

Pre-Camp Outdoor School Information

Each student should read through this packet or participate in a class discussion about the packet.

Caring for the National Flag

Color Guard

(These are the students and counselors who put up and take down the flag.)

1. After the students are in place for the flag ceremony, the Color Guard advances to position in front of the flagpole and remains facing the pole during the entire event.
2. There is absolute silence from the time the students move forward until they return to the starting point.
3. Never allow the flag to touch the ground.
4. When the flag is raised in the morning it is spoken of as "Colors".
 - a. Raise the flag briskly.
 - b. The color guard salutes at Colors, immediately after they have raised the flag and returned to position.
5. When the flag is lowered at the end of the day it is called "Retreat".
 - a. Lower the flag slowly.
 - b. At Retreat, when the flag is taken down, the Color Guard salutes the flag after taking their position and before lowering the flag.

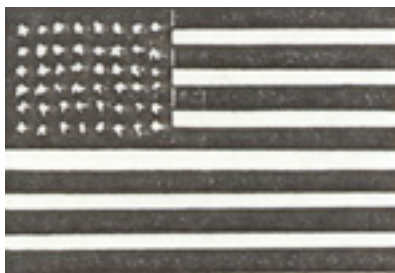
Students, Counselors and Everyone Else attending the Flag Ceremony

1. The students proceed in single file and line up in a horse shoe shape east of the flagpole.
2. Everyone remains quiet during the flag ceremony.
3. Each person's eyes should watch the flag during the ceremony.
4. The students salute at Colors from the moment the first loop is fastened to the flag rope, and the salute is held until the flag reaches the top.
5. At Retreat the salute begins when the flag starts down and is held until the second loop is loosened from the flag rope.
6. Students remain at attention until the Color Guard has been dismissed. As the Color Guard leaves the field, the students in the first line fall in behind, and other lines follow in order.

Flag Ceremony

1. The ceremony takes place after the flag has been raised or before it has been lowered. The ceremony may consist of the Pledge of Allegiance, a song, a poem etc.
2. The Color Guard does not salute during the Pledge of Allegiance and does not sing. They are always at attention.

How to Fold the Flag



1. The Color Guard begins folding the flag by folding it in half, lengthwise.



2. Then it should be folded once again lengthwise so that it is one-fourth the original width.



3. Starting at the end with the stripes, fold the flag over into a small triangle.



4. Continue folding the flag into triangles.



5. Complete the folding with the blue and stars on top.



6. One member of the Color Guard places the folded flag, point forward, in the outstretched hands of the camp director or someone else he has designated. That member then returns to his/her position.

Table Manners

1. Breaking up a Friendship
Not passing the salt and pepper together
2. Crushing fairies
Elbows on the table
3. Flag Pole
Leaving the spoon in a bowl when finished eating
4. Pig Pen
Leaving the table in a mess
5. Finger Painting
Thumbs in a bowl or plate while passing it

6. **White Flag**
Napkin on table and not in lap
7. **Floor Decoration**
Napkin or food on the floor around the table.
8. **Full House**
Stuffing your mouth full of food or talking with food in your mouth
9. **Gang Plank**
Resting knife on the table and edge of plate
10. **Traffic Jam**
Not passing things one at a time or passing things so that they meet going in opposite directions

When passing food, you should pass to the left the first time around. Once an item has gone around the table it can then be passed either right or left for people wanting seconds, depending upon which way is the shorter distance. Remember, try not to take more food than you think you will eat!

When food is passed around the first time, no one should take so much that another person is left without a food item. Whenever your table runs out of an item, politely ask your table's "GoFor" to check tables near yours to see if they have the food you want. If they don't have any extra food that you need, the GoFor needs to find out how many people at your table want seconds and take the empty platter, bowl or other container to the kitchen to get the seconds.

GOFORS

GoFors are the students who get more food for the table. GoFors first check nearby tables to see if they have extra food that can be shared with the GoFors' tables. If there is no extra food nearby, the GoFor finds out how many people at the table want the food, and then s/he takes the empty platter, bowl or other container to the kitchen to politely ask for food.

TABLE CLEARERS

Table Clearers are the students who clear food platters, serving bowls and other serving containers immediately after announcements. Unused food that is still on the platters and in serving bowls and other serving containers is taken to the cart where camp staff remove the food from the dishes.

Table Clearers do NOT clear empty plates, silverware, dirty napkins or glasses.

CHOPSTICKS

(Chopsticks are the students and counselors who prepare and set the tables. Every student will serve as a chopstick at several times during the week of camp.)

- 1. First, students and counselors serving as chopsticks sit together at tables nearest to the cart of utensils that will be put on the tables. They should listen to the dining hall supervisor as s/he explains the entire process for setting tables.**
- 2. Next, students will each choose a table and sit by it. Smaller groups of students will need to have some students take two tables. Larger groups of students will need to double up at some tables.**
- 3. When the dining hall supervisor sees that every table has a person to set it, s/he dismisses the students and counselors to set the tables according to the following instructions:**
- 4. Each student gets a washrag out of the container of soapy water, wrings it out, and washes his/her table very well. Wash rags must be rinsed out and then returned to the container of soapy water.**
- 5. Following the instructions of the dining hall supervisor, set the table with the necessary plates, bowls, glasses, and silverware. Be sure to set tables according to the diagram of where each goes on the table. Ten place settings will be at each table.**
- 6. Put out any cold food and condiments as instructed by the dining hall supervisor.**
- 7. When everything is on the student's table, s/he sits down waiting for the dining hall supervisor's OK. Once the student has received an OK, s/he leaves the dining hall to get in line with the other students outside.**

SPONGES

(Sponges are students and counselors who clean the tables and dining hall after meals.)

- 1. First, students and counselors should sit together at tables nearest to the dish room. They should listen to the dining hall supervisor as s/he explains the entire process for clearing and cleaning tables.**

2. Next, students will each choose a table and sit by it. Smaller groups of students will need to have some students take two tables. Larger groups of students will need to double up at some tables.
3. When the dining hall supervisor sees that every table has a person to clear and clean it, s/he dismisses the students and counselors to clear and clean the tables according to the following instructions:
4. Each student clears the silverware from the table to the proper silverware container.
5. Each student clears the burnable (paper) garbage, compost garbage (no meat!), and the landfill garbage into the proper garbage container.
6. Any serving container that still has unused food in it should be taken to the kitchen.
7. Empty plates, bowls, pitchers and other empty containers are taken to the dish room. (A counselor or other staff person should stand in the dish room making sure dishes are empty of food and are stacked properly.)
8. Each student should get a washrag out of the container of soapy water, wring it out, and wash his/her table very well. Wash rags must be rinsed out and then returned to the container of soapy water.
9. Bags of burnable paper should be tied and placed in a dumpster on the loading dock. Landfill garbage is tied and placed in a dumpster on the loading dock.
10. When a student is completely finished, s/he sits down by his/her table and waits for the dining hall supervisor to OK the table. When an entire class or cabin is finished, the students may leave with the teacher or counselor.
11. Close doors when you leave.
12. The supervisor turns off the lights.

Campfire

Campfire is held each evening. Students and counselors quietly file into the campfire bowl in single file. Camp staff will direct each cabin where to sit. Students and their counselor sit on the same bench with the counselor sitting in the middle of the group. Campfire is a fun time. The first half of the campfire time is full of active and sometimes goofy songs. Counselors and other camp staff lead songs and participate in skits. Students participate in skits on Wednesday evening's Theater Night. Even during that time, however, no one is allowed to shout out put-down comments to people leading songs.

The second half of campfire is more subdued. We sing songs that are slower and have little action. We don't cheer after these songs but quietly raise our hands to show appreciation.

Cabins are dismissed from the campfire one at a time. Students leave very quietly but frequently stop to quietly tell Camp Grandparents, teachers and a few other camp staff "Good Night" on their way out of the Campfire.

RECREATION

Archery Rules and Procedures

Safety Rules

1. Follow all rules and directions of the person in charge of the archery area.
2. Do not step over the shooting line until the "retrieve" command (get the arrows you shot) is given.
3. Never knock an arrow (notch it into the string) until the command is given.
4. Never shoot when anyone is between you and the target.
5. When drawing (pulling the arrow and string back), be careful not to pull the arrow back of the arrow rest.
6. Do not wear jewelry or anything that might get caught on the equipment.
7. Encourage everyone!

Shooting Commands

8. "Address the target" by turning your left side to face the target. (Turn your right side to face the target if you are left-handed.)
9. "Knock an arrow" by placing the arrow on the top side of the bow which is held horizontal to the ground. The nock of the arrow should be placed on the string's nocking point with the odd colored feather up. The arrow should be held between the second and third finger.
10. "Draw" by turning the bow vertical and drawing the arrow back until the thumb touches behind the ear.
11. "Hold" by taking careful aim and waiting for the next command.
12. "Release" by quickly extending the fingers, trying not to jerk in the process.
13. "Retrieve" by going to the target and taking out the arrows. When pulling out an arrow, press on hand on the target face beside the arrow and pull with the other hand.

Boating Rules and Procedures

1. Follow all rules and directions of the person in charge of the boating area.
2. Everyone must wear a life jacket.
3. A counselor or other staff person must be in each row boat.
4. The number in a rowboat depends on the size and weight of the people. There should be no less than 8 1/2 inches (the width of this paper) between the top of the rowboat and the water.
5. Campers will take turns rowing.
6. Campers waiting on shore must demonstrate patient, quiet, responsible behavior.
7. Be sure each boat is completely in the water and floating before anyone starts to board.
8. Refrain from getting wet.
9. Absolutely no splashing with oars or paddles.
10. Absolutely no rocking in a canoe or rowboat.
11. Stay seated . . . DO NOT STAND while the rowboat is away from shore.
12. Do not have arms or legs hanging over the sides of the boat.
13. Absolutely no ramming or colliding with other boats.
14. If there are students waiting on shore for a ride, then each boat trip will last about 15 minutes until unloading passengers and getting other passengers from the shore.
15. In case of a boat capsizing (It is almost impossible to overturn a rowboat!):
 - a. Remember the boat will float!
 - b. Stay with the boat, and hand on to the side. The life jacket will also keep you afloat.
 - c. DO NOT PANIC! REMAIN CALM!
16. At the end of the boating period, secure the boat by pulling it up on the beach unless you are directed to fasten it to the dock. Return oars and life jackets to the boating equipment building.
17. BOATS MAY ONLY BE USED DURING RECREATION PERIOD.

Olympics Rules and Procedures

Ski Race

1. Students will be divided into 4 teams.
2. Four students from each team race on the skis to a point about 25 feet away and back.
3. Each team continues until all on a team have gone.
4. The winner is the team that finishes first, however, the real goal is for everyone to have fun participating in the Ski Race.

Three Legged Race

1. Students will be divided into 4 teams.
2. Teams divide into partners who race to a certain point and back.
3. Partners each put a leg into a “feed” sack and race with the sack on their legs.

Four-Way Tug-of-War

1. Students will be divided into 4 teams.
2. The team that pulls the middle knot over the rope boundary on their side wins.

Barrel Fill

1. Students will be divided into 4 equal teams.
2. Some students and counselors on each team plug holes in the barrels while others race to the swimming pools or lake to fill buckets or cans with water to dump into the barrels.
3. The teams with the barrels with the most water in them win.

Games Rules and Procedures

These rules and procedures vary because each person in charge of this area prepares his/her own games.