



Camp Kirk Community Guidelines

PARENT/GUARDIANS:

Please go over the information in this document with your camper, and ensure they understand the rules of Camp Kirk.

BEHAVIOUR AT CAMP

It is normal to feel big emotions, such as excitement, anger, sadness, or fear. Emotions are part of what makes us human, and you can expect to feel big emotions when you are at camp. Camp is a lot of fun, but living and playing with other kids for full days can be hard work at times.



Our goal at Camp Kirk is to ensure everyone feels safe and is having fun. For this to happen, campers and staff need to handle big emotions in a way that no one gets hurt. When big emotions bubble up, the staff will do everything they can to help you understand how you're feeling, and deal with whatever emotions you are feeling in a safe way. This might look like:

- Taking some alone time to do a calming activity (ex: petting the camp dog, swinging in a hammock, lying on the couches in the Director's Cabin)
- Going for a walk with a staff down the camp road
- Throwing rocks at the Rock Throwing Range

NOTE: At Camp Kirk, you will always have the option to walk away to a quiet space.

It is not ok to take out feelings of anger, frustration, or sadness on other campers, staff, or camp property. Punching, kicking, or any other form of physical abuse is not acceptable at camp. Name-calling, teasing, or any form of bullying is NOT ok.



If you feel someone is saying or doing hurtful things towards you, it is important that you tell a staff member. Staff will help that camper to manage their emotions and behaviour in a more positive. If a camper cannot use the support of the staff to safely manage their emotions, the camper may be sent home from camp early. Our goal is to make sure every camper gets the support they need so **everyone** is safe and having fun.



3 GOLDEN RULES

We follow the '**3 Golden Rules**' at Camp Kirk to ensure everyone is having fun and feeling their best.

- 1) **Respect yourself:** To enjoy camp you need to be in good shape- you need to take care of yourself. This means, taking medication when you're supposed to, wearing sunscreen and a hat, drinking water, and eating healthy food to give you energy. Taking care of yourself also means taking a break when you're getting overwhelmed, and getting your rest at night.





- 2) **Respect others:** At Camp Kirk we want everyone to feel safe and feel comfortable to be themselves. For this to happen, every camper and staff must treat one another with kindness, respect, and compassion.

At camp you will meet kids and staff who think or act differently than you. There will be times where conflicts arise, or you don't agree with someone else's opinion. This is normal and expected- in life and at camp! Handling these differences isn't always easy, but you will always have help from staff to deal with situations in respectful ways. **It is important to know- it is never ok to tease or bully someone because they are different than you.**



- 3) **Respect the environment:** We ask that campers and staff take care of camp, and to treat it as their home. You can do this by using equipment properly, cleaning up after yourself, fixing something if it's broken, and being respectful to the animals and environment.

