

Sample Safety Plan for Barnabas Christian Camp

Group Info:

- Camp: Barnabas Christian Camp, 8717 Beattie Rd., RR1, Straffordville ON, N0J 1Y0
- Camp Rental Group:
- Contact Person's Name & Contact Info:
- Rental Dates:

Procedures for Maintaining Records

- On the camper registration form, we collect the name, address, and emergency contact applicable for each camper. A copy of this information is made available to those who need to know this information at each camp-out.
- Blank report sheets for recording health and safety incidents are kept at the camp to be used as needed.

Communicable Disease Control

- On the camper and volunteer registration forms, we require that applicants agree not to come to camp if exposed to a communicable disease within 2 weeks prior to camp.
- Action plan if an outbreak or suspected outbreak is suspected of any communicable disease in the recreational camp
 - All campers/staff who contract the illness will be quarantined into one location
 - Staff who are caring for the infected persons will have gloves and masks and use every reasonable precaution.
 - Camper and staff parents will be called to pick up their children immediately.
 - Areas affected will be disinfected and treated. Linens will be washed in hot bleach water.
 - Notify SWPH if necessary.

Animals Susceptible to Rabies

- No animal that is susceptible to rabies will be brought into the recreational camp unless
 - The animal has a rabies immunization certificate issued by a veterinarian, indicating that the animal is current on its rabies immunizations
 - The animal's last rabies immunization was administered at least 30 days before it was brought into the camp

Strategies to Control and Minimize Risks for Activities at the Camp

- Tag Games
 - **Description** of tag games
 - Blob tag – Everyone runs from one side of a field to the other while someone in the middle who is it tries to tag people. Whenever someone is tagged, they then link arms with everyone else who was tagged and when the others run across the field again, the 'blob' of people with linked arms tries to tag more people.
 - Octopus tag – Everyone runs from one side of a field to the other while one or two people in the middle who are it try to tag people. When people are tagged, they sit down where they are tagged and when others run across the field again, those tagged can still stretch out their arms to try to tag people.
 - Dragon Tails – Each person gets a "dragon tail" (e.g. a small piece of cloth, sock, hand towel) that they tuck in the back of their pants with part of the "dragon tail" sticking out

like a tail. Then everyone runs around trying to pull others' tails out. If someone's tail is pulled out, they are out of that round and go sit down.

- **Risks** for tag games and **strategies** to control and minimize risks for tag games:
 - **Risk:** Campers falling down or getting physically aggressive
 - **Strategy:** Ensure proper instructions are given by explaining the games clearly, which will help the campers know what they are supposed to be doing and how
 - **Strategy:** Ensure proper supervision is in place by having cabin leaders present and watching in the location where the games are being played, who are ready to respond and interact as needed, which will allow the leaders to be in the right spot at the right time to stop behaviour that could lead to injury if unaddressed
 - **Risk:** Campers having a breathing emergency
 - **Strategy:** Help campers with known respiratory medical conditions avoid taking actions that may trigger a reaction/attack
 - **Strategy:** Ensure their medication is always easily accessible in case of a reaction/attack
 - **Strategy:** Make sure that the campers' cabin leaders know about the condition and how to help give medication if necessary
 - **Risk:** Campers encountering heat-related illnesses
 - **Strategy:** Encourage campers to drink water regularly by having weekend directors and cabin leaders remind the kids to drink water, by sending the kids to drink water and by providing easy access to water
 - **Strategy:** Encourage campers to wear sunscreen
 - **Strategy:** On especially humid days, encourage campers to spend time in shade regularly
 - **Risk:** Campers coming in contact with a tick
 - **Strategy:** Perform a tick check daily
 - Encourage campers to check their underarms, neck and groin

- **Relay Games**

- **Description** relay games
 - Straw and lifesavers – Each team stands in a line with a portion of a straw in their mouth and passes a lifesaver from straw to straw until the lifesaver goes from one end of the line to the other.
 - Potato Sack/Sleeping Bag Relay – One at a time, each team member gets in a potato sack or sleeping bag and hops to the other end of a field, around a pin and back to their team until the whole team has had a turn. The first team done wins.
- **Risks** for relay games and **strategies** to control and minimize risks for relay games:
 - **Risk:** Campers falling down or getting physically aggressive
 - **Strategy:** Ensure proper instructions are given by explaining the games clearly, which will help the campers know what they are supposed to be doing and how
 - **Strategy:** Ensure proper supervision is in place by having cabin leaders present and watching in the location where the games are being played, who are ready to respond and interact as needed, which will allow the leaders to be in the right spot at the right time to stop behaviour that could lead to injury if unaddressed
 - **Risk:** Campers having a breathing emergency
 - **Strategy:** Help campers with known respiratory medical conditions avoid taking actions that may trigger a reaction/attack

- **Strategy:** Ensure their medication is always easily accessible in case of a reaction/attack
 - **Strategy:** Make sure that the campers' cabin leaders know about the condition and how to help give medication if necessary
 - **Risk:** Campers encountering heat-related illnesses
 - **Strategy:** Encourage campers to drink water regularly by having weekend directors and cabin leaders remind the kids to drink water, by sending the kids to drink water and by providing easy access to water
 - **Strategy:** Encourage campers to wear sunscreen
 - **Strategy:** On especially humid days, encourage campers to spend time in shade regularly
 - **Risk:** Campers coming in contact with a tick
 - **Strategy:** Perform a tick check daily
 - Encourage campers to check their underarms, neck and groin
- Games Involving Two Teams
 - **Description** of games involving two teams
 - Counsellor Hunt – Counsellors hide within certain boundaries and campers find counsellors and bring them back to the dining shelter
 - Capture the Flag – There is a dividing line giving two teams a zone that is theirs. Each team hides an object (flag) in their zone and then searches for the other team's object. When someone crosses into the other team's zone, they can now be tagged by the other team. This game has sometimes been played with one team's zone on the cabin side of the bridge and the other team's side on the other side of the bridge.
 - Balloon Pop – There are two teams focussed on going in opposite directions like in basketball. Different than in basketball, though, one person from each team fills the role of the basketball net by standing where the net would be staying still ready to pop the balloons with their hands. The goal for each team is to get points for their team by batting a balloon down to their player who fulfills the role of the basketball net so that that player can pop the balloon with their hands. When a balloon pops, another balloon is put into the game.
 - Stix – This game is a lot like Capture the Flag. There is a dividing line giving two teams a zone that is theirs. Each team has a pile of objects (e.g. sticks, golf balls or sponges) in their zone. Each team's goal is to get all of the other team's objects into their pile. When someone crosses into the other team's zone, they can now be tagged by the other team. If a player is tagged, they have to return to their zone before they can go back to the other team's zone.
 - Stix with Ketchup & Mustard – This game is a lot like Capture the Flag. There is a dividing line giving two teams a zone that is theirs. One is the ketchup team and the other the mustard team. Those playing defense on each team have either a ketchup or mustard bottle that can be squeezed. Each team has a pile of objects (e.g. sticks, golf balls or sponges) in their zone. Each team's goal is to get all the other team's objects into their pile. When someone crosses into the other team's zone, they now are eligible to being captured by the other team by being squirted with either ketchup or mustard. If a player is captured, they have to go to a 'jail' within the other person's zone until another person from their team can free them by tagging them.
 - Steal the Bacon – The campers divide into two even groups, line up tallest to smallest, and are numbered 1 through the highest number necessary. The campers line up along invisible lines across from each other. When I call a number, the person from each team with that number runs into the space between the teams where there is an object in the middle of

the space. The two people run and try to be the first to grab the object and carry it across the invisible line where their team is lined up. Attempts to steal the object from each other are fine when the object has not crossed a team line.

- Volley-ball Game – either with a big bouncy ball or a volleyball
- Baseball Game
- Soccer Baseball Game
- Tug-a-war
- **Risks** for games involving two teams and **strategies** to control and minimize risks for games involving two teams:
 - **Risk:** Campers falling down or getting physically aggressive
 - **Strategy:** Ensure proper instructions are given by explaining the games clearly, which will help the campers know what they are supposed to be doing and how
 - **Strategy:** Ensure proper supervision is in place by having cabin leaders present and watching in the location where the games are being played, who are ready to respond and interact as needed, which will allow the leaders to be in the right spot at the right time to stop behaviour that could lead to injury if unaddressed
 - **Risk:** Campers having a breathing emergency
 - **Strategy:** Help campers with known respiratory medical conditions avoid taking actions that may trigger a reaction/attack
 - **Strategy:** Ensure their medication is always easily accessible in case of a reaction/attack
 - **Strategy:** Make sure that the campers' cabin leaders know about the condition and how to help give medication if necessary
 - **Risk:** Campers encountering heat-related illnesses
 - **Strategy:** Encourage campers to drink water regularly by having weekend directors and cabin leaders remind the kids to drink water, by sending the kids to drink water and by providing easy access to water
 - **Strategy:** Encourage campers to wear sunscreen
 - **Strategy:** On especially humid days, encourage campers to spend time in shade regularly
 - **Risk:** Campers coming in contact with a tick
 - **Strategy:** Perform a tick check daily
 - Encourage campers to check their underarms, neck and groin
- Games Involving Water
 - **Description** of games involving water
 - Drip, Drip, Drop – This game is like duck, duck, goose except that instead of touching each person on the head when walking around the circle, you squeeze a few drops on each head from a sponge, squeezing more water on the head of the person being selected.
 - Slip n Slide Baseball
 - Water balloon toss
 - Water balloon fight
 - **Risks** for games involving water and **strategies** to control and minimize risks for games involving water:
 - **Risk:** Campers falling down or getting physically aggressive
 - **Strategy:** Ensure proper instructions are given by explaining the games clearly, which will help the campers know what they are supposed to be doing and how

- **Strategy:** Ensure proper supervision is in place by having cabin leaders present and watching in the location where the games are being played, who are ready to respond and interact as needed, which will allow the leaders to be in the right spot at the right time to stop behaviour that could lead to injury if unaddressed
 - **Risk:** Campers having a breathing emergency
 - **Strategy:** Help campers with known respiratory medical conditions avoid taking actions that may trigger a reaction/attack
 - **Strategy:** Ensure their medication is always easily accessible in case of a reaction/attack
 - **Strategy:** Make sure that the campers' cabin leaders know about the condition and how to help give medication if necessary
 - **Risk:** Campers encountering heat-related illnesses
 - **Strategy:** Encourage campers to drink water regularly by having weekend directors and cabin leaders remind the kids to drink water, by sending the kids to drink water and by providing easy access to water
 - **Strategy:** Encourage campers to wear sunscreen
 - **Strategy:** On especially humid days, encourage campers to spend time in shade regularly
 - **Risk:** Campers coming in contact with a tick
 - **Strategy:** Perform a tick check daily
 - Encourage campers to check their underarms, neck and groin
 - **Risk:** Campers getting waterborne diseases
 - **Strategy:** Only use potable water for these games involving water
- Circle Games
 - **Description** of circle games
 - Parachute Games - with the big circle piece of material with a hole in the middle (used in elementary schools)
 - Name Game – Everyone sits in a circle except for one person who stands in the middle with an object for whacking (e.g. newspaper, noodle, old t-shirt). One person in the circle starts by saying their name and then another person's name right after. Then the person whose name was just called says their name and someone else's. The person in the middle wants to whack the person (not too hard) who is saying two names before they say the second name.
 - Murder Wink – Everyone sits in a circle – one person is a detective, one person is a murderer. People fall over when they are 'murdered' by being winked at.
 - Do you Love Your Neighbour? – Everyone sits in a circle except for one person who stands in the middle who asks whoever they want, "Do you love your neighbour?" The person asked can either answer "Yes" or "No". If "Yes", the people on either side of the person answering have to switch seats, but if the person in the middle beats one of these people to their seat, the person who didn't get to their seat would now be in the middle. If "No", the person answering would clarify their statement with something like, "but I do love those who have been to Wonderland" at which point everyone quickly finds a new seat who has been to Wonderland. The person in the middle find a seat too, leaving someone else who doesn't find a seat in the middle.
 - Darling, If You Love Me – Everyone sits in a circle except one person who walks up to someone and says in the funniest way they can, "Darling, if you love me, would you please please smile?" If the person being asked the question smiles they are now in the middle,

but if they don't smile the same person has to ask another person the same question in the funniest way they can.

- Centre Stride Ball - Formation: Players form a circle and take 'stride' position (standing so their feet are well apart, touching neighbours' feet on each side). One player, however, stands in the centre, holding a ball. Action: The centre man tries to throw or roll the ball so it escapes to the outside, either between a player's legs, or between two players. If the ball passes over the players' shoulders, the throw does not count. Players on the rim, who keep their feet fixed to the ground in 'stride' position, use their hands to block the ball, or hit it back into the middle. If the ball goes through a player's feet, that player changes position with the centre man. If the ball goes between two players, the one on the left is considered responsible, and he moves to the centre.
- **Risks** for circle games and **strategies** to control and minimize risks for circle games:
 - **Risk:** Campers falling down or getting physically aggressive
 - **Strategy:** Ensure proper instructions are given by explaining the games clearly, which will help the campers know what they are supposed to be doing and how
 - **Strategy:** Ensure proper supervision is in place by having cabin leaders present and watching in the location where the games are being played, who are ready to respond and interact as needed, which will allow the leaders to be in the right spot at the right time to stop behaviour that could lead to injury if unaddressed
 - **Risk:** Campers having a breathing emergency
 - **Strategy:** Help campers with known respiratory medical conditions avoid taking actions that may trigger a reaction/attack
 - **Strategy:** Ensure their medication is always easily accessible in case of a reaction/attack
 - **Strategy:** Make sure that the campers' cabin leaders know about the condition and how to help give medication if necessary
 - **Risk:** Campers encountering heat-related illnesses
 - **Strategy:** Encourage campers to drink water regularly by having weekend directors and cabin leaders remind the kids to drink water, by sending the kids to drink water and by providing easy access to water
 - **Strategy:** Encourage campers to wear sunscreen
 - **Strategy:** On especially humid days, encourage campers to spend time in shade regularly
 - **Risk:** Campers coming in contact with a tick
 - **Strategy:** Perform a tick check daily
 - Encourage campers to check their underarms, neck and groin
- Other games/activities
 - **Description** of other games/activities
 - Scavenger Hunt – Look for a list of nature items on a list – bring some objects back in a bag and take pictures of some objects.
 - Horses, Knights & Cavaliers – Everyone walks around until the leader yells either “Horses” “Knights” or “Cavaliers” at which point each person needs to find a partner to do the prescribed action with for whatever word was yelled. Whoever didn't find a partner or whoever did the wrong action is out and the game repeats with those left.
 - Scream & Run – Everyone lines up on one side of a field and on “Go” scream and run at the same time, running until their voice gives out and they stop screaming. The person who has run the farthest wins! No taking breaths and then continuing to scream!

- Barna-Lympics
 - Different teams rotate between different stations, tallying up their points from each station.
 - Station 1 – Round in the Chickens – Use pool noodles to keep a bunch of balloons inside a big circle.
 - Station 2 – Toss the Peanuts – Everyone stands a certain distance away from some cowboy boots and sees how many peanuts they can throw into the boots.
 - Station 3 – Pan for Gold – Find as many buttons as possible that are buried in a pile of sand that is in a wheelbarrow.
 - Station 4 – Lasso the Horse – See how many hoola-hoops each team can land around the neck of a rocking horse.
 - **Risks** for other games/activities and **strategies** to control and minimize risks for other games/activities:
 - **Risk:** Campers falling down or getting physically aggressive
 - **Strategy:** Ensure proper instructions are given by explaining the games clearly, which will help the campers know what they are supposed to be doing and how
 - **Strategy:** Ensure proper supervision is in place by having cabin leaders present and watching in the location where the games are being played, who are ready to respond and interact as needed, which will allow the leaders to be in the right spot at the right time to stop behaviour that could lead to injury if unaddressed
 - **Risk:** Campers having a breathing emergency
 - **Strategy:** Help campers with known respiratory medical conditions avoid taking actions that may trigger a reaction/attack
 - **Strategy:** Ensure their medication is always easily accessible in case of a reaction/attack
 - **Strategy:** Make sure that the campers' cabin leaders know about the condition and how to help give medication if necessary
 - **Risk:** Campers encountering heat-related illnesses
 - **Strategy:** Encourage campers to drink water regularly by having weekend directors and cabin leaders remind the kids to drink water, by sending the kids to drink water and by providing easy access to water
 - **Strategy:** Encourage campers to wear sunscreen
 - **Strategy:** On especially humid days, encourage campers to spend time in shade regularly
 - **Risk:** Campers coming in contact with a tick
 - **Strategy:** Perform a tick check daily
 - Encourage campers to check their underarms, neck and groin
- For free time activities, we will
 - **Description** of free time activities
 - Stilts
 - Playing with sports equipment (soccer balls, baseballs, basketballs, etc.)
 - Tether-ball
 - Ping-pong
 - Foosball
 - Board games
 - Using water guns

- Climbing down the ravine
 - **Risks** for free time activities and **strategies** to control and minimize risks for free time activities:
 - **Risk:** Campers falling down or getting physically aggressive
 - **Strategy:** Ensure proper instructions are given by explaining the games clearly, which will help the campers know what they are supposed to be doing and how
 - **Strategy:** Ensure proper supervision is in place by having cabin leaders present and watching in the location where the games are being played, who are ready to respond and interact as needed, which will allow the leaders to be in the right spot at the right time to stop behaviour that could lead to injury if unaddressed
 - **Risk:** Campers having a breathing emergency
 - **Strategy:** Help campers with known respiratory medical conditions avoid taking actions that may trigger a reaction/attack
 - **Strategy:** Ensure their medication is always easily accessible in case of a reaction/attack
 - **Strategy:** Make sure that the campers' cabin leaders know about the condition and how to help give medication if necessary
 - **Risk:** Campers encountering heat-related illnesses
 - **Strategy:** Encourage campers to drink water regularly by having weekend directors and cabin leaders remind the kids to drink water, by sending the kids to drink water and by providing easy access to water
 - **Strategy:** Encourage campers to wear sunscreen
 - **Strategy:** On especially humid days, encourage campers to spend time in shade regularly
 - **Risk:** Campers coming in contact with a tick
 - **Strategy:** Perform a tick check daily
 - Encourage campers to check their underarms, neck and groin
- Canoeing at the nearby Otter Creek over an approx. 9 km stretch
 - **Description** of canoeing over an approx. 9 km stretch
 - Campers have a chance to observe nature while getting quality time with leaders and other campers
 - **Risks** for canoeing at the nearby Otter Creek over an approx. 9 km stretch and **strategies** to control and minimize risks for canoeing at the nearby Otter Creek over an approx. 9 km stretch:
 - **Risk:** Campers getting injured or lost when canoeing
 - **Strategy:** Ensure lifeguards are present (who are trained in first aid) according to the following ratio
 - Two lifeguards if one to 25 campers in the water
 - Three lifeguards if 26 to 100 campers in the water
 - **Strategy:** Ensure a cell phone or walkie-talkie is accessible, depending on which communication device is best for the situation, with names and numbers of emergency services accessible
 - **Strategy:** Ensure campers are wearing life-jackets
 - **Strategy:** Ensure proper supervision is in place by having cabin leaders present, watching, participating and providing aid, which will allow the leaders to be in the right spot at the right time to stop behaviour that could lead to injury if unaddressed

- This proper supervision includes having leaders as described above supervising non-swimmers, campers with special needs or campers under five years of age are using the waterfront area
 - Keep an assigned canoe leading the canoes and an assigned canoe in the rear of the group of canoes
 - **Risk:** Campers having a breathing emergency
 - **Strategy:** Help campers with known respiratory medical conditions avoid taking actions that may trigger a reaction/attack
 - **Strategy:** Ensure their medication is always easily accessible in case of a reaction/attack
 - **Strategy:** Make sure that the campers' cabin leaders know about the condition and how to help give medication if necessary
 - **Risk:** Campers encountering heat-related illnesses
 - **Strategy:** Encourage campers to drink water regularly by having weekend directors and cabin leaders remind the kids to drink water, by sending the kids to drink water and by providing easy access to water
 - **Strategy:** Encourage campers to wear sunscreen
 - **Strategy:** On especially humid days, encourage campers to spend time in shade regularly
 - **Risk:** Campers coming in contact with a tick
 - **Strategy:** Perform a tick check daily
 - Encourage campers to check their underarms, neck and groin
 - **Risk:** Campers getting struck by lightning
 - **Strategy:** Go to shore immediately and exit the water
 - **Strategy:** Stay within sight of another group
 - **Strategy:** Squat down and hug your knees (become as small a target as possible)
 - **Strategy:** Wait until the storm subsides and get campers to a more permanent shelter as soon as safely possible (e.g. the bus, dining shelter, cabins)
- Swimming at the nearby Otter Creek
 - **Description** of swimming at the nearby Otter Creek
 - Campers can enjoy and experience the outdoors in refreshing water
 - **Risks** for swimming at the nearby Otter Creek and **strategies** to control and minimize risks for swimming at the nearby Otter Creek:
 - **Risk:** Campers getting injured or drowning when swimming
 - **Strategy:** Ensure lifeguards are present (who are trained in first aid) according to the following ratio
 - Two lifeguards if one to 25 campers in the water
 - Three lifeguards if 26 to 100 campers in the water
 - **Strategy:** Ensure a cell phone or walkie-talkie is accessible, depending on which communication device is best for the situation, with names and numbers of emergency services accessible
 - **Strategy:** Ensure campers are wearing life-jackets
 - **Strategy:** Ensure proper supervision is in place by having cabin leaders present, watching, participating and providing aid, which will allow the leaders to be in the right spot at the right time to stop behaviour that could lead to injury if unaddressed

- This proper supervision includes having leaders as described above supervising non-swimmers, campers with special needs or campers under five years of age are using the waterfront area
 - **Strategy:** Ensure safety equipment is readily accessible (buoyant rescue aid, reaching pole, buoyant throwing aid, spine board, first aid supplies)
 - **Risk:** Campers having a breathing emergency
 - **Strategy:** Help campers with known respiratory medical conditions avoid taking actions that may trigger a reaction/attack
 - **Strategy:** Ensure their medication is always easily accessible in case of a reaction/attack
 - **Strategy:** Make sure that the campers' cabin leaders know about the condition and how to help give medication if necessary
 - **Risk:** Campers encountering heat-related illnesses
 - **Strategy:** Encourage campers to drink water regularly by having weekend directors and cabin leaders remind the kids to drink water, by sending the kids to drink water and by providing easy access to water
 - **Strategy:** Encourage campers to wear sunscreen
 - **Strategy:** On especially humid days, encourage campers to spend time in shade regularly
 - **Risk:** Campers coming in contact with a tick
 - **Strategy:** Perform a tick check daily
 - Encourage campers to check their underarms, neck and groin
 - **Risk:** Campers getting struck by lightning
 - **Strategy:** Clearly state that campers need to exit the water
 - **Strategy:** Avoid lone trees and keep to the lowest tree in a group of trees
 - **Strategy:** Get campers to shelter (e.g. the bus, dining shelter, cabins) immediately
 - **Risk:** Campers swimming in water unsuitable to swim (e.g. with blue-green algae)
 - **Strategy:** Clearly state the water is unsafe and that swimming will not be allowed on this occasion and immediately continue on with next activity
- Wagon Rides
 - **Description** of wagon rides
 - Campers go on a sight-seeing tour of the outdoors while on a short wagon ride
 - **Risks** for wagon rides and **strategies** to control and minimize risks for wagon rides:
 - **Risk:** Campers falling off during the wagon ride
 - **Strategy:** Keep a spotter at the end of the wagon near the driver of the tractor who understand his job is to tell the driver of the tractor to stop if necessary.
 - **Strategy:** Attach a safety rope across the kids laps as necessary depending on the age of the kids.
 - **Strategy:** Ensure proper supervision is in place by having cabin leaders present and watching on the wagon, who are ready to respond and interact as needed
 - **Risk:** Campers having a breathing emergency
 - **Strategy:** Help campers with known respiratory medical conditions avoid taking actions that may trigger a reaction/attack
 - **Strategy:** Ensure their medication is always easily accessible in case of a reaction/attack

- **Strategy:** Make sure that the campers' cabin leaders know about the condition and how to help give medication if necessary
 - **Risk:** Campers encountering heat-related illnesses
 - **Strategy:** Encourage campers to drink water regularly by having weekend directors and cabin leaders remind the kids to drink water, by sending the kids to drink water and by providing easy access to water
 - **Strategy:** Encourage campers to wear sunscreen
 - **Strategy:** On especially humid days, encourage campers to spend time in shade regularly
 - **Risk:** Campers coming in contact with a tick
 - **Strategy:** Perform a tick check daily
 - Encourage campers to check their underarms, neck and groin
- Rolling in Big White Tubes in the Field
 - **Risks** for rolling in big white tubes and **strategies** to control and minimize risks for rolling in big white tubes:
 - **Risk:** Campers rolling down steeper hills than intended, rolling into objects that should be avoided, campers landing on each other or getting injured
 - **Strategy:** Attach instructions on both ends of the big white tubes
 - Only use in the open field where the grass is cut
 - Maximum capacity: Four people
 - Stay away from the ends when rolling
 - **Strategy:** Ensure proper supervision is in place by having cabin leaders present and watching in the location where the tubes are being used, who are ready to respond and interact as needed, which will allow the leaders to be in the right spot at the right time to stop behaviour that could lead to injury if unaddressed
 - **Strategy:** Keep the big white tubes in the open field
 - These boundaries create a space approx. 50m x 30m
 - **Risk:** Campers having a breathing emergency
 - **Strategy:** Help campers with known respiratory medical conditions avoid taking actions that may trigger a reaction/attack
 - **Strategy:** Ensure their medication is always easily accessible in case of a reaction/attack
 - **Strategy:** Make sure that the campers' cabin leaders know about the condition and how to help give medication if necessary
 - **Risk:** Campers encountering heat-related illnesses
 - **Strategy:** Encourage campers to drink water regularly by having weekend directors and cabin leaders remind the kids to drink water, by sending the kids to drink water and by providing easy access to water
 - **Strategy:** Encourage campers to wear sunscreen
 - **Strategy:** On especially humid days, encourage campers to spend time in shade regularly
 - **Risk:** Campers coming in contact with a tick
 - **Strategy:** Perform a tick check daily
 - Encourage campers to check their underarms, neck and groin

What To Do in the Following Situations

- Fire
 - If smoke alarm goes off in the cabin
 - Take all outside, close the door and assess the situation
 - If actual fire is suspected
 - One cabin leader sounds the alarm by the bridge by flipping the switch
 - Call 9-1-1 from a safe location
 - If you hear the fire bell
 - Everyone needs to immediately go to the basketball court (meeting place)
 - Make lines for
 1. each cabin
 2. kitchen team (if applicable)
 3. grounds/maintenance team (if applicable)
 4. any other person
 - Sit down when your entire cabin or team is present
 - For line with any other person, director to confirm all are present
 - Try to keep the campers calm (and yourself!)
 - Stay with your line and wait for further direction
- Tornado
 - Find your cabin or team immediately and ensure all are present
 - Evacuate by climbing down the ravine near the sheds by the dining shelter
 - If there is not enough time, find the closest place of safety
 - Lay down flat
 - Try to keep the campers calm (and yourself!)
 - Stay where you are until the camp director gives further direction
- Missing Person
 - Notify the camp director who will perform an immediate search of the area
 - Ask where and when they were seen last
 - Find out the following information (especially if notifying the police)
 - Description of the person
 - What they were wearing
 - Are there any medical concerns for them?
- Serious Bodily Injury
 - Get medical attention as soon as possible
 - If a child, notify parents
- Potential Death
 - Direct someone to call 9-1-1
 - Note: Don't assume they are dead
 - Perform CPR
- Poison Ivy
 - If we know a camper walked through poison ivy
 - wash the affected area thoroughly
 - inform the parents of potential poison ivy exposure
- Tick
 - To remove a tick
 - Using fine-tipped tweezers, carefully grab the tick close to the skin
 - Pull it straight out, gently but firmly

- Don't squeeze the tick!
- Don't put anything on the tick or try to burn it off
- Clean the bite site with rubbing alcohol and/or soap and water
- Keep an eye out for symptoms such as fever, chills, headache or the bull's eye rash (but not everyone gets this rash!)
- Once you have removed the tick, put it in a screw-top bottle and bring it to your doctor or Southwestern Public Health for advice. Knowing what kind of tick it is can help to know your risk of getting Lyme disease.

List of All Camp Staff Members Who Have a Current First Aid Certificate

-
-

Minimum Ratio of Staff to Campers That We Will Follow

- 2:10 for campers under 13 years of age or campers with special needs
- 2:10 for campers 13 years of age or older

SAMPLE