

| | |
|---------------------------|--|
| Emergency Gathering point | Flag Pole |
| Secondary EGP | Entrance gate |
| Emergency signal | 3 long whistle blasts |
| First Aid Kit | Kitchen |
| Emergency Plan | <ul style="list-style-type: none"> - Immediately gather and account for all persons - Camp Chief to attend to emergency and area made safe - Scouters to secure youth until safe / clear |
| Evacuation Plan | <ul style="list-style-type: none"> - Immediately gather and account for all persons - Pack all gear and store in Camp Kitchen - Hike with day packs to end of Scout Camp Road - Advise parents as soon as possible |
| Emergency Evacuation Plan | <ul style="list-style-type: none"> - Immediately gather and account for all persons - Evacuate to a safe location - Advise parents as soon as possible |
| First Aider | Scouters Ducky or Robert |
| First Aid Kit | Located in Camp Kitchen |
| Closest hospital | South Shore Regional Bridgewater Map attached |

We understand people better when we feel well connected. Think of the person you communicate best with. Who do you communicate worst with? Why is this? Matching such things as posture, breathing, pace of speech, tone, vocabulary, level of eye contact and type of language (visual, auditory, kinaesthetic/movement) allows us to maximize our connection with other people. It puts us into their shoes and helps place the speaker on the same level as the listener. By mirroring, you break down barriers by saying with your body language that you are just like the person you are communicating with, and you do not feel superior to them.

Mirroring is a way of building “rapport.” Rapport is a term meaning a relationship of mutual trust or camaraderie. By having good rapport with your audience, you will be able to better communicate your message.

Activity: Mirroring

Ask the participants to divide into pairs with someone they consider different from themselves, in age, interests, or personality. One person will describe a significant experience or strongly held point of view while the other person will try to mirror the person sending the message. Notice how your understanding goes up as you mirror the speaker closer and closer. (3 minutes) If time allows, pick another partner and try it again. (3 minutes)

In the large group get some sharing going about the experiences with the activity. Some may find it unnatural at first when consciously thinking about it and may feel that they are being silly and exaggerating the gestures, but remind the group that we tend to do it all the time without realising it.

Although we naturally mirror those who are fairly similar to ourselves, it might take a more concerted effort when communicating with someone who is very different. This is important to keep in mind because *these* are the situations when mirroring can be most helpful. By not mirroring this habit, you could run the risk of appearing unintentionally restrained or uninterested in the conversation.

Lecture: Other Ways to Build Rapport: (overhead/PowerPoint)

(Put up overhead/PowerPoint slide and touch briefly on each of the points. Refer participants to their manual)

Smile: Smiles are contagious. It is difficult to be negative or angry when you are smiling. When you're feeling stressed, frustrated or upset, put on your best smile.

Take a genuine interest in others: Each of us is an interesting and complex mix of history, experiences, and aspirations. You can learn much from others – including new perspectives.