Camp Rockin' U

Camper & Parent Handbook

Letter From the Camp Director

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 16 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!

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.

Some campers are getting ready to return to camp, hopefully this will be a good reminder of what to expect and a way to get them excited!

What to Expect

To Do Before Camp:

- ☐ Gather up all your gear for camp and then use only the things you've packed for a few days to make sure you have what you need
- ☐ Mark all your gear with your name
- ☐ Address some envelopes with your friend's and family's addresses
- ☐ 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 learn how to change its batteries
- ☐ Try to keep your room clean for an entire week
- ☐ Save 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 friends and family

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.

Camptivities You Get to Experience

Rock Climbing ✪ Fishing ✪ Crafting ✪ Kayaking ✪ Canoeing ✪ Paddle Boarding ✪ Campfire Cooking ✪ Archery ✪ Acting ✪ Swimming ✪ Segway Riding ✪ and More

Daily Schedule

8:00 AM	Wake Up	Rise & Shine! Get ready for the Day. Shower, brush your theeth, and put on your smile! It is time for another Rockin' Day!
8:15 AM	Morning Activity	From morning hikes to polar bear plunges we have a range of optional morning time activities to get your blood pumping!
9:00 AM	Breakfast	A well balanced and delicious breakfast complete with fresh fruit and a cereal option every day!
10:00 AM	Open Program	You may find yourself at the Waterfront where you will have the option for some lake swimming, paddle boarding, kayaking, or fishing. If you don't feel like getting wet there are also plenty of outdoor games to play with your camp friends!
11:00 AM		If you find yourself in the ol' corral you'll have the chance to climb our rockwall, do some crafts, get your face painted, visit our general store or challenge your mates to a game of ping pong, pool, or horseshoes.
12:00 PM		Our final area is our shooting range. You'll have plenty of time to hone your dead-eye while you shoot archery and pellet guns at our awesome targets. You'll also have time to play field games and even take a dip in our pool.
1:00 PM	Lunch	Another well-balanced and delicious meal to fuel you up for the afternoon!
2:00 PM	Turtle Time	Time to relax in our air-conditioned cabins. Play board games with your cabin mates, take a nap, and don't forget to write a quick letter to mom and dad!
3:00 PM	Classtivities	Our curriculum is varied and you get to pick your course! Whether you choose Campfire Cooking, Weird Science, Drama, our Survival class or one of our other options, you'll get the chance to learn something new while having an awesome time with your campmates!
4:30 PM	Afternoon Program	From hikes to choosies, camp wide scavenger hunts, or even giant battleship, this program is going to rock your socks off.
6:00 PM	Dinner	Your final meal of the day. Not only will we have a delicious meal ready for your mouth, we will also have a little sweet treat!
7:15 PM	Evening Program	Whether cozying up around a campfire and laughing at our staff's crazy antics, watching a movie under the stars, or going on a night hike, you are bound to have a fun and interesting time.
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

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

Clothing

- [ ] T-Shirts-Enough for the week
- [ ] Sweater or Sweatshirt for chilly eventing
- [ ] 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
- [ ] Simsuits- one or two, we do lots of swimming
- [ ] Hat or Visor
- [ ] Pajamas

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 (Each bed has a fitted sheet)
- [ ] Pillow
- [ ] Laundry Bag -breathable for dirty clothes
- [ ] Plastic bag- for wet clothes
- [ ] Money for trading post and Ice Cream Shop

Optional Gear

- [ ] Book- For quiet times
- [ ] Camera/film- inexpensive- disposable box cameras are great!
- [ ] Stationery, pen, stamps

Please do not bring:

- Electronics of any kind—including cell phones, video games, i-pods, fax machines, record players, walk-men, etc.
- Valuable jewelry
- Weapons of any kind
- Personal Sports Equipment
- Animals

Staying Healthy at Camp

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

- Are you wearing sunscreen?
- Are you drinking water?

We want you to enjoy your time at camp and that means staying out of the health lodge. Sunburns and dehydration are the two most common reasons campers have to visit 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.

Just Last Year...

1. We hosted over 600 campers
2. We served over 1200 pancakes, 400 gallons of juice, and 800 slices of pizza
3. Campers combined for a total of 144 hours of Segway riding, 9,600 hours of swimming, and around 2,250 climbs to the top of our rock wall!

Sunburns are painful and can last for several days. Prevent sunburns by wearing plenty of sunscreen. I recommend 30 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 your water bottle or cup with you everywhere! We have water jugs throughout camp where you can refill and rehydrate!

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 help you 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 (an over-the-counter lotion that soothes 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. If you aren't used to living with seven other campers it can sometimes seem embarrassing to do bathroom things 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

This part of the handbook is designed for parents. We know how hard it is to let your campers go away for a whole 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.

- ☐ Camper Health History Form-General Health history of your camper. This form is to be filled out and signed by a parent or guardian. Current medications and illnesses should be listed on the Health History portion of the form.
- ☐ 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 to camp's rules 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. No camper will be released to anyone not listed on the form.
- ☐ Camp Tuition- Each camper's tuition must be paid in full by the start of session.

To keep our check-in process quick and easy, please mail, fax, or email these forms as quickly as possible.

Email Address: camprockinu@ea.org

Fax Number: (530) 692-1807

Mailing Address: PO Box 39
Dobbins CA, 95935

Cancellation and Refund Policy

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

Refund Policy Before Close of Business June 1:

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

Refund Policy After Close of Business June 1:

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 4 pm & 5 pm. Please do not plan on dropping your campers off earlier than 4 pm as we will be very busy putting the finishing touches on camp for you. Check-in will begin promptly at 4 pm.

➡ 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 the names of your child's cabin counselor at registration.

Registration Stations:

1. Check-in: Every camper will need to be checked-in by the adult who is dropping them off.

2. General Store: In order to protect your child's spending money, we require all trading post money to be turned in to our Camp Rockin' U bank. Money will be kept in a safe throughout the week and given to campers when they are in the store. Any remaining money will be returned to the camper's parent or guardian at check-out on Friday.

3. 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:
   - A review of the Camper Health History Form
   - A temperature check-If your camper has a temperature of 100.5° F or higher they may not remain in camp
   - A head lice check-If active lice is found, Medical Staff, parents, and the Camp Director will create a plan that is best for the camper, and camp including some or all of the following:
     - A shampoo with Lice Killing shampoo at camp
     - Treatment at home and returning following day or, if available, for a later session.
   - Turning in of all medication to be taken at camp including inhalers, vitamins, cough syrup, etc., in its original container. Parents, Medical Staff and the Camp Director will determine if prescribed Epipens, inhalers, and other such meds will stay with camper, Medical Staff, or counselor.

4. Camper's Cabin: Please help your camper(s) 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 & Wellness

- 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 at registration.
- Any medications your camper needs while at camp must be listed on the Camper Health History Form.
- All medications(s), including vitamins, supplements, prescriptions, etc. must be in the original container and marked clearly with the camper's name and have 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 sever asthma or sever reactions to inset stings who need immediate assistance can keep their inhaler or Epipen with them. Please ensure our Medical Staff know 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, aspirin, Tylenol, etc. to camp with your camper. Theses 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-Registered Nurse, EMT, or WFR. 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. In most situations, campers just need a small adjustment time to "NEW." This adjustment period can last 2-3 days and is generally most challenging at bedtime. In our experience, talking to a parent only exacerbates homesickness so we generally do not allow campers to call home. However, if there is any severe homesickness involved the Camp Director will call home and with the parent come up with a plan that will work best for the camper.
- Bedwetting: Please indicate on your Camper Health History Form any potential your camper may have with bedwetting. If this is a potential issue for your camper, please back several sets of sheets and lightweight blankets. If counselors know beforehand, they can check your camper's bed discretely every morning, can help remind your camper to use the restroom before bed, and can ensure that bedding is laundered and replaced before bed.
- The Camp Director will contact parents if your camper experiences any of the following:
  - Spends the night in the Health Lodge
  - Misses an entire day of activities
  - Has an acute, sudden illness
  - Has a doctor visit recommended
  - Is homesick beyond the normal adjustment period
  - If camper needs more care than general first-aid
  - Has behavioral challenges

Communication

Campers love to receive mail (So do your camper's counselors!)
To ensure your camper gets letters, especially on designated days, you may leave pre-written letters and packages at the check-in table during check-in.

If you use the postal service, allow three days for mail to arrive. Typically, we pick up mail in mid-afternoon and pass mail to campers at dinner. We recommend you send packages via UPS or FedEx as both deliver right to our office. We try our best, but with our busy camp life, we cannot guarantee a trip to the post office before the counter closes.

If mail arrives after your camper leaves we will write "Return to Sender" and send it back.

Tips & Tricks for writing your camper:

- Keep mail positive and cheerful
- Ask questions about camp
- Talk about family pets
- Send campers with self-addressed, stamped envelopes or post cards to help your camper send you mail while they are at camp

Mailing Addresses

FOR USPS:

Camper's Name
Camp Rockin' U
PO Box 39
Dobbins CA 95935

FOR FedEx and UPS:

Camper's Name
Camp Rockin' U
13919 Lake Francis Rd
Dobbins CA 95935

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.

Other Contact Information:

Camp Cell:	530-300-8261
Camp Office:	530-692-1715
Fax Number:	530-692-1708
Camp Email:	camprockinu@ea.org
Camp Website:	www.camprockingu.com

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 Checkout process will go as follows:

11:00 AM: Check-out. Parent's should line up outside, in front of the Tatonka Lodge where campers will be waiting. The check-out process will begin promptly at 11:00 AM. This process will include:

- 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 their name and photo on it.
- Retrieving any of your camper's medication and unused store money.
- Double checking your camper's belongings to ensure everything they brought is accounted for. 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 for lost socks, towels, and other random articles your camper may have left behind during the week.
- Don't forget to fill out an evaluation. We truly value your feedback and use it to directly improve camp program!

When you pick up your camper, they will be excited, dirty, tired, full of camp songs and ready for family and home news!

as you unpack your camper's bags, 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 Check-out

You are more than welcome to pick up your camper before 11:00 AM. 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

Visitation Policy

Camp Rockin' U believes 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 are any questions.

General Store

During the camp week, campers have the opportunity to visit the Camp Store. Some items for sale include: Camp souvenirs, snacks, drinks, etc. To protect your camper's money, we will place all money in our camp bank. It will be placed in an envelope with their name on it and kept in our safe until it is time for them to use it. All unspent money will be returned to the camper's parent or guardian at the end of the week.

Lost and Found

Camp Rockin' U and its parent company, EA Family Services, 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) 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.

Camp Security

Camp Rockin' U is tucked out of the way of 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.

Camp Counselors and Staff

Our counselors become your camper's surrogate parent, big brother or 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 our summer staff 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 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.

Donations

Camp Rockin' U is a non-profit agency and runs on a tightly controlled budget! If you have something that may benefit camp just lying around collecting dust, please give us a call to see if we can incorporate it into our 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. If you still find yourself with a question about Camp Rockin' U, please feel free to call or email the Camp Director

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