

Camp CAR

Camper Care Guidelines

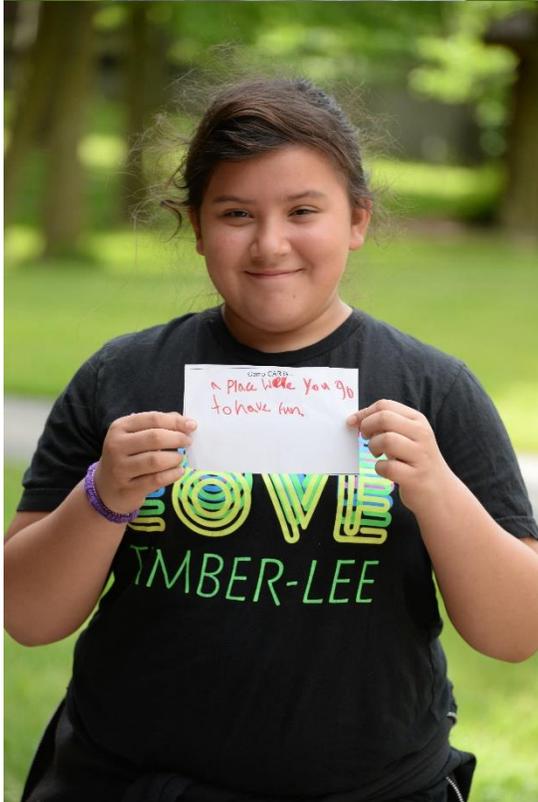
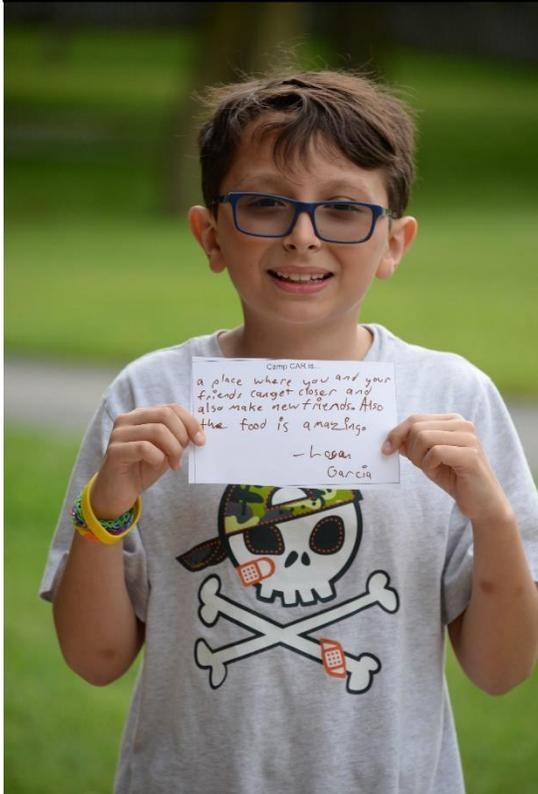


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**FOR A MEDICAL EMERGENCY NOTIFY THE STAFF THAT
YOU HAVE A **CODE BLUE** AND GIVE YOUR LOCATION**

As Camp CAR staff members, you have been given the extraordinary opportunity to make a huge impact on a child's life. You will accomplish this over the course of an extremely fun yet challenging weekend. This guide should be used as a reference for dealing with many of the common challenges of being a Camp CAR staff member. A few things that you should keep in mind over the course of the weekend are below:

- Your **number one priority** over the course of the week is the safety and well being of your campers.
- You and your co-staff members should be **constantly observing your campers** to prevent and identify any issues that may arise.
- In any challenge that you encounter, **remain cool, calm, and collected**. This will be both beneficial for you and your camper in addressing and solving the problem.
- Adult staff should be notified immediately when there is an emergency situation (medical or behavioral).
- You are not expected to know the answer to every problem and you are encouraged to **ask for help whenever you may need it**.
- Do not forget to **take care of yourself** throughout the week. Sufficient sleep, diet, and a relaxed state of mind are important to your ability to properly take care of your campers.
- **HAVE FUN!** Savor every experience from this week. You will remember every moment for a lifetime.

~Your Camp CAR Leadership Team~

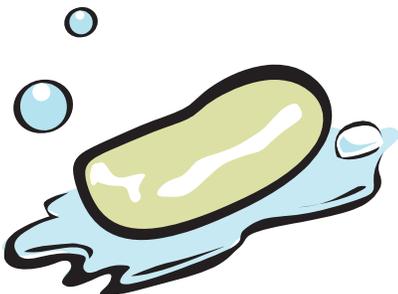
WATER AND MEALS

- **WATER, WATER, WATER!!!** Make sure that your campers are drinking water at **EVERY** activity and at meals to stay well hydrated.
- Monitor your campers during meals to avoid overeating or lack of appetite.
- It is important for **YOU** to also drink water and eat at all meals. Your campers will follow your example.



HYGIENE

- Ensure that campers bathe at least once **EVERY** day with soap and shampoo.
- Campers should brush their teeth every morning and every night before lights out.
- Remind campers to wash their hands with soap and water before meals and after using the bathroom.
- Make sure your campers have enough clean underwear to last them the week. Clean underwear can be made available; If needed contact an assistant director.

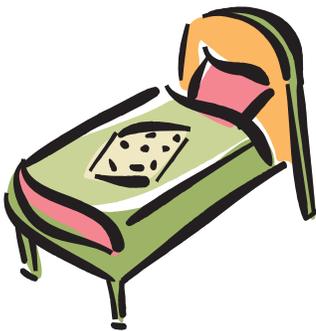


BATHROOM ACTIVITY

- Watch your campers to make sure they are regularly going to the bathroom throughout the day.
- A lack of bathroom use could be an indicator of dehydration while an overuse could be a sign of homesickness or a medical illness.

BEDWETTING

- Many things can cause bedwetting including younger age, new environments, nervousness, and homesickness.
- Many campers will feel bad or embarrassed as a result of wetting the bed. **It is important to be supportive of your camper and not act upset or angry with them.**
- Encourage all campers to use the bathroom before bed whether they feel like they have to or not.
- Limit campers' fluid intake after dinner.
- In the case of bedwetting, one counselor should strip and clean the bed while the other assists the camper in ensuring they bathe and change clothes.



- Soiled clothing and linens should be placed in a plastic bag and **labeled with the camper's name and bunk** and dropped off in the Soref Lobby to be laundered.

HOMESICKNESS

- **Signs of Homesickness:**
 - ~Stomach aches, headaches, nausea, tightness in chest, muscle tension/cramps, acid reflux, diarrhea, crying, anxiety, panic feelings, depression, anger, frustration, withdrawal from activities.
- **Remember:**
 - ~Camp is an adjustment for everyone.
 - ~Feelings may vary throughout the day; the most prevalent times for homelessness are:
 - meals, free time, rest hour, at night.
 - ~Expressions of homesickness can occur verbally or through behavior and actions.
 - ~Homesickness can occur as soon as camp begins or over the course of the camping experience.
 - ~It can affect first time campers, returning campers, counselors and staff.
- **Helpful Tips:**
 - ~Go over rules, schedules, and programs frequently.
 - ~Acknowledge and validate campers' feelings; don't avoid the subject.
 - ~Keep campers busy; Have the camper draw a picture or write something about their family and hang it by their bed.
 - ~Encourage campers to talk with staff and other campers.
 - ~Encourage the campers to write home or keep a journal.
 - ~Give the homesick camper "special tasks" or make them a special helper.
- **Chronic Homesickness:**
 - ~ For the camper who is having a more difficult adjustment to camp, get other camp personnel involved.
 - ~Review the progress the camper is making.
 - ~Praise the camper for being at camp, learning new skills, and being able to take care of themselves.

MEDICATIONS

- It is important for you to be aware of which campers take medications and to **accompany your campers to get their medications during meals.**
- Privately ask all of your campers if they take any medications or have any medications with them.
- **All** medications must be turned in to the health care staff. This includes counselor medications!!!
- Med call and sick call will be immediately following all meals in the dining hall.

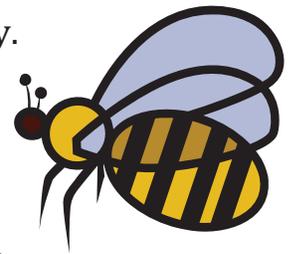


DEHYDRATION

- The best way to avoid dehydration is to ensure that all of your campers are **drinking water as much as possible.**
- Signs of dehydration include headaches, vomiting, lack of urination, lethargy, sunken eyes, and pale and clammy skin.
- If a camper is suffering from dehydration, the best course of action is to remove them from the heat and give them sips of water.
- As soon as possible, a counselor should accompany the dehydrated camper to the Regional Staff or call the Regional Staff if necessary.

CUTS AND SCRAPES

- When dealing with any bodily fluids, including blood, gloves should be worn to protect you and the camper from infection.
- **Minor Cuts and Scrapes:** wash cut/scrape with soap and water and covered with a band aid or suitable dressing.
- **Deep Cuts:** A dressing and pressure should be applied to the wound to stop any active bleeding immediately.
- Deep cuts require more advanced medical care and a counselor should accompany the camper to the infirmary.



BITES AND STINGS

- Many campers have never been in a wilderness environment before and will encounter various bugs and insects for the first time.
- If a camper is stung or bitten by an insect, clean the affected area with soap and water.
- Ice may be applied to reduce the pain and irritation of the sting.
- If a stinger is still stuck in the skin, accompany the camper to the Regional Staff. **DO NOT** remove the stinger.
- Frequently check the sting or bite site for signs of an allergic reaction.
- Signs of an allergic reaction can include: increased swelling or redness, hives, vomiting, abdominal pain, difficulty breathing, and swelling of the lips and mouth.
- If your camper has any of these complaints, accompany them to the Regional Staff **IMMEDIATELY**.

ASTHMA

- Asthma can be very common among urban populations.
- The camp environment can trigger asthma attacks even in campers who have never had them before.
- Be aware of which of your campers suffer from asthma and which campers carry inhalers with them.
- The signs of an asthma attack include: difficulty breathing, wheezing, a feeling of severe thirst, sitting in a bent over position, and a change in behavior.
- If a camper is having an asthma attack, notify the Regional Staff **IMMEDIATELY**.
- Have your camper sit in an upright position and try to take slow, controlled breaths.
- It is vital for you and your co-staff to **REMAIN CALM** and be reassuring to your camper.

EMERGENCIES

- In any emergency situation, the most important thing for you to do is **REMAIN CALM**.
- If a camper is suffering from a serious or emergent injury or illness, notify the Regional Staff that you have a **CODE BLUE** and give your location.
- Do not attempt to move the camper or allow the camper to move until the staff arrives to assess them.
- Do not leave the camper alone at any point. Stay with them and be as reassuring as possible.

PREVENTION

- Recognize good behavior, especially in difficult campers.
- Be aware of your surroundings. Spread out around the space.
- Keep an eye on/ear out for campers' verbal and body language.
- Watch for these behaviors: horseplay, **bullying**, manipulating, angers easily, **aggressiveness/abusive**, withdrawing, **sexual behaviors**, **eating issues**, making poor choices, difficulty making friends, not taking no for an answer, **self-injurious**, **signs of abuse**.
- If you become aware of any of the above serious situations, stop the behaviors immediately if safe and possible to do so. Then immediately report the situation to an **adult** staff member.
- Recognize when campers are (or have the potential of being): hungry, thirsty, tired, hot. **Don't assume...ask.**

INTERVENTION

- Intervene when you are comfortable, confident and able.
- Rely on other staff to help-don't be afraid to ask for help.
- Be positive and follow through.
- **Never use physical punishment**, threats, cursing, name calling, sarcasm, yelling.
- Don't announce bad behavior.
- Ask the campers to help problem solve.
- Be assertive (firm but polite).
- Stay away from generalizations.
- Pick your battles.

Camper Development and Learning

- Making positive peer connections
 - How to form positive relationships
 - Rules of socially appropriate behaviors
 - Verbal and non-verbal communication
- Feelings
 - How to identify their own feelings
 - How to appropriately express their feelings
 - Recognize and respecting feelings in others
- Boundaries
 - Physical, emotional and personal boundaries
 - How to define personal space
 - What boundaries are appropriate for each situation
- Empathy
 - Teaching empathy
 - How to deal with those that are different
 - How to deal with other campers who may be bullies or have difficult behaviors
- Managing Moods
 - Understanding the physical reaction to intense feelings and how to deal with those reactions
 - Preventing moods from escalating by intervening in the situation
- Motivation
 - Help campers be aware of their positive qualities
 - How to be assertive (not aggressive or passive)
 - Trying and experiencing new, frustrating, or challenging situations