

# Hey Campers & Family!



*We're so excited to have you join us at Oxbow Farm & Conservation Center! Here are some ways that you can help us have an amazing summer camp adventure:*

## Respect the Earth

- **Only harvest when the plant is ready to share.** *Wait to be invited by a farmer before picking, make sure you use two hands when we do pick, and only take orchard fruit from the ground.*
- **Be gentle with animals & plants.** *Our hands and feet are powerful, so we'll keep our shoes on the path and be careful with our hands.*
- **Remember sticks and rocks are special here.** *We'll use them very carefully, and put them back in their place when we're done.*
- **Use garbage, compost, and recycling.** *We have all 3 here at Oxbow! Help us make sure our food scraps and trash end up in the right bin by sorting before tossing.*

## Respect the Farmers

- **Stay with your group.** *Let a farmer know if you need to use the restroom or if you need a break and time to reset.*
- **Listen when asked, ask if unsure.** *We're here to help you have a great time, so keep your ears open to instruction and ask us if you have questions!*
- **Be brave.** *Try your hardest to participate and try new things! We're all here to support you.*

## Respect the Campers (That's YOU!)

- **Feet.** *Make sure to wear closed toe shoes at all times.*
- **Knees.** *If we are wading in water we'll only go in up to our knees.*
- **Head.** *If we climb we'll only climb up to head height.*
- **Hands.** *Let's use our hands to share with other campers, and patiently wait our turn.*
- **Bodies.** *Listen to your body, and ask for help. Be gentle with yourself and others.*
- **Heart & Mind.** *Keep them open and engaged. Assume the best of yourself and others, and put your kindest self forward.*