PEEP

We work within four levels of safety – Personal, Emotional, Environmental and Physical – called “PEEP” for short.

**Personal Safety** includes:

* Hands and feet to myself
* Mouth is empty of food/gum
* Toes and heels are in my shoes; shoes are tied
* Watch out for jewelry and watches
* Eating snacks and meals, plus drinking water, milk or juice to have the energy needed to think clearly
* Racers and Chasers go back to the start

**Emotional Safety** includes:

* Challenge myself
* Learning to do what is hard for me
* Say nice things
* Practice kindness and patience
* Respect what others say and their ideas
* Accept that we are all different and can do different things
* Ask for help when I need it

**Environmental Safety** includes:

* Watch out for cables, ropes and logs
* Look where I am walking, riding, boating
* The ground is uneven
* Climbing on/using the activity/supplies that my counselor decides – when my group is ready
* The boats, ground, cables and logs are slippery when wet
* Keep my program space clean by putting garbage where it belongs (garbage can)
* Trust the staff to be aware of the weather

**Physical Safety** includes

* Tell my team about any aches or pains
* Protect myself and teammates
* Tell my team if something doesn’t feel right or is uncomfortable
* Warm up my muscles/body before activities
* Cool down my muscles/body after activities