



# Camp Rockin' U

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## Camper & Parent Handbook

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Summer 2014

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# Letter from the Camp Director



Welcome to Camp

## Parents/Guardians,

Welcome to Camp Rockin' U! We've been working hard through the fall and winter to make sure you and your child(ren) have an amazing experience at camp this summer. We're so excited that you've chosen to share your summer with us, and we can't wait to share Camp Rockin' U with you!

At Camp Rockin' U we aim to impact the lives of children with quality programs in a creative, supportive, and safe environment, enabling all persons to reach their fullest potential, discover new abilities, develop friendships and instill a desire for lifelong learning.

This handbook contains key information to help you and your camper(s) prepare for camp. Please read and review it with your camper. If you still have questions, please do not hesitate to contact us (see the "Communication" section on page 14 for contact information).

Thank you for sharing your camper with us! We appreciate the trust you have placed in us, and we will make sure your camper has a rockin' summer they will never forget!

Darby Johnson  
Camp Director

# For Campers

Everything campers need to know for camp!

The first part of this handbook is designed with the camper in mind. For some campers this is an anxious time as they wait for their time at camp. They are nervous about making new friends, doing new things, and are hoping to get a fun counselor. We want to give them as much information as they need to feel more comfortable on the first day of camp.

# What to Expect

## First Time Campers:

A week at summer camp should not be the first time you experience having to live like a camper. Before you get to camp rehearse being a camper at home. Start by doing some, or all, of our "To Do Before Camp" list.

## Daily Life at Camp:

Everything that happens at camp is a part of your camp experience. Because we want you to have the best camp adventure of your life so far, you will have the chance to direct the majority of your time at camp. You will have opportunities to choose many different activities and learning experiences. At Camp Rockin' U we want you to have a great time while experiencing new things.

*Some of the camp activities that you will get to do are:*

Rock Climbing • Fishing • Riding Dirt Scooters • Crafting • Kayaking • Canoeing • Paddle Boating • Creating Music • Campfire Cooking • Archery • Playing Sports • Acting • Dancing • Recreational Swimming • Weird Science Experimenting • Pellet Gun Shooting • Riding Segways • And More

### To Do Before Camp

- Gather up all your gear for camp and then only use the stuff you've packed for a few days.
- Mark all your gear with your name.
- Address some envelopes and write letters to family and friends.
- Take a shower (instead of a bath) and wash your hair.
- Mark a calendar with your week of camp. Hang it on the wall of your room and cross off days until you FINALLY get to go to camp!
- Go shopping for items you need (or want) at camp.
- Use a flashlight and change the batteries.
- Try to keep your room picked up for an entire week.
- Save some of your allowance or work some extra chores to earn spending money to bring to camp so you can buy snacks, souvenirs, and gifts for your family.

# Daily Schedule

|          |                    |  |
|----------|--------------------|--|
| 8:00 AM  | Wake Up            | Rise and shine! Wake up and get ready for the day. Take a shower, brush your teeth and get ready for a Rockin' Day!  |
| 8:30 AM  | Breakfast          | Breakfast is well-balanced and delicious.  |
| 9:15 AM  | Prepare for Day    | Put on plenty of sunscreen and don't forget your swimming suit.  |
| 10:00 AM | Camptivity 1       | Your chance to participate in one of our many camptivities. You and your cabin mates will get to swim, ride, and shoot throughout the week!                    |
| 11:00 AM | Camptivity 2       |  |
| 12:00 PM | Prepare for Lunch  | Back to the cabin to get ready for lunch!  |
| 12:30 PM | Lunch              | Another well-balanced and delicious meal to fuel you up for the afternoon!   |
| 1:15 PM  | Turtle Time        | Time to relax in our air conditioned cabins, play board games with your cabin mates and write letters home so Mom and Dad don't worry!                         |
| 2:00 PM  | Camptivity 3       | More camptivity time!  |
| 3:00 PM  | Afternoon Program  | Every afternoon we do a camp-wide activity such as an afternoon hike, an all-camp swim, or camp choosies!  |
| 4:30 PM  | Outdoor Classroom  | You'll get to choose a class to participate in from music to drama and campfire cooking to kayaking!   |
| 6:00 PM  | Prepare for Dinner | Get back to your cabin and get ready for dinner.   |
| 6:30 PM  | Dinner             | More delicious food...mmmmmmm good!  |
| 7:15 PM  | Evening Program    | Our evening programs include a campfire extravaganza, a night hike, a movie night, your chance to perform on our stage, and an all out, camp party, fun night! |
| 10:00 PM | Lights Out         | Time for bed! After so much playing and fun we all need some rest so we can do it all again tomorrow!  |

# What to Bring List

## Clothing

- T-Shirts-Enough for the week
- Sweater or Sweatshirt for chilly evenings
- Shorts-Enough for the week
- Long Pants for chilly evenings
- Underwear-Enough for the week
- Socks-Enough for the week
- Shoes-Tennis shoes and/or sport sandals
- Swimsuits-One or two-We swim almost everyday
- Hat or Visor
- Pajamas

## Optional Gear

- Book-To read during rest time
- Camera/Film-Inexpensive - disposable box cameras are great
- Stationary, Pen, and Stamps
- Fishing Equipment

## 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
- Personal Sports Equipment
- Animals

## Remember...

- ★ Mark your name on everything you bring! We suggest indelible ink so your name doesn't wash out while swimming, etc.
- ★ Old clothes are best!
- ★ Pack with your parents and remember what you bring!

## Toiletries

- Soap/Soap Case
- Deodorant
- Toothbrush/ Toothpaste
- Sanitary Items (if appropriate)
- Sunscreen
- Shampoo/Conditioner
- Brush/Comb

## Personal Gear

- Wash Cloths- 2
- Bath Towels-2
- Beach Towels-2
- Sleeping bag or blanket with sheets (Twin Size)
- Pillow
- Laundry Bag-Mesh or breathable for dirty clothes
- Plastic Bag-For wet clothes
- Water Bottle
- Money-For Trading Post and Ice Cream Shop

# Staying Healthy at Camp

At Camp Rockin' U we spend almost all of our time outside. As a camper you will be asked two questions constantly:

- *Are you wearing sunscreen?*
- *Where is your water bottle?*

We want you to enjoy your time at camp and that means staying out of the health lodge. **Sunburn** and **dehydration** are the two most common reasons campers have to go to the health lodge. By drinking a lot of **water** and wearing plenty of **sunscreen** you can prevent yourself from getting sick and keep yourself outside, having a great time.

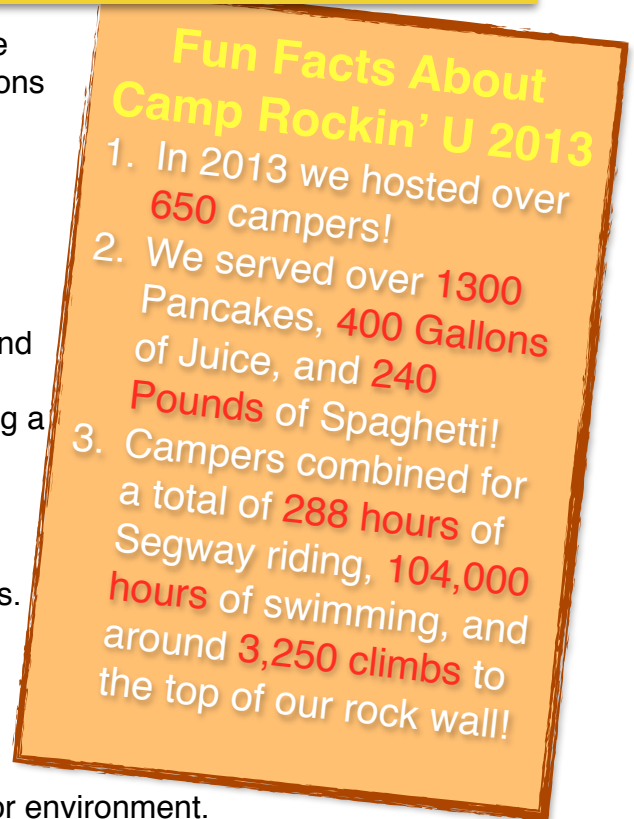
**Sunburns** are painful and can last for several days. Prevent sunburns by wearing plenty of sunscreen. It should be at least 20 SPF or higher.

**Water** is very important to our body's health. We encourage our campers to drink at least 3 bottles of water a day to stay hydrated in our busy, outdoor environment. Make sure you bring a water bottle with your name on it, preferably one with a strap for carrying.

## *Other health issues to keep in mind:*

**Poison oak:** If you venture off the trail there is a good chance you may get poison oak. If this happens, we will wash the exposed area in cold water with Tecnu™ (an over-the-counter skin cleanser that stops the spread of poison oak), apply Calamine Lotion (a lotion used to treat itching) to the affected area, and monitor the irritated skin daily.

**Personal hygiene:** Please talk to your parents about your personal hygiene. They can tell you how often you should shower, shampoo and when to use deodorant. You will have many opportunities to swim and rinse every day. Your cabin has a bathroom with a toilet, shower and sink in it. If you aren't used to living with seven other campers it can sometimes seem embarrassing to shower with others so nearby. However, your bathroom has a lock on it and you will have plenty of privacy





# For Parents

Everything your parents need to know to let you go

This part of the handbook is designed for parents. We know how hard it is to let your campers go away for a week. Hopefully this will help answer any questions you have and help to ease your mind about any concerns you may have.

# Before Camp

## Forms to be completed:

The following forms need to be completed and turned in to the Camp Director before your camper can stay at camp. In order to keep our check-in process as streamlined as possible, please mail or fax these papers to us at least two weeks prior to your camper's first day of camp to:

**Fax number:** (530) 692-1708

**Mailing address:** Camp Rockin' U

PO Box 39

Dobbins CA, 95935

- Camper Health History Form (Parts 1 and 2):** A physician or nurse practitioner must sign and complete the form within six (6) months prior to the start of camp. The Health History information portion of the form must be completed and signed by a parent or guardian. Current medications and illnesses should be listed on the Health History portion of the form. **NO CAMPER WILL BE ALLOWED TO STAY AT CAMP WITHOUT HAVING THIS FORM SIGNED BY A PHYSICIAN OR NURSE PRACTITIONER.**
- Camper Behavior Agreement:** Please review this form with your camper before arriving at camp. Parents and campers alike need to understand our behavioral expectations and express their agreement by signing this form.
- Release of Camper:** This form lists up to four adults who have permission to pick up your camper from Camp Rockin' U. Parents should list themselves on the form. Adults not listed on the form will not be allowed to take a camper out of camp.
- Camp Tuition:** Each camper's tuition must be paid in full 30 days prior to the first day of camp.

# Cancellation and Refund Policy

All camp programs are planned prior to opening day (including purchase of food, supplies, equipment, and hiring staff) based on confirmed campers' registration. Therefore, our cancellation and refund policy is as follows:

## REFUND POLICY BEFORE CLOSE OF BUSINESS JUNE 1, 2014

Your tuition is fully refundable less a \$50 cancellation fee per camper, provided that you submit your cancellation request in writing to our Camp Office. You may email your cancellation to [camprockinu@ea.org](mailto:camprockinu@ea.org).

## REFUND POLICY AFTER CLOSE OF BUSINESS JUNE 1, 2014

**NO REFUNDS WILL BE PROVIDED AFTER THIS DATE.**

In addition, no refunds will be made in connection with late arrivals, early withdrawals, or camp dismissals due to inappropriate conduct. Tuition will not be reduced or refunded for the discontinuation of camp attendance due to illness or non-camp related injuries.

# Things to Know for Check-In

- Campers may check-in on Sunday between 3-4 p.m. Please do not plan to arrive any earlier than 3 p.m. as we will be very busy putting the finishing touches on camp for you. Check-in will begin promptly 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.
- The central patio of Lake Francis Resort will be used for check-in. You will find tables and signs to direct you. You will learn the name of your camper's cabin and how many other stations you will need to stop at to complete the check-in process. You will also find out who your child's cabin counselor will be (they'll meet you at the cabin once you've completed all the check-in stations).

## *The following stations will be set up:*

- ★ **Check-In:** Every camper will need to be checked-in by the adult who is dropping them off.
- ★ **Health Lodge:** Every camper is required to go to the health lodge. Each camper will have a brief health screening with our medical staff that includes:
  1. A review of the Camper Health History Form (Parts 1 and 2).
  2. Temperature check: If your camper has a temperature of 100.5 degrees Fahrenheit or higher they may not remain in camp.
  3. Head lice check: If an active case of head lice is present, the camper may not remain at camp.
  4. All medication to be taken at camp, including inhalers, vitamins, cough syrup, etc., in its original container, is to be turned in to the Medical Staff (with the exception of prescribed Epipens and emergency inhalers, which may remain with your camper).
- ★ **Trading Post:** In order to protect your child's spending money, we require all trading post money be turned in to our Camp Rockin' U bank. Any unused money will be returned to the camper's parent or guardian at check-out on Friday.
- ★ **Camper's Cabin:** Lastly, help your camper get their luggage to their cabin. The cabin counselors will be there to introduce themselves and answer any last minute questions you may have about camp. Parents are encouraged to depart as soon as possible after campers reach their cabins so everyone can get settled in for a fun week. Counselors and cabin mates are eager to get camp started!

# Health and Wellness

- Every camper attending a session at camp **must have a physical examination completed and signed by a licensed physician or nurse practitioner within 6 months of attending camp.** Although you may use a Health Exam Form provided by your health-care professional or one completed for school sports, etc., we still need you to complete the Camper Health History Form (Parts 1 and 2) found on our website. Any other physical forms should be attached to the back of our form.
- Due to California law, we must keep all health forms on file for a specific period of time. **We will not be able to return the form to you after camp.** We recommend keeping a photocopy of your child's physical exam for your own records.
- California law also requires us to have an **updated immunization record** of your camper on file.
- Any and **all medication**, including over-the-counter medications, vitamins, supplements, etc., must be turned in to our Medical Staff on opening day.
- Any medications your camper needs while at camp must be **listed** on the Camper Health History Form (Parts 1 and 2).
- All medication(s), including vitamins, supplements, etc., should be in the **original container** and marked clearly with the camper's name and directions for use. Legally, we can only 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 stings who need immediate assistance **can keep their inhaler or EpiPen with them.** Please make sure our medical staff knows if your camper has an inhaler or EpiPen in their possession and that your camper knows how to use it.
- Please **do not send** first aid supplies or aspirin, Tylenol, etc. to camp with your camper. These items are provided in the camp's Health Lodge and dispensed as needed by our qualified Medical Staff.
- We have a qualified **Medical Staff Supervisor** who is either a Registered Nurse, an EMT, or a certified Wilderness First Responder depending on the particular week of camp. Our Health Lodge is used for managing basic first aid, dispensing medications, and sick calls.
- It's not unusual for campers to experience "**homesickness**" to some degree. Camp is a new environment, with new people, new rules, food that Mom doesn't make, and none 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. Many times the first letter home from your camper will be full of declarations of homesickness and requests for you to come get them. However, in no time at all, most homesickness subsides and by closing day, you'll have a hard time persuading your camper to leave!
- **Bedwetting:** Please indicate on your Camper Health History Form (Parts 1 and 2) any potential difficulty they may have with bedwetting. If this could be an issue for your child, please pack several sets of sheets and lightweight blankets. It is more embarrassing for a child's bedding to begin to smell than it is for us to know up front that they may wet the bed. We can prepare their counselor to remind a camper to go to the bathroom before bed, check the bed in the morning to be sure it is dry, and/or discretely remove and launder soiled bedding. A clean sheet can be put back on the bed without everyone in the cabin looking for the source of the unknown odor. **Do not send a sleeping bag** if your child is a bed wetter, as our dryer cannot handle them.
- If you **DO NOT** want the following over-the-counter medicines given to your camper, please note this on the Camper Health History Form (Parts 1 and 2). These over-the-counter medicines are a part of our medical protocol but are carefully controlled by our Medical Staff.
  - Tylenol (acetaminophen) – Typically given for fever or headache
  - Benadryl – Given for allergies, excessive itching, and local reaction to insect stings
  - Pepto Bismol – Given for upset stomach (no fever present)
  - Ibuprofen (Advil) - Given only to campers 12 years old and older for headaches
  - Antacid – Given for abdominal pain or indigestion
- If your camper experiences any of the following the Camp Director will contact you so together a plan can be created to help your camper have an emotionally safe, enjoyable camp experience.
  - Spends the night in the Health Lodge or misses an entire day of activities
  - Has an acute, sudden illness
  - Has a doctor visit recommended
  - Is homesick beyond the normal adjustment period

# Communication

Campers love to receive mail (your camper's counselors love to receive mail too)!

If you want your camper to get mail each day, you may pre-write them letters and leave them at the **TRADING POST** table during check-in.

If you use the postal service, allow three (3) days for mail to arrive. Typically, we pick up the mail in mid-afternoon and then pass letters on to your child at dinner. We recommend you send packages via UPS or FedEx, because both will deliver right to our office. We try our best but with our busy camp life, we cannot guarantee that we will get to the post office every day before the counter closes.

If mail arrives for campers **AFTER** they have gone home we will write "Return to Sender" on the outside of the envelope and mail it back to the sender.

## ***In Case of Emergency:***

*Please direct all emergency calls to:*

*Darby Johnson  
530-300-8261*

*If there is a question or your camper is not doing well, the Camp Director will contact you immediately. In order to prevent homesickness campers are not allowed to receive or make phone calls during their stay.*

*All calls must go through the Camp Director.*

## *Some tips to keep in mind when writing your camper:*

- 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 or post cards and remind your camper to send **YOU** mail while they are at camp.*

Use the addresses below for getting mail to your camper:

### **★ For USPS:**

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

### **★ For FedEx and UPS:**

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



# Check-out Procedures

After having the best camp week of their lives your camper will be excited, a little dirty, and most likely exhausted. Our check-out process will go as follows:

**11:00 A.M. Camp Rally**-This is your camper's opportunity to show you some of the things they did during the week. This will include a short show of some of the plays, dances, and songs we learned, an exhibition of arts and crafts made, and a short awards ceremony. We invite all family members to come and see what your camper has been up to for the past week.

**12:00 P.M. Lunch**-Everyone is invited for burgers and hot dogs as we send your campers off with one last meal.

**1:00 P.M. Check-out**-After lunch, campers will be released to the Tatanka Lodge. Once they are situated we will excuse the parents to go to the Lake Francis patio where the check-out process will commence. This process includes:

- ★ Signing the Release of Campers Form: the person picking up the camper **must be listed on the Release of Camper Form** and have a **Picture ID** with them
- ★ Retrieving any of your **camper's medication** and unused **store money**
- ★ **Double checking your camper's belongings** to make sure everything they brought is accounted for. By the end of the week, their nicely packed luggage has exploded and their personal items may be harder to track. It is much easier to check now for missing items than to have to make another trip to camp to retrieve lost and found.
- ★ Stroll through **lost and found**. Please check our lost socks, towels, and other random articles for any of your camper's lost goods.
- ★ Don't forget to fill out an **evaluation form**. We truly value your feedback and use it to directly improve camp program!

**Welcome Home:** When you pick your camper up, they will be excited, a little dirty and tired, singing camp songs and ready to eat pizza. 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.

**Early Pickup:** You are more than welcome to pick your camper up before the 1:00 p.m. checkout. Simply indicate the time you'll be coming to pick up your camper on the Camper Release Form and be sure to speak to either the Camp Director or Assistant Camp Director beforehand so the staff can have your camper ready to go

# 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. Our counselors love having the opportunity to help your child gain a new appreciation for the outdoors. All of our summer staff members participate in an extensive staff orientation and training program designed to prepare them for working with our campers - your kids!

A few of the many topics covered in this training 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 who truly love working with children.

Camp counselors complete a lengthy application process, which includes a written application, employment history, reference checks, criminal background checks, and an extensive interview.

**Camp Security:** Camp Rockin' U is tucked out of the way of the big city life. Camp staff is 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 an activity. The Camp Director's residence is located in camp and she is very mindful of all foot traffic through the area. All staff is trained to follow proper protocol in any situation, no matter how big or small, day or night.

**Visitation Policy:** Camp Rockin' U believes that all campers should experience independence and practice making good decisions during their camp session. Studies have shown that visits or other interruptions by non-camp participants during camp causes higher percentages of homesickness for all campers involved. **Please do not visit your camper during camp.** We will take excellent care of your camper, and will call you if there is a question.

**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. In order to protect your camper's money we will place all money in our camp bank. It will be held in an envelope with their name on it and kept in our safe until it is time for them to use it.

**Lost and Found:** Camp Rockin' U and its parent company, Environmental Alternatives, are not responsible for any lost or damaged items. Items will be held for two weeks. After two weeks, items will be donated to a social service agency. Give us a call at the start of the next week (Monday) to let us know if your camper has lost something. 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 tightly controlled budget! If you have something that you think would benefit camp that 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 a particular program area of camp. Just let us know what activity you want to help improve and we will make it happen! And all your donations are tax deductible!



## In Closing...

Thank you for reading through this handbook. Hopefully it answered any questions you may have had. If you still find yourself with a question about Camp Rockin' U please feel free to call or email the Camp Director

**(530)300-8261**

**[camprockinu@ea.org](mailto:camprockinu@ea.org)**

We are excited to spend a week with your child and cannot wait to share in their enthusiasm for Camp Rockin' U. See you soon!

**Darby Johnson**  
**Camp Director**  
**Camp Rockin' U**