



## Parent & Camper Handbook

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Welcome!

The following information is for you and your family. Carefully read it through with a parent so that everyone is prepared for your journey to camp. You will find the answers to many of your questions such as: Where is Adventure Camp? What should I bring? What are we going to do?

Our entire staff is busy making plans for your arrival. We can't wait to meet you and provide you with a memorable experience. Should you or your parent have any questions or concerns, please feel free to contact us.

Sincerely,

The Staff at Adventure Camp

P.O. Box 484 • Coloma, CA 95613 • [www.cods.org](http://www.cods.org)  
(530) 621-2298 • Fax (530) 621-4960

## About Adventure Camp

*Where groups become teams, strangers become friends, and individuals transform.*

Adventure Camp is devoted to the delivery of learning experiences that motivate campers to go beyond their perceived boundaries, to work with others, to solve problems, and to achieve success both individually and within a group.

Highlights:

### Ropes Challenge

What is ropes challenge? A ropes challenge program is a series of facilitated problem-solving tasks or events. Some are group events, others offer individual challenges from the ground-level to more ambitious heights. All require a combination of trust, support, commitment and teamwork from everyone involved.

### White Water Rafting

Coloma Outdoor Discovery School, in conjunction with *WET River Trips*, will help you bond with fellow campers—the wet and wild way. Get ready to raft the South Fork American River, rated Class III (suitable for rafters of all abilities)! For more information about white water rafting, visit: <http://raftwet.com/>

### Beginning Kayaking

*Current Adventures* will teach you the basics of paddling through the use of team building techniques. Visit <http://www.currentadventures.com/> to learn more!

### And more...

The Facilitators at Adventure Camp have planned many more exciting activities such as hiking, games, a sleep-out under the stars and interactive evening programs. See the schedule online for more details.

## General Information

### Drop-off & Pick-up

Camper check-in is between 4:00-5:00pm on Sunday. Make sure to pack medication(s) & spending money separately, as they will be collected at time of check-in. Pick-up is between 12:00pm-1:00pm on Friday of the same week. Please provide notice to the camp if you will not arrive within the scheduled times.

### Location

Adventure Camp is located in the town of Coloma within the *Coloma Resort*, just off Highway 49. Our gated campus sits on over a mile of riverbank along the South Fork American River.

### About CODS

The Coloma Outdoor Discovery School (CODS), is a non-profit outdoor learning center. CODS has been providing education programs since 1990 in the areas of: Gold Rush, Science, and Ropes Challenge. We service public and private schools throughout the state.

### Our Staff

Our Facilitator's are carefully selected from applicants who have a minimum of a BA or BS, CPR/First Aid training, a fingerprint background check, and teaching experience. If you have attended a CODS school program in the past, you will probably recognize a few familiar faces!

In addition to the Facilitators, Chaperones (18 years or older), who have gone through a selection process which includes interviewing, a fingerprint background check, and training, will supervise the bunkhouses and help assist the Facilitators during the day.

### Supervision

The safety and well-being of your child is our primary concern. All participants are supervised on a 24-hour basis by either the Camp Director, Facilitators and/or Chaperones. This allows the adult/child ratio to be 1:5 during the day and 1:10 at night. A lifeguard will be on duty for pool time.

**Facilities**

Our bunkhouses are supervised by a Chaperone and sleep up to 10-15 individuals of the same gender. Each night, the Camp Director will stay in a separate, centrally located accommodation.

Bunkhouses are climate-controlled and are equipped with a restroom. Aside from the bunkhouses and a small clubhouse, all teaching/meeting areas will occur outdoors or under covered, outdoor areas.

**Food**

Our meals are designed to be camper friendly and prepared with fresh ingredients by our beloved kitchen staff. Please review the menu and note any food allergies that might affect your child on the medical form that is provided with registration materials.

**Contacting Campers**

The best way to communicate with your child is by writing! You may send materials via mail, or give them directly to camp staff upon check-in.

Attn. Adventure Camp  
Camper Name, PO Box 484, Coloma, 95613

*Please do not send packages containing candy, food or gum.*

We will contact you in case of an emergency. If you would like to notify us of a home emergency, please contact the Director at (530) 621-2298 x 308.

**Camp Fees**

The cost for our program is \$650.00 per participant. This fee includes room and board, program supplies, white water rafting, kayaking instruction, a camp t-shirt, and all other programming costs. A 10% discount will be given for early-bird registration; the deadline is April 15. Please contact the Director if you would like to work out payment plans.

**Cancellation Policy**

- A non-refundable deposit of \$130.00 (20%) per camper is required to register.
- Cancellations made prior to May 30<sup>th</sup>. All payments returned except deposit.
- There is no refund for cancellations made after May 30<sup>th</sup>
- In the event of a severe injury or illness preventing a camper from attending, which occurs 10 days or less from the start of camp: family and camp share 50-50 loss
- Camper sent home for disciplinary reason or because of homesickness: no refund

**Weather**

The activity schedule has been created with sensitivity to heat in mind. Activities that are not water-related will occur in the early morning or evening. During the hottest part of the day, several of our activities will take place in, or near water. Please pay close attention to the "pack list" and come prepared. Labeled, reusable water bottles are a necessity!

**Participants**

Campers will have the opportunity to meet other 10-13 year olds from around the state. Adventure Camp's unique activities are designed to not only promote individual growth, but encourage the formation of new friendships. Your child may request to bunk with up to two campers of the same-gender; however, we strongly discourage siblings bunking together. The minimum number of participants for each session is 20, and the max is 45.

**Camp Store**

Each bunkhouse group will have a chance to visit our general store at least once during their stay. It is recommended that campers bring between \$20-\$60 in spending money. For security purposes, spending money will be collected upon check-in; campers will have access to their money at the time of purchase. Money not spent will be returned to the camper at check-out. Store items include, but are not limited to: sundries, souvenirs, post cards, apparel, soda, candy and ice cream. Campers will also have the opportunity to purchase a CD of camp and rafting photos (about \$20.00).

## HEALTH INFORMATION

The information we request will help to ensure that your child's personal needs are met. All information disclosed to the Discovery School is strictly confidential and every effort is made to guarantee that only those staff persons directly responsible for your child's safety are informed about personal medical information. Securely attach a separate piece of paper to the Registration and Challenge Course Release form (online) should you need to elaborate on any special needs or medical circumstances.



### **MEDICATION FROM HOME**

Medications, including over-the-counter medications, can only be administered by camp staff provided that the Registration and Challenge Course Release form is signed by the authorized health care provider and the parent or guardian. Adventure Camp DOES NOT have a registered nurse on-site.

Adventure Camp does not stock any over-the-counter medications including, but not limited to: allergy remedies (Benadryl, etc.), antiseptic and/or topical ointments, cold remedies, insect bite remedies, non-aspirin substitutes, and poison oak remedies. These medications, as well as prescription, must be included on the Registration and Challenge Course Release and packaged individually in pharmacy-prepared containers (with only the amount to be administered). Medication labels must include: camper's name, health care provider, name of medication, dose of medication, as well as method and time of administration.

Campers can be permitted to carry inhalers and epi-pens provided that the authorized physician has verified that the camper is competent to self-administer medication.

For security purposes, all medication will be collected upon check-in, and will be returned to the parent/guardian upon check-out.

## PACK LIST



We hope that packing for Adventure Camp will become a lesson in travel preparation and personal responsibility. Do not bring anything that you worry about getting dirty or "gently used." Please limit luggage to one backpack, one suitcase or duffel bag, sleeping bag and pillow. **Label everything with your first and last name!** *The Camp is not responsible for lost or stolen items.*

- sleepwear
- underwear (sufficient)
- 5 pairs of socks
- Teva™ style sandals that securely strap on your feet  
*Flip-flops will not be permitted during activities*
- 1 pair long pants (lightweight)
- 1 pair quick-dry shorts
- 4-5 pairs of shorts
- comfortable walking shoes
- jacket (lightweight)
- 5 T-shirts or tank tops  
*No strapless or spaghetti straps*
- backpack
- hair brush/comb
- lip protection
- shampoo/conditioner
- sunglasses with strap
- sunscreen
- swimsuit (*modest*)
- toothbrush & paste
- washcloth, towel & soap
- beach towel
- laundry bag or plastic bags
- bandana/handkerchief
- 2 labeled, reusable water bottles 16+ oz.
- hat or cap
- light-weight sleeping bag & pillow

### **Optional Items**

- book to read
- disposable camera
- single-size fitted sheet (to cover mattress pad)
- flashlight
- non-spray insect repellent
- Pen, writing paper, & stamps
- Store/photo money-\$20-\$60 recommended

### **Leave at home:**

Snacks, gum, candy, hair drier, curling iron, radio, cell phone, pets, comic books, playing cards, Ipod, MP3 player, video camera, video games, jewelry, make-up, knives, matches, perfume, slip-on or open-toed shoes, or things of great value that could be lost or stolen

### **Parents Checklist:**

- Prepare any medication(s), place in zip lock bag(s), & label with your child's name
- Place name tags on luggage and sleeping bags—make sure everything is labeled!

## MENU

If your child needs food different from that provided, please supply us with ready-to-eat supplemental food labeled and packaged for each meal. A partial list of foods that contain allergens is available at [www.cods.org](http://www.cods.org) under the “visitor info” page.

<b>Sunday</b>	
6:00pm Dinner	<ul style="list-style-type: none"> <li>• Chicken corn dogs, chili, corn chips, veggie platter</li> <li>• Condiments: ranch dressing, shredded cheddar/jack cheese</li> <li>• Beverages: Milk (or soy), water</li> <li>• Dessert: Ice cream with Brownie</li> </ul>
<b>Monday</b>	
8:00am Breakfast	<ul style="list-style-type: none"> <li>• Eggs, biscuits, turkey sausage, country-style potatoes, cold cereal, seasonal fruit</li> <li>• Condiments: strawberry preserve, butter pats, ketchup</li> <li>• Beverages: Milk (or soy), orange or apple juice, hot cocoa</li> </ul>
12:00pm Lunch	<ul style="list-style-type: none"> <li>• Beef or veggie burgers, potato chips, seasonal fruit</li> <li>• Condiments: ketchup, mayo, mustard, dill pickles, onions, lettuce, tomatoes</li> <li>• Beverages: Lemonade, water</li> <li>• Snack: seasonal fruit</li> </ul>
5:30pm Dinner	<ul style="list-style-type: none"> <li>• Flour tortilla or taco shell, ground turkey (contains taco seasoning), Spanish rice, corn, vegetarian refried beans, tortilla chips</li> <li>• Condiments: Diced tomatoes, Picante mild salsa, shredded cheddar/jack cheese, lettuce, sour cream, Tapatio hot sauce</li> <li>• Beverages: Milk (or soy), water</li> <li>• Dessert: Ice cream with small cookie</li> </ul>
<b>Tuesday</b>	
8:00am Breakfast	<ul style="list-style-type: none"> <li>• Pancakes, eggs, turkey sausage, cold cereal, seasonal fruit</li> <li>• Condiments: Syrup, butter pats, ketchup</li> <li>• Beverages: Milk (or soy), orange or apple juice, hot cocoa, water</li> </ul>
Picnic Lunch	<ul style="list-style-type: none"> <li>• Honey-wheat bagel, cream cheese, soy butter, carrots, pretzels, sliced oranges, string cheese, celery sticks</li> <li>• Snack: Animal crackers, apple</li> </ul>
5:30pm Dinner	<ul style="list-style-type: none"> <li>• Spaghetti with vegetarian marinara or meat sauce, green salad, French bread</li> <li>• Condiments: Italian or ranch dressing, butter, Romano cheese</li> <li>• Beverages: Milk (or soy), water</li> <li>• Dessert: Ice cream</li> </ul>
<b>Wednesday</b>	
8:00am Breakfast	<ul style="list-style-type: none"> <li>• Breakfast burritos—eggs, beef or veggie meat, cheese, salsa, sour cream; cold cereal; seasonal fruit</li> <li>• Beverages: Milk (or soy), orange or apple juice, hot cocoa, water</li> </ul>
12:30pm Lunch	<ul style="list-style-type: none"> <li>• Grilled cheese, seasonal fruit, potato chips</li> <li>• Beverages: Lemonade, water</li> </ul>
5:30pm Dinner	<ul style="list-style-type: none"> <li>• Chicken tenders, Corn-on-the-cob, potato salad</li> <li>• Condiments: Ranch dressing, butter</li> <li>• Beverages: Milk (or soy), water</li> <li>• Dessert: Fruit cobbler</li> </ul>
<b>Thursday</b>	
8:00am Breakfast	<ul style="list-style-type: none"> <li>• French-toast, eggs, turkey sausage, cold cereal, seasonal fruit</li> <li>• Condiments: Syrup, butter pats, ketchup</li> <li>• Beverages: Milk (or soy), orange or apple juice, hot cocoa</li> </ul>
<i>Deli lunch provided by WET River Trips</i>	

5:30pm Dinner	<ul style="list-style-type: none"> <li>• Cheese, meat or veggie pizza, green salad</li> <li>• Condiments: Italian or ranch dressing</li> <li>• Beverages: Milk (or soy), water</li> <li>• Dessert: Root beer floats</li> </ul>
<b>Friday</b>	
8:00am Breakfast	<ul style="list-style-type: none"> <li>• Yogurt, muffins or pastries, seasonal fruit, cold cereal</li> <li>• Beverages: Milk (or soy), orange or apple juice, hot cocoa, water</li> </ul>
11:30am Lunch	<ul style="list-style-type: none"> <li>• Hot dogs, pasta salad, baked beans, seasonal fruit</li> <li>• Condiments: Mustard, mayo, ketchup</li> <li>• Beverages: Lemonade, water</li> </ul>

Snacks: Fruit, fruit gummies, granola bars, popsicles, assorted crackers, etc.

## FREQUENTLY ASKED QUESTIONS

### • Is there any free time?

Yes! Anywhere on the schedule you see the words “free time,” you may choose from the following options: basketball, hula hoops, jump ropes, Frisbees, gold panning, and/or table games. Facilitators and/or Chaperones will be nearby for supervision at all times.



### • When do we get to try the high ropes course?

Typically, participants are introduced to high ropes on the second or third day, depending on the group’s ability to work cooperatively on the ground. Because each set of activities builds upon another, Facilitators use ice-breakers, initiatives and low elements as part of the process in determining whether or not a group is prepared to transition to high elements.

### • Do I have to climb to the top of the high ropes course?

Adventure Camp believes in “challenge by choice.” This means that you get to decide your challenge... Because every person is different, challenges are different. We will encourage you to try something you’ve never tried before.

### • Do people ever fall while on the high ropes course?

Rarely. However, if someone were to fall, he or she is securely harnessed to a belay line, and does not fall to the ground.

### • What happens if I fall out of the boat while rafting/kayaking?

Rafting/kayaking guides are trained in swift water rescue and will take immediate action to make sure you are back in the boat as quickly and safely as possible. Participants will wear a PFD (personal floatation device) and helmet at all times while rafting and kayaking.

## CAMPER EXPECTATIONS

Behavior at Adventure Camp is guided by the “Full Value Contract.” Facilitators model these expectations and reinforce positive behavior, however, even with the best intentions, people make mistakes! The behavior in question will be made aware to the individual so that he/she can make improvement. If the condition persists and the quality of experience for others in the group is being compromised, a discussion will take place between the individual and Camp Director. As a last resort, parents will be contacted and required to come and pick up their child.

## FULL VALUE CONTRACT

In order to create a fun, safe environment for everyone, Adventure Camp has created the Full Value Contract, an agreement to value oneself, community members and the learning experience. Please read each guideline so you understand what is expected and accepted at Adventure Camp.



### **Encouragement:**

Because activities at Adventure Camp sometimes stretch individuals beyond their physical and emotional comfort zones, being supportive to others is essential. Each individual is responsible for using positive language and gestures.



### **Personal Responsibility:**

Individual choices and actions can make or break a team. Always come for activities on time, prepared (water bottles full and bladders empty) and dressed appropriately. Drink plenty of water, eat, and sleep to replenish your body during the active days at Adventure Camp.



### **Conflict Resolution:**

Working as a team can be challenging! Feelings of frustration are sometimes created by Adventure Camp activities. Facilitators will teach you ways to think about, express, and overcome your feelings in a respectful manner.



### **Commitment:**

Be prepared to give 100%! You have unique qualities and skills to contribute to the group. Set an example for your peers by being involved and following directions.



### **Self-Empowerment:**

You can do it! While at Adventure Camp, Facilitators will encourage you to challenge yourself. For some people, this might be completing a trust walk, for others, rafting down the South Fork! Whatever the task, it is important to not underestimate the abilities of yourself or others.

I, \_\_\_\_\_ (please sign), have read the Full Value Contract, and agree to make decisions that will reflect the above guidelines while at Adventure Camp. I understand that I may be dismissed from participation for refusing to follow through with my contract or for repeated discipline problems.