**HEALTH**

**AND**

**SAFETY**

Welcome to White Memorial Camp! We are glad you’re here. We hope your event goes well. Here are some ways you can help us, to help you, to have a fun and SAFE time here at camp. Please read the following and let us know if you have any questions. Thank you!

**GENERAL**

We recognize every group does things differently. And we encourage it! Our facilities and staff are more than capable of adapting to match your groups’ unique needs. However, here are some things to consider:

* **The rule of** 3: encourage your group to travel in threes. This is for safety and liability reasons. There is always someone to run for help and someone to stay behind, and also, there’s always a witness present during potential disagreements.
* **Staff cohesion**: If you’ve opted to have WMC programming staff, they are trained summer camp counselors and may ask you to help lead events, monitor campers or take disciplinary steps. They will not operate outside of your group’s mission or agenda, but will make safety and camp policy priority. They are here to assist you! All that we ask is that you assist them when necessary.
* **When in doubt, ask!** We are here to make your stay fun and memorable. We encourage you, your fellow staff, and your group members to reach out to our camp team with questions or concerns. We also accept compliments and fun riddles!

**EMERGENCIES**

* In an emergency, call 9-1-1. Other important numbers are posted in your cabin. It takes EMS at least 25 minutes to arrive.
* There is a first aid kit and an AED (Automated Electronic Defibrillator) in the camp store. (Closet on the Northwest wall).
* Storm shelter is located in the office-building basement. The next safest place is the bathrooms in your cabins. If you’re in the dining hall, the walk in cooler or pantry away from windows.
* In case of fire, leave the cabin and head to the dining hall. If the fire is in the dining hall, head to the swimming pool area.

**VEHICLES AND FACILITIES**

* Golf carts are used for transporting individuals with mobility issues. They are also our emergency and workhorse vehicles. If your group needs to use these, or other camp equipment, we ask that we settle that prior to the event. Otherwise, no one is to use the vehicles, boats, or other heavy equipment without permission.
* If your group did not register for full access to camp, please only use buildings and facilities you’ve agreed to prior to your event. Entering without permission may result in WMC asking you to leave.
* Some spaces on site are sacred spaces such as Vesper point, the teepee, labyrinth, and sweat lodge. Please be respectful of these areas. Do not climb or play on these structures.

**LAKE**

* **EVERYONE ALWAYS WEARS A LIFEJACKET WHILE AT THE LAKE**. Please have it on before walking on the wooden dock. Please have it on before approaching the rocky shore behind Little Red.
* Do not play on docks, equipment, boats, or swim in the lake without camp staff knowledge and authorized lifeguards present.
* **Beware of zebra mussels**. They are numerous, tiny, sharp-shelled creatures that grow in lakes on rocks, ropes etc. It’s recommended campers/staff wear flip-flops or water shoes when kayaking, or jumping on the trampoline. At least until entering the water and upon leaving it.
* Do not swim under lake toys such as trampoline or splash mats.
* Do not go out past the buoy without permission from the lifeguard.

**KAYAK/CANOE**

* The lifeguard will check to see if campers have previous experience and go over basic strokes and safety the first day.
* No tipping or ramming boats.
* If your boat capsizes, try to flip it upright, do your best to swim it to shore. You will then assist the lifeguard in emptying the water and flipping it over.
* Before you leave the area, please hang lifejackets on the clothesline (or bars at the dock) by buckling one of the straps over the wire, drag boats safely on shore and put paddles inside the barrel.
* Stay within the cove. No boats past the buoy unless specified by a lifeguard and/or checking in with the camp office first.

**POOL**

* **Please shower or rinse off after swimming in the lake** **before using the pool**. Without this extra step, the water turns green and murky due to algae, which means our lifeguards can’t see the swimmers and you end up swimming in slime.
* **Don’t enter the pool area without a certified lifeguard** (camp staff). If one of your staff is certified, check in with us prior to use of the pool. Proof of certification is needed.
* **Wait for the lifeguard to give the okay before getting into the pool**. They are often checking for any safety issues and preparing to go on watch.
* **All swimmers must pass a swim test** (swim using any stroke/method along the width of the shallow end from wall to wall and back without touching. Then tread water for 1 minute) before they will be allowed in the deep end without a life jacket. This helps us prevent risk for inexperienced swimmers who wish to slide or join in pool games or lake activities.
* **No running**.
* **No pushing people into the pool** – even if they’re okay with it. This includes lifeguards.
* **No throwing each other while in the water**. The pool isn’t that big and with the number of campers/staff in it, its much easier for someone to land on their friend, or the wall.
* **Shallow diving only is allowed** in the deep end if the waterway is clear of sliders and swimmers. Our pool isn’t deep enough for standard diving.
* **No flips off the side please**.
* **No dunking or breath holding contests**.
* **Water slide weight capacity is 200 ibs**. (no more than 2 youth or 1 adult on stairs and slide at once)
* **No stopping and jumping off the slides**. It’s rude to the person behind you waiting to slide down and it will crack the plastic.
* **Feet first sliding only on the water slides**.
* **Be courteous to your fellow swimmers** – not everyone wants water splashed in their eyes.
* ***Neatly* put away all pool toys** before leaving the pool area. It’s nice to help, even if you weren’t the one to use the toys.
* **No glass containers at the pool.**

**ARCHERY**

* Close toed shoes must be worn around the archery area. Sun block and bugspray is recommended.
* Stay behind the hay bails and outside the imaginary lines established by the poles in the ground until a staff member says the range is clear to enter.
* Range is live = someone has a loaded bow and is about to fire. Do not enter.
* Range is clear = all arrows have been shot and bows are put down. You’re free to enter if you’re next in line or retrieve your arrows.
* Please listen to the instructors go over basic archery technique and how to handle the arrows and equipment such as: **Don’t dry fire** (release the string of an unloaded bow) Always have arrows pointed toward the ground or toward the targets.

**ROPES COURSE**

* Must wear close-toed shoes.
* Don’t play on the course without camp staff present.
* Don’t climb on the events (obstacles) until given the okay by camp staff.
* Bug spray recommended
* Beware of your surroundings. Wooden objects and trees can cause splinters and scrapes. We are dealing with metal cables that can cut and scrape if you slip or hit your shins against them. VERY RARELY do the wires ever give off metal splinters.
* SPOTTERS READY! Every event will run with spotters. We will go over proper spotting techniques.
* Prep and processing. There are two ways to run the course. With processing and without. The original purpose of these courses was for processing, however some groups prefer to simply conquer the obstacles. To get the most of your experience, we encourage processing, but it will be up to your group how we run the course as everything is challenge optional!
* Processing; Each event usually comes with an added quirk such as no talking or various other challenges. The goal is to inspire creative thinking, cooperation, problem solving and constructive communication amongst peers. Ropes courses help groups bond and overcome together. There is usually important talk just before the event, and also after. Processing allowsus to reflect and figure out how we work together. We encourage staff and campers to participate in events and discussions.
* Positivity, Accountability, Safety, Respect, Commitment and Fun
* This is a challenge optional course. Anyone may “challenge out” If they feel unsafe or too far out of their element, there are still plenty of ways for them to participate without sitting off to the sidelines.

**KITCHEN**

If we are providing meals for your group or you are renting our kitchen, please have guests abide by these rules.

* Due to health codes, please wear a shirt and shoes when entering the kitchen.
* When clearing your dishes, please scrape plates and trays clean into the trashcan by the kitchen doors
* No unauthorized personnel in the kitchen, as the cooks are busy preparing food and it is a health violation.
* If you have last minute dietary requests, we will try to adapt when possible. Let our director or office manager know and if need be we will have our cook meet with you. Ideally dietary requests are made two weeks prior to your event.
* Unless agreed upon prior to your event, do not enter the kitchen for things such as ice, coolers or supplies without checking with our staff first.
* Please help us keep the dining area tidy by wiping tables and vacuum sweeping when necessary
* Recycling: There is a designated can inside the Dining Hall for aluminum cans. There are large blue recycling bins around camp for paper, chip board, aluminum, plastic, cardboard and glass.

**Thank you again for your cooperation. Let us know how we can be of service. While you’re here, make yourselves at home, explore and make lifelong memories. Enjoy your stay!**