

Camp Safety Training: Facilitator's Guide

Instructions & Icebreaker

The activities in this facilitator's guide are intended to accompany and enhance The Redwoods Institute Camp Safety Trainings. The trainings are used as a springboard for active discussion and engagement with the values behind each training.

All of the suggested activities are just that – suggested. Feel free to use them however you wish, or make up your own. The key here is to make sure that all staff are reflecting on, not simply consuming, the guidance presented in these videos.

Points to consider:

- **As a leadership team member, you set the tone and feel of camp.** Staff will do what you do before they do what you say. Always model the way through creativity, passion and commitment to the mission.
- **Start with a brief warm up game/activity** or cheer prior to teaching any skill or concept. Tie it into the objective you are about to teach.
- **Debrief any activity or game.** This allows you to review the objectives once more and you can be sure they leave with the right takeaways.
- **Training doesn't end until the last person leaves** on the last day of camp. Never miss the opportunity to teach.

Opening Activity / Ice Breaker

This activity is recommended as an opportunity to set the tone for your overall training program. If you are reviewing several videos, this activity doesn't need to be repeated.

Name of Activity: Expectations

Length: 1 hour

When you involve campers in formulating their own camp or cabin rules, they are more likely to have buy-in and follow those rules. The same is true of staff.

By encouraging staff to define expectations to hold themselves accountable, you are setting the tone for personal and professional growth.

This activity should be done very early in your training schedule.

Materials:

- Four pieces of poster board (one for each group of eight trainees)
- A few markers/pens/crayons for each group

Preparation:

Using four pieces of poster board taped together, draw and cut out a shape – for example a large heart. If you have a theme, such as super heroes, a drawing of a cape or shield could be neat.

Cut that shape into puzzle pieces (one for each group of eight trainees).

Instructions:

Note: If you are able, have a leadership team member or a returning staff member help facilitate the small group discussions.

1. Break up the group into smaller groups of no more than eight. Each group should have markers/ crayons/pens and a piece of the overall puzzle.
2. Have the group discuss two questions:
 - What do we want campers to get out of this summer? (The word fun can be used only once. Dig deeper. For example: make a new friend, learn to swim, lead a game on their own...)
 - What do we need from each other as staff to make that happen? (For example: timeliness, honest feedback, trust.)
3. On the top half of the puzzle piece, have staff write an answer about campers and expectations of each other. All staff members are expected to participate, and members sign the puzzle piece as part of their commitment. (This signing can also be done when the entire puzzle is put together or as part of the closing of training.)
4. Have groups come back together as a larger group and share what they came up with. As each group shares, make sure everyone in the group participates. Put the puzzle together as each group speaks.
5. Wrap up by reviewing the key points of what campers can get out of camp and expectations of each other as staff members. Emphasize to your staff that they have now set up their own rules and expectations for participating in camp together, and the ownership is theirs.
6. Hang the puzzle piece somewhere prominent, so it can be visibly seen by parents, visitors, staff and campers. Continue to refer to it throughout the summer.