



**BING CANYON PIONEER
CAMP**
Site Specific
Trek Leader's Handbook

Plymouth, Washington

November, 2010

TABLE OF CONTENTS

Bing Canyon Pioneer Camp General Information.....	1
Treks	1
Main Campground	1
Resources Provided By BCPC.....	1
BCPC Access	2
Statement of Responsibility	2
Reservations and User Fees	3
Reservations	3
User Fees.....	3
Rules, Restrictions and Requirements For Handcart Treks	3
Training and Route Preview	3
Not Allowed.....	4
No Trace Camping.....	4
Participants and Vehicles.....	4
Security	4
Camp Fires	4
Recommendations.....	4
Handcart Safety Rules.....	5
Fasting.....	5
The Wearing of White Clothing	5
The Use of the Mormon Battalion	5
Medical and Safety Responsibility	6

Appendix:

- BCPC Directions (Map)
- Map of Plymouth, Umatilla and Hermiston
- Directions to Umatilla Urgent Care Center (Map)
- Directions to Good Shepherd Hospital, Hermiston (Map)
- BCPC Standard Trek Route (Map)
- Trek Checkout List
- Medical Incident Report

BING CANYON PIONEER CAMP GENERAL INFORMATION

Bing Canyon Pioneer Camp is owned by AgriNorthwest, a large working irrigated farm. As part of the agricultural investment portfolio of The Church of Jesus Christ of Latter-Day Saints, it is operated as a commercial for-profit farm. BCPC became available for full use during the summer of 2006.

TREKS:

AgriNorthwest makes available a large area of rangeland for trek patrons to use. It provides a primitive, secluded, secure site for groups to use while minimizing the impact to natural resources and farming enterprises.

There is an outlined trek route which can be modified, within limits, to meet individual group needs. Most of the trails accommodate handcarts and four-wheel drive vehicles only. The terrain for the trek is rolling hills and small canyons, and the vegetation is low shrub and prairie grass. Elevation of the ranch ranges from 500 to 1,000 feet. Groups can pull handcarts over approximately 18 miles of cross country routes. Overnight camping sites, other than at the main campground, are undeveloped.

MAIN CAMPGROUND:

BCPC can also be reserved for stake or ward sponsored activities or Boy Scout events. The developed main campground has about four acres of lawn surrounded by trees with about 34 camp sites and seven water faucet sites (potable water and irrigation water at each site).

RESOURCES PROVIDED BY BCPC:

Two Church-service Missionary couples currently serve at BCPC. They schedule activities, provide training meetings, help establish trek routes, and coordinate trek activities with farm activities. Additional resources available at BCPC are:

- **Handcarts**

For handcart treks, BCPC currently has 44 handcarts available for use. The bed of a handcart is 4 feet wide, 5 feet long and 15 inches deep with a 5 foot handle. Each handcart also has a wooden bar that can be tied to the front (or back for downhill) with two 10-foot ropes or one 20-25 foot rope so that everyone can help pull.

- **Portable Toilets and Potable Water for Treks**

Portable toilets and potable water will be located at six fixed locations approximately three miles apart along the trek trail, but *limited* additional portable toilets and potable water can be towed to specific locations to supplement these if necessary. The toilets are stocked with two rolls of toilet paper each, but groups should provide at least one roll per handcart for emergencies. Groups need to provide their own hand sanitizers.

- **Electricity and Miscellaneous Facilities at the Main Campground**

Electrical power is limited to three 120 VAC, 20-amp circuits which will support regular electrical lights, small appliances, etc, but not air conditioning, microwaves, or anything that would require 240 volt outlets.

The pavilion is equipped with one refrigerator and one freezer.

Portable toilets are located at the main campground as well as along the trek trail.

Seven water faucet sites are located around the main campground with potable water and irrigation water at each site. *We are not equipped for RV hook-ups nor RV sanitary dump sites.*

A permanent fire ring with seating for 200+ is located near the pavilion. Additional fire rings and limited firewood are also available. There are about 30 picnic tables. Horseshoes, volleyball, and equipment for other games are available upon request.

- **Garbage Service**

There is NO garbage service available at BCPC. The “Pack it in, Pack it out” policy states that all garbage must be removed.

BCPC ACCESS:

To access the main campground, coming either south from Washington on I-82 or north from Oregon on I-82, take Exit 131 (Hwy 14) to Plymouth and Vancouver just north of the Columbia River and travel west 8.4 miles on Hwy 14 (to the *second* AgriNorthwest turnoff). Turn right on road 16 PR. Follow the signs to Bing Canyon Pioneer Camp. (See map with directions in the Appendix.) Access is by reservation only.

STATEMENT OF RESPONSIBILITY

Pioneer handcart treks are held in a wilderness setting. Each trek participant must act in accordance with church standards at all times and aid other members of the trek in behaving in accordance with church standards. There are inherent risks involved in all outdoor activities, including handcart treks, which are beyond the control of the land owner and stake leaders. Proper preparation reduces these risks and is the priesthood leaders’ responsibility. All participants must act in such a way as to not endanger themselves or others, and should show charitable consideration to all other participants and leaders in the trek.

RESERVATIONS AND USER FEES

RESERVATIONS:

To schedule a trek or other activity, please email bingcanyonpioneercamp@yahoo.com, or phone 509-947-6357. If you are requesting dates for a trek, please list your preferred week/dates plus two alternate week/dates. As soon as a date has been set, we will email your confirmation. Beginning with the 2012 Trek season, no deposit is required, but we ask that in consideration of other wards/stakes, once your date has been set you do not cancel.

USER FEES:

- **Pioneer Handcart Treks:**

A \$15.00 fee is required for each trek participant 12 years old and older. This includes all adult trekkers, leaders and staff members. This fee remains the same regardless of the length of the trek and helps offset the costs of the handcarts, portable toilets, potable water, etc. A church issued check made payable to **Bing Canyon Pioneer Camp** will be submitted to the Church-service Missionaries at **check-in** time at Bing Canyon Pioneer Camp (the number of participants x \$15.00).

- **Overnight Camping for Stake or Ward Activities:**

Camping fee is \$3.00 per person (four years of age and older) per night or \$10.00 maximum per family per night. A check made payable to **Bing Canyon Pioneer Camp** will be submitted to the Church-service Missionaries upon arrival at the camp ground.

Each stake or ward is responsible for determining the number of families and singles resulting in the total cost for the activity.

- **Daytime Stake or Ward Activities:**

There is no charge for daytime stake or ward activities, but reservations are required.

- **Boy Scout Activities:**

There is no charge for Boy Scout activities, but a Boy Scout Trip Permit and reservations are required.

RULES, RESTRICTIONS AND REQUIREMENTS FOR HANDCART TREKS

In addition to and in compliance with the Rules and Restrictions found on pages 6 and 7 and in other areas of the *MORMON HANDCART TREKS Handbook For Trek Leaders* (available from www.handcarttreks.com), the following specifically apply to BCPC:

TRAINING AND ROUTE PREVIEW:

Trek leaders will be required to attend a training meeting to discuss the rules, restrictions and requirements at BCPC and to receive assistance in planning their trek. Trek leaders will also preview the property at this time to establish a route and become familiar with the particular aspects of BCPC.

NOT ALLOWED:

No mountain bikes, horses, dogs (except for service dogs), firearms, ammunition, fireworks, fishing equipment, or ATVs are allowed on AgriNorthwest property.

NO TRACE CAMPING:

The “Pack it in, Pack it out” policy states that all garbage must be removed. Many groups reduce their garbage by using metal service – tin cups, plates and utensils. At each campsite and at the main campground, groups should line up and do a final sweep before they leave the area. This includes picking up any leftover food, paper, bottles, candy wrappers, or any other litter. ***Garbage can be disposed of at 81144 N Highway 395, Hermiston, Oregon (541-567-8842).*** This sanitary landfill is open Mon – Fri: 8:00 am to 5:00 pm and on weekends: 9:00 am to 5:00 pm. It is closed on most holidays. Fees vary, but there is a \$5.00 (subject to change) minimum charge.

PARTICIPANTS AND VEHICLES:

All participants and support personnel must drive at posted *safe speeds* while on the property, especially around blind corners. Groups must ***keep vehicle numbers to a minimum***. Trek routes start and end at different points, therefore it is important to use buses or have participants dropped off and picked up, thereby reducing the number of vehicles on the property.

Treks must be confined to the non-irrigated rangeland. Because of the hazards of farm equipment and aerial spraying of crops, only those roads designated for public use may be used. Exceptions can be arranged for medical, emergency response vehicles to use specified roads on a case by case basis. **Crop fields are absolutely off limits and guests will be removed from the property immediately if found entering these irrigated areas** (except during an emergency wild fire situation). It is important to adhere to the trekking policies that make it possible for this area to be used.

SECURITY:

AgriNorthwest is a working farm operation and it is important to maintain the security of the property. All farm machinery and equipment is off limits to all trekkers. Emergency entrance/exit needs will be accommodated through the BCPC Church-service Missionaries.

CAMP FIRES:

On the trek, no open fires on the ground are permitted because of the dry vegetation. Cooking is restricted to propane stoves or charcoal briquettes contained within a metal fire pan with legs to keep it from touching the ground. A campfire may be permitted within one of the metal fire pans at specific camp sites that are judged to be safe by the BCPC Church-service Missionaries. Fire pits and limited firewood are provided at the main campground.

RECOMMENDATIONS:

Pushing and pulling on the handcarts and/or attached ropes is abrasive to the hands. It is also possible to get rope burns when participating in the hard rope pull; therefore, it is recommended that all trekkers bring a sturdy pair of gloves.

To prevent injury to the ankles and lower legs from the abrasive and penetrating vegetation found along the trek route, it is recommended that trek participants wear comfortable, broken in

(*not worn out*), high top boots. High top boots are defined as boots with sufficient height to be covered by pants or pantaloons. Tennis shoes are NOT recommended.

Wind is not unusual in the Bing Canyon area. People walking, pushing and pulling handcarts can create extremely dusty trails. Therefore, it is recommended that trekkers carry, wear, or have available neckerchiefs to cover their noses and mouths.

HANDCART SAFETY RULES:

1. Treat handcarts with care; pull or push them by hand. Do not pull handcarts behind vehicles. No one should ride in the cart, except in an emergency.
2. Do not run with the handcart. Trek participants can easily trip and get run over by the wheels.
3. When stopping the handcart, slowly lower the shaft until it rests on the ground. Never drop the shaft. Always set it onto the ground gently.
4. Do not sit or stand on the shaft when it is resting on the ground.
5. Stay away from the wheels. Some clothing, especially dresses, can get caught in the wheels.
6. Handcarts should not be overloaded. They are designed to hold the gear for only 10 to 11 people, including clothing, sleeping bags, tarps, cooking equipment, and water. The total weight should not exceed 400 pounds.
7. When going down steep hills, turn handcarts backwards to prevent someone from being run over.
8. When stopping on a hill, place a rock or some other object behind the wheels so that the handcart does not roll.
9. Do not pull a loaded handcart sideways on a steep incline (where one wheel is consistently lower than the other). If all the weight of the handcart is shifted to one wheel, it can break.
10. Do not deface any surface of the handcarts (writing, carving, painting, etc.).

FASTING:

Fasting should not be incorporated as part of the treks, as trekking activities are physically demanding and the lack of food, under such circumstances, would be unwise.

THE WEARING OF WHITE CLOTHING:

The wearing of white clothing to represent the deceased, those from the other side of the veil, and other such “spiritual representations” are not to be included as part of the treks. Please ensure that all who will participate understand this instruction.

THE USE OF THE MORMON BATTALION:

The use of the Mormon Battalion to symbolize the absence of the priesthood prior to the Women’s Pull is to be discontinued, since the calling out of the Mormon Battalion occurred many years before the handcart travel. Instead, various dialogues could be used to illustrate what kinds of conditions might occur which would leave the sisters without the assistance of the priesthood. (see *MORMON HANDCART TREKS, Handbook For Trek Leaders*, noted above.)

MEDICAL AND SAFETY RESPONSIBILITY:

Note: Emergency Phone Numbers for Church-service Missionaries mentioned below are: (509-947-6357), (509-539-6065), or (541-701-8368)

The landowner, AgriNorthwest, provides the location only. The groups involved in trekking are responsible for medical staff, care and treatment, supplies, and transportation for trek participants. Each group should have their own emergency action plan for ailments and injuries such as dehydration, hyperthermia, asthma, blisters, sunburn, cuts, sprains, broken bones, insect bites and stings, snake bites, etc.

Resources Should Include:

- *Emergency Coordinator* – Groups must appoint a qualified emergency coordinator. This person needs to know emergency access routes to the nearest health care facility and be reasonably prepared for the unexpected. He/she will need to have a cell phone to contact a BCPC Church-service Missionary (see phone numbers above) in case of emergency.
- *Medical Staff* – Groups must have emergency health care professionals with them throughout the trek. Each group is required to have a minimum of one doctor, registered nurse, or EMT for every hundred participants.
- *Equipment* – The medical staff should be prepared with all the necessary emergency medical equipment, supplies, medicines, shelter and communication (including two-way radios and cell phones) they will need to cover the needs of their group.
- *Vehicles* – The medical staff will need to have two vehicles that stay nearby on available access roads while the group is trekking, and that will be available to transport sick or injured trekkers. These vehicles need to be four-wheel drive and have communication with the leaders walking on the trail. If someone is injured or feeling sick, they will be picked up by these vehicles. If one vehicle leaves to take someone out, there will still be a vehicle left to give support.

Serious Life Threatening Injuries:

If the group's medical staff deems it necessary to evacuate a trek participant by life flight or by ambulance, they should **contact a BCPC Church-service Missionary** (see phone numbers above). For a life flight, longitude and latitude coordinates are required. A map with these coordinates can be printed out from www.earth.google.com, but it is highly recommended that a GPS be carried by the medical staff. If a participant has been transported from the site to receive additional medical care, the Medical Incident Form must be filled out and turned in to the BCPC Church-service Missionaries, copies of which will be given to AgriNorthwest and Risk Management. For your information, the 911 response from BCPC is from Tri-Cities, Washington.

Lost Participants:

There should be a count-off frequently to keep track of trek participants. If a youth or adult is missing, immediately **contact the BCPC Church-service Missionaries** (see phone numbers above) for assistance, and conduct a sweep of the area. If the individual is not found and the priesthood

leader feels it is necessary, the Church-service Missionaries will arrange for additional assistance from AgriNorthwest and local emergency services.

Wild Fires:

Groups should follow the state fire restrictions; if fire or smoke is identified, the emergency coordinator will **contact BCPC Church-service Missionaries** (see phone numbers above), who will report it. If the fire is close, trek leadership will identify wind conditions, roads, terrain, and natural fire breaks and move the group toward a safe area. Irrigated crop circles provide safe areas from fire. Wire cutters should be carried in case a fence needs to be cut to reach a safe area. The safety of individuals needs to take priority over handcarts and their contents. If necessary, abandon handcarts. The group's emergency personnel need to stay in contact with BCPC Church-service Missionaries to help interface with AgriNorthwest and local fire and emergency personnel.

Severe Storms:

Groups should be prepared for all kinds of inclement weather. Severe summer dust storms are not uncommon in this area and sometimes visibility is reduced to near zero. If such a storm occurs during a trek, stop and secure your position until visibility improves (this usually occurs within 30 minutes to an hour). Severe lightning storms *are* uncommon to this area but if one should occur during a trek, leaders should move their groups away from their handcarts towards the lowest spot in the area and spread out. (See more detailed instructions in the “**Mormon Handcart Treks, Handbook For Trek Leaders**” (July 2010 Revision) handbook, page 24.)

Medical Facilities:

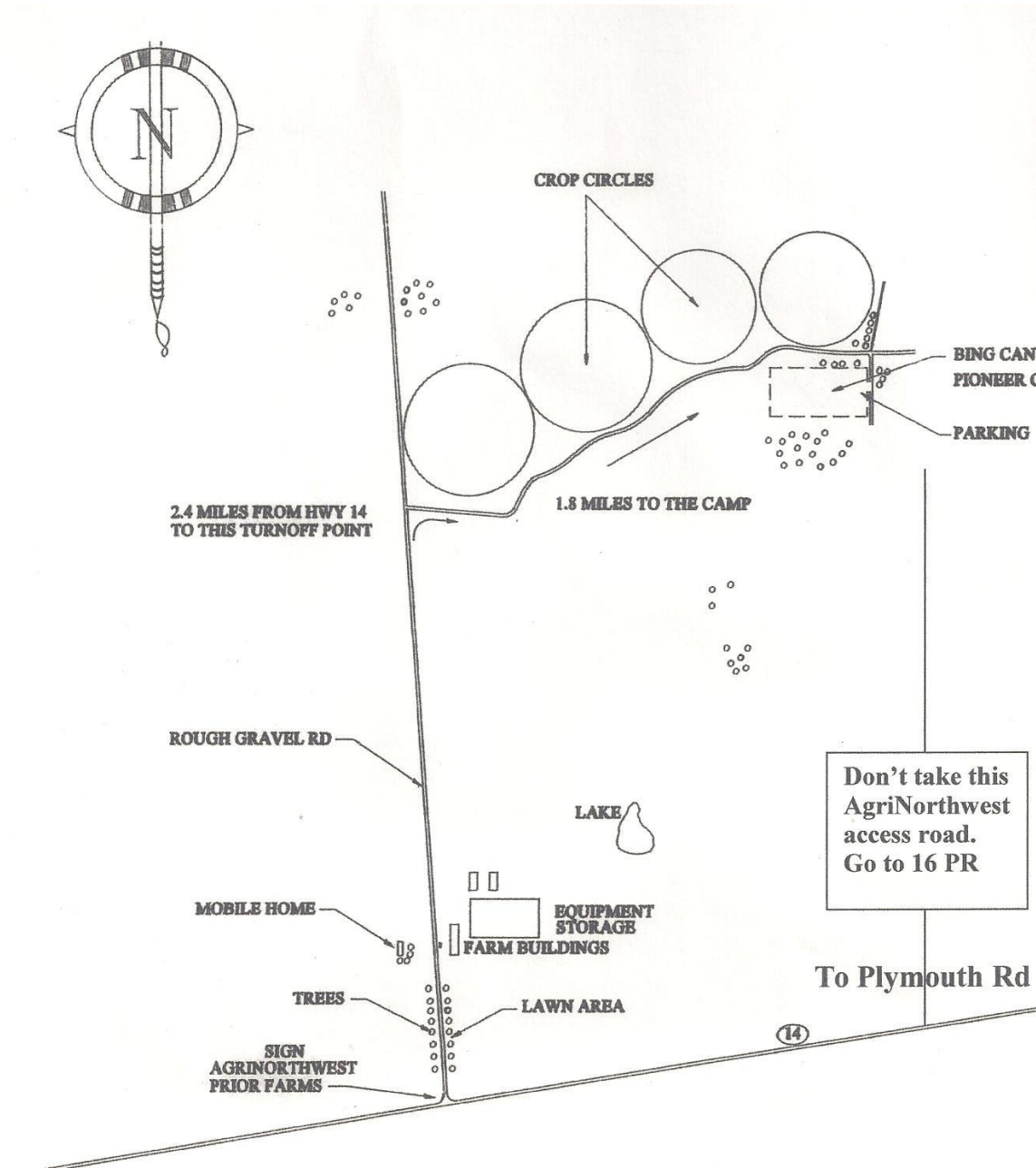
The medical staff should study the routes to the nearest hospitals or medical care facilities.

The nearest urgent care center is:

Umatilla Urgent Care
1890 E 7th Street
Umatilla, Oregon
Phone: 541-922-5387

The nearest hospital is:

Good Shepherd Medical Center
610 NW 11th Street
Hermiston, Oregon
Phone: 541-667-3400



16 Pr SW

8.5 MILES TO FARM ENTRANCE
ON RIGHT HAND SIDE OF HWY

PLEASE NOTE:
IT IS EXTREMELY IMPORTANT FOR LEGAL AND SAFETY ISSUES
THAT ALL PARTIES USING THE BING CANYON PIONEER CAMP
ENTER THE FARM GROUNDS AND EXIT USING THE SAME DESIGNATED
ROUTES SHOWN ON THIS MAP.
DO NOT DRIVE ON ANY OTHER ROADS

BING CANYON PIONEER CAMP DIRECTIONS



Map of Plymouth, Umatilla and Hermiston

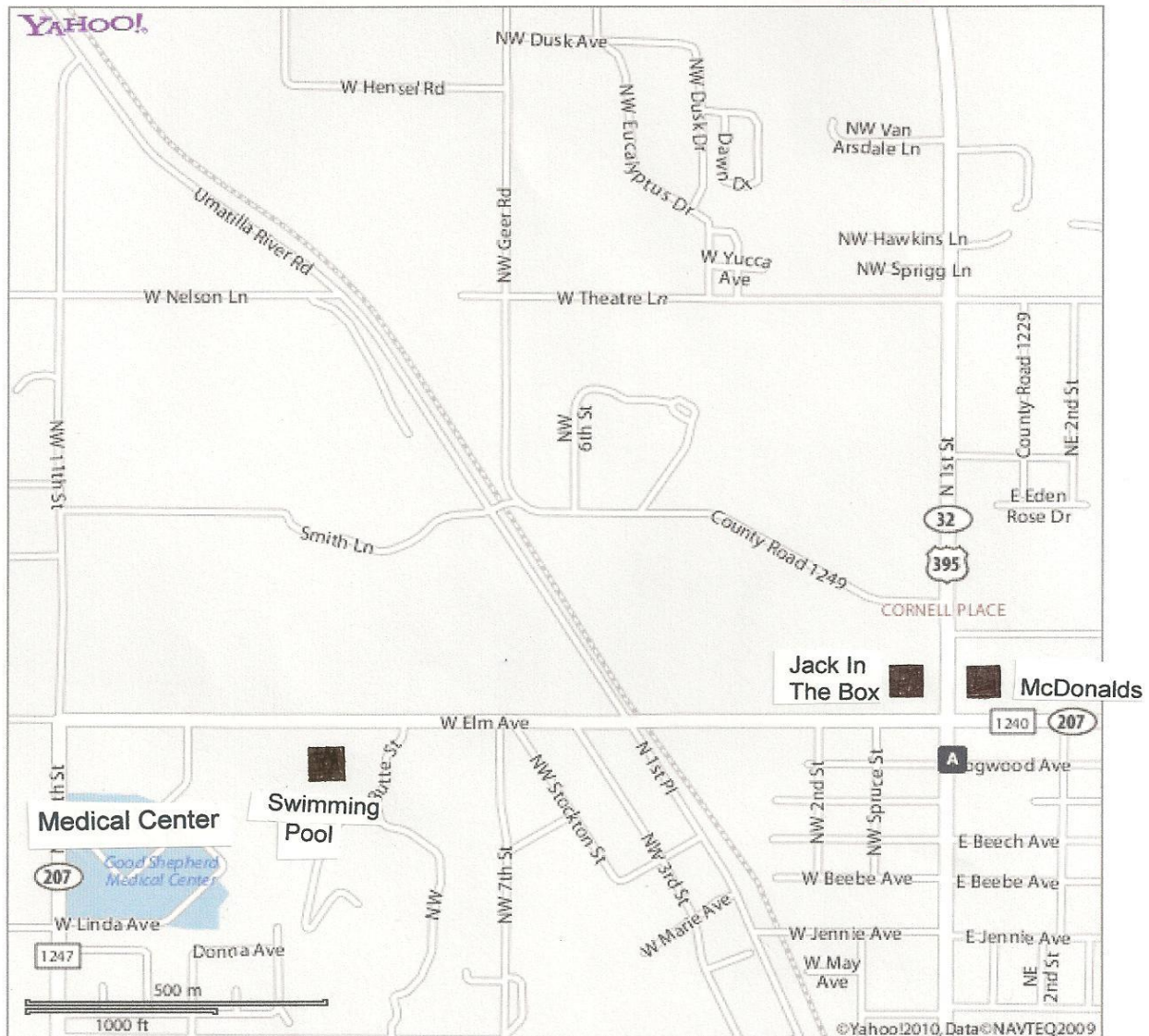


Directions to Umatilla Urgent Care Center (Map)

Take I-82 across the Columbia River bridge to Oregon and take the first off ramp (Exit 1). Turn right on Hwy 730 and go 400 ft. Turn left at the post office. The Umatilla Urgent Care Clinic is directly behind the Tesoro gas station.

Map of 45.848928,-119.29001

YAHOO!



Directions to Good Shepherd Medical Center in Hermiston (Map)

Take I-82 across the Columbia River bridge to Oregon and take the first off ramp (Exit 1). Turn left on Hwy 730 and go 0.7 miles. Turn right on Hwy 395 and go 4.7 miles into Hermiston. Turn right on Elm Ave/Hwy 207 (note: McDonalds on left corner and Jack In The Box on right corner) and go 0.8 miles. Turn left at "Hospital" sign.



Google
©2010

Eye alt - 30664 ft

Trek Start
Bing Canyon Camp
Womens Pull

Cache 6
Cache 7

Cache 5
Sweetwater Crossing

Alternate Trek Start

Cache 4

Cache 3
Hard Rope Pull

Cache 2

© 2011 Europa Technologies

© 2011 Google

45°58'05.52" N 119°29'06.69" W elev 555 ft

Imagery Date: Apr 29, 2004

TREK CHECKOUT LIST

(Please Print)

Unit: _____ **Trek Leader:** _____

At the close of your trek, it is the responsibility of the Trek Leader to ensure that everything on the list is completed. When you have completed the list, sign the bottom and return the form to the BCPC Church-service Missionary.

Payment:

Check: # _____ in the amount of: \$ _____ for (number): _____ trekkers
was given to the Church-service Missionary on: (Date) _____

Handcarts:

- Everything has been removed from handcarts including twine, tape, garbage, food, signs, etc.
- BCPC Church-service Missionaries have been informed of any damage to the handcarts.
- Handcarts have been returned to designated location or loaded on trailer (if available).

Garbage:

- All garbage was removed from each campsite and along the trail.
- All extra food is in garbage bags, none was buried.
- All garbage is to be removed from BCPC facilities.

Medical Incident Report: (if applicable)

If a participant has been transported from the site to receive additional medical care, the Medical Incident Report was completed and returned to the BCPC Church-service Missionary, copies of which will be sent to AgriNorthwest and Risk Management. The Church General Handbook of Instructions indicates that Bishops and Stake Presidents should be notified of injuries during church activities.

Trek Leader's Signature: _____ **Date:** _____

MEDICAL INCIDENT REPORT
(Please Print and fill out completely)

Date of Incident: _____ Time of Incident: _____ a.m. or p.m. _____

Name of Patient: _____ Age: _____

Address: _____

City: _____ State: _____ Zip Code: _____ Phone: _____

Unit (Stake or Ward): _____

Name of person filling out this form (please print): _____

Location of Medical Incident: _____

Brief Description of Medical Incident: _____

If injury, injured body part(s): _____ right/left: _____

Nature of injury: (cut, break, scrape, etc.) _____

Witnesses: _____

Individuals contacted: (parents, Bishop, Stake President, etc.) _____

Person filling out this Report (please print): _____

(This section to be filled out by Healthcare Provider)

TREATMENT:

Healthcare Provider: _____ MD DO PA RN EMT

Address: _____

City: _____ State: _____ Zip Code: _____ Phone: _____

Treatment given: _____

Medications given: _____

Referred to: _____

Condition: _____

Signature of Provider: _____ Date: _____