

Sight and Sound Handbook 2018

Sophia Fahs Religious Education Camp

Contents

Introduction: Packing List 1
Schedule 2
Sage Advice 3
Safety Guidelines 4

Introduction: Packing List

“Before anything else, preparation is the key to success.”

Alexander Graham Bell

What am I doing “on the road?”

Suffolk county legislation requires that campers are always within sight or sound supervision of an adult. Sight and sound staff provides compliance with this regulation. It is all about keeping the children and youth safe. Sight and Sound staff are watching the campers, and listening to the campers (including campers who are out of your line of sight).

Your Role

As a Sight and Sound person, you are the eyes and ears of safety. Keep an eye on and an ear out for kids. If you have a concern, call the Sight and Sound Coordinator, Camp Director or a member of the Advisory Committee.

You are not the warden out to spoil everyone’s fun. You are providing supervision to make sure everyone is safe and following the rules.

- There are only 3 rules at Fahs:
 - Be safe
 - Be kind
 - Be respectful.

Packing List

Creature comforts are important. Bring:

- A comfortable, portable chair
- Big, bright flashlight or lantern (battery-powered)
- Extra batteries for your flashlight
- A hat
- Sunscreen (and insect repellent, if desired)
- Water bottle
- Sunglasses
- Distance glasses, if you need them, to read name tags
- A light jacket
- Rain poncho/rain gear/waterproof or quick-drying shoes or sandals
- Large umbrella
- Art supplies, needlework, puzzle book, journal, etc.—something you can do with split focus; as you are on duty. But please do not engage an activity that causes you to “tune out” to noise around you—for example, do not bring ear buds, and if you get very absorbed in reading, bring something else to do.
- Please do not use your cell phone while on duty except for great urgency.

Schedule

Sight and Sound Schedule

Sight and sound support is required from 7:45 AM – 11:00PM. The shifts are as follows:

- 7:45 – 8:30; support staff follow the last children/youth to breakfast (on road)
- 9:45 – 10:15; or at the end of morning worship (support staff leave worship first); and remain on road until campers have arrived at their program locations
- 12:00 – 12:15; from the cruiser bell until all children/youth have arrived at lunch (on road)
- 1:00 – 2:00; Circle Group support (locations as assigned)
- 2:00 – 2:45; Camp Store area on road and near Willards assembly area
- 2:45 – 5:00; Activity Period 1 and 2 (on road)
- 3:45 – 4:00; Assembly behind Willards
- 5:00 – 6:00; Cabin Time (on road)
- 6:45 – 8:30; Evening Activity (location as assigned)
- 8:30 – 9:30 (on road + site location as assigned)
- 9:30 – 10:30 (on road + site location as assigned)
- 10:30 – 11:00 (on road + site location as assigned)

Road Positions:

- Top of hill
- Mid hill
- Bottom of hill

Other Positions Assigned as Needed:

- Waterfront
- Gazebo
- Campfire
- Site location for evening activities i.e stargazing; movie; or other
- Etc.

Curfews

Check the program schedule for cabin times and lights out times. The earliest cabin time for the youngest campers (Mountains or Monoliths) is 8:30, with 9:30 lights out. Cabin times and lights out get progressively later as the campers age, with Pebble cabin time at 11:00 and lights out at midnight.

Sage Advice

“Be silly. Be honest. Be kind.”

Ralph Waldo Emerson

Tips for The Road

- Smile.
Get to know the kids. Participate in activities. Sit with the kids at lunch and strike up conversation. Talk to the kids on the road.
- Do not settle for an environment in which you are uncomfortable. This is particularly important if the campers are in violation of the covenant. Speak up. Remind the campers of the rules. Ask the children/youth:
 - Is what you are doing/saying safe?
 - Is what you are doing/saying kind?
 - Is what you are doing/saying respectful?
- Campers AND STAFF should always wear their nametags. If you see a camper without a nametag, bring it to his or her attention so the nametag can be retrieved quickly. If you see an adult without a nametag, ask, “Can I help you?” Contact the camp director if the visitor adult is visiting Fahs (minister, DRE, perhaps an auditor). If the visitor is a “stranger,” contact the Quinipet camp director. Authorized Fahs visitors will be wearing a nametag with the inserted name information in a different color. (It may say “Guest”).
- Carry the following items with you in your camp bag:
 - Daily schedule
 - Camper list
 - Staff cell phone numbers (provided)
- Read the Covenants, Houseparent Handbook, and Religious Education Curriculum. Know what the kids are asked to do and what they are doing in program. Your preparation will make it will be easier to connect with the kids.
- Leverage the spirit committee. If you see a camper having trouble, don’t hesitate to make the referral to the Spirit Committee.

General Safety Guidelines For All Campers

Safety First!

Safety is of primary importance at the camp. The following safety guidelines are reviewed in the **houseparent** meetings.

- **Ticks and Animals:** Shelter Island has a lot of deer; which means deer ticks. **To be safe from lyme disease:**
 - Wear socks and closed shoes/sneakers
 - Stay on the paths and in cut grass--do not go into the forest, behind the cabins, or walk in any tall grass or brush. Ticks do not fly. They are in high grasses and will only get on you if you rub up against them.
 - Shower every evening before bed—THIS IS REQUIRED!
 - If you suspect a tick, tell an adult staffer (Do not try to remove the tick. The nurse will remove the tick.)
- **Sight and sound:** Campers must be within sight and sound of an adult at all times. Please remember the sight or sound staff is here to provide safety; listen to their instructions.
- **Buddy system:** Always take a buddy with you; and always inform the adult leader where you are going (e.g. restroom).
- **Medications:** All medications (including Tylenol, etc.) must be left with the nurse. If you have any medications with you, please let the houseparent know.
- **Nurse:** If you do not feel well or get injured, tell an adult staff member immediately. You must be accompanied to the nurse.
- **First Aid:** If there is a minor injury, please inform an adult staff member. There is a first aid kit in each house (in the kitchen).
- **Water Safety**
 - Waterfront is available at scheduled times only
 - You must have a swim buddy, and perform buddy checks as directed by the waterfront staff
 - Follow instructions of the water staff

Safety Guidelines, continued

Safety First, Continued

- **The Rocks**
 - Climbing on the large rocks is not permitted at Camp Quinipet.
- **Weather**
 - If there is lightening, adult staff will direct you to the nearest building. Again, you should not be alone—always have a buddy.
- **Fire Safety**
 - There are no open flames at Camp Quinipet, ever! Lighting a fire (even a match) is grounds for immediate dismissal from camp. Campfires may be lit and tended by designated staff only.
 - There will be fire drill (or two) this week.
- **Report Hazards**
 - If you see anything in the house or on the property that is a hazard, please inform a staff member immediately.

A Few Safe Congregation Reminders

- Never be alone with a camper.
- If you need to take a camper anywhere (e.g. to the nurse) take TWO other campers with you or one other staff member (who is NOT your domestic partner) with you. You cannot return with only one camper.
- Never drive a camper anywhere, under any circumstances unless authorized (i.e. the hospital). Call the nurse, call the camp director (Patsy), or call 911 as needed.