

CAMP EAGLE RIDGE PARENT HANDBOOK

It is an honor to be entrusted with the care of your child. We take that responsibility seriously and we have a strong desire to partner with parents in providing the best care possible for your child. Please help us to do that by reading this handbook and discussing it with your child or children.

Be excited for your child! We understand that being away can cause anxiety for both you and your child. Help your child succeed by being enthusiastic about their experience. Rather than saying “We’re going to miss you so much,” tell your child “We can’t wait to hear about your adventures when you get back!”

Camp Communication

Campers may receive mail at camp and they can send mail daily. We even suggest sending a letter before your child leaves for camp so that they receive a letter right away! Campers cannot send e-mail at camp and may only receive emails through Camp In Touch (our online registration and communication program).

Feel free to write cards and letters frequently, but do not overemphasize how much you miss her or all the things he might be missing at home.

Please do not mail food, candy or gum to your camper during the summer, even if they ask you to do so. *Food attracts critters!* However, campers love small packages with items such as a book, comics, a little game or art items, cards, etc. All packages to campers are opened in the presence of staff and any food brought or mailed to camp will be discarded.

If you should receive a questionable letter from your child regarding homesickness, illness, cabin adjustment, etc., please do not hesitate to call the Camp Director. We appreciate any assistance from you and encourage open communication at all times.

Telephone Policy – Campers are not permitted to receive phone calls at camp. The only exception is a family emergency or birthday. Parents are welcome to call the camp director whenever they wish. We don’t limit this type of contact to be mean, but rather for very important reasons. First, most cell phones now have internet access and games. One of the goals of camp is to unplug and connect face to face with real friends. Next, one of the important benefits of camp is the self-reliance and independence that children gain during this time. Telephone calls frequently defeat this goal. We will call you if your child is in the Health Center overnight or if there are any other health concerns. We will also call you if we need to speak to you about how your child is doing at camp. Campers that are staying 4-7 weeks will be allowed to make one phone call midway through their session. Campers are not allowed to bring cell phones or any internet accessible electronics to camp.

Digital Photography Policy - Another drawback of having cell phones at camp is many of them have built-in cameras. It has happened at some camps around the country that children have secretly taken photographs of other campers or staff during changing or showering times and later uploaded those

images onto the Internet. (If you belong to a health club, chances are it has “no cell phone” policy). We take photographs during the summer, which are available for viewing via your Camp In Touch account. Please help us maintain a safe environment by explaining this to your child. You should know that any camper that takes a compromising photograph of another camper or staff member and uploads it on the Internet or makes it public in any way may be subject to dismissal from camp or may not be allowed to return. If the law is broken, the appropriate authorities will be notified.

We do allow digital cameras at camp, but know that all campers and staff are held to the aforementioned policy. Please discuss this policy with your child before sending them to camp with a digital camera.

Preparing for Camp

- Teach your child to accept his or her share of responsibility at home. Encourage good health and hygiene habits and the care of his or her personal belongings.
- Involve your child in camp-related decisions such as shopping for "camp stuff", completing camp questionnaires, and packing his or her own belongings. It will be comforting to your child to have some control and ownership in the camp process.
- Encourage practice time away from home, like a sleep-over at a friends' or family member's house.
- Discuss and process any recent stressful happenings at home or school before your child comes to camp. Unresolved negative life events may cause worry and anxiety and may influence his or her enjoyment of camp.
- Problem solve. Before going to camp, think through some possible situations that could arise. For example, "What would you do if your flashlight's batteries didn't work?" "What would you do if you got a headache?" "What would you do if you ran out of clean socks or your shoes were sopping wet?" "What would you do if you forgot to pack something important?"

Packing for Camp

We suggest that campers pack for 7-10 days. For our campers staying longer than a week, we do laundry together once a week. Please do not send delicate or clothing items that need special care. All laundry is done in the regular cycle in warm water. Please send a marked laundry bag and mark all personal and clothing items! We find that the large plastic tote boxes work great as footlockers and can hold all of your camper's items in one container. Reminder: only 2 bags or 1 tote & 1 bag per camper are allowed on the motorcoach.

Don't bring items such as: iPods, iPads, Nintendo DS, mp3 players, Cell Phones, or other internet accessible devices.

We promise – there are enough other fun things to do at camp. Plus, we don't want campers to separate themselves from making friends. Remember, things can get lost or broken.

Please do not bring things of value to camp. Get unplugged! We can't be responsible for those items and don't want hurt feelings.

Obviously, items such as: knives (even pocket knives), guns, fireworks or any weapon will not be allowed at camp and bringing those items can result in a camper's dismissal from camp.

Camper Health and Wellness

Health Forms: The completion of a camper health form is required prior to the start of camp. The health form is read by the Camp Director and all qualified health personnel; including, but not limited to, our Health Manager, doctors, nurses, emergency responders, first aid providers and E.M.T.s. Please be honest and forthcoming with your child's physical and psychological health history. Our goal is to provide the best care possible for each and every camper. The information on the health form may be shared with other camp personnel to provide the best care possible. If you have information that you do not want shared with particular camp personnel, you must provide that request in writing.

In the event that your child requires hospitalization or emergency treatment, you will be notified. You will also be notified if your child sees a physician or spends the night in our Health Center.

The health of all campers is monitored daily by our Health Manager. All prescriptions and medications are kept and dispensed by the Health Manager. Medications are not to be kept by campers. A dental and/or orthodontic check-up is highly recommended prior to the camp season.

Camp Wellness: We request that you do not send your child to camp if he or she has symptoms of flu or other virus. Every effort will be made to accommodate a late start or a session change if possible.

Camp Store

Because we don't want campers to carry cash, we allow campers to keep a camp store account. Often, we are asked "what is an appropriate amount to put into their account"? A rough guide is approximately \$50-75 per week. As finances vary, we suggest thinking about what items your camper may want or need while at camp. The camp store sells souvenirs such as: water bottles, t-shirts, shorts, hats, pants, postcards, stamps, stuffed animals, etc. We also offer ice cream novelties (ice cream sandwiches, Italian ices, ice cream bars, etc.) for \$1.00-\$1.50 and freeze pops for \$.50 during free time when the camp store is open. We also have a patch program at camp where campers can work to achieve 10 different patches that when completely accomplished form an eagle. Each patch costs \$2.

Camp store accounts are also used toward some of our weekends trips. Typically, at least half of the trips offered have no additional fee; however, there are trips such as, rock climbing, river canoeing, berry picking, Bayfield and the animal shelter (we make a donation) that cost \$3-\$10.

Having and managing a camp bank account is good experience for campers to learn to budget their resources. Although we will attempt to "guide" campers in making good choices with their account, they do have control over their own account. All remaining money in their camp store account is returned to the camper at the end of his/her session in the form of a check in the camper's name

Check-in and Check-out

Check in is on Sunday between 2-4 p.m. Please do not arrive earlier than 2 p.m. as much of our staff has time-off until then and won't be on hand to greet you and care for your child. During check in, campers do three things: move into their cabin and meet their counselor and cabinmates, go to the Health Center for an initial health screening, and visit the camp store, if necessary, to make a deposit or shop.

At 4 p.m., we start with an all-camp welcome and introductions!

Check out is on Saturday between 10:30 - 11 a.m. Please meet your child at our lodge if you are picking them up at camp.

If you are late picking up your child, whether from camp or the bus, you will be assessed a late pick-up charge of \$25 per hour.

Dismissal from Camp

If a child behaves in a way that we determine to be potentially harmful to themselves or others, or engages in a behavior that could be considered unlawful, it is at the camp directors' discretion to remove and dismiss a child from camp. If that happens, a parent or guardian will be contacted to make arrangements for the child's return home. Parents will have no more than 12 hours before their child must be off camp premises. Failure to do so could result in the child being turned over to protective or social services. Removal of a child from camp will be at the parent's expense and no rebate or refund of tuition will be given. We hope that no child is dismissed from camp, but we will do what we believe is necessary to protect each and every child in camp from themselves or others.