

SOAP: Spread Out And Participate

General Rules: No Wedgies, etc.; No Practical Jokes; Always use caution to avoid getting hurt or hurting someone; Always seek to encourage not discourage; Always seek to take good care of camp property and property of others.

Swimwear:

Females – modest one-piece, tankinis, or bikinis and a swim shirt

Males – modest, trunk style bathing suits only (no Speedo's)

Cell Phone / Electronic Devices

We want our focus to be on growing in Christ and building each other up, and part of that is minimizing distractions like the use of cell phones and other electronic devices.

CAMPERS: No camper is to have a cell phone or any electronic device (radios, MP3 players, Ipods, video games, laptops, etc.) at camp. Exceptions must be cleared through the Camp Director. Campers should not use electronic devices while at camp. There should be no camper-owned electronic devices (including cell phones) in camper rooms and dorms. If campers have brought such items ask the parents to take them home or store them in a safe place.

Junior Staff: Cell phones are to be used as little as possible. Cell phones are to be used for necessary communications, not for social conversations or texting. Cell phones are to be used only in areas where campers cannot see or hear you. Exceptions must be cleared through the Camp Director. Cell phones will be held by the Camp Director if rules are not followed.

Adult Staff are encouraged to carry their cell phones for use in an emergency. They should be set to silent except during your free time.

Electronic devices may be used to listen to Christian music. Exceptions must be cleared through the Camp Director.

No video games are to be brought to camp and will be held by the Camp Director if found. No electronic games, including online games, are to be played.

Laptops in general are not to be brought to camp. Some Adult Leaders may have need of a laptop while at camp. The Camp Director must be made aware of any laptop on camp.

Athletic shoes with socks are recommended for camp activities.

Sandals with a back strap may be worn, but you will need to keep a pair of athletic shoes available for any necessary activities. Flip flops are strongly discouraged due to

the possibility of ankle injuries. (Campers should be encouraged to wear athletic shoes most of the time too - it saves on foot injuries.)

Two-Deep Leadership: Counselors should serve in teams so that at least two counselors are present at all times.

Proper Display of Affection

Touch is an essential responsibility in nurturing lives. Physical contact with children should be age and developmentally appropriate. Be aware: of and sensitive to differences in sexual development, cultural differences, family backgrounds, individual personalities, and special needs. The following are guidelines for pure, genuine, and positive displays of God's love:

Hugs - One-arm side hugs. or hand-to-arm hugs are positive contact. Avoid full contact, body-to-body hugs.

Lap Sitting – encourage them to sit next to you, not on you.

Casual Touch - Gentle contact during activities may be on children's heads, shoulders, arms, and hands.

Physical discipline should never be used.

Discipline Policy

All interaction regarding discipline needs to carefully consider a child's dignity. Gentleness, respect, and understanding must guide all actions and words. Discipline will be carried out through instruction, training, and correction. Physical punishment will not be used.

Open Door Policy

At no time should any counselor and camper have a one-to-one meeting behind closed doors. For your protection have another counselor nearby.

I. Build a Relationship - invest your life in them!!

II. Seek to Understand Your Campers - listen and watch them carefully.

Patience and firmness, along with a real love for the camper and the desire to be his/her friend will go a long way in understanding the average "difficult" boy or girl. Be careful in summing up the camper, remembering that he/she may react differently to another counselor. Avoid putting the camper into a category the first few days. Let the camper prove himself/herself. The most capable psychologist may be able to classify and tell us all the reasons why a camper does what he/she does, but it is only when the camper knows we want his/her friendship and confidence and deserve it that we can really get anywhere with him/her. It is easy to like the fine, clean-cut camper with a pleasant and happy personality, but the ones to concentrate on are the campers who are shy, hard to love, inhibited, and difficult to get along with. This is the real test of our Christian faith and profession. Most campers of all types respond to an interest being taken in them. In spite of these suggestions, be prepared for some real disappointments.

III. Set Goals and Pray Daily For Each Camper

IV. Make Time To Talk Personally and Privately With Each Camper

V. Ten Specific Times to "Make Friends" With Your Camper

1. Free Time
2. Store Time
3. Swim Time
4. While Walking
5. Just before debrief.
6. During Cabin Cleanup
7. When a Question is Asked
8. When a child stays back or lags behind
9. When there is a fight between two campers
10. Meal Time

VI. Five Basic Principles to Become a Counselor-Friend

1. Listen - really listen
2. Speak on the camper's level
3. Have a positive attitude - not argumentative or judgmental
4. Avoid looking or sounding shocked by something they share
5. Be Honest and Sincere

VII. Twelve Important Reminders

1. Counseling Takes Time
2. Keep the Confidence of the Campers
3. Maintain a Cheerful Objectivity
4. Ask "What do you think_____would do, if they were in your place?"
5. Stay Within Your Ability to Counsel
6. Do Not Get in Too Deep
7. Understand the Age Group - expect patterns of behavior
8. Remember, not everyone is just like you were as a kid
9. You may need to work out a solution with others involved in the situation
10. Encourage Independence from You & Encourage Dependence on God
11. Follow Up on Any Decisions
12. Ask for help from the Pastors or Camp Directors

How to set camper goals

During a camper's stay at camp, how will they GROW SPIRITUALLY?

How will they GROW in CHARACTER?

The Leaders will play the largest roles in answering these questions! You can write your goals in your own notebook or use the form. Be sure that campers do not read them.

1. Understand the Camper

What do you learn from their vocabulary and from what you see in his/her eyes?? How does he/she relate to others including those in authority (That's you!)? What did you see when you met his/her parents?

2. Before you sleep on Monday night, you are to write down one goal for each and every one of your campers.

Salvation – is Salvation number one. (You must have a good idea of each camper's salvation by Monday night.) Choose one other main objective that you want God to accomplish in that child's life this week.

Think about CHARACTER QUALITIES or CHANGES IN BEHAVIOR.

Be Realistic—we only have them for a short time.

Examples of Goals for campers:

- * That he/she would overcome shyness and get involved.
- * That he/she would be considerate of other campers.
- * That he/she would learn to be gentler.
- * That he/she would understand God's forgiveness of his/her sin so that he/she could learn to forgive others.

- * That he/she would learn to pray.
- * That he/she would not be rebellious.
- * That he/she would be content (not complain).
- * That he/she would start to read his Bible.
- * That he/she would be more compassionate.

Write It Down!!!! This forces us to be clear, short and reasonable.

3. PRAY! Pray every day Specifically for each of your campers Specifically for each goal If possible and where necessary, get others praying too. Pray for, and be alert for opportunities to counsel.

4. At the end of the week write down the results to your notes or form What did God do in the child's life this week?

How to do One-on-Ones

By the end of the week at camp, Leaders should have had a chance with their campers to pull them aside for a one-on-one conversation. This can be a validating experience for the camper and sometimes a revealing one for the counselor.

Asking open-ended questions (questions that cannot be answered with a yes or a no) helps the camper to talk.

Here are some techniques that can be used to find out where a camper stands with her/his walk with the Lord. They can also be used in a group setting to get the camper to start thinking.

- Tell me about your family.
- Describe your school to me.
- What is your favorite subject and why?
- What is your favorite verse in the Bible and how has the Lord used it in your life? If they are confused then share what yours is and how the Lord has brought it alive in your life.
- How have you seen the Lord work in your life over the past year?
- Has the Lord answered a prayer over the past year? Or has the Lord said no to a prayer request in the past year?

Another approach is to ask them about a behavior you observed during the week or their thoughts on an event or devotion shared during the week. If they just give a blank stare at any of the above questions then try a different approach.

- What have you thought about the Praise and Worship and/or Bible time?

-Do you know what a relationship with Jesus means?

-Have you ever been mad at God?

If they don't want to open up at all ask if there are things that you can pray for them about but they usually love to share.

How to prevent trouble

1. Start out with clear expectations. Have camper's create a list of squad/dorm rules. Monday afternoon as soon as everyone is there is a good time to do this. Help them keep the list short. Then refer to it frequently.

2. Treat your campers with respect and expect respect from them. Keep comments positive ("Good job picking up your clothes. Now please put your shoes under the bunk." Instead of: "Why can't you do it right? Pick up all your stuff including the shoes!")

3. Know where your campers are at all times.

4. Use a consistent "attention" signal. One that is often used at camp is the arm raised in the air with a closed fist. As campers see your signal they then raise their closed fists too. Wait until all campers have given the signal and then speak. You don't need to yell. Save yelling for emergency situations.

How to handle problems

1. Often the best time to handle a problem is when it first occurs. For example: A camper is talking or distracting others while you lead debrief. Your reaction might be to stop in mid-sentence, look at the camper, and ask these 3 questions:

- Do you know what you are doing wrong? (the answer is usually "yes")

- Can you control that behavior? (again the answer is usually "yes")

- Will you control the behavior? (again the answer is usually "yes")

Then close the interchange with sincere "Thank you" and continue the lesson (If the answer is "no" to any of these questions then you will need to deal with that by talking to her/him privately while another leader takes care of the group.)

2. For repeated or continuing problems first define the problem. For example: Rather than the vague idea that the camper "never listens" think about when and where she/he is not listening. Is it because they run ahead of the group? Is it only in the cabin? Is it only outside? Be specific. Then look for reasons for the behavior. Is it a physical need such as not eating or lack of sleep? Is it an emotional need such as poor self-image or lack of acceptance by the group?

3. Ask for help. Prayer should always comes first. Then talk to the Nurse, Pastors, or Camp Director. They can give advice or talk to the camper.

4. Do not use physical discipline. Do not use ridicule, shame, or sarcasm. If you are angry then you need to wait until your emotions are under control before speaking to the camper.

Health Tips for Counselors

You are the nurse's assistants! Much of the traffic through the infirmary can be prevented if you help.

1. All medicines are to be turned into the nurse. If you notice pills of any kind in the camper's belongings, please bring them to the nurse right away.
2. Preventative medicine is the best kind. Make sure campers have on proper footwear. If kids are playing in areas you know may be unsafe, ask them to move. "Fooling around" invariably leads to accidents.
3. Don't let your campers get over-tired. This will lower their resistance to infection.
4. All campers wanting to see the nurse must be screened by a counselor first. In many cases, the counselor can take care of the problem.
5. It is most important that counselors learn to observe at all times any abnormal condition or reaction of campers from a health standpoint. All observations should be reported to the nurse for further check-up.

Watch for:

- A. any sign of illness or contagious disease, fever, headaches, sore throat; drainage from nose, eyes, or ears; inflamed eyelids or skin.
- B. rashes, especially any draining areas.
- C. your campers' eating habits and also regularity of bowel movements.
- D. unsafe conditions or practices in activities which might contribute to camper or staff accidents.

6. What to do in case of:

Small cuts: put pressure on the wound to stop bleeding. Clean the area and then put on an appropriate dressing.

Bee sting: in cases of allergic reaction, do not let child run--carry him/her to the nurse if possible. Counselors may use Epinephrine if they have been trained on its use.

Seizure: if sitting, help camper to the floor, move furniture away. Do NOT try to hold down the camper. Send someone for the nurse. If in water, keep camper's head above water and let him/her finish seizing.

7. Times a camper should NOT be moved - Send for the nurse

- a. any severe fall
- b. injury which results in paralysis or unconsciousness
- c. near drowning or diving accident
- d. fainting
- e. heat disorders
- f. severe burns or cuts
- g. suspected fractures