

# CAMPER ORIENTATION

This Camper Orientation is presented by the cabin counselor and reinforced by Camp Director at the opening keynote on the first day of camp.

We will have a better week at camp if we all remember these simple rules:

- **RESPECT** for yourself, others, God and this place is number one!

This means: no put-downs (of others or self),

**NO BULLYING** (more about that in a

minute)

**A-Frame Hug**  
**Side Hug**  
**Handshake**  
**High Five**  
**Fist Bump**  
them),

stay out of other people's stuff,  
stay out of other people's cabins,  
leave sticks & rocks on the ground,

use appropriate language,  
recycle, reduce, reuse!  
stay on the trails,  
sit at indoor tables (not on

and clean up after yourself.

- Camp is a safe place for everyone - this means **no bullying**
  - Bullying is not acceptable for any reason and will not be tolerated
  - If a bully bothers you, it is OK to stand up for yourself, walk away, or ask a friend or an adult for help
  - If you see or hear about bullying, report it to an adult
  - Stand up for the person being bullied - don't watch, laugh, or join in.
- **WALK! WALK! WALK!** Running is only allowed on grassy fields.
- **FOOD IN DINING HALL & SNACK AREAS ONLY - not in cabins!**  
This includes gum. If you have food, give it to your counselor. We'll store it in Room 104 and you can have it at snack time.
- **WEAR CLOSED-TOED SHOES** at all times except going to the pool or shower, when you may wear sandals/flip flops.
- **DRINK LOTS OF WATER!** Please carry your water bottle with you everywhere. Put only water in it, no sweet stuff. (It attracts bugs and bees.) There are water jugs at lots of places around camp to refill your water bottle.
- **OBSERVE THE "RULE OF THREE"** If you have to leave, ask your leader and go with at least one leader and a buddy.
- **LISTEN TO YOUR LEADERS AND FOLLOW THEIR DIRECTIONS.**

**MORE ON BACK SIDE**

- **NOT AT CAMP:** Hopefully you did not bring valuables, weapons (including ammunition), knives, electronic devices (ipod or MP3 player, games, cell phone) food or candy, laser pointers, firecrackers, matches/lighters, tobacco products, any illegal substances. If you did - they are not okay to have or use. Please give them to your Director to hold till the end of this session.
- **KEEP YOUR EYES OPEN** for ticks, snakes, and poison ivy. Use your repellent for mosquitoes & ticks and do regular tick checks. Put on repellent outside of your cabin or buildings - don't spray inside.

If you find a tick that you can't flick away, tell your counselor and have the camp nurse/medic, first-aider or program staff remove it.

- **TAKE SHORT SHOWERS.** More people will have hot water that way.
- **EMERGENCY PROCEDURES:** Stay with your group - counselors, count heads to be sure that everyone is accounted for.

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The Assembly area for emergencies is the road in front of the Center Building. The director will instruct you where to go from there.

If the sky looks green or stormy, head to the nearest safe shelter:

**Center building** -the basement use stairway by the restrooms. **Pool** -inside the dressing rooms at the pool, along the inside wall, or in the shower/bathroom stalls. If you can, safely move to outside lower doors behind dining hall

**Cabin Area** -in the bathrooms, as far away from doors and windows as possible

**Outdoors** -get to nearest inside location above, or lie flat, face down in ditch or low-lying area with hands over head.

If there is a fire anywhere in camp except the pavilion area, assemble safely and quickly in front of the Center building where the Camp Director will give further instructions.