

A Day-in-the-Life of a Counsellor



7:45 am – Wake up

- Counsellors arrive at their campers' tents/cabins just before the 7:45 wake up bell to get everyone heading towards the dining hall.

8:00 am – Breakfast

- Counsellors sit with their cabin group and ensure campers are eating healthy meals.
- Most tables have between 8 and 10 campers along with 2 staff and 2 LITs.
- During breakfast, campers aged 11 and older also sign up for the following morning's activities.

8:40 am – Clean-up

- Campers head back to their cabins for a quick morning clean-up and to get ready for the day.
- Counsellors ensure this is happening and campers are wearing sunscreen, hats, have water bottles etc. before heading out to be ready for morning activities.

9:25am – 12:30pm – Periods 1,2 & 3 - Morning Activity Rotations

- Counsellors work 1 activity during the 3 morning periods where campers of all ages rotate through in 1 hour blocks. Staff ensure campers are safe, engaged and having fun at their activity.

12:30 – morning free time

- A quick chance to change into dry clothes & get ready for lunch.

12:45 - Lunch

1:30 – Rest Hour

- Our campers head back to their cabin to get out of the sun for the hottest part of the day.
- 1 counsellor from each section supervises the cabin areas
- The rest of the staff take this hour off. Go for a swim, a run, or take a nap!

2:40 – 4:40 – Periods 4 & 5 - Afternoon Activity Rotations

- Counsellors work their afternoon activity for periods 4 and 5.

4:40 – 6:00 – Afternoon Free Time

- Campers head back to their sections and meet up with their staff
- Go for a swim, play some soccer, make bracelets or get ready for that night's campfire – this is a chance for cabin and section groups to bond together.

6:00 - Dinner

- Campers sign up for the next day's afternoon periods.

7:15 – 9:00 – Evening Program

- On most nights, sections will play a game run by the counsellors somewhere at camp. Sometimes multiple sections join together to play a game or there might be an all camp game!

9:00 – 10:15 - Bedtimes

- The end of the day, counsellors and their cabin groups head back to their cabins and do a bedtime routine.

10:30 – Staff Snack

- Staff all meet in the dining hall to have a snack and connect at the end of the day. Each counsellor is staffed once per month on 'night patrol' but are off duty the rest of the nights.