

## CHAPERONES: RULES & TIPS

Being a Chaperone is a tremendous responsibility. We expect you to uphold the rules and policies of camp and to be paragons in your role as supervisor, mentor, disciplinarian, protector of students, and a lover of fun. Remember, the relationship students have with their Chaperone and cabinmates will make or break their camp experience.

Chaperones, **we STRONGLY recommend that you bring a cell phone with data and reliable service, WiFi is not provided.**

### CABIN RULES: (For Chaperones)

1. Chaperones MUST sleep in the bed(s) closest to the cabin's doors.
2. Chaperones MAY NOT leave the cabin unattended for any reason, especially overnight. Get coverage if you need it.
3. Protect and promote privacy when in the cabin as much as possible.
4. Students MUST take one (1) shower at minimum during the week, they may not take a second shower until all students have had one. Showers may be a maximum of 5min long (with the water on).
5. Confiscate all snacks/drinks (including gum) on Arrival Day, label them with the student's name & submit them to the Lead Teacher.
6. Collect ALL student medications including inhalers, vitamins, essential oils, Dramamine, allergy meds, etc. and turn them in to Camp Admin.
7. Report ALL incidents of indecent exposure occur, no matter how minor or accidental to CODES Admin immediately (e.g. a student walking out of the shower in a towel, a student being shirtless/changing their clothing in public, a student changing clothing in their sleeping bag).

### CABIN RULES: (For Students)

Go over these with your cabin after Orientation & move-in.

1. No food or drink, except water, in the cabins at any time.
2. Turn in all of your medications. They will be stored in the Medical Monitor's Station ready for you as needed.
3. Do not rearrange the furniture in the cabin or destroy camp property, all damages are subject to fines.
4. Do not block your Chaperones' view of your bunk with clothing, towels or by creating forts.
5. Do not sit on another student's bed, even if invited, or roughhouse in the cabin.
6. All students will sleep head-to-foot.
7. Absolutely NO picture taking in the cabin for any reason, this will result in a Time Out and loss of camera privileges.
8. Push all luggage underneath your bunk. Keep the aisles clear in the case of emergency.
9. Restrooms are NOT meeting rooms. Do not congregate socially in the restroom at any time—simply enter, use the facilities, and exit promptly.
10. You must be fully dressed in the cabin at all times. Shower stalls and bathrooms are the ONLY locations in which you may change clothing.
11. You may not get out of bed until 7am, unless using the restroom. If you wake up early, remain in bed and stay quiet until 7am. Be respectful of others who are still sleeping, like your Chaperone.
12. Lights Out is at 9:45pm (5<sup>th</sup> grade) or 10pm (6<sup>th</sup> grade). At this time, you will be in your bunk with heads on bed, the lights will be off (except nightlights), and the cabin will be silent. Disruptions after this time, will get you a Time Out or sent home from camp.

### CAMP RULES:

1. Enforce the TRUDDY RULE at all times: "students must travel/be in groups of three or more." This includes instances when there is an adult in the group. Protect yourself against false allegations of inappropriate behavior, and ensure you have help in the event of an emergency; NEVER go anywhere alone with a student or allow students to go anywhere alone themselves.

2. During Rec Time, five (5) areas are off-limits:
  - a. Cabins. Students may not re-enter their cabins for any reason.
  - b. Rock wall.
  - c. Stone pillars in the parking lot, don't go past these.
  - d. Large cabins, don't go past these.
  - e. Maintenance Building. Students may not enter this building.
3. Modesty. Private body parts should be covered at all times. Never display or touch someone else's private parts.
4. No "1-on-1s". No exceptions. Follow the Truddy Rule (groups of 3 at all times).
5. Use Good Touch.
  - a. Good = high fives, short side hugs, fist bumps
  - b. Bad = lap sitting, back rubs, piggybacks, tickling, hitting/pushing, touching private body parts, romantic touching
6. Use Good Talk.
  - a. Good = encouraging, uplifting, kind, compliments/praise
  - b. Bad = cursing, potty humor, disrespectful attitude, inappropriate talk/jokes, raising your voice in anger, name-calling
7. No bullying. Students/adults can be dismissed from camp immediately for bullying. Camp has zero tolerance.
8. Protect your territory. Your stuff and your body are yours. No one may enter your territory without permission.
9. NEVER tell secrets. EVER.

## DISCIPLINE & CONSEQUENCES AT CAMP:

Teachers will choose either the 5-Step System or the 3-Strike System to be used for student discipline.

### 5-STEP SYSTEM:

1. Student misbehaves, he/she receives a clear verbal warning and explanation of the desired behavior.
2. Misbehavior continues, he/she receives a 5min Time Out, report the TO to Camp Admin.
3. Misbehavior continues, he/she receives a 10min TO, report the TO to Camp Admin.
4. Misbehavior continues, he/she receives a 15min TO, report the TO to Camp Admin.
5. Report the student to Camp Admin, teachers will call home and the student may be sent home.

### 3-STRIKE SYSTEM:

1. Student misbehaves, he/she receives a clear verbal warning, a strike, a 15min TO and an intervention conversation between themselves and their teacher; report the strike to Camp Admin.
2. Student misbehaves, he/she receives a 2<sup>nd</sup> strike, a 15min TO, and the student will call their parents to report their poor behavior; report the strike to Camp Admin.
3. Student misbehaves, he/she receives the final strike and the student is sent home; report the strike to Camp Admin.

Additionally, there are behaviors that are grounds for **immediate dismissal** from camp. Report these to Camp Admin immediately:

- |                                      |  |                      |
|--------------------------------------|--|----------------------|
| 1. Fighting or stealing              | 4. Cabin raiding, pranks, excessive bullying   | 7. Outright defiance |
| 2. Intentionally destroying property | 5. Possession of illegal substances or weapons |                      |
| 3. Unauthorized leaving of cabin     | 6. Entering a cabin of the opposite gender     |                      |

## ACTIVITIES:

### STUDENT SKITS:

Each cabin will perform a skit for their school on Thursday night. Skits should NEVER include off-color jokes, potty humor, innuendo, or excessive violence. See CODES Admin for your Skit Topic.

### Skit Criteria:

1. It should be 3-5 min long.
2. Every member of the cabin must have a role.
3. It must have science content that is accurate.
4. It should demonstrate evidence of having been practiced.

### Components of a Good Skit:

1. Actors face the audience at all times.
2. Actors speak loudly.
3. Actors remember their lines and stay focused (e.g. no giggle fits).
4. The skit stays on topic and provides accurate science content.

### CABIN TIME:

During this time please:

1. Prep for the next activity (e.g. gathering the 5 B's, gathering skit props, changing clothes).
2. Practice your skit.
3. Get ready for the day or for bed (e.g. showering, brushing teeth and hair).
4. Rest, write letters to home, write thank you cards/notes, journal.
5. Tidy the cabin to win the Clean Cabin Award!

### SHOWERS:

Students are **required** to take a minimum of **one (1)** shower during their stay. Showers should be less than 5min long, and occur in the morning before breakfast or in the evening before bed. Create a showering schedule to ensure that all students shower at least once (e.g. 4 top bunks shower in the morning, 4 bottom bunks in the evening).

### SLEEPWALKING:

Sleepwalkers should sleep in bottom bunks furthest from the cabin doors. Chaperones should **ALWAYS** sleep in the beds closest to the cabin doors. Sleepwalking usually occurs during deep sleep, making it difficult and disorienting to awaken a sleepwalker. Therefore, simply guide sleepwalkers back to their bunk without waking them. Report sleepwalking only if the sleepwalker injures occur, or if an abnormal or problematic situation arises as a result.

### HOMESICKNESS:

The most common ailment we see is homesickness: an emotional state resulting from being away from home, often with physical symptoms (headache, stomachache, vomiting). Before sending a student to HQ for suspected homesickness troubleshoot/resolve the issue on your own first, ask:

1. What are your symptoms?
2. Do you think it is homesickness?

### DEPARTURE DAY:

Begin packing up the night before so that by 8:15am on Departure Day all student luggage is ready to be placed in the designated location near the Pine Center. After 8:15am, the school **MAY NOT** re-enter the cabins. When all luggage is removed, students are expected to clean their cabin by:

1. Checking under beds, in drawers, and in the bathroom and shower stalls for any personal items left behind
2. Picking up and throwing away all trash (especially under the beds)
3. Turning off all lights and closing all doors.