GET O.U.T. AT CAMP WOODSMOKE

A CREATIVE PROJECT
SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS
OF THE HONORS PROGRAM

by
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BALL STATE UNIVERSITY
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ACKNOWLEDGMENTS

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Mr. Norman Kaplan, Executive Director Foundation for the Junior Blind

Mr. Mark Laker, Health Education Division Indiana State Board of Health

Mr. William Smith, Chairman Camp Woodsmoke Board of Directors Lions Club District 25 F

Dr. C. Warren Vanderhill, adviser

and

Jody Fisher, student

Bernard M. Eagan, student
Get O.U.T. at Camp Woodsmoke
is a creative project written
to complete requirements of the
Honors Program at Ball State
University. The Get O.U.T.
program and the Vanderhill
Foundation for the Handicapped
are fictitious, created by the
author for the purposes of this
project.
During the summer of 1976 I worked as secretary at Camp Bloomfield, a resident camp for blind and deaf youth sponsored by the Foundation for the Junior Blind in Los Angeles, California. The summer was full of long hours, hard work, and missed meals. The camp's location in the Santa Monica mountains east of Malibu meant water shortage and threat of fire in addition to the blue skies of southern California. There seemed to be few Indiana type mosquitoes, but small lack of rattlesnakes. The summer of 1976 at Bloomfield, however, revealed itself to be among the most meaningful I have experienced.

The Camp Bloomfield program worked to provide a summer camp for blind and partially sighted youngsters served by the Foundation for the Junior Blind. The foundation, established over 25 years ago in Los Angeles, originally provided programs for the blind children who had nowhere else to go for recreation. Camp Bloomfield is one of the highlights of the year and makes possible—through adaptations and patience—a camping experience that its campers might otherwise miss. Recent years have brought deaf and hearing impaired youth to Bloomfield.

When I returned to Ball State University for student
teaching the following September I came with an enthusiasm and curiosity for outdoor recreation and education programs. Throughout the camp season I had seen many campers grow and learn (and squabble occasionally). I had tutored a few math students under the trees. The inspiration of the out of doors seemed contagious and powerful—and worth turning loose to feed growing ideas and lives.

Through the suggestions of Dr. C. Warren Vanderhill I began to see a channel for my enthusiasm for outdoor education and recreation and my Bloomfield experience. Do such programs exist in Indiana? How are they developed? What is necessary to duplicate a program that serves a special population? How would I devise a camp program? These questions rose and formed the skeleton of my project.

A fictitious foundation was devised to receive the equally fictitious proposal. Camp Woodsmoke, however, does exist as a site being developed by the Lions Club District 25 F in southeastern Indiana. The Lions hope to establish the site for use by groups of handicapped youth and cooperated kindly for this project.

The proposal of a camp program to the Vanderhill Foundation for the Handicapped was dubbed "Get O.U.T. at Camp Woodsmoke," for if nothing else, the program's goal was to get blind and deaf children out of themselves, their often dependent roles, and into the out of doors.

C.G.H.
February, 1977
A PRELIMINARY PROPOSAL
TO THE VANDERHILL FOUNDATION FOR THE HANDICAPPED
FOR THE DEVELOPMENT OF
GET O.U.T. AT CAMP WOODSMOKE
RESIDENT CAMPING PROGRAM
FOR VISUALLY AND HEARING IMPAIRED YOUTH IN
CENTRAL INDIANA

SUBMITTED TO THE BOARD OF DIRECTORS BY
CYNTHIA G. HEUSS
FEBRUARY 20, 1977
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INTRODUCTION

Many authors today, in writing of outdoor education and recreation, stress the importance of experiences in the out of doors, particularly during the developmental years of childhood. Recent publications have examined the values of resident camping as applied to the provision of opportunities for children in the out of doors. Reynold E. Carlson, in a monograph published by the American Camping Association, outlines the goals shared by most resident camp programs and reports the general feeling of camp participants that a summer camping experience is valuable for children of all ages. (2, pp. 2-4)

Resident camping involves skills in group living as well as close experience with the natural environment and man's relationship to it. Rather than isolated in classrooms and books, information is alive and surrounds the camper. Programs may be specially designed to foster interest in natural resources and their conservation, the enjoyment of the beauty of nature, and also insight into the functions of various elements of the total ecology. Counseling and group living situations may be designed to encourage the development of social skills and cooperation.
Problem

Summer camps, then, can provide opportunities for contact with nature and have as their objective the increase of understanding of man's role in the natural environment and in the world with other men. Another equally important objective has been to provide an enjoyable experience--fun for all participants. Where the handicapped are concerned, however, the limits of time, skill and understanding may complicate the accomplishment of these objectives. In the case of a visual handicap there may be problems of orientation, programs with strictly visual instruction or demonstration, or lack of adequate supervision of guides. With a hearing impairment, verbal communication may be affected so that those without special skills or understanding of the problem might not be able to provide for a safe and meaningful experience. Physical handicaps that limit mobility and involve such things as wheelchairs, walkers, and others will require patience and special architectural considerations. The mentally handicapped may require time, understanding and skill not readily available in many camps.

Objectives

It is the object of this paper to propose the establishment of a program to serve a portion of this population not easily handled by other camps, which would provide an outdoor experience that might otherwise be missed. The program proposed would serve visually and hearing impaired youth. Limits
in facilities prevent the inclusion of orthopedically handicapped campers although as such facilities will soon be available it is hoped that this population will not be overlooked in the future of such a program. Blind and deaf campers, however, can be served within these limits with an increased staff whose orientation is toward campers with special needs.

It is a second consideration of the program that relatively few similar camp programs for the blind and deaf exist in the central Indiana area. Such a lack suggests that this program may provide opportunities for those in the area with limited transportation.

**Procedure**

The proposed camp program would provide an opportunity for outdoor camping experiences for eligible campers free of cost. In the following pages the goals and programs of Get 0.U.T. at Camp Woodsmoke are outlined. Get 0.U.T. at Camp Woodsmoke is a special program. However, throughout this paper and the project itself, should it be implemented, it is a basic assumption that the campers at Get 0.U.T. at Camp Woodsmoke will be children **first** and handicapped second. The goal of providing fun and learning for children will be of highest priority.

The program is proposed for implementation in the 1979 summer camping season.
GENERAL DESCRIPTION OF CAMP OPERATION

Get O.U.T. at Camp Woodsmoke is designed to provide outdoor experience for visually and hearing impaired youth during three ten day camping sessions. Sessions will be assigned according to age groupings made in line with level in school and adjusted where deemed necessary by the camp director. General guidelines shall be Elementary (age 8 - 10), Middle School (11 - 14), and High School (15 - 18). The camp sessions will be separated by a four day break during which time camp is closed and all personnel leave the camp site.

Prior to camp opening, the director and assistant director shall conduct a two day orientation session for all camp staff. Introduction to the philosophy and goals of the Vanderhill Foundation for the Handicapped as well as those of the Get O.U.T. program will be included, along with general camping and counseling techniques, provisions for visual and hearing handicaps, and emergency procedures.

The camp program will be administrated by the Camp Director, its chief officer. He shall be assisted by an Assistant Director who will also serve as Coordinator of programs, supervising all counseling staff. Camp health concerns will be the responsibility of the Camp Nurse who will report to the Director. The Food Service Manager will provide
for all meal preparation and supervise the kitchen staff.

Campers will be assigned to small groups of not more than four, supervised by a cabin counselor. Group assignments will be made by the Camp Director on the bases of similar age, impairment, ability and sociability as far as is known. Groups may be adjusted as the camp session progresses. Campers will be within sight and calling distance of the counselor at all times not designated as counselor free time. This "distance" will vary according to conditions, activities, and impairment of campers. Counselors will be advised as to what steps are to be taken in this regard.

Daily camp life will include eating of three meals with the entire camp at the dining hall, performing housekeeping tasks in the cabin and participating in program activities in small groups. Special events, free time with the group and evening "campfire" meetings with the entire camp will also be included. Program specialist staff will serve as instructors during planned activity schedule and as aids to cabin counselors during time not specified as counselor free time. Each afternoon the counseling staff will be provided an hour of free time at a camper "rest hour" during which time campers rest or participate in quiet activities while supervised by a minimum of staff. Free time will also be provided after campers' lights-out.

Statement of Goals

The goal of G.O.U.T. at Camp Woodsmoke shall be for
each camper to

Get Outdoors - extending his knowledge, appreciation, and experience in the natural environment outside his smaller communities of home, school, and city

Get Understanding - experiencing cooperation in a community of both peers and adults who share his outdoor experience

Get Together - beginning to form important social skills, building true and rewarding relationships while sharing himself and his experiences with others

While this three fold goal is important to the development of the camper, the overall goal of Get O.U.T. at Camp Woodsmoke will be to provide each camper with an outdoor experience full of FUN!

The goal of Get O.U.T. at Camp Woodsmoke will be accomplished if each camper

- functions as a vital and cooperative member of his group
- develops (or improves) two physical skills while at camp
- demonstrates self-responsibility and independence appropriate for his stage of development
- creates a project of his own choosing with only guidance from adults or peers
- participate in projects for camp improvement, safety or fun
- expresses interest in others around him and concern for
their safety, health, and enjoyment
- demonstrates increased understanding of natural resources and the natural environment to which he has been exposed at camp
- indicates (verbally or otherwise) his enjoyment of the outdoor camping experience

**Philosophy of Get O.U.T. at Camp Woodsmoke**

The goals outlined for Get O.U.T. at Camp Woodsmoke provide for the camper's experience in the out of doors, with others (both peers and adults) and an opportunity to enjoy himself in a place where the object of all activity is to have fun.

Having fun wherever you find yourself may be a skill to be learned as much as physical stunts, academic study, or social graces. It is conceivable that disabled young people, whether physical, emotional or mental handicaps are involved, may have some difficulty acquiring this skill. Get O.U.T. at Camp Woodsmoke has as its objective providing a place where this skill of enjoyment can develop or grow for all those involved, campers and staff alike.

The program is to be such that young people are as free from any barriers as possible—physical, attitudinal, or other types of barriers that in the past may have kept them from experiences needed in their growth as persons. The atmosphere is to be one encouraging as much independence as possible, or as much as the camper discovers in himself. The camping
environment is also to provide an opportunity for campers and staff to discover the relationship of their own independence to others—the interdependence of people in groups.

This design requires physical adaptation of camp facilities for some, adaptation of usual camp policy for others, but most significantly, it requires an understanding and capable staff for all. Staff members must be ready to work with the camper in mind first, and must realize the goals and philosophy of the camp experience in their contact with each camper.

NOTE: As the project Get O.U.T. at Camp Woodsmoke is presently proposed the population to be served will include visually and hearing impaired youth. As more complete facilities become available and others may be accommodated it will be in harmony with the above philosophy to increase the range of campers served to include those with other handicapping conditions.

Admissions Policy

It is the aim of Get O.U.T. at Camp Woodsmoke that this project should serve visually and hearing impaired children who may not otherwise have the opportunity to participate in an outdoor resident camp program due to their impairment. Therefore the camp program is open to all visually and hearing handicapped children under the following conditions:

- camper is between the ages of 8 and 18 (will reach the 8th birthday and not reach the 19th birthday within six months of camp session)
- camper's impairment, if visual, shall cause him to be classified as legally blind in the State of Indiana or such that he is prohibited from participation in other existing camp programs.
- camper's impairment, if aural, shall cause him to be classified as deaf or hearing impaired in the State of Indiana or sufficiently interrupts his communication to prohibit participation in other existing camp programs.
- camper is certified by licensed physician to be physically healthy and able to participate in a majority of camp activities.
- camper has filed completed application and parent permission forms and agrees to participate in group camp insurance program.
- camper has little restriction of mobility, diet or other physical needs that cannot be cared for at the campsite.
- camper is responsible for own hygenic needs, is toilet trained.

The camp administration and the Vanderhill Foundation for the Handicapped reserve the right to determine if the camp program can adequately provide for an individual camper's physical needs. Applications will be considered on a first come first served basis under the limitations of camp capacity and age groupings.

No camper will be discriminated against on the basis of his race, creed, or national origin. Every effort will be made to provide adequate staff for both male and female campers.
so that sex will not be a discriminating factor.

NOTE: Pets or guide animals cannot be provided for by the camp program and therefore should be left at home. Proper safety and orientation will be provided through the counseling staff.
ADMINISTRATION

The administration of Get O.U.T. at Camp Woodsmoke will consist of the Camp Director, the Assistant Director/Coordinator of Programs, the Camp Nurse, and the Food Service Manager. Additional staff not acting as counselors, but serving as kitchen and dining hall crew members will be under the supervision of the Food Service Manager. Position descriptions on the following pages summarize the functions of each member of the administration. The organizational chart provided outlines the camp structure and line of responsibility.
ORGANIZATION CHART FOR GET O.U.T. AT CAMP WOODSMOKE

Foundation Board of Directors

Camp Director

Assistant Director/ Coordinator of Programs  Camp Nurse/ Health Manager  Food Service Manager

Program Specialists  Counseling Staff  Kitchen/ Dining Hall Crew
Position Description

TITLE: Camp Director

GENERAL DESCRIPTION: Chief executive of camp program coordinating activities, personnel, food service, health, and counseling operations; directly responsible for the health, safety and welfare of campers and staff.

RESPONSIBILITIES

A. Pre-camp

1. Works closely with Foundation administration in processing staff and camper applications and selection
2. Inspects facilities; arranges for necessary repairs, adaptations
3. Cooperates with food service and programming staff in preparing supplies and equipment for camp season
4. Supervises orientation of camp staff

B. In-camp

1. Assigns housing and supervision of campers
2. Supervises counseling, programming, administration and food service staff
3. Has final approval of activity plans
4. Communicates with parents, organizations, officials, and inspectors where camp is involved
5. Continues to work closely with Foundation, providing reports at regular intervals to board of directors or representative
6. Is responsible for camper, staff, and operational
records

C. Post-camp
1. Supervises closing of camp and facilities according to rental agreement
2. Provides inventory and expenditure records to Foundation board of directors or representative
3. Compiles written reports of area directors and counselors

MINIMUM REQUIREMENTS

A. Education
1. Undergraduate degree from accredited college or university
   a. major study in outdoor education, physical education and recreation, natural resources or related area
   b. coursework in special education, particularly in the areas of hearing and visual impairments

B. Experience
1. Minimum one year professional employment in camp administration
2. Five years experience with handicapped in camp, school or residential setting

C. Other
1. American Red Cross certification in Advanced First Aid (or equivalent)
2. Demonstrated knowledge of principles of management and supervision
3. Evidence of experience and ability is successful group and individual relations

ADDITIONAL SKILLS AND QUALITIES DESIRABLE

- proficiency in manual communication of the deaf
- graduate degree in related field
- previous experience specific to camping programs for the handicapped
Position Description

TITLE: Assistant Director/Coordinator of Programs

GENERAL DESCRIPTION: Coordinator of camp programs and activities; in absence of camp director acts in his place. Reports to camp director.

RESPONSIBILITIES

A. Pre-camp

1. Works with camp director and Foundation administration in counselor selection and processing of camper applications
2. Outlines program activities in general form for supplies, equipment and personnel planning
3. Works closely with camp director in orientation program for staff

B. In-camp

1. Implements programming plan and manages daily operation of activities
2. Directly supervises program specialists and counseling staff
3. Acts as director in chief officer's absence

C. Post-camp

1. Inventories programming equipment and supplies at close of camp season and presents summary of activities and expenditures to camp director
2. Assists camp director in closing of camp facilities

MINIMUM REQUIREMENTS

A. Education
1. Undergraduate degree from accredited college or university
   a. major study in outdoor education, physical education and recreation, natural resources or related area
   b. coursework in special education, particularly in the areas of hearing and visual impairment

B. Experience
1. Knowledge of camping programming, facilities, personnel, and experience in participation and/or professional employment in a supervisory capacity
2. Two years experience with the handicapped in a camp, school or residential setting

C. Other
1. American Red Cross certification in Advanced First Aid (or equivalent)
2. Specific skill in campcraft, hiking, other camp program areas
3. Demonstrated skill in communication and group dynamics

ADDITIONAL SKILLS AND QUALITIES DESIRABLE

proficiency in manual communication of the deaf
previous experience specific to camping programs for the handicapped
Position Description

TITLE: Camp Nurse/Health Manager

GENERAL DESCRIPTION: Serves as medical authority in camp whose chief duty is to safeguard the health of all those in camp.

RESPONSIBILITIES

A. Pre-camp

1. Works closely with camp director to prepare medical supplies and equipment necessary for camp season
2. With director, inspects facilities and evaluates them according to standards providing for health and safety of those in camp
3. Scans camper applications and medical records for possible health concerns, chronic disorders, and medication

B. In-camp

1. Maintains infirmary area; is responsible for medical supplies and equipment
2. Performs immediate remedial measures necessary in case of illness or injury
3. Supervises administration of regular medication according to schedule provided by camper's parent or guardian; keeps accurate record of all medication dispensed
4. Routinely inspects camp facility for health and safety conditions
5. Reports directly to camp director and makes
recommendation for additional medical attention when necessary

C. Post-camp
1. Closes infirmary area; provides final inventory to director
2. Submits written summary of all treatment, medication, etc., administered during camp season

MINIMUM REQUIREMENTS
1. Registered nurse
2. One year of experience in camping field, preferable in camp nursing
3. Knowledge of and experience with the handicapped, particularly those with hearing and visual impairments

ADDITIONAL SKILLS AND QUALITIES DESIRABLE
Experience in pediatrics
Skill in manual communication of the deaf
Specific knowledge of camp medicine in dealing with accident, animal or insect bites, and floral poisoning
Position Description

TITLE: Food Service Manager

GENERAL DESCRIPTION: Serves as menu planner and supervisor of kitchen crew; is responsible for all food preparation, serving, storage, and maintenance of kitchen/dining hall area.

RESPONSIBILITIES

A. Pre-camp
   1. Works with director to establish menu plans and prepare supplies and equipment for camp season
   2. Inspects kitchen/dining hall facilities and arranges with director any repairs or adaptations necessary
   3. Confers with camp nurse regarding special dietary needs
   4. Supervises training of kitchen crew

B. In-camp
   1. Supervises meal preparation for entire camp (3 meals a day)
   2. Is responsible for maintenance of kitchen/dining hall equipment and area with high standards of sanitation
   3. Cooperates with programming staff where activities involve food storage or preparation
   4. Keeps accurate current inventory records and works closely with director to maintain adequate level of provisions

C. Post-camp
   1. Closes kitchen/dining hall area
2. Provides written summary of food service functions and inventory to camp director

MINIMUM REQUIREMENTS

A. Education

1. Undergraduate degree in nutrition, dietetics, or food management (or equivalent experience or background as judged by selection committee)

2. Specific study of quantity food preparation

B. Experience

1. Two years professional employment as dietician, nutritionist or cook for large group program or institution

2. Knowledge of and experience with large scale commercial equipment

ADDITIONAL SKILLS OR QUALITIES DESIRABLE

Previous experience or participation in camping field
Position Description

TITLE: Kitchen/Dining Hall Crew Member

GENERAL DESCRIPTION: Works under supervision of Food Service Manager in preparing and serving meals, cleaning dining hall and kitchen area and equipment.

RESPONSIBILITIES

- maintain good health and hygiene according to standards set by Food Service Manager and Camp Nurse
- aids Food Service Manager according to assigned schedule in such tasks as sweeping, setting tables, dishwashing and drying, food storage, meal preparation
- cooperates with staff members outside kitchen and dining hall duties and participates in all-camp activities when possible

MINIMUM REQUIREMENTS

- minimum age 18 years
- high school graduate
- previous employment or responsibility for food preparation or maintenance

ADDITIONAL SKILLS OR QUALITIES DESIRABLE

- previous contact with children
- experience or participation in camping program
SITE AND FACILITIES

The site proposed for use by the Vanderhill Foundation for the Handicapped is Camp Woodsmoke, a project of the Lions District 25 F in Indiana. The facility is located south and east of Rushville, Indiana, 15 miles east of Clarksburg on 640 N in Decatur County. It is a wooded site of 264 acres which has been partially cleared for camp facilities. Cabins, a dining hall and kitchen, shelter house and storage buildings are on the site. Sanitary facilities (showers, restrooms) are under construction to be completed summer, 1978. With this new construction the campsite provides shelter and facilities meeting state requirements for health and safety in campgrounds.

The Lions District 25 F Camp Project is funded completely by donation, and labor is also donated by member clubs. Camp Woodsmoke was established as a campsite available to organizations with camping programs for the handicapped. Rental and utilities are free to any such group agreeing to abide by regulations and policy of Camp Woodsmoke.

The wooded site provides many opportunities for outdoor programming. Graded trails lead from the main campground to a "Primitive Camp" clearing and to other points at the site. Plantlife is abundant and the large acreage also encourages wildlife to remain nearby. A large shelter house provides for
more stationary programs.

Maintenance of the campsite is the responsibility of a resident camp superintendent. Project operations are to be in compliance with regulations and in cooperation with the superintendent as he performs duties assigned him by the Camp Woodsmoke Board of Directors under the Lions District 25 F. The superintendent also maintains communication (by phone) in cases of emergency and is responsible to summon outside help, such as firefighters, if necessary. The camp is served by a local township volunteer fire company.

Compliance with State regulations for campgrounds and water control will be the responsibility of the Board of Directors. The following State regulations and publications will serve as guidelines and requirements:

Indiana State Board of Health Regulation HSE 24: Camps, adopted by the Indiana State Board of Health under authority granted by IC 16-1-3-22 and IC 16-1-3-13. Effective date January 1, 1977


Camp Capacity

NOTE: The unequal distribution of male and female campers and staff was arrived at arbitrarily due to uneven number of cabins. This distribution could be altered according to camper applications or other conditions.

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<td>girls</td>
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<tr>
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<table>
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<tr>
<td>Male (4 cabins)</td>
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<tr>
<td>Adms., male (1 cabin)</td>
<td>10</td>
</tr>
<tr>
<td>Infirmary (1 cabin)</td>
<td>80</td>
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*Cabin assignments to be adjusted according to staff and camper population
Camp Woodsmoke Site

Map is not to scale.

- Entrance Gate
- Gravel Roadway
- Superintendent Home, Storage
- Cabins
- Shower, Restroom Buildings
- Dining Hall/Kitchen
- Shelter House
- Primitive Camp Area

Total area 264 acres
Regulations Affecting Get O.U.T. Program Use of Camp Woodsmoke Site

The following regulations were taken from the complete rules and regulations for use of Camp Woodsmoke by camping groups and work crews. (7, p. 1)

- Group supervisors must schedule dates and work through their local Lions Club. The club president must sign the application.
- Reservations must be made and confirmed before bringing a group to the camp.
- One adult should accompany five children. If hikes or work details are established proper supervision must be maintained.
- Knives, axes, and hatchets must be kept under the direct supervision of the advisors or left at home.
- The group will be held responsible for any devaluation of property (director's judgment) or any acts of vandalism.
- Exploration beyond camp boundaries is not permitted.
- All areas must be kept clean and all garbage must be placed in plastic garbage bags and tied.
- Rocks or stones should not be removed from the road or parking areas.
- Sticks and debris must not be left on the parking lot or roadways.
- If the shelter house is used, it must be cleaned and tables relocated to their original position.
- Mowing equipment, tractor, jeep and other camp equipment
is off limits.
- Fires, lanterns, and combustible materials are not permitted in unassigned areas.
- Rules are posted on shelter and cabin usage (specific to each structure).

Complete Regulations available from Camp Woodsmoke Superintendent, P.O. Box 63, Clarksburg, Indiana 47225

Site and Facilities: Special Considerations

In using the Camp Woodsmoke facility for a specialized camp population of visually and hearing impaired youth, several considerations are necessary. The physical features must be used to the greatest advantage providing an interesting, safe, and enjoyable experience.

1) Paths and roads leading to and from structures in the main camp area are surfaced with gravel and should be maintained to contrast the grass covered areas. Contrasts in surface provide information valuable to visually impaired campers for orientation to the area.

2) Hiking trails, wide and graded, should be periodically checked and cleared of brush, branches, and other obstructions on the ground or extending into body space. Similarly all camp equipment (such as for playground games, campouts) should be kept out of the way and stored carefully in a consistent location.

3) Areas designated for programmed activities must be such that any required movement can be made in safety
(i.e. playground area clear of trees, irregular ground formations, etc.).

4) Program specialists must be aware of conditions at their assigned area.

5) Cabins are equipped with bunkbeds therefore bunk assignments must be made with camper's size, comfort, and ability in mind.

6) Meeting places, such as the dining hall, shelter house, should be adequately lit for speechreading or the interpreting of programs for hearing impaired and deaf campers. Seating arrangements should also provide for adequate conditions for speechreading and interpreting. In all cases, the facilities and equipment must be under constant inspection for safety.
CAMP PROGRAMMING

Programmed activities will be part of the total day for each camper. Two activity periods will be planned for each morning, and one period in the afternoon. Camper groups will elect to attend activities available according to a posted schedule (sign up each morning by counselor heading the group will be on a first come - first served basis). However, each group must attend each specific activity at least twice during the session. The program coordinator will work with the specialists in order to provide a sign up schedule for each day. Counselors and specialists will cooperate to assure that a reasonable number of campers attend each activity. Cooperative efforts will also include the arrangement of compatible groups, matching similar abilities, interests and orientation (for example, not programming pantomime for a group of totally blind campers with a group of totally deaf without considering the possible results). Program specialists will record attendance of groups to aid this effort.

The daily schedule will follow the basic form below:

7:30 a.m. - Reveille
8:15 a.m. - Breakfast (all camp at dining hall)
8:45 a.m. - Announcements (short program from director)
9:00 a.m. - Counselor Sign Up for Activities (at dining
In light of specific accomplishments outlined in the goals of Get O.U.T. at Camp Woodsmoke, the programmed activities should provide opportunity to be involved in outdoor experiences that develop physical skills and encourage independence and group cooperation in an appropriate balance. Direct participation of campers in selecting activities will help foster a feeling of involvement and significance in the camp program.

It is important that the philosophy of "fun" be at the base of all activities, although enjoyment is derived in many
ways, such as learning, putting forth effort, accomplishment of difficult tasks. A balance of competition and cooperation is necessary, as many campers may not perform as well as is required for active competition among all participants and yet enjoy the challenge provided in some competitive games. Susan and Andrew Dibner, in their study of handicapped children in segregated and integrated camp settings, emphasize that either type of program should attempt to strike a balance between a fiercely competitive independent orientation and an overindulgent less ambitious tone. (3, pp. 185-86)

Camp Programming - Organized Activity Offerings

The goal of Get O.U.T. at Camp Woodsmoke includes as a basic premise the provision of opportunities for the camper to Get Outdoors - extending his knowledge, appreciation, and experience in the natural environment outside his smaller communities of home, school and city.

The following is a summary of activities to be incorporated in the camp program toward the fulfillment of this goal. Skills in camping and outdoor living are included, and also activities which call for exercising individual expression, judgment and cooperation. Again, the basic goal for all activities is to have fun.

Field Sports and Playground Games

- track and field events
- obstacle course
- games with cage ball
- conditioning exercise
relays

Hiking and Discovery Trails

orientation to campsite
specialist-led hikes
hiking skills
packing, pacing

Campcraft and Survival Skills

fire building
knots and lashing
handling of tools
survival techniques

Outdoor Cooking

food preparation
cooking fires
meal preparation
cautions

Natural Resources and Ecology

plant life at camp site
observation, cultivation
gardening
weather observation

Music

singing
composition
instrumental music
(construction, play)

baseball, kickball
(with modifications
where necessary)

self-discovery trails
for hiking with minimum
supervision

all day hikes

first aid basics
setting up camp
small group
overnight camping

food storage
snack foods
packing and planning
foods gathered from
surrounding area

soil study and
conservation

animal life at camp site
water study

sign/song
Special event
Music Hike
(half day trip)
Arts and Crafts

macrame braiding
natural dyes nature collages
weaving large all-camp projects (signs, wall hangings, etc.)
sculpture

Expression

improvisations poetry
role playing pantomime
dramatics dance
storytelling

Programming: Special Considerations

Although it is important that independence be encouraged in all activities as far as the camper's accomplishment of tasks and tests of skill with little direct aid from staff, some special considerations will be necessary in building the program for "special" campers.

Ruth Wheeler and Agnes Hooley outline several helpful guidelines for camp program decisions in Physical Education for the Handicapped. The authors maintain that for successful program decisions the answers to the following questions must be positive:

1) does the camper know what the activity is?
2) does he show at least a mild interest in it?
3) can he do it (that is, is it possible for him to become a performer?)
4) can he do it safely?
5) are orientation and any needed instruction available?
6) can the participant experience at least a small measure of success now, or eventually, if he participates?

(8, pp. 354-55)
In order to answer such questions positively, some changes in usual camp program procedure will be made for the special population of visually and hearing impaired campers. In working with deaf and hearing impaired campers programs specialists must consider the mode of communication. Instruction must be understood by all, so where interpretation through sign is necessary it would be provided by the specialist or a counselor who has an understanding of the task. Instructions should be concise and step-by-step. It is also important that verbal instructions be clear to blind or visually impaired campers who must rely on them without benefit of visual demonstration. Therefore, the specialist must keep in mind the importance of clear communication through all available and necessary modes.

Wheeler and Hooley state that often blind children have learned to prefer solitary pursuits that protect them from injury and unfair competition. Hearing impaired youngsters may also demonstrate a lack of ability to cooperate with others in games and activities because of difficult communication. (8, pp. 265, 288) Program specialists must be aware of this and provide games and activities of low organization for fun as well as activities that introduce cooperation with a group.

In the case of hearing impaired individuals who may appear quite healthy, programmers and counselors must keep in mind the involvement of various ear pathologies. If the condition which produced the hearing loss also involves the semicircular canals, balance will be affected. This is important
for some campers in activities that call for rapid stops and starts or changes in direction. (8, p. 288)

As one purpose of activities is to improve, maintain or develop new skills it will be necessary for specialists to build on experiences previous to the camp session through the senses yet available to each camper. Specific considerations in the area of equipment may include the following:

- bright colors for balls, hoops, mats which can be seen by some less visually impaired campers
- sound cues, such as rattles or bells inside balls, noisemakers at goals, should be employed
- guidewires with moving leads for short distance track events
- storage of equipment should be safely out of the way
- where written instructions may be helpful they should be simple and clear, reproduced in braille as well as printed
- activity areas should be cleared of obstructions

An example of special considerations in a hiking program might include providing some trails which are marked with "notes" posted along the way which sighted campers may spot or counselors identify. Information both printed and in braille then would be read from the note by campers. Information would identify sights for those with vision and give brief description for others. Similar notes could make assignments for observation, tactile or visual, and also call attention to sounds and smells in the area. For totally blind groupings a cord might be strung along the trail so that a camper might
"lead" his group on the way rather than be led by the counselor at all times.

Cooperation between program specialists and counselors is very important. Favorable attitudes will do much to encourage everyone to "do his best." All staff needs to cooperate also in forming compatible activity groups for each area (not putting totally deaf campers with totally blind campers for a music period, for example), acting thoughtfully and with patience.

In summary, the staff must be constantly aware of the abilities of the campers, their enjoyment, and their safety, in order to provide the best outdoor experience possible.
Position Description

TITLE: Program Specialist

GENERAL DESCRIPTION: Responsible for instruction of individuals or small groups in area of specialization, maintenance of program area, equipment and supplies. Assists cabin counselor with assigned cabin group during non-program hours.

SPECIFIC RESPONSIBILITIES

- provides program coordinator with written outline of program plan for camp session (in area of specialization)
- works with program coordinator to plan for and obtain needed supplies and equipment before each camp session
- instructs daily sessions in area of specialization under supervision of program coordinator
- maintains activity site, program supplies and equipment
- assists cabin counselor in supervision of assigned group during non-program hours
- submits written report to program coordinator summarizing activities and participation at the end of each camp session

MINIMUM REQUIREMENTS

- 18 years of age or older
- completion of one or more years of college
- evidence of previous experience with children
- proficiency in area of specialization

ADDITIONAL SKILLS OR QUALITIES DESIRABLE

- previous exposure to visually or hearing impaired
- skill in manual communication of the deaf
- skills in first aid
- previous experience in teaching capacity
COUNSELING

Counseling can be the most important role in the camp program as far as its effect on campers, for the daily contact is concentrated and the opportunity for observation is constant. A special orientation of thought is necessary for the counseling staff which must first understand the situation of the camper.

There are some aspects of living that children cannot learn at home where they have most likely already made the necessary adjustments. At camp they are living in their own world, that is to say, the world of children. Here they have to stand on their own feet and make new adjustments as they learn how to live harmoniously with campers who come from a great variety of backgrounds.

(1, p. 3)

Although Blackstone was speaking of all campers in general, his thoughts are most certainly true for the special population of Get O.U.T. at Camp Woodsmoke. The goals of the program include the experience of cooperation and group situations which will require new adjustments for many campers.

The role of the counselor at Get O.U.T. at Camp Woodsmoke will not be one of a parent, brother, pal or therapist. Counselors will act as adult advisors for camper groups, providing an authority figure when necessary but stepping back from this role when possible so that campers may demonstrate their ability to cooperate and make decisions.
Some specific guidelines for the counseling program are as follows:

- Counselor is responsible for the safety of each camper in the cabin group and has knowledge of the whereabouts and safety of each camper at all times. Campers must be within calling or communicating distance of their counselor or other authorized staff member during the camp day.

- Counselor will promote the goals and philosophy of Get O.U.T. at Camp Woodsmoke and encourage their accomplishment by each camper.

- Counselor will make every effort to become well acquainted with campers, particularly within his own cabin group, in order to provide knowledgeable guidance and understanding.

- Counselor will emphasize the abilities of each camper and building upon these abilities for greater skills.

- Campers will be responsible for their own hygiene needs as much as possible. Where the counselor has questions concerning care he should consult with the camp nurse and camp director.

Counseling: Special Considerations

An orientation program held for two days before the initial camp session will give the administration an opportunity to train the counseling staff as to the goals and philosophy of the Get O.U.T. program as well as the Vanderhill Foundation for the Handicapped. Also included in the
orientation will be instruction in guiding techniques emergency procedures, communication skills, etc. Specific points will include:

- relating guiding and orientation of the blind campers to specific physical features of the campsite.
- instruction in essential sign language for emergency communication for those who have had no previous training in manual communication. Counselors will be encouraged to improve signing skills.
- discussion and explanation of the regulation concerning camper distance from counselor or supervising staff; counselor responsibility for camper safety.
- emergency measures, fire drill procedures, functions of the camp nurse, information concerning special health problems of individual campers.
- encouragement and good wishes for successful camping session.

Counselors themselves, when faced with exceptional campers, must act with understanding and deal patiently, but also realistically. Their role is not one of a servant, parent, or therapist and each counselor should realize that "it is important to distinguish between helping a child try and develop new ways of coping, and giving a child the responsibility for himself." (3, p. 105) It is important that the availability of help and understanding does not become an expected routine limiting the camper's own sense of responsibility.
Counselors for visually impaired campers will in many cases be required to work as guides and should be aware of distances, locations, and conditions around them. They should also be prepared to give verbal descriptions, instructions, and encouragement to campers. Counselors for hearing impaired campers should find the best method of communication for their groups, whether sign or speech, and act accordingly. Again, descriptions, instructions, and encouragement should be made clear, this time through visual channels.

A key word for all counseling staff will be flexibility. Adjustments, exceptions, and unexpected situations will arise and should be met with confidence.
Position Description

TITLE: Cabin Counselor

GENERAL DESCRIPTION: Is responsible for supervision of camper group during daily activities (outside of designated staff fee time), keeping in mind each camper's safety, health, social, physical, and mental needs.

SPECIFIC RESPONSIBILITIES

- accompanies camper assigned to cabin group (or has knowledge of his whereabouts and safety under supervision of responsible staff member) at all times not designated as staff free time hours
- advises small cabin group in responsibilities such as cleaning and inspection, travel to activities, projects, etc.
- periodically checks camper's health informally and reports to camp nurse when necessary
- is sensitive to individual and group problems or progress and responds in appropriate manner, keeping in mind the stated philosophy and goals of the camp program

MINIMUM REQUIREMENTS

- 18 years of age or older
- completion of one or more years of college
- evidence of previous experience with children

ADDITIONAL QUALITIES OR SKILLS DESIRABLE

- previous exposure to the visually or hearing impaired
- skills in manual communication of the deaf
- skills in first aid
- previous camping experience as camper or staff
Selections: Counseling and Program Staff

Staff selections will be made from among applicants submitting three personal references and evidence or experience and qualifications fulfilling requirements as specified in the position description. Personal interview will be conducted by the Camp Director in cooperation with the Foundation administration. Consideration will be given to those showing desirable leadership and counseling qualities matched by experience and skills.

A committee made up of the Camp Director, Assistant Director, and the Board of Directors of the Vanderhill Foundation for the Handicapped or its representative will make the final selection. Decisions will be based on the estimated ability of each applicant to fill the role of Counselor or Program Specialist for which he has applied.
BUDGET INFORMATION

This section of the preliminary proposal for Get O.U.T. at Camp Woodsmoke is simply a summary of cost estimates that can be made at this time. The program is projected for implementation in the 1979 summer camp season. Estimates made at this time are necessarily general and subject to varying conditions and price fluctuations. Several costs, such as an insurance program, cannot be estimated accurately enough to be of use to this proposal in the preliminary stage. Changing regulations regarding employees and facilities must be taken into consideration. Therefore the information below is presented to give a general idea of costs involved in the proposed program, and is not a detailed budget.

Rental of Facilities
Utilities (provided by Lions Club) $ 0.00

Raw Food Cost
(Estimated food cost per person per day $4.00, camp season of 3 sessions, orientation) 9500.00

Salaries
(director, food service manager) 1750.00

Honoraria
(nurse, asst. director, remaining staff) 3120.00

Supplies and Equipment
Administrative (includes pre-camp costs) 1200.00
Maintenance 750.00
Supplies and Equipment (continued)

<table>
<thead>
<tr>
<th>Category</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical Programming</td>
<td>$350.00</td>
</tr>
<tr>
<td>Transportation (mileage)</td>
<td>$1,500.00</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$1,850.00</strong></td>
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Breakdown of Salaries and Honoraria

**Salaried Positions**

<table>
<thead>
<tr>
<th>Position</th>
<th>Salary</th>
</tr>
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<tbody>
<tr>
<td>Camp Director</td>
<td>$1,000.00</td>
</tr>
<tr>
<td>employment period includes pre-camp and post-camp responsibilities</td>
<td></td>
</tr>
<tr>
<td>Food Service Manager</td>
<td>$750.00</td>
</tr>
<tr>
<td>corresponds roughly to present minimum wage standards</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$1,750.00</strong></td>
</tr>
</tbody>
</table>

**Volunteer Positions**

<table>
<thead>
<tr>
<th>Position</th>
<th>Salary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assistant Director/Coordinator of Programs</td>
<td>$200.00</td>
</tr>
<tr>
<td>Camp Nurse</td>
<td>$200.00</td>
</tr>
<tr>
<td>Cabin Counselor ($85.00 per volunteer)</td>
<td>$2,380.00</td>
</tr>
<tr>
<td>Program Specialist</td>
<td></td>
</tr>
<tr>
<td>Kitchen/Dining Hall Crew ($85.00 per volunteer)</td>
<td>$340.00</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$3,120.00</strong></td>
</tr>
</tbody>
</table>
BIBLIOGRAPHY


APPENDIX
CAMPER APPLICATION

Get O.U.T. at Camp Woodsmoke
A Program of the Vanderhill Foundation for the Handicapped

Session____, 197__ Date of Application________
Age________________ Date Received________
Date of Birth____________ Approved____ Confirmed____

Camper's name

<table>
<thead>
<tr>
<th>LAST</th>
<th>FIRST</th>
<th>MIDDLE</th>
</tr>
</thead>
</table>

Address

<table>
<thead>
<tr>
<th>NUMBER AND STREET</th>
<th>CITY</th>
<th>STATE</th>
<th>ZIP CODE</th>
</tr>
</thead>
</table>

Parent or Guardian

Address

<table>
<thead>
<tr>
<th>NUMBER AND STREET</th>
<th>CITY</th>
<th>STATE</th>
<th>ZIP CODE</th>
</tr>
</thead>
</table>

Name of person other than parent or guardian to be contacted in emergency:

<table>
<thead>
<tr>
<th>ADDRESS</th>
<th>PHONE</th>
</tr>
</thead>
</table>

Vision: normal____ partially impaired____ totally impaired____

Hearing: normal____ partially impaired____ totally impaired____

Mobility Limitation (describe)________________________________________

Allergies (describe in detail)________________________________________

Medication (instructions to be given to camp nurse upon arrival)____________

Grade in school or program__________________________________________

Previously attended camp programs____________________________________

Hobbies and interests________________________________________________

Comments (anything you feel would be helpful to our staff in their dealings with your child):

Parent Signature


HEALTH EXAMINATION AND RECORD FORM

Get O.U.T. at Camp Woodsmoke
A Program of the Vanderhill Foundation for the Handicapped

<table>
<thead>
<tr>
<th>Name</th>
<th>Birthdate</th>
<th>Sex</th>
<th>Age</th>
</tr>
</thead>
</table>

Home address________________________________________ (Phone)____________

Parent or guardian________________________________________

Address and phone if not same________________________________________

Person other than parent or guardian to be contacted in emergency:

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
</table>

Address________________________________________

HEALTH HISTORY
Check and give dates (approx.):

<table>
<thead>
<tr>
<th>Disease</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>chicken pox</td>
<td>_______</td>
</tr>
<tr>
<td>German measles</td>
<td>_______</td>
</tr>
<tr>
<td>measles</td>
<td>_______</td>
</tr>
<tr>
<td>mumps</td>
<td>_______</td>
</tr>
<tr>
<td>chronic ear infections</td>
<td>_______</td>
</tr>
<tr>
<td>convulsions</td>
<td>_______</td>
</tr>
<tr>
<td>asthma</td>
<td>_______</td>
</tr>
<tr>
<td>allergies (see below)</td>
<td>_______</td>
</tr>
</tbody>
</table>

Allergies:
- hay fever
- drugs (specify)
- other (specify)

Operations/serious injuries________________________________________

Recurring or chronic illness________________________________________

Activities to be restricted________________________________________

Activities to be encouraged________________________________________

AUTHORIZATION - This health history is accurate to the best of my knowledge and the person described has permission to participate in all camp activities under the limits described by me and the examining physician.

If I cannot be reached in the event of an emergency I give permission to the physician on call for Camp Woodsmoke to hospitalize, secure proper treatment for, and to order injection, anaesthesia or surgery for the person named above.

Parent or Guardian Signature________________________________________

Date________________________
RECORD OF IMMUNIZATIONS
Record dates (not requirements but recommended)

DTP series __________ booster __________
Tetanus booster __________
Polio __________ booster __________
Typhoid __________
Rubella __________
Other (specify and date) __________
Measles __________
Smallpox __________

MEDICAL EXAMINATION
(Performed by licensed physician within 12 months of beginning of camp session; form to be completed by physician)

Mark item satisfactory, not satisfactory (detail), not examined

Height __________ Blood Pressure __________ Urinalysis __________
Weight __________ Hemoglobin __________
Eyes __________
glasses__ (vision corrected if known __________)
Ears __________
aided__ (estimate of loss if known __________)
Nose __________ Abdomen __________
Throat __________ Extremities __________
Heart __________ Spine __________
Lungs __________ Skin __________

(for female) Has menstruated__ normal______ Other considerations __________

RECOMMENDATIONS (while at camp)

Activity restrictions (specify) __________

Diet restrictions (specify) __________

Medication __________

Provided by parents? __________

I have examined the person described and reviewed the Health History and can state that he is physically able to participate in camp activities under limitations described above.

Examining Physician (print) __________ Signature __________

Address __________ Phone __________
PROJECT SUMMARY

It is important that the background of reading and research for this project be summarized. It is also important that a few reflections be made concerning the outcome of this research and its limitations.

Much reading in the areas of outdoor recreations and education, camping programs and physical education was the basic groundwork for the project. Sources which explored the values of camping and camping for exceptional children were included. These readings served to help form a philosophy and program for the proposal of Get O.U.T. The proposal itself appears as the integration and application of these readings.

Other sources of information included agencies, both public and private, involved in recreation programs. Information concerning standards for resident camps was obtained through the American Camping Association, the Indiana Department of Natural Resource, and the Indiana State Board of Health. The Get O.U.T. program was designed with these standards in mind.

It should be noted that Get O.U.T. at Camp Woodsmoke was presented as a preliminary proposal. Because of the limits of time and availability of accurate information many important elements of a camping program were not present or incomplete.
Such things as actual food costs, program equipment costs, insurance programs for campers and staff, time schedules for inspections, purchasing, transportation and selection all are points that cannot be ignored by those planning resident programs of this sort. In addition, close attention to the needs of the population to be served is needed and communication with potential campers and their parents is vital.

Although the proposal is less than complete, the project has served its purpose. Questions were raised, ideas formed, information gathered and understanding increased. Get O.U.T. at Camp Woodsmoke, though fictitious, may well be the root of a very real and growing idea.
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