



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

To be completed by CIT applicant:

Please answer the following questions completely and carefully. The answers you give will directly affect your acceptance and placement. You can use the back of this page or another sheet if needed.

- 1) What is your understanding of the responsibilities of a CIT?
  
- 2) What are the three hardest parts of being a Counselor? And what are the three easiest?
  
- 3) Why do you want to be a CIT this summer at the YMCA?
  
- 4) What makes you a great candidate to be a CIT?
  
- 5) What is the coolest thing that you have ever done for someone else?
  
- 6) How will you take care of each camper who comes to the Y camp this summer?
  
- 7) What do you do to show respect, caring, honesty, and responsibility to your family?
  
- 8) What are three of your best strengths and three things you need to work on?

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# CIT Do's and Don'ts

## Do these Things!

- ✓ Remember to be respectful of parents, staff, campers and other YMCA members
- ✓ Dress in uniform and name tag daily
- ✓ Listen and follow directions given by the camp staff
- ✓ Help with activities and interact in campers
- ✓ Help Keep the camp clean and help with cleaning duties
- ✓ Read to Campers when asked to
- ✓ Run errands when needed
- ✓ Stay with your assignment for the week
- ✓ Report any Problem or concerns you are having to the CIT Director.
- ✓ Bring anything to the staff attention which you feel could be unsafe for the campers
- ✓ Have Fun and Energetic

## DO NOT DO THESE THINGS!

- **Do not gossip**
- **Do not talk about issues in front of the campers that deal with your personal life**
- **Do not horseplay with campers**
- **Do not go into the restroom with campers**
- **Do not use slang words or any words that are inappropriate for campers**
- **Do not talk about Campers or their parents in a negative way**
- **Do not say negative things about camp**
- **Do not tease or bully campers, staff or fellow CIT**
- **Do not administer medication**
- **Do not deal with disciplinary issues**
- **Do not use Cellphone while you are working**
- **Do not complain**
- **Do not use the word Shut- up**