



**TRAIL
LIFE
USA**

Camp Counselor

Name _____

Note: You must be an Adventurer to complete this Trail Badge.

Do all of the following requirements (1-4)

- ____1. Complete the nine required Trail Badges for Ready Trailman and the Emergency Preparedness Trail Badge.
- ____2. Volunteer for a total of six hours as a helper for a Woodlands Trail patrol, Sunday school class, vacation Bible school (VBS), or any combination of these.
- ____3. Read the Trail Life USA Health and Safety Guide. Do the following:
 - ____a. Make a list of camp safety rules for Woodlands Trail, Navigators, and Adventurers ages.
 - ____b. Explain the progressive outdoor activities appropriate to the ages of Trailmen.
 - ____c. List the required adult leader/camper ratios
 - ____d. Review the Trailman Oath and explain how you can model the behaviors described in each of the five lines to a younger Trailman.
- ____4. Make a facility plan a summer camp facility for Woodlands Trailmen, Navigators, Adventurers, or any combination thereof. Include the following:
 - ____a. Floor plan sketches for buildings that could include play and quiet areas, kitchen/dining areas, toilet and shower rooms, and sleeping areas.
 - ____b. Tent areas including camp layout, sleeping capacity,
 - ____c. Emergency procedures



- _____d. Maximum number of children and adults allowed
- _____e. Required employees

Do three of the following optional requirements (5-13)

- _____5. **Read Chapter One Leadership in The Trailmen’s Handbook. Explain the following:**
 - _____a. The four selves and how each is important for modeling positive behaviors for campers.
 - _____b. The proper attitude for a camp counselor
 - _____c. How to be a good role model
- _____6. **Read Chapter Five Fitness in The Trailmen’s Handbook. Describe each of the four types of fitness and list ways to provide positive camp experiences in each type of fitness.**
- _____7. Under the supervision of appropriate adult leaders, plan a field trip for a Woodlands Trailmen or another group of younger children. Go on the field trip with them.
- _____8. Plan and run a Woodlands Trail patrol meeting using a standard meeting plan approved by your Mentor and the Woodlands Trail Ranger.
- _____9. Select a Woodlands Trail or Navigators patrol. Do the following:
 - _____a. Teach them a fun campfire song and perform it with them.
 - _____b. Teach them a funny campfire skit and perform it with them.
 - _____c. Teach them a game, sport, or other activity and do it with them.
- _____10. Choose a Trail Badge you have earned that would work to teach at a summer adventure. Make a plan to teach the badge so that a qualified Trailman can complete the badge during a weeklong summer adventure. Assume you have a minimum of four blocks of time two hours long.
- _____11. Make a camp activities kit containing materials for quick activities for youth waiting for their turn on equipment or trapped inside by a thunderstorm.

_____12. Childhood developmental disorders affect the growth of a child in several ways. Pick three of the disorders below and list the signs and symptoms of each. Explain methods of helping a child with each disorder have a positive camp experience.

- Attention Deficit/Hyperactivity Disorder
- Autism
- Dyslexia
- Down's syndrome
- Cerebral Palsy
- Tourette's Disorder
- Obsessive - Compulsive Disorder

- _____13. Explore a career in camp program implementation or management and the qualifications necessary for members of camp staff, by interviewing a Camp Program Director or other senior staff member at a camp. Locate the closest Institution to provide the training for this career.

Trail Badge Mentor Signature

Date

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