

Disability Awareness Station Activities

Sight Impairment Station (White Cane Course):

- Share materials about [Sighted Guide Techniques](#) (blind assistance).
- Instruct on how to assist someone with sight issues. Use blindfold or Vaseline-smearred glasses, and a white cane. Have obstacles set up that might be encountered during camp such as: tables and chairs in the dining room, rough ground on pathways, getting to and from campfire or other outdoor space, electrical cords that may be in Bible study or indoor recreation areas. Ask participants to assist a partner through the obstacles.

Wheelchair Obstacle Course:

- Share [Proper Wheelchair Etiquette](#) sheet and discuss.
- Have participants work as partners to get through the obstacles one might experience in camp such as:
 - Inside furniture —tables, chairs (especially as set up for dining and Bible study) obstacles;
 - Outside assist—maneuvering on rough ground, judging surfaces—too wet or sandy, may bog down, etc.; can they use the wheelchair to gain access to all outside activities? Swimming area? Ball-playing area? Campfire or amphitheater areas? Cabins?
- As counselors realize the difficulties, ask them to be aware of any extra time it may take for someone with a wheelchair to get to an activity.

Manual Dexterity Station:

Ask participants to put on oven mitts or garden gloves. Direct them to get dressed by putting on and buttoning a loose Hawaiian-style shirt and putting on and tying the oversized shoes. Discuss the difficulty and speed of the assigned activity. Participants should gain awareness of the potential variety of dressing speeds for campers. Discuss coping strategies, methods for hastening the task, direct or step-by-step instructions, and the need to simply allow extra time in many cases. Ask counselors to keep in mind that schedules may need to include extra time for changing clothes. This affects getting dressed in the morning and can affect changing into swimwear, removing wet swimsuits, and getting back into camp clothing.

Water safety station:

This section needs to be led by a camp's water safety staff member or lifeguard. Issues discussed and practiced should include:

- life jacket donning assistance and etiquette, remembering to allow for independence but checking for proper fit
- rules for boating and swimming
- allaying fears of first-timers
- help getting in and out of canoes, keeping in mind potential camper mobility issues, remind counselors that a camper's lack of a center of gravity may affect their ability to sit centered in a canoe. Lifeguards must also direct how many canoes may be out in the water at one time