

# Day Camp 2010 Parent Manual



**Camp Fire USA™**

Today's kids. Tomorrow's leaders.

## HOHI a.k.a. the Hold Onto Health Initiative.

As families and community entities move forward to address the issue of childhood obesity and healthy, active lifestyles for children, Camp Wilani campers will participate in the HOHI project at camp this summer. To begin this initiative, families of campers are asked to bring **at least two healthy food items** from the list below on Tuesday, June 22nd. These healthy food items will be donated to the Veneta Food Pantry, an agency of FOOD for Lane County.

### Healthy foods top our wish list!

FOOD for Lane County and Camp Fire USA Wilani Council are working hard to solicit food products that will meet the needs of an increasing number of people who have health problems such as diabetes and heart disease. These foods are highly nutritious, have great shelf life and tend to be more expensive to purchase. Households without money to consistently buy enough food often rely on high-calorie filler food to stretch budgets and stave off hunger.

- ❖ Please no home-canned or prepared food.
- ❖ Food must be in unopened, commercial packaging.

- |  |                                    |
|--|------------------------------------|
| ■ Low-fat peanut butter                              | ■ Unsweetened apple sauce          |
| ■ Low-sugar jam and jelly                            | ■ Low-sodium broth                 |
| ■ Canned diced or whole tomatoes                     | ■ Olive oil                        |
| ■ Corn meal  | ■ Chili or refried beans           |
| ■ Packaged brown rice                                | ■ Canned stew                      |
| ■ Canned or dried beans (pinto, navy, kidney or red) | ■ Canned spaghetti sauce with meat |
| ■ Canned tuna fish, chicken or salmon                | ■ Spaghetti noodles                |

This list was compiled for FOOD for Lane County with the help of OSU/Lane County Extension Service.



## **DAY CAMP PARENT MANUAL - 2010**

**To Contact Us:** The council office and the Day Camp contact numbers are 1-877-945-2641 or 541-342-6338 ext.106 or 103. If no one is available, please leave a message and your call will be returned. To fax us, the number is 541-342-6330.

**In Case of Emergency:** or for an important message, please call the Camp Wilani pager at 541-341-8130. Your call will be returned as soon as possible.

**Camp Fees Balance Due:** Any owed balance must be paid by June 7, 2010. Registrations occurring during the 14 days prior to camp must be paid in full. Please do not plan to bring camp fees to the first day of the session. Day Camp Directors cannot accept funds.

### **Cancellation**

Camp Fire USA will retain the \$65.00 non-refundable deposit regardless of the cancellation date. No refund is given if a camper leaves camp early due to homesickness, behavioral problems, illness, or injury. Late payments will be charged an additional \$40.00 fee.

### **Photo Identification**

Adults picking up children at the bus, or at camp are required to present photo identification. Please accommodate this request by having photo identification in hand.

## Things We Cannot Accommodate

- **Visitors:** For the safety of campers, **NO visitors** are allowed any time during camp.
- **Tours:** Tours are NOT available during camp. All camp staff will be involved in providing programs for the campers and will not be available to give tours. The Camp Wilani site in Veneta is protected by a series of gates that will remain closed during all camp sessions. The campsite in Veneta may be viewed June 5, 2010 during "Sneak-a-peek" Saturday.
- **Drop-bys:** Families should not "stop by" to see Day Camp. Seeing parents or guardians of campers may trigger "homesickness" or tears among campers whose families are not visiting.
- **Phone contact with campers:** The camp phone is restricted for business use and emergencies. Camp Staff will notify families or emergency contacts in the event of an emergency. **Campers are requested to leave cell phones and all electronic equipment at home. These items are an attractive nuisance for other campers.** All campers are encouraged to make new friends, build new skills and appreciate the environment. The Day Camp program is designed so that the scheduled activities and free time unit activities will facilitate the making of new friends, the growth of your child as a team member, and an appreciation of nature and the outdoors.

## **Help your Camper have a Happy Camp Experience**

Camp Wilani Day Camp strives to provide a happy experience for each camper. There are a few things you can do prior to your camper's experience to help assure a fun and rewarding time for everyone.

- Read the information in this handbook.  
Talk with your camper about what to expect at camp. Refer to "Typical Day at Camp Information" below.
- Talk about the fun your camper will have, not about the activities he/she may be missing at home.
- Practice putting on non-aerosol sunscreen and insect repellent.
- Play the "I know my own clothes" game, so that the items you send will return home. Put nametag labels in clothing.
- Review the "Bus Rider Skills" below if your camper will be riding the bus.
- *After camp, understand that your camper may miss the new friends and the fun activities that filled the Day Camp week. Encourage your youngster to share memories and talk about camp experiences. Some youngsters may enjoy drawing pictures for a memory book or would like to have the Day Camp Emblem sewn on a favorite sweatshirt.*
- Please complete the parent evaluation you will receive in the mail after your child's camp session. Camp Fire USA Wilani Council strives to present programs that are fun, interesting and safe. Your comments will assist us with this goal.

## A Typical Day at Day Camp

### ***The Bus Ride...***

- Day Campers at the Camp Wilani site in Veneta begin their camp experience as they board the bus for the 20-30 minute ride to Veneta.
- ***A word about bus rider skills: All children are expected to sit in their seats with arms and legs within the seat space. Campers are expected to be respectful of each other and each other's belongings. Bullying of other campers or causing harm to seat mates is NOT ACCEPTABLE! Campers are expected to listen with care to the driver of the bus, the bus adult, or the teen counselor who may be giving directions or suggestions. Campers who struggle with bus rider skills may be asked to follow a Behavior Plan agreed to by the camper and the parent(s). Failure to meet expectations for riding skills could result in denial of bus riding privileges for the rest of the week.***

### ***While at Camp....***

- Upon arrival at Day Camp, campers meet their unit counselors and walk to the site for opening activities that include flag raising by the units, singing and presentations by staff and campers. These are part of the start of every day.
- Typical daily programs may include time spent in unit activities, scheduled time at activities such as arts and crafts, outdoor cooking, nature fun, archery, swimming, and canoeing.
- Lunch time often includes hikes to places close to the hearts of Wilani campers...the Wood Elf's House, spots beside the lake, or the Native American tipi village.

- Each day ends back at the opening site. Campers arrive after tidying their unit homes and doing litter patrol. All campers participate in singing, sharing events of the day, and flag lowering. After "Taps" campers and their counselors walk out to meet the bus or families.

## **Camp Names**

Each staff member has a "camp" name. Camp names may be taken from nature, i.e. Mossy, from cartoon characters, i.e. Goofy or from hobbies and interests, i.e. Crafty or Piccolo. Your camper will refer to his/her counselor or teen apprentice by their camp name. Friday at closing is the time to reveal "real" names. Camp names are limited to Day Camp staff and to members of Leadership Lab (youngsters going into 7<sup>th</sup> or 8<sup>th</sup> grades). Campers K-6 are expected to use their own names so that in an emergency, when fast action may be needed, campers can react appropriately. All campers make "Wood Cookies" during unit time on their first day and wear them during the week. This is a slice of wood on which the camper's name is written.

## **Day Camp Staff:**

Volunteers and resident camp counselors make up the Camp Fire Day Camp. Teens in the Leadership Program and teens completing work on the Wohelo Award are also members of the staff. Staff members undergo background checks and participate in training. Waterfront and swimming pool staff are Certified Lifeguards. Health issues are attended to by staff certified in First Aid and CPR, or who have professional medical licenses. Each staff member is committed to providing a pleasant, safe, and fun environment for all the campers.

## **Lunches & Water**

Each camper is expected to bring a large, nutritious lunch, a snack, and a water bottle to camp each day. Packing the lunch in an insulated lunch bag helps keep the food cool. Campers are active during camp and will be encouraged to drink water often. Please help us by encouraging your camper to drink water while at camp, especially if the days are very warm.

## **Camp T-shirts**

Camp t-shirts are available for all campers and staff. Sizes range from youth small (limited number) to adult XXL . You will receive a T-shirt order form by June 14<sup>th</sup>. T-shirts are included in the camp payment. ***Please return the order sheet prior to camp*** to ensure the correct sizes and colors are ordered for your camper. Your child will receive the T-shirt on the first day of camp.

## **Health Information**

- A first aid kit stocked by a medical professional is on site at Day Camp every day.
- Standing orders from local doctors are at camp. The fire department and the police department have received notification that camp is in session.
- Health forms are available to the camp health staff.
- Prevention of mosquito bites makes camp more pleasant. Non-aerosol insect repellent may be brought to camp. Please teach your camper how to apply the repellent.

- Sunny days are always welcome at Day Camp. Using sunscreen is a prudent way to prevent sunburns. Non-aerosol creams and lotions may be applied by the camper. Please teach them how to do this.
- All medications coming to camp will be given to the Camp Health Staff and kept in a locked area, and will be dispensed as needed. Please send medication in original containers with written instructions.

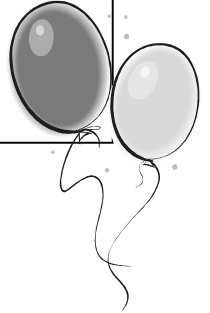
### **Late Arrivals, Early Departures and Camp Visitors**

We highly recommend that you do not plan an activity or an appointment during Day Camp hours that necessitates your camper's departure (this includes practices and games). We cannot accommodate unexpected vehicles, nor can staff be released from the programs to walk a youngster out to meet families (please note that gates are kept closed at the Camp Wilani site). Should an unexpected emergency occur, a signed release from the parent is required. Photo identification will be checked prior to release. Early departure from camp is the exception and is for emergency reasons only.

### **Tax Information**

Day Camp registration may be tax deductible. For your convenience we have included the tax ID # 93 0480213. Please consult your tax preparer. Camp Fire USA Wilani Council does not assume to have tax information guidelines.

We invite you to attend the closing ceremonies for  
Camp Wilani's Day Camp 2010  
Please join us at 3:30 Friday June 25, 2010 to help us  
celebrate a week of fun and new friends,



For your comfort, please bring a light-weight folding chair, unless you prefer to sit on the ground.

Parking will be in the lot across from the beige manufactured home. Camp staff will be assisting with parking.

Please be prepared to walk into the amphitheater. We can accommodate persons with disabilities in closer parking. Our site is rustic and the ground uneven. Sturdy closed-toed shoes are advisable. Some movement over rough ground should be anticipated. Please let us know if accommodation is needed.

Please remember that Camp Wilani is a smoke free environment. Tobacco products of any kind are not allowed on the Camp premises. Also remember that pets are not allowed on the Camp Wilani premises. Please leave your furry friends at home!

**Note:** Please be prepared for transportation procedures to be in place should you wish to transport your child after closing rather than having him/her ride the bus. Photo ID will be required. No one will leave camp before the bus has departed for the safety of our campers and guests. The mix of children, the bus and drivers anxious to beat the traffic is not a good one. **Camp speed limit is 10mph to the main gate.**



***Directions to camp:***

*Proceed west on W. 11<sup>th</sup>/126 to the town of Veneta. At the traffic light turn left onto Territorial Rd. Drive south on Territorial past the fire station and the library to Bolton Hill Rd. (on the right). Turn right on Bolton Hill and drive up the hill and down the hill. As you near the bottom of the hill you will see the sign for Camp Wilani on your right. Turn right into the driveway. Pass through the gate. Drive at the camp speed of **10 mph** remaining on the road until you reach the manufactured home. Park your vehicle following directions of camp staff.*

## Bus Transportation:

Morning: 8:15am

St. Mary's Episcopal Church  
13<sup>th</sup> & Pearl St. Eugene

Afternoon: 5:15pm

St. Mary's Episcopal Church  
13<sup>th</sup> & Pearl St. Eugene



**Please only park in St. Mary's Episcopal Church parking lot or street parking. You are subject to towing if you use any other lot.**

For the safety of your child, please be prompt in dropping off and picking up your child. I.D. is required at bus pick up. **The bus will be on time and cannot wait. Any child not picked up from the Eugene bus site by 5:30pm will be charged \$1.00 for each minute that the child remains in need of supervision.**

***WHAT TO BRING EACH DAY: A backpack is handy to contain your child's gear***

***Please mark child's name on each item.***

- A towel and a swimsuit, **labeled with child's name**, in a waterproof bag.
- A lunch and a drink, **and** a morning snack. Please send a substantial lunch. It's a long day!
- A sweatshirt/jacket
- A change of shoes
- Long pants prevent easy contact with poison oak and mosquitoes, but shorts are allowed.
- Socks and closed toed shoes must be worn at camp. (**no sandals**)
- Insect repellent and sunscreen should be applied at home. If you send it with your child, please send **lotion only...no aerosol cans!**
- Water bottle.



**Swimming:** All campers have the opportunity to participate in swimming and canoeing several times during the week. Certified lifeguards are on duty at the pool and waterfront-canoeing site.

