

# Adventure Cooking Camp Kitchen Rules

These rules keep everyone safe, calm and confident in the kitchen.

- Wash hands before cooking and after breaks
- Use knives safely and only as shown
- Only staff use ovens and hot equipment
- No food sharing or swapping
- Clean as you go
- Listen carefully during demos
- Stop immediately if a staff member asks
- Stay calm, focused and respectful

*If unsure, stop and ask a staff member.*