

## Camp from a Counselor's Viewpoint

*To help you picture a day in the life at Camp Kawartha, here is a schedule of a typical day.*

- 7:25 **First wake up bell** for Polar Bear Dip. If you're scheduled for this event, then it is your responsibility to be up on time. COD is responsible for ringing the bell promptly to get the day started on a positive note. All staff are responsible for setting their alarms and giving their campers the guidance to participate.
- 7:30 **Table setting.** If you're on table setting, prepare your campers the night before so they know what will be happening. Staff **must** be there with their campers. Don't be late since prompt table setting is required to start the meal (and day) on time.
- 7:50 **Bell for Breakfast and hand washing**
- 7:55 **Breakfast.** Be on time and encourage your kids to eat something, as it is a long time until snack and lunch. If you are COD, think of a saying or quote of the day to present at this meal. There is a staff meeting after breakfast in the Classrooms.
- 8:45 **Health Hustle/Staff Meeting.** Immediately after the meal, campers will be dismissed to the field and participate in health hustle. This is led by the CODs and two other staff members with support from the Leadership programs. Staff members will be notified of their duties in advance to allow sufficient programming time. Health hustle doesn't need to be a strenuous physical activity. After Health Hustle, the CODs supervise campers in the cabin cluster and the Oak/Willow area, and remind campers to brush their teeth, neaten their beds and get ready for first exposure period. Establish a routine with your kids for after-meal hygiene and activity prep.
- 9:35 **Bell for first period.** Please have yourself and your campers ready on time. Post a schedule in the cabin so your kids know where they are going. The morning routine can be confusing to campers.
- 11:05 **Bell for second period/Snack.** End your first class with enough time for the campers to round up their belongings and/or put on their shoes before moving to their next activity. At the end of the period, go to your cabin and check on your campers. You haven't seen your cabin group all morning and problems may have developed in your absence. Activity leaders are responsible for getting snack and ensuring all their campers are present.
- 12:30 **Table setting.** Tell your campers that morning if your cabin is on table setting at lunch so they know to hurry and get ready after the second morning period. Don't expect them to look at their watches and know when to come up. You will have to go to the cabin and get them. Staff **must** be there with their campers.
- 12:40 **Bell for Lunch and hand washing**
- 12:45 **Lunch.** Please be on time. Please go your cabin before the bell rings and help your campers get ready. Be prepared to help your kids sign up for the afternoon's interest choice period. Theme days and mid-meal activities are encouraged. Tuck occurs for half the camp

population after the meal. Ensure campers return to cabin promptly for rest hour. Staff should check camper mail boxes before returning to cabin.

- 1:35 **Rest Period/Cabin Clean-up.** Plan to be with your campers during rest period. Feel free to plan restful activities in the shade in the vicinity of your cabin. Rest period is a time for campers and staff alike to rejuvenate for the next part of the day. The office will be closed to staff at this time.

At approximately 2:10, all cabins (including staff cabins) should begin cabin clean-up under the supervision of the staff. A "chore wheel" works well for cabin clean up. It's a staff member's job to actively lead the cabin to make sure campers are cleaning and getting along. The nurses will be marking the cabins following Rest Hour.

Following clean-up, help your camper prepare for their afternoon immersion/exposure periods by checking that they know where they are going at each bell. Have them dressed appropriately for their activities. Campers should not need to come back to the cabins during afternoon activities unless it is a cold day and they are really wet. Range trips will also depart at the end of Rest Hour.

- 2:25 **Bell for 1<sup>st</sup> Interest Choice.** The interest choice provides campers with the opportunity to work with specialized staff to further develop their skill set in specific activities or for recreational purposes. Be ready to move with the bell. Don't let your kids wait until the bell goes to start getting ready and don't be late yourself.

- 3:25 **Bell for 2<sup>nd</sup> Interest Choice.** The interest choice provides campers with the opportunity to work with specialized staff to further develop their skill set in specific activities or for recreational purposes. Be ready to move with the bell. Have campers winding down their activity prior to the bell. They will need time to get to their next activity.

- 4:30 **General Boating, Ropes and Swimming (GBRS).** This is an opportunity for the campers to enjoy a less structured period of time and seek further exposure to their favourite activities. Check the schedule and tell your kids where you will be if you are stationed during this period. They may want to visit with you. You should know what you are scheduled for prior to 4:30. Campers lose out if you are missing from your assigned post. Additional land activities may be offered at this time. Staff are encouraged to participate with their campers if they are not assigned duties.

- 5:30 **Table setting.** As with breakfast and lunch, prepare your kids in advance if your cabin is on table setting for this meal. You will want them to leave GBRS a few minutes early. It is also important that you let your co-worker(s) know in advance that you are on table setting so you can make arrangements to leave your station as soon as possible.

- 5:40 **Bell for dinner and hand washing**

- 5:45 **Dinner.** Again, get your cabin ready prior to the bell. Make sure your campers listen for the intramural activities for the evening.

- 6:45 **Supervised Free Play.** Campers are given free time in the common areas around camp under a staff supervision schedule. Campers **may not** hang out in their cabins at this time. More structured activities such as Court of Dreams, or beach volleyball may be offered.

Similar to GBRS, staff not assigned to a designated area are encouraged to be involved with the campers, while staff assigned to EP are setting up at this time.

- 7:25 **Bell for evening program.** Be organized so you and your campers are ready to start on time. If not assigned to a specific location for evening program, be at line-up with your campers. Watch for kids who are tired, cold or looking sad. Night-time is hard for a lot of children, keep an eye out. Beginning in Session E, evening programs will start at 7:15.
- 8:45 **Snack in Dining Hall.** In most cases, evening program should wrap up between 8:30-8:45 so snack can be carried out in the Dining Hall. Don't forget to check and announce who is on set-up the next morning. Snacktivities are encouraged!
- 9:00 **Juniors (cabins aged 8-12) ready for bed & lights out.** Return with your campers to the cabin immediately after snack. On some nights, having everyone back in the cabin by 9pm might be challenging, but try to aim to as close to that time as possible. Help little ones feel secure and content by assisting with wash up and the transition to bedtime. Talk with them, work out any outstanding issues and reflect on the day. "Rose & Thorn," is a time honoured Camp Kawartha tradition. **Lights out around 9:30.**
- 9:30 **Seniors (cabins aged 13-14) ready for bed.** Return with your campers to the cabin no later than 9:30. Older campers still need encouragement to wash up and make that transition to bedtime. Talk with them, work out any outstanding issues and reflect on the day. "Rose & Thorn," is a time honoured Camp Kawartha tradition. **Lights out at 10:00.**
- 10:00 **Staff Free Time/Night Hawk:** Counsellors are to remain in their cabins until 10:00p.m., or longer if required for settling your campers. As nighthawk, you and your partners should actively patrol the cabin areas to make sure that cabins are quiet and respect given to campers trying to sleep. As a pair of staff members (one male, one female) finish a round and return to the Night Hawk tent, the next pair should begin their tour of camp. Extra care is taken in patrolling the youngest cabins. If campers cannot be calmed by nighthawk, the counsellor may be requested to return to the cabin. Senior Staff will relieve the Night Hawks at curfew.
- After Hours Night Activities.** Cabin night-time activities such as night hikes and campfires can be a great addition to an exciting week. Staff are encouraged to make requests, but must limit such activities to once a week to ensure that campers are getting enough sleep throughout the session.
- 10:30 **Staff Snack.** Snack is available to staff in the Dining Hall. About once a week, a special staff snack with accompany staff rec.
- 11:00 **Leadership ready for bed.** With very few exceptions, leadership campers (CSD and LIT) must be in their cabins with lights out at this time. Leadership campers must be reminded that maintaining a curfew and taking care of oneself is one of the prime responsibilities of being a staff member.