



Upham Woods Youth Orientation

Welcome

"Welcome to Upham Woods Outdoor Learning Center! Over the next couple days you will get to enjoy the woods, water, trails and critters here at Upham Woods."

"My name is _____. I will be the liaison for your group! (Tell them where you are from, where you went to school/background)

"While you are here at Upham Woods, one word should guide all your behavior. That word starts with an R. Can anyone tell me what that word is? RESPECT. We are going to respect 5 things while we are here at Upham Woods."

RESPECT YOURSELF:

- Before you do something be sure it is safe.
- SPEED LIMIT at Upham Woods is walking. Please do not run.
- If you are hurt or sick, tell an adult.
- Stay within the boundaries described by the staff. Boundaries are the cabins, the Nature Center, the road and the river. (PBM with staff members only!)
- Use the stairs to go to the cabins, not the road.

RESPECT EACH OTHER:

- Help each other when you can.
- Be careful not to do anything that would hurt the feelings or injure another.
- Come to programs and meals prepared. Being prepared means having on the proper clothing for activities; washing hands before entering the dining hall.
- Be on time for meals and activities.
- Table setters should arrive 15 minutes before the meal.

RESPECT YOUR TEACHERS and ADULTS:

- Listen carefully to instructors.
- Raising your hand when you have a question or comment allows everyone to hear.
- Let an adult know where you are. Travel with a buddy and adult always.

RESPECT the BUILDINGS and EQUIPMENT:

- Keep food, gum, and beverages out of the cabins and dorms. Food should be stored in the dining hall.
- You will be in charge of cleaning the cabins and dorms before you leave.
- Be careful not to break anything.
- Please tell us about anything that is broken.
- Do not sit on the fences; they are not strong enough to hold your weight.
- Do not ring the camp bell. It is for emergency purposes only (such as tornadoes, fire, etc.) The staff will continuously ring the bell in these situations.

RESPECT the NATURAL ENVIRONMENT:

- Stay on the trails (erosion, poison ivy, etc.)
- Pick up any litter you see.
- Observe and share pieces of nature, but no collecting.
- Stay away from wildlife, enjoy from a distance. If an animal approaches acting aggressive or docile, tell a staff member.
- Turn off trail lights and close doors to save electricity and fuel.