

2008 Parent Handbook

Camper Health and Parent Notification

Camp Augusta employs a full-time, Camp-Health Supervisor (either a Registered Nurse or a Doctor) during the summer that lives on site. This person administers all medications to campers and assesses and monitors any health concerns that arise during a normal session. In the event a camper goes far off site, for example on the back packing trip, any routine medication required by the camper will be prepared by the Camp Health Supervisor, who will give it to the trip leader with detailed instructions on administration. The trip leader will also have any emergency medications that may be required by the camper. Trip leaders are specially trained in wilderness first aid.

Although it is relatively uncommon, campers can become ill or injured during their stay at Camp Augusta. Please see our "Philosophy of Risk," on the Camp Augusta website, under "About" "Safety." In the occurrence of this unfortunate event, the following steps are taken to ensure the health of the camper and keep parents notified of their camper's current condition. In the event a hospital visit is required, the nearest facility is Sierra Nevada Memorial and it is approximately ten minutes drive away from camp.

- Stomach aches, headaches, poison oak, slight abrasions or cuts, minor dehydration, splinters, bruises and other small health concerns are dealt with directly by the Camp Health Supervisor. These do not require notification of parent or guardian.
- Extended fevers (two days), high fevers (101 degrees or above), severe abdominal or head pain, cuts requiring stitches, any condition existing for an extended period of time, or any condition requiring a visit to the doctor is reported to the parent or guardian immediately. In the event the parent or guardian cannot be reached, we notify the emergency contact as noted on the camper's health form.
- **A CHILD WHO IS SICK BEFORE CAMP BEGINS NEEDS TO BE KEPT HOME FOR HIS/HER OWN SAKE AND THAT OF OTHERS.** Many communicable diseases begin with cold-like symptoms. If you have a question as to whether your child should attend camp please speak to both your family doctor and camp medical staff immediately.
- If your child will be receiving treatment for any communicable disease (e.g., ringworm, impetigo, lice) while at camp, please notify us immediately so we can discuss any special requirements for your child and inform their counselor of any precautions that may be required.

Health Form

- √ Health History - Must be completed within 4 months prior to camp, and must include immunization history and parent's signature. Last year's physician exam (see next point) is fine, but please fill out and send in the first 3 pages (health history) again.
- √ Health Exam - Must be performed within 24 months prior to camp, and include a physician's signature. A waiver for the physician's exam may also be utilized – available from the camp website under "Registered Cmpr Info."
- √ An update form will be emailed to you a week or two prior to your child arriving at camp. If something has changed since you submitted your health history form, please use this form as an opportunity to update us and either email it back or send it to camp with your child. Include any new medication information (e.g., Your camper had a sinus infection and has four days of antibiotics left) and any health information (e.g., currently recovering from the chicken pox) that has come to light since you filled out your health form. This form only needs to be returned if there are any changes. If there are serious changes, please call Camp Augusta asap.

NOTE: SIGNATURE BY A LICENSED PHYSICIAN AND PARENT IS REQUIRED FOR EACH CAMPER TO ATTEND CAMP. FOR THE SAFETY OF EVERYONE AT CAMP, CAMPERS WITHOUT THE ABOVE SIGNATURES WILL NOT BE ALLOWED TO BOARD THE BUS OR WILL BE SENT HOME UNTIL SIGNATURES CAN BE SECURED. PLEASE SEND YOUR FORMS IN WELL AHEAD OF TIME TO AVOID THESE COMPLICATIONS.

Medications

Campers must turn over ALL medications to the Camp Health Supervisor upon arrival. Our definition of medication includes prescription medication, over the counter medications AND any vitamins or herbal supplements. Campers also need to turn over inhalers and epi-pens. If your camper has a condition that requires she/he have the medication immediately at hand (e.g., severe anaphylactic reaction or difficult-to-control asthma), please notify us so we can discuss their needs with you further before they arrive at camp. No campers are allowed to give themselves or other campers any type of medication.

PLEASE place medication in a “Zip-lock” bag with the camper’s name clearly written on it. If there are special instructions, please include a clearly-written note inside the bag.

All prescription medication brought into camp must be in the ORIGINAL BOTTLE with physician’s name, camper’s name, dosage, and number of times per day it is administered. A schedule of the times the medication is being given at home and any special requirements (Johnny will only take it with apple sauce for example) are appreciated. Our Camp Medical Staff cannot dispense unknown medication. **If medication is not in its original bottle it will NOT be given and it will be your responsibility to provide us with the properly labeled medication.** Your campers’ medication will be returned with them at the end of their session. The only exception to this would be finished bottles of antibiotics or empty packages of over-the-counter medications. If you would like either of these things back, please make note on your zip-lock bag.

Camp Augusta stocks most over-the-counter medications needed at camp, as well as many herbal remedies, so it is NOT necessary that you include these items in your camper’s packing. Please see the health form for a list of medications stocked at camp. Please make sure camper's name is on all items.

Lost and Found

We will make every effort to return lost and found items while your camper is in camp, but your camper can do more than anyone to insure that nothing is lost. Please mark all items with a permanent marker or laundry label for easy identification. Have your camper check our well-laid out, dedicated lost and found area. Items found after your child's camp session may be claimed by description. Labeled items are returned by us without a request.

If you discover something is missing upon your return home, please contact us immediately. The more time that passes, the less likely it can be found. After September 1, all remaining items will be donated to a welfare agency. Camp Augusta is not responsible for lost, stolen, or damaged clothing or equipment.

Tips and Gratuities

Tipping of individual staff members is not permitted. If the camp store is participated in, the balance may be donated as indicated on the camp-store envelope – toward equipment, staff party, or refunded. Please know that tips are not required, and staff love a specific note of thanks. They really LOVE written notes of thanks from families and/or campers.

Bed Wetting

Our staff is trained to deal with bed wetting discreetly, working with your child one-on-one. Please notify the camp in advance if your camper may wet the bed. Campers should be instructed to ask their counselors for help, and every effort will be made to prevent accidents. Please send a plastic sheet and extra bedding if you think they will be needed.

Parents' Evaluation

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 Camp Augusta office so immediate corrections can be made. Also, shortly after the camping session, you will receive a Parents' Evaluation Form. Your sincere response is requested and appreciated. Comments can be e-mailed to the director at any time – randall@campaugusta.org.

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. Also, take comfort that Camp Augusta has a well-trained staff, used to making campers feel welcome and at home.

Suggestions from "experienced" parents:

- Ø Send pre-addressed envelopes along with young campers, addressed to family, friends, and neighbors. Don't forget to secure the appropriate postage. Campers are very busy, but do encourage them to write.
- Ø Send old clothes they recognize as their own, not lots of new ones they don't remember as theirs. Don't send any valuable clothing or other valuable items.
- Ø Label everything and pack light!
- Ø Mail all of your forms well in advance. Please, the forms are important to have by May 2nd.
- Ø There are more activities at camp than your child could possibly participate in during a one or two week stay. In fact, it would take more than 7 weeks to do everything once. If your camper did not do all the activities he/she wanted, encourage him/her to look forward to next year. *Look over the activity list, and plan with your camper. Some activities are offered a lot, and some less frequently. Consider even sending a little card with a rank-order list so priorities can be addressed. Have your camper show this list to their counselor, who will assist them in organizing this list for daily sign ups.*
- Ø Your camper will probably come home tired, and may need additional rest after a week or two of high-energy activity.

Mail

(please allow four business days for mail)

Campers love to receive mail! No, really, they ***LOVE, LOVE, LOVE*** to receive mail – even cool teenagers. Please write to your child at least once before camp begins. This will guarantee that your camper will receive at least one letter from home while he/she is at camp. We have included labels to make this easier for you. While you may send a fax or e-mail (office@campaugusta.org) which we will pass on to your camper, there remains something special about a penned letter. They love opening them, and seeing your handwriting, a special card, or stationary. Receiving posted mail usually garners a bigger smile. At a rustic camp, receiving a penned letter has a special and fitting charm.

P l e a s e address mail this way:

Camper's Name
Session Number _____
Camp Augusta
17530 Lake Vera Road
Nevada City, CA 95959

Campers will be encouraged to write one letter home each week. Do not be alarmed if the letters are brief and quite irregular as the youngsters are busy at camp, and "no news is good news" as far as campers are concerned. Also, early letters may sound upsetting, but generally by the time you receive the letter, the camper has adjusted and often forgotten what he/she wrote. Some mail may be received after the camper has returned home.

Whether it is your child's first or tenth summer at camp, mail is an important part of every camper's day. Here are some hints to make corresponding with your child more successful.

Do's

- | Send frequent letters; they don't have to be long. Postcards are good too.
- | Send photo of family and/or pets
- | Have a grandparent write a letter
- | Have pets send messages (paw prints)
- | Send favorite comic strips, stickers, jokes, etc...
- | Ask a few questions and you are more likely to get a response
- | Send a letter before your camper leaves for camp to make sure it arrives for the first day. Allow 4 to 5 days for mail. Provide your child with self addressed, pre-stamped envelopes for sending letters home.

Don'ts

- | Don't encourage homesickness by emphasizing how much you miss your child
- | Don't write how much fun you are having on vacation while your child is at camp
- | Don't dwell on negative happenings. You can discuss real problems with your camper when he/she returns home.
- | Don't send food of ANY kind. What campers do first is read notes – that's what matters.

Care Packages

Please refrain from sending food! Critters love to go into cabins that smell anything like food, especially sweets. We have skunks here, and as pretty as they are, it isn't pretty to see one sitting on your bed! Also, we have brooms and not vacuum cleaners – the skunks like the hard-to-pick-up crumbs and sweet, sticky spots.

If the critters are not enough of a reason, also know that campers receive three all-you-can-eat meals per day, a snack, and dessert. A couple times per week, they have the chance to receive an additional treat. More than that isn't healthy for them, especially with outside exertion. Again, please, PLEASE refrain from sending food. It will be kept and returned after camp is over.

Please consider the following . . . campers are very busy at camp. When they do have a little time during rest hour, they are encouraged to rest, write letters home, read, or some other quiet activity. Sometimes campers will sit outside the cabin and quietly talk to one another. All their needs are met at camp, including plenty of fun and engaging activities. When they are not so engaged, it is nice to remember what peace there may be with oneself, and that one does not need things to be happy. Writing a letter, writing in a journal, and reading are plenty pleasurable. So, you **DO NOT NEED TO SEND YOUR CAMPER ANYTHING OTHER THAN A LETTER**. They LOVE getting letters, even daily.

Article by Dr. Thurber on camper mail.

http://www.mysummercamps.com/forum/For_Campers/Parents_C1/Camp_Scholar_F16/E-xcellent_Mail_P556/

Visitors and Telephone Calls

At Camp Augusta, we strive for campers to develop independence. An integral part of the growing process is the extended experiences away from home. In keeping with this, WE DO NOT PERMIT PHONE CALLS AND VISITS TO CAMPERS UNLESS THERE IS A FAMILY EMERGENCY. Also, please do not ask your child to call home. There are no public phones available for campers to call home, and we do not allow cell phones. There is no cell reception anyway. Parents will be contacted immediately by staff in the case of an emergency or illness.

Birthdays at Camp

If your camper has a birthday at camp, they will get a special cake and the whole camp will sing to them. In celebration, the whole camp often gets a sheet cake as well. If your camper is marking another year, please feel free to call us up if you want to make special arrangements of any kind. Also, please inform us if your camper does NOT wish to have the camp sing to him/her or have any special arrangements made.

Bus Transportation

The information about bus transportation is provided on the separate form, but please remember to have your camper eat lunch before boarding the bus to camp. Keep the special bus transportation question and answer sheet.

Car Transportation

Campers coming to camp by car should arrive at camp by 3:00 pm on the beginning day of the session, and should be picked up by 9:30 am at the latest on the final day of the session. Please don't arrive more than one hour early on drop off day if it all possible. The staff are in a meeting and are not available.

Homesickness

The vast majority of campers studied report 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 this 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 growing up.

Here are some things you can do to lessen homesickness:

- | 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, or ask about homesickness.
- | Try having your child do overnights at friends' houses before coming to camp. Do they have a friend who is interested in coming to camp?
- | Pack a personal item from home.
- | Don't tell your child that you will come and pick him/her up if he/she doesn't like it. This often sets nervous children up for failure, as they'll focus on any reason not to like camp in order to go home, per the deal.
- | Don't bribe your child by promising something valuable if he/she makes it through camp. It sends the wrong message. The benefit is your child's new confidence and independence. Going to camp can be an important developmental milestone.
- | Have a conversation about the many activities there are at camp, and that s/he probably won't like all of them, or be as good at some activities as some of the other children, but that is okay.
- | Help your child think of things they can do to cope with feelings of missing home.
- | Tell your child that their counselor is there to help them. If the child doesn't feel comfortable telling their counselor something specific for some reason, tell your child that s/he can go to the Village Leader or Director.
- | About a week in advance of the session start date, we know who your camper's counselor is. Check with us (e-mails are best), and then look at that counselor's photograph and biography on our website.

Please see our website for more information about homesickness, if you are concerned:

<http://www.campaugusta.org/Partnering/Development/Homesickness/homesickness.htm>

In the event of severe homesickness, parents will be notified. This is not a medical concern, but it can have a large impact on the camper's experience.

Mental and Emotional Health:

For all families, we must have completed forms by May 2nd, or the tuition and registration fees are forfeited. The Camp Augusta program and counseling philosophy provide a good deal of freedom and variety. It has been our experience that campers with special needs find these elements difficult to deal with, and are very challenged to be successful. Both Camp Augusta, the family, and the camper want to have successful experiences.

If the camper has a psychiatric diagnosis, an IEP, a significant emotional health concern, or is currently seeing a professional to address mental or emotional health concerns, you **MUST** attach a statement from your child's professional (e.g., physician or psychiatrist). In these cases it is imperative that we receive this statement as far in advance as possible in order to prepare counselors and staff for appropriate care. Again, we need to receive such information by May 2nd. That letter needs to include:

- (a) Description of the concern and the camper's management plan (including medications),
- (b) Description of the behaviors which would indicate to our staff that your camper needs professional referral, and
- (c) Recommendation for participation in the Camp Augusta program.

Boy or Girl Scout Credit

If your camper is involved in the Boy or Girl scout program, Camp Augusta can provide documentation so that they may advance. Please let us know if there are special achievements your child is looking forward to. We can often accommodate unusual requests.

Camp Store

The store offers many staple items should campers need them – toothbrush, toothpaste, combs, soap, shampoo, and similar items. Those items are available at any time. Twice a week, Lazy Dog ice cream comes to camp after dinner (\$3). They are a local, family operation that makes exceptional ice cream served out of a classic ice-cream truck. At any point during the week, campers can also choose among a few other items like the below, if they so desire. These items are sold at our cost (including all incidental charges and “spoilage”) and are provided as an optional service. If you know of a better deal, let us know.

- | | |
|---------------------------------|------------------------------------|
| Ø Another camp t-shirt (\$15) | Ø Nice disposable camera (\$15) |
| Ø Hooded camp sweatshirt (\$25) | Ø Camp water bottle (\$15) |
| Ø Flashlight (\$5) | Ø White Tie-dye items (\$1 ~ \$15) |
| Ø Carabineer (\$4) | Ø Batteries (\$.50 each) |

It is required to either bring a water bottle or purchase one at the store to avoid dehydration during the camp day. Parents may establish credit for their campers by enclosing money in the envelope. We suggest \$25 for one-week sessions, or \$60 for two-week sessions – see formula below. If you want your child to get another t-shirt or a sweatshirt, you might consider enclosing an additional \$15 or \$25. We keep the money (cash) in separate envelopes and make change as campers make purchases. Unspent money may be donated to our camp equipment fund, staff party, or refunded. Please note your desire on the envelope.

How much should you include? That depends on your desires and values.

\$____(total amount)___ == Lazy Dog (\$6 or \$12) + __ (item)___ + __ (item)___ + __ (item)___ + __ (laundry)___ + __ (gratuities)___

Note: If your camper is staying two or more weeks, and you do not want to include enough clothes for the entire time, please include another \$15 for our laundry service.

Bug Repellant

DEET is effective against mosquitoes, but it is also a toxin. A low (4-7%) concentration of DEET will last for a couple of hours, which is about how long mosquitoes are sometimes (depending on the year) a problem in the evenings. More than 30% is not advised for use with children. Also, please do not send aerosol repellant (pump and lotion kind instead).

According to the Center for Disease Control, repellant with lemon eucalyptus is as effective as DEET at the lower doses. This is what our staff usually use, and we have it readily available for campers’ free use as well. If DEET is chosen, please let your campers know how to safely apply it (e.g., don’t spray on face, do not apply to hands, do not apply under clothes).

Clinic Activities

Campers will register to participate in "clinics" while at camp. These are emphasis areas in which your camper may choose to strengthen his/her skills. *There are more clinics and activities at Camp Augusta than your camper could participate in during a one- or two-week stay.* Also, it is sometimes unavoidable that very popular clinics must turn away several children, although quite rare. Please do not be disappointed if your camper does not participate in everything they desire, but encourage them to look forward to another year when they may participate in new activities. Some clinics are limited based on age or ability as deemed appropriate (e.g., open-water swimming for non-swimmers).

The clinic signup process. On the first day, campers hear little, fun presentations about most of the offered activities. During dinner, each cabin goes to the signup board with their counselor and picks activities. Each camper can choose whatever they want during the four clinic activity periods each day. Each period has 17 – 25 offerings.

Every day thereafter, campers sign up during lunch or dinner for the following day’s activities. A rotation is set up among the cabins, so that every cabin gets a fair chance at all the activities. As the days progress, different levels are offered for activities that have a level system. For example, on Wednesday, there may be two Level 1&2 Archery classes, and two Level 3 Archery classes. Thursday, there may be only one Level 1&2 class, and Friday there may be none. Offerings depend on where the camp community is as a whole, which is evaluated twice every day. On Thursday, if a camper wanted to try Archery for the first time, Level 1&2 may only be offered in the morning, and it may “compete” with a horse program the camper wanted to take.

The choices and combinations require reflection, but the counselor, village leaders, program directors, and director are all there to help. *Encourage your camper to seek help – we can usually make things work out.* Again, if a camper asks, we can almost always work it out. Encourage your camper to ask, and even ask Randy, the director. We aim to please, but campers need to talk to us. Finally, note that Playstation and Cabin Activities are separate of clinic times. They occur every day as well, as does an evening program.

Directions

1. From anywhere in the Bay Area, access to camp can be gained through taking Interstate 80 East, towards Sacramento. Right before Sacramento, follow regular (not business) 80 towards Reno. Right hand exit.
2. Pass through Sacramento and start climbing into the foothills until you reach Auburn. (about 35 miles)
3. Take the Highway 49 exit and head North, towards Grass Valley and Nevada City.
4. In approximately 25 miles, you will pass through Grass Valley. Next you will pass through Nevada City.
5. Immediately after leaving Nevada City, turn left on Highway 49 North, towards Downieville. You want to be in the left lane to get onto 49 North.
6. Turn on the second right (first traffic light) on North Bloomfield Road, where there is a fire station on the corner.
7. Wind uphill for about 1/2 mile and arrive at a three-way intersection, take the left turn that goes downhill, Lake Vera-Purdon Road.
8. Our driveway is 2.1 miles from this intersection.
9. Turn left at the "Camp Augusta" sign, and you are here!

Refresher Quiz

1	Medications must be brought in a zip-lock bag with instructions inside the bag	TRUE	FALSE
2	The health form doesn't need to be filled out if they were here last year	TRUE	FALSE
3	Some kinds of food are acceptable in care packages	TRUE	FALSE
4	Children sick before camp can get better while they are here	TRUE	FALSE
5	Campers can not call home while at camp	TRUE	FALSE
6	Counselors and staff are allowed to accept tips	TRUE	FALSE
7	Homesickness is normal for most campers	TRUE	FALSE
8	Two-week campers need \$15 more to cover laundry	TRUE	FALSE
9	If you don't turn in the transportation form, you can still ride the bus	TRUE	FALSE
10	It's okay to send just a little food, if there's enough for the whole cabin	TRUE	FALSE