



## SEA TO SKY

Outdoor School for Sustainability Education Inc.  
Sunshine Coast, British Columbia, Canada

# EXPECTATIONS OF ADULT VOLUNTEERS

*The following is intended to be a guide for those adults who assist Sea to Sky Site Staff with program delivery. Much of what follows is common sense but we ask that you read through this so that we all understand the program objectives of Sea to Sky Outdoor School and ensure that the students experience the best possible learning opportunity. The job of an adult volunteer or guardian requires physical and mental stamina...and a sense of humour. If you have any questions or concerns ask a teacher or one of the Sea to Sky staff. We welcome feedback anytime. We are all in this together and we need each other for support and encouragement. Your special skills can contribute to this program so let us know what they are. Thank you for volunteering. Let's have a great week.*

### 1. Rules

Those guidelines circulated before every program are read and adhered to by adult participants while at Outdoor School.

### 2. Helping out on arrival day

Everyone is responsible for carrying their own pack on board the ferry or water taxi. Avoid the baggage service if travelling on BC ferries. It will slow down the group at the other end. Assist teachers with 'crowd control' and ensuring that the group is all together when it's time to disembark.

### 3. Student Discipline

No physical discipline is to be used with students. Student behavior which compromises safety or learning opportunities for others must be dealt with in a firm but appropriate manner. If you find yourself getting angry ask for help. Visiting teachers or parents (if comfortable) need to be ready to accompany any student away from the group, who in the judgement of site staff is compromising the learning of others.

### 4. Volunteer Roles

#### a) Cabin Supervision

Due to the long, full days of Sea to Sky programs that challenge students both mentally and physically, cabin supervision needs to encourage behavior that guarantees that all students receive the sleep they need. Any student that is disruptive after the silence 'signal' is given will be asked to relocate their sleeping bag to a place with closer adult supervision. *As the cabin captain here are a few tips:*

- Cabin No-No's: shoes, eating, fires, locked doors, visiting;
- Stop Sleep Interrupters: truth or dare, raids, ghost stories, gross-out contests, bullying, beeping watches;
- If uncomfortable with a situation use lead teacher or Islander for back-up; find out curfew time and insist on silence. Consult with lead teacher regarding approach to be taken with 'noise makers'.
- Keep it neat; students encouraged to keep stuff in or close to their pack; last day is cabin cleaning day; property damage gets pinned on perpetrator (note: repairing or replacing something on an island is always more expensive);
- Create a caring culture in your cabin. We discourage students from calling home while at Outdoor School unless circumstances warrant it. Consult an Islander.

#### b) Adventure Groups

Sea to Sky staff must have at least one other adult accompanying their small groups at all times for safety. We encourage you to share in the student's learning and excitement by **joining** the group, whether it be large or small. Support the Sea to Sky staff in their efforts to give students the very best possible educational experience. Curiosity and focused attention will rub off on others. Logbooks are given to all students and adults. Be seen taking notes as you can be a powerful role model to the students around you. Ask questions! If you are unable to join the group please arrange a replacement adult to fill in while you are away.

### c) *Mealtime*

You are the designated adult at your table of 7-9 students. A few tips:

- encourage students to eat slowly, relax, be civilized, keep noise down. Please ensure good table manners.
- watch for 'POTS' sign and silence table when it is up.
- we are a Food Waste free zone; encourage your table to be food waste free; 'food fights' are taboo.
- anyone leaving the table has the Photon (yellow plastic ball on string - one per table) - our *traffic controller*.
- POTS list for students who based on behaviour remain behind after the meal is over and receive a task(s).
- *duty dude* (student volunteer on a rotating basis) from each table stays behind to wipe tabletop & stack chairs.

### 5. **Role Modeling**

What you say is not nearly as important as what you do and what you communicate non-verbally. The Outdoor School's 'Community Values' need to be read and as much as possible reflected in how a cabin and its residents treat each other and the space they have been provided. Rough, destructive or aggressive behavior should not be tolerated. Students need to understand that they will be responsible for the cost of repairing property damage which is always higher on an island! Please don't rough house with students at any time. Aggressive behaviour usually escalates to something worse. Some students when 'stirred up' have little judgment at when to stop. Adherence to the property rules re: alcohol and smoking need to be upheld.

### 6. **Office Telephone**

Adults are welcome to use the available telephone provided they use a calling card or reverse charges. Please confer with the Program Coordinator or one of the staff if the call relates to concerns over any student involved in the program. Telephones are off limits to all students. Exceptions to this will be discussed between Sea To Sky and visiting teachers. Please be discreet when using a cellular phone. Keeping it turned off is appreciated.

### 7. **Medical Conditions and Safety**

Refer all first aid concerns to a Sea to Sky staff member (even band aids!). Adults providing cabin supervision should be familiar with student medical conditions or other circumstances requiring attention. Administering any medications to students (as instructed by respective parents) is the parent or teacher supervisor's responsibility. Running at night is very high risk and therefore not permitted. Please enforce.

### 8. **Respect for Diversity**

Sea to Sky programs are designed to respect children of all backgrounds and religious faiths. Your care at helping to ensure that Sea to Sky programs remain inclusive is greatly appreciated.

### 9. **Attitude**

*"Life is 10% what happens to us and 90% how we respond to it."* Try to maintain a positive mental attitude no matter what the circumstances. In as much as is possible do everything with enthusiasm. It's contagious. Students will look to you for cues. Get involved. Have fun.

### 10. **Island Name**

Sea to Sky Outdoor School encourages students, teachers and parents alike to take on an 'island name' during the program. This can be anything from the natural world which is animate or otherwise. Samples of new identities might be *Sunrise, Arbutus, River, Daisy, Sea Otter, Cougar, Granite or Cloud*. You will be introduced in the Community Meeting at the beginning of the program.

### 11. **Island Time**

Watches are not on the equipment list and everybody is encouraged to either leave them at home or place them in safe keeping while on the island. It is a freedom that we hope will be embraced by all. So that the group makes meals on time and that a challenging schedule can be followed 'Islanders' (Sea to Sky site staff) need to be the exceptions.

*"Only with the heart can one see rightly for what is essential is invisible to the eye."*