

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 Parents/Guardians:

Two weeks prior to check-in:

- Health History Forms** – Please complete the Health History Form online through your UltraCamp account (including electronic parental signature) two weeks prior to check-in. Please know that this form can be updated as the summer goes on if anything changes.
- Payment** - In order to serve you better and speed up the registration process, please pay your balance in full two weeks prior to the start of camp. You may pay either online or call the office to make the payment.

Sunday Check-In:

- 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 before 3pm.
- Check-In Line** - The camper must be present in line and must be seen by our Health Screeners. Please do not go to the cabins first.
- Camper Medications** – Please keep camper medications in their ORIGINAL containers with doctor's instructions in a Ziploc bag. You will have the opportunity to give medications to our nurse as well as share any specific instructions or concerns.
- 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 as well as see their balance online through your main Ultra Camp account. You can also add money to their account on check-in day or by calling the office at any time.
- Saturday 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 with the following address:
Name | Camp Orchard Hill | 640 Orange Road | Dallas, PA 18612
You can also email your child and receive a response during their week. Instructions on how to do this will be included in your welcome pack at check-in

Guidelines for the Camper and Parents/Guardians:

- Campers must be signed in and out at drop-off and pick-up by a parent or other authorized person on the account. Parents must notify COH prior to picking up their child for early departure, doctors' visits, etc. Any other adult picking up campers must be verified in writing or through your online registration by the camper's parent/guardian and will need to provide ID at time of pick-up.
- 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.
- Male campers are to stay out of the female cabins and restroom area and female campers are to stay out of the male cabins and restroom area.
- Camper cabins are to be kept clean and will be checked daily.
- Please advise your camper to report injury or illness to their group leader and the camp nurse.

- Courtesy is to be practiced at all times towards other campers and staff. In other words, campers are expected to treat others as they would like to be treated.
- Campers should NOT come to camp unless they have been without a fever, nausea or diarrhea for a full 24-hour period prior to coming to camp.
- Campers are not allowed to make or receive phone calls from the camp office unless permission is granted from the Program Manager.
- Camper Dress must be modest:
 - *One piece modest bathing suit for girls. A Full Tankini is allowed.
 - *Please do not wear halters, midriffs, tube tops or any short skirts or dresses.
 - *Shirts and shoes must be worn at all times except for swimming.
- Any form of bullying will not be tolerated. Bullying will be 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 1st offense will result in a warning, explanation of undesired behavior, and reference to behavioral expectations.*
- 2.) *A 2nd offense will result in an immediate break from current or upcoming activity (duration of time will depend on the age: 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 3rd 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 (to deposit in your Apple Tree Snack Shop account)
- 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.

Camp Orchard Hill Mission 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.

