



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's completely normal to experience strong emotions like excitement, anger, sadness, or fear. Emotions are a part of what makes us human, and it's okay to have these big feelings when you're at camp. Camp can be a lot of fun, but spending your days with other kids can sometimes be challenging.



Our goal at Camp Kirk is to make campers and staff feel safe, so we need to ensure everyone can 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:

- **Alone Time:** Having time alone to do an activity that makes you feel calm (ex: swinging in a hammock, drawing, reading on your bed)
- **One-on-One:** Spending time with a staff to talk through how you're feeling
- **Rock Throwing Range:** Throwing rocks, yelling, and stomping at the rock throwing range.
- **Sensory Tools:** Using the squeeze couch, weighted blanket, or other sensory tools in the Camper lounge to feel more calm.

IMPORTANT: 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. This includes: kicking, punching, hitting, name-calling, saying hurtful comments or any form of bullying.

