



TIPS YOU CAN USE

BSA HEALTH FORMS - DEMYSTIFIED

Parts A & B – Needed When Joining

This 3-page part of the form needs to be submitted with the membership application. A parent or guardian can fill out and sign this form. See the [FAQs page](#) to learn more.



Part C – Needed for Annual Cruise or Trek

This 1-page part of the form is needed for any activity lasting more than 72 hours. It must be filled in and signed by a doctor.

[Download the Annual Health Form](#)

ACTIVITIES AND EVENTS

HAMPTON CRUISE

March 5-7

Weekend cruise to downtown Hampton to visit the Hampton History Museum and do a little community service. Complete the dead reckoning portion of Piloting and Navigation.

SALT PONDS CRUISE

April 16-18

Weekend cruise to Salt Ponds Marina near Buckroe for a little community service. Lots of sailing practice. This is the post-overhaul shakedown. Learn all about the boats.

SUMMER TREK - CANOEING & RAFTING

June 21-27, 2021

Cost \$200 per person.

Qualifications:

- Registered members of Ship 1610
- Swimming ability
- BSA medical form, signed by doctor
- Participate in training

\$50 deposit due March 5.

PHASE 1 - CANOE TREK

Twin River Outfitters in Buchanan, Virginia is providing canoes, paddles, PFDs, dry bags, and livery service. The trek is 5 days, 4 nights, in the back country along the upper James River. Experience Class I/II rapids, for a distance of 63 miles, and conducting 10 hours of service

PHASE 2 - WHITEWATER RAFTING

River Expeditions outfitter provides river guide and complete setup. These are the outfitters used by Summit.