

## 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!

### **In regard to COVID-19:**

- It is our priority** to provide a healthy and safe experience for all of our campers and staff! We believe it will be possible to run Overnight Summer Camp in 2021 and will do so according to guidelines provided by the CDC and PA Department of Health. We anticipate publishing a full Health and Safety Plan with updated guidance for Summer 2021 by May 14. Many of our specific plans will be based on experience navigating COVID-19 in 2020, including 8 successful weeks of Day Camp and months of our Education Pod for local students. On our website you can access previous versions of our Health and Safety Plan for 2020 programs to understand the tone of our efforts.
- You can register for Camp Orchard Hill programs with confidence! *We will provide a full refund or transfer your fees if a program needs to be cancelled due to COVID-19 or if you are unable to attend due to COVID-19.*

### **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** - Please pay your balance in full two weeks prior to the start of camp. You may pay either online using a credit card, mail a check or call the office to make the payment.

#### **Check-In and Check-Out Details:**

- Registration** is at 3:00pm 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.
- Spending Money** – Our Apple Tree Snackshop offers a variety of snacks, drinks and souvenirs. You can add money to your camper's snack shop account during online registration. You may also add money on Check-In Day. You will be able to track your camper's balance online through your main Ultra Camp account during the week and add money if needed.
- Saturday Good-Bye Party** – Parents should check-out on the counselor clip board in each cabin. 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:  
Camper Name | Camp Orchard Hill | 640 Orange Road | Dallas, PA 18612  
You can also email your child and receive a response while they are at camp using your Ultra Camp account. Instructions on how to do this will be included in your welcome pack at Sunday check-in.

## Guidelines for the Camper and Parents/Guardians:

- A parent or authorized guardian must check-in on Sunday and check-out on Saturday using the counselor clipboard in each cabin. Please notify the camp office in the event that you need to pick up your camper for an early departure, doctor visit, etc. Any adult picking up a camper must be listed as an approved pick-up on Ultra Camp or be verified in writing by the camper's parent/guardian. All adults besides the parent/guardian 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 or **text/internet enabled devices including tablets, games, watches and cell phones.**
- Everyone is expected to follow the camp schedule.
- Campers are to be in their cabins from the designated lights-out time until 6:30am except for emergencies.
- Male campers will not enter female cabins and restroom area and female campers will not enter 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.
- Campers should NOT come to camp with any signs of illness. They should be free of fever, nausea or diarrhea for a full 24-hour period prior to coming to camp. For additional details relating to COVID-19 please refer to our full Health and Safety Plan (to be published May 14).
- Campers are not allowed to make or receive phone calls from the camp office unless permission is granted from the Program Manager, Program Director or Executive Director.
- Camper Dress should be modest and appropriate for the activity:
  - \*Bathing suits should be one piece or full coverage tankini for girls and trunks for boys.
  - \*Clothes should be comfortable for high activity, provide full coverage from the shoulder to mid-thigh and be free of graphic images or language. All undergarments should be covered.
  - \*Closed toed shoes will be required in certain activities. 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 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 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 Program 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 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:

- Twin Bedding and Pillow (We recommend a fitted sheet plus a sleeping bag or warm blanket)
- Toiletry bag, bin or tote to carry to the Bathhouse (soap, shampoo, toothbrush/paste, etc.)
- Bible, notebook and pen
- Bathing Suit (One-piece suit or full coverage tankini for girls. Trunks for boys.)
- Comfortable clothes for high activity
- Sneakers and extra socks
- Poncho or raincoat
- Crocs/Flip Flops for water activities
- Warm sweatshirt or jacket for chilly mornings and nights
- Flashlight
- Bath Towel and Beach Towel
- Sunscreen
- Laundry bag
- Spending Money added to camper's Ultra Camp Store Account

#### Optional Items:

- Insect repellent
- Equipment: Baseball glove, cleats (no metal spikes), Roller blades/Skateboard/Bike with helmet and pads, Fishing Pole
- Watch or alarm clock (please no radio alarm clocks or internet/text enabled watches)
- Camera (Not text or internet enabled)
- 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.*