

FRISBEE STAFF CERTIFICATION COURSE OUTLINE

1. Eligibility requirements for participation: All campers are eligible to participate in Frisbee unless (a) health concerns deem it appropriate for the nurse to exclude them or (b) the instructor excludes them due to behavioral difficulties or an inability to handle equipment safely and appropriately.
2. Camper/staff supervision ratios: Kingswood recognizes the American Camping Association's required ratio of on duty staff to campers in cabin groups as well as to campers in camp activities: For boys age 6-8 years, one staff to 6 campers; for boys age 9-14, one staff to 8 campers; for boys age 15 and up, one staff to 10 campers. Additionally, at least 80% of the staff must be 18 years of age or older with no one under age 16. Younger counselors must be two years older than the campers they are assigned. There are no exceptions to these ratios and the Program Director will take them into account when assigning staff to all camp activities throughout the summer.
3. Identification of appropriate protective equipment: Certain Frisbee games require protective headgear to be worn. Specifics follow in the next section.
4. Safety Regulations:
 - Always be vigilant of people who are unaware of Frisbee activity
 - The golf command FORE applies to Frisbee golf as well as a name or area where the Frisbee is headed. "FORE, ROADSIDE STEPS" for example
 - Always be aware of the intensity of the game you are supervising. "No-man's land," neutral zones, and other boundary-related rules must be adjusted to the intensity situation. As we oftentimes invent new Frisbee games, the head of the venue must approve the rules and boundaries of each new game before it may be played.
 - In games involving goalies, a lacrosse or floor hockey helmet must be worn.
 - ***All Frisbee players in any game must wear shoes. No exceptions.***
 - As in all Kingswood activities, beware of size mismatches among participants and adjust rules of the game accordingly.
 - Crosbee is an example of a Frisbee game where overhand throws are not allowed. All supervisors must gain approval from the venue head before allowing throws that go beyond the traditional "Frisbee toss."
5. Emergency Procedures: Each activity listed above has written procedures regarding emergency situations which are binding at all times. These procedures may be found in the Clinic Manual. As a general rule, however, the same procedures outlined in the Staff Manual pertain to specialized activities: The infirmary is kept locked whenever the nurses are away from this facility. A note is tacked to the door giving her on-grounds location or advising seekers of in-charge person during their absence. In the event of an accident or other emergency, the first adult on the scene dispatches any other person to the infirmary to locate the nurse. The nature of the incident dictates whether the three whistle blasts over the PA are required or if the nurses need only be paged. The senior adult nearest the incident makes this call. The same considerations are made in paging the directors. Community emergency services may be summoned at the discretion of the nurses, or, in her absence, the person in charge as indicated by the note on the infirmary door.

6. Equipment maintenance procedures: All equipment should be regularly checked for safety, maintained in good repair, and stored in a manner to safeguard its effectiveness. Leaders do not condone any misuse of the equipment. A simple procedure governs this rule: The first person to arrive and the last person to leave the clinic site is the activity head. He is to submit maintenance requests in writing to me whenever he deems it necessary.
7. Identification of safety concerns related to the use area. We look upon this Frisbee certification course as a work in progress. We assume that never will we truly have thought of everything necessary to guarantee a 100% safe activity. Therefore, whenever you, as a certified Frisbee instructor, come upon a situation not covered in this course, please submit to me in writing, any suggestions for its improvement. Most significant are safety issues which we might have overlooked. Please do not delay even one day if you stumble into something new and uncertain.
8. Safety Orientation: The camp requires that all participants be provided a safety orientation before engaging in any sort of Frisbee game. This certification course packet should be in your possession on the first day of each new clinic week and be used to review plans for upcoming games with other camps.
9. Required study materials: Prior to taking the Frisbee staff certification test, you must study and become competent with the following documents: (1) This Frisbee staff certification outline, (2) All Frisbee games for which we have written rules. The test itself will vary from person to person, depending on factors such as age and experience.
10. Competency Demonstration: Once you pass the final test, you will be certified to instruct Frisbee at Kingswood. Thereafter, expect and indeed, look forward to having a continuing dialogue with the camp administrators regarding your competence and overall abilities as a Frisbee instructor.

Name: _____ has been certified to
instruct Frisbee at Kingswood Camp.

Signature _____

Date _____