#### **BOY SCOUTS OF AMERICA - TROOP 805**

ACTIVITY INFORMATION FORM

### 10-Mile Bike Ride – Saturday May 19, 2018

OSPL Needed!!

**What:** An easy, flat 10-mile bike ride to Alamo and back along the Iron Horse trail. We will

review cycling rules of the road and will do a quick bike safety check before departing.

**When:** 11:00 am Saturday, May 19, 2018

Where: Meet at Osage Station Park parking lot. Osage Park is located in Danville north of

Charlotte Wood Middle School at 816 Brookside Drive.

**Cost:** \$0, but participants will need to bring money (\$5) for snack or cold drink in Alamo.

Unfortunately, Loards Ice Cream in Alamo recently closed, so we will research other

possible snack locations.

**Return:** Approx. 2:00 pm. Pick up will be at the same location at Osage Park parking lot.

**Uniform:** Appropriate Cycling clothes; Troop 805 Cycling shirt (or other bright shirt); **well fitted** 

**helmet**; eye protection (sun glasses); cycling gloves (recommended); closed toe shoes.

**Details:** Mandatory ABC Bike Check All participants need to bring both their bikes and

helmets to the Troop meeting on May 15th for a mandatory inspection. My expectation is that Scouts will conduct an inspection for fit, condition of components, and function at home and present us with bicycles that need only minor adjustments. Please contact

me if you need to make other arrangements for this mandatory inspection.

Parents are responsible for transporting their son and his gear both to and the staging

area at Osage Park. Bring water to cycle with (bottle in cage or a hydropack),

sunscreen and energy bar(s). We need adults to support this outing. I would like to

have at least one adult for every 5 scouts attending this outing.

Questions: Mr. Carstensen phone (510) 731-7513 or email: adcarsten@outlook.com

### Return the permission slips to your Patrol Leader.

Patrol Leaders submit the collected slips to the outing folder no later than the Troop Meeting on Tuesday, May 15, 2018

## **BOY SCOUTS OF AMERICA - TROOP 805**

INFORMED CONSENT, RELEASE AND PERMISSION TO TREAT

# 10-Mile Bike Ride – Saturday May 19, 2018

| I hereby give per   | mission for my son,   | , to attend this   | s outing with Boy Scout  |   |  |
|---|---|--|--|---|--|
| mentally, and em<br>or my child to p<br>requires participa<br>local council, t  | notionally demanding. I harticipate in this activity. ants to abide by applicab the activity coordinators   | ave carefully I also unders le rules and s , and all er  | activities involves a certain degree of ris<br>considered the risk involved and have g<br>stand that participation in this activity is<br>standards of conduct. I release the Boy<br>imployees, volunteers, participants, re<br>all claims or liability arising out of this p  | given consent for myself<br>s entirely voluntary and<br>v scouts of America, the<br>lated parties, or other   |  |
| BSA-approved a  |   | ent to the par   | give express consent for a qualified rar<br>rticipant for the purpose of instruction i<br>d ranges.  |   |  |
| headache, fever,<br>diarrhea; etc.) Ir<br>event I cannot be<br>secure proper tr<br>Medical provider<br>provided for pur<br>parents or guard | inflammation, pain; Ber<br>n case of emergency invo<br>e reached, I hereby give m<br>reatment, including hosp<br>rs are authorized to disc<br>rposes of medical evalua-<br>dian, and/or determination | nadryl for allowing my chill and permission italization, are lose to the action of the part of the par | e over-the-counter (OTC) medicines as ergic reactions, nasal allergies, hives a d, I understand every effort will be made to the medical provider selected by the nesthesia, surgery, or injections of mediult in charge examination findings, tearticipant, follow-up and communication ticipant's ability to continue in the procham and safety of the Troop's members.) | nd itching; Lomotil for<br>de to contact me. In the<br>adult leader in charge to<br>edication for my child.<br>st results, and treatment<br>on with the participant's |  |
| Name of Parent  | or Guardian (please prin  | nt):   |  |   |  |
| Signature:  |   |  | Date:  | Date:   |  |
| Home Phone:   |   |  | Cell Phone:  |   |  |
| If I cannot he rea  | ched in the event of an en  | nergency nles  | ace notify the person named helow:   |   |  |
| If I cannot be reached in the event of an emergency, please notify  Name:   |   |  | · ·  |   |  |
|   | formation relates to my so  |  | cen i none.  |   |  |
| · ·   | •   |  | Dhonor   |   |  |
| Physician's Name:   |   |  | <u> </u>   |   |  |
|   |   |  |  |   |  |
| Allergies or pert   | tinent medical informati  |  |  |   |  |
| Drive?<br>(Check if Yes)  | Vehicle<br>Year / Make / Model  | No. of Passengers  | r Plan Information  Driver's License / Name / Cell Phone   | Auto Insurance<br>(Min.: \$50K/\$100K/\$50K)  |  |
| To:   | rear / Marc / Mouer   | 1 assengers  | Diver selectise / Ivanic / Cen i none  | (   |  |
| From:   |   |  |  |   |  |
|   |   |  | · 1 m  |   |  |
| Tiom.   | (Reminder: Pare   | ents are requested to prov   | ride Troop transportation on at least two outings per year.)   |   |  |
|   |   |  |  | MENTS.  |  |
| WE NEED   | AT LEAST ONE MORE A   | DULTs TO PA  | ARTICIPATE TO MEET BSA REQUIRE  ing with the troop? Yes:   Name:   | MENTS.  |  |