

# CAMP JABIRU 2024

## OT STUDENT EXPECTATIONS

**PLEASE REVIEW THIS INFORMATION CAREFULLY. IT PREVENTS MISCONCEPTIONS IN FUTURE!**

### OT Student Dates and Logistics

- Orientation Day – April 14<sup>th</sup>
  - Location: Camp Yarramundi
  - Time: You need to have arrived at camp and be ready to work at 7:45am
  - Meals: Lunch and dinner included with fee
  - Lodging: Included with fee
- Camp Week – April 15<sup>th</sup> – 19<sup>th</sup>
  - Location: Camp Yarramundi
  - Time: You are expected to live at camp for the week. You should plan to be at camp until 5 pm on April 19<sup>th</sup>
  - Meals: Breakfast, lunch, snacks, and dinner included with fee
  - Lodging: Included with fee

On April 14, we will hold student orientation in the morning, full staff orientation at mid-day, and the remainder of the day will be spent with your camp group, setting up your area and planning for the week. You will begin at approximately 7:00 am on April 15 and finish at approximately 5 pm on April 19. Students will need to be at camp 24 hours per day during the interim and will be expected to remain at camp until clean up and debriefing have occurred on April 19.

Camp is a massive effort and the **expectations for your camp day run beyond just the hours that the children are attending camp**. In signing up for camp, you should recognize that the rewards will be many, the experience both uplifting and exhausting, and that you may sometimes feel as if there are not enough hours in the day to complete the designated tasks. However, if you are considering paediatrics as your field or already know that you want to work with children, this experience is definitely for you. You will gain so much professional and personal knowledge from camp, and it will stay with you for years. We imagine you will also learn much about yourself and begin your own voyage of reflective, mindful practice.

Key points to ensure you have a successful camp experience:

- Be flexible;
- Be open-minded to new ideas, new people, and different ways of being in the world;
- Be a responsible communicator and ready to engage with a wide range of personalities;
- Be responsible for letting others know your needs;
- Recognize that camp days are long: pace yourself, take breaks, and understand that the camp day begins at wake-up and ends with bedtime;
- Have reasonable expectations of yourself and where you are in your learning process;
- Ask lots of questions; just be aware of where and when those questions can be asked;
- Be prepared to stretch yourself; and
- Be ready to have the best time ever!

Just to give you a brief idea of what your day includes:

- Set up and clean up are expected responsibilities each day. Your group leader will assign you specific duties that help facilitate ease for the campers.
- Additionally, taking photos and preparing them for printing is a time-consuming task and most typically must be done in the evening following campfire.
- You will also have responsibilities for sleeping overnight with campers,
- sharing meals with campers,
- and helping with overnight groups during campfire.
- Clean up at the end of your camp day is also expected. This means your area should be litter-free. Monitor this throughout the day with your campers.
- Your equipment should all be put back in its designated spot.
- You will also need to debrief with your group each day to plan for the coming day. This includes use of a specific clinical reasoning tool to help make interventions precise for each child.

This is all on top of managing the campers each day!

While we do our best to plan our staffing needs in advance based on the children that are coming, sometimes the groups don't meld as we've anticipated. Please know that **we will need you to be flexible** in your assignment. You may be moved to a different group that has different staffing needs, you may be requested to help support a different group for just a few hours, or you may be requested to be more 1:1 with a child. **Flexibility is critical to being able to function well at camp.**

Additionally, we know that camp is a long and intense week. It is easy to work with the kids and sometimes more challenging to work with the big team of adults that is there. However, we need you to **be a responsible adult and communicate clearly and consistently with your team leaders.** This means informing your team leader of when you are taking a quick break (i.e., going to the toilet), communicating about challenges you are having with a child, communicating your own needs clearly, and being proactive rather than reactive in your communication. **Camp is staffed in such a way that adults can certainly take breaks for self-care or to connect with loved ones who aren't part of camp. These breaks just need to be worked out with your group leaders in a way that doesn't detract from the group's success in the moment. Again, flexibility and clear communication skills are critical for your optimal experience at camp.**

We recognize that camp is an extraordinary effort for all adults involved. Whether you are in a day camp group or overnight group, your days will be long. **Your experience at camp is not an 8-hour workday; we cannot emphasize this enough.** Most students find the experience so rewarding, they simply roll with the long days. However, if you are a person who might find it difficult to extend yourself in this capacity, camp may not be for you; it's not for everyone! We just ask that you make a mindful decision for yourself regarding the goodness of fit of camp for you. If you decide to attend, please show up prepared for the ride!

**We value students' participation in the clinical reasoning process. However, we KNOW and EXPECT that you will not be ready for the advanced clinical reasoning conversations that occur.** We ask that you add your stories and observations about each camper, listen and participate to the clinical reasoning and treatment planning as you feel able, and be reasonable about expectations for yourself to learn the clinical reasoning tool that is used at camp. Your group leaders and clinical support team are there to answer questions and help guide your engagement with the campers, but please do not expect that they can impart to you all the knowledge that it has taken them years to amass. Set reasonable goals for yourself as a participant!

**DRESS CODE:** Camp is obviously quite casual, and we suggest that you wear clothes that you aren't fussed about as some things may get stained or torn. However, we also request that you dress modestly. This means no cleavage (front or back) should be showing. No spaghetti straps, please. No bikinis either unless you intend to always wear board shorts and a rash vest or singlet over the bikini. Please no super

short shorts either. Your bum cheeks should be covered well, with shorts being at least 12-15 cm below your bum cheek. Modest athletic wear is fine. **Shoes must have closed toes.**

**ORIENTATION:** There is a mandatory camp orientation day on April 14. Camp itself runs from April 15-19 at Camp Yarramundi (on Springwood Road in Yarramundi, NSW). Please note that orientation is on a Sunday, and camp runs from Monday – Friday. More specific details regarding schedule and topics will be provided at a later date. Some pre-learning will be made available to those who wish to participate. Orientation will also be held at Camp Yarramundi.

**COST:** While we would love to be able to provide this experience for no cost to students, it does cost The Sensory Gym® about \$600 per staff person for the week. This covers your meals and lodging. We ask that each student pay \$200 of these expenses and The Sensory Gym® will cover the remainder of the cost. In addition to meals and lodging, you will be provided with an intensive training week in paediatric occupational therapy that is yet to be duplicated in Australia.

**EXTRA OVERNIGHT OPTION:** Some of you may be travelling interstate to get to camp, so the YMCA has offered lodging (no meals) for the evening of April 13, prior to orientation. There is an additional \$55 cost for this. Please indicate on your application whether you are interested in staying overnight on April 13. It is not an obligation at this point (I will need full commitment about two-weeks in advance of camp.), just an idea of how many are interested in staying.

**HEALTHCARE:** Everyone's safety at camp is our top priority. Ideally, we would prefer that all adults who attend camp have been fully vaccinated for COVID-19 as vaccination also greatly mitigates risk. We will have at least 2 registered nurses who will be full-time at camp and an isolation space to use if needed.