



## AN UNPARALLELED OUTDOOR ADVENTURE EXPERIENCE

At Winding Waters Adventures, we believe the best memories are made outdoors – where the current is strong, the air is fresh, and every twist in the trail brings something new.

### **Winding Waters Adventures Program Leader's Guide**



Dear Leaders and Scouts,

Welcome to the Winding Waters Adventures Program at Camp Pellissippi, the Great Smoky Mountain Council's premier high-adventure experience. We are thrilled that you have chosen to embark on this journey, where your crew will paddle, hike, ride, climb, and camp through some of the most beautiful and challenging environments in East Tennessee.

This guide is designed to prepare you for success and ensure your Scouts have a safe, rewarding, and unforgettable experience. Winding Waters emphasizes Scout-led adventures, skill development, conservation, and the values of the Scout Oath and Law.

Thank you for joining us on this adventure of a lifetime.

Yours in Scouting,

Russell Patterson  
Camp Director

Camp Pellissippi  
Winding Waters Adventure

## **SCOUT OATH**

On my honor I will do my best to do my duty to God and my country and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

## **SCOUT LAW**

A Scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent.

## **OUTDOOR CODE**

As an American, I will do my best to be clean in my outdoor manners, be careful with fire, be considerate in the outdoors, and be conservation minded.



## PROGRAM OVERVIEW

Winding Waters Adventures offers four customizable high-adventure trek experiences designed to challenge participants while developing outdoor skills, leadership, teamwork, and self-confidence. Each trek provides unique opportunities for adventure, exploration, and personal growth in some of East Tennessee's most scenic outdoor environments.

The **River Runner** trek features canoeing, kayaking, and optional whitewater rafting opportunities on Norris Lake, the Clinch River, and the Ocoee River. Participants develop paddling skills while learning about water safety, hydrology, and aquatic ecology.

The **Mountain Bike Madness** trek takes participants across more than 30 miles of single-track trails at Camp Pellissippi and Knoxville's Urban Wilderness. Along the way, Scouts build riding proficiency through skills instruction, trail experiences, and bike maintenance training.

The **Trek Tennessee** experience focuses on backpacking and backcountry exploration through destinations such as Big South Fork and Mt. LeConte. Participants practice navigation skills, apply Leave No Trace principles, and contribute to conservation projects while experiencing the challenges and rewards of wilderness travel.

For crews seeking a broad range of outdoor experiences, the **Appalachian Adventure** trek combines biking, paddling, climbing, caving, and canopy tours into one comprehensive high-adventure program. This trek is designed to provide participants with exposure to multiple outdoor disciplines while fostering adaptability, teamwork, and confidence.

Regardless of the trek selected, all Winding Waters Adventures programs are designed to challenge Scouts both physically and mentally while strengthening leadership skills, teamwork, self-reliance, and a commitment to outdoor ethics and conservation.

## SAMPLE 6-DAY ITINERARY

Day 1 – Arrival, check-in, gear issue, paddle clinic, welcome campfire and Safety Moments to include exactly what the name implies: opportunities to prepare for an activity, review safety measures and report incidents correctly.

Day 2 – Safety moment, morning biking skills clinic, afternoon paddle & ecology stop, evening stargazing Navitat

Day 3 – Safety moment, backpacking trek begins, campsite setup, Leave No Trace session

Day 4 – Safety moment, summit hike or climbing, afternoon biking or whitewater, crew-cooked dinner

Day 5 – Safety moment, Caving or canopy tour, afternoon paddle, closing campfire & awards



Day 6 – Safety Moment, Final paddle/ride, gear return, farewell ceremony & departure

## **SAFETY & LOGISTICS**

Guidance for Clear and Effective Safety Moments in Scouting: Safety moments are a crucial component of Scouting America’s Culture of Safety, underscoring our commitment to identifying, preventing, or mitigating hazards and risks in all Scouting activities. As with other safety-conscious organizations, Camp Pellissippi initiate meetings and events with a brief pause to discuss potential dangers and how to avert them, focusing the group’s attention on safety protocols.

Winding Waters Adventures is designed for Scouts BSA youth and older participants seeking a challenging high-adventure experience. Participation is recommended for Scouts who are at least 13 years of age and prepared to meet the physical and mental demands associated with their selected trek.

*Hazardous Weather Training.* All crews must have a leader that is trained in Hazardous Weather Training.

*Understanding and Preventing Peer on Peer Abuse.* All camp staff must complete this training, and copies of each staff member’s Understanding and Preventing Peer on Peer Abuse online training.

Crews should consist of six to ten participants and must be accompanied by a minimum of two registered adult leaders in accordance with Scouting America policies and youth protection requirements. Maintaining appropriate leadership and supervision helps ensure a safe, organized, and successful adventure experience for all participants.

Winding Waters offers an adventure program that provides participants a risk of physical and other preparations that should be completed prior to arrival so that they are prepared for the adventure experience (refer to leader’s guide).

Each guided trek is supported by a trained Trek Guide who is certified in First Aid, CPR, Wilderness First Aid, and Youth Protection. Trek Guides provide leadership, instruction, and support throughout the program while helping crews develop outdoor skills, practice safe adventure techniques, and maximize their overall experience in the field.

All campers and staff participate in a pre-trip orientation, conducted by a key member of the trek program staff that is knowledgeable about the program, that includes at least the following:

1. Safety regulations and emergency procedures for all activities the participants will experience
2. First-aid, health, sanitation, and backcountry hygiene practices
3. Environmental impact practices to be followed
4. Location and procedures for accessing medical and emergency assistance while on the trip



5. Local environmental safety precautions including terrain, weather, insects, poisonous plants, animals, etc., and how to respond to adverse situations
6. How to select a safe campsite that is protected from dead trees or limbs, wind, falling rock, excessive sun, etc.
7. Crews trained in procedures for securing food from animals

## **SPECIAL NEEDS**

The Great Smoky Mountain Council and Camp Pellissippi has a routine plan and supports making the camp's programs accessible to Scouts, leaders, and visitors with special needs to the extent feasible. Winding Waters as a part of its verification, ensures that the program of the camp is made available to campers with special need. If access/participation is difficult, problematic, or too high risk, the camp will evaluate whether the program can be offered to the Scout in a different location or way. The camp will ensure that an individual familiar with the conditions and abilities of a participant with special needs is available to assist when needed. This individual can be a professional caregiver, a family member, or an individual designated by the participant's parent or legal guardian who is familiar with the condition of the participant. TREK programs are a strenuous high adventure activity. Participants are advised that they should be evaluated, prior to arrival, for their ability to manage the rigors of the TREK. Participants that require respiratory assistance or other medical situations may be subjected to significant impact damage to the body should not attend. This is in support of the Camp's detailed Program Hazard Analysis.

## **MEDICAL**

All participants must submit a current Scouting America Annual Health and Medical Record (Parts A, B, and C) prior to participating in any Winding Waters Adventures program. Participants enrolled in water-based treks are also required to successfully complete a swim test. Original medical forms will be maintained at camp, while copies will accompany each trek crew and be readily available as needed during off-site activities.

The Council maintains established emergency procedures that include kitchen operations, cleanup procedures, checkout procedures, and emergency response protocols. Detailed emergency procedures will either be provided in full or made available to leaders and participants upon arrival. Reception and parking are managed at the entrance to the property, and all camp check-in procedures are controlled by camp staff. Vehicles are not permitted in camping areas unless parked in designated parking locations.

Swimming and boating activities are not permitted within a designated Council camp unless an approved Aquatics Director is on site and actively managing those activities. The camp warehouse is off limits to all participants and visitors unless specifically authorized. In the event of a search and rescue situation, operations will be coordinated and directed by the on-site Camp Director, Professional Staff, and/or Ranger, with support provided by local emergency response agencies as needed.



All participants will receive orientation on the safety regulations and emergency procedures associated with the activities they will experience. This orientation will also include instruction on first aid, health, sanitation, and backcountry hygiene practices to ensure a safe and successful adventure experience.

## **SAFETY PROTOCOLS**

The safety of all participants is a primary focus of the Winding Waters Adventures program. The buddy system will be utilized at all times, and daily headcounts will be conducted and managed by Crew Leaders to ensure accountability and participant safety. Each crew should also bring a completed leadership role assignment sheet identifying youth and adult leadership responsibilities. Note: Buddy system & daily headcounts are to be managed via CREW Leaders. In addition, the CREW should bring a leadership role assignment sheet.

Proper safety equipment is required for all adventure activities. Personal Flotation Devices (PFDs) must be worn during all paddling activities, and helmets are required for biking, climbing, and caving activities. All participants and leaders are expected to practice and uphold Leave No Trace principles throughout their trek experience to minimize environmental impact and promote responsible outdoor ethics.

All crews must comply with Scouting America's Barriers to Abuse policies. In addition, all crew participants who are 18 years of age or older are required to provide proof of current Safeguarding Youth Protection Training upon arrival at camp.

Campfire/Fireplace -Operation -Standard BSA policy, no liquid fuels are to be used in fires.

To ensure adequate emergency preparedness, at least one member of each crew, and preferably two or more, must hold a current American Red Cross Wilderness First Aid certification, Emergency Care and Safety Institute (ECSI) Wilderness First Aid certification, or an equivalent credential. In addition, those individuals must maintain current American Red Cross or ECSI Adult and Child CPR/AED certification, or an equivalent certification, throughout the duration of the trek.

## **PACKING LISTS**

### **UNIVERSAL GEAR**

- Health Form A/B/C
- Daypack & hydration system
- Quick-dry clothing, rain gear, layered clothing
- Headlamp with extra batteries
- Sturdy trail shoes and water shoes
- Mess kit, utensils, mug
- Personal toiletries, small towel



## **RIVER RUNNER ADDITIONS**

Participants in the River Runner Trek should bring appropriate gear for extended water-based activities, including water shoes, dry bags, and a rain jacket. Because River Runner is a strenuous high-adventure program, participants should evaluate their physical condition prior to arrival to ensure they are capable of safely managing the demands of the trek. Individuals who require respiratory assistance or who may be susceptible to significant impact-related injuries should carefully consider their ability to participate and consult with their physician if necessary.

Each crew member is required to bring a properly fitted U.S. Coast Guard-approved Personal Flotation Device (PFD) that is age- and size-appropriate and in excellent condition. Ski belts are not acceptable. Additional paddling safety equipment is recommended in accordance with Canoeing Merit Badge guidance and best practices for aquatic adventures.

Participants will receive instruction on the proper use, refueling, transportation, and storage of all chemical fuel devices and fuels used during the trek. Youth participants may use fuel-burning equipment only under the supervision of an adult who is knowledgeable in its operation. Open flames and chemical fuel devices are not permitted in or near tents. Empty fuel cartridges must be properly disposed of upon returning from the trek, and all fuel must be carried in designated fuel bottles that are clearly distinguishable from water containers, even in low-light conditions.

All canoeing activities will take place on approved open waterways designed for that purpose. Entering private property or unauthorized locations is prohibited. Crews are expected to use only approved campsites and to follow all applicable safety, environmental, and Leave No Trace guidelines throughout the trek experience.

## **MOUNTAIN BIKE MADNESS ADDITIONS**

Participants in the Mountain Bike Madness Trek should arrive with the equipment necessary for a safe and successful riding experience, including a properly fitted bicycle helmet, gloves, a repair kit, and extra inner tubes. Additional personal gear and equipment recommendations are provided in the packing lists contained within this Leader's Guide. Upon arrival, the Trek Guide will conduct a gear shakedown to help identify unnecessary items and ensure participants are properly equipped for the trek.

Mountain Bike Madness is a strenuous high-adventure program that requires participants to be physically prepared for extended riding and challenging trail conditions. Participants should evaluate their physical condition prior to arrival to ensure they are capable of safely managing the demands of the trek. Individuals who require respiratory assistance or who may be susceptible to significant impact-related injuries should carefully consider their ability to participate and consult with their physician if necessary.

Each participant is required to bring and wear a personal bicycle helmet during all riding activities. Additional protective equipment is strongly recommended in accordance with Cycling Merit Badge guidance and accepted cycling safety practices. To support crew safety and emergency preparedness, at least one member of each crew must hold a current American Red



Cross Wilderness First Aid certification or equivalent credential. Each crew must also bring a consolidated trail first-aid kit customized to meet the general and specific needs of its participants.

All Mountain Bike Madness activities will be conducted in accordance with Leave No Trace principles and Scouting America safety guidelines. Biking is restricted to established trails and routes designed for cycling use. Off-trail riding, bushwhacking, trail creation, and travel through unauthorized areas are not permitted.

## **TREK TENNESSEE ADDITIONS**

Participants in the Trek Tennessee program should arrive prepared for a backcountry backpacking experience and bring appropriate equipment, including a backpacking tent, sleeping bag, sleeping pad, stove, and water filtration system. Additional recommended gear and personal equipment are outlined in the packing lists contained within this Leader's Guide.

To ensure proper accountability and emergency preparedness, one copy of the trek itinerary, along with a roster containing the names, addresses, and home phone numbers of all leaders and crew members, must be maintained at the base of operations throughout the duration of the trek. In addition, the Trek Guide and at least one additional adult leader will carry emergency contact information for local emergency services and maintain supplemental power sources for communication devices when necessary.

All participants should be trained in the use of map and compass navigation and/or Global Positioning System (GPS) technology prior to participating in the trek. These skills are essential for safe travel and route finding in backcountry environments.

Winding Waters Adventures will provide cooking equipment, stoves, fuel, and tarps that meet Scouting America standards. Before departing Camp Pellissippi, the Trek Guide will inspect all equipment to ensure it is operating properly and meets all applicable safety requirements. Throughout the trek, crews are expected to follow standard Scouting America backcountry sanitation, restroom, and hygiene practices to promote health, safety, and responsible outdoor stewardship.

## **APPALACHIAN ADVENTURE ADDITIONS**

Details can be provided if needed

## **AWARDS & ADVANCEMENT**

All participants who successfully complete a Winding Waters Adventures program will earn the Winding Waters Adventures Patch in recognition of their accomplishment and participation in one of the Council's premier high-adventure experiences. In addition to program recognition,



participants may have opportunities to work toward advancement requirements and merit badges available through Scouts BSA, Venturing, and Sea Scouting. Depending on the activities included in their trek, advancement opportunities may include Cycling, Hiking, Canoeing, Kayaking, Climbing, and Environmental Science merit badges.

Winding Waters Adventures is designed to provide meaningful outdoor experiences that promote personal growth, leadership development, and self-discovery. Participants will have opportunities to reflect on personal goals and apply the lessons learned through their biking, paddling, hiking, climbing, and other adventure experiences. Because these activities involve physical and environmental challenges, participants are encouraged to prepare appropriately prior to arrival by reviewing the Leader's Guide, understanding trek expectations, and ensuring they are physically prepared for the adventure.

The conservation and stewardship of Camp Pellissippi's natural and cultural resources are fundamental to the Winding Waters Adventures program. To ensure the goals and objectives of the Camp Conservation Plan are achieved, all resource management policies must be strictly followed. Failure to do so may negatively impact environmental quality and the overall program experience. Scouts, Scouters, and all other camp users are expected to take extraordinary measures to protect and preserve camp resources. The collection or removal of plants, wildlife, or other natural resources is prohibited unless specifically authorized through an approved permit or other authorization. Participants will be informed of camp policies regarding vehicle operation, speed limits on dirt roads, open-fire and smoke-production restrictions, and other resource protection measures. Copies or summaries of applicable conservation policies may be provided during check-in or orientation to ensure all participants understand their responsibilities.

Participants who contribute to approved conservation projects during their trek may receive service-hour credit for their efforts. In recognition of continued support and participation in the Winding Waters Adventures program, leaders who participate in multiple treks may also be recognized with a Council commendation.

## **Additional Information Can be Provided**

- Camp Pellissippi Map
- River Runner Routes
- Mountain Bike Madness Trails
- Trek Tennessee Backpacking Loops
- Appalachian Adventure Composite



# **APPENDIX A – PRE-TREK LEADER CHECKLIST**

## **90+ DAYS BEFORE ARRIVAL**

- Register all youth and adult participants
- Confirm two-deep registered adult leadership
- Review trek selection and physical requirements
- Begin participant fitness preparation plan
- Distribute Program Leader's Guide and packing lists
- Verify all participants meet minimum age requirements

## **60 DAYS BEFORE ARRIVAL**

- Collect Annual Health & Medical Record Parts A/B/C
- Schedule unit swim checks for aquatic programs
- Hold crew planning meeting
- Confirm transportation arrangements
- Review of dietary restrictions and medical needs
- Begin shakedown hikes/rides/paddles

## **30 DAYS BEFORE ARRIVAL**

- Finalize participant roster
- Review emergency contact information
- Conduct gear inspection
- Confirm all required waivers/forms are completed
- Assign youth leadership positions
- Review Leave No Trace principles
- Review weather preparedness and contingency plans

## **14 DAYS BEFORE ARRIVAL**

- Submit final participant numbers
- Confirm arrival and departure times
- Recheck all medical forms
- Review safety procedures with participants
- Ensure all participants have proper footwear and clothing
- Conduct final gear shakedown

## **DAY OF DEPARTURE**

- Bring all health forms and permission slips
- Conduct final attendance check
- Verify medications are properly labeled
- Ensure each participant has hydration and daypack



- Confirm emergency contact list is accessible
- Review behavior expectations and Scout Oath/Law

## **APPENDIX B – TREK-SPECIFIC PACKING LISTS**

### **RIVER RUNNER**

- Quick-dry shirts and shorts
- Water shoes with closed toes
- Swimsuit
- Rain jacket
- Wide-brim hat
- Sunglasses with retention strap
- Sunscreen and insect repellent
- Refillable water bottles or hydration bladder
- Dry bags or waterproof storage

### **MOUNTAIN BIKE MADNESS**

- Mountain bike helmet (required)
- Gloves
- Athletic clothing
- Closed-toe athletic shoes
- Hydration system
- Small daypack
- Eye protection/sunglasses

### **TREK TENNESSEE**

- Backpacking pack
- Sleeping bag
- Sleeping pad
- Backpacking tent or shared tent
- Hiking boots
- Moisture-wicking socks
- Trail clothing layers
- Rain gear
- Mess kit
- Flashlight/headlamp

### **APPALACHIAN ADVENTURE**

- Combination of hiking, water, and activity clothing
- Daypack



- Closed-toe shoes
- Water shoes
- Rain gear
- Hydration system
- Climbing helmet (provided if needed)

## APPENDIX C – CREW ROSTER TEMPLATE\*

| Participant Name | Youth/Adult | Age | Emergency Contact | Phone Number | Medical Concerns | Swim Classification |
|------------------|-------------|-----|-------------------|--------------|------------------|---------------------|
|                  |             |     |                   |              |                  |                     |
|                  |             |     |                   |              |                  |                     |
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|                  |             |     |                   |              |                  |                     |

- Buddy system assignment should be included

## LEADERSHIP CONTACTS

| Position          | Name | Phone |
|-------------------|------|-------|
| Lead Advisor      |      |       |
| Assistant Advisor |      |       |
| Camp Contact      |      |       |
| Emergency Contact |      |       |



## APPENDIX D – YOUTH LEADERSHIP ROLE ASSIGNMENT SHEET

| Position                | Responsibilities                               | Assigned Scout |
|-------------------------|------------------------------------------------|----------------|
| Crew Leader             | Oversees crew operations and morale            |                |
| Assistant Crew Leader   | Supports Crew Leader and coordinates schedules |                |
| Navigator               | Assists with maps, routes, and trail awareness |                |
| Quartermaster           | Oversees group gear and equipment              |                |
| Chaplain Aide           | Leads reflections and Scout's Own services     |                |
| Leave No Trace Officer  | Ensures outdoor ethics are practiced           |                |
| Health & Safety Officer | Assists with hydration and buddy checks        |                |
| Food Coordinator        | Organizes meals and cleanup                    |                |
| Photographer/Historian  | Documents about the trek experience            |                |

## SUGGESTED DAILY REFLECTION QUESTIONS

- What challenge did our crew overcome today?
- How did we demonstrate Scout Law?
- What could we improve tomorrow?
- How did we protect the environment today?

## APPENDIX E – MEDICAL & SWIM TEST CHECKLIST

### MEDICAL DOCUMENTATION

- Annual Health & Medical Record Part A
- Annual Health & Medical Record Part B
- Annual Health & Medical Record Part C
- Copy of insurance card
- Medication instructions (if applicable)



### LEADER VERIFICATION

- ☐ All forms signed and current
- ☐ Emergency contacts verified
- ☐ Medications labeled correctly
- ☐ Allergies documented
- ☐ Dietary restrictions documented

### SWIM TEST VERIFICATION

| Participant Name | Swimmer | Beginner | Non-Swimmer | Date Completed |
|------------------|---------|----------|-------------|----------------|
|                  |         |          |             |                |
|                  |         |          |             |                |
|                  |         |          |             |                |
|                  |         |          |             |                |
|                  |         |          |             |                |

### AQUATIC SAFETY REMINDERS

- Properly fitted PFDs required at all times during boating activities
- Buddy system enforced during all aquatic activities
- Follow all instructions from Trek Guides and aquatics staff
- Hydration and sun protection are essential

