

# 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.**

**All parents will be emailed a link for all camp forms.**



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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

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.

**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.**

## 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 and Emergency Contact Information

### CHOOSE YOUR EVENT:

Grade refers to the **grade** your camper will be **entering** in the fall of 2016.

### METHODS OF REGISTRATION:

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

#### ONLINE:

Go to [www.calnevypm.org](http://www.calnevypm.org) to register at our secure online registration site. You can pay by CREDIT CARD or CHECK. **Charge on returned checks is \$25.**



**Please make checks payable to CA-NV Annual Conference.**

#### BY MAIL:

Send your registration form along with your \$100/per camper non-refundable deposit to:

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

#### FORMS:

All campers must turn in a Health, About Me and Release Liability form. One form is needed for each camper. All parents will be emailed a link for all camp forms, these forms will need to be filled out and submitted online. Please be sure to enter YOUR email address when registering your camper and NOT the camper's email address.

## 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. **Tier 1:** Is the actual price of the camp program. **Tier 2:** Covers room and board only, Conference funds are used to help fund the program expenses. **Tier 3:** Is a rate that then is highly supplemented by Conference funds to fully fund the program. See description below of pricing and costs.

<b>LODESTAR CAMPS:</b> Super Kid, Super Camp, Lodestar L.I.T	<b>TOYON CAMPS:</b> Toyon Kids, Toyon L.I.T Camp Quest, Impact L.I.T
Tier 1: \$430	Tier 1: \$440
Tier 2: \$365	Tier 2: \$390
Tier 3: \$310	Tier 3: \$340

**T-SHIRTS:** 10% goes to help feed the hungry.

#### 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. Scholarship forms can be found at [www.calnevypm.org](http://www.calnevypm.org)

## 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 shoes or rubber flip flops for showering
- Something to carry your bath items in
- Water socks/shoes
- White t-shirt for tie-dye (**Lodestar Camps only**)

### PLEASE 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,  
on the  
Release Liability  
form!**



## 5. CABIN ASSIGNMENTS/CHECK-IN

When you check in for camp, you will then be given your cabin assignment. If a roommate was requested, it will be forwarded to the Camp Directors, but **No guarantees!** There are plenty of opportunities for friends to see each other throughout the day. The camp health care provider will be taking medicines and doing a health and wellbeing check.



## 6. CANCELLATIONS/REFUNDS



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

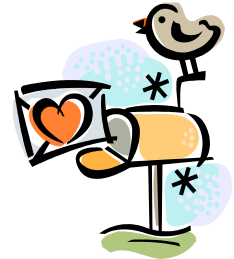
## 7. SNAIL MAIL/BUNK 1 (one-way email)

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.

### SNAIL MAIL TO:

**MONTE TOYON**  
Camper Name  
220 Cloister Lane  
Aptos, CA 95003

**CAMP LODESTAR**  
Camper Name  
6135 Blue Mountain Rd.  
Wilseyville, CA 95257



OR...

### BUNK 1:

Join Bunk1's Bunk Note messaging system that allows you to send emails to your campers directly through our website. Letters are stored on Bunk1's secure servers and then automatically sent to your camp daily (as a single e-mail attachment), pre-sorted by cabin and camper name! (see Bunk1 at [www.calnevypm.org](http://www.calnevypm.org))

### CARE PACKAGES:

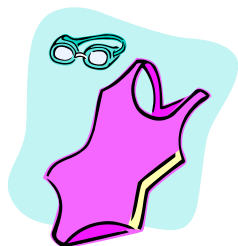
Care food packages will **not** be allowed due to health and cleanliness considerations. Non-food care packages are welcomed.

### 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.



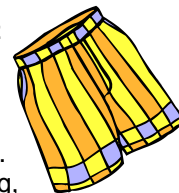
## 8. DRESS CODE for ALL CAMPS

### 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 or request camper wears a t-shirt over their swimsuit.

### 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 Peterson, Director, Camping and Young People's Ministry at 916-374-1515, or email [kellyp@calnevumc.org](mailto:kellyp@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 healthcare provider. If there is no positive response to the treatment, the parents will be called for consultation. The health department requires any camper with a fever of more than 102 degrees longer than 8 hours must go home.



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 can be found on our website [www.calnevypm.org](http://www.calnevypm.org) mark it on your calendar! **Camp is still in session until worship 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 birthdays by singing a special song.



## 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 training and planning sessions 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 healthcare provider 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. 18 year olds may only transport themselves and others over the age of 18, they must turn in their keys upon arrival.

#### ☺ **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 2016. 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.calnevypm.org](http://www.calnevypm.org) 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 Health Care provider 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. 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 -

## 18. 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 Peterson, Director, Camping and Young People's Ministry is available any time to answer questions or concerns. Please do not hesitate to call her at 916-374-1515, or email [kellyp@calnevumc.org](mailto:kellyp@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!

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