

The Texas Asthma Camp for Kids
2007 ACTIVITY GUIDELINES

Canoeing

1. The first important guideline is to stay on schedule as much as it is in your control.
2. Get to camp early enough to have the canoes, paddles, and lifejackets ready to go at the start of your first activity period.
3. The key to the boathouse (where the lifejackets and paddles are stored) is on a blue, wooden squirrel key ring kept in the back office of the Main Lodge. Rhonda can show you where. Please return it each day.
4. Pick up the first aid kit for canoeing when you pick up the squirrel key and return the first aid kit on Thursday.
5. Meet kids at the canoeing area for this activity
6. All children and adults in canoes are **REQUIRED** to wear life jackets.
7. You must use the Buddy System where 2 canoes remain close to each other and at least one of the canoes has an adult passenger.
8. Canoes are not allowed in the swimming area or past the swimming pier.
9. Canoes can go no further than half way across the lake.
10. **NO ONE** is allowed in the water or in the water in a canoe unless the lifeguard is on the canoeing pier.
11. The lifeguard will be on the canoeing pier. Canoes must stay in **CLEAR AND PLAIN SIGHT** of the canoeing lifeguard.
12. Counselors are expected to participate in the canoeing activity.
13. No horseplay.
14. No tipping the canoes unless you are teaching kids how to get back into a canoe after it has been tipped.
15. Pick up the water jug for canoeing on Monday. It will be located on the front porch of the Main Lodge. Check it each day to see if it needs to be refilled. Bring it back to the front porch on Thursday. Make sure the kids stay hydrated during your activity.

16. Please review these guidelines with campers before they start this activity.
17. Put the canoes, paddles, and lifejackets up at the end of the day.
18. Let Rhonda know if there are any other guidelines that would have been helpful if included.

Swimming

1. The first important guideline is to stay on schedule as much as it is in your control.
2. All kids must be tested on Monday and have a swimming band on to be allowed to swim each day.
3. Pick up the first aid kit from the back office in the Main Lodge on Monday and return it on Thursday.
4. Pick up the water jug for canoeing on Monday. It will be located on the front porch of the Main Lodge. Check it each day to see if it needs to be refilled. Bring it back to the front porch on Thursday. Make sure the kids stay hydrated during your activity.
5. Meet the kids at the swimming dock for this activity.
6. Guards must organize and use the Buddy System with the kids.
7. Kids must have ear drops in each ear after swimming. Get the alcohol drops from Nurse Nancy or Nurse Tracy.
8. Kids are not allowed in the water without the presence of the lifeguards.
9. Kids are not allowed outside of the swimming pier.
10. No running on the dock or other forms of horseplay.
11. You can get a lifejacket from the boathouse for kids that want to get in the water, but can't or are afraid to swim. See Canoeing info for boathouse key location.
19. Pick up the water jug for swimming on Monday. It will be located on the front porch of the Main Lodge. Check it each day to see if it needs to be refilled. Bring it back to the front porch on Thursday.
20. Bring all swimming supplies to the back office of the Main Lodge on Thursday.
21. Let Rhonda know if there are any other guidelines that would have been helpful if included.

Basketball

1. The first important guideline is to stay on schedule as much as it is in your control.
2. Get to camp early enough to organize your activity, get the cones, and make sure the balls are inflated.
3. Basketball supplies are stored in the back office of the Main Lodge.
4. Pick up the first aid kit from the back office in the Main Lodge on Monday and return it on Thursday.
5. Pick up the water jug for basketball on Monday. It will be located on the front porch of the Main Lodge. Check it each day to see if it needs to be refilled. Bring it back to the front porch on Thursday. Make sure the kids stay hydrated during your activity.
6. Meet the kids at the basketball court for this activity.
7. Instructors typically do basic drills using the basket and cones first.
8. The MOST IMPORTANT guideline is to warn the kids about running after the ball if it rolls into the road. People come around this curve all the time, so watch and be very careful.

Fishing

1. The first important guideline is to stay on schedule as much as it is in your control.
2. Pick up the water jug for Fishing on Monday. It will be located on the front porch of the Main Lodge. Check it each day to see if it needs to be refilled. Bring it back to the front porch on Thursday. Make sure the kids stay hydrated during your activity.
3. Pick up the first aid kit from the back office in the Main Lodge on Monday and return it on Thursday.
4. Meet the kids at the parking lot next to the Main Lodge for transportation to this activity.
5. Activity instructors and helpers are responsible for rounding up the bait. If you work when Ray Kohlhepp does, you don't have to worry about it, he will take care of getting the worms.
6. Ray Kohlhepp will bring the tackle box to the pond the first week. It should have all the supplies you need.
7. The shovel and bucket for the works is in back office of the Main Lodge. Rhonda or Dexter can show you where to dig worms.

8. Collect all poles and lean them neatly up against a tree or the pole holder at the end of each day.
9. You can leave the poles and tackle box at the pond until Thursday of the second week at which time, please return them to the back office of the Main Lodge.
10. Kids are NOT allowed in the water.

Riflery

1. The first important guideline is to stay on schedule as much as it is in your control.
2. Pick up the water jug for Riflery on Monday. It will be located on the front porch of the Main Lodge. Check it each day to see if it needs to be refilled. Bring it back to the front porch on Thursday. Make sure the kids stay hydrated during your activity.
3. Pick up the first aid kit from the back office in the Main Lodge on Monday and return it on Thursday.
4. Meet the kids at the parking lot next to the Main Lodge for transportation to this activity.
5. Make sure no child gets in front of the gun tables unless a police officer tells them they can go and check their targets.
6. The only other guideline is that **POLICE OFFICERS RULE**. What they say goes.

Archery

1. The first important guideline is to stay on schedule as much as it is in your control.
2. Pick up the water jug for Archery on Monday. It will be located on the front porch of the Main Lodge. Check it each day to see if it needs to be refilled. Bring it back to the front porch on Thursday. Make sure the kids stay hydrated during your activity.
3. Pick up the first aid kit from the back office in the Main Lodge on Monday and return it on Thursday.
4. Meet the kids at the parking lot next to the Main Lodge for transportation to this activity.
5. Make sure that no child gets in front of the arrow holders unless the activity instructor tells them they can go and check their targets.

Horseback Riding

1. The first important guideline is to stay on schedule as much as it is in your control.
2. Pick up the water jug for Horseback Riding on Monday. It will be located on the front porch of the Main Lodge. Check it each day to see if it needs to be refilled. Bring it back to the front porch on Thursday. Make sure the kids stay hydrated during your activity.
3. Pick up the first aid kit from the back office in the Main Lodge on Monday and return it on Thursday.
4. Meet the kids at the parking lot next to the Main Lodge for transportation to this activity. Ms. Lasseter will be at the Horse Barn.
5. The only other guideline is that Ms. Katie Lasseter is in charge at all times at the Horse Barn.

Photography

1. The first important guideline is to stay on schedule as much as it is in your control.
2. Meet the kids in the library next to the Main Lodge for this activity.
3. This is a new activity. You will be given easy-to-use digital cameras to share. The kids are to take photos of each other, and you can take photos of the group.
4. Take at least one photo that has all the kids in the cabin in it. Make sure all kids participate.
5. You can be inside or outside – the only limiter you have is to stay on obvious paths outside and be safe.
6. This is a fun activity. There are no rules about photo composition. Your job is to help the kids be creative about the photos they take.
7. We will download the photos each day and include them in our slideshow on Thursday night, and in the yearbook.