

Belvidere Park District Special Recreation Overnight Trip Guidelines & Expectations

Individuals who wish to attend any overnight trip must meet the following guidelines and expectations (with minimal assistance) in order to participate. These guidelines are set forth to ensure a successful experience for everyone involved. Safety for participants and staff is our utmost priority for the duration of a trip. All situations will be reviewed on a case-by-case basis with the participant's best interest at the forefront of discussions.

1. Participant to Staff Ratio—participant must be able to function in a 1:4 ration situation at all times of programming.
 - Functioning must be dependent on all unknown factors that may arise for the duration of the trip.
2. Independent Living Skills—participant must be able to perform independent living skills with minimal assistance, which is at the discretion of the BPD-Special Recreation Manager.
 - What are independent living skills?
 - A participant's ability to function independently during most everyday situations; with minimal accommodations.
 - Independent Living Skills
 - Personal, physical, car & travel safety
 - Interpersonal & socialization skills
 - Time Management
3. Money Management—participant must have the ability to maintain their own money. This only becomes a requirement if and when a participant has the opportunity to purchase items/souvenirs. Participants will be responsible for money and any items purchased at all times.
 - Participant will be notified in advance if a trip allows for money management.
 - BPD-Special Recreation cannot be held responsible for lost or stolen money or any souvenirs/items purchased.
4. Self-Care—participant must show the basic self-care principles independently or with minimal assistance, which is at the discretion of the BPD-Special Recreation Manager.
 - What is Self-Care?
 - Individuals taking responsibility for their own health and well-being, with minimal support from staff.
 - 3 Self-Care Principles:
 - Participants make informed choices to manage their self-care needs
 - Participants effectively communicate individual self-care needs
 - Participants have the ability to manage self-care needs
 - Self-Care Examples:
 - Personal Appearance, Hygiene, Toileting, Resting (sleep), Meal Management, etc
5. Following Group Direction and Instruction—participant must possess the ability to stay with the group and not wander/stray away from staff and other participants.