

Camp Bruce McCoy Training Guide 2019

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Module 4

THE CAMP EXPERIENCE

Counselor Responsibilities for Camp

- A continuation of counselor responsibilities from the previous module, counselors will also assist with:
 - Facilitating camp activities
 - Camp set-up/clean-up
 - Daily (Nightly) meetings
 - Camper Safety



Facilitating Camp Activities

Counselors will run certain camp activities while others are run by Ranch staff. Keep the following in mind when helping **everyone** participate:

- **Task Analysis** – **what skills are needed to participate?**
 - Sometimes you will need to break down an activity into individual steps and see what it takes to complete it *successfully*

Example


To play Connect 4, you need to be able to use at least one hand, be able to make basic decisions (placing pieces), count to 4, and identify red vs. black.

- **Skill Assessment** – **what are the camper's capabilities?**
 - Range of different physical abilities, cognitive abilities, behaviors, interests, etc.

Example

Camper can often use right hand, count to 4, identify red and black, but needs help strategizing piece placement and with placing the piece when their arm is tired

Facilitating Camp Activities

- **Problem Solving** – **how can everyone participate?**
 - The range in skills needed and skills available means adapting an activity to fit all campers
-  **Examples**
- Give camper occasional reminders about game objective of lining 4 pieces up.
 - “Be” the camper’s arm and place pieces for them
 - Temporarily change the rules so that only 3 pieces have to align until they get the hang of it.
 - Suggest counting number of pieces lined up at the end of each turn.
 - Ask camper to talk you through their thinking process during their turn.

Though this is only one series of examples (and not particularly complicated examples, at that) most activities can be broken down and adapted with relatively simple solutions similar to this.

Camp Set-up & Clean-up

- First day(s)
 - Arrival
 - Unloading camp supplies (first week)
 - Preparing rooms and activity spaces
 - Camper review
 - Camper check-in
- Last day
 - Camp packing and check-out
 - Cleaning rooms and activity spaces
 - Packing up camp supplies (second week)



Staff Meetings

- After lights out for campers each night, counselors and camp leadership will hold a staff meeting to debrief on the days events and cover any important matters
- Acts as a way for leadership to check in with counselors, to address the group as a whole, and to prepare staff for the next day
- Counselors can also voice any concerns and/or share highlights about the day's events

Camper Safety

- Minor Medical Issues
- Medical Emergencies
- Seizures
- Missing Camper



Camper Safety – Minor Medical Issues

All of these are detailed in the Training Appendix (pg. 20-21)

- **Universal Precautions** – wear gloves when potentially coming in contact with any bodily fluids; wash hands thoroughly
- **Falls** – relatively common occurrence; any open cuts or wounds should have direct pressure applied and medical manager contacted
- **Stings and bites** – bee stings are most common; be mindful of signs of swelling, redness, warmth, pain, *shortness of breath*. **Notify camp leadership/med manager immediately, as some campers may have a life-threatening allergy.**
- **Tick checks** – completed every day for campers and staff
- **Sunscreen/bug repellent** – daily and frequent application is important
- **Hydration** – crucial for both staff and campers
- **Heat related illness** – always monitor for “overheating,” especially campers who have temperature regulation issues ****Be especially vigilant for campers who are non-verbal****

Camper Safety - Medical Emergencies

This is detailed in the Training Appendix (pg. 25)

- For any severe or possibly life-threatening injuries (to campers or staff):
 - Immediately notify medical personnel first, as well as Program Director
 - Keep victim stationary, calm, and comfortable
 - Keep all campers and staff safe distance from incident
 - Report to medical personnel, who will take control of scene
 - If 911 is called, Program Director will notify the Triple R Ranch staff and designate someone from staff to meet EMS



Camper Safety - Seizures

This is detailed in the Training Appendix (pg. 21) and Seizure Handout

- Types
 - **Grand Mal** – sudden loss of consciousness
 - **Partial Complex** – noticeable “dazed” presentation or “aura”
 - **Partial Simple** – twitching of face, hand, arm, and/or leg
- Procedures
 - Medical Manager must be notified
 - Time when the seizure begins and ends (why bringing a watch is mandatory)
 - Do not attempt to restrain person or put anything in mouth
 - Clear immediate environment of harmful objects
 - Ease person to floor, if possible (for Grand Mal)
 - Place pillow under head, if possible
 - Continue to monitor level of consciousness and vitals periodically

Camper Safety - Missing Camper

This is detailed in the Training Appendix (pg. 24)

- Campers who are most at risk for getting lost are those with memory deficits and are not wandering intentionally
- Program Director will take control of situation and designate counselor roles/responsibilities
- **Counselors will usually assist in searching for camper and/or supervising other campers until situation is resolved**
- All common areas will be checked, even if it's after lights out
Example: Check bunks *with the lights on* to assure that the right camper is in the right bunk

Other things to keep in mind...

- Taking pictures at camp is allowed and often encouraged– but **no posting pics of campers on social media.**
- Cell phones are allowed, but to be used minimally during camper supervision- especially while running activities.
 - Cell phone use is prohibited while driving a golf cart or utility vehicle.
 - Personal calls should not be taken around campers; if it is an emergency, ask leadership if you can step away for a moment
- Camp Bruce McCoy, including all of its staff and campers, are **guests** at Triple R Ranch.
 - As such, we must respect the Ranch site, its commodities, and its staff.
 - We also abide by the Ranch’s strict policy of no drugs or alcohol on the premises. (with exception of tobacco cigarettes at designated smoking areas only)



Camp Map

- *Ponderosa – sleeping quarters
- *Pavillion – Arts, crafts, board games



List of Activities

Small Group Activities

- Horseback Riding
- Fishing
- Canoeing
- Archery & Riflery
- Arts and Crafts
- Ropes/Challenge Course
- Basketball
- Yoga
- Cooking

*Campers will pick their preferences
*Most days will allow for all campers to get involved in 3 different group activities

Camp Bruce McCoy Time (Free Time)

- Swimming Pool
- Shopping
- Movie
- Nap Time

*This will occur most days from 1:30-3:00pm

*Campers also get to decide how they would like to spend their free time by choosing from these options

Camp-wide Activities

- Kickball
- Ice Cream Social
- Scavenger Hunt
- Dance
- Karaoke
- Water Olympics
- Tie-dye
- Campfire Celebration

*Each day of the week will have a different camp-wide activity (or activities) where all campers and staff attend

Mock Camp Schedule

6am/6:30am – Wake up, get campers awake and ready

7:45-9am – Breakfast in dining hall

9:15-10:30am – Day Activity 1

10:45am-12:00pm – Day Activity 2

12:15-1:15pm – Lunch

1:30-3:00pm – Camp Bruce McCoy Time (shopping, pool, movies, nap time, etc.)

3:15-4:30pm – Day Activity 3

4:45-6pm – Camp-Wide Evening Activity 1

6-7pm - Dinner

7-9pm – Camp-Wide Evening Activity 2

9-9:30pm – Lights Out

10pm-?? – Staff Meeting

Tips for Self Care

- **Get to know other counselors** – they are your biggest lifeline
- Make opportunities to **get to know campers**
- **Know when to ask for advice or assistance** – leadership staff want to help
- Runs to town happen almost daily if supplies are needed by campers or staff
- **Hydrate.** Seriously. And though you may be helping campers eat during meals, make sure you eat too.
- **SLEEP**
 - These will be long days, back to back to back
 - Staff socializing and hang-outs often happen after staff meeting each night, so you can decide for yourself if you can give your 100% the next day if you stay up instead of going to bed.

To sum up module 4...

- Counselors help camp operations in a number of ways, including facilitating some activities, setting up and/or cleaning up camp supplies, meeting with other staff daily, and ensuring camper safety.
- There are several aspects to keeping campers safe, and all of these are also detailed in the "Brain Injury 101" training appendix.
- Camp Bruce McCoy staff and campers are guests at Triple R Ranch and should behave accordingly.
- Make sure to take care of yourself at camp, as well, and ask for help when you need it.

References

<https://triplerranch.org/>

Brain Injury Association of Virginia. (n.d). *Camp Bruce McCoy: Operations manual.*

Module 4 Quiz

<http://survey.constantcontact.com/survey/a07eg8905liju03oa04/start>