

# Counselor Handbook

## Information on Camp Activities

---



### WATER ACTIVITIES

#### CANOEING

- 1) Proper permission must be received before going canoeing from the Director or the person delegated with authority.
- 2) A rescue craft is to be available and ready at all times.
- 3) Everyone must wear a properly fitting PFD (lifejacket) as provided at all times when in a water craft.
- 4) Canoes are to be equipped with a painter (rope tied to the bow), a bailer, an extra paddle, and a whistle while on the lake.
- 5) Stay in sight of the camp unless special permission is given.
- 6) There must be one person in the canoe with adequate skill and experience to be responsible for the craft and occupants.
- 7) Use the equipment properly without abuse.
- 8) Store the equipment properly after use.
  - a) paddles in the holders
  - b) life jackets hung up so they can dry
  - c) canoes inside the shed, or in front on the logs

#### SWIMMING POOL

- 1) The Camp Manager or the Director must always be informed when the pool is to be used.
- 2) The maximum number of people allowed in the pool enclosure is 50.
- 3) A competent supervisor is required on the pool deck at all times when the pool is in use.
- 4) Additional supervision should be added when required for younger children.
- 5) People entering the pool area must clean their feet in the 'bath' as they enter.
- 6) Diving into the pool is not allowed.
- 7) Campers should be encouraged to use the pool ladder to enter and exit the pool.
- 8) The pool enclosure is off limits and the doors shall remain locked except at those times designated by the Director or the person with delegated authority for swimming.

# Counselor Handbook

## Information on Camp Activities

---



### TRAMPOLINE

#### SUPERVISOR

- 1) A Supervisor is a person old enough and with enough experience to responsibly supervise the trampoline activity.
- 2) Must know how to be a good Spotter.
- 3) The Supervisor is required to make sure Spotters are aware of how to do their job.
- 4) The Supervisor is required to make sure the Spotters pay attention to their trampoline jumper.
- 5) The Supervisor is required to keep everyone except the Spotters away from the sides of the trampoline.
- 6) The Supervisor must be on duty inside the trampoline enclosure any time the gate is not locked.
- 7) The Supervisor is required to evict anyone engaging in horse-play while in the trampoline enclosure.
- 8) The Supervisor must become familiar with, and enforce, the trampoline regulations which are available in your manuals and are posted.

#### SPOTTER

- 1) A Spotter must know how to do the job of spotting.
- 2) A Spotter must be approximately the same size or larger than the jumper.
- 3) A Spotter must pay attention to their trampoline jumper at all times.
- 4) A Spotter must be in position when on duty.

#### GENERAL RULES

- 1) One Spotter is required on each side of the trampoline (4 per trampoline).
- 2) Only one jumper is allowed on a trampoline at one time.
- 3) Shoes must not be worn while jumping on the trampolines.
- 4) Camper not allowed in the trampoline enclosure when not supervised.

# Counselor Handbook

## Information on Camp Activities

---



### ARCHERY

#### SAFETY RULES

- 1) Never point a loaded bow at anyone, straight up in the air, or towards camp. (A loaded bow is one in which there is an arrow notched on to the string, even if the bow isn't drawn.) The bow should only be pointed at the designated target.
- 2) Never cross the firing line unless the proper signal has been given, and never shoot when anyone is in front of the *firing* line.
- 3) Walk. Do not run, to collect the arrows.
- 4) Pull the arrows straight out of the archery butt.
- 5) Do not Dry-Fire (fire a bow without an arrow in it).
- 6) Do not abuse the equipment; use it only the way it was intended to be used.
- 7) Archery equipment should only be used under the supervision of a Counselor or Staff Member.

**REMEMBER - A LOADED BOW IS A WEAPON.**

**HANDLE IT WITH RESPECT.**

#### Remarks for staff:

- 1) Injuries in archery are rare but potentially very serious. Therefore, it is VERY IMPORTANT that safety rules are communicated and enforced.
- 2) If a camper violates one of these safety rules, give a warning the first time. If the camper violates the rule a second time, do not let the camper shoot for the rest of the session. A careless archer who is not conscious of safety at all times is a danger to others.
- 3) Tie back long hair and don't let anyone shoot in loose baggy clothing that may get caught in the bowstring.
- 4) Watch for arrows that fall off the bow as the archer shoots. This is a very common problem with the camp bows, since the arrow rests are often worn away. On a right-handed archer, the arrow will fall to the left.
- 5) Make sure that the firing line is clearly marked out. Archers should straddle this line (this prevents people from standing too far back or too far forward). One staff member should be given the job of controlling the firing line and giving the signals to begin shooting and to collect arrows. Verbal signals are probably best. The staff member in charge of the firing line should be able to concentrate on making sure that these signals are given at safe times, and should not be distracted by other duties.
- 6) Campers should be told that they are not to touch their arrows until the firing line controller says that they may begin to shoot.
- 7) Campers who are not shooting should stand behind and clear of the archers.

# Counselor Handbook

## Information on Camp Activities

---



- 8) Often an arrow will fall off the bow before the archer has a chance to shoot it, and land in front of the firing line. Many campers will automatically step forward to retrieve the arrow. Don't let them do this: **they should leave the arrow where it has fallen.**

### **EQUIPMENT CARE**

- 1) Don't rest your bow tips on the ground.
- 2) Don't dry-fire. In other words, don't pull back and release the bowstring (not even "twanging" or plucking it) unless you are actually shooting an arrow.

### **Remarks for staff:**

- 1) Check all the equipment before and after every session to make sure that it is in good shape. If you have any doubts, don't use it. Be especially careful to ensure that bows are strung properly before each session. Damaged equipment should be reported to Camp Manager and set aside so that it doesn't get used by accident.
- 2) Don't let anyone shoot with a bow that is too heavy for them. They should be able to hold the bow steadily at full draw for at least five seconds.
- 3) Never let anyone shoot with arrows that are shorter than the archer's draw length.
- 4) If arrow tips or fletching fall off, try to save them. They can often be reused.
- 5) When archers collect arrows, they should leave their bows at the firing line, either on the ground or (preferably) with another person.
- 6) Teach campers how to retrieve arrows properly and safely. (Walk, don't run, to the archery butt. Stop to pick up any arrows lying on the ground, even if they aren't yours. Don't stand behind someone pulling out an arrow. Don't try to pull out an arrow that is too high for you or that is too firmly stuck.) Show campers the proper procedure for pulling an arrow out of the butt.

### **Program Ideas**

There are lots of creative things you can do in an archery session. Useful supplies to have at hand are newsprint, duct tape, nails or tacks, balloons, string, wide-tip markers.

- 1) Get younger campers to draw their own targets (specify that they are not allowed to draw people or parts of people).
- 2) Shooting at balloons is remarkably satisfying: to make it more challenging, attach the balloons to the butt with lengths of string so that the balloons move a bit with the breeze.
- 3) You can also play tic-tac-toe, hopscotch, or any dart games.
- 4) For older campers, you may try cluster competitions (to see how closely they can group arrows together-measure distance around the cluster with a piece of string) or formal target competitions.

# Counselor Handbook

## Information on Camp Activities

---

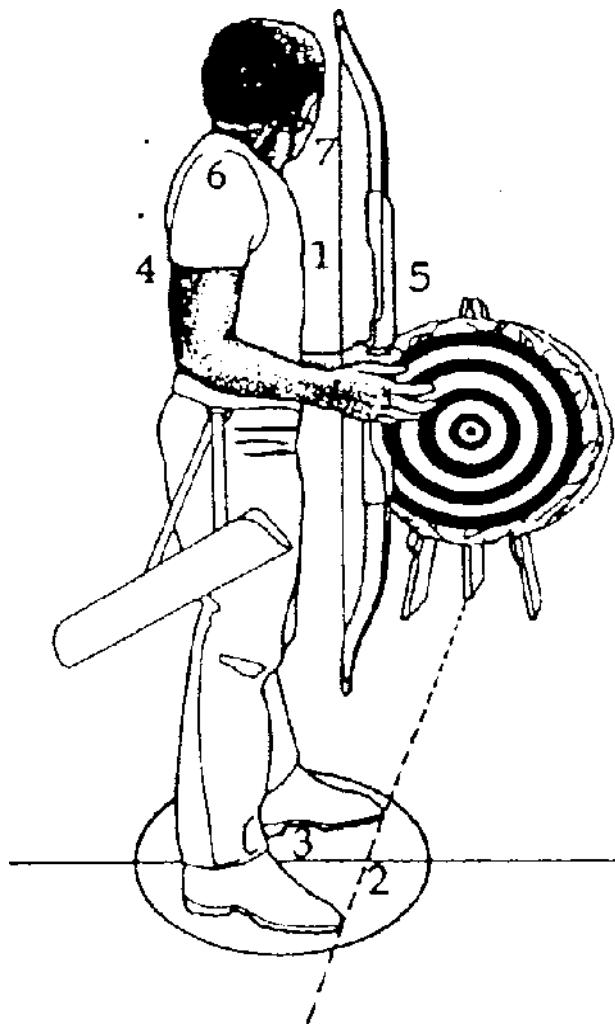


- 5) If you do set up competitions, it is good to compete as teams: this ensures that less skilled archers can still be a part of the competition (of course, make sure there are a variety of skill levels in each team) and it keeps the people who aren't shooting interested, since they can still be cheering for their team members.
- 6) The Bible has lots of interesting things to say about archery. You can tell the story of David and Jonathan, or talk about archery verses (like Psalm 18:34). The Greek word for sin in the Bible, *hamartia*, is an archery word that means "to miss the mark." Archery can be used to illustrate how all of us "miss the mark" by sinning and falling short of God's standards (Romans 3:23), and this shows why we need salvation through Christ.

# Counselor Handbook

## Information on Camp Activities

---



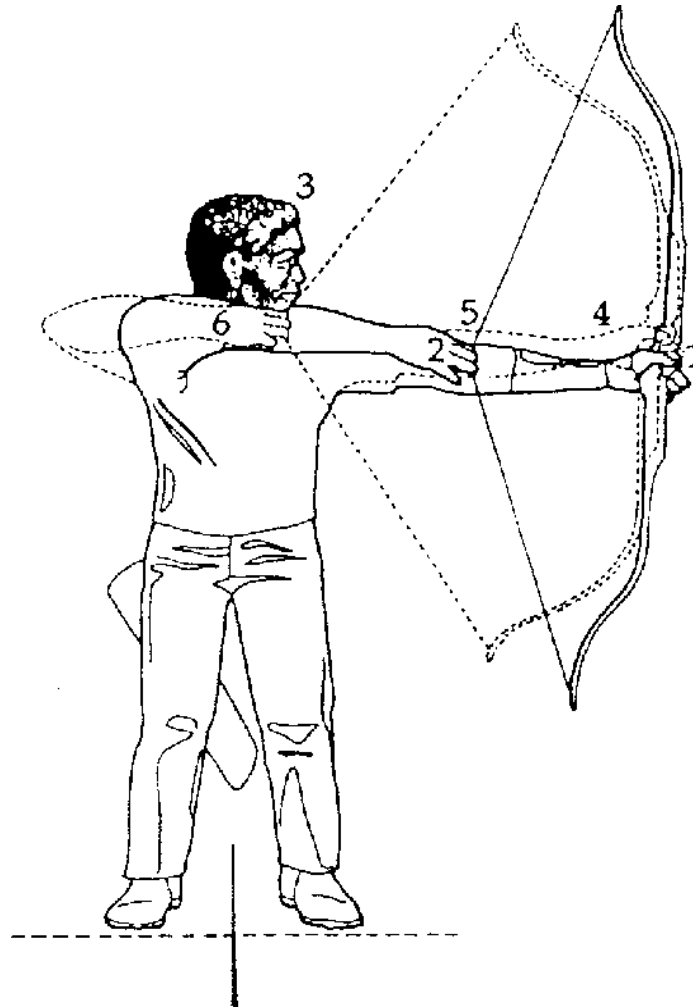
### ***Stance Phase***

- 1) Side toward target
- 2) Align feet
- 3) Weight evenly balanced
- 4) Stand straight
- 5) Bow in front
- 6) Shoulder square
- 7) Mouth closed, teeth together

# Counselor Handbook

## Information on Camp Activities

---



### *Draw and Aim Phase*

- 1) Set bow in V of thumb and index finger  
Set arrow (notch arrow into string)
- 2) Grab string with tips of fingers
- 3) Look over front shoulder
- 4) Raise bow toward target
- 5) Rotate bow elbow down and slightly out
- 6) Relax draw hand and wrist
- 7) Release

# Counselor Handbook

## Information on Camp Activities

---



### TETHERBALL

For any game to work well, it needs rules that make play as lively and as fair as possible. The rules by which many people play tetherball fall far short of making the most of the game.

#### Games and Matches

A game is won when one player has wrapped the rope as far as it can go in his/her own direction.

The outcome of each game is powerfully influenced by which player serves, as explained below. For this reason, a match must consist of several games, with the players taking turns at serving. The players can choose how many games must be won to win the match, but the *margin* of victory must be at least two games, otherwise the player who serves the first game will be at a disadvantage.

#### Serve

In tetherball, possession is everything. Once a good player gets control of the ball, the opponent is in trouble.

In *the most common rules* of tetherball, one player serves, then either player can hit the ball from that point on. Under these rules, the server has an immense advantage. The server has complete control of the ball from the start of the game, and if an advanced player facing an opponent of equal skill, the server should be able to hit the ball over the opponent each time it comes around, wrapping it to win the game without the opponent even touching the ball.

*The better rule* requires the server to wait until either the opponent strikes the ball or the ball has wrapped four times before the server can strike the ball again. This actually gives the receiver the advantage of getting the first chance at unrestricted control of the ball. The advantage, though, is tempered by the fact that the server can wind the ball at least one wrap in one direction and use an angled serve to prevent the opponent from getting a clean first hit on the ball. This makes the contest as fair as it can be, although winning one's serving games is still about as rare in advanced tetherball as breaking serve is in advanced tennis.

#### Direction

Given the disadvantage of serving, the server may choose in which direction to hit for each game. For each new game, the direction may be chosen by the server.

#### Penalties

In many versions of tetherball rules, all violations result in loss of game. A fairer system distinguishes between intentional and unintentional violations.

**Unintentional violations** include the following:

- 1) *Stepping off sides.*
- 2) *Touching the rope.*



# Counselor Handbook

## Information on Camp Activities

---



- 3) **Carrying or throwing.** When hitting a ball back against the direction from which it comes, the ball should bounce off the hands immediately, with no lingering contact. When hitting a ball that has passed the opponent and continuing it on its way, the ball still cannot be carried or thrown, but a less distinctive impact is to be expected. Serves must be hit, not thrown.
- 4) **Double hitting** may or may not be intentional, but we give the benefit of the doubt. A player can hit the ball only once per wrap around the pole, except if the ball hits the pole between hits. The player could conceivably "dribble" the ball against the pole, but this would be of little advantage, because the server would not gain any wraps, and his opponent would likely get an opportunity to steal the ball.

When one player commits any one of these violations, the ball is stopped and returned to the place it was wrapped when the violation occurred. Both the number of wraps and their height should be re-created. The other player gets to serve, then either player can hit the ball from that point on. If a player commits three unintentional violations, in any combination, the opponent wins the game.

The only **intentional violation** is **grabbing the pole**. The penalty is immediate loss of game.

**If both players commit a violation** at the same time, then a "pole drop" is performed. Both players place one hand on the ball, holding it three feet out from the pole, directly above the line dividing the forward ends of their two sides. They release the ball simultaneously. Once the ball hits the pole, either player can hit it, and play continues normally.

### Other rules

All specific violations are listed above. Other violations would fall under the category of "unsportsmanlike conduct".

Tactics such as hitting the ball in the opponent's direction to gain control are essential to the game, and rules outlawing them only limit the fun and sophistication of the game. Also legal are punching the ball, jumping directly in front of the opponent, and any other tactics that are consistent with good sportsmanship and not specifically prohibited above.