

SECTION V

***PROGRAM ACTIVITIES
CRAFT AREA GUIDELINES***

NOTE: THIS SECTION IS STILL UNDER REVIEW

The plan is to document current program activity practices and edit this section after the summer of 2009. These are here for guidelines and are generally correct. Of course we have not done Tennis in over two decades, but we could!

PROGRAM ACTIVITY AREAS

Policies, procedures and objectives have been developed for each of the activity areas used during the camp program. These are to serve as a guide to all staff members and should be followed by all. Furthermore, a collegian has been designated as the individual primarily responsible for each activity area. That collegian has the responsibility of orienting the weekly instructor to the area. If you have any questions concerning specific activities or procedures, contact the designated individual.

ARCHERY

Junior Camps

Objectives - Each camper will be able to:

1. Correctly use the safety equipment.
2. Demonstrate the basics of shooting.
3. Act properly on the range.
4. Achieve archery awards.

Activities:

- Day 1 - Explain range rules, awards and requirements, and safety equipment and its use.
- Day 2 - Review safety rules and begin shooting for awards.
- Day 3 - Shoot for awards.

Youth and Varsity Camps

Objectives - Each camper will be able to:

1. Correctly use the safety equipment.
2. Demonstrate the basics of shooting.
3. Act properly on the range.
4. Describe the requirements for the awards.
5. Achieve archery awards.

Activities:

- Day 1 - Explain range rules, awards and requirements, safety equipment and its use, and basics of shooting.
- Day 2 - Review safety rules and begin shooting for awards.
- Day 3 - Shoot for awards.
- Day 4 - Shoot for awards.
- Day 5 - Shoot for awards.
- Day 6 - Shoot for awards.

Materials Used:

1. Bows and bowstrings
2. Arrows
3. Quivers
4. Targets
5. Arm guards
6. Arrow holders
7. Optional - Finger tabs

Policies and Procedures:

1. All policies apply to staff and campers alike.
2. Instructor must be in the activity area when it is open to campers
3. Instructor must inspect daily the equipment and area for safety hazards.
4. Only retrieve arrows once given permission by the instructor.
5. Inspect your arrows carefully. Don't shoot damaged arrows. Never shoot arrows that are too short.

- 6 Always remember that a bow is a deadly weapon. Never point an arrow at anyone, whether bow is drawn or not.
- 7 Never show your skill by using a human target, or permit someone to hold a target.
- 8 Make sure of your target before you shoot! Never shoot an arrow into the air; have a definite target.
- 9 Never use a target that will not stop an arrow.
10. Replace your bowstring when it becomes frayed or worn.
11. Do not draw and release a bow string without an arrow nocked in it.
12. Arrows should be nocked only on the shooting line and pointed down range. All those not shooting should be behind the shooting line.
13. Do not hesitate to call attention to dangerous actions of other persons. Call "cease fire" in the event of a dangerous situation.
14. Be sure to count points and report them to the instructor.
15. Shooters must always use safety equipment.
16. All bows are to be down when individuals are retrieving arrows.
17. Broken and damaged equipment is to be placed in storage. Most arrows can be refurbished.
18. Instructor must keep track of keys to the Program Director storage and turn them in to the Program Director on Friday afternoon.

Awards:

Rounds consist of seven arrows. Up to six rounds count toward awards. After each award, the points start over from zero. That is, once the Junior Robinhood award is achieved, the camper begins at zero, not 60, working for the Robinhood award.

AWARDS			SCORING	
15 Feet				
	Junior Robinhood	60 points	WHITE	1 POINT
	Robinhood	90 points	BLACK	3 POINTS
	Advanced Robinhood	120 points	BLACK	3 POINTS
	Robinhood Pin	150 points	BLUE	5 POINTS
			RED	7 POINTS
			YELLOW	9 POINTS
20 Feet				
	Junior Yeoman	60 points		
	Yeoman	100 points		
	Advanced Yeoman	130 points		
	Yeoman Bar	150 points		
30 feet				
	Junior Bowman	60 points		
	Bowman	100 points		
	Advanced Bowman	120 points		
	Bowman Pin	160 points		
	Bowman Bar	180 points		

If an arrow breaks a line, the camper receives the next higher point value.

CANOEING

Junior Camps

Objectives - Each camper will be able to:

1. Describe canoe safety procedures.
2. Identify the parts of the paddle and canoe.
3. Demonstrate the following strokes: J, sweep, bow, backwater and draw.
4. Exchange positions in a canoe without capsizing.
5. Demonstrate self-rescue methods (swamp and bail, swamp and paddle).
6. Perform a two-man canoe carry.

Activities:

- Day 1 - Explain canoe safety procedures. Identify the parts of the paddle and canoe. Demonstrate the bow, draw, sweep, J and backwater strokes. Demonstrate how to use the paddle as a rudder. Explain how to enter a canoe. Practice canoe skills.
- Day 2 - Review safety procedures. Demonstrate how to vault out of a canoe and enter from deep water. Swamp canoes and paddle with hands. Swamp canoes and bail it out. Demonstrate two-man carry and carry amidships. Practice canoe skills.
- Day 3 - Practice canoe skills

Youth and Varsity Camps

Objectives - Each camper will be able to:

1. Describe canoe safety procedures.
2. Identify the parts of the paddle and canoe.
3. Launch a canoe correctly.
4. Demonstrate the following strokes: J, reverse J, sweep, reverse sweep, sculling, reverse sculling, backwater, draw, pushover, and reverse pushover.
5. Exchange positions in a canoe without capsizing.
6. Demonstrate rescue methods: canoe over canoe rescue, swamp canoe and paddle to shore, swamp canoe and bail, and entering a canoe from the water.
7. Perform a two-man canoe carry and carry amidships.

Activities:

- Day 1 - Explain canoe safety procedures. Identify the parts of the paddle and canoe. Demonstrate the bow, draw, sweep, J and backwater strokes. Explain how to enter a canoe. Practice canoe skills.
- Day 2 - Review safety procedures. Demonstrate the reverse J, reverse sweep, sculling and reverse sculling strokes. Demonstrate how to use the paddle as a rudder. Exchange position in a canoe. Board a canoe from another canoe. Practice canoe skills.
- Day 3 - Demonstrate pushover and reverse pushover strokes. Demonstrate how to vault out of a canoe, and enter from deep water. Swamp canoes and paddle with hands. Demonstrate tow-man carry and carry amidships. Practice canoe skills.
- Day 4 - Most skilled and best behaved campers will take an all day canoe trip.
- Day 5 - Canoe over canoe rescue. Swamp canoes and bail it out. Practice canoe skills.

Materials Used:

1. Canoes
2. Personal Floatation Devices (PFDs - life jackets)
3. Paddles

Policies and Procedures:

1. All policies apply to staff and campers alike.
2. Instructor must be in the activity area when open to campers.
3. Instructor must inspect daily the equipment and area for safety hazards.
4. A red or orange flag flown from the flag pole on the swimming dock is a sign of inclement weather and all canoes must be brought ashore as quickly as possible.
5. If others are waiting for the canoes during free time, canoes may be out for only 20 minutes at a time.
6. The canoes may go no farther than approximately one-half way across the lake.
7. A PFD must be worn at all times.
8. The paddle is only for paddling, it is not to be used as a digging tool.
9. Do not strike the water with the blade of the paddle.
10. Never sit or stand in a canoe that is not in the water.
11. Never stand upright in a canoe that is in the water.
12. Do not tip the boat over unless instructed to do so by the instructor.
13. The maximum number of individuals allowed in a canoe is three.
14. Never drag a canoe on land.
15. All equipment must be put away after use, unless individuals are waiting for the equipment during open craft time.
16. No canoeing inside the swimming and skiing areas.

FISHING

Junior Camps

Objectives - Each camper will be able to:

1. Demonstrate proper safety rules around the water while fishing.
2. Demonstrate the basic fishing skills.
3. Discuss how to locate good fishing spots.
4. Catch fish.

Activities:

- Day 1 - Explain safety procedures for fishing. Demonstrate how to tie fishing knots.
Demonstrate casting skills. Explain how to identify good fishing spots.
- Day 2 - Shore fishing: maze.
- Day 3 - Boat fishing by white house.

Youth and Varsity Camps

Objectives - Each camper will be able to:

1. Demonstrate proper safety rules around the water while fishing.
2. Demonstrate the basic fishing skills.
3. Discuss how to locate good fishing spots.
4. Catch fish.

Activities:

- Day 1 - Explain safety procedures for fishing. Demonstrate how to tie fishing knots.
Demonstrate casting skills. Explain how to identify good fishing spots.
- Day 2 - Shore fishing: maze.
- Day 3 - Boat fishing by white house.
- Day 4 - Early morning fishing trip: 6 a.m.
- Day 5 - Boat fishing by white house.

Materials:

1. Fishing rods and reels
2. Hooks, sinkers and line
3. Plastic worms
4. Pontoon boat
5. PFDs
6. Optional - seat cushions to sit on

Policies and Procedures:

1. All policies apply to staff and campers alike.
2. Instructor must be in the activity area when open to campers.
3. Instructor must inspect daily the equipment and area for safety hazards.
4. A red or orange flag flown from the flag pole on the swimming dock is sign of inclement weather and all boats must be brought to shore as quickly as possible.
5. Do not use equipment without permission.
6. Individuals must wear PFDs while in boats.
7. No fishing in the swimming area when swimmers are in the water.

8. Stay off the boats in the docking area.
9. Stay out of the equipment shed.
10. Stay with the instructor.

GAMES

Junior Camps

Objectives - Each camper will:

1. Learn new games and skills.
2. Have fun participating in familiar games.
3. Demonstrate good sportsmanship, both as a winner and a loser.
4. Experience the benefits of games which emphasize participation and high energy rather than competition.
5. Experience the benefits of competitive situations.

Activities:

- Day 1 - Non-competitive games (The New Games Book) - such as Dragon's Tail, Rock-Paper-Scissors, Hands Tangle, Traffic Jam, and Prue. For more ideas refer to "The New Games Book."
- Day 2 - Competitive games - such as kick ball, softball, soccer, whiffle ball, steal the bacon, murder ball, etc.
- Day 3 - Non-competitive games (The New Games Book).

Youth and Varsity Camps

Objectives - Each camper will:

1. Learn new games and skills.
2. Have fun participating in familiar games.
3. Demonstrate good sportsmanship, both as a winner and a loser.
4. Experience the benefits of games which emphasize participation and high energy rather than competition.
5. Experience the benefits of competitive situations.

Activities:

- Day 1 - Non-competitive games (The New Games Book) - such as Dragon's Tail, Rock-Paper-Scissors, Hands Tangle, Traffic Jam, and Prue. For more ideas refer to "The New Games Book."
- Day 2 - Competitive games - such as kick ball, softball, soccer, whiffle ball, steal the bacon, murder ball, etc.
- Day 3 - Non-competitive games (The New Games Book).
- Day 4 - Competitive games.
- Day 5 - Non-competitive games (The New Games Book).

Materials used:

1. "The New Games Book" and other rule books in the library.
2. Equipment referred to in the games of your choice.

Policies and Procedures:

1. All policies apply to staff and campers alike.
2. Instructor must be in the activity area when open to campers.
3. Instructor must inspect daily the equipment and area for safety hazards.
4. Sneakers must be worn during games.

5. Keep an attitude of good sportsmanship throughout the games: No derogatory or negative remarks to players from anyone. Staff is to show Christian testimony through good attitudes.
6. Instructor has final say. Do not argue with him/her.
7. Do not remove equipment without instructor's knowledge.

HANDICRAFTS

Junior Camps

Objectives - Each camper will be able to:

1. Demonstrate the safe use of the tools and equipment.
2. Identify the names and explain the proper uses of the tools.
3. Develop skill in working with wood, leather, etc..
4. Complete a handcraft project.

Activities:

- Day 1 - Explain safety procedures for the craft shop. Demonstrate the proper uses of the tools. Explain the project for the week and the steps involved. Begin work on the project.
- Day 2 - Review safety procedures and proper use of the tools. Work on the project.
- Day 3 - Review safety procedures and proper use of the tools. Work on the project.
- Day 4 - Complete the project.

Youth and Varsity Camps

Objectives - Each camper will be able to:

1. Demonstrate the safe use of the tools and equipment.
2. Identify the names and explain the proper uses of the tools.
3. Develop skill in working with. wood, leather, etc..
4. Complete a handcraft project.

Activities:

- Day 1 - Explain safety procedures for the craft shop. Demonstrate the proper uses of the tools. Explain the project for the week and the steps involved. Begin work on the project. projects such as belts, key cases and wallets.
- Day 2 - Review safety procedures and proper use of the tools. Work on the project.
- Day 3 - Review safety procedures and proper use of the tools. Work on the project.
- Day 4 - Work on the project.
- Day 5 - Complete the project.

Materials used:

Tools and materials will vary from week to week. Check with the program director for the location of needed materials and tools.

Policies and Procedures:

1. All policies apply to staff and campers alike.
2. Instructor must be in the activity area when open to campers.
3. Instructor must inspect daily the equipment and area for safety hazards.
4. Do not start to use any tools without instruction.
5. Do not bring any food or drink into the craft area.
6. Do not abuse the tools. Use them properly. They are tools, not toys.
7. Wear covered shoes when working with heavy tools.
8. Listen carefully to the instructor.
9. Do not go into the craft shop without supervision.

10. All use of equipment is to be closely supervised by instructor and counselors.
11. Put away all equipment.
12. Goggles must be worn when deemed necessary by the instructor.

NATURE CRAFT

Junior Camps

Objectives - Each camper will be able to:

1. Appreciate and understand the relationship between God and man as shown by the natural environment. God is creator.
2. Identify plants and trees, and be able to explain their significance to each other, wildlife, and man.
3. Identify poisonous plants and animals, and explain how to avoid them.
4. Explain the safety precautions necessary when using the muddy nature trail.
5. Explain fire safety and be able to build a fire.

Activities:

- Day 1 - Explain relationship between God and man and nature. Identification of plants including poisonous ones.
- Day 2 - Explain safety precautions of muddy nature trail. Explain safety precautions. Educational nature trail. Muddy nature trail.
- Day 3 - Demonstrate fire building.

Youth and Varsity Camps

Objectives - Each camper will be able to:

1. Appreciate and understand the relationship between God and man as shown by the natural environment. God is creator.
2. Identify plants and trees, and be able to explain their significance to each other, wildlife, and man.
3. Identify poisonous plants and animals, and explain how to avoid them.
4. Explain the safety precautions necessary when using the muddy nature trail.
5. Demonstrate the safe use of camp craft tools and equipment.
6. Explain fire safety and be able to build a fire.
7. Participate in an overnight camping experience.

Activities:

- Day 1 - Explain relationship between God and man and nature. Identification of plants including poisonous ones. Explain safety precautions for muddy nature trail. Educational nature trail and muddy nature trail.
- Day 2 - Explain safety precautions for camp craft tools. Demonstrate proper use of axes, hatchets and saws.
- Day 3 - Explain safety precautions when building fires. Demonstrate fire building. Fire building contest.
- Day 4 - Demonstrate shelter and tent construction. Overnight camping experience.
- Day 5 - Review camp craft skills.

Materials used:

1. Axes
2. Hatchets
3. Knives
4. Tents
5. Compasses

Policies and Procedures:

1. All policies apply to staff and campers alike.
2. Instructor must be in the activity area when open to campers.
3. Instructor must inspect daily the equipment and area for safety hazards. Special attention should be given to the rope bridge.
4. Campers should be taken on the educational nature trail prior to going on the muddy nature trail.
5. Campers must stay together as a group. No wandering.
6. Leave plants alone.
7. Stay off muddy nature trail unless with a counselor or the instructor.
8. When on the nature trails, campers should remain behind the instructor at all times.
9. Clothing for muddy nature trail: Closed shoes, long pants and shirts.
10. If campers go into the lake to wash off from the muddy nature trail, they must be supervised by counselor or waterfront staff.
11. Nature craft tools (axes, knives, etc.) are to be used only under the supervision of the instructor.

RIFLERY

Junior Camps

Objectives - Each camper will be able to:

1. Explain proper range and air-rifle safety.
2. Demonstrate the basics of shooting.
3. Act properly on the range.
4. Achieve riflery awards.

Activities:

- Day 1 - Explain range rules. Explain awards and requirements. Demonstrate proper use of air-rifles. Begin shooting for awards.
- Day 2 - Review safety procedures. Shoot for awards.
- Day 3 - Shoot for awards.

Youth and Varsity Camps

Objectives - Each camper will be able to:

1. Explain proper range and .22 caliber rifle safety.
2. Demonstrate the basics of shooting.
3. Act properly on the range.
4. Describe the requirements for the awards.
5. Achieve riflery awards.

Activities:

- Day 1 - Explain range rules. Explain awards and requirements. Demonstrate proper use of .22 caliber rifles. Begin shooting for awards.
- Day 2 - Review safety procedures. Shoot for awards.
- Day 3 - Shoot for awards.
- Day 4 - Shoot for awards.
- Day 5 - Shoot for awards.

Materials used:

1. Rifles
2. BBs and .22 shells
3. Targets
4. Clothespins

Policies and Procedures:

1. All policies apply to staff and campers alike.
2. Instructor must be in the activity area when open to campers.
3. Instructor must inspect daily the equipment and area for safety hazards.
4. Instructor's word is final.
5. No food or drink allowed in the area.
6. No Dry-firing.
7. Actions of uncased firearms will be kept open when on the firing line and ready to fire.
8. Treat every gun as if it were loaded.
9. Always point the muzzle in a safe direction. Never point at people.
10. Only shoot at targets.
11. Unattended guns should be unloaded and locked up.
12. Do not distract those who are firing.
13. Stay behind the firing line when not shooting.
14. Do not pick up the guns without the instructor's permission.
15. Guns should be cleaned twice each week.
16. Call "cease fire" if a dangerous situation exists.
17. Instructor must keep track of keys to the Program Director's storage and turn them in to the Program Director on Friday afternoon.

Awards: The following point totals are to be achieved on 10 separate targets before advancing to the next level. The 10 targets do not have to be consecutive.

Pro-Marksman	20 points/target	any position
Marksman	25 points/target	any position
Marksman 1st Class	30 points/target	any position
Sharpshooter	35 points/target	any position
Sharpshooter 1st Bar	40 points/target	prone
Sharpshooter 2nd Bar	30 points/target	sitting
Sharpshooter 3rd Bar	35 points/target	sitting
Sharpshooter 4th Bar	40 points/target	sitting
Sharpshooter 5th Bar	30 points/target	kneeling
Sharpshooter 6th Bar	35 points/target	kneeling
Sharpshooter 7th Bar	40 points/target	kneeling
Sharpshooter 8th Bar	30 points/target	standing
Sharpshooter 9th Bar	35 points/target	standing
Expert	40 points/target	standing

SAILING

Junior Camps

This activity area is not taught during Junior Camps. Cabins scheduled for sailing during these weeks will be taken on sailboat rides.

Youth and Varsity Camps

Objectives - Each camper will be able to:

1. Describe sailing safety procedures.
2. Explain basic sailing rules.
3. Identify the parts of a sailboat.
4. Explain the differences among types of sailboats.
5. Demonstrate proper sailing procedures.
6. Sail a prescribed course.
7. Learn to tie basic sailing knots

Activities:

Day 1 - Explain sailing safety procedures. Explain basic sailing rules. Identify the parts of a sailboat and explain their importance.

Day 2 - Review sailing safety procedures. Demonstrate proper sailing skills. Demonstrate how to right a capsized sailboat. Practice sailing skills.

Day 3 - Review proper sailing skills. Practice sailing skills.

Day 4 - Explain the differences among types of sailboats. Practice sailing skills.

Day 5 - Test knowledge of safety and basic sailing procedures. Sail a specific course

Materials used:

1. Sailboats
2. Sails
3. PFDs
4. Paddles

Policies and Procedures:

1. All policies apply for staff and campers alike.
2. Instructor must be in the activity area when open to campers.
3. Instructor must inspect daily the equipment and area for safety hazards.
4. A red or orange flag flown from the flagpole on the swimming dock is a sign of inclement weather and all sailboats must be brought to shore as quickly as possible.
5. All individuals must wear PFDs when in the boats or water.
6. You must sail with at least one other person.
7. Inexperienced individuals must be accompanied by experienced sailors.
8. No horseplay on the boats, whether on shore, in the lake, or in the boat launching area.
9. Always carry at least one paddle in each boat.
10. No leaping or jumping off the boats until safely moored. All boats and equipment must be securely stored unless someone is waiting for the sailboat during free time.
11. If others are waiting on the sailboats during free time, the boats may be out for only 30 minutes at a time.
12. The sailboats may go no farther than approximately half-way across the lake.
13. Do not enter swimming or skiing areas.

14. Hobies must have at least two people on board.
15. Do not stand in or on boats while on land.
16. Instructor are responsible for pulling boats out of the water each evening. First class helps instructor rig. Last class helps break down and store the equipment.

SKIING

Junior Camps

Objectives - Each camper will be able to:

1. Demonstrate the hand signals and explain their meaning.
2. Describe ski safety procedures.
3. Describe ski awards and how to earn each award.
4. Enjoy water sports activities - skiing, hydro-sliding or tubing.
5. Ski, hydro-slide, or tube around the cove at least once without falling.
6. Achieve ski awards if they choose to ski each day.

Activities:

Day 1 - Explain safety rules for the boat and skiing. Explain the hand signals. Explain how to spot from the boat for skiing. Demonstrate basic skiing skills. Campers take turns on the skis.

Day 2 - Review ski safety procedures and requirements. Demonstrate the two-ski take-off and the slalom take-off. Each camper takes a turn on the skis, hydro-slide or tube. Campers may take turns spotting from the boat.

Day 3 - Demonstrate dock take-offs (if anyone is working on Silver award). Each camper takes a turn on the skis, hydro-slide or tube. Campers may take turns spotting from the boat.

Day 4 - Each camper takes a turn on the skis, hydro-slide or tube. Campers may take turns spotting from the boat.

Day 5 - Each camper takes a turn on the skis, hydro-slide or tube. Test campers if any are working on awards. Campers may take turns spotting from the boat.

Youth and Varsity Camps

Objectives - Each camper will be able to:

1. Demonstrate the hand signals and explain their meaning.
2. Describe ski safety procedures.
3. Describe ski awards and how to earn each award.
4. Demonstrate how to spot from the boat for skiers.
5. Enjoy water sports activities - skiing, hydro-sliding or tubing.
6. Ski, hydro-slide, or tube around the cove at least once without falling.
7. Achieve ski awards if they choose to ski each day.

Activities:

Day 1 - Explain safety rules for the boat and skiing. Explain the hand signals. Explain how to spot from the boat for skiing. Demonstrate basic skiing skills. Each camper takes a turn on the skis, hydro-slide or tube.

Day 2 - Review ski safety procedures and requirements. Demonstrate the two-ski take-off and the slalom take-off. Each camper takes a turn on the skis, hydro-slide or tube. Campers take turns spotting from the boat.

Day 3 - Demonstrate dock take-offs (if anyone is working on Silver award). Each camper takes a turn on the skis, hydro-slide or tube. Campers take turns spotting from the boat.

Day 4 - Each camper takes a turn on the skis, hydro-slide or tube. Campers take turns spotting from the boat.

Day 5 - Each camper takes a turn on the skis, hydro-slide or tube. Test campers if any are working on awards. Campers take turns spotting from the boat.

Materials used:

1. Ski boats
2. Skis
3. Hydro-slide
4. Hydro-tube
5. Ski ropes
6. Ski jackets

Policies and Procedures:

1. All policies apply to staff and campers alike.
2. Instructor must be in the activity area when open to campers.
3. Instructor must inspect daily the equipment and area for safety hazards.
4. All skiers must wear Personal Floatation Devices (PFDs - life jackets).
5. A red or orange flag flown from the flagpole on the swimming dock is a sign of inclement weather and skiing will cease as soon as possible. The ski boat driver will see if canoes or sailboats are on the lake in need of assistance.
6. No running on the dock.
7. No going into the water until the instructor gives permission.
8. Once in the water or waiting on the dock, do not go past the ladder.
9. Do not dive into the water.
10. No horseplay on the dock or in the water.
11. Stay above the water when the boat is passing.
12. Leave skis alone while waiting for your turn.
13. Instructor will designate the spotters for the boat.
14. Do not distract skier.
15. No clothes on dock.
16. Counselor and/or junior counselor supervises those in the water waiting to ski.
17. Skiers must let loose of the rope before passing the buoy.
18. No one is to be beyond the end of the dock while the boat and skier are out on the lake.
19. Wave arm and hand after you fall if you are uninjured. Failure to do so will result in loss of turn.
20. Instructors are responsible for the putting away of all equipment.

Awards:

(American Water Ski Association)

Bronze Award

1. Answer questions correctly concerning water skiers safety code.
2. Demonstrate water skier's signals to boat driver.
3. Demonstrate ability to adjust binders to fit and put on skis in waist-deep water while retaining handle.
4. Make an unassisted deep water or shallow water start on two skis.
5. Cross both wakes and return to center of wake without loss of balance.
6. Ride one minute or more without falling.

7. Demonstrate ability to retain complete control while boat makes 180 degree turn.
8. Release handle and coast to stop without loss of balance and in correct proximity to dock or shoreline.

Silver Award

If the skier has completed the Bronze and is attempting the Silver, the skier need not re-pass 1, 2 and 3 of the Bronze award. But if the skier is attempting the Silver without passing the Bronze, 1, 2 and 3 of the Bronze must be passed.

1. Make a two-ski deep water start unassisted.
2. Demonstrate the skier's salute, lifting one ski clear of the water and holding for a minimum of five seconds.
3. Demonstrate a two ski dock start with out falling.
4. Starting on two skis, drop one ski and ride in good condition for not less than 20 seconds.
5. With both feet on a single ski, cross both wakes and return to center in good control.
6. On one ski, release the handle and coast to stop without loss of control and in correct proximity to dock or shoreline.

Gold Award

1. Meet requirements of Silver Award.
2. Make an unassisted single-ski deep water start.
3. Make a dock start on one ski from a sitting position.
4. On one ski, perform a simulated slalom course pattern, crossing both wakes. Turns must be continuous at a boat speed of not less than 20 miles per hour
5. On trick skis, perform two of the following three tricks:
 - a. Two-ski side slide, hold for two seconds.
 - b. Two-ski, 180-degree turn to the back and return to front.
 - c. Two-ski, 360 degree turn.

SWIMMING

Junior Camps

Objectives - Each camper will be able to:

1. Describe safe waterfront and swimming practices.
2. Demonstrate basic non-swimming rescue techniques.
3. Enjoy swimming activities to overcome fear of the water.
4. Complete an American Red Cross (ARC) swimming class (Levels 1 - 7).

Activities:

- Day 1 - Explain waterfront and swimming safety procedures. Test campers swimming ability for class placement. Begin ARC swimming classes including Levels 1 - 7.
- Day 2 - Review swimming and waterfront safety procedures. Continue ARC swimming classes.
- Day 3 - Continue ARC swimming classes.
- Day 4 - Continue ARC swimming classes.
- Day 5 - Continue ARC swimming classes. . Test for ARC swimming classes.

Youth and Varsity Camps

Objectives - Each camper will be able to:

1. Describe safe waterfront and swimming practices.
2. Demonstrate basic non-swimming rescue techniques.
3. Enjoy swimming activities to overcome fear of the water.
4. Complete an American Red Cross (ARC) swimming class (Levels 1 - 7).

Activities:

- Day 1 - Explain waterfront and swimming safety procedures. Test campers swimming ability for class placement. Begin ARC swimming classes including Levels 1 - 7.
- Day 2 - Review swimming and waterfront safety procedures. Continue ARC swimming classes.
- Day 3 - Continue ARC swimming classes.
- Day 4 - Continue ARC swimming classes.
- Day 5 - Continue ARC swimming classes. . Test for ARC swimming classes.

Materials used:

1. Safety equipment as prescribed by the ARC
2. ARC instructional materials
3. Ear drops
4. Optional - suntan lotion

Policies and Procedures:

1. All policies apply to staff and campers alike.
2. Instructor must be in the activity area when open to campers.
3. Instructor must inspect daily the equipment and area for safety hazards.
4. Do not dive off the long dock, as the water is shallow.
5. No diving or swimming outside of the roped areas.
6. Stay away from all boats whether docked or coming into dock.

7. Do not climb or lean on the lifeguard stand, on-duty lifeguards are to be on the stand.
8. Use ladders to get back onto the docks.
9. During free swims, three lifeguards will be on duty and at least one of them will be on the floating dock.
10. No swimming under the long dock or the floating dock.
11. Buddy checks will be made every 10 - 15 minutes.
12. No one in the water until all lifeguards are in position.
13. No pushing from the long dock.
14. No pushing from the floating dock.
15. No running on the docks.
16. No throwing of sand or shells.
17. Stay off ropes.
18. Diving or jumping allowed only from the front of the floating dock. **No back flips.**

TENNIS

Junior Camps

This activity area is not available during Junior Camps.

Youth and Varsity Camps

Objectives - Each camper will be able to:

1. Identify the proper dress and condition of equipment for tennis.
2. Explain the necessity for warm-up exercises and demonstrate proper exercises.
3. Explain the rules and scoring of tennis.
4. Explain the proper terminology of the game and equipment.
5. Demonstrate the forehand, backhand, serve, and overhead strokes.
6. Identify the different strategies one might use in a game.
7. Play both singles and doubles.
8. Demonstrate good sportsmanship, both as a winner and a loser.

Activities:

Day 1 - Explain the rules, scoring terminology and dress of tennis. Demonstrate proper warm-up exercises for tennis. Demonstrate the forehand and backhand strokes.

Day 2 - Review proper dress and equipment for tennis. Review types of warm-up exercises good for tennis. Demonstrate the serve and overhead strokes. Practice singles games.

Day 3 - Explain the differences between singles and doubles. Practice doubles games.

Day 4 - Explain differences in strategies one can use. Practice singles games.

Day 5 - Practice singles /doubles games.

Materials used:

1. Tennis racquets
2. Tennis balls

Policies and Procedures:

1. All policies apply to staff and campers alike.
2. Instructor must be in the activity area when open to campers.
3. Instructor must inspect daily the equipment and area for safety hazards.
4. Do not throw racquets or attempt to hit another person by swinging your racquet.
5. Do not sit on nets.
6. Tennis shoes must be worn.
7. The courts should not be walked on unless part of an activity.