

*Virginia Beach Sea Camp Code of Conduct
Presented By Oyster Reef Keepers of Virginia*

Please review the following with your child before camp. Positive participation by every camper will help us create safe, fun and positive outdoor experiences.

- Inspect all gear and notify camp staff if you feel that the condition of the gear is unsafe.
- Food: arrive at camp well-fed and bring plenty of food to power you through our active day at Camp.
- Water: arrive at camp well-hydrated. Avoid caffeinated beverages before and during camp, as these dehydrate your body. Bring a 1-liter bottle of water to camp every day. Drink water at every water break throughout the camp day. Additionally, tell camp staff that you would like a water break any time you need one. Camp staff will have water available for refilling water bottles.
- Sun: apply a strong sun block before camp and several times throughout camp.
- Sun clothing: bring sunglasses, lightweight and light-colored hat and T-shirt to protect you from the sun.
- Physical Well Being: keep camp staff notified of your physical status, esp. if you are feeling badly. Tell camp staff if you do not want to participate in an activity due to a physical, body or energy issue.
- Mental Well Being: tell camp staff if you do not want to participate in an activity because you are unsure, uneasy, believe it to be unsafe or would simply rather not do it. Camp staff will then work to change the situation until the child feels they can participate, assist the child in the activity, or call home to arrange a parent pick-up. There are times, such as when we have kayaked away from the put-in location, when the child will have to do their best to finish the activity with the help of camp staff to get back to our launch point.
- Wet Shoes: wear your wet shoes at all times when camp staff instructs campers to do so.
- Life Jackets: properly wear your Personal Floatation Device (PFD) at all times when we are in a kayak or when camp staff instructs campers to wear them.
- Splashing and Throwing: we do not splash anyone (with hands or paddles), throw sand or throw mud during camp.
- Ramming: we do not intentionally ram other boats, or knock people off boards and kayaks.
- Negative words: we do not say curse words or overly negative words at camp. Keep it positive!
- No Touch: we do not touch other campers unless we are helping one another or participating in group dynamic games. We do not play-fight during camp.
- Respect: We treat all wildlife with respect.
- Respect and Courtesy: We treat all fellow campers, camp staff and everyone we see or meet during camp with courtesy and respect.
- No Bullying: Please tell camp staff if you are, or you see a fellow camper being picked on, made fun of or bullied in any way.

I have reviewed the Sea Camp rules with my child. My child agrees to follow the Sea Camp rules.

Camper's Name: _____ Camper's Signature: _____

Parent / Guardian's Signature

Date

Relationship to Camper