

## Overnight Camper Handbook

Thank You for registering for camp this summer. Please use the checklist below to make sure you're ready for registration and your camper is prepared to have the BEST WEEK EVER!

### Checklist for the Parents/Guardians:

- **Registration** - Registration is between 3:00pm - 4:00pm on Sunday in The Lakeview Terrace (the NEW dining hall) of each camp week. Please do not plan on arriving early.
- **Check-In** - The camper must be present in line when checking in. Please do not go to the cabins first. Campers must be seen by our Health Screeners.
- **Payment** - In order to serve you better and speed up the registration process, please pay your balance in full by June 1<sup>st</sup>. You may pay either online or call the office to make the payment.
- **Apple Tree Money** - Our Snack Shop offers a variety of snacks, drinks and souvenirs. You can add money to your camper's snack shop account online through UltraCamp where you can also see their balance and add money to the account. You can also add money to their account by calling the office at any time.
- **Camper Medications** - Please keep camper medications in their ORIGINAL containers with doctor's instructions in a ziplock bag and hand it in at registration. If you have specific concerns or care instructions, please send those in writing.
- **Health History Forms** - The Health History Form must be completed online through your UltraCamp account with your electronic parental signature. Please know that this form can be updated as the summer goes on if anything changes.
- **Good-Bye Party** - Parents are encouraged to attend the Good-Bye Party at 10:30am on Saturday. This program includes a video recap of the week!
- **Communication** - You can mail letters or packages to your child by writing the Camper's Name, Camp Orchard Hill 640 Orange Road, Dallas, PA 18612. You can also email your child and they will be able to respond. Instructions on how to do this will be included in your welcome pack during registration.

## Guidelines for the Camper and Parents/Guardians:

- Parents must notify COH prior to picking up their child for early departure, doctors' visits, etc. Parents must sign out their child at the camp office.
- Campers are not permitted to bring drugs, tobacco, alcoholic beverages, fireworks, firearms, pocket knives, pornography, **electronic devices or cell phones**.
- Everyone is expected to follow the schedule and be prompt.
- Campers are to be in their cabins after lights out until 6:30 a.m. except for emergencies.
- Guys are to stay out of the girls' cabins and restroom area and girls are to stay out of the guys' cabins and restroom area.
- Camper cabins are to be kept clean and will be inspected daily.
- Courtesy is to be practiced at all times towards other campers and staff.
- Report injury or illness to your counselor and the nurse.
- Campers are not allowed to make or receive phone calls in the camp office unless permission is granted from the Program Director.
- Camper dress must be modest:  
One piece modest bathing suit for girls. A Full Tankini is allowed.  
Please do not wear halters, midriffs, tub tops, or any short shorts, skirt or dress.  
Shirts and shoes must be worn at all times- except for swimming.
- Any form of bullying will not be tolerated. Bullying is defined as physical, verbal or emotional abuse, hazing or threats. A pattern of continued behavior will result in dismissal.
- Camp Orchard Hill is committed to providing an environment that is free of discrimination and harassment. Actions, words, jokes, sexually graphic language or comments based on an individual's gender, race, ethnicity, age, religion or any other legally protected characteristic will not be tolerated. A pattern of continual behavior will result in dismissal.

## Standard Discipline Strategy

- 1.) *A 1<sup>st</sup> offense will result in a warning, explanation of undesired behavior, and reference to behavioral expectations.*
- 2.) *A 2<sup>nd</sup> offense will result in an immediate break from current or upcoming activity (duration of time will depend on the age: ages 4-7 will be 3-5 minutes, ages 8-11 will be 5-7 minutes, ages 12-17 will be 7-10 minutes.) The purpose of this break is to help diffuse the situation and allow for reflection immediately following the offense. A strategy emphasizing personal responsibility will be used (e.g. throwing rocks might result in picking up those rocks and returning them to the correct location).*

- 3.) *A 3<sup>rd</sup> or repeated offense will result in reporting to the Program Director or Day Camp Manager where a verbal or written contract will be made. Parents will also be notified.*
- 4.) *Continued infractions will result in dismissal from camp.*

## **Camper Goals and Objectives**

### **Camp Orchard Hill Will:**

- 1. Provide opportunities that stimulate the development of each camper.**  
*Campers will have the opportunity to choose their own activities, make friends and discuss the events of their day with their counselors. Counselors will work to create a physically, emotionally, relationally and spiritually safe place.*
- 2. Provide situations for each camper to set goals and challenge themselves while discovering their own abilities.**  
*Campers will participate in a variety of activities that will challenge them and they will learn at least one new skill.*
- 3. Allow each child to experience group living.**  
*Campers will live and eat together in groups and participate in group activities where they will have the opportunity to discuss their day together and make community building decisions.*
- 4. Help each camper appreciate their natural surroundings and take an active role in the stewardship of our environment.**  
*Campers will have the opportunity to recycle, keep the environment clean and respect the environment by staying on trails, not picking flowers, cleaning up, etc.*

## **What to Bring:**

### **Suggested Items:**

- Bedding (sleeping bag or sheets, blanket and pillow)
- Personal articles (soap, shampoo, toothbrush, toothpaste, etc.)
- Bible, notebook, pen
- Bathing Suits - One-piece modest bathing suit or tankini for the girls
- Rain shoes or boots
- Poncho or raincoat
- Old clothes to get dirty in
- Warm jacket
- Flashlight
- Sneakers
- Towels
- Sunscreen
- Laundry bag

### Optional Items:

- Spending money
- Insect repellent
- Fishing pole
- Baseball glove
- Roller blades/ skateboard/ BMX bike helmet and pads
- Athletic cleats (please no metal cleats)
- Watch or alarm clock (please no radio alarm clocks)
- Mt. Bike (If taking Mt. Biking Elective)
- Camera
- Stationary and stamps

### **In case of Emergencies**

Since the program has no way of determining what each person considers an emergency, the general camp practice is to contact parents when there is a concern about the camper's health and/or when a situation is not progressing as expected.

If outside medical attention is necessary, every attempt will be made to notify the parent/guardian prior to treatment and immediately after conclusion of treatment. All contact, successful and unsuccessful, will be documented on the individual's health form.

### **Purpose Statement:**

*Camp Orchard Hill exists to meet the physical, emotional, relational and spiritual needs of campers, families and our community through the love of Jesus Christ.*