



OVERNIGHT CAMP PARENT PACKET

Updated: 10/12/2023



Welcome to River of Life Camp!

We are so excited to have you here this summer! Thank you for choosing to send your child to River of Life Camp. We have an action-packed Summer planned for our campers that they will be talking about for years to come. To make the process of sending your child to camp as smooth as possible, we have created this document to give you all the information that you will need to know for Overnight Camp.

River of Life Camp Goals

Here are some of the goals we have for your child this summer. We want them to...

- **Explore nature.** We want every camper to experience the enjoyment of God's creation and to see His handiwork in everything.
- **Engage community.** We want every camper to take part in our temporary community for learning, growth, and friendship within a positive, safe, and encouraging environment.
- **Enjoy participation.** We want every camper to have a fun and interactive experience while participating in our many different activities.
- **Experience the love of Christ and grow in relationship with Him.** Our hope is that every camper will leave River of Life Camp this summer with a greater understanding that they are loved by Jesus Christ, and that He wants to be involved in their daily lives. This idea will be taught in the Bible lessons and will be reinforced through daily Bible reading and relationship building with the supportive River of Life Camp staff.

Forms and Payments

When you signed your child up for camp, you signed up for a CampInTouch account. I would encourage you to sign into your account and get familiar with it.

With CampInTouch, you will be able to:

- Complete the four additional forms:
 - Health History Form
 - General Release of Liability Form
 - Horse Release of Liability Form
- Update your child's information if needed.
- Update your contact information if needed.
- View your financial statement and make payments.
- Fund your child's snack shack account.
- Purchase camp stamps and write E-letters to your child throughout the week.

When it comes to the first day of camp, our goal is to get you through the registration line as quickly as possible. **To make that happen, we encourage you to complete all the necessary forms and payments at least 2 weeks prior to the day that your child's camp starts.** Of the three additional forms, the Health History Form will need to be completed online (just like you did with the application). If your child was at camp last year, you just need to update that Health History Form for this year. The other two forms (the General Release of Liability Form and Horse Release of Liability Form) can be scanned and uploaded onto your account or faxed to the number listed on the bottom of the form after they have been signed. If you are unable to scan or fax them, you can mail them to our physical address no closer than 2 weeks before the start of camp. The same is true with your balance. If you send a check, please do so no closer than 2 weeks prior to camp.

Drop Off and Pick Up Times

Week:	Arrival Time:	Departure Time:
Week 1: 7-9 Youth & Horse Camp	Sun., June 23 rd , 3:30-5:00PM	Fri., June 28 th , 7:00PM
Week 2: 10-12 Youth & Horse Camp	Sun., June 30 th , 3:30-5:00PM	Fri., July 5 th , 7:00PM
Week 3: 10-12 Youth & Horse Camp	Sun., July 7 th , 3:30-5:00PM	Fri., July 12 th , 7:00PM
Week 4: 13-18 Teen & Horse Camp	Sun., July 14 th , 3:30-5:00PM	Sat., July 20 th , 9:00AM

When you arrive, you can drop off your child in our Multi-Purpose Building. This is where you will go through our registration process. **For pick up, all campers will be down at the "Gray Building", which is located down the road that goes around the pond.** You can pick up your child there!

Those signed up for the Horse Camp program follow the same arrival and departure times as our regular campers.

Cancellation and Refund Policy

This policy has been established due to the increased demand for available camper space and to insure fairness to all who wish to attend River of Life Camp.

- River of Life campers that cancel 30 days or more before the day their session begins will be refunded all their tuition except for the deposit.

- River of Life campers that cancel 29 to 15 days before the day their session begins will be refunded half of the tuition minus the deposit.
- River of Life campers that cancel 14 days or less before their session begins will forfeit their entire tuition and deposit.
- In case of family emergencies or camper health problems (with written doctor's orders), the Director of River of Life Camp reserves the right to waive the forfeiture of tuition fees and deposits at his discretion.

Health Care at Camp

When available, a nurse is on staff at River of Life Camp to monitor medications and administer first aid. The office handles this responsibility when a nurse is not available. When needed, campers are taken to the Emergency Room at the North Country Hospital in Newport, VT. This is a 20-minute drive from camp. Camp policy is to contact parents/guardians regarding any medical or emergency health care during your child's stay at camp. If parents/guardians cannot be reached, emergency contacts will then be called. Campers that need medical attention in the infirmary for more than 24 consecutive hours may be asked to recuperate in the comfort of their own home.

Medications: To receive prescription medications while at camp, please list them on the Health History Form. Medications can only be administered exactly as ordered by the doctor. All medication provided to the camp nurse must be in original containers with the label matching the camper's name. Please bring the appropriate amount of each medication as well as an extra day of medication for precautionary measures.

Inhalers: If your camper needs to carry an inhaler, please bring a doctor's note giving permission to carry the inhaler and bring two inhalers—one for the camper and one for the nurse or counselor.

Meals: We do our best to make sure every camper is fed well at camp! We serve breakfast, lunch, dinner, and a snack. If your child is allergic to any types of food, please make us aware of that on the health form. If it is a severe allergy, feel free to give us an extra warning by phone or email!

Behavior Management Policy

River of Life Camp's program is designed to help create a safe and caring community. We utilize several behavior management techniques to provide this kind of community. These techniques include:

1. Time outs
2. Conflict resolution
3. Encouragement of good behavior
4. An environment that promotes forgiveness

River of Life Camp does not use any methods of physical or humiliating discipline. Misbehavior is handled on an individual basis, first by the counselor, then the Head Counselor, and if needed, the Director. Parents/Guardians will be notified of any serious occurrence. Occasionally campers are sent home in extreme cases (for example: disregard for authority, fighting, bullying, or the possession of any banned substance). In these cases, parents are responsible for providing transportation and there is no refund.

General Camp Rules

1. Hands are for helping. Hands should be used to glorify God and should never be used with the intent to harm someone.
2. Respect everyone and their property.
 - a. Respect everyone's need for personal space.
 - b. Ask before using someone's belongings or sitting on their bed.

- c. Campers are not permitted on counselor beds at any time.
3. Make sure our speech is God glorifying.
 - a. No bullying. No put-downs, ridicule, or verbal threats. Report any observed bullying to a counselor or the director.
 - b. No profanity or inappropriate language.
4. No public display of affection (PDA) such as kissing, holding hands, front hugs, etc.
5. Respect the boundaries.
 - a. Campers should not be in the woods except for planned camp events with a counselor or instructor present.
 - b. Campers should not be in the pond without a lifeguard.
 - c. Campers should not be in a cabin of the opposite gender.
 - d. Cabin raiding is not acceptable. Pranks must be approved by the appropriate assistant director.
6. Respect the environment.
 - a. No graffiti of any type (writing or carving).
 - b. No climbing trees.
 - c. No littering. Pick up any trash you see.
 - d. No running, jumping or climbing on the bridge.
7. Campers should be modestly dressed at all times. The director or a head counselor may require a camper or staff member to change clothes any time inappropriate clothing is worn.
 - a. Shoes should be worn at all times except when in the cabin, at the pond, and during certain camp games specified by the program director.
 - b. Male campers and staff should wear shirts at all times except when entering the pond, in the cabin, or select water games approved by the program director.
 - c. Shorts should be fingertip length.
 - d. Only one-piece bathing suits are permitted for female campers and staff. A shirt may be worn to meet this requirement.
8. No contraband.
 - a. Electronic devices, books (other than the Bible), pocketknives, weapons, drugs, and fireworks are not allowed at camp. Contraband will be stored in the camp office and returned at the end of the week.
 - b. Medicine should be turned in to the nurse. Money should be placed in the office or snack shack.

Swimming Evaluations

All campers wishing to swim for any part of the camp session must complete a swimming evaluation on the first full day of camp. This is not a test, but an evaluation to place campers in the appropriate swimming areas. Safety is our primary concern when assigning swim areas. A certified lifeguard will be present during all swimming activities. We not only have an evaluation on swimming capabilities, but also for the proper use of our "blob". The "blob" is only available for campers who are 10 years old or older.

Homesickness

Please avoid telling your child prior to camp that they can come home if they get homesick. Homesickness at the beginning of camp is natural and within a short amount of time campers get busy having fun and making friends in the outdoors that they begin to feel secure here very soon. Our staff is supportive and understanding to children who experience homesickness. A parent/guardian phone

conversation is often not helpful and may only make the situation worse. Parents are encouraged to send positive and encouraging letters by mail or E-letters through their CampInTouch account.

Bed Wetting

An occasional incident of bed-wetting will be handled in an understanding manner with discretion and compassion by the child's counselors. However, our limited laundry facilities make it difficult to deal effectively with chronic bed-wetters. Please make sure you note this on the camper health form and mention it to counselors on arrival day, so we can make sure to cut out evening beverages and work out a night-time bathroom schedule. This information will help us make your child's stay more successful!

Lice Checks

Lice are found anywhere children gather in groups. It is not a sign of being unclean, in fact head lice prefer clean heads. If a camper is found to have head lice, they will not be permitted to attend/stay at camp. **We have a strict "No Nit" Policy.** Our nurse will be able to advise you on treatment options and the camper will be allowed to return to camp only when they are lice free. **For your benefit, we advise checking for lice one week before the beginning of camp.** Here is an article on how to effectively treat lice with tea tree oil: <http://www.wikihow.com/Remove-Lice-Using-Tea-Tree-Oil>.

Lost and Found Policy

All lost and found items are placed on a table and can be claimed throughout the week. They are kept for two weeks after each session. After two weeks, items are donated to a local thrift shop. Items will need to be collected from River of Life as the camp cannot mail any items. River of Life Camp cannot be held responsible for lost, stolen, or damaged personal property. Please mark all items with a permanent marker so we know who to call if we find a missing item.

Overnight Camp Packing List

What to bring to camp:

- A Bible (if you have one)
- Sheets and blankets or sleeping bag and a pillow
- Toiletries: 2 towels, washcloth, shampoo, soap, toothbrush and toothpaste
- Sunscreen and bug spray
- Medicines (in original bottles in a Ziploc baggie with your child's name on it)
- Bathing suit (1-piece modest suit), beach towel
- Finger-tip length shorts
- T-shirts – must have 2 finger width straps if tank top. No bra straps or cleavage can be showing.
- Lots of socks and underwear
- 2 pairs of sneakers (1 may get wet)
- Long pants or jeans (it can get cold at night, and pants are needed for riding horses)
- Sweatshirts (at least 2)
- Jacket/Rain gear
- Flashlight
- Laundry bag
- Pen or pencil and notebook
- Money for the snack shack

- Old clothes that can get dirty for games and paintball
- Horse Campers: any horse-riding equipment you may have (such as a helmet).

What NOT to bring to camp:

- No tight-fitting clothes
- No clothes with inappropriate or offensive slogans
- No electronics (cell phones, tablets, mp3 players, etc.)
- No guns, knives or weapons of any kind
- No chemical substances (drugs, alcohol, etc.)
- No valuable jewelry
- No money that is intended to stay with the camper. All money must be deposited in the Snack Shack on registration day.

Contacting You Camper

We understand time away from home can be anxiety-inducing for campers (and even parents). We do not allow phone calls home—instead we insist on campers focusing on the fun they can have at camp. If a camper does continue to struggle with homesickness or is requesting something important from home, the office will make sure to contact the parents.

Parents are encouraged to send letters and packages to their camper! You can send letters addressed to your camper to 1145 Route 14, Irasburg, VT 05845. We also have a “Camp Stamps” program available at a low cost in your CampInTouch account. When you log into your account, you will be able to send electronic letters to your camper that we will print out for you! Your camper will also have the opportunity to send a handwritten letter back that we will scan and email to you. All types of letters and packages will be given out at dinner time. If you have any questions regarding this, feel free to give us a call!

Final Reminders

Thank you for taking the time to read through all of this information. Our desire is to make the process of sending your child to camp as easy as possible. We would like to leave you with a check list of things to do before you come to camp.

- Complete the four additional forms which can be found in your CampInTouch account.
 - Health History Form
 - General Release of Liability Form
 - Horse Release of Liability Form
- Pay your camp balance.
- Use our packing list to prepare for camp (mark everything you can with your child’s name).
- Check your child for lice 1 week before camp and treat if needed.
- Review camp rules and policies with your camper as appropriate.
- Optional: Fund your child’s snack shack account (you can do this when you get here as well).

If you have any questions or concerns, feel free to call us anytime! Thank you for choosing River of Life Camp for your child. We can’t wait to see you this summer!