



---

## 100 Elk “TOES” Expectations & Guidelines

On arrival day, participants meet with 100 Elk staff for our “TOES” talk, during which they learn about free time, mealtimes, emergency procedures, and our mission – “Revealing the possibilities within.” Staff share the following expectations around respect and the environment at 100 Elk:

### **EXPECTATIONS**

#### **100 Elk staff expect to provide:**

- Learning experiences
- Supportive atmosphere
- A fun time!

#### **We expect participants to:**

- Challenge themselves throughout the program
- Encourage good decision-making abilities in themselves and others
- Find ways to support each other and put others first

### **TOES TALK**

We have one overarching guideline for everyone at 100 Elk – **RESPECT**. During the brief “TOES” talk, we ask participants to make choices during their 100 Elk trip that keep these four areas in mind.

#### **T = Respect the Time**

- Please be prompt and prepared for meals and activities.
- Have your daypack ready so you don’t have to go back to cabin.
- Value the time you have here and be present with those around you.
- Please leave phones and electronics at home or off in your cabin to help you focus on being here.

#### **O = Respect Each Other**

- Please be attentive and listen to each other, instructors, teachers and chaperones.
- Look for ways to help make someone else’s experience better.
- Be supportive of one another’s accomplishments and comfort zones.
- No safety jokes about your own safety or someone else’s safety.

#### **E = Respect the Environment and Equipment**

- Respect personal and 100 Elk property. No graffiti or defacing of property and nature.
- Keep equipment clean and put it away like you found it.
- Leave no trace! Pick up all pieces of trash, even if you didn’t leave them.
- Turn off lights, close all doors and keep water usage to a minimum.
- For your safety, stay within cabin boundaries and find a chaperone before entering a cabin.

#### **S = Respect Self**

- Self-advocate! Share your needs with staff.
- Stay hydrated and wear sunscreen since we are at a higher elevation.
- Bring a productive attitude with you for your activities and time at 100 Elk.
- Be proud of your accomplishments and don’t compare yourself to others.
- No smoking, recreational drugs, or foul language.