



POLARIS ATV EXPERIENCE

SUMMIT BECHTEL RESERVE | GUIDE TO ADVENTURE

2023 PROGRAM SUPPLEMENT



EXPERIENCE SPECIFIC INFORMATION CONTACT

Wheels Program Director – Lelia Suydam

Email Address- Lelia.Suydam@scouting.org

Programs- Polaris ATV Experience

Activities- Mountain biking, BMX biking, Skateboarding, ATV


POLARIS ATV EXPERIENCE PREPARATION WEBINARS

Half hour webinars to prepare leaders for their crew's high adventure experience will be held leading up to the high adventure season. Webinars will start on the **3rd Monday of the month at 7:00pm** starting in **March and continue through April**. Call in and login instructions will be sent out each month.

The webinars will involve a 15-minute program and a 15-minute question and answer session. The invites will go out each month to the Contingent Advisors and the Crew Advisors we have in our system for each crew. If you have others that you would like to add, please forward them the invite.

TIME OF BROADCAST: 7:00 PM EST/ 6:00 PM CST/ 5:00 PM MST/ 4:00 PM PST

 **MARCH** – Program Design and Planning Guide Review, Equipment and Gear and Campsites

 **APRIL** – Roles of Adult and Youth Leadership Positions & Pre-Arrival Packet

CREW SIZE

The Crew size for this program is a minimum of 8 people and a maximum of 12. This includes the minimum 2 BSA registered adult leaders aged 21 years of age or older. Co-ed crews must have co-ed adult leadership with 1 adult leader of each gender over 21.

EXPEDITION NUMBERS

Each reservation is given a unique expedition number that will look something like **609-A-ATV** or **706-B-ATV**. The first 3 digits refer to your group's arrival date, 609 = June 9th. The first letter refers to the number of groups we have arriving on that date, A = The first group to confirm a reservation for June 11th. B = the 2nd group to confirm a reservation for June 11th. ATV stands for ATV Experience.

ELIGIBILITY AND AGE REQUIREMENTS

Summit participants attending the ATV Experience with a Chartered Unit or Council Contingent must be a registered Boy Scout, Varsity Scout or Venturer who is or will be at least 14 years of age by the time of arrival to The Summit Bechtel Reserve for their Experience.


NOTE Do not request or expect exceptions. Requirements for Summit participation cannot be relaxed.

ATV WEIGHT RESTRICTIONS

The 2 types of ATVs that are used for the Experience have weight and age limits specified by the manufacturer that The Summit adheres to:

Phoenix 200 ATV (14+) 215 lbs. regardless of height.

450 Sportsman (16+) 295 lbs. regardless of height.

 The Phoenix 200 can be ridden by those over 16 if they weigh below 215 and fit safely on the vehicle.

 Participants under 16 that weigh over 215 lbs. are not eligible for the Polaris ATV Experience.



PROGRAM SPECIFIC TRAININGS AND REQUIREMENTS

ASI (ATV SAFETY INSTITUTE) E-COURSE www.atvsafety.org/atv-ecourse









Prior to your arrival, each participant must complete the 2 ½ hour free ATV e-course. The link to that class is above and upon completion either print the certificate or take a screen shot (that includes their name and course ID number). This information will be given to your instructors on the first day of your experience prior to taking the “hands-on” ATV Rider S-Course.

ATV EXPERIENCE STAFF AND THEIR ROLES

Interaction with quality staff members is always an important facet of any camp experience.

-  **ATV Director** will provide leadership for the ATV staff and manage logistics. Sometimes the ATV Director will be acting as one of the instructors and other times they will be in the background as support.
-  **ATV Instructors** will greet your group upon arrival, help you settle into your campsite for the first night, lead you through a comprehensive ATV Experience gear shakedown and get you prepared for departure on day 2. The ATV Instructors will be with you for the entire Experience.

EXPECTATIONS OF ATV STAFF

-  Will be trained on the processes and operations of The Summit Bechtel Reserve.
-  Have become certified ASI Rider Course instructors.
-  Has received thorough training on leading groups riding ATVs.
-  Will provide a comprehensive ATV equipment shakedown.
-  Will prepare crew for the week ahead.
-  Will work through the youth leadership of the group.
-  Will present the youth crew leader with their crew’s patches at the final ATV campfire.
-  Will be focused on helping to make your crews experience memorable and positive.






The ATV staff ARE NOT crew leaders. This is a youth led experience and the ATV Staff are here to be a resource for information, specific skill instruction and to encourage leadership development in the youth.

ATV SCHEDULE AND AQUA DAY

Your program experience is 7 days from arrival to departure. Night 1 and 6 are spent at the Summit in Base Camp. Nights 2 through 5 are spent on the trail at 4 different mountain top locations. Day 6 is an aqua day, and the entire crew can participate in on-site water activities, or even a whitewater rafting experience for an additional per person fee.

This program starts with each participant taking the ASI e-course at home to get a general understanding ATV riding and situations one might find themselves in. The Polaris ATV Experience is a progressive program where we ride different trails and terrain depending on the skill level of the entire crew

ATV SCHEDULE AND AQUA DAY – CONTINUED

-  **DAY 1** This is your arrival, orientation, and shakedown day. Time to get familiar with The Summit and ready for your backcountry trip.
-  **DAY 2** We begin with the ASI S-course where participants get hands on training in a controlled environment. We continue to hone those newly learned skills throughout the day riding a variety of trails while exploring old coal mines. Then it is off to set up camp.
-  **DAYS 3-5** With ~60 miles of ATV trails on site we have several great riding areas to explore. During these 3 days of ATV riding, we stop along the way to learn about ATV maintenance, ride the Big Zip, get stuck in a mud pit (& learn how to get out of it).
-  **DAY 6** Time to wash off the ATV’s and get you back to base camp. Aqua Day with evening Summit Center activities.
-  **DAY 7** Departure Day

AQUA DAY OPTIONS

Goodrich Lake West Aquatic Activity Day Stand - Up Paddle Board, Kayaking and Water Obstacle Course activities spend the day at the lake having a variety of adventures on the water.

NOTE Must have passed their annual BSA Swimmer's test with a "Swimmer" classification.

Whitewater Rafting - For an extra fee experience a ½ day of rafting on the Lower New River Gorge in class 3 to 5 rapids.

NOTE Must have passed their annual BSA Swimmer's test with a "Swimmer" classification.

ACCOMODATIONS WHILE AWAY FROM BASE CAMP

NOTE NO FOOD IS ALLOWED TO BE STORED IN YOUR TENT.

While camping away from base camp, you will stay in wall tent style tents. Backpacking style sleeping pads are recommended. Our current ATVs do not allow for carrying cargo. For this reason, tents, cots, Camping Gear, and personal gear will be transported separately while the group is out riding each day.

CAMPSITES

Three campsites will be utilized throughout the SBR backcountry. All three are mountain top campsites, equipped with a latrine station, fire ring and food locker.

NOURISHMENT

You will receive three meals a day during your Experience. Breakfast and Dinner will be prepared and consumed at the campsites. Lunch will be prepared at the campsite and consumed at some point during the day along the Experience. For Special Dietary Needs see section below.

We will use pots and pans, and basic kitchen cooking utensils at the campsites to prepare breakfast and dinner. Youth will prepare, cook, serve, and clean up meals under the guidance of the ATV Staff and Adult Leaders.

You will need to provide your own mess kit. This should include Bowl, Knife, Spoon and/or Fork (or spork). We will have the pots, pans, "large kitchen" items etc., so no need for you to bring those. This mess kit does not need to be complicated or expensive, but it does need to last the duration of the Experience. Check out this website for some inexpensive ideas.

<https://scoutmastercg.com/a-really-highly-evolved-mess-kit-2/>

ALLERGIES AND DIETARY RESTRICTIONS

Trail meals are by necessity a high-carbohydrate, high-calorie diet rich in wheat, milk products, nuts, and sugars. If an individual in your crew is allergic to some food products on our menu or requires a special diet, suitable replacement food must be purchased at home and brought to Summit to replace those items. Summit asks that food substitutions be made only for medical (including allergies) or religious reasons. There is no fee reduction for individuals who bring their own food.

SPECIAL DIETARY NEEDS

The dining hall has the capability to provide meals that meet various special dietary needs for meals served in dining halls at The Summit (not while on Trek), including but not limited to vegetarian, vegan, religious diets, food allergies, and many more. In the spring, you will be able to indicate on your roster in the registration system any special dietary needs for your crew members. In addition, please note any special diet needs on your medical forms, also identify yourself with dining hall management upon arrival and they will be happy to assist and review ingredients in the different items and review items that are available to you.

Common Special dietary needs that The Summit Dining Hall Accommodates • Vegetarian • Vegan • Kosher • Halal • Gluten Free • Peanut Allergies

The dining hall can accommodate other special dietary needs in addition to the ones above. If you have special dietary needs please visit [SBR Dietary Needs Form](#). This would not apply to food while on the trek as stated previously.

PERSONAL GEAR STORAGE

During your gear Shakedown, everyone will be handed a large “drybag” to store their personal gear in. This will include Sleeping Bag, toiletries, clothing etc. Everything should fit into this bag for the trip. You will need to bring a hydration pack with capacity for at least 3 liters of water for carrying daily needs.

PHYSICAL PREPARATION

The programs at the Paul R. Christen High Adventure are designed as HIGH ADVENTURE which means there will be a challenging physical aspect to the program.

If you think riding an ATV is just sitting down all day and steering, you are in for a big surprise. Many people find riding an ATV to be surprisingly strenuous. You are standing and shifting your weight around on top the ATV a lot. During your Experience, you will ride about 4-6 hours a day. Both cardio and muscular exercises will be valuable. Prepare by hiking, running, and doing core exercises. Hiking is always a great way to get in shape.

Something else you will be doing a lot of at The Summit is hiking, including before, during and after the ATV Experience. The Summit is in West Virginia, the MOUNTAIN STATE. This means that you will be riding and hiking trails of varying elevations and grades while at The Summit. Take this into consideration when selecting routes for your preparation. Brand new shoes hurt feet the worst. Break them in prior to arrival.

Remember the goal, when planning your physical preparation exercises try to do them as a group. This will accelerate the bonding experience and truly pay dividends when you are on your Experience.

Participants who want to attend The Summit but do not currently meet the BMI requirements listed in the BSA Annual Health and Medical Record should consult with their physician regarding a safe and healthy plan for weight loss.

EQUIPMENT INFORMATION

Review Appendix for a detailed list of Equipment. The equipment is broken down into personal gear, crew gear and equipment provided by The Summit. Personal gear and crew gear are the responsibility of the participant and crew. **It is strongly suggested that you label your belongings.** The equipment provided by The Summit will be issued upon arrival and checked back into The Summit at the end of the week. The Summit expects the same diligent care of our equipment that you will give to your personal and crew equipment.

FOOTWEAR

Over the ankle boots are required. ATV/moto specific boots are also appropriate but may be uncomfortable for short periods of walking during the ATV ride. If you choose to wear ATV/moto boots, you may want to bring a pair of lightweight sneakers to carry with you for hikes. Inappropriate ATV footwear includes sneakers, sandals, and water shoes.

CLOTHING

One of the most important decisions you will make in preparation for your Experience is what you bring to wear while on the trail. We hope for beautiful bluebird sunshine days for everyone who is on an Experience, however, Mother Nature sometimes has other plans and no matter how dry it is, you are guaranteed to get muddy on this Experience. If you are appropriately dressed, you will stay as comfortable as possible in even the worst conditions. Below is some information and guidelines to support you when making decisions on your clothing selections.

The ATV Experience season from June to August is considered **summer** in the New River Gorge. Always check weather forecasts prior to arrival and adjust as needed.

NOTE A long sleeve shirt and durable pants are required while riding the ATV. Jeans are not the best riding pant, especially if they are on the tighter side. Loose fitting work pants (like Carhart's) are more appropriate for riding.

CLOTHING - CONTINUED








It is simple in the summer when the sun is out. The temperatures are warm so your main concern will be to protect yourself from the sun. A wicking long-sleeve t-shirt or jersey and a pair of durable pants is a good base layer. A light windbreaker is good to have in case of a sudden shower or temperature change. You will have room in your bags for your extra layer. While riding, you will be wearing goggles, but bring sunglasses for when you are not riding.

We will provide a helmet, goggles (& gloves if you forgot yours) for you to use while riding. You are welcome to bring your own gear if you wish, but it will need to be inspected and approved by the ATV Experience Director.

Rain gear should include pants and a jacket and will travel with you in your daypack. ATV/moto specific rain gear is ideal, but not necessary.




OTHER CLOTHES TO BRING ON THE EXPERIENCE

(Base and mid layers might be overkill during the summer months but something lightweight could be useful if we have a few rainy days in a row...)

-  **Base Layer** Polypropylene, Capilene, Thermax and thermion are some of different types of synthetic long underwear that is available. Anyone who does anything outdoors should invest in a set. It is indispensable for hiking, biking, skiing, water sports, gardening or just staying comfortable in a chilly house. These fabrics are designed to wick moisture away from your body. They are hydrophobic, meaning they do not absorb water; rather they transfer it to your outer layers where it can evaporate keeping your core more comfortable. Silk long underwear is available and feels great, but it is not as effective as synthetics.
-  **Mid Layer** Next, you will want to add a layer of fleece or pile. These are thicker and fluffier than your base layer and supply insulation and warmth. Made from synthetic fibers, they will not absorb nearly as much water as natural fibers. Wool provides some insulation when it gets wet but not as much. Cotton is an absolute no-no. It will make you cold. We guarantee it. Leave that sweatshirt at home or save it for snuggling into after your trip.
-  **Outer Layer** The purpose of this layer is to block the water. It can take several forms. Cycling rain jackets are ideal because they have an extra tail that prevents water from reaching your sensitive core. Waterproof-breathable (such as Gore-Tex) or coated nylon rain shells work well too. Ponchos will not work while riding.
-  **Socks & Hats** If your feet are warm, your whole body will be warm. We recommend lightweight cycling socks. The next best thing is wearing lightweight wool or synthetic socks. For your head, a lightweight cycling or skiing beanie will keep you warm. There will be room under your helmet for a thin hat.
-  **Closed Toed Shoes** All Summit activities require closed toed shoes for participation. Water shoes are recommended for on-site water activities but required for White Water Rafting.
-  **The Summit Trading Post** We all know the motto of the BSA is **Be Prepared**. We also all know that no matter how hard you try someone is going to forget something. The Summit Trading Post will be stocked with many of the items on the equipment list that are crucial for participation. If the Trading Post is out of an item, The Summit staff will assist participants with purchasing crucial items from a retailer in the local area.
-  **Custom Crew T-Shirts** you will be able to order custom crew t-shirts directly from The Summit Trading post.

ADDITIONAL NOTES ON EQUIPMENT AND GEAR

The Summit will provide ATVs, bags, maps, tents, a dining fly, cooking equipment, water at the campsites and a first aid kit.

-  There will be **1 tent** per 2 campers.
-  You are required to bring your own hydration pack with capacity for at least 3 liters of water. If you desire, you can add more additional gear space by bringing a larger hydration pack.
-  You can bring your own equipment such as gear bags, tents, cooking equipment, etc. However, we cannot guarantee that our equipment will match up to your equipment.

APPENDIX: EQUIPMENT LIST

EXPERIENCE EQUIPMENT LIST: THESE ITEMS WILL FIT INTO YOUR DRY BAG OR DAY USE DRY BAG.

Code:

- *- available at trading post
- S- Share with buddy
- F-Female participants
- O- Optional
- X-Signature items

EQUIPMENT	QTY	COMMENTS	Codes	Check
Personal Clothing				
lightweight hat	1	for cool mornings and nights	* O	
socks	3-7 pairs	synthetic or wool	*	
lower body base layer	1	synthetic or wool	*	
upper body base layer	1	synthetic or wool, long sleeve	*	
camp pants or shorts	1-2	lightweight, comfortable	*, O	
riding pants	2-3	durable, +6ATV/Moto is nice, but not necessary		
rain pants	1	durable, ATV/Moto is nice, but not necessary	*	
rain jacket	1	durable, ATV/Moto is nice, but not necessary	*	
lightweight mid-layer	1	wool or fleece pullover	*	
shirt - long sleeve	2-3	moisture wicking, no cotton	*	
shirt - short sleeve	2	moisture wicking, no cotton	*	
Underwear	4-7 pairs	moisture wicking, no cotton		
sports bra	2	synthetic	F	
Riding/work gloves	1 pair	Long finger gloves to wear while riding to protect your hands		
Personal Sleep System				
sleeping bag	1	less than 5 pounds packable in compression a sack	*	
sleeping pad	1	packable	O	
sleeping clothes	1	worn only in sleeping bag - t-shirt & gym shorts acceptable		
Footwear				
Boots	1	above ankle hiking boots or moto style riding boots		
Camp shoes	1	lightweight & comfortable	O	

Continued on Next Page

Personal Equipment				
hydration pack	1	3L water capacity	*	
Large duffel bag/backpack+	6-12	keep gear organized inside of the "Drybag" provided by The Summit		
small stuff sacks	2-3	pack/organize personal items	*, O	
Small camp chair	1	Nice to have in camp, can be transported from site to site	O	
bowl	1	deep bowl, lightweight material		
mug/cup	1	lightweight material	O	
spoon/spork	1	lightweight sporks are popular		
flashlight/headlamp	1	lightweight, durable, and extra batteries	*	
compass	1		*, O	
money	\$50	for optional spending at trading post	O	
lip balm	1	w/ SPF	*	
soap	1	biodegradable	*	
toothbrush	1		*	
toothpaste	1	trial size	*	
deodorant	1	trial size		
camp towel	1	small, quick dry	*, O	
tampon/pads			*, F	
personal medication		enough for duration of time at The Summit		
sunglasses	1	durable	*	
watch	1		O	
camera	1	Bring a memory card and extra batteries or a disposable camera	O	
whistle	1		*, O	
body powder	1			
Portable power bank	1	Charge your devices while away from basecamp	*,O	
Equipment Provided by Crew				
matches/lighter	3-4			
sewing repair kit	1		O	
first aid kit	1	mostly for travel to and from The Summit		
duct tape	1	small amount for trail repairs	*	
spices		extra flavor for cooking	O	
nylon cord	3	50' x 1/8"	*	
sunscreen	2-3	SPF 25 or higher	*	
insect repellent	2	no aerosol	*	
multi-tool	1-2			
trowel/shovel	1			
toilet paper	1-2			
Issued By SBR				
map set	2			
Dining Fly	1			
tent	1 per 2 campers			
kitchen cooking set	1-2			
plastic trash bags	10			
cots	1 per camper			
first aid kit	1			