

### For Parents of CIT's

1. The camp day begins at 9 am and ends at 4 pm unless otherwise stated. Please check your CIT in directly with the camp they are working with.
2. **They will need to bring:**
  - a. Weather appropriate clothing. CIT's must wear their CIT shirt on Mondays and all field trip days.
  - b. Comfortable sneakers: Only sneakers are to be worn to camp – no sandals, crocs, tevas, etc.
  - c. Swimsuit & towel: They should come prepared for the water each day. Even on days they will not be going to the beach they may participate in water games.
  - d. Water Bottle: Staying hydrated is extremely important during the summer. They must have a water bottle with them each day.
  - e. Sunblock: CIT's are encouraged to wear sunblock each day. They should bring and apply their own.
  - f. Lunch: Lunches should be packed in a way that does not require refrigeration. Please let the camp director know of any allergies. CIT's may also participate in the free breakfast/lunch program if they desire.
3. **Items from home:**
  - a. CIT's should not bring games, electronics or cell phones to camp. If such items are brought to camp the staff cannot be responsible for their safe return. If the staff sees the CIT with these items they will have them put in the office for safekeeping until the camp day is over.
  - b. Please be sure that all of your child's items are clearly labeled. Be sure to check the Camp Lost & Found on a regular basis if you are missing an item.
4. **Other:**
  - a. Early pick-ups can be difficult to coordinate. If an early pickup is absolutely necessary you will need to notify the Camp Director to make sure that it can be accommodated. If not, the CIT should stay home that day.
  - b. Please be sure to let us know if your CIT is unable to come to camp. If the CIT repeatedly tardy or not in attendance they may not be able to complete their allotted schedule.
  - c. Payment is due for camp the week before the scheduled camp date. The cost is \$20/week. CIT's are required to pay for all field trip costs and those can be paid when you receive the permission slip or prepaid if you desire.
  - d. Please feel free to contact Dan or Les at 744-2713 with any questions.

## **Counselor in Training (CIT) Counselor Group Expectations**

### **To qualify for the camp you must:**

- Be 13-17 years old
- Complete the application form and other necessary paperwork
- Have an ability to work with children, peers and adults in a professional manner
- Have a willingness to lead, learn and have fun
- Be a positive role model for other youth
- Be non-violent with no criminal activity

### **Your Responsibilities:**

- Actively participate in any activities or assignments
- Adherence to camp rules
- Willingness to accept feedback or provide it when applicable
- Have fun

### **Counselor Group Objectives:**

- Group members will demonstrate an understanding of the role and responsibilities of a CIT at camp
- Participants will demonstrate behaviors that show support of others
- Participants will demonstrate communication skills through active listening, nonverbal communication, empathy, and use of appropriate tone of voice
- Participants will demonstrate an understanding of the safety rules and procedures
- Participants will reflect a positive attitude that promotes fun for others

### **Your rewards for completing this camp experience:**

- Developing new skills that will help you in future leadership roles
- Making new friends and memories
- Gaining a reference for future job applications – if you would like a letter of recommendation they will be provided upon request
- Positively impacting the lives of others
- Fun

## **Counselor in Training Job Description**

CIT Reports to: Counselor of assigned counselor group and Camp Director

CIT's are responsible for providing peer leadership at camp. They are expected to serve as positive role models for campers as well as provide assistance to camp staff. CIT's are expected to participate fully in all activities at all times and to provide leadership in various activities when asked.

### **Main Responsibilities:**

- Act as a positive role model for campers
- Help camp staff and counselors in camp activities
- Help get campers involved in activities
- Assist staff to create a fun & safe environment for all
- Inform camp counselors you are working with of any problems
- Encourage campers to get to know each other and work as a group
- Follow camp rules & expectations and be able to explain rules to campers
- Be flexible and ready to adjust to new situations or weather conditions
- Ask questions when in doubt and keep open lines of communication
- Always make sure that your counselor knows where you are
- Have fun!!

### **Expected Outcomes:**

- You will help create enjoyable and rewarding experiences for campers, counselors and yourselves
- Gaining a positive leadership experience for your resume
- A feeling of accomplishment following any/every challenge you face = personal growth
- Many smiles, laughs and new experiences as well as the opportunity to build new friendships

### **CIT Agreement:**

There will be a zero tolerance rule for any disrespectful acts or behaviors exhibited by CIT's toward staff, other CIT's or campers. If you break this rule, you will be sent home immediately. If there are any problems, concerns or unreasonable requests by staff, the Director needs to be told immediately. By signing below, I have read, fully understood, and agreed to follow all of the main responsibilities as well as the zero tolerance rule on this document.

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**CIT Printed Name**

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**CIT Signature**

## **Expectations of a CIT**

1. Be on time and ready for camp each day
2. Be where you are supposed to be – sign in with your camp
3. Be dressed appropriately – no messages about drugs, alcohol, or smoking on clothing. CIT's that arrive with clothing that is too tight or too short will not be allowed to participate. One piece bathing suits are required for female CIT's.
4. Sneakers are required as you will be active!
5. You will be there to assist your counselor group with activities and to encourage the campers participation by your participation.
6. Report any camper issues to your counselor or Director.
7. Never be alone with campers; be sure there is always another counselor with you.
8. Never let campers sit on your lap or carry campers in any way.
9. There is to be no roughhousing with the campers. Appropriate contact with campers is a high five or a fist bump.
10. You must call the TTCC at 744-2713 if you are unable to come on a certain day.

## **CIT Rules**

- Be respectful to staff and campers
- Be positive and come to work prepared to participate each day
- No swearing
- No cell phones, headphones, videogames, or electronics of any kind during the camp day
- Clean up after yourself
- If you have an issue with a staff member ask if you can speak to them in private at a time when the kids are not around. Explain what it is that has upset you and talk it out. If it is still unresolved, speak to your Director.
- Listen when other people are talking.
- Confidentiality – keep all things that you hear or read about campers to yourself and do not share outside of camp.
- Be ready and willing to help whenever needed.

## **CIT Daily Needs**

- Lunch
- Sunblock/bug spray
- Water bottle
- Swim suit & towel
- Sweatshirt