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Your youth or Venturer's experience at the National Jamboree will form memories for years to come. Making sure he/ she is adequately prepared will ensure the most exciting, safest, and memorable experience possible...

Unlike the past jamborees held at Ft.A.P. Hill this jamboree will be literally taking place on the tops of the West Virginia mountains.

Youth and adults will be walking everywhere they want to go. There will be "NO" bus transportation to ferry youth or adults around at the Summit. All activities will be within a mile and a half of where your youth is staying.

Youth will need to be physically fit to really get the most out of this jamboree. The BSA has come up with strict physical guidelines for everyone, youth and adults alike who are attending the jamboree. To hear more about the 2013 physical guidelines, view National Commissioner Tico Perez's video below or view the physical guidelines by [clicking here](#).

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**BE PREPARED! PHYSICAL FITNESS** Obesity and being overweight have been shown to increase the likelihood of certain diseases and other health problems: hypertension, heart attack, dyslipidemia, and stroke. Anyone who is obese and has multiple risk factors for cardiovascular/cardiopulmonary disease would be at much greater risk of an acute cardiovascular/cardiopulmonary event imposed on them by the environmental stresses of the Summit. Our goal is to prevent any serious health-related event from occurring, and ensuring that all of our participants and staff are “physically strong.”

The Centers for Disease Control is the national body that monitors our overall health as a country, and it makes recommendations to help us stay or become healthy. The CDC suggests using a body mass index as a screening tool for obesity; it is easy and only requires knowing your height and weight. The BMI is a governmental calculation based on nationwide statistics that take into account variables that include geography, age, and sex. The simple online calculator to determine your BMI can be found at [www.cdc.gov/healthyweight/assessing/bmi/](http://www.cdc.gov/healthyweight/assessing/bmi/)

The CDC defines the BMI Healthy Weight as follows:

- If your BMI is **less than 18.5**, it falls within the “**underweight**” range.
- If your BMI is **18.5 to 24.9**, it falls within the “**normal**”  
or  
**Healthy Weight**  
range.
- If your BMI is **25.0 to 29.9**, it falls within the “**overweight**”  
range.

- If your BMI is **30.0 or higher**, it falls within the “**obese**” range.

We know the BMI is just one of the factors to be considered, and we will take those other “co-morbidities” into account as we make our decisions about an individual’s inclusion in the jamboree. The BSA high-adventure bases have determined they will exclude anyone from participation that has a BMI of 32.0 or higher, regardless of any other circumstances. The national jamboree at the Summit has some high-adventure elements but is not a 24/7 high-adventure experience, so we have modified the criteria for the jamboree.

Accordingly, it is the policy of the 2013 National Scout Jamboree that:

***The national jamboree will uphold a decision by an applicant’s personal health care practitioner to deny participation for medical reasons. The national jamboree will accept for participation applicants that are recommended for participation by their health care practitioner and have a BMI of 31.9 or less.***

***The national jamboree will consider for participation applicants with a BMI of 32.0 to 39.9 and/or one of the following risks:***

***-Hypertension -Diabetes mellitus -Tobacco use -Dyslipidemia -Prior heart attack -Coronary angioplasty/stent***

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***Prior stroke or transient ischemic attack (TIA)***

***-Coronary artery surgery***

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***Family history of premature (before age 55) coronary artery disease***

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***Sleep apnea requiring CPAP or BiPAP***

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## **COPD**

***\*Applicants may be requested to provide further documentation, including cardiac testing, pulmonary testing, or further information from their physician to ensure the applicant's ability to participate.***

***Jamboree Medical Services will provide specific instructions to the practitioner to determine eligibility.***

***The national jamboree cannot accept for participation any applicant with a BMI of 40.0 or higher.***

## **TOBACCO**

The current  
*Guide to Safe Scouting*  
states:

*“Adult leaders should support the attitude that they, as well as youths, are better off without tobacco in any form and may not allow the use of tobacco products at any BSA activity involving youth participants. All Scouting functions, meetings, and activities should be conducted on a smoke-free basis, with smoking areas located away from all participants.”* Accordingly, it is the policy of the 2013 National Scout Jamboree that:

***Smoking and the use of smokeless tobacco is prohibited in all national jamboree buildings, tents, and vehicles. While in BSA uniform and/or on duty, smoking or the use of smokeless tobacco is not permitted. The use of tobacco by visitors or off-duty non-uniformed staff or leaders will be restricted to designated areas.***

## **ALCOHOL**

The current  
*Guide to Safe Scouting*  
states:

*The following statement was approved by the National Executive Board of the Boy Scouts of America: "It is the policy of the Boy Scouts of America that the use of alcoholic beverages and controlled substances is not permitted at encampments or activities on property owned and/or operated by the Boy Scouts of America, or at any activity involving participation of youth members."*

Accordingly, it is the policy of the 2013 National Scout Jamboree that:

***Alcoholic beverages and controlled substances are not permitted at the national jamboree.***