

If you knew that there was one thing you could do at camp that may:

- Improve the likelihood that campers remember what they are taught at camp
- Improve the relationships between campers
- Reduce feelings of stress and homesickness
- Reduce overeating at mealtimes
- Reduce everyone's chances of getting sick
- Improve everyone's mood and reduce disciplinary problems
- Improve counselors abilities to solve problems independently
- Make camp more fun

Sleep, it does 4-Hers good!

Getting enough sleep is one of the most important things you can do for yourself, your chaperones, your counselors, and your campers.

## Sleep is crucial to success at camp



### Sleep Requirements

AGE	SLEEP NEEDED
6-9	10-11 hours
9-18	9-10 hours
Adults	7-9 hours

#### PROBLEM

There are too many fun activities we want to have.

#### SOLUTION

Activities are only as fun as campers excitement levels. If they are tired, they may not learn as much and may cause problems. Prioritize what needs to be included in the schedule.

The teen counselors want to have some time without the campers to socialize.

While campers are on site, they must be the priority. Building relationships and supervising them is the job of the teen counselor. Build in a day before and/or after the camp program for teens to prepare/debrief from their experience. Make these rules known when hiring staff.

Campers are not tired.

If the evening activities include caffeine and high energy options, then campers may have a hard time calming down. Keep the last hour before cabin time calm. Put high energy activities, like hikes, dances, and crazy skits right after dinner.

Counselors need time to meet.

Schedule counselor meeting times during a free play hour in the afternoon when chaperones can supervise campers. Sending campers to bed without the counselor is a lost opportunity for bonding, and for growth and learning by the teens. This is the most crucial time for together-

# Steps to ensure a good nights sleep at camp:

- Set up cabin agreements at the start of camp with consequences for breaking quiet times.
- Arrange sleeping so that youth rotate head/feet positions, thus making face to face conversations more difficult.
- Do not allow “screens” at camp.
- Set a bedtime for everyone and keep it the same each night.
- Provide thirty minutes of decompression time before lights out. Use this time for personal reflection and journaling.
- Schedule high energy activities earlier in the evening. Slow things down as time progresses (e.g. end with quiet campfire songs, not a dance).
- Schedule counselor meetings and downtime during activities that can be chaperoned in the evening, not after camper bedtime.
- Schedule time in the morning for getting ready. Alternate bathroom schedules.
- Provide “barefoot” time in the afternoon for those needing to rest. Prepare activities for campers not needing to rest that can be done quietly (such as cards for solitaire or kid magazines).
- Make sure counselors are in sleeping area when campers are there.
- Eliminate caffeine from menus, especially after lunch (such as hot cocoa or chocolate candy).
- Provide a high-protein breakfast. Breakfasts high in carbohydrates (fruits and grains) burn off quickly and leave campers feeling sluggish. Rev them up in the morning, so they can slow down in the evening.
- Provide a light evening snack. Overly full or empty stomachs make falling asleep more difficult.

