**Cracks, Crevices and Crawlways January 21 or 22, 2023**

Presented by Troop 850 the Colonial Coast Girl Scout Cavers

**Location:** Camp Skimino Enmeier Center, 448 Fenton Mill Road, Williamsburg. Directions- Route 64 Exit 234B onto Va 646 W. Turn left onto Fenton Mill Road (first left after the highway). Go about 1.3 miles down Fenton Mill Road. Look for the sign for Camp Skimino (it is just above the mailbox) on the right. Park in the parking lot and come into the Enmeier Center.

**What happens at Cracks, Crevices and Crawlways?** Cracks, Crevices and Crawlways introduces scouts to the high adventure sport of caving in a safe and indoor environment. Scouts will have an action packed day learning caving skills by climbing and crawling their way through our artificial caves. Team building exercises will teach scouts about the equipment cavers use and the skills needed in a cave. Games, songs, and presentations on caving will engage scouts and reinforce the caving skills learned throughout the day.

**Who can attend?** Registered Scouts who are 8 years old or older. Leaders and adult volunteers may attend and are encouraged to participate. Sorry- no tagalongs!

**Schedule:**

9:00-9:30 am Check-in

9:30-10:30 am Opening Ceremonies

10:30-11:10 am First Session

11:10-11:55 am Second Session

11:55-12:20 pm Lunch

12:20-1 pm Third Session

1-1:40 pm Fourth Session

1:40-2:30 pm Closing Ceremonies

**Sessions.** Everyone will participate in the Opening and Closing Ceremonies and Lunch together on the Main Floor. Everyone will participate in four different sessions. Each of the four sessions lasts approximately forty minutes. The Top floor and the Main Floor have three different elements. The elements are designated with the colors: red; blue; and yellow. You will start on an assigned color and, when the whistle blows once, you will rotate to the next color on that floor. When the whistle blows twice, you will move to your next session on a different floor and start on the color that you are assigned. The Bottom Floor has four elements so you will move through the four elements a little faster. The Conference Room is also on the Bottom floor. There is a picture presentation in the Conference Room and you will not rotate while you are in the Conference Room. Three whistles means lunch or Closing Ceremonies and you should come to the Main Floor. Please don’t run on the stairs or outside.

**Paperwork-** Scouts/Leaders must bring their Girl Scout Physical and Troop Permission form with them. You do not need to turn them in but they must be present in the Enmeier Center while the Scout/Leader is present.

**Payment**- if you have not already paid, please bring cash or a check to the event. The cost is $15 for Scouts but no cost for adults. Troops can pay by Paypal at paypal.me/colonialcoastcavers or by sending a check or cash to Kami Lannetti, 926 Magnolia Avenue, Norfolk VA 23508. **Registration will be processed once payment is received**.

**What to wear**- Scouts and adults should wear clothes that you can exercise in. All activities will happen inside the Enmeier Center. Everyone should wear closed toed shoes. Layers are the better choice. We encourage adults to participate with the Scouts- they love having you join in

**Food-** everyone should bring a packed lunch. We will not be providing food or drinks. There will be a twenty minute lunch break and we will all say grace together. Scouts are free to eat inside the Enmeier Center or sit outside. There are water fountains available in the Enmeier Center but we encourage everyone to bring water bottles.

**Medical needs**- the Colonial Coast Girl Scout Cavers have several members who are certified in Wilderness First Aid and can render basic first aid on site. First Aid is available at the Registration Table. Adults should bring medication for Scouts who need it. Please note that Enmeier Center Main and Bottom floors are handicap accessible but the Top floor is not handicap accessible. Please note that most activities require physical activity, climbing, crawling, sliding, bending, sitting on the floor and running/jogging. Participants are not required to do all activities but should be aware of the physical requirements for most activities.

**Caving Trips** Can Scouts or Leaders sign up for Caving Trips at Cracks, Crevices and Crawlways? No. Registration is done through the Colonial Coast Girl Scout Cavers website at [www.ccgscavers.com](http://www.ccgscavers.com) or by email at colonialcoastcavers@gmail.com. New Cavers must go through a Ropes and Initiatives course before their first trip. R & I usually happens on a Sunday at Camp Skimino about one month before the caving trip. The cost for a caving trip is around $90 for cavers. The cost covers: food and supplies; housing; insurance; travel and gas expenses; showers; administrative costs; gear and some lending library washing costs; some administrative costs. Scholarship assistance is available upon request. Check out our Facebook Page for up to date information on caving activities- Colonial Coast Girl Scout Cavers.

**Adult Cavers**- we always need qualified adults to assist with caving trips! We will train you to be a caver! We need female adult leaders who can go into the caves. Adult male leaders are also welcome. Leaders with Wilderness First Aid or higher medical training are also needed. Trucks or vans are also needed to transport everyone to West Virginia and to drive between the caves. Adult leaders do need to be registered Girl Scout volunteers.

**Want more information?** Contact Kami Lannetti Troop 850 Colonial Coast Cavers at (757) 404-4164 or by email at colonialcoastcavers@gmail.com.