

# Great Gluten Escape Junior Counselor Guidelines



The Great Gluten Escape Leadership Team will select young adults (ages 16-17) who show maturity, responsibility and an awareness that they are at camp to lead and assist campers. Junior Counselors should understand that:

- You have duties and responsibilities.
- You are a helper, assisting campers and staff.
- Your behavior has an impact on the camp program, campers, staff and Camp Gilmont.
- There is a distinct transition from camper to Junior Counselor, you are not just an older camper.

Junior Counselors will generally be assigned to assist counselors with a group of younger campers. You will report directly to and take instruction from the counselor(s). You should never be alone with a camper and should always have another camper or counselor with you.

## **Every Junior Counselor is responsible for:**

### **Being a Role Model**, which includes but is not limited to:

- Using appropriate language and actions around campers and staff members.
- Having a positive and enthusiastic attitude about activities and camp routines.
- Dressing appropriately, getting enough sleep, and eating meals served at meal times.

### **Caring for campers**, which includes but is not limited to:

- Knowing where campers are at all times.
- Learning the names of campers and staff in your group and helping them feel like they belong in the group.
- Talking to campers and staff in a pleasant and constructive manner.
- Helping campers think, plan and do for themselves,
- Helping campers to appreciate and accept each other.

### **Being a member of a team**, which includes but is not limited to:

- Doing your best to work and get along with staff members.
- Cooperating with camp regulations and policies.
- Assisting when needed on special occasions or in emergency situations.
- Communicating concerns to leadership before they become problems.

**Cabin responsibilities** include but are not limited to:

- Waking up before campers to get yourself ready for the day, then assisting campers as they get up and prepare for the day. Assist in cabin cleanup before breakfast.
- Keeping your bed and belongings tidy.
- At night, before you get ready for bed, assist in getting campers ready for bed.
- Being a role model by getting adequate sleep.

**Meal time and activity time responsibilities** include but are not limited to:

- Engaging campers in conversation at meal times and setting a good example by eating the meal.
- Being an active participant in all activities.
- Assisting counselors in setting up, cleaning up or teaching activities.

**Other expectations** include but are not limited to:

- Personal belongings - do not bring cell phones or other electronic devices to camp.
- Medications - all medications must be turned into the camp nurse at check in (this includes over the counter and prescription medications as well as ointments and creams, etc).
- Conduct - follow the same rules as campers. No drugs, alcohol, smoking or vaping are allowed at camp. Possession of such will lead to dismissal.
- Personal Information - campers do not need to know about your personal life, which includes your phone number, social media information or details about romantic relationships. You should use good judgement and discretion in your conversations with campers and staff members.
- Gossip - You should not gossip with campers about other campers or staff members. Campers are perceptive and can sense tension. Any problems among the staff should be addressed privately.