



Los Angeles County 4-H Summer Camp

CHAPERONE ORIENTATION

1. The buddy system is in place for everywhere a camper goes. If someone needs to get up at night, a buddy is required.
2. Flashlights are necessary when walking at night.
3. Explain night noises: frogs, insects, dogs, etc.
4. Tell campers where you sleep so they can find you during the night.
5. It is safer, and not as hot, to walk instead of run in camp.
6. Keep sunscreen on (even on cloudy days) and wear a hat. Swimming suit tops are not appropriate dress except at the pool.
7. Always wear shoes and socks to prevent blisters, sore feet, etc.
8. Raised hands means silence for an announcement. Make sure everyone, including staff, observes this signal.
9. Drink lots of water (8 cups a day). Headaches and stomachaches are the result of too little water.
10. Use water wisely. Brainstorm as a group ways to conserve water at camp.
11. Keep camp beautiful. Put trash in cans, and pick up litter.
12. Gum, candy, and food are not allowed in cabins. It attracts insects and animals. Food is to be stored in a designated place in the dining hall and distributed during snack times or at the end of the session.
13. Be aware of poison oak/ivy and stinging nettles (near the creek) at camp. Wash thoroughly when contact occurs.
14. Hats are encouraged but should be removed at flag ceremonies and in the dining hall.
15. Medicines are distributed by health-care staff before meals. Indicate which person the campers are to see and the procedures for obtaining meds. Also, explain what to do when campers need an adhesive strip or don't feel well.
16. Talk over emergency procedures, such as fire, earthquake and storms. Talk about the signal and the importance of reporting to the counselor right away. Indicate that there will be a fire drill during this camp session. Make sure everyone knows to assemble at the softball field during a fire drill.
17. No campers are allowed near camp swimming pool without a staff member present.
18. Keep living areas neat. Belongings should be kept in suitcases. Don't leave personal items in the showers or sink areas.
19. Always stay with the group. Campers must get permission to go with their buddies away from the group. Instruct campers to stay where they are if they get lost, and they'll be found.
20. Make sure that the campers understand your role. You are there for them and will listen to their needs and fears. Make them feel secure (through words and actions) that they are going to have a positive experience at camp.
21. Tell them about times in the day when they get to plan/choose activities.
22. No boys in girls cabins and vice versa. Same for bathrooms. The bathroom facilities are segregated according to gender.