

# Kids Keene on Safety



**Parent Handbook  
July 12-16, 2010**

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# Camp Overview

The mission of the “Kids Keene on Safety” summer camp is to significantly reduce preventable childhood accidents and fatalities through education and innovative programs including role-playing scenarios, hands-on exercises, and unique learning opportunities with the help of local professional resources.

*"Life affords no greater responsibility, no greater privilege, than the raising of the next generation."*

~C. Everett Koop, Former U.S. Surgeon General

***TELL ME*** and I'll forget,  
***SHOW ME*** and I may remember,  
***INVOLVE ME*** and I will understand!

“Kids Keene on Safety” is a week long summer camp for 7-to-9 year-olds. The camp, offered by the City of Keene, will provide a non-threatening, self-esteem building atmosphere during which participants will learn valuable personal safety lessons. Lessons will be taught through repeated practice, role playing, demonstrations, games, arts & crafts, and performance. Parental reinforcement of these lessons will help protect the child throughout their lifetime.

Instruction will be provided by representatives of the City of Keene Fire, Police, and Youth Services departments, Keene Family YMCA, DHART Emergency Helicopter Flight Services, Manning Emergency Educators, Southwestern NH Chapter of the American Red Cross, Monadnock Humane Society, NH Fish & Game, Trinity Christian School, Monadnock Center for Violence Prevention, Southwestern Fire Mutual Aid, Monadnock Cycling Club, Marlborough Police Department, Martial Arts Principals, RadKids, Cheshire Medical Center, Girl Scouts of the Green-White Mountains, and the University of New Hampshire Cooperative Extension.

# The Camp is sponsored by:



# Camp Board of Directors:

## **Director-**

Mark R. Boynton, Deputy Chief, Keene Fire Department

## **Assistant Director-**

Cynthia Boynton, Angelmark Communications

## **Board Members-**

Tim Clark, Keene Fire Department

Rebecca Davis, Youth Services, City of Keene

Gary Dresser, Trinity Christian School

Laura Gautier, Girls Scouts of the Green and White Mountains

Jeremy LaPlante, Keene Fire Department

Phylis Manning, Manning Emergency Educators

Andrea Sawyer, UNH Cooperative Extension

Melody Actouka, Southwest NH Chapter of the American Red Cross

Jared Worley, Walmart

Dasha Bushmakin, Social Media

Liz Johnston/Eileen Fernandez, Community Education, Cheshire

Medical Dartmouth Hitchcock Keene

Mandi Slate, Monadnock Center for Violence Prevention

# Contact Numbers:

To reach camp counselors during camp hours call Camp Director Mark Boynton at 209-1732 or Trinity Christian School at 352-9403.

During evening hours Camp Director Mark Boynton is available at 352-8917.

# Note to Parents:

We are very excited to be offering Kids Keene on Safety for the second year. Our sponsors have been very generous once again providing your children with lifejackets, bicycle helmets, personal and home first aid kits, and various other take-home items. It is our hope that with your reinforcement of the lessons learned during Camp your child will live a safer life. Please be on the look out for take home items that you can review with your child periodically and discuss as a family. And remember, children will model your safety habits.

This handbook will familiarize you with the topics to be covered, what your child should bring, and the goals of our camp. Pay careful attention to the special notes within the schedule and look for reminders on the announcement board each day.

Each day will begin with a check-in process in the lobby. Then children should put their belongings in their assigned locker and meet in the lunch area for a morning meeting. Your child will be assigned to a Group Leader upon check in on the first day of camp and will stay with that group as they move through rotating learning sessions. There will also be plenty of opportunity for the children to socialize with other campers during large group activities, lunch, and pick up/drop off periods.

The Group Leaders will be making themselves familiar with their assigned campers and their special needs and/or restrictions. If your child has health concerns or needs, please discuss with the Camp Director or Group Leader.

Parents are asked to make sure that medications are dispensed and sun block/bug spray applied prior to their child's arrival each day. Inhalers or EpiPens must be clearly labeled with the child's name, drug and dosage then sealed in a zip lock bag with the child's name and date of birth clearly written on the outside. All medications will be kept on top of or in the refrigerator when at Trinity School. When off campus they will be in the possession of the camp director. Children accustomed to carrying medications themselves will be allowed to do so.

Should your child become sick and not be able to attend camp, please contact the Camp Director as described in the Contact Information section. See you soon!

**Mark R. Boynton, Camp Director**

# Daily Schedules:

## Monday-Fire Safety Day

- 8:30 – 9:00**      **Arrival-Lobby**  
 -Sign in & collect meds  
 -Name Tags  
 - Assign Group & Cubbies  
 -Free play (gym/playground)
- 9:00 – 9:15**      **Orientation-Lunch Area**  
 -Welcome  
 -Introductions  
 -Goal of camp  
 -Review emergency procedures  
 -Explain rules of camp  
 -Preview of week  
 -Assemble groups
- 9:15 – 10:30**      **Learning Session 1**  
 Pink Group-Block 1  
 Orange Group-Block 2  
 Green Group-Block 3  
 Yellow Group-Block 4
- 10:30 – 10:45**      **Break and snack**
- 10:45 – 12:15**      **Learning Session 2**  
 Pink Group-Block 2  
 Orange Group-Block 3  
 Green Group-Block 4  
 Yellow Group-Block 1
- 12:15 – 1:00**      **Lunch & Free Play**
- 1:00 – 2:30**      **Learning Session 3**  
 Pink Group-Block 3  
 Orange Group-Block 4  
 Green Group-Block 1  
 Yellow Group-Block 2
- 2:30 – 2:45**      **Break and snack**
- 2:45 – 4:00**      **Learning Session 4**  
 Pink Group-Block 4  
 Orange Group-Block 1  
 Green Group-Block 2  
 Yellow Group-Block 3
- 4:00 – 5:00**      **Pick up and Free Play-Playground or Gymnasium**  
 -Sign out & give back meds  
 -Point out announcement board

### **Block 1-Parking Lot**

- Fire Safety Trailer
- Kitchen Safety
- Escape Plans
- Get Low and Go

### **Block 2-Parking Lot**

- Fire Truck Demo
- Review of equipment
- Hose line

### **Block 3-Room 134**

- Calling 9-1-1
- EDITH
- Firefighter Protective Clothing

### **Block 4-Outside**

- Ambulance Demo
- Review of equipment

### **Special Note for Tuesday**

Please bring your child's bicycle or scooter to camp. An extra bike will be available if needed. Helmets will be provided.

**Tuesday-Bicycle and Personal Safety Day**  
**\*REMINDER-BRING CHILD'S BICYCLE OR SCOOTER**

- 8:30 – 9:00**      **Arrival-Lobby**  
 -Sign in & collect meds  
 -Name Tags  
 - Assign Group & Cubbies
- 9:00 – 9:15**      **Morning Meeting-Lunch Area**  
 -Welcome - Announcements  
 -Review rules & day's topic  
 -Assemble groups
- 9:15 – 10:00**    **Learning Session 1**  
 Pink Group-Block 1  
 Orange Group-Block 2  
 Green Group-Block 3  
 Yellow Group-Block 4
- 10:00 – 10:15**   **SNACK- Lunch Area**
- +10:15 – 11:15+**   **Large Group-Internet Safety DVD**
- 11:15 – 12:00**    **Learning Session 2**  
 Pink Group-Block 2  
 Orange Group-Block 3  
 Green Group-Block 4  
 Yellow Group-Block 1
- +12:00 – 1:00+**    **Lunch & Free Play**
- +1:00 – 1:45+**    **Large Group-K9 Demo (Gym)**
- 1:45 – 2:30**      **Learning Session 3**  
 Pink Group-Block 3  
 Orange Group-Block 4  
 Green Group-Block 1  
 Yellow Group-Block 2
- 2:30 - 2:45**      **SNACK – Lunch Area**
- 2:45 – 3:30**      **Learning Session 4**  
 Pink Group-Block 4  
 Orange Group-Block 1  
 Green Group-Block 2  
 Yellow Group-Block 3
- 3:30 – 4:00**      **End of Day Meeting and Announcements**  
 -Brief review of day  
 -Sign out & give back meds  
 -Point out announcement board  
**DISMISSAL**

**Block 1-Parking Lot or Gymnasium**  
 Bicycle Safety Course- Charles

**Block 2-Room 125**  
 Safe on My Own- Melody

**Block 3-Room 124**  
 Bullying Prevention- Mandi

**Block 4-Room 133**  
 Basic Aid- Melody

**During Breaks & Lunch-Room 134**  
 Child ID Badges

**Wednesday-Health & Wellness and Animal Safety Day**

**8:30 – 9:00**      **Arrival-Lobby**  
 -Sign in & collect meds  
 -Name Tags  
 - Assign Group & Cubbies  
 -Free play (gym/playground)

**9:00 – 9:15**      **Morning Meeting-Lunch Area**  
 -Welcome  
 -Announcements  
 -Review camp rules  
 -Review of day's topic  
 -Assemble groups

**9:15 – 10:00**      **Learning Session 1**  
 Pink Group-Block 1  
 Orange Group-Block 2  
 Green Group-Block 3  
 Yellow Group-Block 4

**10:00 – 10:15**      **Break and Snack-Lunch Area**  
**10:15 – 11:00**      **Learning Session 2**  
 Pink Group-Block 2  
 Orange Group-Block 3  
 Green Group-Block 4  
 Yellow Group-Block 1

**11:00 – 12:00**      **Large Group-Animal Safety**  
**11:00 - 11:30**      Pink/Orange Groups-Fast Friends  
 Green/Yellow Groups-Free Play

**11:30 - 12:00**      Red/Blue Groups-Free Play  
 Green/Yellow Groups-Fast Friends

**12:00 – 12:45**      **Lunch & Free Play**  
**12:45 – 1:30**      **Learning Session 3**  
 Pink Group-Block 3  
 Orange Group-Block 4  
 Green Group-Block 1  
 Yellow Group-Block 2

**1:30 – 1:45**      **Break and Snack-Lunch Area**  
**1:45 – 2:30**      **Learning Session 4**  
 Pink Group-Block 4  
 Orange Group-Block 1  
 Green Group-Block 2  
 Yellow Group-Block 3

**2:30 – 3:30**      **Large Group-Lost Child Prevention**  
**3:30 – 5:00**      **Pick up and Free Play-Playground or Gymnasium**  
 -Sign out & give back meds  
 -Point out announcement board

**Block 1-Kitchen**  
 Nutrition and Food Safety  
*Liz Johnston*

**Block 2-Room 125**  
 Rescue Breathing  
*Phyllis Manning*

**Block 3-Room 124**  
 Physical Fitness  
*Andrea Sawyer*

**Block 4-Room 133**  
 Seat Belts/Brain Injuries  
*Tim Clark*

**Special Note for Thursday**  
 Send your child to camp dressed in bathing suit with sun block applied. Pack a change of clothes, towel, and sun block. Life jackets will be provided.

## Thursday-Water Safety Day

Send child to camp dressed in bathing suit with sun block applied. Pack a change of clothes, towel, and sun block. Life jackets will be provided. Children will be bussed to Otter Brook Dam for the day and then returned to Trinity Christian School for pick up. All medications and lunches will be transported to Otter Brook.

<b>8:30 – 9:00</b>	<b>Arrival-Lobby</b> -Sign in & collect meds -Name Tags - Assign Group & Cubbies -Free play (gym/playground)
<b>9:00 – 9:30</b>	<b>Morning Meeting-Lunch Area</b> -Welcome -Announcements -Review of day's topic -Review Otter Brook rules -Load bus -Travel to Otter Brook
<b>9:30 – 10:00</b>	<b>Learning Session 1</b> Pink Group-Block 1 Orange Group-Block 2 Green Group-Block 3 Yellow Group-Block 4
<b>10:30 – 11:30</b>	<b>Learning Session 2</b> Pink Group-Block 2 Orange Group-Block 3 Green Group-Block 4 Yellow Group-Block 1
<b>11:30 – 12:00</b>	<b>Large Group-Hike and Plant ID</b>
<b>12:00 – 12:30</b>	<b>Large Group-DHART Helicopter</b>
<b>12:30 – 1:00</b>	<b>Lunch &amp; Free Play</b>
<b>1:00 – 2:00</b>	<b>Learning Session 3</b> Pink Group-Block 3 Orange Group-Block 4 Green Group-Block 1 Yellow Group-Block 2
<b>2:00 – 3:00</b>	<b>Learning Session 4</b> Pink Group-Block 4 Orange Group-Block 1 Green Group-Block 2 Yellow Group-Block 3
<b>3:00 – 3:45</b>	<b>Load buses &amp; ride back to TCS</b>
<b>4:00 – 5:00</b>	<b>Pick up and Free Play-Playground or Gymnasium</b> -Sign out & give back meds & order for hot dog/hamburger -Point out announcement board

### **Block 1-Otter Brook**

Life Jacket  
Familiarization

### **Block 2-Otter Brook**

Boating Safety

### **Block 3-Otter Brook**

Reach, Throw, Don't Go

### **Block 4-Otter Brook**

Water Activities

### **DHART Landing**

### **Special Note for Friday**

Please pack a bathing suit for water games and towel. A BBQ lunch will be provided. The Ice Cream Social for the entire family begins at 3 p.m. Your child will be given 2 vouchers for free treats provided by Kona Ice. Bring money to purchase additional treats for additional members of your family and your completed evaluations.

## Friday-Safety Round-Up Day

\*REMINDER TO JOIN US FOR THE ICE CREAM SOCIAL AT 3 P.M. YOUR CHILD WILL BE GIVEN 2 VOUCHERS FOR FREE TREATS PROVIDED BY KONA ICE. BRING MONEY TO PURCHASE ADDITIONAL TREATS FOR ADDITIONAL MEMBERS.

<b>8:30 – 9:00</b>	<b>Arrival-Lobby</b> -Sign in & collect meds -Name Tags - Assign Group & Cubbies -Free play (gym/playground)	<b><u>Large Group-Self Defense</u></b> Martial Arts Principles with Sensei Paul Bowman  <b><u>Block 1-Room 125</u></b> <i>Mandi</i> T-Shirt Design  <b><u>Block 2-Room 124-</u></b> <i>Cindy/Ruth</i> Safety Scavenger Hunt  <b><u>Block 3-Front Lawn</u></b> <i>Joanne</i> RadKid Abduction Prevention  <b><u>Block 4-Playground</u></b> <i>Mark</i> Hose Roll Challenge Midnight Alarm Bucket Brigade  <b><u>Special Note</u></b> Don't forget to turn in your evaluations and clean out your child's locker.
<b>8:30 – 9:15</b>	<b>Self Defense set up in Gym</b>	
<b>9:00 – 9:15</b>	<b>Morning Meeting-Lunch Area</b> -Welcome -Announcements -Review of day's topic	
<b>9:15 – 10:15</b>	<b>Large Group Self Defense</b>	
<b>10:15 – 11:00</b>	<b>Learning Session 1</b> Pink Group-Block 1 Orange Group-Block 2 Green Group-Block 3 Yellow Group-Block 4	
<b>11:00 – 11:45</b>	<b>Learning Session 2</b> Pink Group-Block 2 Orange Group-Block 3 Green Group-Block 4 Yellow Group-Block 1	
<b>11:45 – 12:45</b>	<b>BBQ Lunch &amp; Free Play</b>	
<b>12:45 – 1:30</b>	<b>Learning Session 3</b> Pink Group-Block 3 Orange Group-Block 4 Green Group-Block 1 Yellow Group-Block 2	
<b>1:30 – 2:15</b>	<b>Learning Session 4</b> Pink Group-Block 4 Orange Group-Block 1 Green Group-Block 2 Yellow Group-Block 3	
<b>2:15-3:00</b>	<b>Safety Camp Roundup</b> Memories, Lessons Learned, Friends Made	
<b>3:00- 4:00</b>	<b>Ice Cream Social-Playground/Gym</b> Awards handed out; T Shirt Design Winner Announced; Group picture; Thank you to sponsors; Evaluations; Sign outs & give back meds	

# What to Bring to Camp

Everyday Essentials (Label all items brought to camp):

1. Non-perishable lunch and drink-Pack in insulated container with cool pack if necessary. Please label lunch containers with child's name. **NO PEANUT BUTTER OR OTHER FOOD CONTAINING PEANUTS PERMITTED.**
2. Children should wear comfortable, play clothing appropriate for the weather conditions with sneakers or closed toe and back strapped shoes. (No flip-flops or sandals)
3. Please apply sun block (and bug spray if desired) prior to dropping off in the morning.
4. Pack an extra set of clothes, sweatshirt/jacket, swimsuit, towel and sun block. (If weather is especially hot we may conduct water play)
5. Inhalers, EpiPens, or other emergency medications must be clearly labeled with the child's name, drug and dosage then sealed in a zip lock bag with the child's name and date of birth clearly written on the outside.
6. For Tuesday, bring your child's bicycle or scooter for the day. An extra bike will be available, if needed. Helmets will be provided.
7. For Thursday, please send your child to camp dressed in bathing suit with sun block applied. Pack a change of clothes, towel, and sun block. Life jackets will be provided.
8. For Friday, please have your child bring a bathing suit and towel for water games. No need to pack a lunch as we will be having a BBQ.
9. Also for Friday, allow time to join us for an Ice Cream Social at 3 p.m.

# Program Details and Resources

## **Fire Safety**

The day starts with the Fire Safety trailer that looks so much like a real camper, you might be tempted to ask who lives in it. No, it isn't Sparky the fire dog or Smoky the Bear. (Although, they do make frequent trips here to teach fire safety.) The Fire Safety trailer is provided by Southwestern Fire Mutual Aid with the goal of presenting fire safety hazards to children similar to what they might encounter in their own homes.

This comprehensive program includes a trip through the trailer complete with a tour of the living room, kitchen, and bedroom. Children learn methods of exit; how to avoid hazards such as the fireplace – this one actually works; pots on the kitchen stove; space heaters; how to "stay low and go" in the event of smoke and fire; and how to stop, drop, and roll if clothing catches fire.

Then comes the time to practice what was learned. Artificial smoke is pumped in through the smoke generation system, smoke alarms go off, and doors become hot to the touch.

Participants are guided through the process by firefighters from the Keene Fire Department and dispatchers from Southwestern Fire Mutual Aid and conclude by meeting at a safe location outside the trailer.

The afternoon exercises build on what was learned during the morning. Children practice dialing 911 and answering the questions of a real dispatcher. Then it's time for a tour of a fire truck and a demonstration of firefighters protective clothing. Children learn not be afraid of firefighters with all their gear on and not to hide from fire or firefighters.

## **Homework**

At the end of the day the children will be sent home with an assignment to complete a home evacuation plan and test the smoke detectors in their home with the assistance of their parents or guardians.

## **Bicycle Safety**

The Liberty Mutual Keene, NH office along with The Marlborough Police Department and the Monadnock Cycling Club will be hosting a Kids Bicycle Safety Road Course. Children should bring their own bicycle or scooter for camp this day. Bicycle helmets provided by Kiwanis Club of Keene, will be fitted to each child for use during camp and to bring home as a gift. Children will learn important bike riding rules and have the opportunity to test their knowledge maneuvering through a road course in a miniature “town,” complete with real road challenges. There will also be bike safety quizzes, refreshments and giveaways for kids and parents.

Hundreds of thousands of people are hurt in bicycle accidents each year, and Liberty Mutual is committed to educating children about simple safety guidelines that could reduce this number of injuries and fatalities. Bicycle accidents continue to be a significant cause of injury or death to U.S. children. According to government and insurance industry reports, more than 500,000 people are hurt in bicycle accidents each year. And, of the nearly 700 bicyclists killed each year in traffic crashes, 90 percent were not wearing a helmet.

The Liberty Mutual Bike Safety Rodeo is an example of the company’s continued commitment to safety in New Hampshire. Liberty Mutual employees in New Hampshire and across the nation share one common goal – to help our citizens live safer, more secure lives. The Bike Safety Rodeo is one more way Liberty Mutual can put that commitment into action.

Liberty Mutual ([www.libertymutual.com](http://www.libertymutual.com)) is one of the largest multi-line insurers in the property and casualty industry. The company sells full lines of coverage for homeowners, automobile, valuable possessions and personal liability through more than 400 direct-sales offices, and through payroll deduction and direct billing to more than 7,500 companies and associations. Liberty Mutual Group offers a wide range of products and services; including group life and disability; general liability; commercial auto; commercial property; individual life and annuities; and international programs. Liberty Mutual has been the leading provider of workers compensation insurance, programs and services in the United States for 65 years. Celebrating its 90<sup>th</sup> anniversary in 2002, Liberty Mutual today employs 35,000 people in more than 800 offices throughout the world.

## **Personal Safety**

Safe on My Own, is presented by *American Red Cross - NH West Chapter*. This course is a guide to home safety for children between the ages of 7-10 years. It prepares participants to feel more confident about being able to handle some of the small problems and safety related issues that may arise when they are home alone before and after school. The session includes telephone tips, first aid pointers, family rules, awareness of strangers and more. *The Red Cross does not endorse leaving children home alone, but recognizes that this does happen.*

### Problem Situations Covered in the class include:

1. How to carry and use your key and what to do if you lose or forget your key.
2. What to do if a door or window is unlocked, broken, or open or a ladder is under the window.
3. How to make sure it is safe to enter and how to make a safety check once inside.
4. What to say and do if someone comes to the door.
5. What to say if someone calls on the phone.
6. What to do when you need help in case of fire, a burglar in the house, or if you are hurt.
7. How to use the telephone for help.
8. What to do if you feel lonely or afraid.

## **Bullying Prevention**

Mandi Slate, M. Ed., Bullying Prevention Educator with the Monadnock Center for Violence Prevention will guide campers through the basics of bullying prevention. Introductory skills include learning how to stand up for yourself and others, when faced with bullying. A video will be shown and handouts for further exploration in bullying prevention will be provided.

## **Basic Aid Training**

Basic Aid Training (BAT) introduces youth to the emergency action steps – Check, Call, Care – as well as to basic first aid procedures. Children learn about choking, wound, nosebleed prevention and care and other forms of accident prevention through interactive games and problem-solving exercises.

### **Nutrition/Food Safety**

Cheshire Medical Center educator Liz Johnston will present nutrition as another area of focus for the day. Campers will participate in a hands-on snack making activity which emphasizes fruits and vegetables. The lesson will encourage them to try new foods while also teaching them to recognize the nutritional benefits of fruits and vegetables and how to safely handle food. Other activities include using their senses to explore new and/or familiar foods, creating a fruit and vegetable rainbow, sharing information about their favorite foods, and practicing the “no yuck” rule.

Additionally, campers will participate in a hands-on food safety activity which emphasizes proper hand washing. They will learn how bacteria is transferred, recommended hand washing techniques, and how to safely handle food.

### **Physical Fitness**

UNH Cooperative Extension 4-H Educators, Andrea Sawyer and Holly Gowdy will be doing a variety of physical activities from the new Up For the Challenge Curriculum. This curriculum takes a wellness approach which encourages youth to be active and make healthy decisions throughout their lifetime. Children should come prepared to play hard and have fun!

### **Rescue Breathing**

A technique called rescue breathing will be demonstrated by Phylis Manning of Manning Emergency Educators and Laura Gautier of the Girl Scouts of the Green and White Mountains. Each camper will get the chance to practice on a rescue mannequin. Basic choking techniques such as the Heimlich Maneuver and abdominal thrust will be covered and the first aid process of Check, Call, and Care will be explained and demonstrated. The instructors will share other health tips and demonstrations using mannequins, pocket shields, and sunscreen.

## **Seat Belts/ Brain Injuries**

Seat belts save lives and prevent brain injuries. A short classroom presentation by Firefighter/Paramedic Tim Clark of the Keene Fire Department will discuss the brain and what happens when the brain is injured. The importance of wearing helmets and seat belts to prevent brain injuries will be addressed and a hands-on exercise will be conducted. The exercise will have children trying to write their name using a mirror to simulate a brain injury. A brain made of Jello will be used as a prop to demonstrate the fragility of a real brain.

The classroom presentation will be followed by a vehicle safety check where the children learn to look for hazards around a vehicle, places to avoid riding and how to buckle up.

## **Water Safety**

At the start of Water Safety Day each camper will be fitted with a lifejacket or PFD (Personal Flotation Device) by NH Safe Kids to be used for the day's activities and then brought home. They will learn how to pick the proper size of a jacket, how to put it on, how to swim, huddle, and how to take it off.

Staff of the Keene Family YMCA will conduct a lesson on boat safety in which campers will learn the proper way of entering and exiting a boat as well as safety tips for using the boats and what to do if it flips over. Campers will practice these techniques using canoes.

Rescues will be the final topic of the day. Instructors will teach "Reach, Throw, Don't Go," self rescues, survival floating, and resting strokes. Campers will use reach poles, ring buoys, throw bags, and noodles to practice these techniques. If we are lucky we will also be treated to a special landing of the DHART helicopter that will provide campers with the opportunity to take a look inside the rescue vehicle. Please be aware that this special visit can only occur if the helicopter is not needed for a real emergency. In the past, they had to cut their visit short to respond to an emergency call.

### **Lost Child Prevention**

NH Fish and Game representatives will teach children what to do if they get lost in the woods. Their lesson includes instruction to stay in one place (preferably out in the open), blowing a whistle and making noise every few minutes, staying warm and dry and keeping calm by singing or telling yourself a story. What to bring on a hike and how to avoid getting scared will also be covered in the lesson.

### **Safety Round-Up Day**

The final day of camp will review safety lessons presented earlier in the week the opportunity to practice skills from each subject area. The day will also feature a safety scavenger hunt and fire muster games with time for campers to create their own original artwork for consideration in the Safety Camp T-Shirt Design Contest. Camp directors will choose one design for the 2011 Kids Keene on Safety t-shirt.

A large group self defense demonstration with Sensei Paul Bowman from Martial Arts Principles is scheduled for 9 a.m. The demonstration will feature aspects of their Kids Martial Arts and Kids Safe programs designed for children ages 3-12 years old. Campers will learn principles that stress Peace Over Power including health, fitness, safety, bully/conflict prevention and resolution, abduction/predator prevention, self defense, and Martial Arts.

Joanne from radKIDS® will be with us this year to teach abduction prevention. radKIDS® is dedicated to providing children with a hands-on, activity-based physical skill development program empowering children with options, not fear. radKIDS® provides children with the instinctual options they need to recognize, avoid, and, if necessary, respond to potential danger in their world today. When a child is approached or grabbed, the response needs to be immediate, instinctual and absolute. This instinctual response can be "taught" and enhanced through individual demonstration, training, and practice. radKIDS® is dedicated to

providing communities and families the tools they need to teach and empower children with realistic options in their own personal safety.

Lunch for Safety Round Up day will be provided during a celebratory BBQ to be held outside, weather permitting. The day will wrap up with an Ice Cream Social for the whole family featuring treats from the Kona Ice Mobile. Each camper will receive two \$2-vouchers for treats from Kona Ice (one to be used by the camper and the other to be given to a family member). Kona Ice will donate a quarter of their proceeds to Kids Keene on Safety who will, in turn, donate the money to Trinity Christian School as a thank you for the use of their extraordinary facility. During the ice cream social each child will be recognized with a certificate and the winner of the t-shirt design contest will be announced.