



Dear Chaperones-

Welcome to Mount Hermon Adventures, and thank you for volunteering to be a chaperone! This letter is designed to give you some information about Mount Hermon's Teambuilding programs and how you can be most helpful during your day with us.

Throughout the course of their time with us, students may be doing a variety of activities, both on the ground and 'in the trees'. These activities will focus on a variety of themes, such as communication, team work, leadership, group problem solving, supporting one another, improving self-esteem, challenging themselves, etc.

Below are some ways that you can help the students and the facilitator(s) have the most successful day.

- **Develop a relationship with the students.** Please arrive ready to be active and engaged with students. Learn the students' names and a little about each one. Find out about their interests and who they are. It is powerful experience for kids to develop positive healthy relationships with adults.
- **Manage the back of the group.** The facilitator will be managing the front of the group and will focus on delivering an engaging program for the entire group. If you notice students on the outskirts either misbehaving, isolating or wandering please, find out what is going on for them, invite them to participate, or re-direct them back to the whole group.
- **Be an active, yet silent, participant.** Play the games, get involved, be a partner! However, please don't tell the group how to solve a problem, direct them in what to do, or take over the problem solving process. We want this to be THEIR day!
- **Help with harnesses and helmets.** If high course elements are part of your program, students will need to be fitted in a harness and helmet. This is a great place for you to help them get into and out of harnesses. The facilitator will explain how to put them on and will double check before each participant leaves the ground. It is really helpful if chaperones assist with tightening, loosening and properly fitting a harness.
- **Be last on high elements.** If your group is doing high elements please self-select to go last in case time is short.
- **Be positive and supportive.** We work hard to create a safe supportive environment for students to step out of what is comfortable and try something new. Please refrain from using insults, competition or threats as a motivational tool. Each participant chooses their own level of challenge, regardless of the group they are with.

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