

CAMP TECUSMEH YMCA

Through pre-trainings, staff training and beyond, you are given tools that will help you navigate the challenges and joys of this summer. This Survival Manual being an essential tool.

Navigate – to plan and direct the route or course, especially by using instruments or maps

In summer 2022 we fanned the embers to create a fire – our fire and passion for summer camp and the impact we have on campers is back. When you think about surviving one of the next steps is to use the tools you have to navigate your way through the joy, the growth and the challenges that campers come with and help point them to God, to one another and to foster growth in themselves.

Hebrews 13:8 - “Jesus Christ is the same yesterday and today and forever” Even if our path changes, even if we lose our Wi-Fi signal, when everything around us changes - God never will. He is the one thing we can rely on.

1 Chronicles 16:11 - “Look to the lord and his strength; seek his face always” Just like the example of the North Star - whatever we're looking for direction in, the first step is to orient ourselves toward God. “God is First”

Isaiah 43:2 “I will be with you when you walk through the waters, and when you pass through the rivers, they will not overwhelm you.” How many times, how many literal obstacles come up in the summer that we are put here, and called to navigate through.

Psalm 139:7-10 “Where can I go from your spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there, your right hand will guide me, your right hand will hold me fast.”

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EMERGENCY PROCEDURES

If you hear camp's siren (High, Low, High, Low tones), you should immediately go to the nearest storm shelter. This is the procedure for tornado/storm as well as any other emergency procedure. The ONLY time you would not proceed directly to storm shelters when you hear the sirens is if a director gives you alternate instructions right before the sirens go off.

Once you are in the storm shelter, take attendance of your cabin. A full-time staff member will come around to give you further instructions. Stay in the shelter until a director tells you otherwise.

River Village Storm Shelter Locations:

- Trader Jims (close the window shutters from inside)
- Basement of Health Center (close the window shutters from inside)
- Basement of River Village Lodge/Bradshaw Room (close the window shutters from inside)

Lake Village Storm Shelter Locations:

- Whitetail Basement (close the window shutters from inside)
- Equestrian Center Classroom (close the window shutters from inside)

In Case of Fire:

- Evacuate building as quickly and safely as possible
- Move all campers and staff a safe distance away
- Notify camp staff and/or emergency personnel via radio or 911
- If the fire is small enough, and you have been trained in use and feel comfortable with fire extinguisher, proceed with caution

Pool/Lake Whistles

- One Short Blast: To get the attention of a swimmer
- Two Short Blasts: To get the attention of another guard
- Three short blasts: To commence emergency action plan
- One Long Blast: To clear the aquatic area

STAFF CONTACTS

In order to get in touch with a director via radio, camp radios are located:

- At the front desk of River Village Lodge
- River Village Cabinet Room (next to dining hall)
- Trader Jim's (mounted on wall inside door)
- Lake Village Cabinet Room (Kampen Lodge)
- Every Unit Coordinator has a radio in their cabin as well

Cell Phone Numbers for Full-Time Directors:

ADMIN

Meg Piechocki: 765-201-2011

Dayna Wiltgen: 815-715-0757

Tom Elliott: 765-480-8104

VILLAGES

Rob Hatter (Lake Village): 574-870-7523

Lauren McCleary (Lake Village): 765-418-7734

Sydney Chaney (River Village): 765-401-6935

Kaleb Buchanan (River Village): 217-220-7749

DAY CAMP

Jordan Seeger — 765-413-8046

EQUESTRIAN

Mary Anne Hunsberger – 765-714-9088

Amie Gleason – 765-586-8515

PROGRAM

Keith "Brother Nature" Kalish— 618-610-1273

Whitney Ericksen: 507-363-4048

Sean Maney: 708-415-8631

WHEN TO CARE VS. WHEN TO CALL (A NURSE)

In an effort to help the nurses and alleviate some of their 600+ visits a day, please use the following guidelines as far as when to care for a camper's sickness/injury and when to call or go to the nurse.

Care	Call
For minor scrapes/cuts (anything where the blood can be stopped with a wad of Kleenex or toilet paper)—Control bleeding and apply Band-Aid from your first aid kit.	For major bleeding (anything where the blood is spurting and cannot easily be stopped by Kleenex or toilet paper)—Apply pressure and bring to the nurse
At the first sign/complaint of headache—make sure the camper has been drinking plenty of water, have him/her sit down, in the shade, ask questions as to how long they've had the headache	If the camper's headache continues—bring the camper to see the nurse during one of the regular med times (breakfast, dinner, evening meds). Try to do this before the nurses retire for the night, not at 2am.
Homesickness or any symptom of homesickness—Try to keep the camper's mind off of home, talk to him/her reassuringly, try to differentiate between sickness and homesickness.	Vomiting—bring to the nurses and make sure the "spill" is cleaned up using a spill kit or contacting a director/housekeeping

Care	Call
	Major illness/injury/incident (suspected neck injury, seizure, broken bone, etc.)—when possible do not move the camper. Notify a nurse/director immediately and keep the camper calm.

PURDUE CONSULTANTS

Consultants phone number: (765) 761-2450

Calendly Link (to sign up for services):

<https://calendly.com/purdueconsultants/meet-w-consultants>



Purdue's consultant team provides on-site and on-call services to full-time and seasonal summer camp staff. Our role is to provide non-judgmental, non-evaluative support for your well-being as you navigate the multiple demands of your role at Camp Tecumseh

MEET THE PURDUE CONSULTANTS!

Patrick: Patrick will be 5th year Ph.D. student in Counseling Psychology at Purdue. He's originally from Rensselaer, IN and enjoys going camping, backpacking, fishing, and watching football in his spare time.

Vanessa: Hi! My name is Vanessa and I'm a 2nd year PhD student at Purdue University studying Counseling Psychology. When I'm not studying, I enjoy working out, going on hikes, and watching movies!

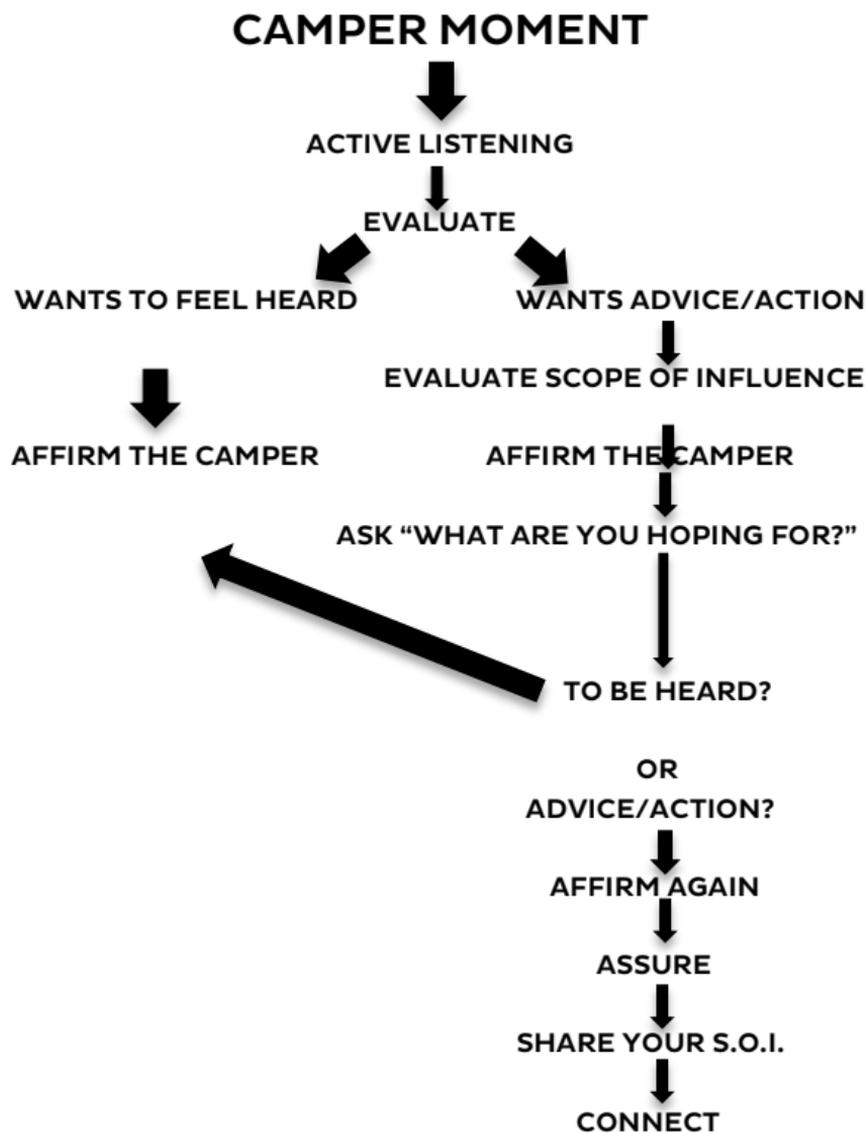
Kwanda: Nokwanda (Kwanda) is from Durban, South Africa, and will be starting her fourth year of the Counseling Psychology Ph.D. program at Purdue University. She spends much of her time doing community work where she partners with local community organizations in South Africa to address the needs of vulnerable children and families.

Brenda: Born and raised in the San Francisco Bay Area, Brenda (she/her) is currently a 4th year student in the Counseling Psychology PhD program at Purdue University. Her clinical interests include working with teens and young adults, specifically on identity, family, and relational concerns. In her free time, Brenda enjoys baking, yoga, and going on fun adventures outdoors.

Amanda: Originally from the metro Detroit area, Amanda has been a faculty member in the Counseling Psychology program at Purdue since 2018 and has been working with Camp Tecumseh since that first year! Amanda does research on how informal learning spaces (like camps) can support youth development. In addition to playing with her two kids and dog, Amanda loves camping, biking, and cooking.

WHEN A CAMPER ASKS TO TALK

CAMPER CONVERSATION FLOW CHART



MEDICATIONS

It is extremely important to help your campers get their medications at the appropriate times

- Breakfast meds will be dropped off at your cabin by the nurses
- Lunch and Dinner will be at the dining halls
- Bedtime will be at the Nurses stations (8:00-9:00pm at River Village, 9:15-10:00pm at Lake Village).

It is not just inconvenient but also inconsiderate to make the nurses return to the health center/lodge after they've just been there distributing meds.

Please make sure you get your night meds.

WHAT IF I'M ON A SLEEPOUT?

During Sleep outs see the following med drop locations and be sure to be there at a pre-arranged time from the nurses. It's important to communicate with them ahead of your sleep out if your camper has night meds!

Tea Party Spot– Bullet Slide

Pine Forest – OT Roundabout

Gish – Roundabout at Gish

Survivor – Canoe Drop

Meadows Edge – Meadows Edge

Turkey Island – Meadows Edge

South Pasture – Meadows Edge

RIVER VILLAGE WEEKLY SCHEDULES

Monday -Thursday

- 8:00 Breakfast
- 8:45 Chapel
- 9:30 – 10:00..... Shared Responsibilities
- 10:00 – 11:00.....Choice 1 (Monday – Choice Explore)
- 11:15 – 12:15Choice 2 (Monday – Swim Check 11-12)
- 12:15 – 12:45Free time
- 12:45 - 1:30 Lunch
- 1:30 – 2:30..... Rest Hour
- 2:45 Aquatic Time
- 3:45 – 5:15.....Cabin Activities
- 5:15 Flagpole
- 5:30.....Dinner
- 6:00-9:00 Program Activities
- Tues Night (All Camp Chapel at 8 pm)
- Thurs Night (All RV Sleep-out from 7:30)
- 9:00 Last Activity Ends

EQ

Monday-Thursday

- 8:00 Breakfast
- 8:45 Chapel
- 9:30 Head to EQ Center
- 10:00 – 12:00.....Rides/Ground School
- 12:45 – 1:30.....RV Lunch for Blazers
- 1:30 – 2:30..... Rest Hour
- 2:45 – 5:45Afternoon Clinics (Monday & Tuesday Only)
- 2:45 – 5:15.....Cabin Activities
- 5:15 Flagpole
- 5:30.....Dinner
- 6:00-9:00 Program Activities
- Tues Night (All Camp Chapel at 8 pm)

..... Thurs Night (All RV Sleep-out from 7:30)

9:00 Last Activity Ends

Friday Evening – ALL CAMP

5:15 Dress-up for Theme Dinner

5:30 Village Theme Dinner

8:00 Horse Parade & Campfire

10:00 back to cabin/showers/devotions

LAKE VILLAGE WEEKLY SCHEDULES

Monday-Thursday

- 9:00 Breakfast
- 9:45 Chapel (Thursday Chapel 8:45)
- 10:45 – 11:45.....Choice 1 (Mon Team Building 10:45 – 1:00)
- 12:00 – 1:00Choice 2 (Monday – Swim Check 11-12)
- 1:00 – 1:45..... Lunch
- 1:45 – 2:45..... Rest Hour
- 3:45 – 5:00..... Cabin Activities
- 5:00 – 6:30..... Floating Dinner (choose a time between)
- 6:30-9:30 Program Activities
- Mon Night (Warrior Adventure Night 5:30)
- Tues Night (All Camp Chapel at 8 pm)
- Wed Night (Pathfinder Adv. Night 5:30)
- 9:30 Last Activity Ends

EQ

Monday-Thursday

- 8:00 Breakfast in RV
- 8:45 RV Chapel
- 9:30 Head to EQ Center
- 10:00 – 12:00 Rides & Ground School
- 1:00 LV Lunch
- 1:45 – 2:30..... Rest Hour (Mon/Tues in 2 sister library)
- 2:45 – 5:45 Afternoon Clinics (Mon/Tues Only)
- 2:45 – 5:00..... Program Activities
- 5:00 – 6:30..... Floating Dinner (choose your time)
- 6:30 – 9:30..... Program Activities
- Mon Warrior Adventure night (5:30pm)
- Tues Night (All Camp Chapel 8 pm)
- Wed Pathfinder Adv. Night (5:30)
- 9:30 Last Activity Ends

Friday Evening – ALL CAMP

- 5:15 Dress-up for Theme Dinner
5:30 Village Theme Dinner
8:00 Horse Parade & Campfire
10:00 back to cabin/showers/devotions

SUNDAY CHECK-IN ESSENTIALS

In order to make sure that Sunday afternoon—from the staff meeting at 12:00pm through the end of check-in—goes smoothly, here are some pointers:

When you arrive at the Sunday afternoon meeting, you should:

- Arrive before 12:00pm (Eastern Time) in Scheumann Lodge.
- LV Counselors – Have car parked in main LV parking lot, not in front of your cabin. You can move it back to your cabin after check-in. Use spots across from cabins as much as possible. No cars parked by Buffalo/Whitetail.
- Be wearing a clean staff shirt and be presentable.
- Be wearing presentable shorts/skirt/pants
- Be wearing your nametag
- We will have lunch served starting at 12pm, or bring a lunch with you.
- Turn in your Parent Letters as soon you arrive at Scheumann Lodge.
- Make sure your cabin (inside and out) is clean and ready for parents and campers to arrive
- Be ready to meet with your partner(s) and unit

After you leave the Sunday meeting, you should:

- Go directly to your cabin—the kids are on their way!

As campers are being dropped off:

- At least one counselor should be outside, greeting the arriving campers/families
- Greet families at the car, parent are able to entire cabins briefly to help make bunks.
- Introduce yourself to the family. Greet in a friendly and respectful manner, smiling with your eyes (as best you can)
- Explain that you are going to do a head-check on the camper, just like you do for every camper before they enter the cabin
 - If you suspect lice, politely ask the camper and his/her family to wait while you contact a nurse or director. Try not to let the camper into the cabin.
- Ask adult who will be picking up on Saturday. If there is a different adult or a time outside of check-out time, have them complete a **special leave card**.
- Ask the adult if they have any questions
- Help the camper and family bring their stuff into the cabin to their pre-selected bunk
- Introduce the new camper to other counselor(s).
- Introduce the new camper to any other campers who have already arrived
- Try to engage the new camper in an activity/conversation with other campers/counselors as soon as possible, you may being to play games or talk about what they want to do that week that you can schedule at the planning meeting.
- Do not start the camp tour until all of your campers have arrived
 - Please don't say "You're finally here" or something like that if a camper gets to your cabin late. Instead be sure to invite them to meet the other campers and tell them how excited for the week you all are!
 - Note: Please do not play any music during check in

SATURDAY CHECK OUT ESSENTIALS

Saturday mornings are check-out days. There is a lot to remember to do in order to make sure things run smoothly.

Before Chapel

- You may need to wake up a little earlier than normal to get everything ready
- Be sure to pick up breakfast from the dining hall no later than 7:45. There will be a cereal cart available in the dining hall in addition to the baked oatmeal to go.
- Help campers gather their belongings and put them all in their bags and outside on the porch
- Check the **PORCH, CLOTHESLINE** and **BATHROOM** for clothes, shoes, other items
- Help campers sweep out their bunk area-under mattress and storage area
- Flip up mattresses of all empty beds so housekeeping can clean
- Counselors should wear their staff shirt and be presentable for parents/guardians
- Chapel will begin at 8:45 at the RV chapel. Be sure to drop your crate off at the dining hall before leaving for chapel (LV) or on your way to chapel (RV).

After Chapel

- Check out is from 9:30-11am
- Pick up any trash you see on the way back to the cabin
- Hangout with campers outside the cabin.
- Greet families at their vehicles and help campers carry their belongings to the car.
- Give families the check-out materials
 - Cabin Photo, Sagamore Creed card, Info page, Returning camper instructions (where applicable)
- On Non-stay over weekends: If campers are not picked up by 11am, please keep them at your cabin, but notify a support staff immediately so that they can contact family.
 - On Stay Over weekends – counselors working will stay after chapel, if you have a stay over camper, walk them and their weekend belongings to Mt. wood for RV and schu porch for LV where they can check in with staff working the weekend.
- From 11-11:45 please clean up cabin by vacuuming out bunk areas, flipping up mattresses and picking up large items from the floor. Any Stayover camper and counselor items MUST be contained to the bunk and under bunk area so housekeeping can get through to clean.
 - The only things on the clothesline or porch should be the counselors'
 - Put lost and found in the cloth laundry bag your unit shirts came in.
- Return the breakfast crate to the dining hall.
- From 11:45-12pm meet your unit for a quick week wrap up at previously instructed locations.

- If you aren't assigned to work further, you are off until 12:00pm on Sunday, get some rest!

LOST & FOUND

As you are cleaning your cabin on Saturday after check out, you may notice that some campers forgot some items. Check the whole cabin (bathroom, table, bunks) as well as the clothesline and porch for left behind items.

Place items in a bag with your cabin name and the week on the bag and bring it to your unit meeting. These will be collected and brought to the Lost & Found location and kept for a maximum of 14 days.

Here's what NOT to put in the bag:

Bug Spray & Sunscreen – Keep it on your porch and use it for the next week!

Excessively dirty items, single socks, face masks and under garments can be thrown away.

Please be sure to turn in all of your lost & found.

SWIM QUEST

What does the actual SwimQuest look like?

- Counselors will go over the pool rules outside of the bathhouse prior to entering
- Everyone will enter the pool area by the water tower, first showering in the outside shower area
- Cabin groups will meet an aquatics staff by the vortex slide, will be given instructions on SwimQuest
- Campers will line up, 5 at a time, in the shallow end. They will be asked to swim two widths of the pool. First width will be front crawl, they can pick a stroke for the second width (backstroke, elementary backstroke, breaststroke, or side stroke)
- At this point campers who show at least one identifiable stroke and comfort in water will be asked to move to the next stage.
 - Campers not showing comfort in water will be orange bands.
- Campers will be asked to jump in the deeper water and then tread water, or keep head above water, for 30 seconds without having to move to the wall.
- Other rules for SwimQuest
 - Campers may use goggles, but cannot use a mask
 - If campers choose not to participate or feel uncomfortable they will be given an Orange.

Pool/Lake Whistles

- One Short Blast: To get the attention of a swimmer
- Two Short Blasts: To get the attention of another guard
- Three short blasts: To commence emergency action plan
- One Long Blast: To clear the aquatic area

What is the swimming ability of each band color?

Band Color	Swimming Ability
Orange	Non-swimmer, no identifiable stroke, or exhibits fear of water
Green	Proficient in front crawl, shows comfort in water, can keep head above water for 30 seconds after jumping in.
Blue	Two identifiable strokes, keeps head above water for 30 seconds after jumping in.

What can each band color do?

Band Color	Pool	Lake	Cabin Activities
Orange	Stay in shallow ends	-Stay in shallow end -Boats w/ blue or green band counselor	
Green	Shallow ends All of Shirk Rope traverse	-Shallow End -Wet Willy's with Life Jacket -Boats with fellow green or blue camper	-Blobs -Float Trips - in a boat with a LG or blue band counselor
Blue	All areas	All areas	All areas

SUNDAY NIGHT UNIT PLANNING MEETINGS

What is it?

This is the meeting where you schedule the activities for your cabin, for the entire week..

Where and when do they take place?

BRAVES & BLAZERS – River Lodge directly after campfire

WARRIORS & PATHFINDERS –Scheu, directly after campfire.

Who goes?

One counselor from each cabin. You should alternate from week to week who will go to the planning meeting and who will lead devotions at the cabin.

Who runs it?

A Village Director

How long does it last?

It depends how attentive and focused everyone is, but usually 60-90 min.

What's my responsibility?

- Come prepared with a list (10-12) of activities that your cabin would like to try and do during the week.
- Come with a PENCIL!
- Come directly to the meeting after campfire. The meeting can't be started until everyone is there. The later it starts, the later it will go.
- Grab your cabin folder and cabin sign
- Stay focused and attentive to the process. Speak up when you need to. Stay quiet when you need to (this can be the harder of the two). If you're struggling – reach out the one of the unit coordinators or village directors present. They are there to help!

- Create a well-balanced schedule for your kids, not for your own social circle. See the activity list on your cabin planning meeting folder for reference!
- Inform your village director with any concerns with your own schedule.
- Get your schedule approved by a village director once you're finished
 - Double check you have the following:
 - Locations
 - Correct times
 - Labeled fields
 - Counselors on duty
 - Name of trained counselor assigned to lead a specific activity
 - Ex: Blob time – Dayna LG
 - Once you have your schedule checked – make some copies – see below to check who will need one!
- If your partner is awake when you get back to the cabin – check in with them about how devotions went and share the schedule with them!
- Get some sleep!

Tips and tricks in creating an effective schedule

- Plan sufficient travel time.
 - Bear in mind where you are going from and to, and whether you have to take a pit stop in the cabin or pick up pop stop on the way.
- Try not to change villages too much.
 - Once or twice a day should become your norm. Any more than that and you'll all begin to feel it.
- Mix up which cabins you schedule activities with.
 - Be sure to push yourself outside your social circle, and the folks you are sitting next to at the meeting.
- Write in Pencil, things will change throughout the meeting.
- Plan at least one activity that is specifically designed to try and bring your cabin together as a group. Early in the week works well.
- Be patient and cooperative, it will help the process a lot.

What happens if I don't get things my kids want to do?

It's important that you are able to get some of the big activities that your kids want to do on the schedule. If you notice that you miss out on your top two or three as they go around, please bring that to the attention of the Village Director running the meeting. You should be able to get six or seven of your kid's top 10. If not something should be addressed.

Who needs a copy?

Make a copy of your schedule for the following:-

- Original copy with your village director before you leave.
- 1 copy to post in the cabin for your kids to refer to **(you must post a schedule)**
- 1 copy for your partner
- 1 for you DC

PARENT LETTERS

Parent letters are due by the time you walk into the Sunday afternoon meeting at 12:00pm. They should not be worked on during this meeting.

Returning camper postcards will be due by Friday after rest hour. In order to make sure that your parent letters are great and that you do not have to do a re-write, check the following things on each parent letter:

- Appropriate use of Mr./Ms./Mrs.?
- Parent names used/spelled correctly? (double check for last name different than camper)**
- Blue or black ink? (Must use same color throughout letter)
- Easily legible?
- Camper's name spelled correctly?**
- Correct camper name throughout letter?**
- Spelling and grammar mistakes minimal?
- At least five personalized sentences that talk about the contributions and character of the camper?
- Shows relationship growth with other campers/counselors
- At least 1 ½ pages?

Items with a ** indicate an automatic re-write, even if you attempt to correct the error.

Appropriate greetings:

- For married parents: Dear Mr. and Mrs. Smith
- For single dads: Dear Mr. Smith
- For single moms: Dear Ms. Smith
- For unmarried or divorced parents: Dear Mr. Smith and Ms. Jones
- When in doubt: Dear John Smith and Peyton Jones

Commonly misspelled words:

- Counselor
- Definitely
- Through
- Rhythm
- Believe
- Tippecanoe
- Wet Willy's

Correct use of:

- **Their**-showing ownership
"All the campers enjoyed their hike to Ghost Cabin"
- **There**-Indicating a location
"The campers were so excited to get there."
- **They're**-They are
"They're going to be best friends!"
- **Its**-showing possession
"Sometimes the tractor has a mind of its own."
- **It's**-It is
It's amazing to see the growth in Billy this past week!"
- **Your**—showing possession
"We had a great week with your son."
- **You're**—You are
"You're not going to believe the transformation in your son."

Rewrite Procedures:

Missing on Sunday?	1st time	Due before you leave for your first night off.
	2 nd time	Lose night off (once you finish can begin working on next week PL's).
Re-writes	Due by 12:15am of your first night off, otherwise you will lose a night off.	

BEHAVIOR DEVELOPMENT

For better and worse, you will have campers whose behavior does not match the goals and norms that you have in your cabin. The goal for camper behavior development is be proactive and not reactive and help give campers the tools we can to help them manage the tough stuff. The hope for behavior development training and tools are to help your cabin function at a high level and to help campers grow in Trust, Responsibility, Initiative, Friendship, Joy and Faith. We don't always know what type of background campers come from or what the norms are at their home and school. Our job is to help campers adjust to our norms and hopefully come out of the Camp Tecumseh Experience a better person.

Some "Absolutes"

- We do not tolerate bullying
 - Whether it's physical, verbal, social or emotional
 - Let campers know this at the start of the week (a great time to share this could be cabin goals on Sunday night!)
 - Let campers know that if they feel they are being bullied or picked on they should come to you or another safe adult right away (Talk about who the safe adults at camp for them can be!)
 - Bullying should be addressed by counselors right away by pulling the suspected bully aside, asking them what happened, explaining that this is bullying and we don't allow that, and explaining how they can correct that behavior
 - If bullying persists, contact a Director immediately
- We do not tolerate physical violence
 - Camp needs to be a safe place for all.

- In the case of physical violence, use your best judgement on whether to separate the campers and **always** call a director right away
- We believe that every camper deserves love
 - Whether that camper is easy to love or not, they deserve love
 - Treat every camper with respect and expect the best out of them

Some tips as you dive into behaviors:

- Catch campers doing good things!
 - The more good things we point out and praise, the more campers are going to see what we are striving for

Ex: Way to be third and hold open the door for everyone, Meg!
- Set your cabin rules and norms from the beginning
 - Sunday evening devotion is a great time to let your campers know what you expect and work together to set agreed-upon goals for the cabin
- Correct Quietly
 - It is important to have a conversation about behavior, but this doesn't need to be heard by the whole cabin. Take some time to step away where others can see you to talk through the situation and what is expected of the camper and what they can expect from you moving forward. Ex: Camper Dayna yelled at Whitney in the Gaga pit Counselor Meg saw and while the rest of the cabin play gaga, Meg takes Dayna a few steps away to talk through the situation of what she was feeling, why she reacted that way and how meg can help her choose a different outcome in the future.
- Stay calm as you are talking to campers

- While occasionally you may need to raise your voice (never yelling), it is usually more effective to lower your voice and speak in a calm, soft tone
- Don't use or threaten the nuclear bomb!
 - Threatening a camper with going home, calling their parents, etc. is not effective and puts you in a corner to follow-through.
 - These decisions are made with a director, don't jump this decision.

Homesickness

While homesickness is most often seen in younger campers (Braves and Blazers) it can occur in campers, and staff, of all ages. Here are some tips for preventing and dealing with homesickness:

- Don't ignore child who has been to camp before.
- Help child adapt to camp environment and camp routine.
- Review schedule and tell camper what is happening next. Children thrive on routine.
- Check in with camper frequently.
- Acknowledge and validate the camper's feelings. Children need permission to express feelings.
- It is okay to talk about home, Mom and family. At end of discussion, bring child back to upcoming camp events.
- Encourage camper to socialize with others; facilitate friendship with another camper or buddy.
- Conduct a group discussion on the normal feelings everyone has when coming to camp.
- Have camper write home
- Get the camper involved in an enjoyable activity.
- Use the child's talents in the cabin, find something that only that child can do.
- Encourage the camper to take one day at a time.

- Do not ignore child's physical complaints and shrug them off. Refer child to the nurse with your suspicions of homesickness. They are a great resource to help spot what this looks like if you're not sure either.
- Consult village director about the child who has adjustment problems and is very homesick. A plan can be worked out to help the child.
- Fill in Village Directors sooner rather than later! They can help you come up with a plan or keep an eye out if you've got it covered, this way if camper has more trouble throughout the week, they can contact home and bring in family on a plan that will help camper have a successful week at camp.
- It's always better to provide village directors with more information, than with less! They can be a resource and support in these situations.
- Review this list before each new group of campers arrive!

FAITH AT TECUMSEH

In response to the Pharisees (who were plotting his downfall) question “Teacher, which is the greatest commandment in the law?” Jesus responded by saying in (Matt 22:37-40) “Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments.”

Faith at Tecumseh is grounded in this teaching from Jesus. The “I’m Third” Motto (God 1st, Others 2nd, I’m 3rd) is at the core of our culture and programming. It drives what we teach from a faith perspective and how we strive to build relationships with each other.

Our goal with spiritual development therefore is to expose people to the idea of God’s love and plant seeds, allowing room for exploration and questions. If we are to love people well, we must meet people where they are, avoiding the use of force with our own beliefs and convictions on others.

With that in mind, these goals should help guide our work in bringing people together:-

FIVE SPIRITUAL GOALS FOR CAMPERS:

Each camper should learn more about:

1. Relationship and communion with a gracious and loving God.
2. The Bible as a historical document and guide for life.
3. Jesus life and teachings regarding loving God and others well.
4. Our bodies being the temple of God that need to be well cared for.
5. Our responsibility in caring for the world (People and planet) God has placed us upon.

Furthermore, if our goal is to bring people together and create a safe space for exploration, we should avoid discussion involving the following potentially divisive topics during a camp experience:-

- Divorce and remarriage
- Cults and related subjects
- The end of the world and the anti-Christ
- Abortion
- Denominational differences - rights/wrongs
- Politics in relationship to religious convictions
- The Covid-19 pandemic in relationship to religious convictions
- Sexuality

DEVOTIONS

THE DEVOTION PHILOSOPHY:

To bring peace and foster community within the group before bedtime through connection with God.

The cabin group is a core part of a Tecusmeh experience. Through Devotions, cabinmates have the opportunity to not only feel connected to others, but to God. Our job is to create an inviting environment for campers to feel comfortable to exploring a relationship with both God and their cabinmates.

Devotions are a time to mentally and emotionally calm our bodies before bed and to end our day with God – just as we start it.

- Prepare ahead of time. Know your strategy and topic well. Think about what you are going to say ahead of time. Ask God for clarity and direction.
- Make sure all campers are settled down before you begin. Campers should be ready for bed, showered, teeth brushed, medications received.
- Have all campers sitting around in a circle on the floor or in some other setting where they are not distracted.
- You can have a candle in the middle of the circle (as long as you have a drip pan under it). This can help to focus the campers and calm them down.
- Devotions should be a time of discussion & prayer. It's not a lecture.
- This is not a time for ghost or adventure stories. The only stories should be ones that lead into the devotion.
- Plan to spend at least 15 minutes for devotions.

Hook, Book, Look, Took

As you are setting up your devotion for your cabin, we recommend we use this method in order to get the campers' attention, relate an idea to the Bible, and help the campers go away with an application.

	Purpose	How To's	Examples
Hook	<ul style="list-style-type: none"> •To get attention. •To set a goal for discussion. •To act as a transition to the Bible discussion. 	<ul style="list-style-type: none"> •Should appeal to discussion. •Should be focused on the group's needs and/or interests. •Shouldn't necessarily be Biblical in nature but set the stage for it. •Should not be answerable with a Yes or No. •Should be simple and direct. 	<ul style="list-style-type: none"> •What makes people happy? •How do you get rich? •What are you living for? •What makes a good friend?
Book	<ul style="list-style-type: none"> •To lead the learner to discover Biblical truths. •To aid the learner in understanding the truths discovered. •Make observations. 	<ul style="list-style-type: none"> •Should relate to the Hook portion of your discussion. •Should help in the discovery of the facts, usually by beginning with, Who?, What?, How?, Why? 	<ul style="list-style-type: none"> •What in the book of Philippians brings Paul joy or causes him to rejoice? •Who is talking to whom in this verse(s)? •Where did this take place?

		<ul style="list-style-type: none"> •Should clarify and define the truths discovered. 	<ul style="list-style-type: none"> •Why do you think the passage(s) or verse(s) is here?
	Purpose	How To's	Examples
Look	<ul style="list-style-type: none"> •To guide the learner to formulate the truths into principles to which he can respond. •Sets the stage for application. 	<ul style="list-style-type: none"> •Should summarize the facts discovered and draw out the principles or truths. •Should help clarify and formulate the truth(s) so application can be made. 	<ul style="list-style-type: none"> •Why is Paul joyful even amidst adverse circumstances? •What can we learn from Paul about a joyful attitude? •How can you tell when a person is joyful?
Took	<ul style="list-style-type: none"> •To make personal, specific application of the Biblical truths discovered. •Desire specific, changed behavior. 	<ul style="list-style-type: none"> •Should bring the discovered truth to a level of practical, personal application. •Should help the individual see how the truth can be specifically applied to his life. •Should not be general and vague. Have group members write out their planned application and share it with the group. 	<ul style="list-style-type: none"> •How do you plan to demonstrate joy this week (Be Specific)? •In what specific situation do you plan to display joy this week? •Think of a situation at (Home, School, Work, etc.), where you have not been joyful but will trust the Lord to make you joyful.

RAINY DAY GAMES

When weather forces you inside there will be a few different places you will end up. Depending on the location, there will be different options for activities that you can do. Some will be more conducive to bigger spaces like a dining hall or lodge, while others can be done in smaller spaces like your cabin. Here are a few activities to keep in your pocket as you need them. Others will be provided in certain spaces.

2 Truths and a Lie

Ask each person in the group to think of two true facts about themselves, and one lie.

Each person in the group takes a turn telling the group their three facts.

The group then has to agree on which fact they think is a lie. Once the group announces their decision, the speaker tells the group the correct answer. The group then can talk about any of the interesting things they just learned about the new person.

Poison Dart Froggy

Everyone sits in a circle. One person is chosen to be the detective. He leaves the room or goes to a place where he cannot see or hear what is going on in the circle. Everyone in the circle closes their eyes. An adult or leader walks around the circle and taps someone's shoulder who now becomes the Killer Frog. But no one knows who the frog is at first. The detective comes back in. The frog sticks its tongue out at random people around the circle, trying not to be noticed by the detective. If the frog sticks its tongue out at you, you just lay down. The detective gets three tries to guess the killer frog's identity. If he succeeds, someone else is chosen for the next round. If he doesn't, then he is the detective again. It's okay if other players know who the frog is.

Ultimate Human

Have the group in a circle. Everyone starts out as an egg and places their hands above their head and together so that they look like an egg. When you say go each person will find another egg. Once they found that person they will then start (Rock, Paper, and Scissors). The loser stays an egg and the winner becomes a chicken, placing their arms as wings and making chicken noises. The chicken then looks for another chicken while the egg looks for another egg. When you win as a chicken you become a dinosaur, placing your hands out and roaring like a dinosaur. If you lose as a chicken you drop back down to an egg. Dinosaurs then find other dinosaurs, where they will play to become the ultimate people. Ultimate people put their hands over their heads like superman and look for others like them. If you lose as a dinosaur you go back to being a chicken, looking for other chickens. If the Ultimate person loses to another Ultimate person they go back to a dinosaur, and if they win they stay as ultimate people.

Chuck-A-Name Game

This activity starts off like the traditional name toss. In case you aren't aware, here are the common rules:

- 1) Arrange the group in a circle.
- 2) One person starts off by saying the name of someone else in the circle, and tossing the ball to them.
- 3) That person then in turn says the name of a different person, and tosses the ball to someone else who has not yet received the ball.
- 4) That continues until everyone in the circle has received the ball once.
- 5) Generally, the objective is to pass the ball around the circle without dropping it. If the ball is dropped, the group restarts until completed without dropping.
- 6) You can add a "thank-you, (name)" from the receiving person if you like...

For ADVANCED...

- 1) Once the group has accomplished the task as described above, add a second item (ball, rubber chicken, etc.) and instruct the group that it, too, must travel in the same pattern.
- 2) You can add more items as you see fit. For a more "team-building" type game, add 4-6 items, and hold the rules in place. For a more "ice breaker" type game, add as many items as possible, particularly goofy props, and you will see the group get sillier and sillier.

Mafia

Everyone sits in a circle, and the narrator has everyone close their eyes. The narrator then chooses two mafia members and has them quietly look up at each other. They put their heads down, and the narrator chooses a stool-pigeon. The mafias raise their HANDS, and the stool-pigeon raises his/her head to see who the mafias are. Everyone else is an innocent townspeople. Each turn, everyone closes their eyes; the mafias then look up and choose one person to kill. The mafia then put their heads down and then the narrator has everyone look up. The narrator delivers the news of who they killed and how (creativity is a PLUS). The townspeople try to figure out who the mafia are and vote on whom to kill. Remember that the stool-pigeon knows who the mafias are, and they will try to lead the townspeople to the mafia. The goal of the game is for the townspeople and the stoolpigeon to kill the mafia while the mafia have to try and figure out who the stool pigeon is before they are killed. If the stool-pigeon is killed, the mafias win, if BOTH mafias are killed, the townspeople win!

Shuffle Your Buns

Have everyone sit their chairs in a circle, as close together as they can while still being side by side. Pick one person to stand, which leaves an empty seat. The standing person must try to sit in the chair; however the person to the left of the chair is going to take it. That moves the empty chair; the new person to the left will sit in that chair, and so on around the circle.

If the leader calls "switch", the people sitting in the circle will switch directions and start taking the empty chair to the right. Remind the participants to only move if the chair next to them is empty. Remind them also not to put their hands down on the chair (as this can result in injury), only move their seat.

Hand Game

Everyone must either lie on their stomachs with their hands in front of them or sit at table with their hands in front of them, in a circle. Either way, have your hands ready to slap a flat surface.

Once everyone places their hands directly on the table or ground in front of them, move your right hand in between both hands of the person to your right. This creates an alternating hand pattern. So, looking down onto the group the hands would look like this:

(From left to right) My LEFT hand, then the person on my left's RIGHT hand, then the person on my right's LEFT hand, then my RIGHT hand, and so on. Although it is hard to describe, it's a really simple set-up...

To start, one person calls out the tapping direction, either Left or Right, and starts slaps their hand once on the ground/table. The hand closest to the first slap, in the named direction, slaps the hand, then the next closest, and so on.

If hand A slaps, hand B can either single slap or double slap. A single slap keeps the slap going in the correct direction; a double slap sends the slap in the opposite direction.

If someone slaps out of turn, they must remove that hand. All other hands stay where they are. When both hands are out, that person is out of the game.

The game is over when there are two people left.

Try and go faster as the game progresses. If you make a mistake, then you leave the circle.

Who's the leader

Have all players sit in a circle and then choose a person to be "it". The "it" is to leave so that "it" cannot see or hear the group. Choose one person to be the chief and he will act out short movements. Examples are clapping hands three times, stomping feet etc. All other players in the circle must do what the chief does. Have "it" return and give them three guesses to try and guess who the chief is.

Captain's Coming (Ship to Shore)

To begin the game explain the following motions:

Captain's coming- stand at attention and salute

At Ease- Only way for the campers to relax after "captain's coming" is called

Bow- run to the front of the 'boat'

Stern- run to the back of 'boat'

Port- run to the left side of the boat

Starboard- Run to the right side of the boat

Man Overboard- lie on back and swim

Man the lifeboats- Find a partner, sit together and row

Torpedoes- Lie on tummy with hands overhead to give a streamline look

The leader calls out the different actions as the campers run around performing them which can get very confusing. If someone mixes up the motions or does not listen to the leader then they are out. The idea of the game is to be the last one standing.

Smile Toss

Players can sit in circle or through out the room as long as everyone can see each other. All players are to keep a straight somber face while one person that is chosen to be the Smile Tosser, smiles. The Smile Tosser will smile a big smile at all players trying to get them to crack a smile or laugh. If anyone smiles or laughs they are out of the game and they must be absolutely quiet while the game goes on. The Smile Tosser can wipe off his smile with his hand and throw it to another player if he wishes. The receiving player will put on the smile and be the new Smile Tosser. You can even set a time limit on how long your Smile Tosser is allowed to keep his role. Smile Toss is a great party game, holiday get together game, icebreaker game and youth group game.

Ah soh koh

Everyone sits in a circle, and learns the 3 commands and their movements.

- 1) Ah – the person says “Ah” loudly, and takes their left or right arm across their chest, pointing at the person next to them
- 2) Soh - the person says “Soh” loudly, and takes their left or right arm above their head, pointing at the person next to them
- 3) Koh – the person puts both arms together in front of them and point to someone else, anywhere in the circle.

The phrases must always go in that order, and each phrase needs its correct hand motion. You go when you are pointed at by someone next to you using “ah” or “soh,” or by someone across from you using “koh.” When you are “koh”ed at by someone you can either start again with “Ah” or put your hands up and say “nooooooo.” If you say “noooooooo” then the person who said “koh” has to start again with “Ah.” If you mess up, you step out of the circle and walk around the outside trying to confuse people by shouting random words.

- Find more in the counselor resources webpage

CAMP SONGS

Great for traveling, time-fillers, or just overall fun!

Welcome to the Family

Welcome to the family,
we're glad that you have come,
To share your lives with us, as we grow in love.
And may we always be to you, what God would us be,
A family always there, to be strong and truly...

Welcome to the family,
we're glad that you have come,
To share your lives with us, as we grow in love.
And may we always be to you, what God would us be,
A family always there, to be strong and truly loved.

May we learn to love each other,
more with each new day.
May words of love be on our lips,
in everything we say.
And may the Spirit melt our hearts
and teach us how to pray.
So that we might be, a true family.
(Repeat first verse.)

Tecumseh

Chorus:

Tecumseh, where the stars shine bright and the leaves are green
and I am Third.

Tecumseh, it's a special place where I understand
The meaning of the word... LOVE.

God is all around and I know that he cares.

He is most important to me.

And all of the other people, are second only to Him,

It's great to be Third and feel so free. (Chorus)

With a smile on your face, and not a worry in the world,

And a rainbow of colors in the sky.

You can be who you want to be, this is where you can live your
dream,

It doesn't matter if you laugh or cry. (Chorus)

But the greatest treasure of all, is the glow that we feel,

When a child reflects our love in his face.

A family we are, in the hands of the Lord,

We all feel His presence in this place. (Chorus)

Order of the Oar (Birthday Song)

We are, we are, we are, (pause) the Order of the Oar!

We are, we are, we are, (pause) the Order of the Oar!

Each and every one of us is stickin' to the rest of us!

We are, we are, we are, (pause) the Order of the Oar!

(Repeat as needed, until you get to the birthday boy/girl)

(To Birthday boy/girl)

Is it YOUR birthday today? (yes)

Stand up, please!

On the chair, please! (Give them the paddle)

How old are you? (twelve)

TWELVE!!!!!! (count to twelve asking the camper to raise with each number)

(Everybody Sings)

Happy birthday to you, Woo!

Happy birthday to you, Huh!

Happy birthday dear, Kyla!

Happy birthday to you!

Kings and Queens and Bishops too!

Want to wish the best to you!

So wish day, wash day, what do you say birthday! (pause)

Happy Birthday, huh!

To you, huh, huh!

There's music in the air, People singing everywhere!

Happy Birthday, huh!

Happy Birthday, huh!

Happy Birthday, huh!

To you, huh, huh!

The Princess Pat (*Repeat after me*)

The Princess Pat...Lived in a tree...
She sailed across...The seven seas...
She sailed across...The channel too...
And took with her...A Ricky Dan-Doo... (Chorus)

Chorus: (repeat after me)

A Ricky Dan-Doo...Now what is that?...
It's something made...By the Princess Pat...
It's red and gold...And purple too...
That's why it's called...A ricky Dan-Doo...

Now Captain Jack...Had a mighty fine crew...
He sailed across...The channel too...
But his ship sank...And your's will too...
If you don't take...A Ricky Dan-Doo... (Chorus)

Little Cabin in the Woods

Little cabin in the woods, little man by the window stood
Saw a rabbit hopping by, knocking at my door
"Help me, help me, help me", he cried, "For the hunter shoots my
hide"
Little rabbit come inside, safely to abide.

M&M's

Let me tell you 'bout a treat that will blow your mind,
Of all the treats around it's the finest kind.
Of course I'm referring to delicious M & M's!
I won first prize at the spelling bee
When my teacher asked me how to spell ecstasy.
Her eyes popped out when I spelled it M & M's!

Chorus: M & M's that spells mmmmm, that's the sound that
you make when you eat 'em.

When I die, bury me in M & M's!

(Sing chorus TWICE between each verse)

Forget about your Reeses and your Hershey bar,
Just leave them on the shelf in the candy store And fill your bags,
to the top with M & M's.

Well, I hate liver and I hate Spam, But I eat them together if it's
part of the plan,

To have for dessert, a truck load of M & M's! *Chorus*

They got a lot of sugar and they make me fat,
But when they're in my mouth, I don't think about that,
I don't think about NOTHIN! When I'm eating M & M's!
Well, I went to the store to get my money back,
I was eatin' these things and had a heart attack!
I got too excited, from eatin M & M's! *Chorus*

Figured out why, they don't melt in my hands
Because they're in my mouth before they possibly can,
Make me smile! Give me lots of M & M's!

Plain or peanut, you can have your pick,

But don't eat the green ones or they'll make you sick!

Life is FUN when I'm eatin' M & M's! *Chorus*

Other Songs

- Squeegy Hunt
- Singin' in the Rain
- Hole in the ground
- Oh-A-Day-Lay
- Alligator
- Grand Ole Duke of York
- Tarzan
- Baby Shark
- Silly Willy
- Shake Your Foot
- Pizza Man
- Head & Shoulders Baby
- '60s Beach Party
- Bubble Gum
- A Roosta Sha
- Let me see your Boog-a-loo
- Bessy the Heffer
- Banana Salute
- Going to Kentucky
- Purple Soup
- Red Wagon
- Chili Chili
- The Moose Song

Most of these song lyrics are available at
www.ultimatecampresource.com

MINUTE MYSTERIES

Great time-fillers or conversation starters. Counselor should read the clue, and then only answer Yes/No questions until the campers solve the riddle.

A cab driver was going the wrong way down a one-way street. Two policemen saw him but didn't stop him.

ANSWER: The cab driver was walking.

A man lives on the 37th floor of a high rise apartment building. Every morning he takes the elevator down to the ground floor, then goes to work. Every night, he comes home, takes the elevator up to the 10th floor and walks the rest of the way up to the 37th floor. Why?

ANSWER: The man is short. He can easily reach the ground floor button in the mornings, but at night, he can only reach as high as the 10th floor button, and must therefore walk the rest of the way up.

The man was afraid to go home, because the man with the mask was there.

ANSWER: The man with the mask was a catcher in a baseball game, the other man was a base runner.

A businessman told his night watchman that he was going away for a few days, and that the watchman was to take good care of things. When the business man returned, the night watchman said everything had gone fine, but that one night he had a dream that the business man had died. The businessman fired the watchman. Why?

ANSWER: The night watchman was sleeping on the job.

A man is sitting in bed. He makes a phone call, says nothing, then goes to sleep.

ANSWER: He is in a hotel, and is unable to sleep because the man in the adjacent room is snoring. He calls the room next door (from his own number he can easily figure out his neighbor's, and from the room number, the telephone number). The snorer wakes up, answers the phone. The first man hangs up without saying anything and goes to sleep before the snorer gets back to sleep and starts snoring again.

Joe leaves his house, wearing a mask and carrying an empty sack. An hour later he returns. The sack is now full. He goes into a room and turns out the lights.

ANSWER: Joe is a kid who goes trick-or-treating for Halloween.

TEAM BUILDING IN A NUTSHELL

Team-Building programs create situations that challenge the abilities of individuals and groups. These situations are metaphors for the problems and challenges faced by many individuals and groups during a typical day. By being part of such an event, participants learn skills that can be used in their daily activities. The learning is enhanced by discussing their performance after each activity.

Where do I start?

- Decide what you are trying to accomplish by putting your cabin through this experience.
- Think about the personalities that you have in your cabin, and the group dynamics that are present that you want to encourage or challenge.
- Pick activities that will suit both your goals and the people you have in your cabin.
- Pick the order of activities based on difficulty level (start easier and work your way up)
- Will you change any of the set up or rules slightly to fit your cabin and your goals?
- Write down some good open ended questions that might foster discussion in the areas you would like them to talk through.
- Bring that same pen and paper to jot your observations as they tackle each activity. This will be the base for your post activity debriefing.

What is your Role as the facilitator?

- To assist the group in discovering what they have experienced, NOT telling them what they have experienced. The learning is so much more effective if they can figure it out themselves.
- Clarify and focus the comments of the group, providing helpful information and calling attention to details that may be overlooked by the group.
- You should always look for opportunities for participants to understand how their behavior affects the performance of the group.

- To look for teachable moments, where guidance and support can encourage participants to be more than they thought possible, or to think in new ways, or to consider additional factors.
- You should encourage, support, and provide helpful assistance where possible, but you do not lead the group (your role is consultant, not chairman of the board). The performance of the group belongs to the group not the facilitator.

Symptoms of too much facilitation

- Providing too much information at the beginning of the activity so that participants have little left to discover for themselves.
- Talking more than listening
- Leading participants to the classic solution instead of allowing them to reach the goal in their own manner.
- Stopping the activity too frequently. Not waiting for a teachable moment.
- Encouraging the group to be creative and then restricting the creativity by unnecessary rules or guidelines.

Ground Rules for debriefing

Before conducting a processing or debriefing session after each activity, it is typically helpful to establish some basic rules for the group to consider when expressing their feelings during this portion of the challenge and adventure experience.

- **Circle Up.** Communication is at an optimum in this formation. Shoulder to shoulder. Nobody in front and nobody behind the circle – everyone has their place. Make this the first thing you do after an activity, before discussing what just happened.
- **Your comments are welcome here.** Participants must feel that their comments are valued, even if they feel the need to voice a concern or explore an issue that may be sensitive to the group.
- **Respect the comments of others.** In order to create an atmosphere where participants feel free to express themselves, they need to know their comments will be well received by the group.

- **Encourage participants to take ownership of their comments.** “I feel this way...”, “This is what I believe ...”, “The ball was dropped because I didn’t know what to do next.”

The Final Wrap up

It is important to let the participants know at the end of the program, that the goal wasn’t simply to get every last person through the spider web, the goal was to form a team that could meet that challenge. If you measure the success of a group by whether or not they completed a challenge successfully, you are likely to fall short in some areas of facilitating. Better for the group to realize that getting everyone through the web was not the goal, communication, teamwork, creative problem solving and other skills encountered during the day were.

Challenge by Choice

At Camp Tecumseh we follow a rule called **Challenge By Choice**. The participant chooses how much they will be challenged, they are never forced into a challenge they do not want to take. As the leader, you are responsible for the physical and mental safety of the participants. You can encourage students to give something new a try, but be sensitive to the individual and honor an earnest request to not participate in something.

Introduce ‘challenge by choice’ before any team-building program.

Spotters

If the facilitator does their job properly, no one should ever get hurt. **It is the facilitator's responsibility to train spotters**, closely supervise spotters, assist with spotting, and to only allow participants and spotters to try situations that can be done safely. Think prevention. Always be alert. Be safe. **You are responsible for every participant, their body and their feelings.**

Leader Asks: **"What is spotting?"** (Spotting is being in position to support someone's head, neck, and upper body should they fall. Spotting is not catching someone in mid-air.) **"A person is not spotting unless they are doing all three of these things: 1. Their hands are in the ready position. 2. Their feet are apart."** (demonstrate) **"3. Their eyes are on the upper body of the person they are spotting, and they are in a position that would assist the faller.**

It is important to practice the technique together as a group to ensure competency is attained by the campers. Walking through the technique together, followed by partner trust falls helps achieve this. Staff should be constantly engaged and provide continual observation from positions that they can assist quickly as needed.

Accident/ Emergency

In case of an accident, remain calm, take command, and give clear instructions. Follow the Emergency Procedures. Do not move victim if there is any possibility of back or neck injury.

Course Maintenance

The camp program and maintenance staff are responsible for the upkeep of the challenge course. They check it regularly. Staff leading activities should do a safety check prior to each use. Report any maintenance issues a full time staff member. Do not use any element needing repair.

Team-Building Activity Options

LV Teams Course (Not far in the woods from the LV roundabout)

All Aboard

Use with caution. People are not used to this close of contact

Objective: To promote group cooperation, communication, trust and problem solving by attempting to get the entire group standing on the platform for a pre-determined amount of time.

Situation rules:

1. Everyone must be touching the top of the platform with at least one-foot.
2. No props i.e. belts, sticks, logs, etc. may be used
3. The group must be supported by the platform for a minimum of ___ seconds.
4. When the group is on the platform the facilitator can count out loud to the group or have them sing a verse from a song of their choice.

Safety rules:

1. Nobody can sit on anyone else's shoulders (everyone has to have one foot on the platform)
2. Facilitator must stop the group if s/he sees any dangerous ideas.
3. Facilitators must spot at critical moments.
4. Ask the group to let go of other people if they feel themselves falling as they could end up as one big pile of people on the ground, causing possible injury.

The Spider Web

Objective: To promote group cooperation and problem solving, planning, decision making, cooperation and trust. The group must try to get through the web without touching any of the web material (or the spider gets you). After a web opening is used by an individual, it is “closed” to further passage by anyone else until all members are safely through.

Situation Rules:

1. If a participant touches a section of the web during passage, anyone who has passed through at that point must start again.
2. If a helping individual touches the web the same penalty is incurred. Everyone must go back to the start.
3. Once a web opening is used, it cannot be used again until all other openings have also been used.

Safety Rules:

1. At least four spotters must be used for each individual at all times. Two on either side of the web.
2. Correct spotting must be used at all times. (When lifting someone through the web, ask them to stay as stiff as a board and pass them through feet first. Always have somebody supporting the head and neck. Facilitator must also back them up as they are passed through.)
3. Do not allow people to dive through the web. There is a distinct possibility of neck injury, cord burn or web destruction.

Whale Watch

The entire group must stand atop the platform as their distributed weight balances the element.

Example scenario: You are the crew of a whale-watching vessel off the coast of Alaska. Due to a capacity miscalculation and overbooking, too much weight on one side of the ship will sink it. To keep the boat afloat, your group must find a way to evenly balance the boat.

1. Everyone must be on the platform.
2. The ground cannot be used for any kind of support (i.e. no use of sticks as crutches).
3. No artificial weight (sticks, logs, rocks) can be brought onto the platform.
4. Only approach the platform from the sides, not the ends (The longer sections of the rectangle with raised sides).
5. Allowing the platform ends to touch ground means the ship has sunk (A penalty may be created by the facilitator for each sink or combination of sinks).

Variations

1. After the group has found the initial balance, ask participants to form two separate groups while keeping the platform from tipping. Establish a “no man’s land”, which could be the middle three or four boards. As participants venture further from the fulcrum, their movements and positions will have a greater impact on the platform’s stability.
2. Ask the group, after they have been divided in two, to switch sides while maintaining balance.
3. To further increase the challenge, consider blindfolds or muting members of the group.
4. Ask the group to enter and exit the platform while keeping balance.

Metro Link (Puzzle)

Complete the puzzle to recreate the metro map that has been destroyed. Each time you complete it another piece will be added as you visit larger and larger cities.

Your group has found themselves traveling the world and attempting to navigate metro systems in a variety of different cities. You thought you came prepared but in your travels your map has been destroyed and your group must work together in order to reconstruct the map and be able to navigate the public transit systems in each of the cities.

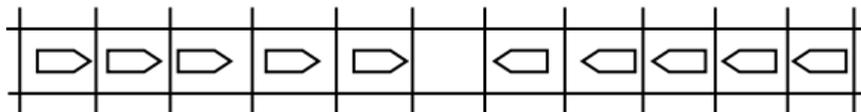
1. Each piece has a number on one side and a series of different color lines on the other side.
2. Start with pieces 1-3.
3. Your goal is to create a complete loop using one of the 3 colors, and ensure that the remaining two colors are always matching. This complete loop represents the metro map that you have been looking for!
4. Once you've completed that with pieces 1-3 add piece 4 and do the same thing.
5. The complete loop must be the color of the highest number on the back

Traffic Jam

Objective: To promote group cooperation and problem solving skills. Two groups will attempt to move past one another while following a set of given rules.

Situation Rules:

Two groups work together to exchange places on a line of squares that has one more place than the number of people total in both groups.



1. The team is divided into half.
2. Each half team stands in the open squares on their half of the ladder (representing cars lined up in traffic) and the two teams face one another.
3. Only one person per square is permitted.
4. The two halves need to switch sides and remain in the same order.
5. Only one person may be in a square at any time.
6. You may only move one square at a time.
7. You can only pass around one person at a time.
8. You can only pass around members of the opposite team.
9. You may not move backwards.
10. There is only one open space. The open space will change location throughout.
11. No one may step outside their square at any time, except to pass around someone else.
12. If any of the rules are broken, the teams must begin again from their starting positions.

Wild Woozie

Objective: To promote trust and problem solving skills by attempting to get any two participants of the group from the narrow end of the cable to the wide end of the cable. One person on each cable using only each other for balance.

Situation rules:

1. Touching the ground or relying on spotters for balance results in loss of that chance.
2. No belts, rope, sticks, or other props may be used for this initiative.
3. Everyone goes once unless there is an odd number. Then one person can go twice.

Safety Rules:

1. Four spotters for each individual must be used at all times, two on the inside of the cable and two on the outside of the cable.
NOTE: Falls tend to occur on the inside of the cable as participants move down the cable.
2. Correct spotting is critical in this activity. Dropping of hands or incorrect spotting will result in loss of that chance.

Wire Walk

Objective: To promote trust, cooperation and problem solving skills by attempting to get all of the team from one end of the wire to the other end without anyone touching the ground.

Situation rules:

1. If anyone steps down off the wire they must go back to the start.
2. Spotter cannot help people stay on the wire.

Safety rules:

1. Encourage people to step off the wire if they feel as if they are losing balance.
2. The facilitator and others should spot on both sides of the wire.
3. No belts, ropes, sticks or other props can be used for initiative.

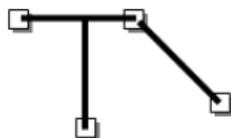
Acid River

The entire group must cross the Acid River without touching the ground. They may only use the wooden planks and cinder blocks. If a plank touches the ground more than three times, it is lost.

Example scenario: You are a group of explorers deep in the jungle. You have come to a river that you must traverse. The river is no ordinary river, though, it is an acid river. Anything that falls into the river is instantly disintegrated. There are several rocks situated throughout the river. Your team has three planks that may be used as bridges between these rocks.

- 1 If a plank is dropped more than three times in the river, it is taken away.
- 2 If anyone steps in the river, that person must start over.
- 3 The task is accomplished once every group member crosses to the last "rock".
- 4 The trick to this element is that the boards are too short to reach to the cinder blocks, so they must be placed in a "T" formation.

Do not tell this to the participants; figuring this out is the challenge to the group.



	12		
11	10	7	8
7	2	9	6
1	3	4	5

THE MAZE

OBJECTIVE: To stimulate initial group cooperation, brainstorming, decision making and communication by attempting to complete the maze.

Have the group circle up around the maze so they can see while you are explaining. The team will need to discover the path through the maze, but the path is hidden.

HOW TO BE SUCCESSFUL:

1. You may not use any props to mark the maze.
2. While the maze is being solved, only one member may enter the maze at a time.
3. When a team member steps on an incorrect square, they must exit the maze using the path they've discovered so far.
4. When a member of the team exits the maze, they may not be the next to enter.
5. When a team member successfully completes the maze, everyone must go through the maze one at a time.

When a team member makes a correct move, say "CONTINUE". When they make an incorrect move say "PLEASE GO BACK". There are a few different options for difficulty, so try to choose one based on the level of your group. You may also ask the group to face away when it is not their turn, making communication more difficult.

**Activities @ LV Tennis Courts and
RV Archery Range**

Ants on a log (Long beam next to Irving and near LV tennis courts)

Objective: Using cooperation individuals in a group standing on the beam must switch positions in the line without stepping off the beam.

Suggestion:

1. Have the individuals arrange on the beam in order of age
2. Don't allow talking

Situation rules:

1. Once someone steps off the whole group has to go back to the original order that they were standing.

Safety Rules:

1. Facilitator should spot anyone trying to move around somebody else.
2. Be sensitive to any knee injuries in the group (crouching)

Aqua-shoes/Trolleys

(Two long pieces of wood with numerous ropes through them)

Objective: To promote group cooperation and problem solving by having the whole group walk on two boards. The group must only use the boards and the ropes tied to them in order to move toward their goal.

Suggestion:

1. If someone steps off the aqua shoes, make him/her face the opposite direction; they remain facing that direction for the rest of the problem.
2. Every touch of the ground might also cost a time penalty.

Safety rules:

1. Facilitator should be around to spot throughout.
2. Ensure that no unsafe ideas are tried.

All Aboard (Square box on south side of tennis courts)

See page 45 For details

Traffic Jam (On path leading up to the tennis courts)

See Page 49 for details

Portable challenges that can be done anywhere

Warp Speed

Objective: To promote initial group cooperation, brainstorming, decision making and openness by throwing a ball around.

Scenario: Ask your group to circle-up and include yourself in the circle. Announce that you are going to pass a ball to a person across the circle, and that person will then pass the ball to another person on the other side of the circle. Each person has to call out the name of the person they are passing it to. This passing continues until everyone in the circle has passed and caught the ball.

Emphasize that each person has to remember whom they passed the ball to and whom they received it from. To facilitate this throwing/receiving process, ask each person who has not yet received the ball to hold their hands up in a receiving position. Once the sequence is established, ask them to throw the ball through the established sequence for time.

After an initial time is established ask them to see if they can reduce the time by working more closely as a team. As they succeed set a goal for them of 5 seconds less than their shortest time. Allow time for spontaneous brainstorming. Don't be too strict with the "rules"; allow just about any idea that the group feels good about using.

These high-energy attempts will eventually reduce their time to less than 5 seconds. Strange and wonderful things can happen in warp speed.

Great Divide

Objective: To promote group planning, cooperation, problem solving and communication.

Scenario: Ask the group to stand in a line side by side and link arms. Next, ask them to position their feet so that they are touching the feet of the people on either side of them (outsides of the feet only). Let the group know that from this point forward in the activity that their arms and feet must remain linked and touching respectively. The next thing to do is to delineate a clear start line (probably where they currently stand) and also a finish line, which should be roughly 20ft away (make sure it is very clear to the group). Once they are sure of all the rules, let them know that they can start whenever ready. Be sure to clamp down pretty hard if you see any of their feet come even very slightly apart, make them start over. This probably won't win you any friends but it will let them know that they are not going to be successful unless they stick to the rules. This will help both you and the group as you progress through the activities.

Note: This activity seems to be most effective when done early on in the schedule.

Buzz Rings

Objective: To promote communication and self-confidence. The group must get all five smaller rings spinning simultaneously and continuously. Once the rings are spinning it must be passed around the complete circle of people without them stopping.

Situation rules:

It is okay to show them how to get the rings spinning after they have tried for a bit. The objective is not as much how to figure that aspect out, as much as it is to keep them spinning and pass the big ring around the circle.

Human Knot

Objective: To promote group cooperation and problem solving by having the group unravel a knot composed of people holding hands.

Procedures:

1. Have a group of 8-12 participants (you must have an even number) face each other in a tight circle. Everyone sticks their right hand in and grasps the right hand of someone else across from them.
2. Then they stick in their left hands and grab the hand of someone else so that everyone is holding two different hands.
3. The group has to then untangle themselves from the knot.

Rules:

1. Hand contact cannot be broken to help unwind. Palms may pivot.
2. Set a time limit if it takes too long.

Blind Polygon/square

(A rope and blindfolds can usually be found in both cabinet rooms)

Objective: To promote problem solving, decision making and communication. While blindfolded the group will form a square or triangle configuration using the full length of rope to establish boundaries.

Situation rules:

1. The full length of rope must be used.
2. The rope is of undetermined length.
3. Every member of the team is blindfolded.
4. No one is allowed to let go of the rope or slide their hands along the rope.
5. The group must decide when they think the figure is correct, at which point they must remove their blindfolds.

Alternatives:

- For the blindfolded group to find the rope first.
- For the experienced group, divide the group in half and blindfold half of them and take away the ability to speak from the remainder.

Pipeline (Usually a set kept in each cabinet room)

Objective: To promote problem solving, communication and group planning. The group must use half-cut sections of PVC pipe to transfer a tennis ball/marble into a can using the following criteria.

Situation rules:

1. Everyone must have and use their own piece of pipe.
2. The group must stay behind the designated start line until the ball starts rolling on the first persons pipe.
3. When the ball is on your piece of pipe you may not move your feet. You may use your arms to raise, lower and tilt the pipe.
4. The ball must keep rolling in a forward direction at all times. If it stops, rolls backwards or falls off then the group must start again.
5. The ball must move freely without any interference.
6. The can may not be picked up or moved around in any way.

Alternatives:

- Ask the group how many times they think they can do it in a certain amount of time.
- Ask them how long they think it will take them to complete the task. (Opens up discussion about meeting deadlines).
- Mute people if they take control all the time.

Shelter Building (Ask a Village Director for newspaper and tape)

Objective: To promote group cooperation, planning and creativity.

With only newspaper and masking tape for materials, the groups must build a shelter that is big enough to house two people underneath it.

Situation rules:

1. Break down your group into teams of 5-6 and give them the materials (approx. 7ft masking tape and a handful of newspapers).
2. Each group will have 5 mins to plan what they are going to do without touching any materials.
3. Once the planning time is over then each group will have 25 minutes to construct their shelter without any talking. (No taping to anything but the floor.
4. At the end of the time each group must give a short presentation of their shelter to show why people should buy it.

Trust Hike

Objective: To build trust and encouragement within the group by removing their sight and taking them on a short hike.

Situation rules:

1. Provide a safe environment before you start the activity by talking about what trust is and how it is both gained and lost. It's important that they are in the right frame of mind before you try something like this.
2. Make sure that the hike is short. The longer it goes, the more likely that the group will struggle. E.g. If you want to hike them through the woods, don't blindfold them until you get to the woods. Use the walking time on the way to establish the correct atmosphere.
3. Make sure the hike is achievable. Hiking along a main trail in the woods is probably going to be enough.
4. Find an appropriate ending site to debrief the activity, where everyone can sit comfortably and comment on what they just experienced.

Optimist Challenge

For RV: Braves no blindfolds, blazers can use blindfolds.

Leader Says: “The Optimist Challenge is a course designed to develop an optimistic ‘can do’ attitude in each participant. We are going to focus in on the development of self-confidence and trust.

“The segments of the course have no meaning in themselves. It is not important in life to be able to walk across a cable or crawl through a tunnel. What is important in life is to develop a positive attitude about your ability to face new challenges.

“On the Optimist Challenge course, everyone will have the opportunity to be a success; but not on the basis of what you already know you can do. Today you will be a success because you will try new challenges and do some things you thought you couldn’t do.”

Safety note: Before each use check ropes, wires, bolts, and wood structures for signs of wear. If any concern, let your Village Director know immediately.

Demonstrate spotting by having one participant fall backwards toward you a distance of two to three feet. Before they actually fall, give spotting commands: **Person falling says: “Ready to spot?” Spotter: “Ready!” Person falling: “Falling!” Spotter: “Fall away!”** Then the person may fall back. “Catch” or support him/her by using your hands on his/her upper back area to keep him from falling and then place them back in an upright position. Ask the group what would have happened if you had grabbed his/her legs. (He/she would have toppled over.) Remind them that spotting is being in position to support a person’s head, neck, and upper body should he/she fall. Have everyone get a partner and practice this using the spotting commands.

Next, have the students practice their spotting skills by doing “**Wind in the Willows**”: Have the group stand in a circle shoulder to shoulder, facing the center. Have one person standing in the center fall toward any part of the circle. Everyone around the circle is a spotter, so they should have their hands in the “ready position,” and their eyes on the person in the center. After the person has fallen and been supported a few times, have the group gently “pass” the leaning person around

the circle from spotter to spotter. Give guidance and encouragement during the whole spotting training process. Carefully watch each person so you can determine attitudes and abilities. The group may not move on to any challenge until they spot seriously and well. When they are spotting, the participant is putting his/her well being in the hands of the spotters. This is not a game.

“There should be at least two active spotters for every participant on the course. It is very important that they stay attentive with their hands and eyes up ready to help as needed. The spotters do not “touch” the participant unless needed (i.e. the participant is about to or is falling). The instruction given to the blindfolded participant is strictly verbal.”

Once the first participant finishes, he/she becomes a spotter and one of the two spotters becomes the next participant.” If you had nine group members, and all are competent spotters, then three groups of three could use the course at one time. If you are unsure of the spotting abilities, assign 3 or 4 spotters per participant. Individual segments of the course can be used with each member of the small group doing that segment in turn before moving on to the next segment (for instance, everyone does the Wall Traverse or Mohawk Walk and then everyone moves to the next element). This is a useful way to do the course, especially if your small group members have little arm strength or are in weak physical condition. This approach is also good for keeping the attention and interest of everyone in the small group. Sometimes, when each participant does the whole course before being a spotter, they lose interest just spotting the rest of the time. This is especially true if a whole group of eight is going through instead of in small groups.

Never put a participant in a situation where you think they probably will not succeed. Do not use the course to bring a “mouthy”, “boastful” or otherwise less likable person “down a notch or two”. Use the course only in a positive, uplifting way.

The participant can start at any point on the course.

- Pirate’s Passage: Students climb up a cargo net to a tube slide. They climb in the slide headfirst and slide to the bottom.

- Balance Beams: Students walk across balance beams.
- Multi Line Traverse: Using the hanging ropes to balance, students walk across the wire.
- Traverse Wall: Using the foot and handholds, students make their way across the wall.
- Beam Walk: Students walk across the balance beam.
- Burma Bridge: Students walk across the rope bridge.
- Board Walk: Students walk across the wooden bridge.
- Log Walk: Students balance on the curved logs.
- Postman's Walk: Using the top wire to hold on to for balance, students walk across lower wire.
- Wire Walk (River Village only): **CAMPERS TAKE OFF THE BLINDFOLD** and walk along the wire from post to post.

Wilderness Rescue (Warriors)

This course was designed to be challenging and difficult. It is not intended for groups to make it through the entire course by the end of their time. The struggles and problems encountered will serve as a catalyst for growth and opportunity for communication and teamwork. Plan on taking notes, it will help you lead an effective debriefing session.

The rules are listed below and should never override the facilitator's responsibility to keep the activity safe. It is your responsibility to stop dangerous actions and or people.

Start at the course with everyone in a sharing circle. Ask the group to discuss the following as they pertain to teamwork:

- Leadership (A good leader helps others to be successful)
- Confidence (Believing that if you really try, you can achieve the task you face)
- Communication (Transferring ideas in an understandable way from one to the other)
- Problem solving (Finding the best solution to any given problem)
- Trust (Gaining others respect by acting towards them in an understandable way)

Objective: To get the group and the rescue litter from one end of the course to the other. As you do this you must follow certain requirements to succeed.

-You may only walk/ touch things that are not directly touching the ground. (show examples)

-The same rule applies to the rescue litter. It can also only touch anything not directly touching the ground.

-You may not jump a span more than 2 ½ feet. (That is what the boards are for.)

-Tell them how much time they have to work with.

If any of the rules are broken, the entire group must start back at the start or end of the previous element. (You decide what will be best for your group)

To help you maneuver your way through the course, you have been given three boards. They can be placed on poles to enable you to walk across gaps, but they too can only touch things that are not directly touching the ground. If a board touches the ground, on three times you will lose that board.

As you use the boards, watch out for the Slip, Flip, and Tip factors with the boards (demonstrate for them):

Slip – The boards are square, but the poles on the course are round. This increases the likelihood of them slipping off. Be sure they are solid before stepping on them.

Flip – As you pass the boards, sometimes you might need to turn around and the boards ‘flip’ around with you. Be careful not to clothesline your fellow team members.

Tip – As you place boards down to step on, sometimes they can hang out over the edge of the poles. If this is the case be careful to only step on the end if you know someone else is standing on the other end. Otherwise you are going to ‘tip’ the board straight up and fall off.

Debriefing Questions

Communication

- What were some effective forms of communication you used in completing this task? Ineffective forms of communication?
- How were the differences in opinion handled?
- In what ways could the group's process of communication be improved to enhance its problem solving skills?
- How do you know you communicated well? Did not?
- What did you learn about the way you communicate that will be helpful later?
- In what situations or with what persons in your life do you tend or tend not to communicate with? Why?

Trust and Support

- What did it feel like to have your physical safety entrusted to the group?
- What are the similarities and differences in the way you supported each other here and the way you support others back home or at school?
- What impact does trust have in your relationships with others at home and school?
- What was the self-talk inside you saying as the trust increased?
- At which places in your life do you think hearing this kind of self-talk make you trust more?
- How did your level of trust in someone increase today?

Leadership Roles

- Who assumed Leadership Roles during the activity?
- What were the behaviors that you would describe as demonstrating leadership?
- How did the group respond to these leadership behaviors?
- What is difficult to assume a leadership role in this group? Why?
- What are the characteristics and qualities of a good leader?
- What specific skills do you need to develop to become a more effective leader?

Following Others

- Do you consider yourself a good follower? Was this an important role during the activity?
- What type of leader was easiest to follow?
- What was difficult about being a follower?
- Why is the role of being a follower important within groups?

Closure Questions

- What did you learn about yourself?
- What did you learn about other group members?
- How can you use what you learned today in other situations this week? Back at home?
- What specific skill are you going to improve as a result of this experience?

Clean-Up or Tear Down

Before moving on from your team-building experience, please ensure that you clean up appropriately. Make sure supplies are returned to appropriate locations and activities are left in the appropriate manner if they can be moved or manipulated.

Please communicate any missing items or broken equipment to your village Director so that we can be sure to replace or fix things as soon as possible.

The IDEAL Team

Laying out the framework for an ideal team can be helpful in creating an example for your group to strive for, while giving them practical tips in the process. Consider introducing this after one or two activities, then using it to gauge how they are doing throughout the experience.

The five concepts, which spell IDEAL, are these:

Input: From all areas not just certain members. How do you create that atmosphere?

Determination: Every successful team in any field has to have a drive to succeed. How do you foster that within a team?

Encouragement: How do you feel when someone compliments you or comments positively on something you have done? How do you feel after someone has criticized you or put you down? Why don't we encourage each other more? It's baffling.

Attitude: The single most important aspect. Things will quickly go south if you have someone with a negative attitude. You will not accomplish as much.

Listening: This is usually the weaker part of communication. A lot of people know how to talk, but listening tends to be harder. What kinds of things can you do to focus in this area?

FOIL DINNER COOKOUTS

Cookouts will be happening on Sunday night outside of your cabin as a duplex. Support staff will drop off and pick up trash and crates from your cabin. Once you have the supplies, Here are some helpful guidelines to make it a success:-

Fire-building

Getting a good fire going as quickly as possible is essential to success on a cookout. For helpful tips on building and managing a fire see page 99

Foil Dinner recipe to success

1. Once you have a good fire going add a good chunk of thicker branch size fuel that will take 10-20 mins to burn through. You are trying to build up your hot coal base which will ensure continuous heat for both of your cabins. Make sure that your fire fills up most of the fire pit as you will need all of that space to get 20+ dinners cooked.



Build up your hot coal base

2. While you have folks assigned to managing the fire with one counselor, divide the rest of the group up between making a pre-dinner PB&J snack, and prepping the veggies.



Everything should be pre cut by the kitchen staff (we love them!)

Note: The thicker you slice things, the longer it will take to cook.

3. Constructing your dinner



With your tin foil SHINY SIDE OUT, add your ingredients

4. Once you have all your meat, carrots, onions and potatoes mixed together. Add some ketchup, mustard, salt, pepper and any other spices you scrounged from the kitchen staff. Add a splash of water as the very last thing before packaging. This will help keep the moisture and flavor in.



5. Fold it length ways to start the packaging process.



6. Roll the join lengthways to create a good seal.



7. Roll the ends in the same way. Then spread the food out inside by flattening the whole thing. This will shorten the time it takes to cook.



Ready to cook

8. Spread them out on the fire. You will have to cook in shifts probably, but you should be able to fit at least ten on at a time.



Ask your group to make their packaged dinners look unique so that you can tell whose is whose

9. The dinners will need flipped to make sure they are cooked evenly. Find yourself two sticks to use as flipping tools.



One counselor manages the cooking process

10. The speed with which your dinners cook is going to depend on how hot the fire is, and how thick your ingredients and package are. If you have followed directions so far, it should take between 10-20 mins to cook. Don't be afraid to take it off and check, you can always put it back on if need be. Generally, if the carrots and potatoes are soft you are done!



Cooked to perfection

11. Enjoy your meal with new friends from another cabin.

Discuss your feelings and any past experiences you might have had cooking over a fire and eating from tin foil.

Cleaning up after your perfect cookout

Adopt this saying as your mantra when leaving an area after you've used it.

"LEAVE ONLY FOOTPRINTS, TAKE ONLY MEMORIES"

1. Put all trash and food scraps on or around the picnic table in one of the trash bags provided. Please do a thorough job with this.
2. All kitchen utensils should go back inside the plastic Tupperware container and placed in a crate.
3. Any unopened food or unused materials can be gathered together and placed in the crate.

PLEASE! NO TRASH IN THE CRATE.



Points 2 and 3 – Only utensils, containers and unopened ingredients back in the crate.

4. Ensure that the fire is completely extinguished by emptying the water cooler over it (this will also make it lighter carrying back). Spread the fire out and cover with soil or ash to aid in the process.
5. Leave your crates and trash at the road for support staff to pick up.

DESSERTS

In addition to your foil dinner or instead of for our younger campers, you will be able to cook a dessert!

These supplies should be picked up from the kitchen before you leave for your sleep-out, foil dinner or s'mores. Always double check your crates for supplies before you leave the lodge.

Ask a staff member in the area if you are missing anything. You will need to build a fire as described in the last section of the manual.

Clean-up and next morning

- Ensure the entire area is clear of any trash and food remains before sleeping.
- Store trash in designated can overnight.
- The next morning, carry crates and trash back to the lodge.
- Put the Crates (with utensils only) outside the IN door. Throw the trash away in the dumpsters behind the lodge.



SLEEP OUTS

South Pasture

Capacity: 2 cabins

Housing: Hammocks

Medications: Pick up from nurses before you leave.

Hanging out among the young pines in a place not many know about, this setting is extremely cool and has lots of options for you and your cabin. To get the full experience you can head out there around dinner time with your cookout and sleep-out supplies, and stay there until the next morning. Eating, sleeping and playing, the South Pasture has it all.

South Pasture: Activities

There is lots of space up here to do a variety of activities.

Setup hammocks

Dessert

Campfire

Capture the Flag

Astronomy

Devotion

South Pasture: Supplies

- Fire starting supplies

- Hammocks are stored at the sleep-out spot

- Devotional materials (include tarp if you want to have them circle up for devotion).

- Astronomy lessons (western sky).

-Flashlights or headlamps

Clean up:

- Leave hammocks set up on the circles (This will allow them to air dry. Support staff will clean up later)
- Ensure the place is free of trash or belongings.

South Pasture: Directions

From LV: Go down the steps at the Bullet slide. Walk past the riflery range and follow the path as it veers left alongside Ghost Creek. Follow this path and cross the creek at the beam crossing. As you continue on keep your eyes peeled for a sign on the right side of the trail pointing you towards the South pasture. Follow the discrete trail to the bottom of the hill, and continue up the trail that is cut into the side of the hill. (Take a breather and enjoy the view looking up the ravine). You will notice the trail cut back on itself and continue all the way to the top. Once you reach the sunlit field with pine trees in it, you have arrived.

From RV: Take the Ghost Creek trail/ Oak Forest trail and follow signs for Ghost Cabin. Go down the switch back trail and stay on the trail all the way to Ghost Cabin (you'll be on the trail for 10-15 mins). **Do NOT CROSS bridge to GHOST CABIN.** Once you cross over Ghost creek at the beam crossing, take the path to the right on the other side (Ghost cabin goes left). Follow this path as it winds through the woods. Look out for a sign pointing to the South Pasture directing you left on a trail. (Note: If you reach the second beam crossing you have gone too far.) Follow the discrete trail to the bottom of the hill, and continue up the trail that is cut into the side of the hill.

South Pasture: Emergency procedures

- Bathroom: Go in the woods or hold it. (Be sure to 'go' before you leave. Packing some toilet paper could be a good idea and remember to dig a hole and bury)
- Mild sickness: Counsel them through it and evaluate the severity. If your partner or counselor from the other cabin is present, you have an option to escort the camper to Lake Village or to a full time staff house by the pasture. The last resort would be to grab your bedding and head back to your cabin for help.
- **Emergency:** Immediately call for help on the radio, stating that you have an emergency situation at the South Pasture.
- Severe weather: If you hear the siren, stay calm, stay together and go directly to Whitetail basement or to the McCauley House

Basement. Leave your stuff there, in a storage box or under cover if possible.

Gish Adventure Outpost

Housing: Hammocks

Capacity: 2 Cabins

Medications: Pick up from nurses before you leave.

Aside from being the furthest distance from the main part of camp, it is also maybe the highest point at camp. The view south across the Tippecanoe river to the south is very cool. The long hike is worthwhile.

Gish Adventure Outpost: Activities

- Hiking
- Dessert
- Astronomy (Western Sky)
- Sleep out
- Field Games

Gish Adventure Outpost: Supplies

- Pick up one bag of hammocks (per cabin) from the LV cabinet room (Hammock cord is already out at the site on the post. Extra cord is in the big hammock bag, either in the front of side pockets.)
- Put all bedding and other supplies in the trailer outside of your cabin or Kampen Lodge. These supplies will be transported out to the site for you.
- Pick up a radio from the Kampen cabinet room (keep it on and close overnight, in case anyone is trying to contact you).
- Fire starting supplies
- Devotional materials

Note: There is a port-a-pot located just off the roundabout at the Gish.

- Check with Village Directors to schedule who is picking up the cabin in the morning
- First Aid kit
- Flashlight or headlamps
- Water bottles
- Extra pair of shoes and socks/socks

Gish Adventure Outpost: Directions

Go down the steps at the Bullet slide. Walk past the riflery range and follow the path as it veers left alongside Ghost Creek. Follow this path, crossing the creek twice at both beam crossings. Once you have crossed the second crossing, continue on path, passing wooden bridge to Turkey Island/ Ghost Cabin. Look for the Gish Trail sign on your right. Take the right hand turn and follow the path, once more crossing the creek (this crossing may require you to help each other over). Follow the trail, and trail signs for Gish. Before too long you will wind around, ending walking right along the river edge. Enjoy this beautiful walk as you follow the path for some time along the river. **Continue past where the Man hike trail heads up the steep hill. DO NOT CLIMB!** Eventually you will be taken away from the edge of the river, when the hill on your right becomes less steep. Follow the path as it leads you up a steep switch back trail with steps to the grassy knoll at the top. There are really three sections to the property. 1. The grassy knoll, where the Hammock Circle is off to the west side. 2. The wooded area around the pavilion, where you can also set up hammocks. 3. Another grassy open area where the open field and the port-a-pot are located.

Gish Adventure Outpost: Set up

- Hammocks are stored in the supply tub on the pavilion
- Set up Hammocks on the circles south of the Pavilion

Gish Adventure Outpost: Emergency procedures

- Mild sickness: Counsel them through it and evaluate the severity. If needed contact the nurse via the radio and let her know you are up at the Gish Adventure Outpost.
- Health Emergency: Immediately call for help on the radio, stating that you have an emergency situation at The Gish Adventure Outpost.
- Non-severe weather: Wait five minutes and see if it is temporary. Minimize moisture on sleeping bag by wrapping the hammock all the way around it (It is not waterproof, but will keep some off for a while). If you don't think it is going to stop, pack up your bedding as quick and head over to the pavilion to set up shop. Leave the hammocks set up (unless you can get them quickly) and let your Director know in the morning that they are still set up out there.
- Severe weather: If you hear the siren, stay calm, stay together and head under the pavilion. Expect a quick pick up and help out by being attentive to your radio.

Gish Adventure Outpost: Clean-up

- Leave hammocks set up on the circles (This will allow them to air dry. Support staff will clean up later)
- Ensure the place is free of trash or belongings.
- Meet the bus next to the Porta pot at the agreed upon time
- Upon return, place the radio back in its charger in the Kampen cabinet room.

Tea Party Pavilion

Housing: Hammocks

Capacity: 1 Cabin

Medications: Pick up from nurses before you leave

A great spot to sleep along the creek, and is close to LV main camp. Also, a unique hammock sleeping spot at camp.

Tea Party Activities:

Devotion

Explore the creek, just past riflery range

Trust Hike

Fishing

Tea Party: Supplies

- Hammocks will be stored at the site
DO NOT STACK HAMMOCKS ON TOP OF EACH OTHER
- Pick up Radio from the Kampen cabinet room (keep it on and close overnight, in case anyone is trying to contact you).
- Devotional materials

Tea Party: Directions

Take the steps at the Bullett, you see the pavilion from the hill.

Tea Party: Emergency Procedures

- Bathroom: Be sure to 'go' before you leave. If desperate, go to bathroom next to LV Chapel with a counselor and one other camper.
- Mild Sickness: Counsel them through it and evaluate the severity. Use the radio in the LV cabinet room to call for help if needed. If it is the middle of the night, try to not disturb the rest of the cabin.
- Emergency: Immediately call for help using the radio from the LV cabinet room (supply room in Kampen Lodge) or coordinator cabin. State that you have an emergency situation at the Lookout Tower.
- Non-severe Weather: You are going to feel any kind of rain in this setting. If you think it is going to pass, you might stick it out, otherwise grab your stuff and head back to your cabin.
- Severe weather: If you hear the siren, stay calm, stay together and go directly to Whitetail basement.

Tea Party: Clean-up

- Leave hammocks set up (This will allow them to air dry. Support staff will clean up later)
- Ensure the place is free of trash or belongings.
- RV Cabins - Meet the bus at the top of the Bullett steps at the agreed upon time.
- Upon return, place the radio back in its charger in the cabinet room.

Lookout Tower

Housing: Sleeping Bags

Capacity: 1 Cabin

Medications: Night med time

Sleeping at the top of the lookout tower is a nice easy option for an overnight.

Lookout Tower: Activities

Devotion

Astronomy on the Lake Road (Northern and Western Sky)

Trust Hike

Lookout Tower: Supplies

- Devotional materials
- Astronomy lesson supplies and Laser

Lookout Tower: Directions

The top of the climbing wall in LV that you walk past every day.

Lookout Tower: Emergency Procedures

- Bathroom: Be sure to 'go' before you leave. If desperate, go to your cabin with a counselor and one other camper.
- Mild Sickness: Counsel them through it and evaluate the severity. Use the radio in the LV cabinet room to call for help if needed. If it is the middle of the night, try to not disturb the rest of the cabin.
- Emergency: Immediately call for help using the radio from the LV cabinet room (supply room in Kampen Lodge) or coordinator cabin. State that you have an emergency situation at the Lookout Tower.
- Non-severe Weather: You are going to feel any kind of rain in this setting. If you think it is going to pass, you might stick it out, otherwise grab your stuff and head back to your cabin.
- Severe weather: If you hear the siren, stay calm, stay together and go directly to Whitetail basement.

Suspension Bridge

Housing: Sleeping Bags

Capacity: 1 Cabin

Medications: Night med time

This one is pretty unique. Sleeping on a moving bridge over a body of water is something that most kids have never done before. The uniqueness and the view of the stars are definitely the highlights here.

Suspension Bridge: Activities

Devotion

Trust Hike

Astronomy (Northern and Southern sky)

Suspension Bridge: Supplies

- Devotional materials
- Astronomy lesson supplies and Laser
- Bedding

Suspension Bridge: Directions

It's not far. Follow the path from Buffalo 1 (Arapaho) and head North. Just past the campfire site on your right, you will arrive at the suspension bridge.

Suspension Bridge: Tips of the trade

For effective supervision, position one counselor at each end of the bridge with the campers in between. This will insure that you hear and feel any movement of campers trying to leave.

Suspension Bridge: Emergency procedures

- Bathroom: Be sure to 'go' before you leave. If desperate, go to Scheumann Lodge with a counselor and one other camper.
- Mild Sickness: Counsel them through it and evaluate the severity. Use the radio in the LV cabinet room to call for help if needed. If it is the middle of the night, try to not disturb the rest of the cabin.
- Emergency: Immediately call for help using the radio from the LV cabinet room (supply room in Kampen Lodge). State that you have an emergency situation at the suspension bridge.
- Non-severe Weather: You are going to feel any kind of rain in this setting. If you think it is going to pass, you might stick it out, otherwise grab your stuff and head back to your cabin.
- Severe weather: Stay calm, grab your stuff (so as not to trip over it) and go directly to Whitetail basement.

Ghost Cabin/ Turkey Island

Housing: Hammocks

Capacity: 1 Cabin

Medications: Night med time

A great spot to sleep along Ghost Creek, hear the sounds of the water and leaves in this beautiful Oak Forest location.

Ghost Cabin/ Turkey Island: Activities

Hiking

Explore the creek

Trust Hike

Devotion at Ghost Cabin

Ghost Cabin/ Turkey Island: Supplies

- Pick up one bag of hammocks from the LV cabinet room (Hammock cord is already out there on the hooks)
DO NOT STACK HAMMOCKS ON TOP OF EACH OTHER).
- Pick up Radio from the Kampen cabinet room (keep it on and close overnight, in case anyone is trying to contact you).
- Devotional materials

Ghost Cabin/ Turkey Island Pavilion: Directions

Go down the steps at the Bullet slide. Walk past the riflery range and follow the path as it veers left alongside Ghost Creek. Follow this path, crossing the creek twice at both beam crossings. Once you have crossed the second crossing, follow the path straight until you hit the bridge over the creek. There you will find the pavilion.

Ghost Cabin/ Turkey Island Pavilion: Emergency procedures

- Mild sickness: Counsel them through it and evaluate the severity. If needed contact the nurse via the radio and let her know you are up at Turkey Island.
- Health Emergency: Immediately call for help on the radio, stating that you have an emergency situation at Turkey Island.
- Non-severe weather: Wait five minutes and see if it is temporary. Minimize moisture on sleeping bag by wrapping the hammock all the way around it (It is not waterproof, but will keep some off for a while).
- Severe weather: If you hear the siren, stay calm, stay together and head back to whitetail basement. Leave your stuff under the pavilion. Keep radio on and close.

Ghost Cabin/ Turkey Island Pavilion: Clean-up

Stuff all hammocks back into their bags. Put them all in the backpack and leave in the storage container you took them out of.

Please make sure that all trash has been picked up, and there is little trace of your experience.

Upon return, place the radio back in its charger and return the hammock bag.

Survivor Course

Capacity: 2 cabins

Housing: Hammocks

Medications: Pick up from nurses before you leave.

Spending time in a place not many know about, this setting is extremely cool and has lots of options for you and your cabin.

Survivor Course: Activities

Early morning float trip (LV)

Capture the Flag

Frisbee

Team-Building

Survivor Course: Supplies

- Fire starting supplies
- Hammocks are stored at the sleep-out spot
- Devotional materials (include tarp if you want to have them circle up for devotion)
- Flashlights or headlamps

Survivor Course: Clean up

- Leave hammocks set up on the circles (This will allow them to air dry. Support staff will clean up later)
- Ensure the place is free of trash or belongings. "Leave no trace"

Survivor Course: Directions

To get here follow the same route to get to the float trip starting point.

If you don't know how to get there, follow these directions.

Starting on the roadside of Kampen lodge, at the back corner where the library window is. Facing the opposite direction to Kampen, cross the road toward the woods and look for the trail into the woods.

Follow the trail until you reach the road. SAFELY cross the road by making sure that a counselor leads, check the road for traffic. When safe to cross usher the kids across while you stand in the middle of the road making sure no traffic comes. When across the road take the hill all the way down to the river. When at the launching point turn left and head into the Survivor Course area.

Survivor Course: Emergency procedures

- Bathroom: Porta-Pot
- Mild sickness: Counsel them through it and evaluate the severity. If needed, call on the radio (Note: radio transmission not great from this point) or go to the Elliott house. The last resort would be to grab your bedding and head back to your cabin for help.
- **Emergency:** Immediately call for help on the radio, stating that you have an emergency situation at the Survivor Course. If you have trouble communicating go to the top of the hill, keep trying as you go
- Severe weather: If you hear the siren, stay calm, stay together and go directly to the Elliott House. Leave your stuff there.

Woodpecker Alley

Housing: Sleeping Bags

Capacity: 1 Cabin

Medications: Pick up before you leave

Capacity: 1 cabin. Housing: Lean-to shelters.

Nestled between villages, sleeping out at Woodpecker Alley is a good old traditional sleepout. Under a lean-to with no barriers to the world around, it doesn't get much more basic than that.

Woodpecker Alley: Activities

Devotion

Trust Hike

Woodpecker Alley: Supplies

- Devotional materials
- Night Hike blindfolds

Woodpecker Alley: Directions

Woodpecker Alley is located to the top of the lake hill leaving River Village. When you get to the top of the hill look right and you will see a sign post and the lean-to shelters in the distance.

Woodpecker Alley: Tips of the trade

This site can be frequented by Ricky Raccoon and his buddies. Be sure to clear the area of any food scraps to avoid a midnight meeting.

Woodpecker Alley: Emergency procedures

- Bathroom: Be sure to 'go' before you leave. If desperate, go to the River Lodge (at bottom of hill) with a counselor and one other camper.
- Mild Sickness: Counsel them through it and evaluate the severity. If needed, take the camper down to the Nightingale for further assistance. If it is the middle of the night, try to not disturb the rest of the cabin.
- Health Emergency: Send someone to the Nightingale for help immediately.
- Non-severe Weather: The lean-to shelters will provide pretty good shelter from the rain, unless it is coming in from one side. Be attentive to folks on the edges to make sure they are not getting wet. If you have a tarp, you might try to create a barrier with it. If you are unable to keep everyone dry, grab your stuff and head back to your cabin.
- Severe weather: Stay calm and go directly to the Bradshaw Room in the basement of River Lodge. The quickest way to this room is to veer right past the recycling dumpsters at the bottom of the hill and down the last portion of ramp on the back side of River Lodge. The doors underneath are to the Bradshaw Room.

Pine Forest (*Elfenrod, Hideout or Middle Earth*)

Housing: Lean-to shelters or Hammocks

Capacity: 1-2 Cabins each

Medications: Pick up before you leave

This un-harvested Christmas tree farm is a great setting for an overnight in the woods. The close proximity of the trees to each other may be unhealthy from an environmental point of view, but it has become a great setting for sleeping in hammocks. You can really keep your cabin close with so many options for setup. There is something very cool about gazing up at the big white pines with a fire going at night.

Pine Forest Supplies:

- Hammocks bags are stored in containers at the sites. Extra cord will also be out there.
- Questions on how to set up hammocks, go to page 94

For Pine Forest Lean-to Shelters

Shelters have mulch underneath them. A Tarp will help for those who would prefer a ground barrier.

Pine Forest: Clean Up:

- Put all hammocks and cord back into their stuff bags.
Ensure that every hammock bag ends up with two pieces of cord in it.
- Put bag of hammocks back in the same storage container
- If the ground tarp is not damp, please fold up and put away. If damp, please leave out to dry. Program Support staff will check on them.
- Please make sure that all trash and belongings are picked up.
“Leave no trace”

Three House Tree House

Housing: Sleeping Bags

Capacity: 2 Cabins

Medications: Pick up before you leave

Built by alumni on an extreme makeover style weekend retreat, the tree house is a very unique spot to do your devotion and spend the night. Hopefully this fulfills a child's desire to sleep in a tree house

Pine Forest and Tree House: Directions

Head past the swimming pools and over the Day Camp field towards Pine Forest in the distance.

See map of Pine forest (on the last page of the manual) for specific sites within the forest.

Pine Forest and Tree House: Emergency procedures

- Mild sickness: Counsel them through it and evaluate the severity. If needed contact the nurse via the radio in one of the Oregon Territory cabins.
- Health Emergency: Immediately call for help on the radio, stating that you have an emergency situation in the Pine Forest or Tree House.
- Non-severe weather: Wait five minutes and see if it is temporary. Minimize moisture on sleeping bag by wrapping the hammock all the way around it (It is not waterproof, but will keep some off for a while). If you don't think it is going to stop, pack up your bedding and head over to Trader Jims for relief. Leave the hammocks set up (unless you can get them quickly) and let your Director know in the morning that they are still set up out there. If you are under the lean-to's or the Tree House, you may be okay to stay out depending on the direction of the rain. Wait for a few minutes to get an idea of what you are dealing with before deciding what to do.
- Severe weather: If you hear the siren, stay calm, stay together and head to Trader Jim's. This is a storm shelter. Be sure the windows are covered once you have everyone in there.

LEAVE NO TRACE – CLEAN UP STORY

"Leave Nothing but Footprints"

There was once a mountain man named Tracker, and he was one of the greatest trackers the mountains had ever seen! He could find any animal or any man on whatever mountain he searched. He knew the claw-less mark of the mountain lion, the backward look of the elk track, the heavy boot heel of the white man, and the marks left by various Indian tribal moccasins. He was so good that people were always asking for his help in tracking.

One morning, a message came from Colonel Mason, the white chief at the fort. It said that a group of men were coming to find the legendary Mountain Indians of Mt. Whitney, the highest mountain in California. These Indians had never been seen by white men before, and this group of scientists would pay a great deal to find them.

Tracker agreed to lead the men on their search, confident he could find the elusive people, but also aware of the fact he needed money to buy food and other supplies for the winter. When the men arrived, he led them into the high Sierras in search of the primitive Mountain Indians. For days he searched, finding many tracks, but never getting a glimpse of the people. Most often, he lost the trail because there were so many tracks. It looked as if the people were all over the mountain. He had never seen so many footprints in one area without finding people.

He searched for two weeks, found thousands of tracks, but never saw one of the mountain people. He became very frustrated, even beginning to believe the people were phantoms or ghosts and not real people. The group of scientists began to question his tracking ability, saying maybe he was getting too old.

Then, one morning just before dawn, someone touched his arm. Tracker jerked awake to find himself staring into the eyes of one of the Mountain Indians! The man said to him, "You are a great tracker and I am not. Yet, I found you and you could not find me."

"You are easy to find. You leave behind remains of fire, discarded food, worn-out clothes, wastes from your body, threads from your blanket, broken branches from your anger, and the trunks of trees cut for firewood. I leave nothing, nothing but footprints, and neither you nor anyone else will ever find me."

Then, the Mountain Indian slipped off into the gray morning. Quickly, Tracker told the men with him what had happened. They did not believe him. He was only dreaming, they said. They had concluded the mountain people did not exist and they left the mountain. Tracker stayed, though. For two whole years, he searched and searched and searched. He never saw another one of the Mountain Indians again, nor anything other than their footprints. He, too, began to believe he had only had a dream. The mountain people were not real. The Great Tracker decided that finding footprints without any litter or other signs of man meant that man truly did not live there. Thus, Tracker started down the mountain, convinced that he was the only person alive on Mt. Whitney.

Then, he saw it! Next to a footprint lay a note. He picked up the piece of paper and read these words, "Good-bye, Tracker. Remember to pick up your litter! A good Indian leaves nothing but footprints!"

HAMMOCKS

Each Hammock should have two loops of cord inside
Some locations have the cord already in place on posts.



Wrap one piece of cord around a tree at around shoulder height
and feed it back through itself





Pull the cord tight



Use the S hook on one end of you hammock to attach it



Having the hammock stretched pretty tight between the two trees will increase the comfort of your experience. To do this you may have to tie an additional overhand knot on the cord



The overhand knot has created another point to hook your hammock into



Attach the S hook on the other end of your hammock to the new overhand knot you just created.

Note: Take it slow getting into the hammock. We want to avoid injuries and ripping the hammock.



Swing one leg over the hammock.



Spread the hammock out across your backside



**Sit down VERY SLOWLY!
(Put pressure on the hammock gradually, not suddenly)**



**Spread the hammock out, lay back and chill.
A good sleeping bag (or some kind of padding underneath you)
and pillow will make for a comfortable night sleep.**



**Please ensure that you wrap up both pieces of cord neatly and
put them back in each hammock.**

FIRE-BUILDING

Any fire that is lit needs to be inside the metal fire ring. Before actually lighting the fire you will need to collect the following materials.



TINDER – Look for thin dry combustibles like pine needles, scrunched up leaves, wood shavings, dry grass and bark. They will produce flames very easily from a match.



TINDER PILE – It is important to go overboard with the tinder. It burns easily, but doesn't last for long, so have plenty on hand.



KINDLING – Pencil size, dry twigs are what will catch light after a few minutes of flames. There should be kindling spread in throughout your fire when you build it.



FUEL – Logs and thicker branches that are going to burn for 15-30mins are what you are looking for here. If it's been a wet week, you can get some dry firewood from one of the wood bins. See a village director for a key.



Take some time to build a fire that you are very confident will light the first time of asking. It is important to have a pile of tinder inside at the bottom, remember heat rises. Kindling should be interspersed throughout and the fuel should be placed around and balancing on top. Spend a good 5-10mins building, once you have all the materials collected and resist the urge to light too soon, you'll regret it.



When lighting the fire, create an opening underneath the fire to get your match or small candle in, allowing the flames to spread.



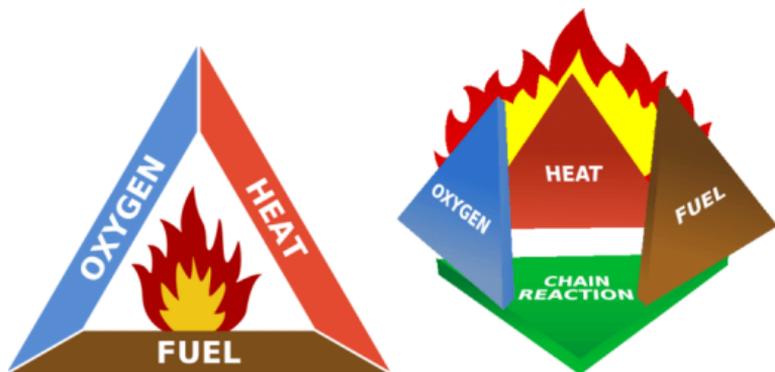
Stay close with your extra tinder and kindling. When you notice the flame going down you can sprinkle some tinder lightly over the top and stick the odd piece of kindling into areas that need it

Note: Be sure to not put too much on at once or you might smother the fire. If you notice a lack of oxygen blowing lightly on the side can help.



Once you notice the fuel has caught all the way, you can stop with the tinder and just add fuel.

If you are having trouble with your fire – use the fire triangle. All parts should form an equilateral triangle. Are all the parts equal in your fire?



When you are all done and ready to leave, make sure that the fire is completely extinguished before heading out. You can do this by spreading it out, pouring water over it and smothering it with dirt repeatedly.

PINE FOREST MAP



CAMP TECUMSEH GLOSSARY:

Contributed by Camp Tecumseh Alumni

WORD/PHRASE	DEFINITION	USE/EXAMPLE(IF APPLICABLE)
BLAZERS	Age unit for campers aged 11-12. Typically reside on the Main Loop or in the OT. Wear green unit shirts.	
BRAVES	Age unit for campers aged 8-10. Typically reside in cabins on the Main Loop. Wear orange unit shirts.	
BUFFALO BROTHERS	The Pathfinder boy's counselors. Each week, these counselors select one female Support Staff member to honor as the Buffalo Queen	
BUFFALO LODGE	Lodge where the Pathfinder boys reside.	Referring to cabin location has become a gender-inclusive way to refer to campers. "Calling all Buffalo campers!" rather than "Calling all Pathfinder boys!"
BUFFALO QUEEN	One female Support Staff member is selected by the Buffalo Brothers to be recognized for their hard work. They receive the Buffalo staff on Friday night and carry it for the next week until the next	

	queen is chosen. Each queen adds a charm to the staff that represents either herself or her job.	
CILTS	Campers In Leadership Training. Campers aged 16 can return to camp for a two-week leadership program in which they take part in team-building activities, shadow overnight cabins, do community service for both Camp Tecumseh and the nearby community.	While CILTs are not traditional campers anymore, they still partake in some typical camper activities, such as aquatics times and camp crafts.
CLINICS, MORNING CHOICES	Morning activity time blocks that campers choose themselves. Campers select these activities at the beginning of the week and go to them each morning. These activities are not spent with cabin mates, but with many campers in their approximate age unit.	Some examples are: friendship bracelets, kayaking, horsemanship, show choir, ultimate Frisbee.
CIRCLE THE WAGON	Refers to counselors having a conversation without involving campers. Named for the way these conversations tend to create small circles of counselors, blocking out campers by keeping their backs turned.	Directors or coordinators may remind counselors to stop circling the wagon and to go interact with their campers instead.
COORDINATOR, COORD, UNIT COORDINATOR	Two overnight counselors per unit that serve as the bridge between counselors and directors. They help plan unit activities, offer advice to counselors, serve as mediators	

	in conflict, and are role models for new staff.	
EQUESTRIANS	Unit of campers that spend some of the week with the horses at the equestrian center. Aged 11-15. Wear purple unit shirts.	Equestrian campers are both Equestrians and the unit that corresponds with their age. For example, a 14 year-old camper is both an Equestrian and a Pathfinder.
FLIES/PUT FLIES ON SOMEONE	A lunchtime cheer in which one cabin selects another cabin to “put flies on”. Can be performed more than once. Counselors should emphasize to campers that flies are not done with malicious intent, it is merely a way to interact with other cabins/counselors throughout the mealtime.	“There ain’t no flies on us; There ain’t no flies on us; There may be flies on Onondaga; But there ain’t no flies on us.” Variations of the chant sometimes occur.
FOIL DINNER	Meal consisting of cut up potatoes, carrots, and onion with broken up frozen hamburger, cooked in foil over the fire.	
GROUT	Interactions between planned events that can build and solidify relationships within the cabin.	Asking campers to discuss brain teasers like “Is a hot dog a sandwich?” while walking to your next location. Having a speed-walking competition

		during extra downtime.
GYMP	Craft used by creating intricate box braids with plastic lanyard string.	
LAKE VILLAGE, LV	Area of camp closest to the Richard G. Marsh Lake. Warriors and Pathfinders reside here.	Some areas and activities in Lake Village include: the lake, the zipline, teams course, disc golf, oak forest
LAKE VILLAGE LOOP, LV LOOP	Cabins that are not part of Buffalo Lodge or Whitetail Lodge. Warriors and Pathfinders reside here.	Referring to cabin location has become a gender-inclusive way to refer to campers. "Calling all LV Loop campers!" rather than "Calling all Pathfinder girls!"
MAIN LOOP	The road that circles the large field area of River Village. Cabins placed along this road house Braves and Blazers.	
O-TOWN, OTOWN	Nickname for the duplex of cabins Onondaga and Oneida in River Village and Ojibwa and Omaha in Lake Village.	
OREGON TERRITORY, OT	The area of camp where Blazer girls live. Not part of the Main Loop.	Referring to cabin location has become a gender-inclusive way to refer to campers.

		“Calling all OT campers!” rather than “Calling all Blazer girls!”
PARENT LETTERS	Hand-written letters from the counselors to the parents/guardians of each camper at the end of the week.	
PATHFINDERS	Age unit for campers aged 14-15. Typically reside in Buffalo Lodge or LV Loop. Wear pink unit shirts.	
PORCH PARTNER	The counselors in the cabin directly next to yours. It is named this way because the two cabins are attached, sharing front and back porches.	Used to refer specifically to the counselors, not to campers or the cabin itself. “Claire and Lizzy are my porch partners.”
PORCH TIME	The time that counselors spend on the porch after campers have fallen asleep for the night. This is the time for porch partners to debrief the day, work on parent letters, and strengthen the relationship between the counselors.	
RFAJWD	Reward For A Job Well Done. A challenge for the CILTs to complete a series of team-building activities all around camp. The acronym is not revealed to the CILTs until after they complete the challenge.	

	The reward is an ice cream party.	
RIVER VILLAGE, RV	Area of camp that overlooks the Tippecanoe River. Braves, Blazers, CILTs, and Equestrians reside here.	Some areas and activities in River Village include: Main Loop, Main Field, the pools, Mt. Wood climbing wall, the Creative Arts Center, the Nature Center, the Mini Farm
ROGER MURPHY	A challenge that only the oldest campers (see Warriors and Pathfinders) get to attempt. Challengers wake up early in the morning to swim across the lake length-wise. When they complete the challenge, they receive a purple band for their efforts. Campers must be blue bands to compete (see Swim Band).	
SUPPORT STAFF	Seasonal summer staff that have a specialized role. Typically are in charge of specific program areas.	Programs such as Aquatics, Shooting Sports, and Creative Arts are run by support staff members
SWING CABIN	Cabins that are on the cusp of the age difference between units and will occasionally “swing” between units throughout the summer.	Winnebago cabin typically has 12 year old campers, making it a Blazer cabin. However, if there are more 13 year olds in the cabin, it will

		“swing” to the Warrior unit.
TORCHBEARER	A camper that has reached the age of 15 and can no longer return as a traditional camper. Honored at the end of the week in a send-off ceremony where they receive a candle and a leather medallion, encouraging them to light the way for others. Still a part of the Pathfinder unit.	
UNIT	Age group that campers fall into. Each unit has activities unique to that group.	See Braves, Blazers, Warriors, Pathfinders, Equestrians, CILTs
WARRIORS	Age unit for campers aged 13. Typically reside in Whitetail Lodge or LV Loop. Wear blue unit shirts.	
WHITETAIL LODGE	Area of camp where the Warrior boys reside.	Referring to cabin location has become a gender-inclusive way to refer to campers. “Calling all Whitetail campers!” rather than “Calling all Warrior boys!”