

## Challenge by Choice

All camps are to operate under the basic principle of Challenge by Choice.

Challenge by Choice is a philosophy on how to encourage campers to achieve their goals and to provide them with a safe environment where they can go beyond their own comfort levels. It is not our place to push campers beyond where they are ready for or capable of going. Our responsibility is to offer helpful advice and encouragement that any camper may need to progress beyond his/her comfort zone.

It is also our intent to apply this philosophy to how campers treat each other. We do not allow campers to 'bully' one another into doing things they do not feel comfortable doing.

### Within the framework of Challenge by Choice, the Camper:

- decides if he/she would like to participate in a particular activity in a physical manner.
- decides when he/she would like to take part.
- decides which activities to participate in.
- decides the degree to which he/she will participate.
- decides how much vocal support he/she would like while doing a particular activity.
- decides if he/she would like to stop participating in a particular activity.

Everyone:

- Fully supports everyone else's choice without question and without asking 'why?.'

### Note: There are some times at camp where the principles of Challenge by Choice do not apply:

- Safety Issues: In some circumstances where safety may be compromised it is necessary not to offer a choice
- Eating: A camper can not choose not to eat. Campers need energy and sustenance to stay healthy.
- Cleanliness: We must look after our campers, therefore personal hygiene is not a choice
- Bed Time: Everyone needs to sleep and get some rest so that we can all make the most of our days at camp.
- Quiet Time: Everyone needs a quiet time sometime during each camping day so that we can all make the most of our days at camp.