



## Creating Happier and Healthier Camp Communities

When staff and campers become fatigued, they tend to experience higher rates of illness and injury. Staff need to understand how fatigue can impact performance.

### Camp is very safe! But...



21% of camper injuries happen during sports or games

Injury rate per camper is less than 1 injury per 1,000 days spent at camp

Working without sleep mimics the effects of working under the influence of alcohol



25% of staff injuries occur between days 5 and 7 of a camp session

Fatigue and less attention to safety may play a role

Fatigue is a long-term experience that slowly worsens

Fatigue  $\neq$  sleepy



39% of camper injuries are to legs, ankles, and feet

Proper footwear is critical to preventing injuries

### Strategies to reduce fatigue

01

Structure time off to encourage rest  
Consider scheduling time off so staff have a morning to sleep in after a night off

02

Incorporate shift work, especially for nurses  
Lack of back up staff with medical training is a significant contributor to fatigue

03

Increase restful periods  
Offer staff the opportunity to slow down during work time; when scheduling responsibilities, balance active and passive roles

04

Provide social support for staff  
Access to peer mentors, spending time with leadership staff, and napping spaces can help mitigate fatigue

### Unique considerations for camps



#### Culture

Does your camp culture value being rested? Or is exhaustion a sign of dedication?



#### Space

Personal space and privacy are limited at camp. How can you allow for solitude?



#### Novelty

Camp life is very different from home. How are staff prepared for this adjustment?



#### Technology

Access to technology is often limited at camp. How can you help staff cope?

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Garst, B. A., Frost, L. E., Walton, E. (2019) Injury and illness benchmarking and prevention for children and staff attending U.S. camps: Promising practices and policy implications. *Journal of Applied Research on Children*, 4(2).

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