



## TRẠI BÌNH TÂM – Trại Phụ Huynh

July 3<sup>rd</sup> – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

Jan 4, 2022

Dear parents and scout leaders,

We are very excited to welcome you to Trai Binh Tam, Parent/Leaders Sub-Camp at Camp Whitsett, BSA, Kernville, California from **July 3rd to July 9th, 2022**. This will be a wonderful opportunity to attend a weeklong summer camp with Vietnamese Scouts from across the country. We have planned a program for adults in attendance.

In this leader's guide you will find information such as forms and FAQ regarding Trai Binh Tam.

The camp fee will be **\$350 per person**, whitewater rafting trip is optional and depending on availability (**additional cost of \$50** and will be collected at camp). The deadline for the registration is **March 31, 2022**, after this date, fees will increase accordingly. Registration website is [TRAI BINH TAM REGISTRATION](#) and it is live.

In case you need to cancel, you will get a full refund if canceled before **March 31<sup>st</sup>, 2022**, **50%** refund if canceled by **April 30<sup>th</sup>, 2022** and no refund if canceled after **May 1<sup>st</sup>, 2022**.

If you have any additional questions regarding Trai Phu Huynh/Leaders camp, please feel free to contact me at 408-318-0832 or at Tuanle216@gmail.com. We are looking forward to seeing everyone at Trai Binh Tam, summer 2022!

Yours in Scouting,

Le Quang Tuan,  
SubCamp Chief Trai Phu Huynh  
Binh Tam Camp



## TRẠI BÌNH TÂM – Trại Phụ Huynh

July 3<sup>rd</sup> – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

Jan 4, 2022

Mến chào quý phụ huynh, quý trưởng,

Chúng tôi rất vui mừng được chào đón các anh chị tham dự tiểu trại Phụ Huynh tại Trại Bình Tâm, BSA Camp Whitsett, Kernville, California vào **ngày 3 tháng 7 đến ngày 9 tháng 7, 2022**. Đây là một cơ hội để các anh chị tham dự một tuần trại với các anh chị khác từ khắp nơi trên toàn nước Hoa Kỳ. Chúng tôi đã chuẩn bị một chương trình sinh hoạt phong phú và sống động để tạo những kỷ niệm khó quên cho các anh chị em.

Đính kèm theo tập tài liệu này là bản hướng dẫn để chuẩn bị cho trại. Chúng tôi xin khuyến khích anh chị em nên tham khảo trước những tài liệu đính kèm vì bản hướng dẫn gồm có tất cả những mẫu đơn cần thiết để tham dự trại. Ngoài ra chúng tôi cũng đính kèm những câu hỏi thường gặp để giúp các anh chị em chuẩn bị cho kỳ trại này.

Trại phí cho mỗi trại sinh tiểu trại Phụ Huynh là **\$350**, thêm \$50 nếu quý vị muốn tham gia chương trình "whitewater rafting" nếu còn chỗ trống. Hạn chót để ghi danh và đóng tiền trại phí là **ngày 31 tháng 3, 2022**, trại phí sẽ tăng theo từng giai đoạn nếu ghi danh sau ngày 31 tháng 3, 2022. Website để ghi danh là [TRẠI BÌNH TÂM REGISTRATION](https://www.bsa.org/whitewater-rafting) và website đã sẵn sàng để anh chị ghi danh.

Nếu anh chị cần hủy bỏ tham dự trại Bình Tâm sau khi đã ghi danh, anh chị sẽ được hoàn trả tiền như sau:

- **100%** nếu hủy bỏ trước **03/31/2022**
- **50%** nếu hủy bỏ trước **04/30/2022**
- nếu hủy bỏ sau **05/01/2022**, sẽ không được hoàn trả tiền trại

Nếu anh chị có thắc mắc gì về kỳ trại này, xin vui lòng liên lạc với tôi (cell: 408-318-0832) hoặc email Tuanle216@gmail.com. Ban điều hành trại hy vọng sẽ gặp tất cả anh chị em vào mùa hè năm nay tại trại trường Whitsett!

Thân Ái Bất Tay Trái,

Lê Quang Tuấn  
Trại trưởng trại Phụ Huynh  
Trại Bình Tâm



## **TRẠI BÌNH TÂM – Trại Phụ Huynh**

July 3<sup>rd</sup> – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

### **Trại Phụ Huynh Executive Committee**

Camp Chief	Tuan Quang Le	Tuanle216@gmail.com
Asst. Camp Chief	Mallorie My Dang	Malloriebdg1004@gmail.com
(Admin/Finance Chair)		m
Program Chair	Dung Huynh	Dh4ever2020@gmail.com
Asst. Program Chair	Viet Nguyen	explr1930@aol.com
Kitchen Lead	Hui Nhat Ly	Huinhatly@gmail.com
General/Kitchen Staff	Lam Nguyen	Inguye03@yahoo.com
General/Kitchen Staff	De Nguyen	Denguyen@huongdao.org



**TRẠI BÌNH TÂM – Trại Phụ Huynh**  
 July 3<sup>rd</sup> – July 9<sup>th</sup>, 2022  
 Camp Whitsett at Kernville, CA

## Camp Schedule

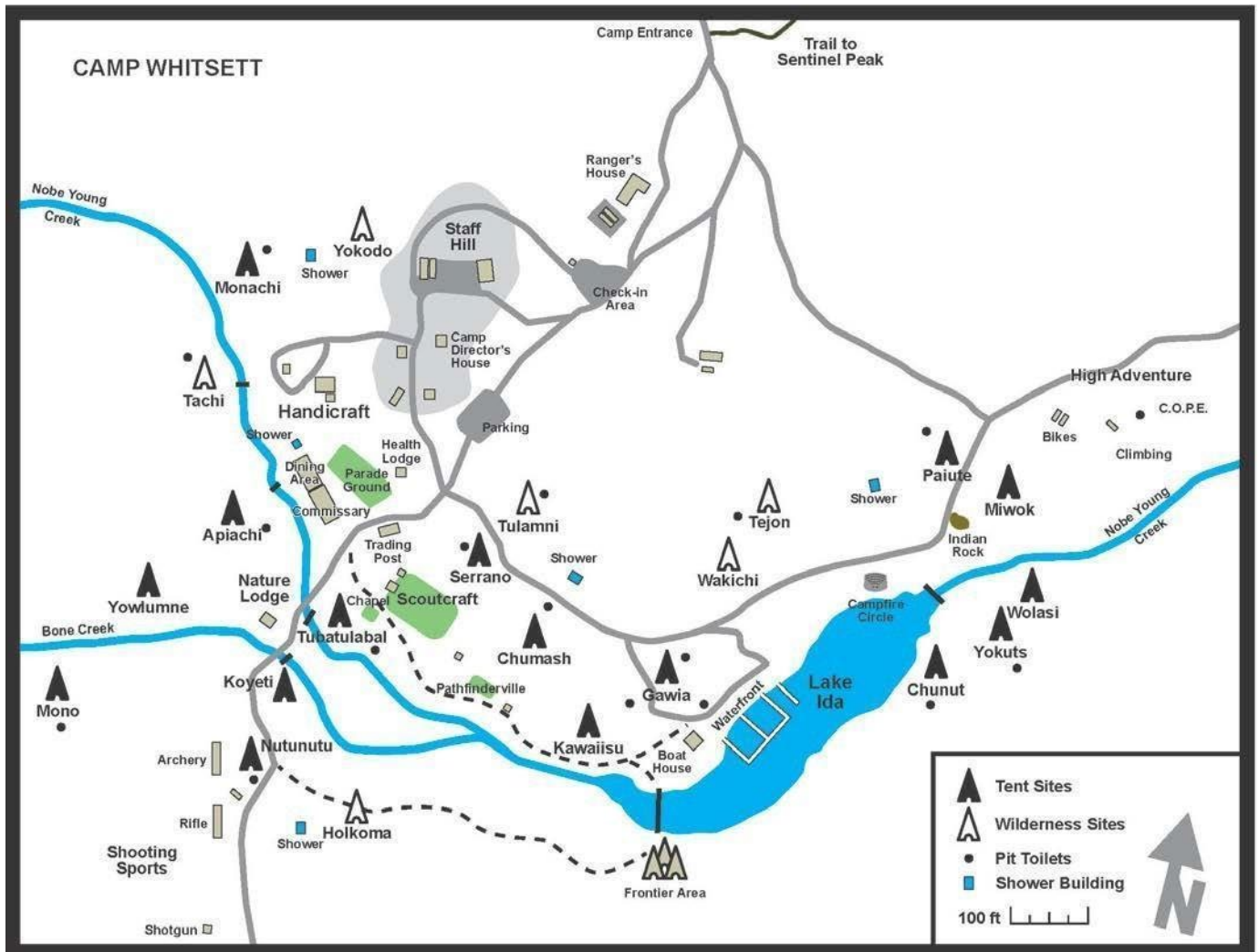
	July 3 - Sun	July 4 - Mon	July 5 - Tues	July 6 - Wed	July 7 - Thur	July 8 - Fri	July 9 - Sat
7:00	Staff Arrival/Set-up	Set-Up					
8:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:00		Camper Registration	Water front: Canoe Adventure	Water front: Canoe Adventure / any available resource	Water front: Canoe Adventure / disperse camping	Excursion Nobe Young Creek Fall - wild water rafting	Closing Ceremony
10:00		Opening Ceremony					
11:00							
12:00		Staff Lunch	Lunch	Lunch	Lunch		
1:00	Staff Arrival/Set-up and Camper Registration	Cooking Competition / High Cope	Volleyball / batminton tournament / Scavenger Hunt, Geocaching	Training: What's Scouting	Set up for night market / Canoe Challenge		
2:00							
3:00							
4:00							
5:00							
6:00	Staff Dinner	Opening Dinner	Dinner	Dinner	Dinner	Dinner	
7:00	Staff Arrival/Set-up and Camper Registration						
8:00							
9:00		Quan Cafe / shooting sport	Scout jeopardy game night (CS+Adult)	Quan Cafe / Karaoke / shooting sport	Night Market	Campfire	
10:00							
11:00		Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	

## TRẠI BÌNH TÂM – Trại Phụ Huỳnh

July 3<sup>rd</sup> – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

### Camp Map



## **TRẠI BÌNH TÂM – Trại Phụ Huynh**

July 3<sup>rd</sup> – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

### **Camp Information**

#### **Camp Fee & Deadlines**

The camp fee will be \$350 per person. The deadline for the registration is March 31, 2022.

Registration website is [TRẠI BÌNH TÂM REGISTRATION](#) and it's live.

If you have more than one person from your unit/LD you will need to write **ONE** check for everyone's registration fees. Make check payable to **Huong Dao Foundation**, please mail **checks** and **BSA Medical Form Part A, B, and C** to:

Mallorie Dang  
12031 Lorna St  
Garden Grove, CA 92841

**All forms and fees** are due by **April 30, 2022**. The required forms are:

BSA Medical Form Part A, B, C (Part C requires a physical examination performed and signed by a physician)  
Code of Conduct  
Talent Release  
Firearms Release

## **TRẠI BÌNH TÂM – Trại Phụ Huynh**

July 3<sup>rd</sup> – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

### **Arrival to Camp & Transportation**

All campers are responsible for their travel arrangements to and from camp Whitsett, Kernville, CA. If you are traveling by plane, you can fly into either Southern California or Northern California. You are responsible for your own transportations to and from the airport.

### **From the Northern Central Valley (Sacramento/Fresno/Porterville)**

From Porterville, go south on CA-65 to Ducor, and take Avenue 56 East. Travel 50 miles through California Hot Springs until you reach the forest service road 22s82 on your left; it is signed also for Peppermint Campsite and the Wilderness Trailhead. (If you reach R-Ranch at Johnsondale, you have gone too far.) Camp Whitsett is on the right, after three miles and public campsites numbers 1,2, and 3.

### **From the Southern Central Valley (Bakersfield) and the LA area**

Take Interstate 5 North to CA-99 North to Bakersfield. Then take CA-178 East 40 miles to Lake Isabella. Exit at CA-155 W and travel 11 miles up the edge of the lake to Kernville. (Stay right when CA-155 turns left; continue straight on Wofford Heights Blvd. and Burlando Rd.) Turn left on Mountain Road 99 – Labeled “Sierra Highway” (a T-intersection) and go 26 miles to R-Ranch at Johnsondale. About a mile past Johnsondale, is forest service road 22s82 which takes off to your right; it is signed for Camp Whitsett and also for Peppermint Campsite and the Wilderness Trailhead. Camp Whitsett is on the right, after three miles and public campsites numbers 1,2, and 3 (and over 3 bridges).

### **From the Mojave desert (Las Vegas, Nevada and Inland Empire, California)**

From the intersection of US Highway 395 and CA-58 (Kramer’s Junction/Four Corners), go North 50 miles on the 395. Take the signed off ramp to CA-14/Inyokern West for five miles; turn left again onto CA-14 South. After three miles, turn right onto CA 178 West. Take the 178 for 32 miles, and turn right onto Sierra Way; take this for 17 miles on the East edge of the lake into Kernville, and then another 20 miles to R-Ranch at Johnsondale. Immediately past this is forest service road 22s82 on your right; it is signed for Camp Whitsett and also for Peppermint Campsite and the Wilderness Trailhead. Camp Whitsett is on the right, after three miles and public campsites numbers 1,2, and 3.



## **TRẠI BÌNH TÂM – Trại Phụ Huynh**

July 3<sup>rd</sup> – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

### **Camp Information**

#### **Camp Program**

For the week, our camp program will include a mix of activities on land and in the water. Participants will rotate through different program blocks in the morning and afternoon. These activities include:

- Water sports (kayaks, canoes, and stand up paddleboards)
- Whitewater Rafting (TBD)
- Cope (high, low, and zip lining)
- Mountain Biking
- Shooting sports (archery, rifle, and shotgun)
- Vietnamese Scouting traditional activities

On Sunday July 3<sup>rd</sup>, after completing camp check-in, each participant is required to complete a swimming test. Each participant will be a Non-swimmer, Beginner or Swimmer..

For the evenings, we will have a variety of events including game show night, cracker-barrel and other activities. Adults from each Unit/Lien Doan will need to prepare a skit, song, or performance for the campfire.

#### **Health & Safety**

Camp Whitsett is staffed by a physician who is available 24/7. In addition, we will also have medics available at our various program areas who are CPR & First Aid certified. For the aquatic activities, there will be lifeguards at the waterfront. The closest emergency medical facility is located an hour away in Kern Valley.

Every participant and staff is required to have their BSA Annual Health & Medical Record parts A, B, & C up to date. This must be completed within the last 12 months. Part C requires a physical from a physician. Upon check-in to camp, our medical staff will review each participant's medical forms.





## **TRẠI BÌNH TÂM – Trại Phụ Huynh**

July 3<sup>rd</sup> – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

# **Getting Ready to Attend Camp**

## **Required Documents**

The list below are required documents to attend camp:

- **BSA Registered:** Every participant are required to register under your home Unit or Lien Doan
- **Health Forms:** Part A, B & C are required. **If there are missing or incomplete medical forms, participants will not be allowed to attend camp.**
- **Code of Conduct:** Every participant is required to read and understand the Code of Conduct. By signing the Code of Conduct, each participate is in agreement of the the camp rules and regulations.
- **Firearms Permission & Release**
- **Talent Release**
- **BSA Youth Protection Training certificate**

Per BSA policies, **every participant and staff over the age of 18 is required to complete BSA Youth Protection Training.** Please bring a copy of the YPT completion certificate.



## TRẠI BÌNH TÂM – Trại Phụ Huynh

July 3<sup>rd</sup> – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

# How to Register Online

### Step 1: Group/Family Registration

Registration is done by the Lien Doan Rep or by family. Click on this link [TRẠI BÌNH TÂM GROUP/FAMILY REGISTRATION](#) and Click on the **Register >** button to start. If your Lien Doan name is not on the list, please contact Tr. Tuan Le to add your Lien Doan name to the list.

### Step 2: Individual Registration

Adults can register themselves by clicking on this link [TRẠI BÌNH TÂM INDIVIDUAL REGISTRATION](#) and Click on the **Register >** button to start. If your Lien Doan name is not on the list, please contact Tr. Tuan Le to add your Lien Doan name to the list.

### Step 3: Main Contact Information (only for Group/Family Registration)

#### Trại Bình Tâm Group Registration

Camp Info    Main Contact Info    Scout Info

Lien Doan \*

Main Contact \*

Phone \*    Email \*

Address \*

Enter the Main Contact Information, this can be the Lien Doan rep or the family household head. If you don't see your Liên Đoàn name, please contact the camp contact to be added. Once done, click on the ENTER SCOUT INFORMATION button.

#### Who's Coming?

⊗ Scout 1

Name \*

Gender \*    Date of Birth \*    Shirt Size \*

Unit Level \*    Unit Number \*    BSA ID \*

Enter 0000000 if you don't have one.

Emergency Contact Name \*    Emergency Contact Phone \*

Do you have allergies?  
☐ Yes ☒ No

Document upload  
 or drag files here.

+ Add Scout

### Step 3: Enter Scout Information

Click ADD SCOUT button to start adding a scout. Enter in all required information for each scout and click ADD SCOUT for each additional one. Upload any documents needed for each scout. You can go back and edit at a later time as well.

### Step 4: Submit

Once you complete registering your scouts or family, click the **Submit** button. You will receive a confirmation email of when and where to send payments as well as an edit link.



## **TRẠI BÌNH TÂM – Trại Phụ Huynh**

July 3<sup>rd</sup> – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

### **What to Bring to Camp**

#### **Toilet Kit**

Toothpaste & toothbrush  
Soap & shampoo Personal  
toiletries Medication (as  
needed) Towel  
Comb  
Deodorant

#### **Camping Gear**

Sleeping bag  
Hat/visor  
Extra t-shirts & shorts  
Swimsuits  
Hiking shoes & water shoes  
Socks & undergarments

#### **Culture Night**

Costumes and props for Culture Night decoration

#### **Misc.**

Camera  
Flashlight & batteries  
Scout knife (no fixed  
blades) Water bottle  
**Sunscreen - VERY**  
**IMPORTANT** Chapstick  
Spending money

### **Things to Leave at Home**

Valuables  
Jewelry  
Water balloons  
Water guns  
Boogie boards/floaties  
Pets Firearms  
Ammunition Matches  
Fireworks

Music players/speakers  
Tablets  
Comic books  
Large/illegal knives  
Alcohol  
Illegal substances



## TRẠI BÌNH TÂM – Trại Phụ Huynh

July 3<sup>rd</sup> – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

### Code of Conduct

Trai Binh Tam (“TBT”) is sponsored by the Boy Scouts of America (BSA). Therefore, the legal status of BSA applies to TBT. For this reason, from a legal standpoint, TBT constitutes a private activity of a private organization. Hence, the TBT Committee reserves the right to refuse admittance to or terminate the participation of one or more individuals or entities without being compelled to offer explicit reasons.

**One of the essential conditions for admittance into the TBT is that every participant, regardless of age, nationality or residency, must sign the following affidavit, agreeing to the TBT Code of Conduct stated below:**

#### Law and Order

1. The TBT Committee reserves the right to terminate the participation of any attendant(s) deemed to have attitudes which are hostile, disorderly, violent, controversial and may cause unnecessary attention or harm to the security and safety of the camp or of other participants.
2. Participants are not allowed to leave the campground without the explicit permission of their unit leaders and the completion of the camp exit procedure designed by the Camp Committee.
3. Participants are responsible for maintaining the camp living conditions and are forbidden to destroy the landscape, plants, and camp properties.

#### Discipline

5. The Scout Oath and Law are also the laws of the camp.
6. Participants are expected to obey not only direction of the TBT Committee but also the orders and guidance of the Rangers. Any complaint or question must be directed to the leaders of each subcamp right after an incident.
7. Participants are responsible for any loss or damage to their personal belongings.

#### Behavior

8. Camper ID is expected to be visible all the time; outfits must be appropriate and conform to Scouting standards. No indecent or sloppy clothing style is permitted.
9. Foul language, harassment, impolite, or indecent attitudes are strictly prohibited.

#### Activities

10. Each participant must camp within the designated area.
11. Campers must follow the directions of the TBT Committee and participate in all activities of the camp program.
12. Camp schedule, including nightly curfew, must be strictly followed.
13. Buying and selling goods on the camp premises are prohibited, unless otherwise permitted by the TBT Committee via prior approval.
14. All gambling activities and provocative or violent forms of entertainment are forbidden on the camp premises.
15. Drugs and alcoholic beverages are strictly banned from the campground.
16. Campers 21 years or older may smoke only in designated areas.
17. All activities not included in the official camp program require the prior approval of the TBT Committee.

#### Banned Items

18. Absolutely no weapons, explosives, alcoholic beverages or drugs are tolerated on the camp premises.
19. No indecent or obscene materials (pictures, movies, magazines, etc.) are allowed on the camp premises.
20. The distribution of any printed or visual media must be approved by the TBT Committee, and it may be carried out only in the designated area of the Information Center, unless instructed or otherwise permitted by the TBT Committee.



## TRẠI BÌNH TÂM – Trại Phụ Huynh

July 3<sup>rd</sup> – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

### Code of Conduct

I, the undersigned, have read, understood and hereby agree to follow all above regulations during the time I attend the Trai Binh Tam. As a participant of TBT, I understand the TBT Executive Committee has the right to terminate my participation at any time for any violation of the Code of Conduct.

Participant's Name \_\_\_\_\_

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

(if under the age of 18)

Unit Leader's Name \_\_\_\_\_

Signature of Unit Leader \_\_\_\_\_ Date \_\_\_\_\_



## TRẠI BÌNH TÂM – Trại Phụ Huynh

July 3<sup>rd</sup> – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

### Talent Release

I hereby assign and grant to the Boy Scouts of America the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me this date by the Boy Scouts of America, and I hereby release the Boy Scouts of America from any and all liability from such use and publication.

I hereby authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the Boy Scouts of America and I specifically waive any right to any compensation I may have for any of the foregoing.

Participant's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Unit # \_\_\_\_\_ Unit City \_\_\_\_\_

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

(if under the age of 18)



## **TRẠI BÌNH TÂM – Trại Phụ Huynh**

July 3<sup>rd</sup> – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

### **Firearms Permission & Release**

Participant's name \_\_\_\_\_

of the above named participant/minor, do hereby give permission as required by California Penal Code Section 12552 to the Boy Scouts of America, Western Los Angeles Area Council, and to the instructors certified by the Western Los Angeles Area Council meeting the requirements for instructors established by the Boy Scouts of America (national) to furnish a firearm, BB Gun, Shotgun, .22 Rifle, Black Powder Rifle, Air Rifle, Pellet Gun, or CO2 gun, and Ammunition to said participant/minor for the purpose of instructing him/her in the safe handling of firearms, safe shooting, and marksmanship.

I do further agree to indemnify and save harmless the Boy Scouts of America, Western Los Angeles Area Council and all officers, members, employees, and volunteers thereof, from all suits of actions brought for, or on account of, any injuries or damages received or sustained by any person or persons by or from the consequences of any negligence or any act of omission of the above named participant/minor occurring during the course of said instruction.

Signed \_\_\_\_\_

Date \_\_\_\_\_



## **TRẠI BÌNH TÂM – Trại Phụ Huynh**

July 3rd – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

BSA Medical Forms Part A, B, C

Link: <https://www.scouting.org/health-and-safety/ahmr/>

Please click “Download Form” in the section “Are You Going to Camp?”.

Note: Part C requires a physical examination performed and signed by a physician.





## TRẠI BÌNH TÂM – Trại Phụ Huynh

July 3rd – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

### Frequently Asked Questions

<p><b>Q: Who can go to TKP4?</b> A: Currently registered BSA Venturer youth and registered adults.</p> <p><b>Q: Can a Boy Scout attend TKP4 and participate in the activities?</b> A: Since this is a National Venturing event, only scouts registered in Venturing may attend. Boy Scouts may register as Venturers if they are at least 14 years old or have completed 8<sup>th</sup> grade by the first day of camp.</p> <p><b>Q: Can a Girl Scout attend TKP4 and participate in the activities?</b> A: Girl Scouts must be registered as part of a BSA Venturing Crew in order to participate. Girl Scouts may register as Venturers if they are at least 14 years old or have completed 8<sup>th</sup> grade by the first day of camp.</p> <p><b>Q: What if I'm not 14 years old by the registration deadline, but will be 14 years old by the time camp starts?</b></p>	<p><b>Q: Who can go to Trại Hè Ngành Thiếu II?</b> A: Currently registered BSA Boy Scouts and registered adults.</p> <p><b>Q: Can a Girl Scout attend Trại Hè Ngành Thiếu II and participate in the activities?</b> A: Girl Scouts must be registered with BSA in order to participate. Girl Scouts may register as Boy Scouts by the first day of camp.</p> <p><b>Q: What if my troop cannot attend, can I attend Trại Hè Ngành Thiếu II? What are my options?</b> A: As an individual, yes you can register for Trại Hè Ngành Thiếu II. Email the Administrative Lead at _____ to coordinate your registration.</p> <p><b>Q: What if I have special dietary needs?</b> A: Our medical staff will examine the BSA Medical Forms A, B, and C that will indicate</p>	<p><b>Q: Who can go to TGS?</b> A: Currently registered BSA Venturer youth and registered adults.</p> <p><b>Q: Can a Girl Scout attend TGS and participate in the activities?</b> A: Girl Scouts must be registered as part of a BSA Venturing Crew in order to participate. Girl Scouts may register as Venturers if they are at least 14 years old or have completed 8<sup>th</sup> grade by the first day of camp.</p> <p><b>Q: What if my Crew cannot attend, can I attend TKP4? What are my options?</b> A: As an individual, yes you can register for TKP4. Email the Administrative Lead at niki.tkp4@gmail.com to coordinate your registration.</p> <p><b>Q: What if I have special dietary needs?</b> A: Our medical staff will</p>	<p><b>Q: Who can go to TBTPH?</b> A: Currently registered BSA registered adults.</p> <p><b>Q: Can an unregistered adult attend TBTPH and participate in the activities?</b> A: Since this is a National Vietnamese Scouting event, only registered adults may attend</p> <p><b>Q: What if I have special dietary needs?</b> A: Our medical staff will examine the BSA Medical Forms A, B, and C that will indicate any allergies or special dietary needs. You should also let us know when you register on the online form.</p> <p><b>Q: Will there be water at camp?</b> A: Yes, water spigots are available near each campsite.</p> <p><b>Q: Do we camp with our Lien Doan?</b></p>
--	---	--	--



## TRẠI BÌNH TÂM – Trại Phụ Huynh

July 3rd – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

<p>A: If you are 13 years old now, you are able to register now as long as you will be 14 years old and registered as a Venturer by the first day of camp.</p> <p><b>Q: What if my Crew cannot attend, can I attend TKP4? What are my options?</b></p> <p>A: As an individual, yes you can register for TKP4. Email the Administrative Lead at <a href="mailto:niki.tkp4@gmail.com">niki.tkp4@gmail.com</a> to coordinate your registration.</p> <p><b>Q: What if I have special dietary needs?</b></p> <p>A: Our medical staff will examine the BSA Medical Forms A, B, and C that will indicate any allergies or special dietary needs. You should also let us know when you register on the online form.</p> <p><b>Q: Will there be water at camp?</b></p> <p>A: Yes, water spigots are available near each campsite.</p> <p><b>Q: Do we camp with our Crew?</b></p> <p>A: Yes, you will camp with your crew, but you will be assigned to a team for our daily activities.</p>	<p>any allergies or special dietary needs. You should also let us know when you register on the online form.</p> <p><b>Q: Will there be water at camp?</b></p> <p>A: Yes, water spigots are available near each campsite.</p> <p><b>Q: Do we camp with our troop?</b></p> <p>A: Yes, you will camp with your troop, but you will be assigned to a team for our daily activities.</p> <p><b>Q: Where will we sleep at camp?</b></p> <p>A: Troops will be assigned to different campsites. Each campsite has two-person wall tents. Each tent contains two cots and two mattresses.</p> <p><b>Q: What is the dress code for camp?</b></p> <p>A: The BSA tan shirt is the official uniform for both scout youth and adults, no exceptions. A camp dress code will also be instituted for all</p>	<p>examine the BSA Medical Forms A, B, and C that will indicate any allergies or special dietary needs. You should also let us know when you register on the online form.</p> <p><b>Q: Will there be water at camp?</b></p> <p>A: Yes, water spigots are available near each campsite.</p> <p><b>Q: Do we camp with our Crew?</b></p> <p>A: Yes, you will camp with your crew, but you will be assigned to a team for our daily activities.</p> <p><b>Q: Where will we sleep at camp?</b></p> <p>A: Crews will be assigned to different campsites. Each campsite has two-person wall tents. Each tent contains two cots and two mattresses.</p> <p><b>Q: What is the dress code for camp?</b></p> <p>A: The BSA green Venturing shirt is the official uniform for</p>	<p>A: Yes, you will camp with your unit/LD.</p> <p><b>Q: Where will we sleep at camp?</b></p> <p>A: Adult participants are assigned to their Unit/Lien Doan campsites. Each participant needs to provide their own tent.</p> <p><b>Q: What is the dress code for camp?</b></p> <p>A: BSA scouting appropriate as required under guidelines.</p> <p><b>Q: What are the bathrooms like?</b></p> <p>A: There are flushable toilets with separate facilities for adults and youth.</p> <p><b>Q: What are the showers like?</b></p> <p>A: Showers will be separate for adults and youth. There will be posted shower times for adults and youth.</p> <p><b>Q: Will there be wildlife?</b></p> <p>A: Yes, there are foxes, feral cats, deer,</p>
---	---	---	--



## TRẠI BÌNH TÂM – Trại Phụ Huynh

July 3rd – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

<p><b>Q: Where will we sleep at camp?</b> A: Crews will be assigned to different campsites. Each campsite has two-person wall tents. Each tent contains two cots and two mattresses.</p> <p><b>Q: What is the dress code for camp?</b> A: The BSA green Venturing shirt is the official uniform for both Venturing youth and adults, no exceptions. A camp dress code will also be instituted for all campers to follow.</p> <p><b>Q: What are the bathrooms like?</b> A: There are flushable toilets with separate facilities for adults and youth.</p> <p><b>Q: What are the showers like?</b> A: Showers will be separate for adults and youth. There will be posted shower times for adults and youth.</p> <p><b>Q: Will there be wildlife?</b> A: Yes, there are foxes, feral cats, deer, bison, snakes and other creatures.</p> <p><b>Q: Is there a store at camp?</b> A: Yes, there is a small store/trading post with camp souvenirs and snacks for purchase.</p> <p><b>Q: Will my troop need to fundraise for Trại Hè Ngành Thiếu II?</b> A: Individual troop fundraisers are encouraged to help offset costs. It will be up to each individual troop.</p> <p><b>Q: Can I bring my</b></p>	<p>campers to follow.</p> <p><b>Q: What are the bathrooms like?</b> A: There are flushable toilets with separate facilities for adults and youth.</p> <p><b>Q: What are the showers like?</b> A: Showers will be separate for adults and youth. There will be posted shower times for adults and youth.</p> <p><b>Q: Will there be wildlife?</b> A: Yes, there are foxes, feral cats, deer, bison, snakes and other creatures.</p> <p><b>Q: Is there a store at camp?</b> A: Yes, there is a small store/trading post with camp souvenirs and snacks for purchase.</p> <p><b>Q: Can I bring my</b></p>	<p>both Venturing youth and adults, no exceptions. A camp dress code will also be instituted for all campers to follow.</p> <p><b>Q: What are the bathrooms like?</b> A: There are flushable toilets with separate facilities for adults and youth.</p> <p><b>Q: What are the showers like?</b> A: Showers will be separate for adults and youth. There will be posted shower times for adults and youth.</p> <p><b>Q: Will there be wildlife?</b> A: Yes, there are foxes, feral cats, deer, bison, snakes and other creatures.</p> <p><b>Q: Is there a store at camp?</b> A: Yes, there is a small store/trading post with camp souvenirs and snacks for purchase.</p>	<p>snakes and other creatures.</p> <p><b>Q: Is there a store at camp?</b> A: Yes, there is a small store/trading post with camp souvenirs and snacks for purchase.</p> <p><b>Q: Will my Lien Doan need to fundraise for TBTPH?</b> A: Individual Unit/Lien Doan fundraisers are encouraged to help offset costs. It will be up to each individual Unit/Lien Doan.</p> <p><b>Q: Can I bring my cell phone?</b> A: Yes, but there is very limited service at camp. Usage of phones and electronics are not allowed during program time. There is no public Wi-Fi.</p> <p><b>Q: Can I bring my own stove and cooking gear?</b> A: No, the camp prohibits bringing personal stoves and cooking gear.</p>
---	--	--	--



## TRẠI BÌNH TÂM – Trại Phụ Huynh

July 3rd – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

<p>camp souvenirs and snacks for purchase.</p> <p><b>Q: Will my Crew need to fundraise for TKP4?</b> A: Individual crew fundraisers are encouraged to help offset costs. It will be up to each individual crew.</p> <p><b>Q: Can I bring my cell phone?</b> A: Yes, but there is very limited service at camp. Usage of phones and electronics are not allowed during program time. There is no public Wi-Fi.</p> <p><b>Q: Can I bring my own stove and cooking gear?</b> A: No, the camp prohibits bringing personal stoves and cooking gear.</p>	<p><b>cell phone?</b> A: Yes, but there is very limited service at camp. Usage of phones and electronics are not allowed during program time. There is no public Wi-Fi.</p> <p><b>Q: Can I bring my own stove and cooking gear?</b> A: No, the camp prohibits bringing personal stoves and cooking gear.</p>	<p><b>Q: Will my Crew need to fundraise for TKP4?</b> A: Individual crew fundraisers are encouraged to help offset costs. It will be up to each individual crew.</p> <p><b>Q: Can I bring my cell phone?</b> A: Yes, but there is very limited service at camp. Usage of phones and electronics are not allowed during program time. There is no public Wi-Fi.</p> <p><b>Q: Can I bring my own stove and cooking gear?</b> A: No, the camp prohibits bringing personal stoves and cooking gear.</p>	
<p>COVID FAQs:</p> <p>Q: Will attendees need to be vaccinated to attend camps? A: Proof of full vaccination or a negative COVID test (rapid or PCR) taken within 72 hours prior to arrival at camp is required.</p> <p>Q: Are face masks required at camp? A: Face masks are required in the meal service line and when indoors.</p>			
<p>TBT FAQs:</p>			



## TRẠI BÌNH TÂM – Trại Phụ Huynh

July 3rd – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

1) Why Binh Tam Camp and TT12 camp are organized on the same year and they overlap on the dates.

Tại sao trại Bình Tâm và trại TT12 tổ chức cùng năm và trùng ngày.

Binh Tam Camp was planned for summer 2020 by the National Vietnamese Scouting Committee, BSA. Due to the pandemic, this Camp was announced that it will be moved to summer 2021. Once again, the pandemic forced the camp organizing committee to move this camp to summer 2022. All of these notifications were decided early.

Trại Bình Tâm đã được Ủy Ban Quốc Gia Hướng Đạo Gốc Việt thuộc Hội Nam Hướng Đạo Hoa Kỳ (BSA) chuẩn bị tổ chức vào mùa Hè năm 2020. Vì lý do đại dịch, Trại đã được Ban Tổ Chức thông báo dời thời gian tổ chức vào mùa hè năm 2021, hoàn cảnh đại dịch vẫn còn ảnh hưởng nên ban tổ chức một lần nữa dời thời gian tổ chức vào mùa hè năm 2022, mọi thông báo đều quyết định từ rất sớm.

2) Is Binh Tam camp sanctioned by the BSA? Trại Bình Tâm có chính thức được sự chấp thuận của BSA không?

Binh Tam Camp is organized by the National Vietnamese Scouting Committee (NVSC), BSA. This camp is a jamboree for Vietnamese Scout units in the U.S., who'd registered with the BSA, plus any Vietnamese Scouting units outside of the U.S., who is a member of The World Organization of the Scout Movement, can certainly attend.

This camp is comparable to a BSA jamboree format. Therefore, all of its program and conducts will be in compliance with BSA rules and regulations, including BSA provided liability insurance for unit leaders.

Trại Bình Tâm do Ủy Ban Quốc Gia Hướng Đạo Gốc Việt (NVSC) thuộc Hội Nam Hướng Đạo Hoa Kỳ (BSA) trách nhiệm tổ chức, là một trại họp bạn dành cho các



## TRẠI BÌNH TÂM – Trại Phụ Huynh

July 3rd – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

Đơn vị hướng đạo gốc Việt trên toàn lãnh thổ Hoa Kỳ ghi danh sinh hoạt với Hội tham dự, các đơn vị Hướng đạo thuộc các quốc gia ngoài Hoa Kỳ là thành viên với tổ chức Hướng Đạo Thế Giới đều có thể tham dự.

Trại được thực hiện dưới hình thức trại họp bạn quốc gia Hoa Kỳ nên mọi thủ tục đều phù hợp với nội qui và chương trình của Hội Hướng Đạo Hoa Kỳ cũng như bảo hiểm trách nhiệm cho các người dẫn đoàn đi tham dự.

### 3) Who is hosting Binh Tam Camp? Ai tổ chức Trại Bình Tâm?

Binh Tam Camp is organized by the National Vietnamese Scouting Committee (NVSC), BSA. One can say that this camp is organized by BSA.

Trại Bình Tâm do Ủy Ban Quốc Gia Hướng Đạo Gốc Việt (NVSC) thuộc Hội Nam Hướng Đạo Hoa Kỳ (BSA) trách nhiệm tổ chức, có thể nói, Trại do Hội Nam Hướng Đạo Hoa Kỳ (BSA) tổ chức.

### 4) Why we are not organized both camps together, both are Vietnamese Scout camps?

Tại sao chúng ta không tổ chức chung cả hai trại, đều là trại của Hướng Đạo Việt Nam

Binh Tam Camp is not a Vietnamese Scouting camp. It is organized to provide an opportunity for Vietnamese Scouting units in the U.S. to learn, have fun together and earn advancement requirements.

Trại Bình Tâm không phải là trại của Hướng Đạo Việt Nam. Trại được tổ chức cho các đơn vị Hướng Đạo Gốc Việt trên toàn nước Mỹ có cơ hội gặp nhau trong



## **TRẠI BÌNH TÂM – Trại Phụ Huynh**

July 3rd – July 9<sup>th</sup>, 2022

Camp Whitsett at Kernville, CA

tinhtan hoc hoi vui choi va co hoi de dat duoc nhung doi hoi de thang tien cua moi nganh (Au, Thieu, Thanh).

Note: TBTPH: Trại Bình Tâm Phụ Huynh



## Part A: Informed Consent, Release Agreement, and Authorization

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_

### Informed Consent, Release Agreement, and Authorization

I understand that participation in Scouting activities involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. Information about those activities may be obtained from the venue, activity coordinators, or your local council. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct.

In case of an emergency involving me or my child, I understand that efforts will be made to contact the individual listed as the emergency contact person by the medical provider and/or adult leader. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health-care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

(If applicable) I have carefully considered the risk involved and hereby give my informed consent for my child to participate in all activities offered in the program. I further authorize the sharing of the information on this form with any BSA volunteers or professionals who need to know of medical conditions that may require special consideration in conducting Scouting activities.

**With appreciation of the dangers and risks associated with programs and activities, on my own behalf and/or on behalf of my child, I hereby fully and completely release and waive any and all claims for personal injury, death, or loss that may arise against the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with any program or activity.**

I also hereby assign and grant to the local council and the Boy Scouts of America, as well as their authorized representatives, the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all liability from such use and publication. I further authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage, and/or distribution of said photographs/film/videotapes/electronic representations and/or sound recordings without limitation at the discretion of the BSA, and I specifically waive any right to any compensation I may have for any of the foregoing.

*Every person who furnishes any BB device to any minor, without the express or implied permission of the parent or legal guardian of the minor, is guilty of a misdemeanor. (California Penal Code Section 19915[a]) My signature below on this form indicates my permission.*

I give permission for my child to use a BB device. (Note: Not all events will include BB devices.)

☐ **Checking this box indicates you DO NOT want your child to use a BB device.**



**NOTE: Due to the nature of programs and activities, the Boy Scouts of America and local councils cannot continually monitor compliance of program participants or any limitations imposed upon them by parents or medical providers. However, so that leaders can be as familiar as possible with any limitations, list any restrictions imposed on a child participant in connection with programs or activities below.**

List participant restrictions, if any:

☐ **None**

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity. If I am participating at Philmont Scout Ranch, Philmont Training Center, Northern Tier, Sea Base, or the Summit Bechtel Reserve, **I have also read and understand the supplemental risk advisories, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met.** The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider. If the participant is under the age of 18, a parent or guardian's signature is required.

Participant's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/guardian signature for youth: \_\_\_\_\_ Date: \_\_\_\_\_

(If participant is under the age of 18)

### Complete this section for youth participants only:

#### Adults Authorized to Take Youth to and From Events:

You must designate at least one adult. Please include a phone number.

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

#### Adults **NOT** Authorized to Take Youth to and From Events:

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_



**Prepared. For Life.®**



## Part B1: General Information/Health History

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_ Height (inches): \_\_\_\_\_ Weight (lbs.): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_ Phone: \_\_\_\_\_

Unit leader: \_\_\_\_\_ Unit leader's mobile #: \_\_\_\_\_

Council Name/No.: \_\_\_\_\_ Unit No.: \_\_\_\_\_

Health/Accident Insurance Company: \_\_\_\_\_ Policy No.: \_\_\_\_\_



Please attach a photocopy of both sides of the insurance card. If you do not have medical insurance, enter "none" above.

### In case of emergency, notify the person below:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Home phone: \_\_\_\_\_ Other phone: \_\_\_\_\_

Alternate contact name: \_\_\_\_\_ Alternate's phone: \_\_\_\_\_

## Health History

Do you currently have or have you ever been treated for any of the following?

Yes	No	Condition	Explain
		Diabetes	Last HbA1c percentage and date: _____ Insulin pump: Yes <input type="checkbox"/> No <input type="checkbox"/>
		Hypertension (high blood pressure)	
		Adult or congenital heart disease/heart attack/chest pain (anginal)/heart murmur/coronary artery disease. Any heart surgery or procedure. Explain all "yes" answers.	
		Family history of heart disease or any sudden heart-related death of a family member before age 50.	
		Stroke/TIA	
		Asthma/reactive airway disease	Last attack date: _____
		Lung/respiratory disease	
		COPD	
		Ear/eyes/nose/sinus problems	
		Muscular/skeletal condition/muscle or bone issues	
		Head injury/concussion/TBI	
		Altitude sickness	
		Psychiatric/psychological or emotional difficulties	
		Neurological/behavioral disorders	
		Blood disorders/sickle cell disease	
		Fainting spells and dizziness	
		Kidney disease	
		Seizures or epilepsy	Last seizure date: _____
		Abdominal/stomach/digestive problems	
		Thyroid disease	
		Skin issues	
		Obstructive sleep apnea/sleep disorders	CPAP: Yes <input type="checkbox"/> No <input type="checkbox"/>
		List all surgeries and hospitalizations	Last surgery date: _____
		List any other medical conditions not covered above	



## Part B2: General Information/Health History

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_

### Allergies/Medications

DO YOU USE AN EPINEPHRINE  
AUTOINJECTOR? Exp. date (if yes) \_\_\_\_\_ ☐ YES ☐ NO

DO YOU USE AN ASTHMA RESCUE  
INHALER? Exp. date (if yes) \_\_\_\_\_ ☐ YES ☐ NO

Are you allergic to or do you have any adverse reaction to any of the following?

Yes	No	Allergies or Reactions	Explain
		Medication	
		Food	

Yes	No	Allergies or Reactions	Explain
		Plants	
		Insect bites/stings	

List all medications currently used, including any over-the-counter medications.

☐ Check here if no medications are routinely taken. ☐ If additional space is needed, please list on a separate sheet and attach.

Medication	Dose	Frequency	Reason

☐ YES ☐ NO Non-prescription medication administration is authorized with these exceptions: \_\_\_\_\_

Administration of the above medications is approved for youth by:

\_\_\_\_\_/\_\_\_\_\_  
Parent/guardian signature MD/DO, NP, or PA signature (if your state requires signature)



Bring enough medications in sufficient quantities and in the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication unless instructed to do so by your doctor.

### Immunization

The following immunizations are recommended. Tetanus immunization is required and must have been received within the last 10 years. If you had the disease, check the disease column and list the date. If immunized, check yes and provide the year received.

Yes	No	Had Disease	Immunization	Date(s)
			Tetanus	
			Pertussis	
			Diphtheria	
			Measles/mumps/rubella	
			Polio	
			Chicken Pox	
			Hepatitis A	
			Hepatitis B	
			Meningitis	
			Influenza	
			Other (i.e., Hib)	
			Exemption to immunizations (form required)	

Please list any additional information about your medical history:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DO NOT WRITE IN THIS BOX.**

Review for camp or special activity.

Reviewed by: \_\_\_\_\_

Date: \_\_\_\_\_

Further approval required: ☐ Yes ☐ No

Reason: \_\_\_\_\_

Approved by: \_\_\_\_\_

Date: \_\_\_\_\_



## Part C: Pre-Participation Physical

This part must be completed by certified and licensed physicians (MD, DO), nurse practitioners, or physician assistants.

Full name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

### High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_

or staff position: \_\_\_\_\_



You are being asked to certify that this individual has no contraindication for participation in a Scouting experience. For individuals who will be attending a high-adventure program, including one of the national high-adventure bases, please refer to the supplemental information on the following pages or the form provided by your patient. You can also visit [www.scouting.org/health-and-safety/ahmr](http://www.scouting.org/health-and-safety/ahmr) to view this information online.

### Please fill in the following information:

	Yes	No	Explain
Medical restrictions to participate			

Yes	No	Allergies or Reactions	Explain
		Medication	
		Food	

Yes	No	Allergies or Reactions	Explain
		Plants	
		Insect bites/stings	

Height (inches)	Weight (lbs.)	BMI	Blood Pressure	Pulse
			/	

	Normal	Abnormal	Explain Abnormalities
Eyes			
Ears/nose/throat			
Lungs			
Heart			
Abdomen			
Genitalia/hernia			
Musculoskeletal			
Neurological			
Skin issues			
Other			

### Examiner's Certification

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant (with noted restrictions):

True	False	Explain
		Meets height/weight requirements.
		Has no uncontrolled heart disease, lung disease, or hypertension.
		Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from his or her orthopedic surgeon or treating physician.
		Has no uncontrolled psychiatric disorders.
		Has had no seizures in the last year.
		Does not have poorly controlled diabetes.
		If planning to scuba dive, does not have diabetes, asthma, or seizures.

Examiner's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Examiner's printed name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP code: \_\_\_\_\_

Office phone: \_\_\_\_\_

### Height/Weight Restrictions

If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

#### Maximum weight for height:

Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 and over	295



Prepared. For Life.®