



Celebrating the Adventure • Continuing the Journey

WR Jamboree News!



Issue #8

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A periodic collection of news and information for members of the Western Region 2010 National Scout Jamboree Staff. Please submit articles or ideas for inclusion in future issues to: jvandreese@netbsa.org.

Jambo Medical Requirements

The height/weight chart that is a part of the Annual BSA Health & Medical Record (#34605), the form required for 2010 Jamboree participants, leaders, and staff, is creating a bit of a stir. The table that is found at the bottom of Part B originates from the revised Dietary Guidelines for Americans from the U.S. Dept. of Agriculture and the Dept. of Health & Human Services. ALL 2010 Jamboree participants, leaders, and staff will be required to meet these height/weight limits.

Jeff Axel, our Jamboree Regional Medical Officer explains that the main reason for the limits is to help ensure everyone has the best possible Jamboree experience: "Having a good time is more difficult if you are uncomfortable in the heat carrying around more of you than is necessary. Most of the heat related issues we saw in 2005 were due to folks not being in shape for all the walking a Jamboree requires. Ft. A.P. Hill is a big place and most of you will be walking around 6-10 miles per day in 90 degree weather with high humidity. Most of the heat related (cases) were preventable, and prevention is always the best medicine."

For your information, the table is printed below and the full BSA Medical form is attached to this email. We'll have additional tips on how to get fit for the Jamboree from Dr. Axel in future newsletters. There is also an excellent fitness program outlined on the 2010 National Scout Jamboree website at <http://bsajamboree.org/geffit.html>. The program lays out a schedule of exercise designed to culminate in the ability to walk ten miles with a 10 pound pack and not get exhausted. Check it out!

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptance
60	97-138	139-166	166
61	101-143	144-172	172
62	104-148	149-178	178
63	107-152	153-183	183
64	111-157	158-189	189
65	114-162	163-195	195
66	118-167	168-201	201
67	121-172	173-207	207
68	125-178	179-214	214
69	129-185	186-220	220



Jamboree Trivia

The 1957 National Scout Jamboree was the second of three jamborees that were held at Valley Forge. The theme was "Onward for God & My Country" and it was attended by approximately 50, 100 Scouts!

Contingent Coordinators

Council Contingent Leaders should register as ADULT LEADERS with their council contingent – NOT as STAFF! Councils with contingent leaders are currently being billed for those leaders along with the regular adult leaders and youth. The 2010 Council Jamboree Guide is incorrect on page 5 where it states contingent leaders should apply as staff, so please disregard that!

Jamboree Countdown:

555 DAYS!

'Can't Fill All Your Troops?!?

Please contact John Van Dreese at the Western Region immediately at ph: 480/752-7015 or email john.vandreese@scouting.org. John has a list of

several councils who are interested in adding troops to their contingents...but they want to do it now, before they begin placing equipment orders and solidifying travel plans.



Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptance
70	132-188	189-226	226
71	136-194	195-233	233
72	140-199	200-239	239
73	144-205	206-246	246
74	148-210	211-252	252
75	152-216	217-260	260
76	156-222	223-267	267
77	160-228	229-274	274
78	164-234	235-281	281
79 & over	170-240	241-295	295