

## ADULT EXPECTATIONS: *Rock Climbing*

Eagle Bluff's Rock Climbing Wall provides a safe, yet challenging opportunity for students to experience rock climbing. The class also emphasizes trust, cooperation, teamwork, and personal growth. Students will spend about one-third of the class period learning proper equipment, belaying technique, and climbing techniques. Two-thirds of the class will involve practicing these skills while climbing. The adult chaperones will belay for the students and may not have an opportunity to climb.

The maximum group size is **twenty (20)** students. We want to make certain that each student has the individual attention necessary to be sure they understand all the instructions, safety information, and their personal choices. To assist with this, the help of at least **four (4)** adults to belay for the students is absolutely required. Belaying involves wearing a harness, using a belay device to keep the climbing rope taut, and lowering the climber down to the ground. The Eagle Bluff Instructor will teach the adults how to belay correctly. Safety is our greatest concern. If the required number of adults is not available, students will not be allowed to experience the rock wall.

### Who can help?

Adult assistants must be, at a minimum, **21** years of age, and must have a positive, mature attitude about assisting students with the exciting activity.

### What are the adult chaperones responsibilities?

- There must be four adults who will belay for the students.
- Ensure a tight belay at all times.
- Encourage students to follow all instructions, especially safety instructions.

### What are the climbing wall instructors (Eagle Bluff Staff) responsibilities?

- Provide all information about fears and personal choice.
- Provide all safety instruction and assistance.
- Provide belaying instruction for adults.
- Double check equipment before each student begins to climb.
- Offer encouragement and direction to all involved with the class.

## ADULT EXPECTATIONS: *Tree Top High Ropes Course*

Eagle Bluff's Tree Tops High Ropes Courses are among the most powerful education experiences available anywhere. This confidence building class promotes growth and strengthens group bonds. Maximum student group size is twenty (20). We want to make certain that each student has the individual attention necessary to be sure they understand all instructions, safety information, and personal choices. A group size of no more than twenty will ensure appropriate, individualized instruction.

On our East and West courses, the assistance of at least **three (3)** physically capable adults who are **willing to be up "on the course" (thirty feet minimum)** is **absolutely** required. For our South course, the assistance of at least **four (4)** physically capable adults who are **willing to be up "on the course" (thirty feet minimum)** is **absolutely** required. In order to fulfill our commitment to quality programming and safety, these adults are required to help supervise the students experiencing our high ropes courses. If the required number of adults is not available or the assigned adults decline to participate, students will not be allowed to experience the course.

### Who can help?

Adult assistants must be **21** years of age and must have a positive, mature attitude about assisting students. Adults must also be physically capable and confident about assisting students while thirty feet in the air.

### What are the adult chaperones responsibilities?

Adults will need to station themselves at the following places:

- **Tower three:** Responsibilities include: offer encouragement, help switch carabiners, and help pace participants through the course. (THIS POSITION IS UP ON THE COURSE)
- **Zip Line Tower:** Responsibilities include: attaching course participants into zip line carabiners, lock the carabiners, and give instructions for proper dismount. (THIS POSITION IS UP ON THE COURSE)
- **Tyrolean Traverse (South course only):** Monitor participants as they attach themselves to the Tyrolean pulley, assist students onto platform and unhook from a pulley. (THIS POSITION IS UP ON THE COURSE)
- **Zip Line Landing Platform:** Responsibilities include: guiding participants to the platform, unlocking carabiners, unhooking safety straps, and instructing participants on how to walk the pulley back.

### What are the instructor's responsibilities?

- Provide all information about fears and personal challenge.
- Provide safety instruction, assistance, and encouragement.
- Provide instruction for adult assistants on the course.
- Provide demonstration on how to successfully complete the course.
- Double check participant's safety equipment before they begin course.
- Monitor and get on course in case of an emergency.

## DINING HALL EXPECTATIONS: Kitchen Party (KP Duty)

Eagle Bluff's programs are designed to provide educational experiences that are related both to academic learning and personal growth. Kitchen party (KP) teaches lessons in teamwork, responsibility, and environmental waste management while allowing Eagle Bluff to keep its student fees to a minimum.

**How many assistants are required for each meal?** The number varies depending upon the size of the group and how many different groups are in residence. The Residential Coordinator will confirm an exact number with the group lead. Most students enjoy KP duty; Eagle Bluff feels KP should not be used for disciplinary purposes.

**When should KP assistants arrive at the dining hall?** KP assistants should arrive 5 minutes prior to the first scheduled mealtime, regardless of the exact time their group is scheduled to eat. Arrival times are: **7:25 a.m.**, **11:55 a.m.**, and **4:55 p.m.** All KP assistants go to the head of the line, eat first, and report to the dish area before other students are finished eating.

**What are the KP duties?** Work assignments include sorting dishes, wiping tables, putting away clean dishes, etc. Food Service staff will provide instructions at the bussing window. All KP assistants stay in the Dining Hall until work is completed.

**What are the Food Service staff duties in regards to KP?** Staff is responsible for loading, operating, and unloading dish machines, or for training adults on these tasks. *Note: Food service staff is not responsible for student discipline.*

**What if there are two or more groups using the dining hall at one time?** The duties will be assigned to the groups. The Residential Coordinator will confirm, in advance, the number of KP assistants your group should provide.

## DINING HALL EXPECTATIONS: FoodWISE Program

*This program is designed to be fun, informative, and "hands-on." The goal is to increase awareness about food as a resource and how the everyday choices we make affect the amount of resources we use. The program directly and actively includes all students, chaperones, and Eagle Bluff staff members to create a sense of community as we work toward a common goal—Less Waste!*

1. At your welcome orientation your liaison will outline the details of the program by giving instructions and showing examples. Before your first evening meal in the Dining Hall, your liaison will present a short interactive skit about why the FoodWISE program is important.
2. In the Dining Hall:
  - A. Each group will be given a wheeled cart to collect their own food waste.
  - B. Each individual is expected to clear his/her own dishes and sorts his/her own uneaten food into collection buckets.
  - C. Select students will supervise the "food sorting" stations at the cart.
  - D. Eagle Bluff staff will weigh, record, and announce the totals for food waste at each meal.
3. An Eagle Bluff staff member will supervise each meal, answering questions, helping students, guiding crowds, etc. We ask the adults from the group to be especially aware and helpful in the supervision of students at meal times.
4. The FoodWISE program **IS** a component of the Eagle Eye Award. Your group will be given a threshold for waste in the form of "pounds wasted per meal." If that threshold is exceeded then a point will be deducted from the Eagle Eye Award. If your group wastes "zero" pounds at a meal, an Eagle Eye point can be earned back. If your group wastes less than the threshold for your ENTIRE visit you will earn a spot on the "Golden Clean-Plate Award" and will be inducted into the "Clean-Plate Hall of Fame" for that year.
5. **The FoodWISE program is NOT designed nor presented as a competition between school groups, to pressure students to forcibly eat, or to achieve ZERO waste. Rather, we want to work together toward a common goal of LESS waste by encouraging smart eating choices like trying new healthy foods and choosing appropriate portion sizes. We ask that you emphasize and support this approach with your students and chaperones. Every member of your group (students and adults) is a participant in the FoodWISE program.**