



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 all day for a session can be hard work at times.



Our goal at Camp Kirk is to make everyone feel safe, so we need to make sure we deal with big emotions in a way that no one gets hurt. When big emotions bubble up, we will do everything we can to help you understand how you're feeling, and deal with the emotions safely. This might look like:

- Having time alone to do an activity that makes you feel calm (ex: swinging in a hammock, drawing, reading on your bed)
- Going for a walk with a staff and talking about what's bothering you
- Throwing rocks at the Rock Throwing Range
- Using the squeeze couch, weighted blanket, or other sensory tools in the Camper lounge

NOTE: At Camp Kirk, you will always have the ability to walk away to a quiet space if you are having a tough time managing big emotions.

It is not ok to take out feelings of anger, frustration, or sadness on a fellow camper, staff member, or camp property. Any form of physical or verbal abuse towards others is not acceptable at camp, including: kicking, punching, hitting, name-calling, saying hurtful comments or any form of bullying.

What happens at Camp Kirk if a camper is bullying or being aggressive?

If you feel someone is saying or doing hurtful things towards you during your session at camp, you must tell a staff member. Staff will create a support plan for that camper to help them manage their emotions in a way that no one gets hurt. If a camper cannot use the support of the staff to safely manage their emotions, the child may be sent home from camp early. Our goal is to make sure everyone gets the support they need so **everyone** feels safe and is having fun.

3 GOLDEN RULES

At Camp Kirk, we want to ensure everyone is having fun and feeling their best. For that to happen, we have **Camp Kirk's 3 Golden Rules**:

- 1) **Respect yourself**: To have fun at camp, 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 rest at night.



- 2) **Respect others**: The best thing about Camp Kirk is that every camper and many staff are neurodivergent- we are all unique in some way. We like you the way you are and we want everyone to feel safe to be themselves at camp. This means that Camp Kirk is not a place where you tease someone for being different from you. Naming-calling, excluding others from a group, or other bullying behaviors are not ok at Camp Kirk.
- 3) **Respect the environment**: Camp Kirk is our home for the summer, and we need to take good care of it. You can do this by using equipment properly, cleaning up after yourself, and treating spaces around camp as if they were your own. Respecting the environment also means being respectful of the animals (frogs, turtles, chipmunks...) and natural spaces around camp.