity or continuances thereof, and I do further covenant and agree to hold the State of Texas and the Texas Junior Orienteering Camp association and all of its officers, agents, and employees, acting officially or otherwise, blameless for any and all damages which I may cause either intentionally or through my negligence.

Staff Member Printed Name

Staff Member Signature

Date

CONSENT TO MEDICAL TREATMENT

STATEMENT REQUIRED BY PRIVACY ACT OF 1974

(1) PRINCIPAL PURPOSES: A statement authorizing medical care in civilian or government medical facilities while attending Texas Junior Orienteering Camp (TJOC).

(2) ROUTINE USES: Normal personnel actions: Disclosure of information may be provided to proper authorities in actions regarding medical treatment, legal actions as a result of injury or death, and investigation of accident resulting from Texas Junior Orienteering Camp.

(3) MANDATORY OR VOLUNTARY DISCLOSURE AND EFFECT ON INDIVIDUAL NOT PROVIDING INFORMATION: Voluntary. Failure to complete form will disqualify applicants from participating in Texas Junior Orienteering Camp.

I _____, consent to be treated in any government or civilian medical facility, near or enroute to the Texas Junior Orienteering Camp near Bridgeport, Texas during the period 31 May – 05 Jun 2020. This consent encompasses all procedures and treatments as are found to be necessary or desirable, in the judgment of the professional staff of any of the above-named medical facilities. I understand that this consent is of a general nature and accordingly list the following exceptions to this consent **(if no exceptions, please write "No Exceptions")**

I (am) (am not) on medication. (List type, if on medication)

I (am) (am not) allergic to medication. (List type, if allergic)

It is understood that this consent can be withdrawn in writing or orally at any time.

Signature of Staff Member

Printed Name of Staff Member

Individual Health and Medical Record: TJOC							
Please PRINT all information LEGIBLY. Use back of form if necessary.							
IDENTIFICATION				Date:			
Full Name and Birthdate							
Name of Emergency Contact							
Work Address and Phone #							
Home Address and Phone #							
ALTERNATE EMERGENCY CONTACTS							
1	Relationship:				Phone:		
2	Relationship:				Phone:		
Name of Family Doctor:					Phone:		
Name of Dentist:					Phone:		
PERSONAL INSURANCE CARRIER							
Name of Insurer:					<i>Provide copy of Front & Back of Insurance Card</i>		
Address:							
Phone:		Policy #:					
Name of Insured:							
MEDICAL HISTORY							
Circle all items that apply, past or present, to your health history. This will NOT effect your TJOC eligibility.							
ALLERGIES:		Plants	Insects	Medicines	Food		
ADHD		Back Pain/Injury			Digestive Problems		
Asthma/Wheezing		Chest Pain			Dizziness/Fainting		
Bleeding Disorder/Nosebleeds		Convulsions/Seizures			Headaches/Migraines		
Bone Fracture/Joint Injury		Diabetes			High Blood Pressure		
Skin Problems		Other					
Explain any circled items:							
MEDICATIONS							
Please list ALL medications taken in the 30 days prior to arriving at TJOC:							
List any medications, dosage and schedule to be taken at camp:							
List any physical or behavioral conditions that may affect or limit full participation in swimming, running, hiking long distances, or playing strenuous physical games:							
List equipment needed such as supports, braces, glasses, contact lenses, etc							
IMMUNIZATIONS		(Give date of last inoculation.)					
Diphtheria, Pertussis, Tetanus (DPT)					Tetanus Booster		
Measles, Mumps, Rubella (MMR)					Hepatitis B Vaccine		
Polio					Other (Specify)		

TJOC COVID-19 Mitigation, Testing Plan, and Risk Acknowledgment

EACH CAMP ATTENDEE MUST COMPLETE THIS FORM PRIOR TO ENTERING LAKEVIEW LODGE FOR CAMP

Participant Name: _____

The safety of all camp participants, volunteers and staff is of top priority. Leaders continue to review national, state, and local health department recommendations to ensure we comply with their guidance to mitigate the risks of COVID-19 being contracted at while at camp. Our mitigation plan includes:

- **Proof of Full COVID-19 vaccination OR a negative COVID-19 test within 72 hrs of attending camp.** (Negative test should be dated 03 Jun 2021 or later)
- Health screening conducted prior to traveling to our camp, including a temperature check.
- Health screening upon arrival at camp on all persons that enter camp. This screening will be conducted by the driver of the vehicle or another adult traveling in the same vehicle. **This screening will include an at-home, self-administered COVID-19 test and a temperature check.** If anyone in the vehicle/unit does not pass the arrival screening/COVID-19 test, the entire vehicle will not be allowed to enter camp. These checks will be conducted in/near the parking area at Lakeview Lodge (no camper should enter any part of Lakeview Lodge prior to being tested and cleared). Adults and campers, age 15 and older, will self-administer the COVID-19 test. (Parents/guardians of campers age 14 and younger agree to allow the adult transporting them to camp to administer the self-test).
- Once camp has started (2:00pm, 06 Jun 21), no outside visitors will be allowed to enter camp without meeting the self-testing requirements outlined above.
- PPE Requirements: **Masks** must be worn in buildings and when 6-foot distancing cannot be observed.
- Extra handwashing or sanitizer stations throughout camp.
- Enhanced cleaning and disinfection of high-touch surfaces and shared program equipment.
- Food Service Protocols to stop potential spread of bacteria and virus.
- An emergency response plan that includes an isolation and quarantine protocol should a person at camp develop symptoms of COVID-19 or other communicable disease.

Experts have said people with COVID-19 may show no signs or symptoms of illness, but can still spread the virus, and people may be contagious before their symptoms occur. The fact is that someone with COVID-19 may pass the required health screenings and be allowed into camp. We also know the very nature of camp makes social distancing difficult in many situations. Information from the Centers for Disease Control and Prevention (CDC) states that older adults and people of any age who have serious underlying medical conditions are at higher risk for severe illness from COVID-19. If you are in this group, please ensure you have approval from your health care provider prior to attending camp. Every staff member and volunteer must evaluate their unique circumstances and make an informed decision before attending camp. We hope this information will be helpful as you make that choice.

I understand that there is risk due to the contagious nature of COVID-19 and that the protocols outlined above constitute reasonable barriers to mitigate that risk. I agree to allow my camper to self-test for COVID-19 or to be tested (14 yrs and younger) with a home test kit upon arrival at TJOC by the transporting adult.

Signature of Parent/Guardian: _____

Date: _____

Texas Junior Orienteering Camp (TJOC) 2021 Commitment to Transport

ALL CAMP ATTENDEES MUST COMPLETE THIS FORM PRIOR TO ENTERING LAKEVIEW LODGE FOR CAMP

Parental/Staff Commitment to Transport

Parents/Guardians, this form was created as a result of the special circumstances surrounding COVID-19 and our efforts to keep all camp participants and staff as safe as reasonably possible. While there is no guaranteed way to prevent COVID-19 from entering our camp, many participants will travel long distances to attend TJOC and we are taking all measures possible to prevent anyone at camp from contracting COVID-19 or being seriously injured. However, should a participant exhibit COVID-19 symptoms or be exposed, they MUST leave camp. Please read the information below and provide the requested information. No camper will be allowed to attend TJOC without a confirmed ride home during camp, should it be required. This permission must be obtained prior to a participant arriving at camp. Thank you for understanding of the precautions we are taking in an attempt to keep everyone safe.

"I understand that any time during my child's stay at Sid Richardson Scout Reservation for the Texas Junior Orienteering Camp (TJOC) I may be called on for early pickup and transport of my participant (youth or adult) from camp for medical reasons, including serious injury or COVID-19 symptoms or exposure. I commit to being available for the duration of the camp by phone should I need to be contacted by the camp leadership team and to travel to Sid Richardson Scour Ranch to pick up my participant, for early departure during the week, if required and determined by the camp director. Furthermore, upon consultation with TJOC camp leadership, I agree to pick up my participant within 36 hours of being contacted. I will also provide a second level contact to be prepared for unforeseen circumstances should I not be available."

Participant: _____

Primary Contact: _____

Phone: _____

Secondary Contact: _____

Phone: _____

Signed Date: _____