

Camp Rockin' U

Summer 2011 Camper and Parent Handbook



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Camp Rockin' U - Introduction to camp

Parents / Guardian and Campers,

I am very excited that you will be sharing your summer with us here at Camp Rockin' U. Welcome to our Rockin' U family. We have done so many great things this fall and winter to prepare for your arrival!

This packet contains vital information to help you and your camper prepare for camp. Please read it and review it with your camper. If you still have questions please do not hesitate to call.

Camp Rockin' U provides a non-competitive environment with a wide array of program opportunities aimed at the camper's interest from science to sports to arts to adventure programming, and strives to foster a camp community so campers grow to appreciate and experience the outdoors first hand.

I want to thank you, in advance, for sharing your camper with us at Camp Rockin' U. There is no greater boost of confidence in what we do than letting your child, regardless of age, spend time with us.

Mikeial Williamson
Camp Director

Camp Rockin' U - Things to know checklist BEFORE camp

Forms to be completed:

Upon arrival at camp, you will be asked for the following completed pieces of paperwork. If you aren't the person bringing your camper to camp, these forms need to be given to the adult who is bringing your child to camp or mailed in ahead of time.

- ❑ **Health History and Examination Form:** A physician or nurse practitioner must sign and complete the form within 24 months of camp. The Health History information portion of the form must be completed and signed by parent or guardian. Current medications and illnesses should be listed on the Health History portion of the form. **A CAMPER WILL NOT BE ALLOWED TO STAY AT CAMP WITHOUT THIS FORM SIGNED BY A PHYSICIAN.**
- ❑ **Behavior Expectation Agreement:** Please review this form with your camper before journeying to camp. Both parent and camper need to understand the expectations and sign the form.
- ❑ **Camper release Form:** This form lists up to 4 adults who have permission to pick up your camper. Parents should list themselves on the form. Adults not listed on the form will not be able to take a camper out of camp.
- ❑ **Camp Fees:** Camper's Remaining balance is due 30 days prior to first day of camp.

Cancellation Policy:

All camping programs are planned in advance of opening day (including purchase of supplies, equipment, and hiring staff based on confirmed camper's registration) therefore; no allowance, refunds, or rebates will be made after JUNE 1 2010. A \$50.00 administrative fee will be deducted for all cancellations prior to this date.

Contact information:

Mikeial Williamson Camp Director
530-300-8261 - Camp Rockin' U phone
530-692-1700 - Lake Francis Resort Office
530-692-1708 - Camp Rockin' U / Lake Francis Fax

www.camrockingu.com

Camp Rockin' U - Health and Wellness Procedures

- Remember:
- Every Camper attending a one week session at camp must have a physical examination completed and signed by a licensed physician or nurse practitioner within 24 months of attending camp.
- Due to California law, we must keep all original health forms on file for a specific period of time. We will not be able to return the form to you after camp. **Health exams completed for school sports etc...may be used by attaching those forms to our health history.** Make a photocopy of your physical exam side to keep for use next year.
- It is California law that your immunization record be filled in or a copy of the record attached.
- Any and all medication, including over-the-counter- ones, must be turned into our Health Assistant on Opening day.
 - Any medications to be dispensed at camp must be indicated on the health form.
 - All medication(s), including vitamins, should be in its **original container** and marked clearly with the camper's name and directions for use. Legally, we have to dispense the dosage on the bottle.
 - Medications can only be dispensed to the person named on the prescription container.
 - Campers with severe asthma or severe reactions to insect's stings who need immediate assistance can keep their inhaler or EpiPen with them. Please make sure you to let our Health Assistant know if your camper has an inhaler or EpiPen on them.
- Please do not send first aid supplies or aspirin, Tylenol, ect. to camp with your camper, these items are provided in the camp health and wellness center, and dispensed as needed.
- If you DO NOT want the following over-the-counter medicines given to your camper, please note this on the health 'form. These over-the-counter medicines are a part of our medical protocol!
 - Tylenol (acetaminophen) - Given for fever or headache
 - Benadryl - Given for allergies, excessive itching, local reaction to insect strings
 - Pepto-Bismol - Given for upset stomach (no fever present)
 - Ibuprofen (Advil) - Given only to campers 12 years old and older for headaches
 - Antacid - abdominal pain or indigestion
- We have a Health Assistant who is either a Registered Nurse or an EMT. Our Health and Wellness center is used for managing basic first aid, dispensing medications, and sick calls.

Camp Rockin' U - Visitation Policy

Camp Rockin' U believes that all campers should experience independence and decision making during their session. Studies have shown that visiting during Camp causes a higher percentage of homesickness for the camper and the camper's bunkmates. Please **do not** visit your camper during camp. We will call you if there is a problem.

Camp Rockin' U - Preparing for Camp Life

First Time Campers

A week at summer camp should not be your child's first experience staying somewhere other than home but rather the culmination of many small steps of practicing for a week away from home. Take some time to practice camp life. Let your camper:

- "Live out of a suitcase" for a couple of days
- Address some envelopes to family and friends
- Practice taking a shower (instead of a bath) and washing their own hair
- Mark a calendar with the days until camp, so your camper will know when it is
- Let your camper pack their own things with you double checking
- Go shopping for items your camper will need at camp
- Use a flashlight and let your camper change the batteries

All of these practice runs will give your camper the confidence to have a great experience at camp. Most campers experience "homesickness" to some degree. Camp is a new environment, with new people, new rules, food that Mom doesn't make, and void of the familiar sounds of home. In most situations, campers who are homesick are adjusting to all the "newness" at camp and making sure they feel safe. The adjustment period can last 2-3 days and is generally most challenging at bedtime. It is not uncommon for the first letter home from your camper to state they are homesick and wants you to get them NOW. What is common is that this subsides and by closing day, you can't convince your camper to leave camp. If your camper is experiencing unusual homesickness, the Camp Director will notify you and together, you will be part of a plan to help the camper have an emotionally safe camp experience.

Camp Kapers:

Kapers are chores that every camper helps out with during their camp session. Campers are responsible for daily chores in their cabin such as sweeping, making beds, cleaning bathrooms, etc. They also participate in All-Camp kapers, which may include sweeping, picking up trash, cleaning the pool area, putting up and taking down the flag etc...

Camp Rockin' U - What to Bring and Pack

Clothing

- T-shirts – one per day – plus two extra
- Shorts – one per day – plus one extra
- Socks- one pair per day
- Shoes – tennis shoes or sports sandals – please no flip flops
- 1 or 2 bathing suits – we swim everyday
- 2 pairs of long pants – baggy pants without belts are not acceptable at Camp Rockin' U
- hat or visor
- 1 sweater, sweatshirt or lightweight jacket
- Pajamas
- Underwear – one per day- plus two extra

Personal Gear

- 2 Wash Cloths
- 2 bath towels
- 2 beach towels
- sleeping bag or blanket and sheet (s) – we have regular twin size mattresses in the cabins
- pillow
- laundry bag (mesh or breathable) for dirty clothes
- plastic bag for wet clothes
- WATER BOTTLE
- Money for trading post

Please Do Not Bring the Following

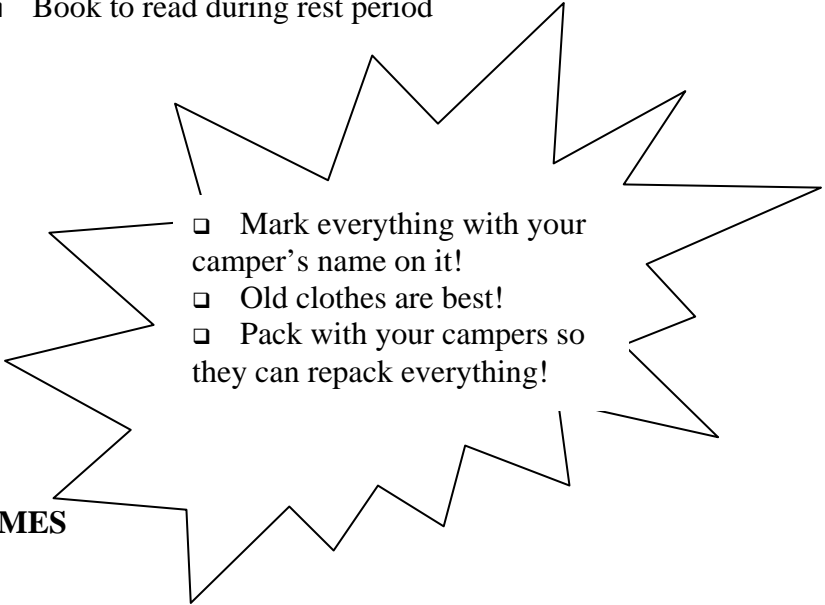
- Electronics of any kind including **CELL PHONES** and **VIDEO GAMES**
- Hair dryers / curling irons/ make up
- Valuable jewelry
- Weapons of any kind (knives, guns, bows, etc...)
- Personal sports equipment
- Personal animals

Toiletries

- Sunscreen
- Shampoo / conditioner
- Brush / comb
- Soap / deodorant / soap case
- Toothbrush / toothpaste
- Sanitary items (if appropriate)

Optional

- Camera/film (inexpensive – disposable box camera's are great)
- Stationary, pen, and stamps
- Fishing equipment
- Book to read during rest period

- 
- Mark everything with your camper's name on it!
 - Old clothes are best!
 - Pack with your campers so they can repack everything!

Camp Rockin' U - Things to Know Checklist DURING Camp Check-In

Opening Day:

Check-In Sunday 3 - 4 p.m.

- Campers may check-in on Sunday between 3-4 p.m. Please do not plan to arrive any early than 3 p.m. because we will be very busy putting the finishing touches on camp for you. Check-in will promptly start at 3 p.m.
- When you arrive at camp, proceed to the back parking lot. There will be staff to guide you to that parking lot.
- Then proceed to the corral area for check-in. You will see a table for "Check-in" where you will learn the name of your camper's cabin and how many stations you will need to stop at. The following stations will be set up:
 - Trading Post: it is encouraged that all campers put their trading post money in the Camp Rockin' U bank - this will insure safe keeping of your child's money - any unused money will be returned on Friday.
 - Behavior Expectation Agreement - if you have not already sent in your "Behavior Expectation form," you can turn it in at this station.
 - Health station: Everyone has to go to the health screening area. Here you will need the **Health History and Examination Form, signed by a physician/nurse practitioner** and by the **legal parent/guardian**, and all medications to be taken by the camper.
 - Each camper will have a brief health screening that includes:
 - A review of the **Health History and Examination Form** and the information recorded on the form.
 - Temperature check - if 100.5 degrees Fahrenheit or higher, the camper may not remain in camp.
 - Head lice check - if an active case of head lice is present, the camper may not remain at camp
 - All medication to be taken at camp, including inhalers, vitamins, cough syrup etc.. in original containers, are to be turned into the Health and Wellness Center Supervisor. Campers are not allowed to have any prescription or over-the-counter medications in their cabin.
- And lastly, take your camper's luggage and your camper to their cabin. The cabin counselors will be there to introduce themselves and answer any questions you may have about camp. Parents are encouraged to depart as soon as possible after campers reach their cabins. Counselors and cabin mates are anxious to get camp started.

Wanted

Summer Camp Counselors

Young Men and Women, age 18+, with good endurance, a lively sense of humor, interest in the out-of-doors, good work ethic, great with kids, make friends easily, fairly organized, enjoys the wonder in life, and can be away from home for extended periods of time.

Camp Rockin' U - What Goes On At Camp

Camp Program: From the first moment campers arrive at camp, they begin their camp experience. Everything that happens at camp, is a part of the camp program. Campers will have the opportunity to choose a lot of their camp experience. Additionally, at the end of day, the campers will experience an "All Camp" event. This could be an All Camp treasure hunt or a campfire etc...

Good Morning and Good Night: Cabin counselors make sure that everyone is out of bed by 8:00 a.m. and getting ready for breakfast and the day's activities. The day winds down after evening program and the bedtime ritual begins around 9:00 p.m. Lights out and quiet time begins at 10 p.m. We also have turtle time in the mid afternoon. During this time, campers may write letters, read, or take a nap.

Daily Schedule

8:00 a.m. - Rise and Shine
8:30 a.m. Breakfast
9:00 a.m. - 9:50 a.m. - Kaper time and get ready for the day
10:00 a.m. - 10:50 a.m. - Camptivity
11:00 a.m. - 11:50 a.m. - Camptivity
12:00 p.m. - Lunch
12:30 p.m. - 1:30 p.m. - Turtle Time
1:30 p.m. - 3:30 p.m. - Free Choice Activities:
Open Swim, Sports, Store, Board Games etc...
4:00 p.m. - 4:50 p.m. - Camptivity
5:00 p.m. - 5:50 p.m. - Camptivity
6:00 p.m. - Dinner
6:30 p.m. - 7:30 p.m. - Cabin Time
7:30 p.m. - All Camp Evening Program
10:30 p.m. - Quiet Time

Camptivities: Campers sign up for their activities, or camptivities, as we call them, the first evening at camp. These camptivities are designed to give each camper a chance to be successful and progress by acquiring skills. The camp experience allows each camper to actually practice a skill, not just read or observe. Camp is a very safe place to develop skills. Campers can participate in:

Rock Climbing Wall • Fishing • Dirt Scooters • Arts & Crafts
• Kayaks • Canoeing • Paddle Boats • Music • Nature •
Outdoor Living Skills • Archery • Sports • Drama • Dance
• Recreational Swimming • Instructional Swimming • Weird
Science • Arcade • Pellet Guns • Camp Outs • Campfires

Meals at Camp: We serve well-balanced meals at Camp Rockin' U. If your camper has SPECIAL DIETARY NEEDS, Please call and talk with the Camp Director. We strive to have meals that even the pickiest of eaters would enjoy.

Camp Rockin' U - Staying Well At Camp

At Camp Rockin' U we spend almost all of our time outside. Our campers will have two questions asked of them constantly:

- Do you have on sunscreen?
- Where is your Water Bottle?

We have two very common and completely preventable centers of attention - **Sunburn and Dehydration**

Campers should have a *Sunscreen SPF 20* or higher. Campers will be prompted by counselors to reapply sunscreen many times daily. Please talk with your camper about the importance of wearing Sunscreen.

Water is very critical to our body's health. Campers should drink at least 3 bottles of water a day. A water bottle with your camper's name on it and a strap for carrying is easier to keep up with at camp. Encourage your camper to learn to like water before they get to camp.

Poison oak: All campers are told "if they stay on the trails they will not get poison oak." Sometimes inquiring minds want to know and campers will walk off trails. If this happens your camper has a good chance of getting poison oak. If this happens, we will monitor it and put Calamine Lotion on the affected area.

Personal Hygiene: Please talk with your camper about how to maintain themselves while at camp. Let your camper know how often they should shower, shampoo and use deodorant. Our campers are encouraged to both swim and rinse daily. Many campers are not used to the lack of privacy that camp presents them. Each cabin has one bathroom with 8 campers and 2 staff.

Bedwetting: If your camper has difficulty with bedwetting, indicate this on their Health History Form. Counselors will assist the camper with changing the bedding, laundry etc. Plan to pack several sets of sheets and lightweight blankets. It is much more embarrassing for a child's bedding to begin to smell than it is for us to know that they may wet the bed. We can prepare their counselor to help remind a camper to go to the bathroom before bed, check the bed in the morning to be sure it is dry, or remove and launder soiled bedding. A clean set can be put back on the bed without everyone in the cabin looking for the source of the unknown odor. Please pack at least 2 sets of sheets and light weight blankets. Do not send a sleeping bag if your child is a bed wetter as our dryer can not handle them.

We will contact the parent or guardian if a camper:

- Spends the night in the health center or misses an entire day of activities
- Has an acute sudden illness
- Has a doctor visit recommended
- Is homesick beyond the normal adjustment period
- Has behavioral challenges

Camp Rockin' U - Communication

Campers love to receive mail (the staff and camp director love mail also!)

- ❖ To assure that your camper gets mail each day, you may pre-write them letter and leave them at the TRADING POST table during check - in
- ❖ If you use the postal service, allow 3 days for mail to arrive. Typically, we get the mail in mid afternoon and it takes about an hour to sort. We recommend that you send packages UPS or FEDEX. Both of these will deliver right to the office, We can not guarantee that we will get to the post office everyday before the counter closes.
- ❖ A significant amount of mail arrives for campers on Friday AFTER they have gone home. We will write return to sender on the outside of the envelope and mail it back to the sender.
- ❖ Make sure your mail is cheerful and positive.
- ❖ Ask questions about what is going on at camp.
- ❖ Talk about the family pet.
- ❖ You may want to pack self-addressed stamped envelopes and remind your camper to send YOU mail while they are at camp.
- ❖ Use the address below for getting mail to your camper

For normal mail:

Your camper's name
Camp Rockin' U
P.O. Box 39
Dobbins, CA 95935

For packages: UPS or FEDEX

Your camper's name
Camp Rockin' U
13919 Lake Francis Rd.
Dobbins, CA 95935

Telephone: If there is a problem or your camper is not doing well, the Camp Director will contact you immediately.

Campers are not allowed to receive or make phone calls during their stay.

Please direct all emergency calls to:

Mikeial Williamson
530-300-8261

Camp Rockin' U - Information For the End of Camp

Friday Check out 12:30p.m.

Family Lunch and Award Ceremony 12:00p.m.

Closing Day

- ❖ We invite all family members to join us for lunch and our awards ceremony at 12:00p.m.
- ❖ Park in the parking lot as directed by camp staff
- ❖ The person picking up the camper must be listed on the Camper Release Form and have a picture ID with them.
- ❖ Walk to the Lodge. Your camper will be waiting in the lodge. You will check your camper out with the staff in front of the lodge.
- ❖ You will need to:
 - Sign the **Camper Release** form
 - Pick up any **medication**
 - Receive any **unused store** money
 - **Double check you camper's belongings to make sure everything they brought is there.** When you dropped your camper off, everything was neatly packed. By the end of the week, the duffel has exploded and there is a separate bag of dirty clothes. It's much easier to look now than to have to make another trip to camp.
 - Take a **stroll through lost and found**

Early Pickup:

Parents may wish to pick their camper up before 1p.m. check out. This is not a problem. Simply indicate the pick up time on the Camper Release Form and the staff will have them ready to go!

Welcome Home: When you pick your camper up, they will be excited, a little dirty and tired, singing camp songs and ready to go to McDonald's. Your camper will be looking forward to home and family, and sharing camp news with you.

When you unpack your camper's clothes, you may find some YUCKY stuff. At camp we play hard. Soaking stained or mildew spots in Biz Powdered Bleach before laundering may help.

Don't forget to fill out a parent evaluation. Your feedback is valuable and we need to make changes!

Camp Rockin' U - Last Details About Camp

Camp Counselors and Staff: Our counselors become your camper's surrogate parent, big brother or big sister, and best friend all rolled into one. Many memories of camp revolve around the counselor. Many camp counselors have previous experience working with children. Summer staff participate in a one-week staff orientation program designed to prepare them for working with our campers. A few of the many topics covered include: camper behavior, support and discipline, outdoor activities, characteristics of children, role of the camp counselor, first aid, emergency procedures, and much more.

- ❖ Summer camp counselors are primarily college students who are studying fields such as education, recreation, etc. and want the experience of working with children
- ❖ Camp counselors complete a lengthy application process, which includes: written application, employment history, reference checks, criminal background checks, and an interview.

Camp Security: Camp Rockin' U is carefully tucked out of the way of the big city life. Camp staff are very aware of who is in camp and are trained to deal with the public. At no time is the public allowed near the campers or near a activity. The Camp Director's residence is located in camp and he is very mindful of any foot traffic through that area. Every living unit has a two-way radio the counselors may use any time day or night contact support staff such as the Camp Director or Health Assistant.

Camp Store: During the camp week, campers have the opportunity to visit the camp store. Some items for sale include: camp souvenirs, snacks, drinks, etc. We recommend you place all your camper's money in their store account to keep cash out of the cabins.

Lost and Found: Environmental Alternatives and Camp Rockin' U are not responsible for any lost or damaged items. Items will be held for two weeks. After two weeks, items will be taken to a social service agency. Give us a call at the start of the next week (Monday) to give us a heads up for your lost and found. Please note that at the end of a week, our staff take a day off and then get ready for the next group of campers. It is your responsibility to return to camp and retrieve items once we have notified you they have been located.

Donations???

Camp Rockin' U is a non-profit agency and runs on a very strict budget! If you have something that you think would benefit camp and is just lying around collecting dust or waiting for a garage sale, give us a call and we will see if we can incorporate it into the camp program. You can also donate straight to an area of camp. Just let us know what activity you want your money to go to and we will make sure it gets there!