



## **Summer Safety Tip Sheets**

Camps around the US provide summers of fun and memories to thousands of youth. However, some youth and staff have less than fond memories because of incidents and/or accidents that have occurred. Safe-Wise Consulting has prepared the following weekly Tip Sheets to help regularly refresh summer staff's commitment to safety. This information should be included with pre-summer staff training and used as a weekly refresher of key practices in protecting youth, staff and the organization from harm.

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### **5 Tips for Transporting Youth**

1. Keep attendance and itinerary on file at program office
  2. Carry emergency contact and medical information for campers on all trips
  3. Staff sit with camper groups on vehicles and all use seat belts (when available)
  4. Review emergency plans and procedures prior to trip and at destination
  5. Use face counts and buddy systems to keep track of camper groups
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### **5 Tips for Hot Days**

1. Apply sunscreen at the start of the day and regularly throughout the day
  2. Plenty of water will keep everyone hydrated (up to 8 – 16 ounces per hour)
  3. Activity breaks will encourage everyone to hydrate and apply sunscreen
  4. Shade locations should be available for staff and campers
  5. Watch for signs of heat illness including lack of sweat and hot flush skin
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### **5 Tips for Locker and Bathrooms**

1. Staff should know everyone who is in locker and bathrooms at all times
  2. Follow supervision procedures for locker and bathrooms
  3. No individual camper or staff should be alone with youth in locker or bathrooms
  4. Staff should supervise locker rooms in pairs
  5. Follow the “Rule of 3” and report incidents immediately
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### **5 Tips for Aquatic Safety**

1. Aquatic safety is EVERYONE'S job; program staff should assist with supervision
  2. Lifeguards should be Rescue Ready at all times
  3. All youth should be swim tested and wear swim level identification
  4. Non-swimmers should be restricted to chest-deep water (or less)
  5. Safety Breaks and Buddy Checks should be conducted at regular intervals
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### **5 Tips for Preventing Bullying**

1. Staff set the tone and culture of the program through example
  2. Staff must manage behavior and intervene with youth
  3. Everyone should know and follow ground rules and core values
  4. Bullying is harmful, intentional and repetitive
  5. Active programs with engaged staff and youth realize fewer behavior issues
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### **5 Tips for Bugs, Plants and Weather**

1. Staff should know of camper allergies/ health issues and the response
2. Follow proper precautions to prevent insect stings and tick bites
3. Avoid off trail activities and remember “Leafs of 3, Let it Be”
4. When “Thunder Roars, Go Indoors”; know and follow your emergency plan
5. Communicate any animal, insect, plant or weather concerns immediately

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### **5 Tips for Preventing Trips and Falls**

1. Campers and staff should wear activity appropriate footwear; closed toed shoes
2. Limit running to appropriate activities and spaces (sports, games, fields, etc.)
3. Remove spills and wet areas from floors and halls as soon as possible
4. Provide proper lighting for steps, stairs and hallways
5. Ensure floors, paths, stairs and railings are well maintained

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### **5 Tips for Child Abuse Prevention**

1. Follow the “Rule of 3” at all times
2. Provide SUPER vision for campers
3. Avoid private on-on-one contact between campers and campers with staff
4. Listen to youth, watch how they behave and report concerns immediately
5. Limit out-of-program contact between staff and campers; including online

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### **5 Tips for Program Safety**

1. Staff control the action at all times; remember your role, set the example
2. Plan for activities, review rules and provide SUPER vision
3. Inspect activity area and equipment prior to each use; address any issues
4. The best time to change an activity is when everyone is having fun
5. Provide supervision, structure and option limits for “Free Time”

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### **5 Tips for Emergencies**

1. Remain calm and communicate when an emergency arises
2. Know your emergency plan; follow the plan
3. Maintain camper groups and provide supervision
4. Know special health issues of campers and proper management plan
5. Conduct emergency drills regularly; review plans at start of every trip

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Additional summer program safety information is available from the American Camp Association and the [Safe-Wise Online Resource Library](#).