

LONG BOW COUNCIL
SPRING OUTING
TRAINING



GOLDEN
hoopla

Y GUIDES • 2018 SPRING OUTING

Grab A Seat

- Sit at the table with your weekend date
- If you have multiple weekends, pick one of them

May 11-13

April 6-8

April 20-22

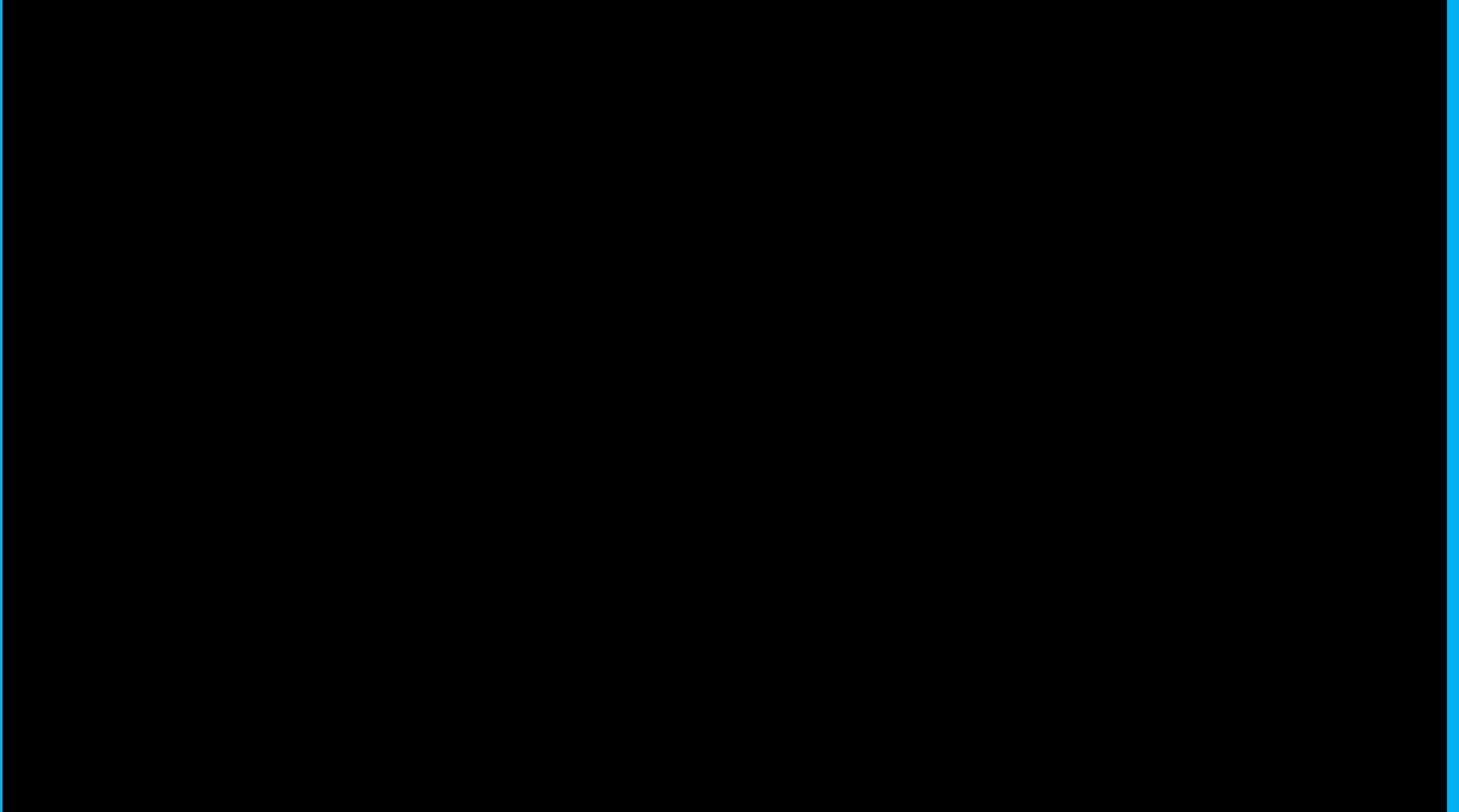
May 18-20

May 4-6

April 27-29

April 13-15

ARE YOU READY?!



We Are So Glad You Are HERE...

AGENDA:

- ☐ Welcome with Swift Arrow
- ☐ Community Builder with Road Runner
- ☐ Program Updates with Spotted Turtle
- ☐ Activity trainings
- ☐ Theme brainstorming with Dancing Penguin

Outcomes

By the end of our time together we will have been:








- ☐ Welcomed and met other LBC members
- ☐ Updated on the program changes
- ☐ Trained to safely run activities
- ☐ Gone over the themed activities

Presentation Resources

- To see all the resources we are referencing go to
- yguides.ymcatriangle.org/give-back/volunteer

VOLUNTEER MATTERS

- ☐ All sign ups done through VM; tell your tribemates
- ☐ Child Sexual Abuse Prevention training
- ☐ Background Check – required for LBC Dads

My Credentials	
	Volunteer Relationship and Code of Conduct Status: Approved Start: 2017-05-16
	Child Abuse Policy Status: Approved Start: 2017-05-16
	Code of Conduct for Online/Social Media Status: Approved Start: 2017-05-16
	Volunteer Release Form Status: Approved Start: 2017-05-16
	Volunteer Photography/Audio Release Status: Approved Start: 2017-05-16
	Background Check Status: Submitted update Start: 2017-05-16 Expiration: 2017-05-17
	Required Child Sexual Abuse Prevention Online Training Status: Submitted update Start: 2017-05-16

Y Guides Directors



Chris Lassiter
Road Runner

Caitlin Herrion
Spotted Turtle

Chas Sharp
Swift Arrow

Kate McCormick
Dancing Penguin

Camp Sea Gull and Camp Seafarer



Will Johnson
Country Cougar

ML Crook
Chocolate Drops

Van King
Kingfish

Kyle Bartruff
Llama Long Legs

Community Builder





SERVE ONE ANOTHER HUMBLY IN LOVE

GALATIANS 5:13



PEOPLE ARE OUR BUSINESS

Above all else, they are the reason the YMCA exists. We are committed to high-touch engagement and intentional time with fellow staff, members, participants and volunteers.

Together, we celebrate the richness of diversity in each other and our community—inviting, welcoming and including everyone as a part of our Y Family.



WE BUILD RELATIONSHIPS

Through this intentional time and by delivering extraordinary service, we build relationships with those we serve and work with. As we build those relationships we use the Voice of our Y to strengthen them—always communicating in a way that is Determined, Nurturing, Genuine, Hopeful and Welcoming.



PROGRAMS ARE OUR MISSION BROUGHT TO LIFE

They are intentionally designed to ensure that individuals, youth, families and the community become stronger through our YMCA.

OUR COMMITMENT TO SERVE

The YMCA of the Triangle's purpose is to advance the YMCA Mission and further our Cause. Simply put, we do this by building relationships and through developing and delivering quality programs to the community. Collectively, we work as one YMCA to transform lives and strengthen the foundation of the many communities we serve. And, it is the work we do together that sets us apart.

THE **KEY** TO OUR SUCCESS HAS ALWAYS BEEN AND CONTINUES TO BE **OUR STAFF**.

..... We select extraordinary people with

A PASSION FOR MAKING THE COMMUNITY A BETTER PLACE



.....
As one team, we aspire to achieve excellence in all we do. We are committed to providing extraordinary service in all programs we run and at every touchpoint. Across our Areas of Focus—Youth Development, Healthy Living and Social Responsibility—we will be leaders, collaborators and innovators as we advance our Mission.



YMCA Mission and Cause

- Understand it and model it.
- Enthusiastically welcome everyone.
- Share the **WHY** behind the Y.



Excellence

- Promote safety.
- Delight and excite.
- Be 1% better.



Service

- Smile, be courteous.
- Learn and use people's names.
- Ask open-ended questions – to build relationships.
- Provide extraordinary customer service.



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Spring Outing this year...

- ❑ 3rd year Campfire at each site, with new graduation ceremony
- ❑ Chiefs Challenge: "Character Counts"
 - ❑ Boards at each site to sign
- ❑ Family style breakfast & dinner...with new food service provider!!
 - Flag pole ceremony before hand
- ❑ Arrowhead Ceremony will be before campfire
- ❑ Gnome hunt will be like a scavenger hunt
- ❑ Bikes will not be included in 5k Run
- ❑ Will use Sharpie to check off boxes, no more hole punches!



Weekend Schedule

Sign-up for Gate Duty week of

5:00-6:00 p.m. Dinner

8:00 p.m. Ice Cream Social

Following Ice Cream Social...set up mess hall

Saturday:

7:30 a.m. Breakfast Meeting

8:30 a.m. - 12:00 p.m., 1:30-5:30pm Activities

Open

Sunday:

7:30 a.m. Breakfast

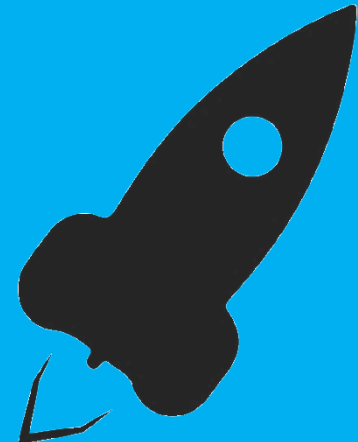
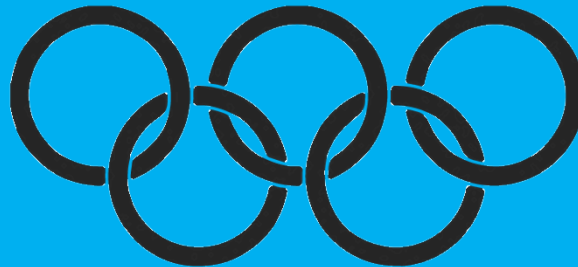
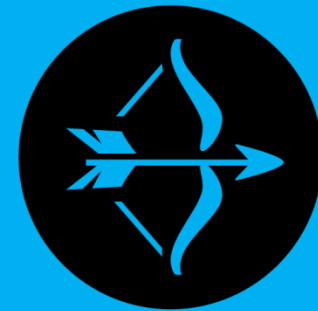
8:00 a.m. - 12:00 p.m. Activities Open

Lunch immediately following

Activity Training Rotation

3 Stations, 15 minutes each:

- ☐ **Canoes, BB's & Archery**
- ☐ **Group Control 101**
- ☐ **Theme Activities**





Canoes

- ☐ Assist participants in getting PFDs that fit appropriately
- ☐ Little Guides and Princesses sit in front / Dad in the back
- ☐ Helpful to brace the canoe with both hands while participants get in
- ☐ Hook canoes to the dock when not in use
- ☐ Canoes can remain in water at end of activities and weekend

Reminders to Participants:

- ☐ Stay seated in canoes
- ☐ Make sure they stay within sight of lifeguard
- ☐ Approach dock slowly to avoid damaging canoe
- ☐ Have fun!

Sea Gull and Seafarer Paddle Sports Operating Procedures

(This document will be reviewed annually by Program Tactical Team)

Last Updated January 2017

Staff Needs and Roles

Chief – Anytime the program is open there will be a staff member or volunteer designated by the Program Director as the “Chief.” This person is accountable for proper set up and shut down each activity period. At a minimum this person will be vetted and trained by the Program Director. Ideally, he or she has one season of experience working at paddle sports. The chief must ensure overall safety of the activity. The chief can be the checkout person or the person assisting people into and out of the boats, and also if certified the lifeguard.

Staffed by Camp →
Lifeguard – This person will be a certified Lifeguard including up to date First Aid and CPR (within the last year for first aid and CPR). They will remain on the lifeguard stand, actively scanning the program area while the activity is open.

Assistant – This person is available to assist in any way possible while the activity is open. They can be the checkout person, also helping to get participants in and out of the boats (this 3rd position isn't always necessary but dependent on the program running and the size of the group).

Equipment

- Canoe (maximum 2 adults and 2 children per canoe)
- Kayak (may only ride where there is a seat available)
- Paddle Boards (1 person per paddle board. In the case of 2 riders on board, 1 person must be a parent or adult over the age of 18 and the 2nd person must be a child)
- Respective paddle per vessel. Canoe paddles are single blades, Kayaks paddles are double bladed, Paddle Board paddles are a single slightly curved blade.
- USGC Approved lifejackets (1 per participant)
- 1 clipboard with checkout sheets to record people getting on and off the vessels
- 1 lifeguard tube for the lifeguard
- 1 bull horn for the lifeguard

Opening/set up

- A selection of canoe paddles (various heights), kayak paddles and paddle board paddles will be taken out of the hut and placed by the checkout gate. (paddle selection will depend on what vessels will be used per what program is operating)
- A selection of orange lifejackets will be taken out of the hut and placed by the checkout gate. (vest jackets will be kept in the hut and offered as an option if an orange lifejacket does not fit)

- 6-8 kayaks and the paddle boards will be taken off the rack and placed along the water front for ease of participant use. Please use handles where applicable and do not drag boards or kayaks.

Operating

- Once set up is complete the lifeguard will take the stand and ensure they have the lifeguard tube with the strap across their body and the bullhorn within their reach.
- One other staff member will be sitting on the stool by the gate ready to check out participants and be ready to assist them with paddle selection and boat selection.
- Participants will need to select a paddle for the boat they wish to use. When planning on canoeing the paddle handle should come not higher than the participants chin, for paddle boarding it should be head height.
- If children are just going to be riding and not paddling they should not select a paddle.
- The staff members or volunteers need to ensure participants know how to paddle by giving a quick demonstration. Including how to hold the handle (by the T-Grip, for canoe and paddle board). Show them on land how to paddle forwards and backwards, and complete a simple turn.
- Once the participants are comfortable with the paddle, help them to select a boat and show them how to safely enter and exit that boat. For a canoe place your paddle in the boat, stay low and grip the sides of the canoe and step in slowly one foot at a time. For the kayak walk the kayak out until knee deep in water, again holding both sides of the kayak swing your leg over and sit slowly into the seat of the kayak. For the paddle board walk the board out to knee deep water with the fin in the air, once knee deep flip the board and slide on the board in a kneeling position and once steady transfer to a standing position, keep your feet shoulder width apart when starting out.
- The other important safety aspect to cover with participants is the areas they are allowed to paddle. Stay this side of the zipline buoy markers, stay in plain sight of the lifeguard, avoid tucking in behind the tall reeds and grass in the alcoves, Stay this side of the bridge. If in a canoe stay away from the fountain.
- Children riding on a paddle board with an adult must sit in front, on their bottoms with their legs crisscrossed, if more than two passengers are riding in the canoe the extra child may sit on the floor of the canoe (no paddle) again crisscrossed legs sitting on their bottom.

Shut Down

- 10 minutes before the end of the activity period have the lifeguard or chief ask participants to return all boats to the docks or shore.
- All canoes must be clipped into the slips by the bow line as well as the two side lines.
- Kayaks must be returned to racks (during lunch they can just be pulled up out of the water on to the shore) Ocean kayaks are to be store upright on racks, water will drain. Perception kayaks may be store upside down at Seafarer on the T-Racks only so as to not damage the seats must be strapped down.
- Paddle boards must be returned to T-Racks, with fins upright. And strapped down (during lunch they can just be pulled up out of the water on to the shore)
- All paddles and lifejackets must be returned to the hut any time the activity is being shut down. Lifeguarding tube, clipboard and bullhorn must be returned to hut and locked up

Training

- The chief will ideally have a season of working at paddle sports or be trained and vetted by the program director

Emergency

- In the event of an emergency the Paddle Sports staff or volunteers will contact the director on duty and other trained staff on site to assist with the situation.

Communication

- Program Tactical is responsible for going back to each of our teams and sharing these Operating Procedures and any future changes when seasonally reviewed, explaining what would apply to each Director if they are on duty for a weekend
- Designating Paddle Sports Chief next to the activity on Rosters for weekends
- Reviewed annually



BB Range

- ☐ Treat BB guns with respect and handle as if they are loaded
- ☐ Always keep BB gun pointed in a safe direction, either toward the target or at the ground
- ☐ **Everyone** must wear safety goggles
- ☐ Have **unloaded** BB gun ready for safety talk
- ☐ Participants shoot for 2 minutes when a line, if there isn't a line shoot for 5 minutes
 - *Use your best judgment on how long to shoot, ensure the line keeps moving
- ☐ No personal equipment allowed
- ☐ Only shoot sugar-free soda

Sea Gull and Seafarer Riflery Operating Procedures

(This document will be reviewed annually by Program Tactical Team)

Last Updated March 2018

Staff Needs and Roles

Chief – Anytime the program is open there will be a staff member or volunteer designated by the Program Director as the “Chief.” This person is responsible for the Riflery keys and accountable for proper set up and shut down each activity period. At a minimum this person will be vetted and trained by the Program Director. Ideally, he or she has one season of experience working at Riflery and has the Level 1 Riflery Certification.

Range Commander – The Chief will designate a “range commander” who has been trained in the rules and procedures of the range and has proven themselves to have an observant eye for safety.

Assistant – Ideally there is also a staff member or volunteer to serve as the “assistant. His or her role is to support the other Chief and range commander, to engage participants in a friendly manner, and assist where necessary and directed. He or she may also teach skills and safety procedures of the range.

Equipment

- Shooting mat, 1 per firing line
- Safety goggles, 1 per mat
- BB guns, and 22's (summer only)
- Hearing protection if the 22's are in use, 1 per shooter
- paper target's for BB's and 22's (small plastic animals are used in the spring and fall at times)
- Clothes pins to hang the paper targets to the firing line
- The Chief is responsible for a daily visual equipment and facility inspection. If something is wrong they contact the Director on Duty immediately and do not open the site.

Operating

- Once the Chief arrives, they will unlock the hut and be responsible for the range set up, firing mats are placed at each firing line along with a pair of safety goggles, (if it is summer and the 22's are being used then hearing protection will be added to the mats).
- One BB gun is placed on each mat (ensure the safety is on).
- Best practice for Y-Guides and/or Starter Camp - staff/volunteers load the BB guns; if a gun runs out of BB's the participants should raise their hand and ask the staff/volunteer for a reload. Ideally, staff/volunteers have a couple loaded back up guns to trade with participants when their gun runs out.
- Best practice for Seafarer summer when scoring - 6 BB's are counted out and placed in the small Tupperware containers (one for each line)
- The paper targets are placed out on the range, 1 per firing line (plastic animals will be put on the shelf).

- Once participants arrive they will sit in the waiting area and listen for instructions.
- The Chief, range commander or assistant will guide participants through the safety instructions of the range and the gun they are about to use.
- They will then line up and count out participants to go and wait behind a firing line.
- The range commander then assumes control and instructs participants to "lie on the mat, and place your safety glasses on". Once everyone is ready the range commander will instruct participants to "remove the safety and fire when ready". The range commander must keep an overall eye on safety during this period. Anything alarming or a threat to safety the range commander must instruct "cease fire". Once participants have finished shooting they must place the safety back on the gun and stand behind the shooting mat to show they are finished. Once everyone is finished the range commander will instruct them to "remove your safety glasses". They will then form a line and walk to the far end of the range where they will pick up a new target, they will approach their own target and take it down and replace it with a fresh target. Once finished they will then exit the range via the yellow rope. If they wish to shoot again they can make their way back into the waiting area.
- The range commander must ensure that everyone is keeping their gun pointed down the range at all times and firing in a straight line. Also very important that only 1 22 be placed into the gun at a time, the gun will be locked and loaded and fired and then repeat the process.

Shut Down

- All equipment must be returned to the riflery hut and stored in the correct manner in the correct place. Guns must be locked into their appropriate cabinets and remaining ammunition locked in a separate place.
- 22's must be cleaned and serviced daily on a rotational basis (not all at the end of the day, but at some point throughout the day). Record maintained completed and also the amount of ammunition used.

Training

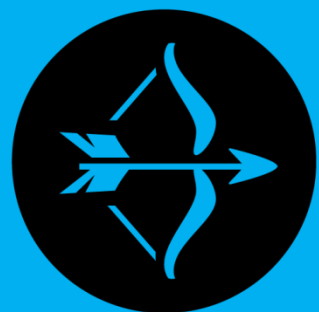
- At a minimum this person will be vetted and trained by the Program Director. Ideally, he or she has one season of experience working at Riflery and has the Level 1 Riflery Certification.
- The range commander and assistant can be trained by the Chief.

Emergency

- In the event of an emergency the Riflery staff or volunteers will contact the director on duty and other trained staff on site to assist with the situation.

Communication

- Program Tactical is responsible for going back to each of our teams and sharing these Operating Procedures and any future changes when seasonally reviewed, explaining what would apply to each Director if they are on duty for a weekend
- Designating Riflery Chief next to the Riflery activity on Rosters for weekends
- Reviewed annually



Archery

- ☐ Always point bow and arrow down range at the target.
- ☐ Teach proper way to use the bow and arrow.
- ☐ Ensure there is always someone up in the chair when participants are on the firing line.
- ☐ Review commands during Safety Talk:
 - ☐ You may approach the line
 - ☐ Show me your arm guard
 - ☐ You may load your arrows
 - ☐ You may fire when ready
 - ☐ Cease Fire
 - ☐ Take your arm guard off and place it in the bucket
- ☐ No personal equipment allowed

Sea Gull and Seafarer Archery Operating Procedures

(This document will be reviewed annually by Program Tactical Team)

Last Updated January 2018

Staff Needs and Roles

Chief – Anytime the program is open there will be a staff member or volunteer designated by the Program Director as the “Chief.” This person is accountable for proper set up and shut down each activity period. At a minimum this person will be vetted and trained by the Program Director. Ideally, he or she has one season of experience working at Archery and has the Level 1 Archery Certification.

Range Commander – The Chief will designate a “range commander” who has been trained in the rules and procedures of the range and has proven themselves to have an observant eye for safety.

Assistant – Ideally there is also a staff member or volunteer to serve as the “assistant. His or her role is to support the other Chief and range commander, to engage participants in a friendly manner, and assist where necessary and directed. He or she may also teach skills and safety procedures of the range.

Equipment

- 10 target stands (set at various distances, dependent on the program running)
- 10 targets
- 1 paper target face per target
- 1 bow per participant (bow size dependent on participant and shooting distance, 15 feet or closer for spring and fall programs)
- 6 arrows per participant (wooden only for spring and fall, for beginners in the summer, more experienced shooters and those shooting for distance will use carbon and aluminum)
- Quivers (arrow holders, 2 per target)
- 1 Arm guard per participant
- The Chief is responsible for a daily visual equipment and facility inspection. If something is wrong they contact the Director on Duty immediately and do not open the site.

Operating

- The staff will arrive at the activity and begin setting up, this involves removing the blue target covers off the targets and hanging them on the hooks outside the hut.
- At Seafarer, ensuring there is a firing line and waiting line marked in the grass with white line paint.
- At Seafarer 2 quivers per target will be placed in the ground along the firing line. At Sea Gull, the quivers are built into the facility.
- Arrows will be placed in the quivers, 6 per quiver. Alternate fletching or arrow color per target.
- Bows will be set out one for each target (bows set out will be dependent on the program and participants).

- Arm guards will be placed in a prominent position based on where people enter and exit the activity.
- Once activity is set up, one staff member will take on the role of range commander and will be situated in the stand at Seafarer and in a prominent position on the range at Sea Gull.
- Any other staff members will divide themselves up between those who are actively shooting on the range and those who are waiting in line.
- Once Archery is up and running it can be programmed in two different ways. 1. Is during the spring and summers participants will walk up to the range, go over a brief safety talk about the equipment they are about to use and the range, and how to handle the equipment in a safe manner. Once that is complete they are free to shoot a round based on availability. Each participant has 6 arrows to shoot and must retrieve their own arrows at the completion of the round, following directions from the range commander. 2. Is during the summer where participants will be earning ranks based out of their green books. Each camper progresses at their own level and so many be shooting from different distances, using different weighted bows and arrow materials. During this scenario staff members circle and move about and assist campers based on chief's direction and greatest need.
- Once participants have been through a brief safety orientation, participants will line up along the waiting line behind a target (2 participants per target), the range commander will ask "show me your arm guards", at this point when satisfied they will ask participants to "approach the firing line", once ready they will then tell them to "knock and fire when ready" (this is the cue for participants to begin shooting), the range commander must keep an overall eye on safety during this period. Anything alarming or a threat to safety the range commander must instruct "cease fire". Once all participants have finished shooting they must rest their bow back on the quiver and retreat to the waiting line. Once everyone is done the range commander will then state "you may walk and retrieve your arrows", any other staff can assist with scoring for participants or finding lost arrows). Once all 6 arrows are back in each quiver the round is completed and participants may line up behind the waiting line facing a target if they wish to shoot the next round.
- 2 of the biggest safety rules that must be followed, are that all arrows and bows must be pointed down range at all times, and during a shooting round all participants and staff members must stay behind the firing line.
- No dry firing of bows should be allowed – this is "firing" the bow without an arrow on it
- When retrieving arrows participants should keep one hand on target when pulling arrows out and should hold the tips of each end when walking back or hold the non-fletching end towards the ground

Shut Down

- Do a sweep of the range and ensure all arrows have been retrieved.
- Over lunch and if weather is permitting, quivers may stay out at seafarer and target covers may remain off, however all bows and arrows and arm guards must be returned to the hut and secured.
- All equipment must be returned to the Archery hut and stored in the correct manner in the correct place. If paper archery faces need to be replaced (they look worn and tatty) then this must take place at this time. The Archery hut must be locked and secured.

- All blue target covers must be returned to the targets and secured in place.

Training

- At a minimum this person will be vetted and trained by the Program Director. Ideally, he or she has one season of experience working at Archery and has the Level 1 Archery Certification.
- The range commander and assistant can be trained by the Chief.

Emergency

- In the event of an emergency the Archery staff or volunteers will contact the director on duty and other trained staff on site to assist with the situation.

Communication

- Program Tactical is responsible for going back to each of our teams and sharing these Operating Procedures and any future changes when seasonally reviewed, explaining what would apply to each Director if they are on duty for a weekend.
- Designating Archery Chief next to the Archery activity on Rosters for weekends.
- Reviewed annually.

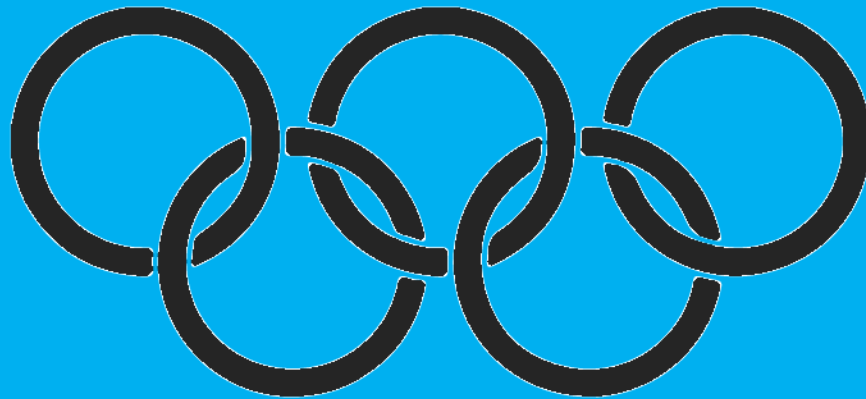
Yard Games

- ☐ Parachute games
- ☐ Spike Ball
- ☐ Can Jam
- ☐ Life-size horseshoes



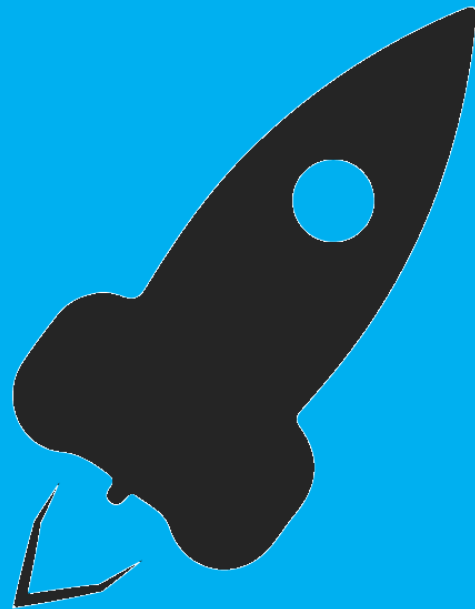
Go for the Gold

- ❑ Timed obstacle course
 - ❑ Keep track of times
 - ❑ Create your own
- ❑ Soccer shoot-out
 - ❑ Hoola-hoops hanging from goal



Rocket Launch

- ❑ Water bottle rocket launcher
 - ❑ 2 liter bottles launched by air pressure
 - ❑ Hand held air pump – DAD ONLY
 - ❑ Kids will pull string to launch
 - ❑ Buckets kids will refill their bottle



Group Control 101

- Why is it important?
 - Keep every safe
 - Keep activity in control
 - Avoid dead time
- Be heard
- Be enthusiastic
- Be a presence
- Be on the child's level
- Be creative
- Be goofy

Attention Getters

I Say _____

Check

Spring

Golden

Tar

How

You Say _____

Mate

Outing

Hoopla

Heels

How

Rhythmic clapping

Group responds in turn

If you can hear my voice...

Clap once, clap twice, point up, point down

Hip Pocket Games

- Activities requiring little to no equipment to keep people's attention while waiting
- Johnny, Johnny
- Green Glass Doors
- What does this key go to?
- Black Magic
- Alphabet Game

Re **Hip Pocket Games**

Change Three Things

Kids line up in pairs across from each other. They “study” their partners for 15 to 30 seconds. Then they both turn around and change 3 things about their appearance. When they turn around and re-face each other, the other partner has to guess what is different. (i.e. take off watch, shirt backwards, untie one shoelace.)

Group Story

One player starts the story, but stops after a few sentences. Players each in turn add a few sentences at a time, making up the plot as they go. You can keep the story going as long as it is interesting. Sentences should be said quickly so the story does not drag.

Who’s Leading?

Everyone is in a circle. One player turns around while a leader is selected (pointed out). The player will turn around and try to find the person who is leading the group in crazy antics (i.e. arm waving, head shaking). The leader will keep changing movements which all others follow. The guesser can be in the middle or walk around or sit in the circle.

Four Standing Alone

Players are sitting. Anyone can stand up any time they want to, but they cannot remain standing for more than 5 seconds. The aim of the game is to have exactly four standing at one time. The number can be varied. It takes time to get the hang of it.

Elf Hide and Seek

One player is chosen to be the elf. The elf looks around and thinks of a spot that a tiny elf could hide. The other players try to guess the spot. They can ask questions about the hiding place that can be answered yes or no. When they are way off the elf can say, “cold” or if they are close “warm”. Whoever guesses the hiding place gets to be the next elf.

Word Trace

One person slowly traces a three-letter word on the back of their partner who tries to guess the word. If the guess is correct, the second partner traces a word. After they have both guessed correctly, they find new partners.

Sort

Ask everyone to form a line and organize themselves in various ways: (i.e. alphabetically, according to age, hair color, birthdays, height, grade, shoe size)
Try it without talking.

Cops and Robbers

Players (the robbers) sit in a circle. One player leaves the room and a “cop” is picked. The player returns to figure out who is the cop. When the cop winks at a robber, the robber is out and must lie down. A dramatic death or delay is always fun. The cop continues to wink at robbers until he/she is discovered or until everyone is out. If the cop is discovered, he/she leaves the room next and another cop is selected.

Practice Pig Latin

Pig Latin Rocks! Your own huddle can have its own language. Simply take the first letter of the word out, put it at the end of the word and add an "ay." Ouy-ay anc-ay peaks- ay ti-ay lla-ay ayd-ay! Do not be afraid to try and make up other languages for your huddle.

Going on a Cruise

This is also known as "Green Glass Door" or "Sally's House". You can start: "Hi, I'm Alex Stewart and I'm going on a cruise . I'm bringing apples and staples." In this example the "trick" is to use the first letter in his first and last name. You can use all sorts of "tricks" though (i.e. only objects with double letters, the last letter in your name is the first or last letter of the object)

What are you Doing?

When asked "what are you doing?" The other person responds with "I'm . . ." and makes up something to do . The person who asked the question has to do what the person says. (i.e. What are you doing? "I'm typing" (person pretends to type) another person comes up and asks the typing person what are you doing? Typing person says, "I'm singing an opera song" and the asker then has to sing an opera song). It can go on forever.

Statues

Tell the kids that you are looking for a statue of anything (i.e. car, things you do at a football game, tiger). They have 30 seconds to think about it and then "freeze!" Remember that statues cannot move or talk.

Johnny, Johnny

Have the kids repeat what you do. Hold one hand up so your palm is facing you . Then you point to your pinky finger with the other hand and say "Johnny." Do that for each finger, but say "whoop" as you slide between your first finger and your thumb. Immediately do it backwards so you end up on your pinky again. The final thing is crossing your arms. Most of the kids will get the Johnny part right and they won't cross their arms at the end. Keep doing it and recognize the ones that get it right. You can change the "trick". Instead of crossing your arms, you can put your hands in your pocket or any other subtle variation.

This is my House

Players are in a circle. One player is in the center. The center player goes up to another player and points to a body part or article of clothing and says the name of a different body part or article of clothing (i.e. points to his nose and says "this is my knee" the circle player must do the opposite and point to his knee and say "this is my nose.") It is more confusing than it sounds. When a player makes a mistake he/she changes places with the center player.

Categories

Players sit in a circle and a category is named. Each person takes a turn and names something in that category. If you cannot name something in a designated time frame or if you say something that has already been said then you are out (i.e. Cereal: Wheaties, Cheerios, Frosted Flakes).

King of the Mountain

The object here is to get as many people as possible on a hill (i.e. you can use a piece of carpet, square, paper) . Allow groups to challenge each other to compete to see who can get the most people.

Opposites

Four players stand in front of the room. Three players must do just the opposite of what the lead player does. If the leader sits, the others must stand. If the leader puts their hand on their head, the others put it on their foot or maybe they put their head in their hand or maybe they stand on their head. It is interesting to see the different interpretations of what is "opposite".

The Tibetan Memory Trick

One person is chosen to be the reader and another player volunteers to go first. The reader recites sentence one and the player repeats it. This is easy enough. Then the reader reads sentence two, which adds something to sentence one. Most players find it difficult by sentence four or five. A slipup or a pause and the player is replaced by another, who begins with sentence one. The player who gets the farthest wins. Here are the sentences:

One hen

One hen, two ducks

One hen, two ducks, three squawking geese

(Add to above) Four limerick oysters

Five corpulent porpoises

Six pairs of Don Alverzo's tweezers ouch!

7,000 Macedonian soldiers in full battle array

Eight brass monkeys from the ancient, sacred crypts of Egypt

Nine old men on roller skates with a marked propensity for procrastination and sloth

Ten lyrical, spherical diabolical denizens of the deep who haul quail around the corner of the quivy and quiver all at the same time

Who's in my Club

The leader picks a player who has something in common with her (i.e. shoelaces, shirt color, height). The chosen player joins her and the group gets one chance to guess what it is they have in common. If they guess wrong, another player is chosen to join the club who also has the same common trait. The group guesses again. If they are wrong, one or more appropriate players can be chosen. When the group guesses correctly another leader is chosen.

4 Corners

A child stands in each corner of the room, each taking a different number from 1-4 and holding up the appropriate number of fingers. A "caller" has their back turned to the play area. The rest of the players join a numbered child. The caller calls out a number and those players that joined that number must go to the center and stay. The other players then switch to another numbered child. Another number is called, and so on. Last child left is the next caller.

Look Down Look Up

Everyone stands in a circle shoulder to shoulder. When the designated person says, "look down," everyone looks down, when the person says "look up," each person must look directly up and make direct eye contact with another person and hold it. If you are looking at one person and they are looking back at you, then both of you are out. The object is to be the last two people, or last person standing.

Knots

Seven or eight players stand in a circle and reach into the middle with both hands. In the middle they grab hold of someone else's hands. To work it must be a player must hold onto two different hands. Without letting go, players untangle themselves to create a circle. They can step over, under or twist, but cannot let go. Almost always, players can untangle into a circle.

ABC Game

Be in a line or a circle. Have someone pick a topic to talk about. Have another child pick a letter. Start with the first person, say one sentence about the topic — the sentence must start with the letter that was chosen. The next person must continue the story (i.e. Topic-candy, Letter-H: Hello, do you have any candy? "I wish I did." Just go to the store and get some.")

Huckle Buckle Bean Stalk

Players leave the room or turn their back and close their eyes. "It" hides a predetermined object in a tricky spot, but it is in plain view. The others hunt for the object. They do not need to move anything to find it. When a player sees the object they say "huckle buckle bean stalk" and then sits down quietly. Game continues until everyone finds the object. the first finder gets to hide the next object .

Who has "It?"

Players form a circle. One player is given a small object (i.e. coin, pebble, Lego). One player is selected to stand in the middle. That player watches as the other players pass or pretend to pass the object from hand to hand, behind their backs and in front. The center player calls "Stop" when they are ready to guess who has the object.

Quiet Crossing

"It" closes his eyes and stands in the middle of the circle of sitting players. Players number off. "It" calls out two numbers. Those numbers quietly tiptoe across the circle without letting "it" touch them. Everyone cheers if they are successful. A player who is tagged becomes the next "it."

Spelling Backwards

A word is called out by the leader who points to someone. Players must spell the word backwards on the first try. Players may be eliminated, receive points or any other incentive. Use age appropriate words. It's all in the "nuf!"

Step on It

The kids stand in a circle with one person standing in the middle with their eyes closed or blindfolded. Place an object on the floor (i.e. coin, paper clip, piece of paper). The children in the circle try to direct the one in the middle to step on the object.

Who Moved

Select one person to be "It." "It" looks carefully at the poses of each person in the group, and then "It" turns around. One predetermined person changes their pose in the group while all the others try to stay as still as possible. "It" then attempts to guess who has moved.

Best Practices

- ☐ Set Dads up to be the HERO
- ☐ Make activities fun!
- ☐ Keep a positive attitude
- ☐ Be flexible
- ☐ Find ways to keep participants engaged when the lines are long...



Group Work: Brainstorming Theme Ideas

- ☐ Brainstorm ways to bring the theme with you to camp
 - ☐ Group 1: field game activities
 - ☐ Group 2: camp activities
 - ☐ Group 2: front gate
- ☐ How to mentally and physically prepare for the weekend
- ☐ Be Creative!



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THANK YOU!

