



CAMP ROCK PARENT GUIDE 2010



Dear Camp Families,

Camp Rock is a unique summer camp program that has grown into a rewarding and accomplished camp over the years. We consider it a privilege and great responsibility to play a part in caring for your camper during the summer. At Camp Rock it is our goal to create a safe, positive, healthy and fun environment for your camper through outdoor recreation and learning. We have provided this informational guide to answer some of your questions concerning camp specifics. If you have additional questions please contact us at (812) 332-5311. Ask to speak with Audrey Hall-Pine, Camp/Athletic Director ex 15.

Be sure to attend a 2010 PARENT MEETING!

- Additional information
- Q&A Session
- Merchandise Ordering
- 'A Day in the Life of a Camper' Slideshow

Parent Meetings to be held:

May 15th 10:00am-11:00am

May 20th 6:00pm-7:00pm

Camp Hours, Pick-Up and Drop-Off:

Camp Rock hours are 9:00 AM - 4:30 PM, during which we will be away from the main club for planned activities which can be found on our Camp Rock Calendar.

Regular Drop Off:	7:30-9:00am
Early Bird Drop:	7:00-9:00am (additional weekly fee required)
Pick Up:	4:30-6:00pm

Morning meeting commences at 9:00am and the bus leaves soon after. Unfortunately we cannot wait for late campers when departing for daily activities! Please be prompt!

Further, to properly ensure your camper's safety, we take special precautions in releasing campers from our programs. We will only release campers to an adult who has been approved by that camper's custodial parent or guardian and who shows a photo ID. *If you have not filled out a Boys and Girls Club membership form and paid the \$20.00 annual membership fee for your camper, you must do so as soon as possible.* This form has all of your contact information in case of emergency!

Activities at Camp:

A few examples of program components at Camp Rock are swimming, outdoor and indoor play, arts and crafts, nature activities, cooperative and competitive sports, and weekly field trips (local and out of town). Camp Rock staff strives to keep activities fresh and engaging for long-time campers.

We will also be having a **Family Picnic** on Saturday, August 14th from 11am-1:30pm when your family is invited to take part in daily camp activities, including a cookout, fishing and more. Come and join us for a great way to end the summer. More information to come!

Parent Involvement:

It is crucial that you be an active part of your camper's experience at Camp Rock and the Boys and Girls Club. It is our goal to provide a safe and positive experience for your camper and to encourage social development and healthy lifestyle choices as well as to raise self-esteem and confidence. We feel this is best accomplished through a close and cooperative relationship with the community and parents. We encourage you to voice your opinions and suggestions to our administrative (directors) and direct service (counselors) staff to further help us in meeting your camper's needs.

What to send with your camper:

Please send your camper with these items to camp every day and put your camper's name on all of their belongings in permanent marker (first and last name please)!

- ☑ **Healthy, Filling Lunch**—you get out what you put in! campers who are full of sugar and starches are often grumpy and have trouble enjoying their day to the fullest – please think of your child's camp experience when packing lunches!
- ☑ **Reusable Water Bottle**
- ☑ **Swimming suit and towel**—campers must wear a swim suit and will **not** be permitted to swim in clothing with the exception of a t-shirt or cover-up worn over a swimming suit
- ☑ **Outdoor play clothes**— we will be outdoors on a daily basis and older, worn in clothing that can get dirty is recommended
- ☑ **Socks and Tennis Shoes** – every day! no crocs, flip flops or sandals for safety reasons!
- ☑ **Sunscreen** - SPF 40 Recommended
- ☑ **Medications** - to be kept with and administered by staff only – must be in the original container - parent must fill out authorization sheet
- ☑ **Special Items** – indicated on the camp calendar, these items might include a t-shirt for tie-dying or water shoes for McCormick's Creek
- ☑ **Book, Quiet Game or Playing Cards** – optional!

*****Campers who are not prepared may not be able to participate in all activities*****

What NOT to send with your camper:

- × **Weapons** - this includes camping knives and lighters or matches
- × **Electronics** - including iPods, cell phones, CD players, video games, etc.
- × **Toys or Special Personal Belongings**
- × **Suggestive clothing, reading materials, etc.**
- × **Clothing advertising tobacco or alcohol**
- × **Valuables**

This list is not exhaustive. If camp staff feels an item is inappropriate, it will be confiscated and returned to your camper at the conclusion of the day. Camp Rock is not responsible for lost, stolen, or damaged items.

Campers are responsible for their own belongings. Any items left at camp will be placed in lost and found at the main club at 311 Lincoln St.

Registration and payment policies:

Campers must be registered, paid in full, and all paperwork must be completed to attend camp. Campers are required to have a current club membership. If paperwork is missing, your camper may not be allowed to attend camp.

To properly register a camper for Camp Rock we will need the following:

- Camp Rock Registration Form
- \$35.00 weekly deposit
- Club Membership Form & Membership Fees (for new or renewing members)
- Medication Form (if applicable)
- Field Trips Waivers (if applicable)
- 'Get to Know my Camper' Information completed

Camp Staff:

Our staff is composed of college students or Club professionals, who are either experienced in camp activities, youth work, or programming for campers. Staff training is comprehensive, covering everything from safety and crisis management to youth development, behavior management and group process. All staff members are CPR and First Aid certified. Camp Rock employs lifeguards who are present at all swimming and boating activities.

Campers with special needs:

To help us create the best possible environment for your camper, it is important that we are aware of any special needs (dietary, allergies, health related, emotional, physical, etc.) prior to your camper's arrival at camp. Though Camp Rock is not an inclusion camp, we strive to meet the needs of as many campers as possible with the resources available to our program. Please provide as with as much detail as possible to allow the staff to best meet the needs of your camper. Please utilize the '**Get to Know my Camper**' form to convey this information! Camp Rock staff and directors will be happy to discuss any questions or concerns you may have regarding your camper's experience.

Safety Policy & Guidelines for Campers:

Our policies have been created in the best interest of all campers enrolled in Camp Rock's programs. Although all active recreational programs have inherent risk, adherence to the following rules, by staff, parents and campers alike will provide the safest environment for your camper. This is not an exhaustive list of guidelines.

- Campers will be supervised at all times.
- Campers are not allowed in restricted areas, unless accompanied by a staff member.
- Campers must participate in and comply with an organized Buddy System structure during lakefront swim time.
- A certified lifeguard is present at all swimming and boating activities and all campers' swimming abilities are tested.
- Telephones are for staff use only. Campers may only use the camp phone under supervision and by permission of a staff.
- Staff is trained in emergency and evacuation procedures.
- Staff is trained in emergency first aid and CPR procedures.
- Reports are completed for any accident or incident occurring within camp hours. Parents are asked to review and sign these forms at pick-up.
- Our campers are frequently guests in public places. In addition to Camp Rock rules, campers must abide by all rules and polices established by the organization we are visiting.
- Campers are informed of their role in nature, "take only pictures, leave only footprints." We strongly discourage campers from climbing trees, tugging or breaking branches, throwing rocks, picking flowers etc.
- Staff members are required by law to notify the Department of Child Services of suspected child abuse or neglect.

Behavior Management Policy:

Camp Rock maintains a positive approach to behavior management and discipline. We believe that every camper has the right to fair and respectful treatment and that positive behavior should be recognized. If a camper exhibits inappropriate behavior, a staff member will work with the camper directly to attempt to solve the problem. **(Please see the Boys and Girls Club Discipline Code for detailed information regarding behavior management.)**

We never want to remove a camper from our camp program, but if a camper resorts to physical violence with another camper, or assaults a staff member they will be immediately isolated from activities and will be suspended from camp.. To prevent this situation, please let staff members know if your camper is having conflicts or problems at home that may need special attention or awareness. Please speak with a staff member immediately if you have any concerns. Refunds will NOT be issued if your camper is suspended from camp.

Sun and Water Safety:

Please apply sunscreen to your camper prior to their arrival at camp! Encourage your camper to continue applying sunscreen throughout the camp day. Camp staff will monitor sunscreen application before and during swimming. If your camper has a tendency to get sunburns, let the staff know, and be sure to send any special sunscreen your camper may need.

All swimming will occur with lifeguards present for the duration of the swim period. Additionally, we provide camp staff to monitor swimming areas during swim time. **If your camper has not yet learned to swim and would benefit from wearing a life jacket while in the water one can be provided while at camp or the pool. Life jackets may also be sent from home, but must meet with certain PFD safety specifications.**

Medication Administration:

Camp Rock will administer medication provided that it is in the original container and an authorization form has been completed. Only the Camp Director and Assistant Camp Director will administer medication. Medication will be administered per doctor's orders only. If the dosage has changed from what is listed on the bottle please bring in a doctor's statement indicating proper administration and dosage. Certain medications (including Ritalin and Dexedrine) are water-soluble. These drugs are often excreted more quickly from the body during summer months through excessive sweating. Check with your doctor to see if your camper's medication is effected in this way.

Transportation Safety:

- Campers will be transported in Boys & Girls Club buses and/or vans.
 - All transportation rules apply while riding Boys and Girls Club vehicles for safety reasons. **(Transportation Protocol/ Procedure documents available upon request)**
- Staff members are not permitted to transport campers in their personal vehicles.
- All drivers have all applicable licensure.

Emergency Procedures:

- All medical information is kept on site and a copy of each camper's health form stays with the camp director at all times.
- In case of minor injuries or illness, campers are given appropriate first aid and allowed to rest if needed. Parents will be made aware of any illness or injury and may be asked to pick their camper up from camp.
- In the case of an emergency or major injury emergency personnel (911) will be contacted. Parents will then be contacted immediately. The camper will then either be taken to the hospital or released to their parents based on the recommendations of emergency personnel.
 - If parents cannot be located, we will contact the emergency numbers on the camper's health form.
 - For detailed information regarding emergency procedure, **Camp Rock Emergency Action Plans** are available upon request.
- In the event of a weather emergency, tornado & severe weather protocol will be followed. For specific information regarding weather or fire emergencies, **Fire Drill Protocol** and **Severe Weather Drill Protocol** documents are available upon request.

Thank you for taking the time to read this guide. We provide this information to help ensure that your camper has a safe and fun summer full of wonderful memories! Please contact Camp Director, Audrey Hall-Pine with any questions at 812 332 5311 x15 or ahall@bgcbloomington.org.