



2017 SUMMER CAMP GUIDE
SUPPORT CREW

NAME:

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OUR MISSION

Rain City Rock Camp empowers girls, women, and gender non-conforming individuals to engage their creative potential through music, champion equity, and thrive in a community of allies and activists.

OUR VISION

We envision an equitable world that celebrates creativity, embraces authenticity, and values all voices.

OUR VALUES

We value...

SELF-EMPOWERMENT and development of the strengths in each of us

MUSIC as a medium for personal growth and social change

LEADERSHIP OPPORTUNITIES for girl, women, and gender non-conforming individuals

SUPPORTIVE & INCLUSIVE COMMUNITY in our work and partnerships

DIVERSITY because together we are better

PROGRESSIVE APPROACHES to fighting sexism and societal inequities

AUTHENTICITY & RESPECT in all spaces

OUR HERSTORY

In 2000, Rock 'n' Roll Camp for Girls was founded in Portland and has since become an overwhelming success, serving 300+ girls a year. As a result, similar programs have emerged across the country and overseas as part of the Girls Rock Camp Alliance (GRCA), a program of the Rock 'n' Roll Camp for Girls, created to provide accreditation, resources and networking opportunities for it's members. In 2009, Rain City Rock Camp for Girls was be added to this growing coalition of like-minded organizations that embody the core values of the GRCA.

In its ninth year, Rain City Rock Camp for Girls is run by Natalie Walker, full-time Executive Director; Reese Tanimura, Program Director; Michelle O'Connor, Director of Community Engagement; Kate Hall, Volunteer Coordinator; and a dedicated volunteer force. RCRC runs two week-long Summer Camp programs, which is the flagship program. Last year, we expanded our programming with South Sound Rocks!, a program operating in Kent, plus we have a one week-long summer program for musically experienced teens called Advanced Music Program (AMP), which is hosted at MoPOP. RCRC provides school programming at various schools including Scriber Lake High School and Totem Middle School, and Amplified Teen Voices (ATV), RCRC's youth outreach committee, has completed its second year of amazing work.

In addition to these youth programs, RCRC also runs adult programs during the year: typically two sessions of Ladies Rock Camp, one session of "Rock-Away" camp, and weekend RockShops throughout the year.

Rain City Rock Camp for Girls makes a long-term commitment to each camper's involvement with music, nurturing and supporting their individual development both at camp and outside camp, hopefully over the course of many years.

Anyone who has experienced oppression due to their gender can come to our camps or serve in a leadership role at camp. Leadership roles are defined as any of the following: Camp Counselor, Band Coach, Instrument Instructor, Workshop Instructor, Intern, or Lead Team member. Because of the fluidity of gender and our desire to be sensitive to everyone who is a part of RCRC, we are striving to use the word "campers" when referring to participants rather than any terms that are gender-specific. Language helps shape our world; it is important to us that what we say reflects the reality of our camper and volunteer population.



ROCK CAMP TEACHING PHILOSOPHY

Our goals as instructors, camp counselors, band coaches, mentors and allies are:

- To encourage collaboration, empowerment, self-expression, and mutual respect
- To encourage self-discovery through hands-on experience and risk-taking
- To favor action over words
- To share the idea that there is no “correct” way of playing music
- To strike a balance between technique and experimentation
- To embrace team-teaching and support each other as volunteers
- To create a world where girls and gender non-conforming individuals feel encouraged , supported, and valued more for what they do than how they look
- To help every camper find their own voice, identify their own needs, and express them
- To help campers develop a sense of confidence that they carry to other aspects of their lives

ESTABLISHING A SAFE ENVIRONMENT

*Adapted with permission from Willie Mae Rock Camp for Girls (NY) & Rock n’ Roll Camp for Girls (PDX)

Campers are at the heart of everything we do. Their well-being is our number one priority. Artistic risks are fabulous. Many of our campers are taking huge risks just by coming to summer camp and playing an instrument! Those are rewarding risks that they have chosen to assume and we can encourage taking those artistic risks. However we must never put campers at risk for something that is beyond their scope emotionally, physically, or legally.

PRINCIPLES

Number one fact: You are an adult. The campers are kids. It doesn’t matter if you’re 40 and the Camper is 10 or if you’re 19 and the camper is 17. At camp, you are the adult, and, the camper is a kid under our care. Remember this at all times.

Boundaries are physical, relating to touch and personal space, as well as emotional, knowing how to have rewarding interactions and relationships with campers that respect the personal space and safety of both the camper and staff member.

We are responsible as a group for setting and maintaining appropriate boundaries. You are responsible as an individual for setting and maintaining appropriate boundaries.

Our boundaries are only as strong as the weakest individual’s. In order to keep Rock Camp a safer and comfortable space for all staff and campers, every volunteer must be conscientious. One person’s error in judgment can have serious consequences for all.

Boundaries go beyond the walls of Rock Camp. As a volunteer, you are a representative of Rain City Rock Camp for Girls. This is a source of great pride for our volunteers and for the camp—our volunteers are amazing, and all deserve to be proud of their individual contributions to the organization. It also brings with it some responsibilities. Think about all the ways campers interact with you outside of camp site: we come into contact with campers at shows, on social networks, on the street, via e-mail...and sometimes we discover them in places we don’t expect to, like at shows and house parties. In these contexts and spaces where we interact with campers, think about what the most responsible behavior, language and presentation is.



Caregivers care. The people who love the camper most – their parents, other family members, caregivers -- are leaving that kid in your care —it’s a great act of trust and must be taken very seriously. Keep them in mind and consider: Why did the parents send this child to camp ? What are their expectations of what their child will learn? What are their expectations for their child’s personal experience here?

PRACTICES

Setting Appropriate Physical Boundaries

Keep physical interactions appropriate at all times. Some campers are “touchy feely.” Younger campers may want to crawl in your lap or hang on you like a little monkey; older campers might hug you or sling their arms around you. You don’t need to prohibit this type of camper-initiated behavior, but keep this kind of physical contact brief and neutral. *No full-body contact. High fives, shaking hands, and “sideways hugs” are more appropriate ways to interact with a camper.*

Setting Appropriate Emotional Boundaries

TMI: Keeping the Personal Private. Some kids will be naturally curious about your personal life, especially teenagers. They may ask you about your own personal life and romantic attachments, past and present; they may ask you about your fellow staff members’ personal lives; and they may gossip with each other about it. You may be developing a bond with a camper, and when they’re sharing so much of their own lives and feelings with you, it may be tempting to reciprocate by opening up to them as well. But be careful. They may not be able to handle your details as well as you can handle theirs.

Things to Respond to with Extreme Care

A camper asks you directly about your own private life. Under no circumstances should volunteers discuss or share their personal behaviors surrounding use of chemicals or sexual expression with campers. A simple, “Well, that’s really personal, so I’d rather not talk about my own experiences,” will do. Keep in mind that many of them may be finding themselves in a safer, more accepting space for the first time.

Things You Should Never Discuss with a Camper

- Your sexual history.
- Your use of substances.
- Other volunteers’ personal lives and histories.

Illegal Substances

Under no circumstances should you ever share (or purchase) cigarettes, alcohol, drugs, medications, or any other controlled substance with (or for) a camper.

INTERACTIONS BETWEEN VOLUNTEERS & INTERNS

Volunteers are role models and leaders for interns, who fill an apprentice role and may look particularly closely to volunteers for guidance and skill modeling. It is important for Volunteers to treat them with the respect you would show a colleague and the care you would show a camper. In turn, interns must behave maturely and professionally at all times.

Because interns are minors, volunteers should adhere to the code of conduct that they apply to campers when interacting with them. This is an issue of legality as well as preserving the interns’ comfort level and personal space and safety.

Finally, let the interns know how much you respect and appreciate them! They are truly awesome and do a lot of the hard grunt work that keeps Rain City Rock Camp running. They represent the future of Rock Camp!



UNDERSTANDING YOUTH & YOUNG ADULTS

As a volunteer, you must provide each camper with a welcoming sense of stability and caring. Adapt your interactions so they complement the developmental age of your campers. Younger campers often need a volunteer's help; older campers need a volunteer's guidance. All campers need a volunteer who is present with them both at designated times and informally. Here's an overview of where different age groups generally stand developmentally.

DEVELOPMENTAL PHASES

Ages 8 through 10

- Are learning the skills of leaving home and parents.
- Have a short attention span.
- Want to share and desire acceptance from own age group.
- Enjoy close friendships with playmates and express selves freely in art and play.
- Enjoy competition related to their standing in the group.
- Like group games and activities but want everyone to obey stated rules and regulations. Identify strongly with their gender and age group.
- Need rest periods.
- Respond affectionately to staff members who look after their needs.
- Consider what the staff member is able to “do” as very important. Enjoy staff members who have a sense of humor and play with them.

Ages 10 through 12

- Want to be together in peer groups, like their bands.
- Have longer attention spans and patience to work for short-term goals.
- Form cliques and friendships within own age groups.
- Define status through excellence in skills and knowledge of grown-up things.
- Are concerned with physical size and appearance — watch what you say.
- Youth at upper age level may be newly aware of romantic attractions.
- Respond to volunteers who effectively channel their tremendous energy.
- Tend to idolize volunteers who measure up to their expectations — be careful here.

Ages 12 through 15

- Tend to view their world fairly idealistically; are uncomfortable with “gray” situations.
- Peer group rather than adult opinion is their source of wisdom.
- Want subtle reassurance of adult supervision.
- Value conformity; find it difficult to stand as an individual.
- Hormone adjustments trigger intense feelings and emotions.
- Influenced by popular adults and teen idols (the hero worship and crush stage).
- Long interest span and increased capacity for self-discipline.
- Often prefer competition outside the group rather than with friends in own group
- Idealistic about the world at large.
- Are seriously concerned with personal appearance, frequently self-conscious.
- Romantic relationships emerge as awareness of sexuality develops.
- Need volunteers who genuinely listen to them.



Ages 15 through 18

- Risk-taking emerges as a developmental task; kids at this age need to take risks but also have to learn how to assess their readiness for the risk.
- Desire for independence and freedom.
- Prestige and belonging to the power group is valued (the cool clique).
- Ability to concentrate and specialize in selected skills and interests.
- Are learning the distinction between idealism and reality.
- The skills of altruism begin to emerge as they give self to others.
- Capable of developing romantic attachments with depth of feeling.
- Respond to volunteers who recognize their emerging adult perspectives but who tolerate occasional lapses to adolescent antics.

KEEPING RELATIONSHIPS HEALTHY AND RESPECTFUL

Volunteers often become the object of special attention and adoration by campers. This should be channeled in a healthy way. A certain amount of hero worship is a normal part of growth and development. While volunteers may have little control over the development of hero worship or the way kids approach them, they do have control over their response to it. Don't play favorites. The camper should not be shown any special attention, no matter how much you like them. Conversely, while it is not humanly possible to like everyone, keep personal preferences to yourself and stay outwardly objective and impartial. Never, ever talk badly about a camper or volunteer to another camper.

INTERNET/ELECTRONIC PRIVACY POLICY

FACEBOOK, TUMBLER, INSTAGRAM, TWITTER & OTHER SOCIAL MEDIA

Social networking sites can be a powerful and empowering tool; they can also reveal personal information or have a negative influence if not considered carefully.

If a volunteer chooses to identify themselves as affiliated with Rain City Rock Camp for Girls on the internet via Facebook, blogs, or other social networking sites, readers of those websites may view the volunteer as a representative or spokesperson of the camp. In light of this possibility, we ask that volunteers think carefully about the content of their profile or blog. Volunteers must present themselves appropriately on their profile pages, if they wish to keep their pages public (available for anyone to see). Overtly sexual content or content that references substance use/abuse is not acceptable for campers to see. This applies not only to your profile, but to the nature of the comments that you publish from other friends, the bulletins you post, the surveys you fill out, etc.

Only campers should initiate friend requests. We strongly suggest that volunteers do not accept friend requests from campers. Volunteers should not request to be friends with campers. If you choose to accept a friend request from a camper, please be sure that your profile activity could be characterized as consistently appropriate for the eyes of a 13-year-old (minimum age for most sites) AND commit to keeping it that way in the future (or "un-friend" any campers before you make any changes that would affect the appropriateness of content).

Volunteers may share photos from the RCRC website and Facebook page, but they may not post their own pictures of campers on a website (including social networking sites) unless the photos do not show the campers' faces



CULTIVATING A PRODUCTIVE ENVIRONMENT

STRATEGIES TO FOSTER COOPERATION & COLLABORATION

- Praise the group's effort as well as individuals; identify cooperative behaviors.
- Direct and advise without dominating or influencing too strongly.
- Facilitate so everyone's voice is heard and listened to.
- Listen before acting — unless safety is a concern!
- Catch campers doing it right and comment about it.
- Set fair limits and stick to them!
- Most importantly, plan fun things for your group to do! Develop in-jokes you can share, come up with activities you can do, make a group cheer!

PARTICIPATION CHALLENGES

A camper's reluctance to take part or continue in an activity may be a clue that something is wrong. Some things that could be causing disengagement are:

- Sickness.
- Boredom.
- Lack of confidence.
- Fear of failure
- Dislike of another participant in the activity, or of the adult in charge.
- Minor physical impairment.
- Upbringing or cultural/religious beliefs.

CONFLICT RESOLUTION STRATEGIES

Here are a few examples of communication processes that can be helpful in restoring relationships in band practice, workshops, lunchtime and more.

Statement: The person that has the feedback to give simply states their complaint or problem to a specific person (or the group as a whole). For example, "Jenny, my complaint is that you are not letting anyone else contribute to writing the lyrics."

Feeling: "I feel frustrated because this is supposed to be a song that we all write together."

Request: The same person then assertively requests their desire. "Jenny, do you think we could have a group brainstorming session to come up with lyrics together?"

In this exchange, the person receiving the feedback must respond. Give campers suggestions on how to respond. "I hear what you're saying, and I'm willing to work on collaborating, because I'm just really excited about writing lyrics!"



Try letting each person describe their version of what happened in the conflict; “I thought you played drums while I talked on purpose, so when it was your turn to talk I turned my amp up really loud.”

Encourage campers to use “I” statements. Make sure that each person accepts responsibility for their actions. “I know I shouldn’t have turned my amp all the way up, but I was mad.” Try to prevent campers from using “but you” statements like “I know I shouldn’t have, but you were egging me on.”

Ask each person to try and express empathy for the other person; “Yeah, I would have been really mad if I had thought someone was drumming over me on purpose.”

Finally, make a plan for how to avoid this problem in the future; “Maybe we can all be more careful to not play our instruments while one of the band members is talking.”

BULLYING

Bullying of any kind will not be tolerated. If you suspect bullying is happening tell a staff member immediately. If it does not stop after a warning is given the camper will be expelled from camp for breaching the code of conduct.

What’s the difference between “normal” peer conflict & bullying? The following information is from the book ***Bully-Proofing Your School***, published by Sopris West.

NORMAL PEER CONFLICT	BULLYING
The people involved change; different kids get angry with different kids. There is no consistency.	One person consistently gets the brunt of bullying behaviors. There are repetitive bullying behaviors targeted on a specific person.
Happens in front of others, including staff (adults), as well as at times when staff are not around.	Happens when those with perceived power are not around; bullies are adept at saving their targeted behaviors for just the right moment.
The power between the two people in the conflict is about the same; one kid yells right back at the other one.	There is a perceived imbalance of power; bullies pick on those who don’t give it back to them and/or are ineffective in their response.
Both parties are emotionally affected in generally the same way; they’re mad at each other.	There is a difference in levels of effect. The victim expresses extraordinary distress while the bully seems devoid of effect.

What Can You Do?

Realize that you probably will not see severe bullying behaviors—the bullies generally save that until you’re gone. Hang out with the kids. Listen keenly to what kids are saying. Watch for who is picking on who—is the same kid picking on the same kid? It takes a group: the bully, their sidekick(s), the victim, and a group of “observers,” other kids who see what’s going on but, because of their code of silence, will probably not tell an adult.

The single most effective deterrent to bullying is adult authority. Children (even big ones) cannot handle true bullying situations. They need adult intervention. That means that adults must get better at recognizing bullying situations. It does no good to assume that “they can work it out.”

Recognize that girls bully as much as boys. Girl bullies tend to use social alienation and verbal aggression more than boy bullies, who tend to prefer physical aggression and intimidation. Notice the words “tend to.”



DISCLOSURES OR OBSERVATIONS OF ABUSE/NEGLECT

On occasion a camper may reveal something about their home life that is a cause for concern. If this happens, please remember that all information is to be kept confidential. This type of information is to be discussed only with appropriate senior camp staff, i.e., Natalie, Reese, Michelle, or Kate.

Child abuse and neglect are unlawful acts. Washington laws require staff to report incidents of suspected abuse or neglect to the Department of Social and Health Services, Child Protective Services (CPS) or to the local law enforcement agencies. RCRC staff who become aware of a suspected case of child abuse involving any child participating in RCRC activities or events, are guided by RCRC staff policies, procedures and Washington State Law. For volunteers' responsibilities in this regard, see below.

Abuse and neglect include but are not limited to the following:

- Emotional mistreatment of campers or other children participating in RCRC activities or events, including verbal abuse or verbal attacks.
- Physical neglect of campers or other children participating in RCRC activities or events, including failure to provide adequate safety measures, care or appropriate supervision of activities.
- Any form of sexual abuse of a child, including sexual touching, inappropriate bodily contact, exhibitionism, voyeurism, or any involvement of campers or other children participating in RCRC activities or events, with pornographic materials.
- Physical abuse of campers or other children participating in RCRC activities or events, including all types of corporal (physical) punishment, e.g. spanking, slapping or shaking.

Although RCRC may terminate a volunteer at any time for any reason, abuse and neglect is unlawful and will not be tolerated. As a result, RCRC reserves the right to:

- Suspend from her/his volunteer position any volunteer during investigation of allegations of abuse or neglect. This includes instances where the volunteer was aware of potential abuse or neglect by another and did not report it to staff, CPS or local law enforcement officials.
- Refuse membership endorsement or re-appointment to any volunteer accused of, arrested for, or convicted of child abuse or child neglect, or is a registered sex offender.
- Dismiss or exclude from affiliation with RCRC any volunteer who has been accused of, arrested for, or convicted of child abuse or neglect or is a registered sex offender

As a volunteer you must report any suspected incident of child neglect or abuse to one of the senior camp staff (Natalie, Reese, Michelle, or Kate), who will assist you in getting in touch with the Department of Social and Health Services (DSHS). Members of the Mental Health Crew are also available to support you in making a report or in having the camper repeat herself to them and then making the report themselves. Any person making a good faith report concerning suspected child abuse or neglect is provided civil and criminal immunity by Washington State statute RCW 26.44.060. DSHS may require further information from you directly. However, reports to DSHS may be made anonymously.

MENTAL HEALTH RESOURCES

The Mental Health Crew (MHC) are mental health professionals or folks with appropriate experience who are at camp to serve as support and resources for both campers and volunteers. MHC members are not at camp to provide therapy or ongoing support, but they are available for use at any time during camp. MHC members will be present at all workshops that contain potentially triggering material, and they will be happy to provide check-ins or debriefings to those who request them.



In addition, MHC members may be called upon to help resolve conflict within bands. We suggest that Camp Counselors and Band Coaches do their best to resolve any issues before calling in the MHC as a last resort.

ROCK CAMP ROLES

Camp Counselors serve as mentors for assigned groups of campers, which involves checking in with them every morning, making sure the campers are where they need to be at all times, and offering advice and help throughout the day. Since the most important parts of the job are ensuring the campers' safety and giving them support and encouragement, non-musicians are welcome in this job. Counselors are responsible for "Check In" and "Check Out" with campers each day.

Band Coaches are mentors who have experience writing, practicing, & performing original songs with their band(s). In most cases, each band will have a Band Coach and a Camp Counselor who work together to help campers prepare for the Showcase. More on how to Band Coach is available in this handbook under Band Coaching 101.

Instrument Instructors are mentors responsible for teaching their assigned instrument to their students who will vary in age and ability. The main goal of instruction is to meet each camper at their skill level and help them prepare for the Showcase.

The **Roadie Manager** is responsible for directing and managing the Lead Roadie throughout the camp week. They are also the Stage Manager at the Showcase Run through and at the Showcase itself. The **Lead Roadie** manages the intern crew, making sure that gear is in the right place at the right time.

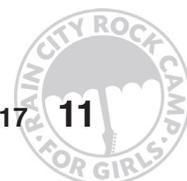
Interns typically have two years of previous camper experience, and Interns are approximately 15-17 years old at time of camp. Interns are the main camp and Showcase roadie crew. They must be able to lift heavy equipment (or make arrangements for exceptions prior to the start of camp), to follow the directions of their Intern Counselor and the Lead Roadie, and be willing to learn how to set up each practice space and move equipment safely and efficiently.

There is a primary, full-time **Front Desk Lead**, however, and that person serves as the supervisor for all other Support Crew volunteers, including Runners and other floaters. The Front Desk helps with first day registration, checking campers in and out, monitoring visitors, handling phone calls, giving directions, answering questions, and sell Showcase tickets and merch. Other duties may be assigned as needed. All of the resources needed for these tasks will be provided at the front desk post or upon request. At no time should the front desk be left unattended.

Food Crew provides morning & afternoon snacks to campers as well as lunch to volunteers and interns. There is a Food Crew Lead who has worked with staff to determine each day's menus, and this volunteer will direct the Food Crew members in their tasks. Food Crew also performs set up before and clean up after meal times.

Support Crew can be called upon to help with daily morning set up, camper check in/out, serving lunch to volunteers, merch sales, volunteer break room maintenance, moving gear, picking up donations, camper lunch supervision/presence, general clean up including sweeping, taking out trash, bathroom clean-up, and other tasks that help everyone have a great day at Summer Camp. This position is created based on the theory "many hands make light work."

Workshop Leaders have expertise/highly relevant experience in the area in which they are presenting as well as how gender and other systemic factors intersect with their topic.



VOLUNTEER RULES & GUIDELINES

- Campers should have adult supervision at all times.
- If you find yourself alone in a room with a camper, ask another volunteer to join you, make sure that the door to the room is open, or move yourselves out into the hallway.
- Respect physical boundaries. Any volunteer accused of child abuse or molestation will be immediately suspended until the case is resolved.
- Follow the electronic privacy policy
- Show up on time & ready for every shift. Call the Front Desk at (206) 465-1181 if you are sick or have an emergency. Your presence is vital & expected.
- Never administer medication to a camper. If a camper asks for any medication (including aspirin or cold medicine) or help with their own medication, ask for help at the Front Desk.
- Please respect everyone's differences in race, ethnicity, physical ability, size, class, gender expression and sexuality. Show respect to campers and fellow volunteers. Embrace inclusiveness. Be sensitive to differences in backgrounds, family, culture, values, and learning styles. Be mindful of your tone, comments, and gestures.
- Respect all instruments, equipment and property.
- No smoking at camp. If you need to smoke, please do it during one of your breaks and away from the campus.
- No alcohol/drug possession or consumption at camp, including during the Showcase. Avoid promoting substances to campers. This includes personal conversations with other adults when campers are within earshot.
- Please turn off all cell phones. If you need to make a call or text, please do it in the volunteer sanctuary and not in front of campers.
- Familiarize yourself with the camper rules and help campers understand and adhere to them.
- Strive to be supportive of each other's volunteer efforts.
- Be a good ambassador. Represent the good name and spirit of Rain City Rock Camp for Girls in all forums – including at camp, at the Showcase, and online.
- Speak up when something seems out of line. If someone appears to be departing from the letter or spirit of these rules and other camp guidelines, say something and, if appropriate, bring it up with staff.
- Remember your role and why you're here: to provide guidance and fun for the campers!

VOLUNTEER INTERACTIONS

You are the number one model for behavior for the kids. How you interact with each other will affect how they interact with you and each other. Keep the campers in mind in all your interactions.

- Help each other out, and recognize when someone needs a hand.
- Step up and make your voice heard, but don't dominate—make sure everyone has a chance to lead.
- Go beyond first impressions and step outside your "friend circle" and comfort zone.

APPROPRIATE PHYSICAL CONTACT FOR VOLUNTEERS

- Always respect people's personal space. Some people are naturally physically expressive, while some are averse to all touch, and many fall somewhere in between; be sensitive to body language.
- Physical contact between volunteers should be G-rated at all times.



APPROPRIATE LANGUAGE AMONG VOLUNTEERS

- Ethnic, sexual, or religious slurs are not cool. Watch out for common offensive slang phrases that have tongue-in-cheek popularity in some circles, like “don’t be retarded” and “that is so gay.” Be thoughtful and polite.
- Always address each other with respect, particularly in front of campers
- Keep in mind that not everyone is comfortable with raunchiness or cursing.

VISITOR & FRIEND POLICY

Visitors are allowed but must be approved by staff, and each visitor request will be evaluated on a case by case basis. Everyone who is authorized has a lanyard, and Billings staff are identified in the lobby of the Main Building.

EMERGENCY & MEDICAL RESOURCES

If you feel threatened or there is an emergency, call 9-1-1 immediately. Each camper and volunteer has signed a Medical Care Permission form that permits the Camp to make a decision to call an ambulance if it is deemed necessary. In the case of an unauthorized visitor who is making you nervous, call or send for a Summer Camp Staff member, or call the police. If the visitor is violent, call 9-1-1 and ask them to leave, then call or send for a staff member. Have someone keep campers away from the crisis. A staff person will take over as soon as possible.

STANDARD FIRST AID/CPR

The Front Desk has a list of all volunteers who are First Aid and/or CPR certified. Also, if you are certified please notify the Volunteer Coordinator.

PRESS POLICY

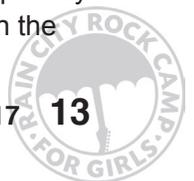
All Press has been pre-approved prior to Camp and should be listed on the “Visitor Check-in” form. If they are not on the list, they will need to speak to Natalie before being allowed on campus. All visitors and pre-approved Press should be given the appropriate lanyard that must be worn while on campus. Any Camper with a star on their lanyard may not be interviewed or photographed for outside press.

MEDIA RELEASE

It is very helpful, but not required, for you to sign the Permissions for Rain City Rock Camp for Girls and for Press Outlets form. This allows Rain City Rock Camp for Girls to use photographs, recordings, and other images with your likeness on our website, in the press, and for other purposes that help promote and support our organization. Please review the form carefully to determine whether you would like to sign it.

FOOD & BREAKS

RCRC provides lunch for all volunteers working each day. We will do our best to accommodate most dietary restrictions, but if you are in doubt, please bring your own lunch. Please make sure you are well fed and hydrated all week, and take breaks after instruction, during workshops or lunch, and other times your campers are occupied. Volunteers can use the volunteer sanctuary to relax, check email, take a nap, or just step away from camp activity. Camp is also only a block from Greenlake, so feel free to take a walk or hang out in the park.



WHAT TO EXPECT ON DAY ONE

The first thing campers do after registering at the Front Desk and filling out a few forms is play Human Bingo. This game requires interaction between campers, and you can facilitate that by trying to pair up less outgoing campers with those who are more willing to talk.

TALKING WITH YOUTH

1. Try to come a little before the assembly and head to the Rock Room to socialize with the campers. Some kids arrive as early as 8:30 and might like someone to talk to while others are arriving. If the thought of this frightens you, be aware some of them are just as uncomfortable in a “first day of school”-type way as you are. Talk to kids the same way as you would an adult. Here are some questions to strike up a calm, friendly, and excited conversation with campers who are alone, in friend couples, or in groups:
 - How are you this morning?
 - What instrument are you learning?
 - What made you want to play the _____?
 - Where are you from?
 - How old are you?
 - How many times have you read Harry Potter?
2. Keep it simple, and don't force an interaction.
3. Let kids express themselves. Try not to tell them how they must be feeling.
4. Leave time for what may be construed as their awkward pauses. Thinking may be in progress.
5. Use the same tone and language as you would with a peer. Don't be condescending.
6. Respect their physical boundaries.
7. High fives, shaking hands, and the infamous sideways hug are great.
8. Make eye contact. Get down to their height to have serious meaningful conversations.
9. Be helpful by asking questions. (Do you need anything? How are you feeling? Anything cool in your swag bag?)
10. Crack jokes. Learn a couple good ones.
11. Listen to what campers have to say. If a camper has a problem, take it seriously
12. Remember camper names/pronouns and use them often!

WRANGLING

We have over 75 campers at camp each session. Here are some tips for organizing and moving around the building.

Tell your campers what's going on—if you're moving to a new room for practice, or going somewhere for a workshop, or getting ready to watch a performance, let them know! This will help campers transition to the new activity with you.

Need to get a large group of campers to listen? One of our most beloved methods: the hand clap. Clap your hands once and say “If you can hear me now, clap once!” A smattering of campers will catch on and clap. Then, you can continue: “If you can hear me now, clap twice!” You can keep on in this pattern until all the campers are clapping and listening—ta da!

In group discussions, have a “talking marker” (or something similar). If a camper is holding the talking marker, they have the floor and should not be interrupted. Your job as the adult is to make sure that each camper has equal time holding the talking marker.



BAND FORMATION

Band Formation happens just before and during lunch. First, the campers participate in a facilitated mingle in which they interview each other for potential bandmates. After they have noted their preferred band members on a piece of paper, camp staff take the papers and form the bands during lunch. After lunch, as bands are announced, the campers go through a volunteer victory tunnel. All available volunteers create a two-sided high five line and cheer for the bands while they get announced!

GEAR, EQUIPMENT & MAINTENANCE NEEDS

The equipment here at Rain City Rock Camp for Girls has been donated by generous donors, is on loan, or has been purchased by the Camp. We are a non-profit and have limited funds to repair and maintain the equipment we have so we ask you to help us keep it in good working condition. There are some simple rules that will help you to do this and they are as follows

- Handle all guitars & basses with care & carry only by the neck. Make sure they are always secure on a guitar stand when not in use. Do not lean or lay them down.
- Unplug all cords from amps and instruments after using them.
- Know the difference between an instrument cable and a speaker cable. Speaker cables carry an electrical current and should never be used to plug an instrument into an amp. Writing on the cable usually can identify these, but if you are not sure, ask the Lead Roadie and they can assist you.
- Respect the PAs and amps. Make sure after instrument instruction and band practice that all amps and PAs are off.
- Remove the kick pedal before moving the kick drum of a drum set through a door.
- Report all broken and damaged equipment to the Lead Roadie ASAP.

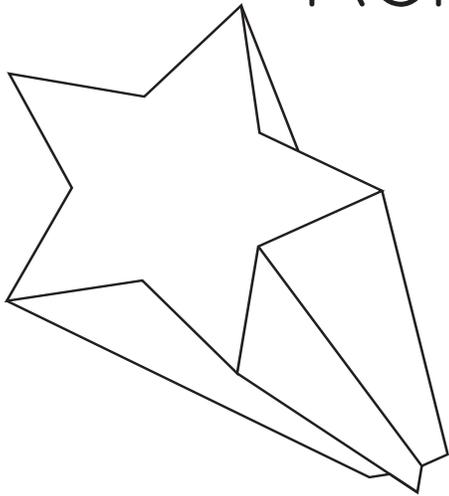
Help! The instrument or amp isn't working!

- Is it plugged in?
- Is the amp plugged into the wall or power strip? Is the guitar/bass/keyboard/ plugged into the amp?
- Are you sure you are plugged into Input? Is the power strip plugged in?
- Is it turned on?
- Is the amp turned on? Is the standby switch on? Is the power strip turned on?
- Is the volume turned up?
- Is the volume up on the guitar/bass/keyboard?
- Is the volume up on the amp? Is the cord working?
- Try a different cord, preferably one you already know works.

Help! The Effects Pedal Won't Work!

- Does it have batteries?
- Are the batteries dead?
- Does it need to be plugged into the wall or power strip?

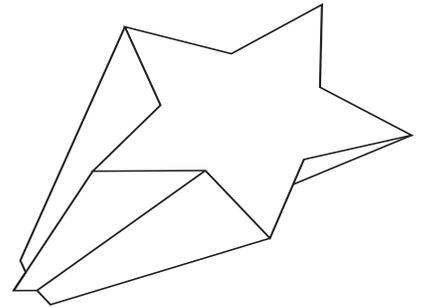
RCRC CAMP SONG



PUT YOUR EARPLUGS IN
CRANK IT UP!
GOT A SONG TO SING
GOT A LOT TO BRING
I HEAR THE SOUND
I FIND MY VOICE
JUMP AROUND
MAKE SOME NOISE!



WE'RE NOT WITH THE BAND
WE ARE THE BAND!
WE'RE HERE TO ROCK
AND WE WON'T STOP!
WE WON'T STOP!



WE ARE A BAND OF BANDS
SEWN TOGETHER HAND-IN-HAND
STRUMMING FROM THE HEART
DRUMMING BEATS SO HARD!



RAIN CITY, POUR YOUR SOUND ON ME...

THIS IS THE SOUND OF A NEW GENERATION
THIS IS THE SOUND OF A REVOLUTION!
REVOLUTION!

WE ROCK!!!

WE ROCK!!!

WE ROCK!!!

SEATTLE



[HTTPS://RAINCITYROCKCAMP.ORG/VIDEO/RCRC-CAMP-SONG](https://raincityrockcamp.org/video/rcrc-camp-song)



GENERAL SCHEDULE & INFORMATION

Session 1

Camp Dates: Monday, July 17-Friday, July 21, 2017. Times: 9am-5pm
Camp Venue: Greenlake Elementary School, 2400 N 65th St, Seattle, WA 98103
Showcase Date: Saturday, July 22, 2016, 12:30 pm
Saturday Showcase Venue: The Crocodile Cafe, Belltown

Session 2

Camp Dates: Monday, July 24-Friday, July 28, 2017. Times: 9am-5pm
Camp Venue: reenlake Elementary School, 2400 N 65th St, Seattle, WA 98103
Showcase Date: Saturday, July 29, 2016, 12:30 pm
Saturday Showcase Venue: The Crocodile Cafe, Belltown

For a detailed schedule of classes & workshops as well as more general information, see the “How to be a Rock Camp Volunteer” website. Please do not share this site with anyone outside camp, since it contains confidential information.

<http://raincityrockcamp.org/how-to-be-a-rock-camp-volunteer/>
Password: 2017fierce!

Phone numbers:

Camp Front Desk: 206-465-1181
Kate: (617) 240-6145 (If texting, please identify yourself in the text!)

Both phone numbers accept text messages. If you text, please identify yourself in your message.

PARKING/ TRANSPORTATION

Carpooling, biking and public transportation is encouraged! There is street parking near the school, but some of this is zone parking.

WHAT TO BRING

Please label your belongings!

- A water bottle.
- If you need your caffeine, please bring a coffee mug or thermos to keep the environment happy. Water, tea and coffee are provided throughout the week! ☺
- Earplugs (we do get LOUD during band practice). We will have earplugs at camp, but if you have special ones that you like to use, bring them with you!
- Layered clothing. You can quickly go from cool to hot once you start rockin'.
- Cash. There will be merch around. You may want a snack that isn't provided, so you can take a look around the area for options.

MERCHANDISE

There will lots of great RCRC merch available for purchase at camp. We have a fine selection of RCRC t-shirts, hoodies, totebags, pins and stickers. We take cash, check, and credit cards!

NOTES

