



Welcome to Raritan Valley District Roundtable

Dec 7, 2022

7:30pm – 9:00pm





December Safety Moment

Hypothermia – abnormally low body temperature, can occur in extremely cold temperatures for extended time, submersed in cold water, or in warmer weather with wet clothes and wind

Signs/Symptoms

- Feeling cold, shivering uncontrollably
- Cool/Cold skin on abdomen, chest, back
- Fatigue
- Presence of the “umbles”
 - Stumbles – loss of control over movement
 - Mumbles – slurred or incoherent speech
 - Fumbles – poor coordination or reaction
 - Grumbles – change in behavior / attitude

Care

- Get victim out of the cold
- Remove wet clothing and wrap in warm, dry clothes & add layers
- If conscious, offer warm liquids
- Handle them gently, no excess movement
- Apply warm dry compresses to neck, chest, groin – NOT arms/legs
- Person with severe hypothermia who is unconscious, no pulse, not breathing – perform CPR
- Get emergency help / call 911



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BSA SAFETY MOMENT HYPOTHERMIA

SUMMARY

Hypothermia is an abnormally low body temperature that is dangerous and potentially fatal if not properly cared for. Hypothermia most often occurs when individuals are exposed to extremely cold temperatures for extended periods of time. However, it can also occur in warmer environments in situations such as wearing wet clothing in windy conditions, becoming chilled from being in the rain for an extended period, or being submersed in cold water. Planning is essential before a trek or outing to make sure you are prepared for possible changes in environmental conditions.

GENERAL INFORMATION

Hypothermia occurs when the body loses heat faster than it can be generated. Once the body temperature begins to drop, the heart, brain, and other organs start losing their ability to function properly. Left untreated, these vital organs will begin to fail, eventually leading to death. A person experiencing hypothermia often isn't aware of their condition because the onset is gradual and, as hypothermia progresses, they become confused and agitated.

To prevent hypothermia, be aware of your environment and dress accordingly. Cover as much exposed skin surface as possible to help prevent heat loss. Avoid activities and clothing that will cause you to sweat a lot. The combination of wet clothing and cold temperatures will cause additional heat loss. Wear multiple layers and stay dry.

Signs/Symptoms of Hypothermia

- Feeling cold, shivering uncontrollably
- Cool or cold skin on the abdomen, chest, or back
- Presence of the “umbles”
 - Stumbles: loss of control over movement
 - Mumbles: slurred or incoherent speech
 - Fumbles: poor coordination or reaction time
 - Grumbles: change in behavior or attitude
- Fatigue

As hypothermia progresses, the person will exhibit:

- Stiff muscles
- No shivering
- Skin that feels ice-cold and may appear bluish
- Confusion, agitation, memory loss
- Slow, weak pulse
- Slow, shallow breathing
- Loss of consciousness

The Risk Factors

- Exhaustion
- Victims who are very young or old; the body's thermoregulation is not at its peak.
- Alcohol or drug use
- Certain medical conditions and medications can affect one's ability to regulate body temperature.
- Cold, damp weather conditions

Care of Hypothermia

1. Get the victim out of the cold.
2. Remove wet clothing and wrap them up in warm, dry clothes. Add additional layers such as a sleeping bag, blankets, or some form of plastic to hold in body heat.
3. If the victim is conscious and able to swallow, offer warm liquids to drink. **Do not** give alcoholic drinks.
4. Handle them gently. Excessive movements or rough handling can lead to cardiac arrest.
5. Apply warm, dry compresses to the neck, chest, and groin areas. **Do not** apply heat to the arms or legs, because this speeds cold blood back to the heart, lungs, and brain, causing the core temperature to drop even lower; this can be fatal.
6. **Do not** apply direct heat as with hot water bottles, a heating pad, or a heating lamp. This extreme heat can cause skin damage, an irregular heart rhythm, or even cardiac arrest.
7. If a person with severe hypothermia who is unconscious seems to not have a pulse or not be breathing, perform CPR. CPR should continue during rewarming. Sometimes, people experiencing hypothermia can be successfully resuscitated.
8. Get emergency care/call 911.

RESOURCES

- Centers for Disease Control and Prevention—Hypothermia: www.cdc.gov/disasters/winter/staysafe/hypothermia.html
- Mayo Clinic—Hypothermia: www.mayoclinic.org/diseases-conditions/hypothermia/symptoms-causes/syc-20352682



2023 Recharter

- Charter deadline is **December 29th**
- Recharter – **Final Steps**
 - All paper applications & payments should be submitted to Javier Juarez **BEFORE** you start your recharter process
 - Recharter: <https://advancements.scouting.org>
 - Recharter Info: <https://ppcbosa.org/2023-recharter>
- Recommend paying at Council, not online
 - Submit to Council
 - The summary page of your charter
 - The fee calculator
 - A copy of the unit roster
 - 2023 Re-charter payment

Save
your unit
\$100





2023 Recharter

	Packs	Troops	Crew/Post	Total
Not Started	19	27	2	48
In Progress	12	15	0	27
In Progress - COR	0	0	0	0
Submitted	0	3	1	4
Posted	1	1	0	2
SR - Separated	0	0	0	0
Not Rechartering	0	0	0	0
Total	32	46	3	81

Separated
Drop Charter

0%

0%

In Progress
Submitted
Posted

33%

5%

2%

Family / Co-ed
Boy
Girl

19		3	22
12	39		51
1	7		8

Take 2 minutes to login to recharter system, which will update your status to "In Progress" to indicate you are working on your charter.

All units that have a status of "Not Started" at this time indicate the unit does not plan to recharter.





Community Service

- **Month of Service** - <https://ppcbbsa.org/monthofservice/>
 - **Step 1 – Register**
 - **Step 2 – Conduct your Project(s)**
 - **Step 3 – Share your Stories**
- **Toys for Tots – Contact Linda Cummings @ lmjacummings@gmail.com to arrange for pickup**

EXTENDED PROMOTION

[PPC Community Service](https://ppcbbsa.org/committees/community-service/)

<https://ppcbbsa.org/committees/community-service/>

Patriots' Path Council





Events

Registration Open:

- **National Scout Jamboree – 14 spots remain**
<https://ppcbosa.org/2023jambo/>
- **2024 Philmont Crews – Reg by Jan 20, 2023**
<https://247scouting.com/forms/358-philmont2024crews>

Future:

- **RVD Klondike – Feb 3-5, 2023 – Reg is OPEN!**
- **University of Scouting – Sat, Mar 4, 2023**



Training Interest Form

<https://247scouting.com/forms/358-TrainingInterest>





Reminders

RVD Roundtable Collateral



<https://ppcbbsa.org/raritan-valley-district/>

RVD Scouting Exchange

<https://rvd.boards.net>

