





# SURVIVAL CHALLENGE WEEKEND

## March 11<sup>th</sup> – March 13<sup>th</sup>, 2016

# LEADERS GUIDE

(LAST UPDATED 12/6/15)



TIDEWATER COUNCIL, BSA 1032 Heatherwood Drive Virginia Beach, VA 23455 <u>www.TidewaterBSA.com</u>



PIPSICO SCOUT RESERVATION 57 PIPSICO ROAD Spring Grove, VA 23881 www.PipsicoBSA.com

## TABLE OF CONTENTS

Survival Challenge Information	.3
Introduction	.4
Attendance Requirements	.4
Search and Rescue Merit Badge Notes	.4
Wilderness Survival Merit Badge Notes	.4
Tentative Schedule of Events	.5
General Event Information	.5
Check-In	.5
Check Out	.5
Meals	.5
Visitors & Guests	.6
Adult Leaders	.6
Staff	.6
General Rules	.6
Campsites	.6
Trading Post	.6
Water and Bath Facilities	.6
PARKING	.7
Medical Matters	.7
Medicals	.7
Medical Treatment	.7
Prescription Medications	.7
Emergency Procedures	.7
Youth Protection Policies	.7
General Policies	.8
Check-in Form	11
Evaluation Form	12
Appendix A: Registration Form	13
Appendix B: Search and Rescue Merit Badge Program Details	14
Pre-Course Work:	14
Event Activities:	14
Appendix C: How to Get to Camp	15

## SURVIVAL CHALLENGE INFORMATION

When	March 11- March 13, 2016 (Friday – Sunday)				
	Be Prepared. There is no rain/snow date for the event. All units should prepare for foul weather.				
What	Experience cold weather camping, Advancement, Training and Fun Opportunities				
Where	Pipsico Scout Reservation 57 Pipsico Road Spring Grove, VA 23881				
Contact	Evan Sommerfeld Camp Director 757-497-2688 ext. 212 Email: <u>esommerf@bsamail.org</u> Wes Parker VP of Camping Operations 757-635-2696 Email: <u>wparker@pipsicobsa.com</u>				
Register	Tidewater Council Service Center 1032 Heatherwood Drive Virginia Beach, VA. 23455				
Cost	<b>\$18</b> per Scout, <b>\$10</b> per adult If paid in full by February 27, 2016				
	<b>\$23</b> per Scout, <b>\$15</b> per adult If paid in full after February 27, 2016				
	NO REGISTRATIONS WILL BE ACCEPTED AFTER MARCH 5, 2016				
THERE WI	LL BE NO ON-SITE REGISTRATION. ALL PARTICIPANTS ARE TO REGISTER THRU The tidewater council service center.				

**Refunds** Units must notify the Scout Office before camp begins if a Scout will not be attending. Refunds of pre-paid program fees will be made by check from the Scout Service Center following the program weekend only in the case of documented illness or family emergency. No Refunds can be given if the Council is notified <u>after March 5, 2016</u> as pre-paid expenses will already have been incurred. No refunds for partial attendance will be granted.

## **INTRODUCTION**

The Tidewater Council, Boy Scouts of America welcomes you to the Survival Challenge Weekend at Pipsico Scout Reservation (PSR). This weekend event will provide a great opportunity for Scouts to hone their cold weather camping skills, provide a chance to complete advancement requirements, earn merit badges and have lots of fun!!

This Special Event Activity Weekend at Pipsico provides the opportunity for scouts to complete both the <u>Search</u> and <u>Rescue</u> **AND** the <u>Wilderness Survival Merit Badges</u>. Additionally for Venture scouts, specific program attributes have been worked into the schedule to certain accomplish advancement requirements. Some major highlights from the weekend will include a full scale search and rescue operation, utilizing large parts of Pipsico Scout Reservation and local emergency volunteers. Additionally, as part of the Wilderness Survival Experience, scouts will be taken to new and remote parts of our 916 acre facility to see different elements that nature provides that can come in handy for construction of survival shelters.

Per National BSA advancement policies, Scouts must have their Scoutmaster's approval before beginning work on a merit badge. Scoutmasters, please provide your youth we a completely filled out and signed blue card that will be handed to the merit badge counselor for signing of the requirements completed. The camp will provide qualified merit badge counselors to present the merit badge material, and lead practical assignments and exercises.

Merit badge counselors will indicate on the Blue Card what each Scout has completed at camp and then return it to the unit upon completion of the weekend.

PSR is a Nationally Accredited Camping Facility that follows and enforces all of the policies, rules and regulations of the Boy Scouts of America and the Tidewater Council. For updates please refer to the Pipsico website at <a href="http://PipsicoBSA.com">http://PipsicoBSA.com</a> click on the "Special Events" link at the top of the page.

#### ATTENDANCE REQUIREMENTS

All campers must be a registered member of the Boy Scouts of America and in either a <u>Boy Scout Troop or Venture</u> <u>Crew.</u> <u>Provisional Campers (those attending without their unit) are welcome to attend and participate!</u> Provisional campers will be assigned to another unit with adult supervision.

## Search and Rescue Merit Badge Notes

See Page 13 for more details specific to the Search and Rescue Merit badge. Youth choosing this merit badge need to complete the following prior to the weekend:

- Review requirement 5 and be prepared to discuss this in class
  - Req. 5: Complete the online training for ICS-100 <a href="http://emilms.fema.gov/IS100b/index.htm">http://emilms.fema.gov/IS100b/index.htm</a> and bring your certificate to camp.

## WILDERNESS SURVIVAL MERIT BADGE NOTES

Please obtain and bring with you a Wilderness Survival Merit badge Book. Familiarize yourself ahead of time with the seven priorities for survival in a backcountry or wilderness location.

As part of the program weekend, you will be expected to build your own emergency shelter sleep in it on Saturday night. Please plan accordingly for the weather and bring the emergency and standard camping items needs for cold and rain/ snow.

## TENTATIVE SCHEDULE OF EVENTS

#### Friday, March 11, 2016

5:30-9:30pm	Check-in
9:30	SPL/SM Meeting
10:00-11:00	Wind-down time
11:00	Taps (all quiet and fires out)

#### Saturday, March 12, 2016

6:45 am 7:00 am - 8:15 am	Reveille Breakfast in Campsites w/
8:30 am – noon	Units Morning Class Session (With periodic breaks)
Noon-1:30 pm	Lunch
1:30-5:00 pm	Afternoon Class Session (With periodic breaks)
5:00 pm	Lowering of colors
5:05-6:30 pm	Dinner in Campsites w/ Units
6:30-10:00 pm 11:00 pm	Unit Activities (Free Time) Taps (all quiet and fires out)

#### Sunday, March 13, 2016

6:45 am	Reveille
7:00 am - 8:15 am	Breakfast in Campsites w/
	Units
8:30 am – 11:30 am	Morning Class Session
	(With periodic breaks)
10:00 am	Gates open for vehicle
	entry for breaking down
	camp
11:30 am	Units Depart / Check-out

## **GENERAL EVENT INFORMATION**

#### CHECK-IN

Check-in will be conducted from <u>5:00 PM till 9:30 PM</u> on Friday evening. Check-in will be at the Burton Center within Camp Lions (Base Camp). Do not arrive early, there will be no one to check you in, you may <u>NOT</u> enter the campsites prior to check-in.

For the safety of scouts walking through camp, only vehicles pulling unit trailers or hauling unit gear will be allowed into the camping area. The trailer must be unhooked and parked in the designated area adjacent to your campsite. No trailers are to be parked past the wooden post located inside the campsites. Tow vehicles are to be **immediately** moved to the front parking lot prior to unloading. All other vehicles are to stay in the parking lot and any additional gear or scouts should hike in and utilize one of the FEW available carts. Your cooperation is greatly appreciated.

#### CHECK OUT

Check out will be on Sunday and will be on Scouts honor. Please ensure that your camping area is left better than what you found it (Leave No Trace) and that your latrines have been swept clean and toilet lids are down. Following classes on Sunday, all units must depart by 11:30 PM.

**ONLY AFTER 10:00 AM** on Sunday will tow vehicles and gear pickup vehicles be allowed into the camping area. This is to ensure that vehicles do not conflict with the camp wide Search and Rescue Scenario on Sunday morning.

#### MEALS

Lunch on Saturday is the only meal provided this weekend. Food will be provided on the front porch of the Dining Hall (hot dogs & hamburgers with sides and condiments). Those with special dietary needs should bring their own food. Please make alternate arrangements for other meals and be prepared to prepare and clean-up what you bring. Please check the program schedule when planning your meals to ensure you have enough time to prepare, eat, and tidy up.

## VISITORS & GUESTS

Visitors are welcomed and encouraged to attend the daytime activities; however, they must leave the campsite area at the completion of the evening activities. The individual Unit Leaders in Charge at the event are responsible for the behavior of all guests visiting his/ her unit or its members. The Unit Leader in Charge is also responsible for ensuring that his unit's visitors and guests are aware of the camp's health and safety rules and procedures, and that they are followed. Visitors and guests are not permitted to spend the night.

#### ADULT LEADERS

All units must ensure that they meet the BSA two-deep leadership requirement in camp at all times. BSA policy requires at least two adult leaders be in camp at all times; one must be 21 years or older. See Guide to Safe Scouting for clarification. Troops should be organized under the patrol method, led by their Senior Patrol Leader while Crews are led by their President. **Units MAY send scouts as provisional campers** if their Unit cannot attend. Provisional scouts will be incorporated into other Units. All campers must be a registered member of the Boy Scouts of America.

#### STAFF

Weekend events are staffed by volunteers. The Boy Scouts of America is a volunteer run program. Every unit that participates in the event is expected to provide some form of contribution to the success of that event. Staff positions are available for direct program support as well as logistical support. Please inform the event chairman of the names and contact information for those volunteers in your unit who may help contribute to the event's success. Please e-mail Wes Parker at <u>wparker@pipsicobsa.com</u>.

#### GENERAL RULES

Scout Oath and Law The Guide to Safe Scouting All camping will utilize Leave No Trace techniques. No open fires are permitted except in designated campfire rings. Scouts are not to roam through the campsites. Unit leaders are responsible for their units at all times. All vehicles are to be parked in the designated parking areas. Members will remain in their unit area between taps and reveille unless on authorized errands. No one will enter the camping area of another unit without permission. Campers are expected to conduct themselves in a manner that will bring credit to their unit and the BSA.

#### CAMPSITES

Campers need to provide their own tents and beddings. All Pipsico tents and cots are in storage for the winter. Sites will be assigned based on registration date and unit size. There is a high probability that another Unit or other Units, could be sharing the same campsite with you. Units are encouraged to set up their campsite with their unit identification number, an American Flag, unit flag, and patrol flags.

## Trading Post

The Pipsico Trading Post will be OPEN throughout the weekend for your convenience.

## WATER AND BATH FACILITIES

Due to the wintery conditions, drinking water can only be guaranteed to be available at the OA shelter in Camp Lions, at the latrines inside camp Rotary, and at the Gregson Center at the front of the camp. Units are encouraged to bring 2 to 5 gallon containers for transporting water.

Primary bathroom facilities are latrines inside of each campsite and limited use "enclosed" toilet facilities are available (both male and female) in the Dining Hall, at the front of the Reservation at the Gregson Center, and at the Burton Center in Camp Lions. All shower facilities will be closed for the winter season.

## PARKING

Absolutely no vehicles are permitted on the grass or inside of campsites. Gear is to be unloaded at campsite entrances and all vehicles shall be returned to the parking lot immediately upon completion of unloading. Please make every effort to unload completely prior to setting up. Trailer parking is available at certain campsites (Please note on the registration form if you unit plans on brining a trailer). All parking for Base Camp will be either at the Burton Center parking lot, at the overflow lot next to the lake, or at the barn if required. If overflow parking at the barn is used, a shuttle service will be instituted. Arrangements will be available for Special Needs Visitors, Scouts and Scouters as requested.

No other motorized vehicles (golf carts, etc.) will be allowed in camp at any time except for use by designated camp staff. If the need arises for a vehicle to be in camp, approval must first be obtained from the Camp Ranger (Jenny Sommerfeld). Special arrangements will be available for Special Needs Visitors, Scouts and Scouters as requested.

## MEDICAL MATTERS

#### MEDICALS

According to BSA policy, all Scouts and leaders should complete an Annual Heath and Medical Record form (parts A&B only) for all scouting activities. This is just the health history form (excluding the physician's portion). **IT IS THE RESPONSIBILITY OF THE UNIT to** obtain and maintain copies of these forms for members of their unit for all activities they conduct. Medical forms will NOT be turned in at check-in. The official BSA form is located here: <u>http://www.scouting.org/filestore/HealthSafety/pdf/680-001\_AB.pdf</u>.

#### MEDICAL TREATMENT

All units should bring a unit first aid kit and treat injuries within their capabilities. Units must report all injuries and other medical situations to the camp staff at the Health Lodge, even those they treat themselves. Qualified medical personnel will be on duty at the Health Lodge at all times. If necessary, the camp staff will contact emergency medical services and ambulance services using 911. Unit leaders are expected to control all medications within their units.

#### PRESCRIPTION MEDICATIONS

All prescription drugs are kept and administered by the unit. It is to be kept in a secured location out of the reach of the children. If medication requires refrigeration, it can be checked in with the Health Officer at check-in. By law, medications must be in a container with a typed label from the pharmacy.

## **EMERGENCY PROCEDURES**

Pipsico Scout Reservation maintains emergency procedures to meet, and in some cases, exceed the standards set by the Boy Scouts of America. It is essential for everyone's safety that every member of your unit fully understands that these procedures exist - their life, your life, or someone else's life could depend on it. Please be sure to follow only instructions delivered by the staff chain of command. Likewise, if an emergency arises, or is brought to your attention, please notify the nearest staff member immediately so that we may launch the appropriate procedures. Do not attempt to resolve an emergency situation alone. Notify the nearest staff member. In the event that an emergency arises, an alarm will sound from the program administration building. When this alarm is heard, all units and participants are required to assemble to the field in front of the Dining Hall and await further instruction.

## YOUTH PROTECTION POLICIES

Leaders are asked to review the Guide to Safe Scouting before attending camp and ensure compliance by their unit with policies as detailed in the Guide, particularly in respect of youth protection policies. Failure to comply with Guide to Safe Scouting and youth protection policies will result in disciplinary action. Key portions of the youth protection policies found in the Guide to Safe Scouting are reproduced below. Other Guide to Safe Scouting policies are also contained elsewhere in this guide.

Adult leaders must respect the privacy of youth members and protect their own privacy at all times. Except in emergencies, adults and youth may not enter each other's designated sleeping and shower areas. No Scout may share a tent with an adult who is not his own parent or guardian.

## **GENERAL POLICIES-**

#### ALCOHOLIC BEVERAGES & DRUGS

Alcohol and illegal drugs are prohibited. All prescription drugs are kept and administered by an adult within the unit. (See the Prescription Medications section above.).

### **CELL PHONE POLICY**

We would request that Scouts not take cell phones to program sessions or, at the very least, to turn them off during sessions. Use of cell phones during program sessions is inconsiderate to other participants and, in some cases can be extremely dangerous (Scouts participating in shooting sport activities should not be distracted by a ringing phone).

#### **ELECTRONIC DEVICES**

Radios, cell phones, CD players, video games, and other personal electronic devices detract from the camping experience and provide an inviting target for theft. We strongly recommend that you do not bring them into camp. If you permit them during travel to and from camp, please leave them in the car during your stay at camp. Youth campers are not permitted to have two-way radios or pagers in camp, as these have proven to be highly disruptive of the camp routine.

## FIRES, STOVES, TENTS & OPEN FLAMES

Fires will be authorized depending on the status of State and City fire prohibitions in effect for the weekend of the event. All ground fires are permitted in the fire rings at each camp site. The staff will update units on the current fire policy at check-in. Units must post water buckets or a fire extinguisher in the fire area. Cutting of live trees, shrubs, or vegetation is prohibited.

For safety reasons, there are to be **no open flames in tents**. This ban on open flames in tents includes a ban on the use of matches, candles, kerosene, propane or liquid lanterns in tents. Lighting in tents is to be provided by battery-powered lanterns or flashlights only. It is, however, acceptable to use a lantern under a dining fly. All cooking fires, campfires and stoves are to be attended while they are burning. Fires are only to be built in designated areas and must be extinguished so that they are cold to the touch when unattended.

#### INITIATIONS, HAZING & MILITARY TRAINING

Corporal punishment, hazing, initiation of any sort, and military training and drill are not permitted in the Boy Scouts of America.

## LIQUID FUELS

Adult leaders only may use stoves and lanterns requiring liquid fuel. Extra fuel must be turned over to the Quartermaster for safekeeping in locked storage.

#### MONEY & VALUABLES

Each family must decide how much spending money a Scout should take to camp. Each Scout is, however, responsible for the safeguarding of his money and personal property. It is recommended that expensive cameras, watches, and personal entertainment devices be left at home. Regardless, all items should be clearly marked, with the boy's name and unit number.

#### Pets

No pets are allowed in camp. Please ensure that anyone planning to visit your unit during the event is also aware of this rule.

### PHOTO RELEASE INFORMATION

During the course of the weekend photographs or video footage may be taken for promotional purposes. If a parent does not wish for their child to be photographed, you must notify the Council office prior to your unit's arrival at camp. The parent must provide a signed letter stating that their child is not to be photographed. We will depend on the unit leader to make us aware of and individuals that may not be photographed once they arrive on the property. PLEASE SHARE THIS INFORMATION WITH PARENTS.

#### **RESTRICTED AREAS**

The following areas are off limits to all campers: The Ranger's home and maintenance areas, camp staff living areas, the kitchen and food storage areas (except for authorized adult volunteers,) any program area where staff is not present, and the cliffs along the James River. Scouts may visit the waterfront for beach combing or fishing only when staff is present or when accompanied by an adult leader.

## Smoking & Vaping

Anyone under 18 years old is prohibited from using tobacco in any form while at camp. Adults who smoke must do so out of sight of any youth members. Smoking is prohibited in any tent or building. Cigarette butts must be field stripped and placed in a trash receptacle.

## TAPS/LIGHTS OUT

A Scout is courteous. All scouts should be in their designated campsites at 10:30 PM to Wind-down the day's activities. Taps is at 11 PM. Unit leaders must ensure that fires and lanterns are out and that all their youth have retreated to their tents and are quiet.

#### TELEPHONES

Should anyone need to contact a camper on an important matter, the number is (757) 254-2436. This is a business phone, and cannot be tied up with personal calls. Parents will not be able to speak to their children on this line. If adult leaders need to receive regular calls at camp, bring a cell phone or pager, or make arrangements to check with their office on a regular schedule.

#### TRAILERS

If your unit plans on bringing a trailer, please provide this information on the registration form. Specific campsites have been designated for unit use when a unit has a trailer. The requesting unit is permitted to have one trailer in the designated area at the perimeter of their campsite until checkout.

#### TRASH DISPOSAL

Participants should practice Leave No Trace principles to the maximum extent practicable. If you packed it in - you pack it out! All units are expected to police their camping area and remove all trash to the dumpsters located behind the dining hall or at the front of camp near the barn. Trash that will not fit in the dumpsters becomes the responsibility of the unit to remove from the campground. Do not pile trash next to the dumpsters. If the dumpsters are full at time of checkout then units MUST pack out their trash and make arrangements for proper disposal.

#### VEHICLES IN CAMP

Since safety is our number one priority, vehicles are not permitted past the Burton Center parking lot unless authorized by the ranger for unit gear drop off. Any vehicle that is authorized to drive beyond the Burton Center must remain on the main road. Absolutely no vehicles are permitted on grass or in campsites. Likewise, no vehicles authorized in camp may block the loading dock at the rear of the Dining Hall.

No other motorized vehicles (golf carts, etc.) will be allowed in camp at any time except for use by designated camp staff. If the need arises for a vehicle to be in camp, approval <u>MUST</u> first be obtained from the Camp Director (Evan Sommerfeld) or Camp Ranger (Jenny Sommerfeld). Special arrangements will be available for Special Needs Visitors, Scouts and Scouters as requested.

Vehicle owners, and operators, who drive beyond the Burton Center parking lot do so at their own risk. Tidewater Council will not accept responsibility for any vehicle damage within camp.

#### WEAPONS, KNIVES, FULL AXES, FIREWORKS, & FIREARMS

Pipsico provides all necessary and appropriate equipment for our shooting programs. Personal firearms, ammunition, bows and arrows are not permitted in camp. Also, no water guns are permitted at camp.

Pocketknives may be carried by adult leaders and any Scout who has earned the Totin' Chip or Whittling Chip. Fireworks & firearms of any kind are prohibited in camp. LEO's please notify the council prior to camp of any special requirements by your department.



CHECK-IN FORM (Turn in at Registration)	
Unit Type (Circle One) <u>Troop / Pack / Crew / Ship</u>	Unit #
Council	District
ONSITE ADULT CONTACT-	
Name: Cell Phone #:	
You have been pre-registered with-	
Youth:	
Adults:	
Total:	
You are checking-in with-	
Youth:	
Adults:	
Total:	
Amount due:	
Amount paid:	
Balance due:	

## **EVALUATION FORM**

Please rate th	he following on a scale of 1-5 (5	being the b	pest)					
Location (site	e & facilities):		1	2	3	4	5	
Leaders Guid	le (overall):		1	2	3	4	5	
Did it	t help prepare you for this week	end?	1	2	3	4	5	
Was	it available in time?		1	2	3	4	5	
(1: W	(1: Way too Late, 5: Right when I needed it.)							
Was	Was any information missing? Please elaborate:							-
Staff (overall	):		1	2	3	4	5	
Ease of regist	tration:		1	2	3	4	5	
Was the staff	f responsive?		1	2	3	4	5	
Demonstratio	ons & Activities (overall):		1	2	3	4	5	
l liked:								
I did not like:	:							
l would like in	n the future: (Suggestion to bett	er this eve	nt)					
-	ke to help plan other weekend e ount me inDon't know, ca				_I might	be able	to help out	in a limited
Name:	e: Phone:							
E-mail:	E-mail:Unit:							
Suggestions	(What did we do wrong? What d	tid wa gat	right? H	low can	we impr	ove for i	nevt vear?) (	Continue on

Suggestions: (What did we do wrong? What did we get right? How can we improve for next year?) (Continue on reverse, if required.)

## APPENDIX A: REGISTRATION FORM

SEE OFFICIAL FORM AT <a href="http://www.PipsicoBSA.com">http://www.PipsicoBSA.com</a>

## APPENDIX B: SEARCH AND RESCUE MERIT BADGE PROGRAM DETAILS

Scouts aiming to earn the Search and Rescue merit badge will first learn the important differences between a search and rescue. A search is an emergency situation requiring a team of trained searchers to locate, access, stabilize, and transport a lost person to safety. A rescue is an emergency situation where the person's location is known but he or she must be removed from danger and returned to safety. The term SAR is used together because rescues are often required after the person is found. Scouts will learn the fundamentals of SAR, but the badge will not qualify a young person as a trained searcher.

The Boy Scouts of America's motto is 'Be Prepared'—which sometimes translates to knowing how to respond in an emergency. While we are not encouraging our Scouts to practice these new skills independently, we do want them to be ready to lend a hand to the community, and to each other.

To meet the requirements of the Search and Rescue merit badge, Scouts must complete a series of nine requirements relating to SAR fundamentals such as:

- The process and safety methods of working around specialized teams such as aircraft, canine, and aquatic rescue teams
- Identifying differences between search and rescue environments, such as coastal, wilderness, rural, and urban landscapes
- Determining when Universal Transverse Mercator (UTM) and latitude and longitude (Lat/Lon) should be used

#### Pre-Course Work:

Review requirement 5 and be prepared to discuss this in class:

• Req. 5: Complete the online training for ICS-100 <u>http://emilms.fema.gov/IS100b/index.htm</u> and bring your certificate to camp.

#### **EVENT ACTIVITIES:**

In addition to completing all the requirements for the badge, the highlight of this activity will be the implementation of a full scale hypothetical Search and Rescue scenario which will include the entire group plus the addition of volunteers from around camp. Using specialized equipment, scouts will have to identify the emergency situation, find the victims, evaluate them, and then transport them out for medical evacuation.

## <u>APPENDIX C: HOW TO GET TO CAMP</u>

Pipsico is located at **57 Pipsico Road; Spring Grove Virginia, 23881**, midway between Norfolk and Richmond.

Pipsico is centrally located to a host of attractions including the first permanent English settlement at Jamestown, just a short distance away via the nearby ferry.

Many other fascinating historical sites from the first 250 years of American history are within easy driving distance (an hour or so). Among these are Colonial Williamsburg, numerous restored colonial plantations, the Revolutionary War battlefield at Yorktown, and Civil War battlefields and much more. around Richmond and Petersburg.

For those who want more modern adventure, local amusement parks include Busch Gardens and Water Country USA. A short drive from camp brings visitors to the naval base in Norfolk, the Atlantic Ocean beaches and boardwalk at Virginia Beach, and much more.

#### Detailed Directions can be found online: <u>http://pipsicobsa.com/resource-bank/</u>

