



# SUMMER CAMP PARENT HANDBOOK

A ministry of the California-Nevada Annual Conference of the United Methodist Church

Please read this packet fully, there are important policies for which you will be responsible.

## TABLE OF CONTENTS

1. What to Expect
2. How To Register
3. Camp Fees/Scholarship Info
4. Things to Bring
5. Cabin Assignments/Check-In
6. Cancellations/Refunds
7. Mail
8. Dress Code
9. Homesickness
10. Special Emotional/Physical Needs
11. Illness/Emergencies
12. Medication Preparation
13. Visitors and Your Child's Safety
14. Check-Out Procedure/Lost and Found
15. Birthdays at Camp
16. FAQ's/Parent Questions/Feedback
17. Condition of Enrollments
18. Dismissal From Camp
19. Technology: Your kids, our staff and a reminder...
20. Parents Questions/Feedback
21. Release of Liability



Camp Registrar  
CA-NV Annual Conference Office  
PO Box 980250  
West Sacramento, CA 95798-0250  
Ph. (916) 374-1528  
Fax (916) 372-5544  
E-mail: [sharis@calnevumc.org](mailto:sharis@calnevumc.org)

## 1. WHAT TO EXPECT



**Suggestions from “experienced” parents:  
Send old clothes they don’t remember as theirs. Don’t send any valuable clothing or other valuable items.**

**Label everything and pack light!**

**Your camper will probably come home tired, and may need additional rest after a week of high-energy.**

Attending summer camp is a very exciting thing for campers and parents! It's very natural for both to be a bit anxious about the camper leaving the comforts of home, adopting new routines of daily activities, and meeting many new friends. We want to familiarize you and your camper with our procedures to minimize “first-day anxiety”. We want to take time to explain things and to share information with campers and parents.

California-Nevada Annual Conference has been offering a summer camp opportunity for many years, so take comfort in the fact that we have a well-trained staff, used to making campers feel welcome and at home. We have continued to listen to campers and their parents over the years about what they are looking for in a Christian camping experience. We try to keep those things that make us unique, while also bringing new and fresh elements to our summer camp program.

## 2. HOW TO REGISTER FOR ALL REGISTRATIONS:

All are processed on a first come, first served basis.

All camp listings show three prices of which you should select the level at which you can afford to support our camping ministry. See the "CAMP FEE" section on this page for details.

Fill out the registration form **COMPLETELY**.

Remember:

Signatures  
Health Form  
Emergency Contact Information



### CHOOSE YOUR EVENT:

Grade refers to the grade your camper will be entering in the fall of 2010.

### METHODS OF REGISTRATION:

To secure your registration please be ready to pay your deposit of **\$100 per camper/per event**.

One registration form and health form is needed for each camper.

#### ONLINE:

Go to [www.cnumc.org/camping](http://www.cnumc.org/camping) to download additional materials or to register at our secure online registration site. You will need to pay with VISA, MASTERCARD, DISCOVER or E-CHECK in this process. **Return check charge is \$25.**

#### BY MAIL:

Send your registration form along with your non-refundable deposit to:

CA-NV Annual Conference Office  
Attn: Camp Registrar  
PO Box 980250  
West Sacramento, CA 95798-0250

**Confirmation Letter** of your event is included in this folder.

## 3. CAMP FEES

### WHY THREE PRICES TO CHOOSE FROM?

We have realized families have differing abilities to pay for summer camp. In order to reach more children, we have instituted a voluntary three-tier pricing program. This pricing program is voluntary and in no way influences the experience children receive at camp. See description below of pricing and costs. **\* Please note that tiered pricing DOES NOT apply to any registration received TWO weeks or LESS before the start of camp. Please send the full price of camp (Tier 1) upon registering.**

LODESTAR CAMPS: Super Kid, Super Camp, Lodestar L.I.T	LODESTAR SR. HIGH LEADERSHIP	TOYON CAMPS: Toyon Kids, Camp Quest, Toyon L.I.T
Tier 1: \$385	Tier 1: \$450	Tier 1: \$410
Tier 2: \$230	Tier 2: \$362	Tier 2: \$360
Tier 3: \$180	Tier 3: \$300	Tier 3: \$310

### SCHOLARSHIP INFORMATION:

Our churches and district offices offer financial assistance to families that need it. Your local church should be your first stop in discovering what aid may be available. Speak with your pastor to see if the church has scholarship money available. They will also be able to contact the district office to request funds to assist with the camp fees. **\* Please note registrations received TWO weeks or LESS before the start of camp are not eligible for scholarship.**

## 4. THINGS TO BRING

Each camper should bring the following items to camp. **Label** each item (including clothing and personal items). Things do get lost at camp and we want each camper to bring home everything that he/she came with. Pack gear in a duffle bag or old suitcase - **Include this list to help your child pack for home.**

### BRING:

- Sleeping Bag & Pillow
- 2 Bath Towels & Wash Cloths
- Personal Bathroom articles (soap, toothbrush, shampoo, etc.)
- Deodorant or antiperspirant
- 1 -2 Swimsuits (**see “dress code” 2 suits for Lodestar camps**)
- 2 Pair long pants
- 4 pair shorts
- 2 pair shoes
- Light Jacket / Sweat shirt
- 7 pair socks
- 7 pair underwear
- 7 shirts
- 1 large Beach towel
- Waterproof Sunscreen
- Insect repellent (not aerosol)
- Flashlight and new batteries
- Backpack & plastic water bottle for hikes
- Bible
- Paper, pencil, stamped and addressed envelopes to parents and friends
- Prescription medicine or over-the-counter medicine needed for the week, in original container with original instructions

### OPTIONAL:

- Camera
- Books or notebook for personal quiet time
- Waterproof shower shoes or rubber flip flops
- Something to carry your bath items in

### DO NOT BRING:

There are some things we would NOT like to see you bring to camp

- Pets
- Candy, gum or any food
- CD / MP3 player / Radio, etc.
- Computer equipment
- Cell phones, pagers, walkie-talkies (two way communicators)
- Fireworks
- Personal sports equipment
- Money, jewelry or anything valuable
- Alcohol, cigarettes, or illegal drugs\*
- Weapons of any kind, including knives\*
- Any item that will detract from the purpose of the camp

**\*Please refer to Dismissal Policy, item #18!**



## 5. CABIN ASSIGNMENTS/CHECK-IN

When you check in for camp, you will be given your cabin assignment. If a roommate was requested, we will do everything we can to place them in a cabin together. There are plenty of opportunities for friends to see each other throughout the day. The camp nurse will be taking medicines at this time.



## 6. CANCELLATIONS/REFUNDS



**Cancellation Policy:** Cancel up to 30 days before start of camp: \$100 administration fee is non-refundable. Cancel between 29 days before and the start of camp: **NO REFUND!**

## 7. MAIL

Campers love to receive mail! Please write to your child at least once before camp begins and mail or bring it with you. We recommend you mail your letters early, or bring them to us at registration. This will guarantee your camper will receive at least one letter from home while he/she is at camp. We have mail call every day, and no mail is given out the last day. On the envelope please put their name and camp name. Mail received after the camp is over will be returned to sender as we have time.

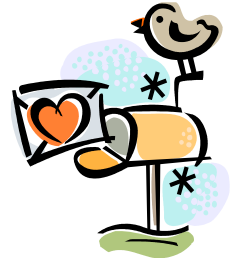
### SEND MAIL TO:

#### MONTE TOYON

Camper Name  
220 Cloister Lane  
Aptos, CA 95003

#### CAMP LODESTAR

Camper Name  
6135 Blue Mountain Rd.  
Wilseyville, CA 95257



### CARE PACKAGES:

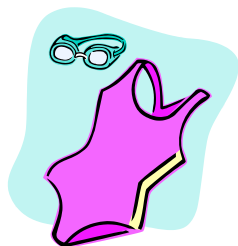
Care food packages will **not** be allowed due to health and cleanliness considerations. Non-food care packages are welcomed.

### DO's:

- ☆ Send photo of family and/or pets
- ☆ Have grandparents write a letter
- ☆ Have pets send messages (paw prints)
- ☆ Send a favorite comic strip, stickers, jokes, etc.

### DON'TS:

- ☆ Don't encourage homesickness by emphasizing how much you miss your child.
- ☆ Don't write about how much fun you are having on your vacation while your child is at camp.
- ☆ Don't dwell on negative happenings. You can discuss real problems with your child when they return home.



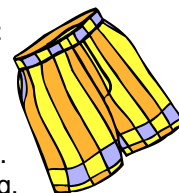
## 8. DRESS CODE for ALL CAMPS

### FEMALE

Shorts should remain conservative. No short-shorts, miniskirts, or skin tight shorts. They should not have holes in them. Shirts should at no time be spaghetti strap, halter, crop, sheer, low cut or mesh. T-shirts are the best bet! They should not contain graphics or language that is vulgar, abusive or otherwise inappropriate. Swimsuits should be one piece or tankini style suit. The camp staff has discretion to require a change of suits.

### MALE

Shorts should remain conservative. **Shorts should be worn at the waist level and not below.** They should not be overly tight or have holes in them. Shirts should remain on unless playing sports, or at the pool or cabin. If the camper does remove his shirt, it should not be left off for an extended period of time, to help prevent sunburn. T-shirts are the best bet! They should not contain graphics or language that is vulgar, abusive or otherwise inappropriate. Swimsuits (not cut-offs or cotton shorts) are required at the pool and should **not** be tight-fitting, sagging or speedo style suit. The camp staff has discretion to require a change of suits.



## 9. HOMESICKNESS

In one camp study, a whopping 83% of the campers studied reported homesickness on at least one day of camp. Our staff makes a concerted effort to help campers overcome homesickness by helping them learn to accept the natural feeling of missing family and friends. We welcome the opportunity to help youngsters grow in this area and we train our staff to handle homesickness in constructive and loving ways. With proper handling by the staff, campers and parents, it can be overcome, and the camper can make a big stride in their independence. We will contact parents for extreme cases.



### Here are some things you can do to lessen homesickness:

- ⊗ Try having your child do overnights at friends'/grandparents' houses before coming to camp.
- ⊗ Pack personal items from home.
- ⊗ Don't tell your child that you will come and pick him/her up if it isn't fun or good. This breaks down their willingness to give it a try right from the start.
- ⊗ Don't bribe your child by promising something valuable if he/she makes it through camp sends the wrong message. The benefit is your child's new confidence and independence. Going to camp can be an important developmental milestone.
- ⊗ Help your child think of things they can do to cope with feelings of missing home (write in a journal, make a craft for you, talk to a friend or adult, make a new friend, etc.)
- ⊗ Keep frequent letters cheery and newsy in such a way that they will not make your camper homesick.
- ⊗ Don't say you can't get along without them, are having a great time without them, or ask about their homesickness.
- ⊗ If there is instability at home, or the child is very anxious, please contact us so that we may prepare our staff.

## 10. SPECIAL EMOTIONAL/PHYSICAL NEEDS

Please contact Kelly Newell, Director of Youth and Camping Ministries at 916-374-1515, or email [kellyn@calnevumc.org](mailto:kellyn@calnevumc.org).

## 11. ILLNESS/EMERGENCIES

A child who is sick before camp begins should be kept home for his/her sake and that of others. Many communicable diseases begin with cold-like symptoms. Also, indications of fever, lice and pink eye need to be carefully checked out before arrival. Those who get ill while at camp will be seen by the camp nurse. If there is no positive response to the treatment, the parents will be called for consultation.



In case of a medical emergency (twisted ankles, stitches, etc.), and a trip to the hospital is necessary the camp staff will transport the camper immediately, and parents will be notified. Each incident is treated on a case by case basis depending on the age of the camper, level and type of emergency.

## 12. MEDICATION PREPARATION

**Health Department Regulations:** All medications that you bring to camp must be in their **original** containers and turned over to the camp nurse when you check in. This includes both prescription and over the counter medicines. Please place medicine in a ziploc bag with the medical/prescription form located in the Medical Authorization and History form packet. **NO outdated medicine will be accepted.**

**Parents:** We recommend that campers who take medication for "ADD/ADHD" continue to take it while at camp. If you disagree, please contact us before the camp begins, so we can discuss the best solution for your child.

## 13. VISITS AND YOUR CHILD'S SAFETY

At camp, we are working in partnership with all parents in helping campers develop independence. An integral part of the growing process is the extended experiences away from home. **Recognizing that our sessions are six to seven days at the most, WE DO NOT ADVISE VISITS TO CAMPERS UNLESS THERE IS A FAMILY EMERGENCY.** Please understand that we also have your child's safety as our highest priority, and limiting access to the camp during sessions in the most effective method.



**Telephone calls/Cell Phones:** Important Information! Similarly, please do not ask your child to call home. We have monitored the phone situation and have seen a steady rise in homesickness among those campers who are constantly on the phone. Parents will be contacted in the case of an emergency, illness or extreme homesickness (see #9).

Cell phones have become a distraction and now a liability, should inappropriate photos be taken and sent out to friends or put on the web. Our camps have a commitment to keeping our campers, adult volunteers and staff safe from this type of harassment. **Therefore, we prohibit campers from bringing their cell phones during summer camp. Staff or volunteers have full authority to confiscate the phone if this policy is ignored.**

## 14. CHECK-OUT PROCEDURE/LOST AND FOUND



Please note the pick-up time and date on the front and inside of the folder and mark it on your calendar! The campers will be having their last meal prior to their dismissal. **Camp is still in session until that meal is over, so we ask all parents to wait outside until we are finished.**

Please do not pick up your child's luggage without them present. We have experienced many switched bags this way. As a safety precaution, we ask that you sign out the camper with the adult volunteer from their cabin before you leave. If the person picking up your camper changes during the week, you must contact us by phone with the new name.

We make every effort to return lost and found items while your camper is at camp, but your camper can do more than anyone to insure nothing is lost. Please mark all items with a permanent marker or laundry label for easy identification. Please check with staff before you leave to find out where the lost and found box is located. Items found after your child's camp session may be claimed by description. Please be especially thorough on check-out day as sometimes medications or whole bags are left.

## 15. BIRTHDAYS AT CAMP

During a meal, the camp will celebrate a birthday by singing a special song. The staff will perform a special ceremony, which the campers enjoy.



## 16. FAQ'S/PARENT QUESTIONS/FEEDBACK FAQ'S

### ☺ Who are the Directors, Leaders and Staff?

Our Camp Director, Leaders and Staff consist of dedicated volunteers, clergy or lay people (non clergy). All have background checks and have had some training in order to provide the best possible camping experience for our campers.

### ☺ Can I drop off my child early or pick them up late?

No. Each camp has a starting and ending time that must be followed. The Camp Director, Leaders and Staff all have responsibilities other than the campers outside of the specified time for camp.

☺ **My camper takes medication. What arrangements do I need to make?** All medications except inhalers and EpiPens are turned into the camp nurse at check-in. All medication must be sent to camp in the original containers with the camper's name and directions for use clearly marked on the label. Place all medication containers in a single ziploc bag with camper's name on the outside. Make sure you have filled out and signed the Medical form.

### ☺ Can I call my camper or send them with a cell phone?

Your camper will be busy throughout the week with the activities of the camp. If there is an emergency, you should call the camp and ask the director to get a message to your camper. Cell phones are not allowed for campers. If brought, the phone will be turned in to the site director for safe keeping for the duration of the camp.

### ☺ Can I send mail to my camper?

Yes! When addressing the letter, make sure to put the camper's name on the envelope. Each camp's mailing address can be found in this catalog. If you send a stamped addressed envelope with your camper, they may write a snail mail letter to you too!

### ☺ Can I request a roommate?

Camp is a great time to make new friends. If you want to room with a particular individual, please write their name somewhere on the registration form indicating them as your preference. This does not, however, guarantee you will be roomed with that person. Staff will make the ultimate decision on room and cabin assignments.



### ☺ Can my camper drive to camp?

No! No one under the age 18 may drive themselves to camp.

### ☺ What if my camper is outside the grade levels for a camp?

All grade levels listed in the catalog should be read as grade being entered in Fall 2010. If your camper is interested in attending a camp that is for a different grade level, you will need to discuss the inclusion of your camper with the Camp Director. They will make the final decision as to the appropriateness and inclusion of your camper, and they will notify the registrar.

### ☺ How can I volunteer to be part of the Staff?

Volunteers can register either one of two ways they can register online at [www.cnumc.org/camping](http://www.cnumc.org/camping) or by filling out a completed volunteer registration form and mail it to the camp registrar.

### ☺ What if my child gets sick while at camp?

Our Camp Director or Camp Nurse will contact you in the following circumstances; any time an EMS response or offsite medical treatment is sought; anytime a head injury occurs; anytime a participant runs a fever of 102 degrees or above for longer than 8 hours, or any fever over 104 degrees; anytime a communicable disease or illness is suspected; any other time deemed important to do so.

## 17. CONDITIONS OF ENROLLMENT

1. We agree that the camper and his/her family will abide by the rules and regulations set by the camp for the health, safety and welfare of the camper.
2. We agree that the camp reserves the right to cancel, change or substitute programs or activities as listed in its brochure when necessary during the week.
3. Cancellation Policy: Cancel up to 30 days before start of camp: \$100 administration fee is non-refundable. Cancel between 29 days before and the start of camp: **NO REFUND!**

## 18. DISMISSAL FROM CAMP

We understand that the camp reserves the right to dismiss a camper whose conduct is dangerous, illegal, or in the discretion of the Camp Director, detrimental to the camp community and/or to other campers or otherwise unsatisfactory, including the following:

1. Possession, use or involvement of any kind with tobacco, drugs or alcoholic beverages.
2. Abuse or disrespectful behavior toward any member of the camp community.
3. Possession of any type of weapon or fire-producing device.
4. Inappropriate clothing, language, or behavior.
5. Unauthorized absence from cabin or activity.

In the event of dismissal, the minor camper or staff's parent must provide transportation home within 12 hours of dismissal from camp.

## 19. TECHNOLOGY: Your kids, our staff and a reminder...

Our pledge is to put your children in the company of the most trustworthy and capable leadership we can-staff who are well suited and trained in the task of caring for campers. The effort we put into the screening, selecting and training our staff is a part of that pledge. Our staff works with your children in the context of a visible, well-scrutinized environment that has many built-in checks and balances. Staff is supervised by senior staff and directors, guided by clear, firm policies regarding behavior. Their actions are also visible to co-workers and campers. By accepting them as staff we do not recommend them as baby-sitters, nannies or child companions outside of camp. We do not take responsibility for their behavior off-season. AS a parent you are of course, free to make your own choices in this matter. While we cannot keep you from allowing your child to visit with one of our staff members, in so doing, you take full responsibility. WE also know that many children exchange contact information (e.g., e-mail address, profile names, cell phone numbers) with counselors without our or your specific awareness or permission (we do not distribute any personal contact information about our campers or staff). We recommend that you as the parent supervise your child's online activities just as you do other aspects of their life in your home, and oversee any off-season contact between our staff members and your child. You take full responsibility to oversee any contact that results. Please also be reminded that all photos your child takes while at camp are for their **PRIVATE** use only, and should not be posted on public sites (websites, social networking profiles..) this respects the privacy of all our campers and staff. Photos taken by camp staff and volunteers maybe used for future promotional materials as per our conditions of enrollment. Thanks -

## 20. PARENTS QUESTIONS/FEEDBACK

We appreciate your immediate comments and feedback about our staff and program. If you see or hear of a problem with any part of our program or staff, please contact the California-Nevada Conference Office, so that immediate corrections can be made.

Kelly Newell, Director of Youth and Camping Ministries is available any time to answer questions or concerns. Please do not hesitate to call her at 916-374-1515, or email [kellyn@calnevumc.org](mailto:kellyn@calnevumc.org).

We look forward to having your child/youth at camp with us this summer! The camping experience is like none other in building self-esteem, independence, and community while confirming and strengthening their understanding/relationship with God. Thank you for choosing to partner with us in this significant undertaking!

**Kelly Newell,**  
Director Youth and Camping Ministries  
Ph. 916-374-1515  
[Kellyn@calnevumc.org](mailto:Kellyn@calnevumc.org)

**Shari Sandoval**  
Administrative Asst.  
Ph. 916-374-1528  
[sharis@calnevumc.org](mailto:sharis@calnevumc.org)

1276 Halyard Drive, West Sacramento, CA 95691  
Fax 916-372-5544

## 21. RELEASE OF LIABILITY

Each United Methodist Camp and Retreat Center ("Camp") offers a variety of services and voluntary activities designed to enrich the camping experience. These services and voluntary activities may include, without limitation, the provision of food, lodging and transportation, as well as the sponsorship of challenging and educational activities often associated with camping and the outdoors, such as **hiking, archery, swimming, campfires, ropes courses, Beach activities, crafts and the like**. Both campers and staff members (including volunteers) may have the opportunity to participate in one or all of these activities.

While each Camp will endeavor to assure the safety of its campers and staff members, there are unavoidable risks of injury—and even death—associated with camping and its related services and activities. Consequently, a properly executed Release of Liability is required before anyone may attend a Camp as either a camper or a staff member. Such a Release of Liability is set forth below. If you are a prospective camper or staff member under eighteen years of age, one of your parents or your legal guardian must print his or her name below and then sign and date the line designated "Parent or Guardian of Minor Camper or Staff Member." If you are a prospective camper or staff member eighteen years of age or older, you must print your name below and then sign and date the line designated "Adult Camper or Staff Member." "You are encouraged to consult an attorney if you have any questions about the meaning of this document. In addition, you are encouraged to contact Kelly Newell at 916-374-1515 or email to [kellyn@calnevumc.org](mailto:kellyn@calnevumc.org) if you have any questions about the services or activities provided at any Camp.

**By signing, I, \_\_\_\_\_ (print neatly the appropriate name as described above, either parent of camper under 18, or camper/staff 18 and older) acknowledge and agree to the following:**

1. I have read and understand the risks summarized above;
2. I understand that my participation in camp activities and receipt of camp services is voluntary;
3. In consideration of attending a United Methodist Camp(s) as a camper or staff member, I expressly assume the risks of such attendance. Further, for myself and on behalf of my executors, administrators and heirs, I release and hold the California-Nevada Conference of the United Methodist Church and the United Methodist Camp(s) I attend, including the owners, trustees, officers, employees, agents and volunteers of these entities, harmless from any and all claims or suits arising in any way from my attendance at a United Methodist Camp(s) for injury to my person or property or my death caused by the negligence of these entities and/or individuals; or (as appropriate);
4. In consideration of my child's attendance at a United Methodist Camp(s) as a camper or staff member, I, for myself and on behalf of my minor child and our executors, administrators and heirs, release and hold the California-Nevada Conference of the United Methodist Church and the United Methodist Camp(s) my child attends, including the owners, trustees, officers, employees, agents and volunteers of these entities, harmless from any and all claims or suits arising in any way from my child's attendance at a United Methodist Camp(s) for injury to my child or his or her property or his or her death caused by the negligence of these entities and/or individuals.
5. We consent to the use of any pictures/video of the camper in connection with the camp's future promotion.

\_\_\_\_\_  
Parent/Guardian of Camper/Volunteer *(If Camper or Staff is Under Age of 18)*

\_\_\_\_\_  
Date

\_\_\_\_\_  
Camper/Volunteer *(If Camper or Staff is Age 18 or Older)*

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name of Camper/Volunteer

\_\_\_\_\_  
Date

**PLEASE RETURN THIS  
PAGE TO OUR OFFICE  
BY JUNE 1**