

# Earthbound Kids

## LEAP Program Guide

### Program information for Leaders in Training and Counsellor in Training programs

The LEAP – LIT – Leaders in Training and CIT – Counsellors in Training programs are designed for campers 12 to 16 years of age who are preparing for their first volunteer and/or work experience. Participants will learn about what it takes to lead, how to work effectively in a team, effective communication, behaviour management and much more. Participants will still enjoy regular camp activities such as zip-lining, archery, swimming and garden, plus they will organize and facilitate our campwide activities every Friday!

Our goal in this program is to build both confidence and character through group activities and workshops that are hands on, and most importantly engage all. Participants will get the opportunity to interact with children and work with a mentor counsellor to help guide them to effective leadership.

#### Leaders In Training

##### Ages 12-13

- LITs get to participate in all camp activities
- Bushcraft and survival skills
- High 5 Principles of Healthy Child Development Training
- Basic First Aid Training
- Opportunity to volunteer with our seedlings, explorers, and rangers groups.
- Facilitate campwide activities

#### Counsellor In Training\*

##### Ages 14-15

- CITs learn how each activity functions, and how to set up/take down, while still participating in each activity.
- High 5 Principles in Practice Training
- First Aid/CPR re-certification
- Participate in a mentorship with one of our mentor counsellors.
- Program and run an activity for a camp group

\*Pre-requisite: LEAP Leaders in Training program or equivalent LIT program from another OCA camp

## Why leadership camp?

LEAP encourages youth to explore their personal skills, bringing out the inner leader within themselves, and explore and develop their interpersonal relationships and abilities to work with a team. LEAP aims to build confidence in young adults, encourages self-growth and inspires passion. By leading open discussions on topics such as impact, community, effective guidance, initiative, and active leadership, youth leave LEAP with a positive mind frame and with the confidence to lead effectively.

### Goals of LEAP:

- LEAP is a leadership program designed as a transition for campers into leaders;
- Our goal in this program is to build both confidence, character, mutual respect and appreciation through teamwork activities, workshops and hands on experience;
- LEAP allows campers to explore their undiscovered talents and creates environments where they can grow their skills and talents.

### Goals of CIT:

- To give CITs hands on experience in camp situations, preparing them for the role and responsibilities of a camp counsellor;
- The program aims to discover leadership characteristics, teamwork skills and positive characteristics in every CIT, and to advance and explore these skills through hands on learning experiences.
- The ideal outcome of CIT is for participants to submit their resume to Earthbound Kids once 16 years old, and hopefully be hired as a counsellor.

### **Evaluations**

During the two-week program we evaluate each LEAP participant based on their participation in activities, behaviour within the group and overall performance at camp. We do a mini evaluation at the end of the first week, then a written evaluation upon completing the program.

Since LEAP is a leadership program, if we see a participant is not cooperating with the group nor is interested in the program, they will be asked to leave.

### **Volunteering\***

Upon completing LEAP, we welcome them to return to Earthbound Kids as a volunteer. Volunteers are highly needed and appreciated at camp.

If your child would like to volunteer, please submit the the volunteer application form found on our website, or see the office for a copy. We ask all volunteers to submit the application in order for us to know they are serious about working with children and also for us to monitor the volunteers.

\*In regards to volunteer hours for secondary school, please contact your district school board BEFORE volunteering to get the hours approved. We at Earthbound Kids will sign off on school hours IF they have been approved by your respected school district.