

**2010  
Kids' Camp  
Volunteer Manual  
Minnesota Rules!!!**

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Dear Team,

Welcome to Kids' Camp 2010!

We are looking forward to another great year of Kids' Camp.

The highlight of camp is the work that God does in the lives of the campers. Each year many campers are saved, baptized in the Holy Spirit, healed and called into ministry. What a wonderful opportunity we are given to have a part in that!

Volunteering at camp is a wonderful experience, but it is also not to be taken lightly. We cannot do camp without you! As a part of the volunteer team, you fill a very important role for the success of camp. Counselors, you are the role model, the mentor, and the spiritual leader of your group of campers. Grandparents, you provide comfort to those who are homesick and a friendly smile to all those going through the meal lines. Teacher Team, you are planting seeds of spiritual growth into all of the campers. Rec. Team, you provide safe, fun activities that engage the camper's body and mind. Night Watch, you keep our campgrounds safe during the night so the rest of us can be well rested and ready to go in the morning. Office Volunteers and all Coordinators, you keep things organized so the campers can receive the best experience possible.

Please be in prayer for the campers with whom you will be interacting. Some of you know many of the campers already, and many of you don't. We have campers from all kinds of different backgrounds and family situations. Please pray that God will use you to minister to them as needed.

We are so glad you have chosen to spend some of your valuable time investing in the lives of the campers. Thanks!

*Pastor Chris Corbett*

## Why Do We Have Camp?

One week at an Assemblies of God camp can be a major factor in changing and molding a young person's life. In fact, it's been said that one week of camp is worth 52 weeks of church. This life will touch thousands of others in a lifetime. Ask a group of Christians where they made their decisions for Christ and you'll find a high percentage made that important commitment at camp. Have you ever wondered why? Look at some of the reasons:

- **A Positive Atmosphere** – Take kids out of their usual, everyday surroundings, place them in a positive atmosphere, and they become more open to ideas you may present. This is really enhanced when you catch them doing something right. Many times children are only told what they are doing wrong.
- **A New Focus on Life Without Distractions** – Take young people away from a TV, video games and the busy lifestyle most kids are living and you may see them open up to learning how relevant God can be in their lives. A week full of wholesome Biblical teaching and Christian influence can make the difference in a child's life. This is why we have so many children give their lives to Jesus as well as many baptized in the Holy Spirit and called into full-time ministry.
- **Growth in All Areas of Life** – At camp, a child has a chance to grow in several areas where they may have weaknesses, whether it is physical, spiritual, social, mental or even emotional. Many young people have areas of their life compartmentalized — recreation in one time slot, social contacts in another, God in another, etc. Camp provides the chance to integrate all aspects of life into a balanced whole with each part affecting and being affected by the others. The camper can see that God relates to him when he's playing softball just as God relates to him while he's studying the Bible.
- **An Opportunity to Develop Abilities** – A few days away from home and family provides an opportunity to learn to live with others whose personalities and lifestyles may be completely different than their own. The athletic events and other activities help campers develop confidence. The Bible teachings and fellowship help a child learn how a life of obedience to God can be an effective witness back home.
- **To See the Life of a Christian Adult** – Young people gain tremendous value from watching adults. Camp provides an opportunity for campers to spend quality time with an adult who cares about them and allows them to see how a Christian adult responds to the common, everyday experiences of life. It's a great chance to see that Christ is relevant in the camp volunteer's life and that God has answers and help for daily living.

# Checklists & Timelines

## Before Coming to Camp

- Fill out application and turn in to District Office along with a picture of yourself.
- Read and understand camp volunteer training manual.
- Pray for the campers that will be in your counseling group, that the Lord will touch their lives.
- Come to camp well rested. This will be a busy week; you do not want to start out tired.

## Things to Bring to Camp

- |  |  |
|--|--|
| <input type="checkbox"/> Bible & notebook                                | <input type="checkbox"/> Play & mud clothes  |
| <input type="checkbox"/> Modest attire for Evening Services              | <input type="checkbox"/> Modest swim wear  |
| <input type="checkbox"/> Sleeping bag or sheets/blankets & pillow        | <input type="checkbox"/> Umbrella  |
| <input type="checkbox"/> Jacket/Sweater                                  | <input type="checkbox"/> Money for BGMC & the Oasis  |
| <input type="checkbox"/> Water bottle                                    | <input type="checkbox"/> One day's supply of rainy day activities for your cabin             |
| <input type="checkbox"/> Flashlight                                      | <input type="checkbox"/> Band-aids & antibiotic ointment                                     |
| <input type="checkbox"/> Alarm clock                                     | <input type="checkbox"/> Masking tape & marker for marking items & taping things to the wall |
| <input type="checkbox"/> Bug spray that is child-friendly                | <input type="checkbox"/> Box of tissues  |
| <input type="checkbox"/> Sunscreen                                       | <input type="checkbox"/> Paper towels  |
| <input type="checkbox"/> Towels, washcloths & toiletries                 | <input type="checkbox"/> Camera  |
| <input type="checkbox"/> Sandals, comfortable walking shoes, extra shoes | <input type="checkbox"/> Volunteer Manual  |

## First Day of Camp

1. When you arrive at camp with your church, all vehicles will park in the ball field.
2. Your church's camp coordinator will go to the gym to check in, turning in all camper medications and money. Everyone else should stay in the vehicle.
3. Once the coordinator is back at your vehicles, they will distribute counseling packets to the counselors and put a wristband on each camper.
4. Groups will find their cabins/rooms and drop off their luggage.
5. Groups can then go to the waterfront to do swim tests, take a tour of the camp as a group and/or go to the Worship Center for games. Refer to your color schedule in your check-in packet for the time the games begin.
6. If you have children in your counseling group who did not come with you, you will be texted to come to the gym to pick them up when they arrive.
7. Lunch will begin at 12:30 pm.
8. Orientations will begin at 2pm. Drop your group off in the worship center, helping them find their place to sit according to your group color. Counselor orientation will be on the 3rd floor of the Kingsriter Retreat Center.
9. Throughout the day, be friendly and genuinely interested in each camper in your group. Learn their names and personalities. Help the campers get to know each other better.
10. Be alert to any special needs of your campers, such as learning disabilities, abuse, homesickness, shyness, low self-esteem, and recent tragedies. Certain special needs will be noted on your group list.

## **Last Day of Camp**

1. Have campers pack-up on Thursday afternoon. The only things left out should be clothes for Friday. There will be no swimming on Friday.
2. At the Thursday counselor meeting, you will be given a very large garbage bag and a name sticker for each person in your counseling group.
3. On Friday before the Closing Rally, put each child's, bedding, pillow, clothes and towels in bag. After tying the bag shut, put the name sticker in the most visible spot on the bag.
4. Gather up any unclaimed items and either throw them away or take them with you. Do not leave them in the room.
5. Make sure there is no garbage around your cabin or in the hallway outside your room. Pick up all large debris on room floor and empty trash in the nearby dumpster.
6. Leave your luggage in your cabin.
7. The camp video will be shown in the Worship Center starting at 10:00am.
8. If medications have not been picked up by the time the Closing Rally starts, the child's name will appear in a Power Point presentation. The counselor will need to pick the medication up from the nurse's table in the back of the Worship Center.
  - You will be texted later in the service if you still have not picked the medications up.
9. Camp DVDs will be distributed to counselors on the way out of the Closing Rally.
10. Lunch will be a bagged lunch.
  - All children being picked up need to get their luggage from their rooms and bring it back to the gym. Their lunch will be in the gym.
  - For the rest of your group, check with your church coordinator. They will decide if you are eating in the cafeteria or taking your lunch with you.
  - If you are eating in the cafeteria, go to the cafeteria and eat. You will get your luggage from your cabins after your group is done.
  - If you are taking your lunch to go, your church coordinator will get your lunches while you are bringing your bags to the vehicles. Lunches will be handed out when you are in the vehicle.
11. Write your campers within a week after camp. They love this!!

# Sample Schedule Kids' Camp 2009

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
		7:30am	Wake up	7:30am	Wake up	7:30 am	Wake up	8:00	Wake up
		7:45	Breakfast	7:45	Breakfast	7:45	Breakfast	8:30	Breakfast
		8:15	Prayer/Share in Cabin	8:15	Prayer/Share in Cabin	8:15	Prayer/Share in Cabin	9:00	Prayer/Share
		9:05	Game On—Worship Center	9:05	Game On	9:05	Game On	9:15	Pack and Clean
		9:15	Morning Rally in Worship Center	9:15	Morning Rally	9:15	Morning Rally	10:00	Camp Video
		10:10	Explore Time	10:10	Explore Time	10:10	Explore Time	10:30	Awards/Details
11:00am	Check in at Gym Swim test at Waterfront	11:10	Time Out in Worship Center	11:10	Time Out	11:10	Time Out	10:45	Closing Rally
12:30pm	Lunch in Cafeteria Swim test at Waterfront	12:00 pm	Lunch	12:00pm	Lunch	12:00 pm	Lunch	11:30	BOX LUNCH
2-3:15	Orientation Kids in Worship Center Counselors in 3 <sup>rd</sup> floor KRC	12:30	Swimming—waterfront						
3:15	Pick up campers in Worship Center	1:30	Swimming	1:30	Swimming	1:30	Swimming		
3:30	OLD TAB—Laser tag	2:20	Kids' Choice	2:20	Kids' Choice	2:20	Kids' Choice		
4:25	Kids' Choice	3:10	Rock Wall/Gym	3:10	OLD TAB—Laser tag	3:10	Rock Wall/Gym		
5:20	Store/Oasis	4:00	JBQ—3 <sup>rd</sup> Floor of the Kingsriter Retreat Center	4:00	JBQ	4:00	JBQ		
6:10	Get ready for service Study for JBQ	4:50	Store/Oasis	4:50	Store/Oasis	4:50	Water Fight—across street (use tunnel)		
6:50	Dinner in Cafeteria	5:30	Get ready for service Study for JBQ	5:30	Get ready for service Study for JBQ	5:30	Get ready for service Study for JBQ		
7:45	Game On in Worship Center	6:00	Dinner	6:00	Dinner	6:00	Dinner		
8:00	Evening Service in Worship Center	6:45	Game On in Worship Center	6:45	Game On	6:45	Game On		
	Prayer/Share in Cabin	7:00	Evening Service in Worship Center	7:00	Evening Service	7:00	Evening Service		
			Prayer/Share in Cabin		Prayer/Share in Cabin		Prayer/Share in Cabin		

# Orientation – “Here’s the Skinny”

## Emergency Procedures

*The most important rule in every emergency is to **remain calm**. How you handle an emergency situation will have a significant impact on how your campers respond.*

### Lightning – Go indoors

1. Campers should not be outside when you see lightning.
2. Stay away from water areas, windows, plumbing and metal doors.
3. If you cannot get inside, crouch in low open areas away from trees, buildings and metal.

### Tornado – Go to lowest level

1. Crouch low by strong inside wall, corridor, or under heavy object (desk, bed, etc.).
2. Wait for “All Clear” signal from authority.
3. The bathrooms in the 100 Block, 200 Block, 500 Block, & 600 Block, along with the Lakeview Center, are all “shelter areas” if there is a tornado warning.

### Fire in Any Building – Meet in ball field with color group

1. Stay away from any door that feels hot. Climb out window if on first floor or wait for emergency help.
2. Stay near floor if in smoke.
3. Know where the nearest stairs are.

### Medical – Go to Nurse’s Office

1. If the injury is life-threatening, use your phone to dial 911.
    - a. Then call Nurse
    - b. Then call Camp Coordinator
  2. Make injured person as comfortable as possible without moving them.
  3. Contact the Nurse immediately. Do not administer any medication without the Nurse except inhalers.
  4. The phone number for the Nurse’s phone is on the back of your ID badge.
  5. The Nurse’s Office is on first floor of the Lakeview Center.
- There is a portable weather band in the office that is connected to the Douglas County Law Enforcement Center and informs us when bad weather is approaching. We will monitor this to keep our camp safe.

## Who's Who

**Camp Director** – This is Chris Corbett. She is our District Children's Ministry Director. You will see her around camp, loving on campers, counselors and volunteers.

**Camp Coordinator** – For the week of camp, the Coordinator oversees all the functions of the Kids' Camp to assure it runs smoothly.

**Assistant Coordinator** – The Assistants assist the Camp Coordinator. They serve a variety of functions, chief of which is the care of our volunteers.

**The Rec. Director** – The Rec. Director schedules and coordinates the afternoon Rec. Schedule and makes sure supplies are ready for Explore Time.

**The Nurse** – Located in the Lakeview Center first floor. The nurse takes care of all minor and major injuries, dispenses medication and is on-call 24 hours a day.

**Teachers and Assistant Teachers** – These people lead the Time Out Classes and it is during this time counselors have an hour off. Teachers also assist at meal time, altar times, are color captains during Morning Rallies, Evening Services and all camp activities, and are key to the JBQ program.

**Waterfront Coordinator** – The Waterfront Coordinator maintains the safety of our waterfront by directing counselors and campers in proper water safety. The WC makes sure campers have life jackets; the Blob is properly staffed, and coordinates the canoes and water bikes. The WC will require counselors to assist in maintaining water safety. Please give them your ear and hand.

**Kids' Camp Office Volunteers** – The office volunteers are the catch-all of camp. While making sure all the paperwork, schedules, housing and assignments are done for one week of camp, they are simultaneously working on future camping weeks. The office volunteers help solve problems, sort the mail, make sure the store has enough money, and the list goes on. Camp does not run without them.

**Night Watch** – These hard working volunteers stay up all night, maintaining the security and safety of the camp and the campers. They assist in many ways, allowing the rest of us to sleep in peace.

**Grandparents** – These volunteers specialize in helping children that need some one-on-one attention. They also help serve meals and minister at altar time.

## Glossary of Information

**Afternoon Rec. Periods** – Every afternoon your group will participate in multiple activities including swimming, the rock wall, and other physical games. See your color schedule for details.

**Altar Time During Evening Services** – Counselors go forward to pray with their campers. The color captains and camp coordinators will stay in the pews to monitor the kids not praying at the altar. The Camp Coordinator will decide when the altar time is wrapping up and go on stage to signal that groups are free to leave the Worship Center. A text will also be sent out to signify the official end of the service. At this time, the color captains will come forward to pray with the remaining kids at the front and the counselors will take their group back to their rooms. If a counselor feels led to stay and pray, it is their responsibility to find another counselor or CIT to take the rest of the group back to the room. The kids left praying at the altar will be escorted back to their room when they are done.

**Bank** – Campers and all volunteers should turn in all their money to the Bank upon arrival. The Bank is located on the lawn of the Worship Center, or right inside the Worship Center, if it is raining, and is open during Rec. Time and Explore Time. Campers may use the Bank only when it is their store and Oasis assigned Rec. period or during Explore Time.

**Camp Store** – Located in the East Nursery of the Worship Center. Each color group will be assigned a Rec. period to visit the Oasis and store. The store will also be available as a choice during morning Explore Time.

**Camper Rules** – Know them and obey them yourself. See page 20.

**Dress Code** – All dress, including swimsuits, must be modest and appropriate during camp. Shoes must be worn at all times. All workers are leaders and must be an example in attitude and action by complying with the dress code.

**Explore Time** – This is a time to participate in Rec. activities in the morning. You will be given a list of Explore time activities in your check-in packet when you arrive at camp. Certain activities will require a pass that you can request during the counselor meeting. These activities will be noted on the above list and are on a first come, first serve basis.

**Grounds** – The following areas are off limits to everyone:

1. All buildings north of Lakeview Center along the lake
2. All RV sites
3. Storage & maintenance area of the Old Tabernacle
4. Any area under construction

**Group Number** – You will be assigned a group number for the week to identify your group from the rest of the counseling groups in your color group. It is used in JBQ and to sign up for Explore Time and Kids' Choice activities. This is the first number on your wristband.

**Junior Bible Quiz (JBQ)** – Campers study questions about the Bible and participate in quizzes against other counseling groups. JBQ is offered as a ministry at many churches and helps campers love and understand that the Bible's truth can guide their lives daily. This activity will be located in the meeting rooms on the third floor of the Kingsriter Retreat Center.

**Kids' Choice** – This is the rec. period where you, as a group, get to decide what you want to do. See page 25 for ideas. You will be given a list of Kids' Choice activities in your check-in packet when you arrive at camp. Equipment or supplies for these activities may be picked up from the Rec. Office. Equipment is first come, first serve.

**Mail** – Sorted by our office volunteers, it will be made available near the exit door of the cafeteria following the evening meal time. Only counselors may pick up a group's mail.

**Meals** – Counselors are to arrive at the cafeteria with their campers, eat at the same table as their campers, and the counselor group is to leave together from the cafeteria.

**Morning Rally** – This is the morning service in the Worship Center. The Counselor Meeting will happen at this time also. Please take your campers to the Worship Center and then report directly to the third floor meeting room in Kingsriter Retreat Center. After the meeting go directly back to the Worship Center to pick up your campers and you will then go to either Time Out or Explore Time, depending on your schedule.

**Oasis** – This is the camp's snack bar. Each color group will be assigned a Rec. period to visit the Oasis and Store.

**Quest** – Quest is a camp themed Rec. activity available during Kids' Choice.

**Swim Time** – Not everyone has to swim but everyone must remain with their counseling group when at the Waterfront.

**Time Out** – Core doctrine classes on the Baptism in the Holy Spirit, Salvation, and Healing. Your group will be assigned to the same location every day. This is the counselor's break time. (Woo-hoo!!)

**Vehicles** – All vehicles on the camp grounds need to be checked in at the office. Anyone under 18 or any vehicle being left without a driver needs to have the keys turned in to the office. The keys can be picked up on Friday morning. We are not responsible for items left in cars. Please remove any valuables before you park it for the week.

**Waterfront** – Please maintain safety at the Waterfront and respect and obey the lifeguards, the Waterfront Coordinator, and any other volunteer who may be helping out.

**Wristbands** – These must remain on the wrists of campers and volunteers at all times. The wrist bands are used for Rec. Time and campers cannot take money out of the Bank without a wristband on their arm. The wristband is also a key element to the safety and security we provide at the campground. A broken wristband will cost the camper \$1.00 to replace.

## Camp Junior Bible Quiz

### Tips

- Be on time.
- As you reach the third floor of the Kingsriter Retreat Center, you will be told which room and table you will be quizzing at and with whom you will be quizzing.
- Tell your campers to pay attention to every question while in quizzing. A question they hear in the first match may also be used in the next match.
- A camper may only remain in a match for 10 questions. Strategize appropriately.
- Study with your campers. Help them to make mental memory pegs and visualize the answers.
- Encourage your campers to study while waiting in lines, such as lunch lines. Have your question sheet with you and don't let your campers waste the moments.
- Encourage winning but help each camper to see that learning important truths from God's Word is the ultimate goal.
- Divide the quotation questions among the campers, making sure that all questions are covered.
- Start studying the next day's questions after your JBQ time each day.
- There is a prize for every team who has perfect attendance at JBQ for the week, so make sure you are there!!

### Guidelines

- Each counselor group will be a team.
- Kids' Camp Quizzing will be done the same as Junior Bible Quiz, using the buzzer sets for determining who will answer a question. A question answered incorrectly will be given to the other team to answer.
- A correct answer will score the full point value of the question. No points will be given or taken away for an incorrect answer. Each question will either be correct or incorrect. A quizzer is out when three correct or incorrect answers have been given.
- Once recognized, a quizzer will have 30 seconds to give their answer.
- A "Quotation Question" does not need to be word for word, but they do need all of the key points of the verse including the reference. Reference may be given either before or after quoting the verse.
- Each quiz will be 20 questions randomly selected by the Quiz Master from the Bible Quiz Study Sheet. Tuesday questions will be used Tuesday, then each day following that day, questions will be added; by Thursday, all questions will be included in the quizzes.
- The Quiz Master's ruling is final!
- Questions will come from the Quiz Study Sheet.
- Each camper in your group must participate in the first match of the day.
- Undefeated teams will be recognized at the Closing Rally on Friday.

# Volunteer Expectations

## Attitude & Teamwork

- Take advantage of rest periods and know your physical limitations. A tired volunteer “flies off the handle” or lacks enthusiasm and so do tired campers!
- Be fair to all. Do not show favoritism.
- Express your complaints, disagreements, and problems to the Camp Coordinator, Assistants or color captains, and not to the campers or other counselors. Ask for help before a situation gets out of hand.
- Work in full cooperation with the Coordinators and Assistant Coordinators.
- Respect camp policies.
- Volunteers have no time for romance. Your group or ministry position is your #1 responsibility throughout the week.
- Attend all meetings as scheduled.
- You are the spiritual model for your campers. If you praise God openly, they will. If you pray, they will pray. If you use the camp bank and give to BGMC, they will. The campers are watching you.
- Church is the most important event of the day. Pray that your campers will be changed, called and moved by the power of the Holy Spirit.

## Counseling Group

- Remain with your campers at all times. (The exception is your one hour break time.)
- Feel free to buddy up with other counseling groups in your color group and “trade” campers during Rec periods.
- Do not counsel in a subject matter about which you know nothing. If you don’t have an answer, admit it and ask for help from the camp leadership.
- Never be alone with a child in a room. One-on-one counseling should be done in the view of others.
- Do not send a camper out of the cabin alone; everyone should have a buddy when going to the bathrooms at night.
- Sit with your campers during mealtimes and services. The seating arrangement below will help keep order. O = counselor; x = campers  
xxxx  
xxOxx
- Encourage your group to keep rooms and areas around cabins clean. Counselors will be provided with a daily award to give to the camper in their group with the cleanest bunk.
- Do not allow pillow, shaving cream, towel or water fights in the rooms. Keep rough and tumble activities to a minimum.
- Do not allow campers to use your cell phone. Campers are not allowed to call home as this causes far more homesickness than it helps.
- Be aware of any of your campers who take daily medications.

## **Rec. Time**

- Encourage your campers to enter into the recreation period enthusiastically. You can do this by being enthusiastic about the activities yourself. Help the timid enter into group participation.
- Be on time for scheduled events. Late groups affect the other groups' ability to enjoy their activity, as no one is allowed to start until all are present.

## **Counselors-in-Training (CITs)**

- This is your chance to learn about being a counselor. Take advantage of this time.
- CITs are not to be left alone with campers.
- Assist counselor by running errands, leading the campers in activities, and by having a great attitude about everything in which your group is participating.

## **Discipline**

Counselors, you have one of the toughest but most rewarding jobs at Camp. Your campers will remember you long after they have forgotten the Blob, the Oasis, or JBQ. You will have an impact this week.

You will be assigned a group of campers for whom you alone are responsible. You will eat with them, participate in games with them, pray for them and share the Scripture with them. Though this is Bible Camp, you must remember that your authority will still be challenged, campers will act out, and some will willfully disobey. How you handle discipline will be a key to your success this week.

- In your first meeting, make your campers aware of what is expected of them.
- Discipline only in the spirit of Christ.
- When a camper breaks a rule, help them to understand why we have that rule.
- You must insist that campers do the following:
  - attend all meals
  - attend all services and classes
  - bathe/shower at least once this week and after every swimming time

*IMPORTANT: Your Camp Coordinators and Assistant Coordinators are here to assist you in discipline. At times you will have a camper who will not respond to you. When this is the case and the camper is becoming a disruption to the other campers in your Counselor Group, or when you find you are spending all your time with the one child and are not able to effectively minister to your whole counselor group, let your Coordinators help you.*

# Policies

## General

The following policies apply to every camp volunteer:

- No one is to leave the camp grounds unless permission is given by Pastor Chris Corbett or the Camp Coordinator.
- No smoking by volunteers or campers at any time.
- Any use of drugs or alcohol by anyone will result in immediate dismissal.
- All counselors and CITs are required to attend all Counselor meetings. If you hold a different position, you are required to attend any meetings a coordinator asks you to attend.
- No visitors for volunteers or campers, unless cleared with Pastor Chris Corbett or the Coordinator beforehand.
- Camp policy on Dress for Volunteers and Campers:
  - Shoes must be worn at all times.
  - Modesty in dress, including swimsuits, is expected and will be enforced.

## Sexual Abuse

- Under NO circumstances are a camper and counselor allowed to be alone behind closed doors or in an isolated location.
- ALL allegations of sexual abuse will be thoroughly investigated.
- Discretion must be used in terms of physical contact of any kind.
- If privacy is required for “counseling,” privacy will be defined as having TWO individuals participating with the camper being counseled.
- If a camper must be transported for any reason, more than one adult must accompany the transported camper.
- The grounds will be periodically checked, particularly those areas where sexual abuse may occur.
- ALL communicated accounts of abuse MUST BE REPORTED to the Camp Director or Camp Coordinator IMMEDIATELY.
- Counselors and volunteers are to keep ALL disclosures CONFIDENTIAL.
- Counselors will be housed in separate sleeping units from campers.
- These Guidelines are for the mutual benefit of the camper and the counselor.
- See the Helps section for “Identifying the Sexually Abused Child.”

## Waterfront

- Please be on time for all waterfront activities.
- Children will be required to take a swim test before being allowed to use the raft, the Rave and the Blob.
- Please talk with your campers ahead of time about the testing. Please be sure they are ready to test.
- Testing will be done on Monday after your church has registered at the main office. Testing will be available on Monday afternoon during Rec. Periods as well. This will take some time, but it will allow the lifeguards to get the testing done before there are large groups of campers swimming.
- The Waterfront Coordinator is in charge of the waterfront area. Please show respect to them at all times, setting an example for your campers.
- The Waterfront Coordinator will assign counselors duties at the waterfront. If there is no one to fulfill those duties, that activity will not be offered. To make this an enjoyable time for your campers, please be willing to help in whatever way the Waterfront Coordinator requests.
- The waterfront will be closed 5 minutes before the Rec. Period ends. This is to allow the swimmers time to get ready for their next activity. Please be on time to your next activity.

# Helps

## **Camp Rules (Presented to Campers)**

These rules are given as guidelines for every camper & worker to follow. This code of conduct has been established for your protection and the benefit of every person present and must be obeyed at all times! You have pledged yourself to abide by this code during the week you are here.

1. The Golden Rule is our primary camp rule. Treat others as you desire to be treated. Observe habits of personal cleanliness, courtesy, and Christian conduct.
2. No camper is allowed in any room of the opposite gender. No one is to enter another person's cabin when no one is there.
3. All campers are required to remain with their group for all activities. This includes meal time and recreation periods.
4. No one is to leave the campgrounds.
5. No one is to be in the lake or in the canoes except during the recreation period assigned to your group.
6. Campers should enter the cafeteria from the outside stairway only.
7. Respect the "off limit" areas of the campgrounds – See the shaded areas on map.
8. All medication must be given to the camp nurse.
9. Rooms and camp property must be respected and kept clean. Any charges for items broken, damaged or stolen during camp will be billed to the churches or individuals involved.
10. A banking service is provided. For your own protection, you must keep your money in the bank.
11. Shirts and shoes are required at all times when you are not in your cabin. Clothes displaying questionable content are not permitted. Clean clothes are required in during the Morning Rallies and Evening Services.
12. Phones are for volunteer use only. Campers must obtain permission from the Camp Coordinator or the Camp Director in order to use a phone.
13. We reserve the right to inspect contents of all personal belongings. The holding and/or disposal of the forbidden items is the right of the camp volunteers. Drugs, alcohol, tobacco, electronics and weapons are not allowed.

## Camp Discipline Ideas

Counselors: We wanted to offer some ideas for addressing campers with behavior issues that are small and in the scope of a counselor or CIT. The best tip for encouraging good behavior and dealing with bad behavior is to communicate expectations and to always remain calm.

- **Communicate expectations clearly and often.** Let the campers see that you care about them as you are explaining your expectations. It's not about being a dictator that wants to control them. We are simply putting lines on the field so that everyone knows where they can play and be safe.
- **Give clear rules with consequences.** Set them ahead of time so that you are not making them up on the fly and the campers know what is going to happen if they choose inappropriate behavior.
- **Take all emotion out of the conversation** with campers that are misbehaving. If they are getting a rise out of you, they may just keep on doing it to watch you. Standing quietly and waiting is a great response to an out of control student. Let them know that you are in charge and that you will deal with them in a calm manner, and they must be calm in order to continue the conversation.

### Example tips for in Services:

1. Explain expectations to the group. (1. Listen when it's time to listen, participate when it's time to participate. 2. Bathrooms before and after but never in the middle. 3. Only leave with your counselor.)
2. Explain consequences to the group:
  - You get 1 reminder
  - 2<sup>nd</sup> time you are given a new seat(either next to the counselor or away from friend)
  - 3<sup>rd</sup> time you lose the privilege to choose a seat at the next rally or evening service.
  - If you leave to go to the bathroom, you have to come back and sit next to the counselor

If things seem to be escalating and the calm and firm approach is having little effect, this is a good time to ask for a coordinator or color captain to enter the situation. Our goal is that the campers see you as a caring individual who is looking out for their best interest and that of the group. We want you to be the good guy and the coordinators can take the heat.

## Leading a Child to Christ

The children of today are the assurance of a healthy and growing church for today and tomorrow. All of us share in the responsibility of leading our children to Christ. The Word is clear - NOW is the appointed day of our salvation. As a child grows older, outside influences make it a more difficult task to win that child to the Lord.

- **At what age does a child move into the age of accountability?** The age of accountability depends on when a child begins to understand the difference between right and wrong. Statistics show us that most children accept Christ between the ages of seven and eleven. Whatever the child's age, the message of salvation must be proclaimed with love, patience and wisdom.
- **Why is it so important to lead a child to Christ?** First, children are sinners and need to be forgiven. Second, children are not as prejudiced as adults and are very open to the Gospel. Third, children, if properly nurtured, will have many more productive years to serve Christ than those who become Christians as adults.
- **What is the best way to present salvation to children?** The message of God's love and forgiveness may be presented anytime, anywhere and to anyone who will listen in a way that they will understand.
  - Children will respond in many different ways to the message of salvation. Most children will not completely shut out the message. They may not want you to pray or give a positive response but he probably will not turn their back on you. No matter how they respond, explain the plan of salvation the best you can, pray with the child and leave the rest up to God.
  - Our task is to present the Gospel with words they will understand and allow each child to make their choice. The plan of salvation must include:
    1. Everyone has sinned and needs to be forgiven. (Romans 3:23)
    2. Sin separates us from God; there can't be sin in God's family. (1 John 3:8-10)
    3. Sin carries a punishment, but salvation brings eternal life. (Romans 6:23)
    4. In spite of our sin, God loves us. (John 3:16)
    5. The only way to receive forgiveness is to ask God to forgive us through Christ as we confess our sins. (John 14:6)
    6. If we ask, God will forgive us and make us a part of His family. (1 John 1:9)
  - After determining that a child simply understands these things, ask if they would like to pray and ask God to forgive them. Either lead them in a prayer or let them pray in their own words.
  - Afterwards, ask them what happened when they prayed. Assure them of their salvation and their place in the family of God. Encourage them to tell someone else about their decision.

- If a child chooses not to pray, reassure them of your love and of Christ's love. DO NOT treat them differently because of their decision but permit them to think and allow the Holy Spirit to work in their heart.
- After salvation, we are to make disciples of new Christians and to also help them learn to obey. It is vital that a foundation of Scripture is laid so a child will know where they stand in the Kingdom. Each child needs to know they are as important to God as anyone else and that He loves them through all circumstances. Finally, we need to encourage each child to be involved in a ministry according to their abilities.

## **Baptism in the Holy Spirit**

The following questions and answers may be of help in preparing children for the Holy Spirit's fullness in their lives.

- **Must I be grown up to receive?** No. God's Word tells us His Holy Spirit will fill young people, too. "I will pour out of my spirit upon all people. Your sons and your daughters will prophesy, your young men shall see visions...The promise is for you and your children" (Acts 2:17, 39).
- **How can I earn the Baptism in the Spirit?** You cannot earn the baptism in the Holy Spirit. Acts 2:38 says, "Repent, and be baptized every one of you...and you will receive the gift of the Holy Ghost." Just as salvation is a gift of God, the fullness of the Holy Spirit in your life is a gift.
- **Is the experience of my parents enough for me?** No. While you may learn many things from your parents and teachers, spiritual experiences, such as salvation and receiving the Holy Spirit, can only be known by receiving them yourself. It is a privilege to have God's Holy Spirit come to fill you. Look forward to that time as one of the greatest events of your life.
- **Why is it important to be filled with the Spirit?** There are three ways the Holy Spirit assists us.
  - The Holy Spirit gives us strength to resist the temptation to sin. You can call upon Him to help you do difficult things. When you are tempted to do wrong, you can ask the Holy Spirit to help you, and He will give you strength to do right.
  - The Holy Spirit helps make the Bible clear to you as you read. John 16:13 says, "When he, the Spirit of truth, is come, He will guide you into all truth."
  - The Holy Spirit gives strength to witness to others. "You will receive power when the Holy Spirit comes on you; and you will be my witnesses" (Acts 1:8). The Holy Spirit will give you the courage to live for Jesus at school and in your neighborhood.

- **Will I know when the Spirit has filled me?** Yes. When the Lord comes into your life in His fullness, you will have a joy about which no one will need to tell you. Receiving the Holy Spirit is more than a few words in "other tongues." God Himself is coming to live in your life in a special way.
- **Will I need to speak in another language when filled?** Yes. While speaking in another language is not the main objective, it is the important proof that you have received Him. Read Acts 2:4; 10:44-46; and 19:6,7 to find out about others who also spoke in another language when filled with the Holy Spirit.
  - People like to say what they want with their voices. But as you ask the Lord to take complete control of your life, you are saying, "Lord, take my voice, also, to speak as you wish." When you speak in a language you do not know, it is proof that someone else has come to live in your life and is speaking through you.
- **What language will I speak when I'm filled?** It will be a language you do not know. Perhaps you will be praising the Lord in a language someone else will understand. This was true when the disciples in Jerusalem were filled with the Holy Spirit. It may be understood only by God, but your heart will be praising Him as you speak.
- **How do I ask the Lord to fill me?** First, remember you are not asking for a thing. You are asking God himself to take control of your life.
  - As you invite the Holy Spirit to come into your life more fully, look over the things presently in your life. Some things may need to be thrown out to make room for Him. He must be more important than all else.
  - Praise the Lord for His love, for salvation, and for taking care of you each day. Tell Him how much you love Him. As you thank Jesus, ask the Holy Spirit to help you express your thankfulness more completely. When you think of all Jesus has done for you, you will realize you don't have adequate words in your language to praise Him as you would like. Ask the Holy Spirit to praise Jesus through your lips. As He does, using another language, you will be able to really express how you feel in your heart and will be filled with joy.

## Identifying the Sexually Abused Child

The following is a list of some common behavioral characteristics of students who have been sexually abused. These indicators are offered with a caution against over-zealous case identification. Any one of these indicators alone does not necessarily indicate sexual abuse; they are general indicators of stress in young people. Several indicators, extreme or pervasive behaviors may indicate sexual abuse and warrant exploration of the source of the problem.

- Knowledge of sexual acts terminology inappropriate to age or developmental state
- Acting out adult sexual behavior, especially seductive behavior, promiscuity, or fixation on sexual behavior
- Reluctance to undress for physical education
- Extreme avoidance of touch
- Provocative dress and behavior
- An abrupt change in behavior or personality
- Poor school performance
- Appearance of adult responsibilities, especially if mother acts or dresses like teenager role reversal
- Running away from home
- Drastic change in appetite
- Regression
- Lack of affect, denying abuse with no emotion, flat affect
- Aggression, destructiveness, anger directed everywhere
- Withdrawal and depression
- Excessive crying
- Anxiety, irritability, fears
- Few friends, poor peer socialization
- Pregnancy or venereal disease, especially if child has no apparent peer relationships
- Reluctance to go to a particular place or be with a particular person
- Indirect hints
- Extreme over-achiever, over-compliance

There are some common family patterns in incest cases:

- Extreme over-protectiveness of the child
- Extreme parental dominance
- Family isolated from the community and support system
- History of sexual abuse for either parent
- Extreme reaction to sex education or prevention of education materials being presented

## Help from the Nurse's Office

### **Regarding Campers with Diabetes:**

If a diabetic says to you:

“I need to get something to eat”

“I need some orange juice from the nurse”

“I need some food/candy from my cabin”

Please do whatever you can to assist them in getting some form of juice, milk or sugar into their system. Four or five lifesavers candy does a great job until juice can be obtained.

The nurse will have both fresh orange juice and glucose tablets in her carry-along box at the worship services she is able to attend. There is a supply of these in the Nurse's Office also.

### **Regarding Campers with Asthma:**

If an asthmatic says to you:

“I need to get my inhaler”

“I can't get my breath”

“I'm feeling tired from all the exercise at camp today”

Do whatever you can to help them calm down, and tell them you will help them get their inhaler. Some campers will have their inhalers with them at all times – others will be in the Nurse's Office. You may need to make them sit out an activity until their condition improves.

**Regarding Campers with Physical Limitations:** Know your camper's limits. Be aware that when they are having fun they may forget what their limits are! At home their mother probably reminds them of their limits – you are their mother this week!

It is your job to keep in mind that we don't want any cardiac, respiratory, bone, muscle, etc. injuries to the campers when their parents have specifically forewarned us about these things on their health records. If an emergency call needs to be made, the nurse wants to be able to say that “the counselor has reminded him to take it easy all week, but apparently this time he just was too active and didn't take his counselor's advice.”

### **Regarding Campers Taking Prescription Medicine:**

(This also includes our asthmatic and diabetic campers on medicine.)

Nurses will have a table in the cafeteria at each meal service to dispense the medication to the campers. Bedtime medications will be dispensed in the nurse's office after the Evening Service.

## How You Can Help Your Camp Nurse

1. We want our campers to attend: Time Out, Morning Rally and Evening Service.
2. Therefore: When the nurse says the camper can attend these activities despite a headache, upset stomach, or mild case of diarrhea – **DO NOT DISAGREE WITH THE NURSE IN FRONT OF THE CAMPER!!** Problems often result when a camper stays up all night and then wants to sleep (in their cabin or in the nurse's office) during services and classes. These campers need to sleep at night.
3. Appropriate reasons for missing the services include:
  - A fever that does not respond well to Tylenol
  - Persistent and unrelenting diarrhea
  - Persistent and unrelenting vomiting
4. We also have difficulty when a camper comes to us with complaints of illness but refuses to take any medicine (they don't like the taste of Pepto Bismol, etc.). There is not much a nurse can do in this situation except TLC. (This situation might be better handled by one of the Grandparents). Campers that think they should be able to miss a service because they still don't feel well should be encouraged to attend the service, and return to rest during recreation or free time.
5. Believe it or not – the nurse does not get much sleep! She has people coming to her at all hours of the night for minor complaints. We would appreciate your help in screening some of their requests at night with words like, "Why don't you get some sleep now, and if you don't feel better at breakfast time you can go ask the nurse for something then."
6. Good reasons for waking the nurse at night:
  - You've called 911 and an ambulance is on the way
  - A high fever (the camper's forehead seems to be very hot)
  - Persistent and unrelenting diarrhea
  - Persistent and unrelenting vomiting
  - A diabetic having trouble
  - An asthmatic having difficulty breathing without much help from his inhalers
7. The following symptoms can be dealt with in the morning:
  - Headache
  - Sunburn discomfort
  - Feelings of diarrhea or nausea but no evidence of it
  - A bandage for a cut that has stopped bleeding
8. If you find a camper unconscious, call 911 immediately. After you are positive the call has been made, look for the nurse. **DO NOT WASTE VALUABLE TIME LOOKING FOR THE NURSE BEFORE CALLING 911!**

## Example of Activities Available at Camp

\*Specific lists of activities for Explore Time and Kid's Choice will be provided in your check-in packet when you arrive at camp.

- Canoes
- Paddleboats
- Pontoon ride
- Laser tag
- Rockwall
- Obstacle course
- Game Rooms
- Basketball
- Dodge ball
- Soccer
- Frisbee Golf
- High Five
- Chalk art
- Make-up
- Football
- Frisbees
- Horseshoes
- Nature walk
- Softball/baseball/kickball
- 4-square
- Human Foosball
- Frisbee Golf
- Croquet
- Bocce ball
- Tetherball
- Volleyball
- Playground
- JBQ
- Playground
- Craft
- OPEN—You Decide

## Rainy Day Activities

1. Write letters home.
2. Play games such as concentration, charades, etc.
3. Make up a progressive story, each person adding a bit to the story.
4. Compose a group cheer or song.
5. Memorize Scripture, pray for each other, the camp, the camp staff, and the home church and pastors. Make a prayer list of things to pray for when campers go home.
6. Practice Junior Bible Quiz questions.
7. Draw pictures about camp.
8. Exchange experiences such as most embarrassing, funniest or saddest.
9. Talk about the future – what each camper would like to become.
10. Get some extra sleep.
11. Plan a skit for another cabin or group.
12. Have a color captain or a camp coordinator join your group and have him or her share their testimony.
13. Collect names and addresses of each person in your cabin.
14. Have an indoor scavenger hunt.
15. Put on a talent show.
16. If lightning does not accompany rain, play Frisbee, volleyball, football, softball or possibly go for a hike.

## Homesickness Helps

- Homesickness builds confidence. Overcoming a bout of homesickness and enjoying time away from home nurtures children's independence and prepares them for the future. If there's something about home children miss, that means there's something about home they love, and that's a wonderful thing. Sometimes just knowing that what they feel is a reflection of love makes campers feel better.
- Prevention is the Best Medicine
  - Break the ice – make sure that you get to know your campers and that your campers get to know each other. Play a silly game to get to know each other better on Monday afternoon.
  - Raise campers' comfort level – Let the camper know about the schedule and what they will be doing throughout their time at camp. Take a tour of camp on Monday so they know where things are including the nurse's office, the camp office, and the worship center. Address fears or concerns such as darkness, bugs, and experiences.
  - Keep busy – Down times, free time in cabins, early morning and before bedtime, are when campers get homesick because they have time to think about home. Play quiet games, tell stories or write a group letter to mail home to parents.
- Remedies – homesickness is contagious, but there are remedies.
  - Set goals – Set an attainable goal for yourself and the camper, such as to try to stop crying until dinner time or remember three times during the day that he smiles and tell you about them later.
  - Ask for help – Other volunteers are here to help you. Grandparents are here to comfort homesick campers. Other, more experienced counselors may have an idea to get you to the next activity. Don't be afraid to ask for help.
  - Give a little TLC – Spend a few extra minutes praying and talking with this camper. Grandparents are here to spend time with homesick campers that need more one-on-one time. Have a non-homesick camper or CIT befriend the homesick camper to make sure they know they are included in the group.
  - Don't make promises you can't keep – Don't promise a phone call home. A phone call can cause the homesickness just to get worse.
  - Share – Give them a stuffed animal to borrow while at camp. Share a funny story about when you were a camper or a secret that helped you not feel homesick. Have them share some things about their lives, too. Show interest in them; make them feel part of your "family" for the week.

## Geneva Java Hours

### Monday:

3:30 pm - 6:00 pm      Kid's Choice activity option

### Tuesday-Thursday:

10:10 am - 12:00 pm      For volunteers only (during Counselor breaks)  
1:30 pm - 5:00 pm      Kid's Choice activity option

## Oasis Hours

### Monday:

3:30 pm – 6:00 pm      Assigned Rec. Periods  
9:00 pm – 10:00 pm      For Boys  
10:00 pm – 12:00 pm      Volunteers only

### Tuesday:

1:30 pm – 5:00 pm      Assigned Rec. Periods  
9:00 pm – 10:00 pm      For Girls  
10:00 pm – 12:00 pm      Volunteers only

### Wednesday:

1:30 pm – 5:00 pm      Assigned Rec. Periods  
10:00 pm – 12:00 pm      Volunteers only

### Thursday:

1:30 pm – 5:00 pm      Assigned Rec. Periods  
10:00 pm – 12:00 pm      Volunteers only