

Great Counselors...

- Remember that while in camp they are the primary caregiver, that is they are the parent substitute and have to ensure that all campers are always well cared for. **CAMPERS MUST BE SUPERVISED AT ALL TIMES 24 HOURS A DAY, SEVEN DAYS A WEEK.**
- Keep campers busy! When campers are not busy they get bored, homesick and misbehave.
- Check the health of their campers every day and make sure that they always get treatment for insect bites, sunburn, Poison Ivy, rashes, injuries, pink eye and any other physical symptoms they may have. Check for ticks after hiking and make sure they are dressed properly for the weather and for activities.
- Know their campers! What do they like? What do they not like? What are they good at? Praise their strengths and help them overcome their weakness.
- Are a part of their group. Sit with campers during activities, walk and talk with campers, participate fully in activities and listen to campers when they talk! Spend one on one time with campers every day.
- **Are ROLE MODELS!** Campers watch staff all the time, if you behave in a certain way, they will too.
- Develop programs with their campers, not for them. Ask campers' opinions and include them when you are planning new activities.
- Make the most of our limited time at camp by making sure that everyone is on time and prepared for activities.
- Remind campers about hygiene. Campers need reminded to brush their teeth, to shower, to wash their hair and to change their clothes.
- Take part in clean up activities. This will help campers get organized and keep them motivated.
- Always follow through on what they say they will do. They never promise what they can't deliver.
- Always intervene when they hear campers put each other down. Put downs are not allowed at Vacamas. Some campers may say put downs or names don't bother them, they do.
- Make something special out of unstructured times like rest hour, meals or waiting for activities to start. Campers really enjoy on-going games and discussions and keeping them busy will prevent boredom and problems.
- Create a routine for bedtimes. No matter how old your campers are they respond well to routines. Stories, highs and lows, fact of the day and individual good nights are all great ways to settle campers. Try them all and choose a routine which works for you.
- Watch other people with their campers. We can all learn new things to try every day.

