



# NEW RIVER ADVENTURE

## THE ULTIMATE

### HIGH ADVENTURE CHALLENGE

If you are a thrill seeker looking for a rollercoaster week of challenge and fun, look no further than the New River Adventure Program. This program combines teamwork, leadership, and the confidence building activities of a Nationally accredited COPE Course with the thrills, skills, and challenges of five other high adventure activities which include caving, climbing and rappelling, whitewater canoeing and white water rafting on the New River; the best white water in the East!

## 1 Prepare For The Adventure

### Who can participate?

Swimmers who are at least 13 years old by January 1 of the year attending that can pass the BSA Swimmer's Test. *If you cannot pass test, you will not be allowed to participate in water activities including ww raft and ww canoe.*

### What kind of leadership do we need?

Our program staff provides the primary adult leadership for New River Adventure Groups during activity and travel; however, we encourage adults to participate (Why should the kids have all the fun?). The only exception for this rule concerns co-ed Venture Crews that must send at least one female adult leader if there are female crew members.

### How do we get to all the activities?

The New River Staff will provide transportation to and from all activities for participants.

### Where will we stay?

Participants will stay at Powhatan either with their own troops or in provisional sites dedicated to New River Adventure. *Crews selecting the New River Gorge Climbing option will spend one night at our outpost in West Virginia.*

### With whom will I participate?

Participants will be grouped into crews of 8-12 Scouts and adults. When possible, we will group your unit together.

### What kind of special gear do I need?

The New River Adventure provides certified, top-notch gear for all of its activities. However, each program requires specific personal gear that helps to ensure your safety and enjoyment of the program: (A small backpack will be helpful for carrying gear to and from programs).

#### LOW C.O.P.E.

- Closed Toe Shoes
- Water Bottle

#### HIGH C.O.P.E.

- Closed Toe Shoes
- Long Pants recommended
- Water Bottle
- Gloves

#### CAVING

- Long Pants
- Long Sleeve Shirt
- Pocket Flashlight & extra AA Batteries
- Closed Toe Shoes
- Gloves Recommended

*Note: Cave mud will permanently stain clothing!*

#### NATURAL ROCK CLIMBING

- Daypack with gear loops
- Boots or Sturdy Shoes (climbing shoes if you have them)
- Rain Gear
- Long Pants
- Water Bottle
- Gloves
- Bug Spray

#### RAFTING/CANOEING

- River Shoes
- Sunscreen
- Sunglasses
- Bathing Suit
- Water Bottle
- Dry Clothes for ride home

# NEW RIVER ADVENTURE

## GETTING STARTED!



## 2 Registration

Participants in the New River Adventure should go through registration on Sunday with their units and complete the BSA Swimmer's Test at either Camp Powhatan or Camp Ottari. All participants for this program will be based out of Camp Powhatan.

Participants at Ottari may catch the shuttle that will leave the camp at 4:00 from the flag pole area. Sunday night dinner will be served after a short Retreat Ceremony. Please arrive promptly at the Dining Hall in your Class A uniform. *Group assignments will be made after the campfire and posted on the porch of the New River Adventure Shack.*

### Remember to Bring

- NRA Waiver Form
- Class III Medical Form with a copy of Personal Insurance Card attached
- Tour Permit
- Proof of Troop Insurance

## 3 What to Expect

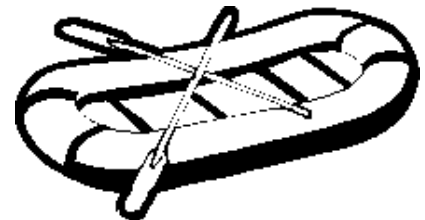
All groups will participate in the following three programs:

### 1. The COPE Course

Your group will spend two days participating in our Challenging Outdoor Personal Experience or COPE. This program is designed to improve communication, teamwork, and trust within your unit while boosting individual self-esteem, confidence, and leadership. During the day of Low COPE, our staff will guide your group through initiative games and low rope activities. Whether creating a monster, traversing a pool of lava on magic stones, or scaling a 20 foot wall, these activities are guaranteed to boost the moral of your team and improve the group's dynamics. The next day will be spent on our High Ropes Course where participants will traverse a series of logs and wire obstacles over 40 feet in the air. The thrill seekers in your group can even soar through the air on our 200 foot zipline or clear the runway and catch some Gs the flying squirrel.

### 2. White Water Rafting

Intense! Challenging! Exciting! You'll be saying all those things after your day trip to the New River Gorge in West Virginia. The Gorge is often called the "Grand Canyon of the East," and for good reason. During the seven mile journey from Cunard to Fayette Station, your group will surf the rapids, leap off Jump Rock, and plunge through 19 major Class 3, 4, and 5 rapids. The trip finishes with a cookout 876 feet beneath the longest arch bridge in the western hemisphere. Our staff provides transportation (3 hours each way), meals, raft guides, and all the equipment necessary to have an exciting day on the river. The trip will stop both ways at a rest stop, so you may wish to bring some cash for snacks.



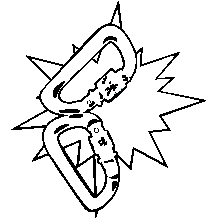
### 3. White Water Canoeing

Grab your swimsuit and sunscreen and get ready for a day of fun as your group canoes the New River through Giles County, Virginia. Participants in this program will hone their paddling skills as they shoot Class 2 and 3 rapids, perform boat rescues, and learn how to better read the rapids. There will also be plenty of time to swim the waters and just enjoy this scenic section of the New River.

# NEW RIVER ADVENTURE



## GETTING STARTED!



Your group must select one of the following activities for your optional day. In most cases we can accommodate your first choice; however, come prepared for your second choice. The form is attached to this document and is due by April 1st.

### Option 1 – Caving

Those selecting the Caving option will spend a day exploring one of the many limestone caves located throughout the New River Valley. Be prepared to get muddy as you experience total darkness, learn about cave formation and practice low impact caving techniques.

### Option 2 – Climbing

Located next to the COPE Course is our 50 foot tall, state of the art sport-climbing tower. Groups will spend the entire day learning proper climbing and rappelling techniques. This program entails a pretty intense day of training, but your group will leave with a much greater knowledge base and comfort level with climbing.

### Option 3 – Natural Rock Climbing in the New River Gorge

If you like the feel of a climbing harness, the cool touch of natural rock, and the taste of sweat as adrenaline pumps through your system, then this is the program for you. Scouts who choose this option learn basic mountaineering skills on the “Endless Wall” in the New River Gorge in West Virginia. Participants will spend one night in our outpost in West Virginia. *The crew will eat out for dinner and have the opportunity to purchase snacks so bring \$15–20.*

Venturers should complete all but requirement 9 of the Ranger Mountaineering elective and a large portion of the COPE elective.

## 4 Friday Night After the Order of the Arrow Campfire:

- Have Scouts pack all their belongings except those needed Friday night and Saturday morning.
- Pack all troop gear.
- Check to make sure you received the correct number of participants patches.
- Complete the camp evaluation and reserve your spot for next year.
- If members of your unit need to get from Powhatan to Ottari, either arrange for someone in your troop to pick the participants up or let the Camp Director know *prior* to Friday.



# NEW RIVER ADVENTURE

## OPTIONAL DAY SELECTION FORM

**Return by April 1st to:**

Camp Registrar  
Blue Ridge Mountains Council, BSA  
P.O. Box 7606  
Roanoke, VA 24019

or Fax: (540) 265-0659  
shirleyn@bsa-brmc.org

Dates for attending camp: \_\_\_\_\_

Unit #: \_\_\_\_\_ Council: \_\_\_\_\_ Email: \_\_\_\_\_

Adult Contact: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: (\_\_\_\_) \_\_\_\_\_ Evening Phone: (\_\_\_\_) \_\_\_\_\_

Please list in order of preference (1-3)

\_\_\_\_ Option 1 - Caving

Number Youth \_\_\_\_\_

\_\_\_\_ Option 2 - Climbing

Number Adults \_\_\_\_\_

\_\_\_\_ Option 3 - Climbing in New River Gorge

*\* If we do not receive your selections  
by April 1st, we will select an optional  
program for you.*

### Special Needs

In order to serve you better, please list below any special needs (physical or dietary) that your crew might have:

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# NEW RIVER ADVENTURE

## PARENTAL WAIVER



### A Letter of Understanding

**To: Parents of participants in the New River Adventure**



Your son/daughter is enrolled in a week-long high adventure program at the Blue Ridge Mountains Reservation.

**To participate in the New River Adventure, both the participants and their parent(s) must sign and return this form.**

To participate, your son/daughter must be at least age 13 by January 1 of the year attending camp and must pass the BSA first class swim test upon arrival at our camps.

#### **This program will include:**

- 1) A day of white-water rafting in the New River Gorge, which has nineteen Class 3, 4, & 5 rapids.
- 2) A day of canoeing on the New River, which has several class 2 & 3 rapids.
- 3) Two days of physical challenges on our COPE course. This is a BSA designed ropes course that develops confidence, self esteem, problem solving abilities and teamwork.
- 4) The 5th day's program is optional, but the Unit may chose to go caving, climbing and rappelling on 55 foot tower, or participate in a natural climbing experience.

Our New River Adventure receives enthusiastic reviews each summer from hundreds of participants. They find it exciting and worthwhile, but it is also physically demanding.

While we have an excellent safety record, outdoor high adventure activities have inherent risks. We've had cuts, sprains and broken bones. We have safety rules that must be obeyed and safety equipment that must be worn. Families and Scout troops are responsible for medical costs.

I have read and understand the nature of the activities of the New River Adventure program. I will follow instructions and will adhere to the safety rules of the program.

Name (please print): \_\_\_\_\_ Unit #: \_\_\_\_\_ Dates of Camp: \_\_\_\_\_

Signature: \_\_\_\_\_ (participant)

I have read and understand the above form, and I give my son/daughter permission to participate in the New River Adventure this summer.

Signature: \_\_\_\_\_ (parent/guardian)

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



# NEW RIVER ADVENTURE

## CAMP ROSTER

**Unit Number:** \_\_\_\_\_ **Week Attending:** \_\_\_\_\_

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