

Overnight Camp Handbook

All the information you may need prior to sending your child to camp.



Contents

Pg. 1

- Introduction
- Contacting Camp

Pg. 2

- Packing List
- Pick Up & Drop Off

Pg. 3

- Safety at Camp
- Medical Info.
- Prescriptions

Pg. 4

- Behavior Policy
- Homesickness

Pg. 5

- Meals at Camp
- Menu
- Allergies & Special
- Diets

Pg. 6

- Daily Schedule
- Offsite Trip

Pg. 7-9

- Waiver & FAQ for offsite trip

Welcome To Overnight Camp

At Paradise Farm Camps we strive to connect your child to the outdoors and to help them realize the possibilities of their own potential.

In order to achieve this goal, your child will be placed in a cabin group with up to 5 other children of the same age and gender, along with one counselor. As a group within our community they will live, eat, and share experiences together. The counselors are trained, not only to facilitate activities, but to help the group work and reflect on their time together.

CONTACTING CAMP

To contact camp and for general inquiries prior to August 6, please call:

610-269-9111

EMERGENCY CONTACT

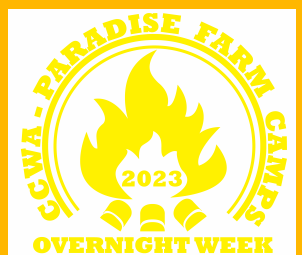
To contact camp or your child in the event of an emergency please call the directors:

Jim - 484-947-3377

SENDING LETTERS

To send your child a letter during camp please mail it to:

**Paradise Farm Camps
c/o [Child's Name]
1300 Valley Creek Rd
Downingtown, PA
19335**



PACKING LIST

- ▶ **Toiletries**
 - ▶ Toothbrush & Toothpaste
 - ▶ Shampoo/soap in containers
 - ▶ Washcloth
 - ▶ Hairbrush
 - ▶ Deodorant
 - ▶ Other personal hygiene items
- ▶ **Towels (2)**
 - ▶ Beach towel for pool
 - ▶ Bath towel for shower
- ▶ **Bedding**
 - ▶ Sleeping Bag/Sheets/Blankets
 - ▶ Pillow
- ▶ **Clothing**
 - ▶ Pajamas
 - ▶ Swimsuit
 - ▶ Shorts (5-7 pairs)
 - ▶ Long Pants/Jean
 - ▶ T-shirts (7)
 - ▶ Long-sleeve shirt or sweatshirt
 - ▶ Undergarments
 - ▶ Socks (send extra just in case)
 - ▶ Shoes
 - ▶ closed toe shoes (sneakers/hiking boots)
 - ▶ Water Shoes/old sneakers for Rafting & Canoeing (**no flip-flops or crocs**)
 - ▶ sandals/water shoes for shower and pool
- ▶ **Water Bottle**
- ▶ **Flashlight**
- ▶ **Sun Screen**
- ▶ **Hat or Visor**
- ▶ **Rain Jacket/Poncho**
- ▶ **Reading Book**

WHAT NOT TO BRING

- ▶ **Cell Phones**
- ▶ **Drugs or alcohol**
- ▶ **Weapons**
- ▶ **Animals or Pets**
- ▶ **Electronics**
- ▶ **Money**
- ▶ **Food**
- ▶ **Personal sports equipment**

Camper Drop Off

Camper check-in is scheduled for Sunday, August 6, from 2:00pm to 3:00pm

Parents will park in our main “Event Parking” lot, and then walk their child to the gymnasium for camper check-in. Campers should bring all of their “gear” with them to check-in. There will be 3 check-in stations for campers and parents to go through: registration, medical, & behavior. After campers complete all three checks, they will be introduced to their counselor and cabin group. Parents can leave as soon as their child is with their group, and will be asked to leave no later than 3:15 pm.

The whole registration process should take no more than 20 minutes. In order to get camp started on time, it is important that camper families arrive no later than 2:45 pm. If you arrive prior to 2:00 pm, please stay with your child at your vehicle until check-in opens at 2:00 pm.

Camper Pick Up

Camper Pick-Up is scheduled for Saturday, August 12, at 11:00 am

Again, parents are asked to park in our main “Event Parking” lot and meet their child at the gymnasium for camper pick-up. Parents are asked not to come for pick up before 10:45am, as their child will still be engaged in camp activities and may be walking around camp.

To ensure the safety of your child, campers will only be released to individuals designated on your child’s registration form. During pick-up you, or the person authorized to pick-up your child, will sign your child out, take any medications sent to camp, and make sure all of your child’s gear goes home with them.

Safety at Camp

All activities at camp have a natural level of risk and staff are trained to recognize and mitigate that risk where appropriate. Despite this, there is always the potential for an emergency to arise through no fault of camp, staff, or campers. Therefore, staff carry two-way radios to ensure clear communication in the event of any safety issue or emergency at camp. Additionally, all staff are trained in emergency response procedures and are CPR/First Aid/AED certified. Finally, camp has invited all emergency services divisions (police, fire and ambulance) to camp so that they are familiar with navigating through camp.

Medical Information

Here at Paradise Farm Camps, the health and safety of our campers is our highest priority. To ensure the health and safety of each child and staff we make sure our Medical Procedures meet the highest standards. In addition to our qualified staff, we also have a Camp Nurse, who is a registered nurse, on site. To help our staff give your child the best care possible, we need all campers to submit a Camper Health History Form annually. This form will not only inform our staff of all medical needs your child may have, but it also gives Camp the permission to treat your child if necessary.

If a camper becomes ill or injured while at camp, the camper will first be evaluated by the Camp Nurse and treatment will be administered. If the Camp Nurse determines that emergency care is necessary or appropriate we will try to contact the parents at home and work, and the family's emergency contacts if needed. In an emergency when no contact can be reached in a timely fashion, the Camp will deliver the camper to the preferred health care facility as noted on the Camper Health History Form.

Prescription Medications

If your child takes prescription medication that needs to be distributed at camp, please bring an adequate amount to check-in for the entire camp week. **All medications must be brought in the prescription bottle with the doctor's instructions.** All medications will be stored at designated health centers and distributed by the Camp Nurse. Please do not send your child with any non-prescription medications. The Camp Nurse has non-prescription medications, which may be dispensed under appropriate circumstances.

If your child has any medical devices that may need to be administered in an emergency situation (i.e. Epi-pen, inhaler, etc.) please provide to the Camp Nurse on the first day of camp. Please review with your child how to administer these devices if needed. Our staff is trained to assist your child if they need help in these emergency situations. Since Epi-pens are prescribed on an individual basis, the camp will no longer have general Epi-pens available for individual use. All Epi-pens must be provided by campers.

Behavior Policy

We firmly believe that for every child to have the best possible experience at camp, we need to promote mutual respect among campers and staff. We ultimately have the responsibility to provide a setting that will foster this environment, however, we need your support to make sure it happens.

The four key areas of respect are:

- Respect for self
- Respect for staff
- Respect for property
- Respect for other campers

The following behaviors will not be tolerated:

- Any physical violence (i.e. hitting, kicking, pushing, etc.)
- Actions which endanger a camper or a group of campers
- Destruction of property
- Threats of physical harm

If your child exhibits any of these behaviors, which can potentially disrupt the camp program and endanger the well being of all campers, we will try to do the following:

1. First offense – verbal warning from a staff member and a possible call home to parents.
2. Second offense – Program Director and/or Behavioral Specialist will meet with the camper. A Behavioral Contract will be set with the camper outlining expected actions and consequences (consequences can include dismissal from camp). The Program Director will contact parent or guardian to notify of Behavioral Contract and to discuss possible solutions.
3. Third Offense – Camp Director or Program Director will contact parent for removal of child from the camp program. There will be no refunds if a child is dismissed from camp. Parents will be expected to arrange for transportation within 4 hours of notification. Based on the severity of any given action, the above consequences will be adjusted to the offense.

We want to reiterate that one of the key factors which affects how well a camp program or any program runs is the ability for everyone to follow the rules – there will be no exceptions. It is important that you and your child understand this and agree to this prior to attending camp.

Note that some serious offenses may result in immediate dismissal. We reserve the right to dismiss any child for conduct detrimental to the best interest of our campers.

Homesickness & Behavior

Unfortunately at camp, homesickness is a fact of life. It touches every camper at different times and in different ways; from a passing moment of melancholy, to a full meltdown complete with sobs of “I want to go home.” This can also affect the behavior of an otherwise happy and productive camper, causing them to act out.

With many years of experience, we have learned to deal with homesickness in all of its forms. What can we do about homesickness? We will keep your child active and engaged, we will remind them of all the great activities they have to look forward to, and we can even encourage them to write letters home to share all of their great experiences. Over the years, we have found that these simple steps alleviate even the most stubborn cases of homesickness. However, what we cannot do is have campers call home, or take calls from home. This is a sure fire way to exacerbate the problem and to spread it throughout the program.

Meals at Camp

All meals at camp are served family style, reinforcing the concepts of teamwork and community that are constantly taught at camp. Meals are prepared on-site in the camp kitchen, and served in our main dining hall.

Campers will have plenty of food with every meal and no camper should ever go hungry. Please do not send any additional food, snacks, or candy to camp with your child, as that will only attract pests to the cabin. In addition to the main entree at each meal there will be a salad or breakfast bar available with plenty of options for even the pickiest eaters.

Sample Menu

	Breakfast (includes breakfast bar, OJ & Milk)	Lunch (includes salad bar, & Juice)	Dinner (includes salad bar, dessert/frozen treat & Juice)
Sunday			Baked Chicken, Macaroni & Cheese, & Veggies
Monday	Scrambled Eggs & Bacon,	Make Your Own Wraps & Chips	Spaghetti & Meatballs, Garlic Bread
Tuesday	Pancakes & Sausage	BLT or Grilled Cheese & Pasta Salad	Tacos, Rice & Beans, Corn,
Wednesday *Offsite Trip after Breakfast	Grab & Go Breakfast Sandwiches	Bagged Lunch - Turkey & Cheese Hoagie or PB&J Sandwich, Chips, Cookie, Apple, Juice	Pizza in the park.
Thursday	French Toast & Pork Roll	Chicken Fingers & Tots	Roast Turkey and Gravy, Baked Potato, & Veggies
Friday	Waffles & Sausage	BBQ - Hamburgers, Hot Dogs, & Veggie Burgers, & Fries	Barbecue Chicken, Roasted Potatoes & Veggies
Saturday	Scrambled Eggs & Bacon,		

****Menu subject to change***

Food Allergies & Special Diets

If your child has a food allergy or a limiting diet please contact camp directly and we will work with you to make sure all of your child's needs are met. Our kitchen staff has experience meeting the dietary needs of both vegetarian and vegan campers, as well as campers who deal with gluten, dairy, egg, and all nut allergies. If your child's diet requires special food please contact us prior to the first day of camp to discuss.

Sample Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00		Optional Yoga	Optional Hike	7:30 Morning Circle	Sleep In Day	Optional Swim	Optional Fitness
8:00		Morning Circle	Morning Circle	7:45 Breakfast		Morning Circle	Morning Circle
8:15		Breakfast	Breakfast	Offsite Trip	Circle (8:30)	Breakfast	Breakfast
9:00		Teambuilding	Nature Choice		Breakfast	Pack Up/ Clean	Cabin Clean & Pack
10:00					Adventure Choice	Sports Choice	Awards
11:00		Camp Game	Cabin Time		Departure		
12:00		Lunch	Lunch				
12:30		Older Swim	Older Swim				
1:45	2:00 Arrival	Young Swim	Young Swim				
2:45	Cabin Time	Cabin Time	Cabin Time				
3:45		Craft Project	Craft Project				
4:15	Emergency Drill	Dinner	Dinner				
5:15	Dinner	Choice Activity	Choice Activity				
6:15	Sports	Amazing Race	Cabin Time	Talent Show	Closing Campfire		
7:00	Opening Campfire						
9:00	Evening Showers						
10:00	Lights Out						

Offsite Trip

For the offsite trip we will be going to the Delaware Water Gap area of the Poconos to go whitewater rafting with Whitewater Challengers. We will leave after breakfast on Wednesday, around 7:15 am, and arrive by 9:00 am. We will then spend 3-4 hours on the river floating through mostly class 1 and 2 rapids, stopping halfway down the river for lunch. After a full day of rafting, we will hop back on the busses and stop at the halfway point, a state park, for pizza and games. We plan to be back at camp around 7:00 pm, for some cabin time and an early lights out. Campers must bring shoes to camp that can be worn on the river, old sneakers that can get wet or water shoes are fine. **Campers cannot wear flip-flops, strapless sandals, or Croc's on the river.**

Release & FAQ from WHITEWATER CHALLENGERS

LEHIGH-13 RELEASE OF LIABILITY – READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the Whitewater Challengers program, its related events and activities, including but not necessarily limited to activities like whitewater rafting, hiking, biking, paintball, disc golf, kayaking, canoeing, camping, ziplining, geocaching, and other outdoor activities, I, (print name:), the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,

2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and I assume full responsibility for my participation; and,

3. I willingly agree to comply with the stated and customary terms and conditions for participation, including any age, weight, height or other requirements that may apply. I understand that I must wear shoes or booties, and an approved personal flotation device at all times while rafting. I am in good health, I understand that physical exertion may be required, and I have no known physical disabilities or health problems that will present any risk to my participation in the program. If I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Company immediately; and,

4. I permit the use of any photos or video of me taken during the day's activities for publicity, advertising, other commercial purpose; and

5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS WHITEWATER CHALLENGERS, their owners, officers, officials, agents and/or employees, other participants, licensors, licensees, subcontractors, affiliates, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used for the activity (hereinafter "Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence or participation in any part of the Whitewater Challengers program, from the time of my arrival at Whitewater Challengers until my final departure therefrom, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law; and

6. Any claims or disputes arising from my participation in this program shall be venued in the Luzerne County Court in the town of Wilkes Barre, PA or in the Supreme Court of the State of Pennsylvania.

WHITEWATER CHALLENGERS QUESTIONS AND ANSWERS

Q: Must a parent or legal guardian co-sign for each minor (under 18) child? A: Yes.

Q: How dangerous is whitewater rafting?

A: Whitewater rapids are defined from Class I (very mild) to Class VI (extremely difficult). Selecting the appropriate level of whitewater, relying on professionally guided raft trip services, and following the rules and instructions offered by your outfitter all contribute to greater success in managing the risks associated with river rafting. Clearly there are risks associated with all active outdoor sports, including rafting. A recent national study of customary (indoor and outdoor) activities, completed by the Business Research Division of the University of Colorado, found that statistically, commercially guided whitewater rafting is 70 times safer than automobile travel.

Q: How long has Whitewater Challengers offered these activities and what has been their safety record?

A: Whitewater Challengers first introduced whitewater rafting trips on the Lehigh River in 1975, and has provided guided tour services continuously for more than 4 decades, serving nearly 2 million guests on more than 16 million miles of guided trips on five whitewater rivers in Pennsylvania and New York, compiling a safety record that is the envy of the industry. Whitewater Challengers meets or exceeds the rigorous safety and training requirements established by state regulations for commercial rafting trips.

Q: What kinds of injuries are most often associated with rafting trips?

A: Bumps and bruises are the most common injury, and these can usually be avoided by adhering to the safety instructions offered prior to your trip. Most important among these instructions are:

Remain seated, with both legs inside the raft, even in calm sections of the river. Do not dive into the river, either from the raft, or from shore.

If you must splash, use your hands; never the paddle.

These and other easy-to-follow guidelines can help enhance the safety and enjoyment of your trip.

Q: What other safety measure are taken on and off the river?

A: Raft trips are accompanied by qualified, professional guides who are trained in First Aid and river safety techniques. Instruction and supervision are provided before and during your trip. First aid supplies and safety equipment accompany every trip.

Q: Are more challenging trips available for more experienced rafters?

A: Yes. While the Lehigh is usually rated Class I, Class II or Class III whitewater, and is well suited to beginners and children as young as 5 years old at certain times of the year, guided rafting trips on the Hudson and Black Rivers in upstate New York offer more challenging rapids up to Class IV and Class V.