



Camp Cedar Illinois Inc. Policies:

1. Safety:

- a. One body - One bunk: only one person is allowed in a bunkbed - NO exceptions.
- b. Big Buddies (volunteers) cannot ask for a hug from a little buddy (campers). If a little buddy wants a hug, they can ask a big buddy or other little buddy for a hug. Big or little buddies can say no if they do not want a hug.
- c. There will always be at least three people in a group. Big and little buddies are NEVER alone one on one.
- d. Big and little buddies will always stay within eye sight and ear shot of the group.
- e. Little buddies are not allowed to have cell phones present during camp. Big buddies are required to leave their cell phones in their car. The camp director will have a cell phone in case of emergencies.
- f. NO pictures of any kind are permitted.
- g. "Not a toe in the water". The girls will have the opportunity to go canoeing if they would like to, but swimming is not permitted for safety reasons.
- h. Big buddies will NOT be using the same bathrooms or showers as little buddies.
- i. Confidentiality: all big buddies are required to sign confidentiality agreements in an effort to protect the girls and their history. We believe what happened is their story, and they are the only ones who get to share their story.
- j. After Camp, if a big buddy sees a little buddy in public, they can smile at them, but they are not allowed to start a conversation with little buddies unless the little buddy comes up to them.
- k. Big buddies are not allowed to have contact with any of the little buddies outside of camp. They cannot become Facebook friends or have contact on any social media etc. If the little buddy would like to send their big buddy a letter, they can send a letter to Camp Cedar Illinois Inc. which will be screened and forwarded to the big buddy. If the big buddy wants to respond, they can only send their letter to Camp Cedar Illinois Inc., which will then be screened and forwarded to the little buddy's guardian.
- l. If something happens that makes you uneasy in any way, or something comes up that you want to talk about, please bring it to the attention of Gwen, Edith, or Daphne, immediately.
- m. Camp Cedar Directors will have their cell phones in case of emergency – If you need to give that emergency number to a friend or family member for emergencies, please do!
- n. If a little buddy shares something with you, bring it to the director's attention as soon as possible, in the event that it needs to be reported.
- o. If a little buddy starts to share something with you and they ask you to keep a secret, please encourage them to understand that we do not keep secrets at camp. Thank them for sharing and let them know that you may need to share this with someone else.

2. Logistics:

- a. We will have an alarm clock to wake people up in the morning!
- b. We will have a sign-up sheet in the cafeteria for special activities
- c. Valuables.... Leave them at home!
- d. After the girls go to bed, big buddies can take breaks, go check their phone, etc. It is required that at least four big buddies are in the cabin room at all times. We ask that

you be respectful of the other big buddies. We will try to help you plan shower times, breaks, etc.

- e. Smoking – please smoke out of eyesight and near the vehicles in the parking lot. We will have a few ashtray containers. Please be respectful of Camp property and be sure to dispose of your butts properly. Also please keep in mind that this is not a social gossip time!
- f. Please let us know if you have any special accommodations or need anything else!

3. Attitudes:

- a. Camp is all about the girls, please leave your problems at home and focus on the girls.
 - i. Example – if your little buddy is doing crafts, this is not the time to catch up on life with other big buddies – please take the opportunity to sit down with your little buddy and do crafts with them! Encourage them, listen to them, and laugh with them! A lot of children don't get the attention they need. This is a great way to show them they are special and loved – giving them your undivided attention can go a long way!
- b. No put downs – even of yourself!!
 - i. If you or a little buddy says something negative about themselves or others, we follow it up with saying three nice things about themselves or others! This reinforces positive thinking and helps build self-esteem!
- c. This weekend is all about the little buddy – they get to make all the choices!
 - i. Example – if they want to do crafts all weekend – you do crafts all weekend (even if you hate crafts 😊)
 - ii. Example – If they want to only eat bacon all weekend, that is OK!
- d. We will be doing lots of singing and dancing – we highly encourage you to be yourself, let loose, and have fun being silly!
- e. Makeup is optional! We encourage big buddies to try going without makeup for the weekend! Be an example to the girls that they are beautiful the way they are and don't need it! Same goes for you ladies – you are beautiful just the way you are – own it 😊
- f. The weekend goes by soo fast! Please try to stay present and in the moment!
- g. Be intentional! Don't hesitate to get out of your comfort zone and encourage the little buddies and the big buddies – we all need encouragement! If you see someone doing something well, or having a great attitude etc., tell them! It's the little things that sometimes mean the most!

4. After Camp:

- a. Camp is an amazing, fun, silly, encouraging, empowering, emotional weekend! We encourage big buddies to take some time for themselves after camp and do something relaxing for you! It's important to take in everything from the weekend!
- b. If your little buddy is in foster care, you may get the urge to adopt her! If this happens, take some time to really think and pray about it before moving forward! This would be absolutely amazing; however, we want to make sure that we don't get the little buddy's hopes up in case it doesn't work out. If you still feel led after careful consideration and thoughtful prayer, then we encourage you to start moving forward 😊