

Counselors (Campers) In Training

CIT's spend the same number of days in training as the counseling staff does. The expectations and privileges of CIT's are unique to camp. First and foremost, CIT's are seen as staff leaders by other campers, CIT's are regarded as role models to other campers. Each CIT is expected to behave in a camp appropriate manner without significant staff direction, or supervision. The CIT program is demanding physically, mentally and socially. There is less sleep and rest time than campers, but there is twice as much activity and socialization. CIT's need to be prepared for the adventure, so they can tackle the challenge personally and as part of a group.

CIT's are expected to:

- No longer participate in as many camp programs or other events as they did as campers. Example, CIT's are not participant's in team challenges, or Arts like the campers. They are there to assist lead, or teach.
- Take Red Cross CPR and First Aid training; which will require some reading plus written skills test. (Allowable modifications according to ADA will be provided).
- CIT's will participate in leadership sessions, to develop skills to become strong leaders.
- CIT's will lead special programs, Evening Programs, Chants and Sing-Alongs
- CIT's must be positive and enthusiastic for events; they are the "cheerleaders".
- CIT's along with LIT's may have to participate in a service project or fundraiser event for camp.
- CIT's must be able to provide 75% minimally of self-care, and to be able to assist campers in self-care, dressing with the aid of a co-counselor.
- CIT's to be able to give direction to campers, so communication is key, no matter the style of communication.