Youth & Adult Camps
Outdoors for All provides an active camp environment for children with and without disabilities ages 5 – 17 (Youth Camp) and adults ages 18 + (Adult Adventure Days). Youth Camp and Adult Adventure Days are held at Magnuson Park, Seward Park, and Lake Sammamish State Park.

- Camps run all summer and during school breaks from 9:00am – 3:00pm
- Volunteers are required to arrive early and stay late, 8:45am – 3:15pm.
We strive to:

• Build each camper’s social development, self-confidence, communication, outdoor recreation skills and fine and gross motor skills by accommodating the needs of each camper.
• Provide a welcoming, fun and nurturing environment; activities are structured as “challenge by choice”, allowing for a wide variety of abilities, fitness and fun!
• Each day camp has a themed week and will include correlated activities.
Youth Camps & Adult Adventure Days

Volunteer Responsibilities:
• Ensure safety of campers
• Work one-on-one with a designated camper
• Assist Camp staff members with activities
• Occasionally be a group leader

Tips:
• Be aware, alert, energetic and responsible: this is a job
• Ask staff for tips on how to work with camper or for help
• Engage with camper during activities and downtime
• HAVE FUN!
Camp Policies

• Volunteers do not help campers use the toilet, eat, or receive medications. Notify staff if your camper needs help with this.
• Outdoors for All encourages high-fives only. Please do not allow a camper to sit on your lap, hug, or hold your hand.
• Notify staff if you notice a camper is missing.
• No phone use during camp including calls, texts social media, etc.
Person First Language

• Person first language puts the identity of an individual before the label of disability. Language can be inappropriate, negative and demeaning. If information about a disability is pertinent, then use language such as "person with a mobility impairment" or "person who uses a wheelchair." Notice how we choose to put the *person* first, and then any information about his or her disability.

<table>
<thead>
<tr>
<th>Acceptable Terminology</th>
<th>... person with a disability <em>INSTEAD OF</em></th>
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</thead>
<tbody>
<tr>
<td>Person with a disability.</td>
<td>handicapped or disabled person.</td>
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<tr>
<td>Person who has _________.</td>
<td>... George uses a wheelchair <em>INSTEAD OF</em></td>
</tr>
<tr>
<td>Person who uses a wheelchair.</td>
<td>George is wheelchair-bound.</td>
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<tr>
<td>Person who communicates nonverbally.</td>
<td>... Paul has autism <em>INSTEAD OF</em></td>
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<tr>
<td></td>
<td>Paul is autistic.</td>
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Disabilities at Camp

• **Intellectual Disabilities/ Developmental Disabilities**
  o Autism Spectrum Disorder, Fragile X
  o Down Syndrome, Learning Disability (Dyslexia, ADD, ADHD), Epilepsy

• **Sensory Disabilities**
  o Visual and hearing impairments

• **Physical Disabilities**
  o Spinal Cord Injury
  o Cerebral Palsy, Muscular Dystrophy, Multiple Sclerosis, Spina Bifida
  o Amputation (congenital or traumatic)

• **Other**
  o PTSD, TBI, Stroke
Tips for Working with People with Disabilities

• Be knowledgeable about the disability your participant may have (i.e.: ask to see medical forms from staff, ask staff questions, talk with parents or caregivers)
• Break down activities into smaller tasks
• Start with small goals to accomplish a bigger goal
• Building a relationship fosters trust and is important for the individual’s success
• Be open-minded and non-judgmental
• Not every person needs assistance, ask if you can help them and respect their choice
• Use consistency in vocabulary, behavior, support, and your feedback
• Remember that people who use wheelchairs, walkers or canes see these devices as part of their personal space. Avoid touching or moving these aids without permission.
• Phrase requests and language in a positive way (i.e.: “Don’t touch that” can be positively rephrases as “Hands to self, please”).
Conversing

• Be patient with those who have difficulty speaking.
• Do not finish sentences or answers for participants.
• When you do not understand something said, ask them to repeat. Try repeating what you thought you heard. Do this as often and as much as you need. Ask him/her to rephrase if you feel you cannot understand a word or sentence. If you still don’t understand, ask a staff or lead volunteer to help you. It’s important that the participants needs are heard and understood.
• If you participant communicates non-verbally, you can still communicate and have a great experience together!
• Learn about your participant before meeting them. They may use assistive devices such as technology, pictures, or written words. If you feel like you are having difficulties communicating, ask your lead or staff for help and tips.
Increasing Comfort Level & Setting Boundaries

• Many of us feel uncomfortable around people who are different than ourselves. It’s okay if you feel this way; your comfort level will increase with exposure, practice and knowledge. Don’t hesitate to ask for help!

• It is okay to say no to a person with a disability, just as you might to anyone else. You are welcome to set your comfort limits that do not interfere with others’ rights.
  – For example, if a person with a disability invades your personal space, you can ask them not to. With some people, you may have to be repetitive.

• Set boundaries for campers. Boundaries could include keeping hands to themselves, no lap sitting or hugs, no sharing food, etc.

• Appreciate what people can do.
Participation

- Gently encourage participation
- Ask camper how they are feeling and why they are not interested in participating
- Have your camper do the small pieces of the activity they are interested in trying
- Stay with your camper at all times, even if they choose to not participate in the activities
Volunteer questions?

Contact

volunteer@outdoorsforall.org

206-838-6030 x 208