

# CSA CAMPER-PARENT HANDBOOK

#### Cancellation

If you cannot go to camp due to illness, please let the registrar know as soon as possible, as we normally have other campers on our waiting list. The CAMPER REGISTRATION FEE is non-refundable in 2021. REFUNDABLE CAMPER FEES are refunded as outlined in the refund policy on the TERMS & CONDITIONS page at campstandrews.org.

## Spending Money/Cash

CAMPER FEES cover all meals, snacks, activities, transportation, camp photo, and camp t-shirt. No money should be brought to camp.

#### **Bunkmates**

Cabin assignments will be based on gender, age, and maturity level. Within these parameters, we try to accommodate (but cannot guarantee) requests for friends and/or family to be assigned within the same cabin/age group.

# **Transportation**

The CAMPER FEE includes transportation by bus to and from camp. We offer pick-up and drop-off service from either San Bruno or Pleasanton. Departure day call times, items to bring, location, Return Day estimations and overall logistics can be found on the WHO, WHERE, WHEN? page. Please note, we conduct a health check before final boarding – details below in HEALTH SCREENING section. As outlined in the CAMPER CODE OF CONDUCT, a serious violation could be grounds for dismissal. In the rare case of a camper being sent home, it's the parent/guardian's responsibility to retrieve their camper in a timely manner, at their own expense.

### **Health Screening**

On departure day, CSA volunteers must conduct a health check on campers and staff that will include a head lice check, MEDICAL UPDATE FORM review, medication registering/cataloging, and a general health assessment, including a Covid-19 rapid test. In 2021, participants 12+ must be fully vaccinated against Covid-19 in time for camp. We will require proof of vaccination before departure day. Contact registrations@campsaintandrews.org with any questions. Any camper or staff member who poses a potential health risk to the camp community may be denied boarding the bus to camp, or may be subject to quarantine if the illness is discovered upon arrival at camp, and then sent home. CAMPER FEES will not be refunded in these cases.

### **Head Lice Policy**

A camper with any nits or lice will not be allowed to board the bus. The bus chaperone/location coordinator will connect you to discuss next steps. In some cases, you may be allowed to take your camper home, treat them, wash laundry, and bring them back to camp within 24 hours. In such a case, they will be rechecked upon arrival at camp to confirm the absence of lice/nits prior to participation in the camp week.

#### Medication

The CAMPER FORMS packet includes forms that provide Camp St. Andrews with the camper's medical history, immunization record, medication needs, your over-the-counter medicines authorization, and medical insurance information/directives. If your camper takes any prescribed medication, over-the-counter medication, or vitamins, you will be required to complete and hand in the MEDICAL UPDATE FORM on the day of departure. The signed form and medication must be given to the bus chaperone/location coordinator at check-in, and not kept with the camper. If you have any questions or concerns, you may speak with the Medical Director prior to camp. **Please do not use camp as a "vacation" from prescribed medication!** 



#### **Cell Phones**

There is no cell service or outlets at the camp facility. As noted in the CAMPER CODE OF CONDUCT form (included below), cell phones cannot be used in any capacity (not for pictures, not for reading, not for games) by campers or LTs once on facility grounds. Though we do allow digital cameras, we highly recommend you purchase or pack disposable cameras instead. Camp St. Andrews is not responsible for any theft or damage to devices.

#### Chapel

All campers will attend a daily, non-denominational service in the outdoor chapel. The Friday chapel may also include a Eucharist service. Please discuss with your camper if you want them to participate in this portion of the Friday service.

#### **Visitors**

Because camp is only seven days, there is no "Visitor's Day" and no unscheduled visitors are allowed on the grounds. To be considered for access to the premises, prior approval must be obtained from the Camp Director. This includes but is not limited to the completion of additional forms and a background check.

# "I'll come get you"

From the American Camp Association: "The most common mistake parents make is the Pick-up Deal. It's normal for children to ask, 'What if I feel homesick?' Tell your child that some feelings of homesickness are normal and help them practice coping before camp starts. But never ever say, 'If you feel homesick, I'll come and get you.' This conveys a message of doubt and pity that undermines children's confidence and independence. Pick-up Deals become mental crutches and self-fulfilling prophecies for children as soon as they arrive at camp. If, after spending practice time away from home, a child is still very anxious about overnight camp, consider waiting until next summer."

Feeling anxious as a parent? This article from the American Psychological Association gives some advice on managing your worries: <a href="https://www.apa.org/topics/parenting/camp-worries">https://www.apa.org/topics/parenting/camp-worries</a>

#### Covid-19

From the Child Mind Institute: "Our experts say that dealing with your own anxiety can be the most powerful way to make sure your kids feel secure. If you or your children are feeling worried, learning how to deal with that anxiety in a healthy way can help the whole family be more resilient, both now and when the pandemic is finally over." Suggested Reading: <a href="https://www.wsj.com/articles/helping-kids-manage-anxiety-and-ease-back-into-activities-this-summer-11623084691">https://www.wsj.com/articles/helping-kids-manage-anxiety-and-ease-back-into-activities-this-summer-11623084691</a> (site may have pay wall)

Our Covid-19 policy page: <a href="https://www.campstandrews.org/covid/">https://www.campstandrews.org/covid/</a> contains CSA's policy guidelines regarding Covid-19 safety measures and policies. Our Camp Leadership Committee (CLC) will be updating its content to reflect the most current guidance and best practices, as well as the policies of our critical partners and vendors (such as the camp facility and bus company). If you have concerns or suggestions about any of the document's contents, please let us know. E-mail <a href="mailto:info@campsaintandrews.org">info@campsaintandrews.org</a>.

All eligible participants will be required to be fully vaccinated in time for camp. Please contact us at info@campsaintandrews.org or registrations@campsaintandrews.org with questions or concerns.

Please note: Due to the increasing understanding of Covid-19 transmission methods/locations/etc., evolving guidelines from government agencies, and the mostly outdoor nature of our camp facility, we will not be requiring mask-wearing at most camp areas.



# **Letters from Home**

Please DO send letters and postcards from home! Mail Call can be quite an event at camp. Because of our remote location, it can take up to five days for letters to arrive. Please mail by Sunday. All letters can be sent to:

[Camper's Name] Camp St. Andrews c/o Camp Jack Hazard Highway 108 Dardanelle, CA 95364

It is recommended you keep the letters positive and inquisitive. Campers who are enjoying themselves may become sullen and homesick when reading about how much their family and pets miss them.

## **Food and Care Packages**

Once at camp, all meals and snacks are provided during the camp session. There is absolutely no outside food, candy, gum, or other food items allowed at camp. Please do not pack these items or include them in shipped care packages. Though not forbidden, we do discourage elaborate care packages as it causes a disparity of experience and sometimes jealousy or homesickness from the other campers.

Camp St. Andrews office phone number:	650-445-4555
Camp St. Andrews email address:	registrations@campsaintandrews.org
Camp St. Andrews Website	www.campstandrews.org



# **CSA Camper Code of Conduct**

Parents: Please read this document with your camper(s) and ensure they fully understand the outlined rules and expectations. Thank you!

The staff of Camp St. Andrews is committed to providing a safe and enjoyable experience for every camper; however, campers are also responsible for assisting in these efforts. Parents are responsible for ensuring their camper understands the guidelines below. Each camper must read and sign the Camper Code of Conduct contract (completed during camper online registration) before coming to camp, so they know what is expected of them.

Campers must inform staff if they are experiencing a problem with another camper or other issues. If we are not informed about a problem, we cannot stop the problem or assist the camper.

Camper: You promise to follow these very important rules to make sure that every camper, Leader Trainee (LT), and staff member who attends this year gets to have as much FUN at camp as you will. Every single one of these rules has been established to ensure YOUR safety and enjoyment, as well as ALL the other campers, LTs, and staff members at Camp St. Andrews.

- Campers are responsible for ALL of their belongings at ALL times. Staff are not responsible for lost or stolen items. It is at the camper's risk when bringing items to camp.
- Campers will not bring electronic equipment, including but not limited to: Music players/iPods, video games, laptops, tablets, Kindles/e-Readers. Mobile phones may be brought, but must remain off and packed away until departure home (if camp staff see devices on/in use, they will confiscate, label, and store it until departure day).
- Campers will participate fully in the program, and follow the daily camp schedule, including wake-up and curfew.
- Campers will follow ALL camp policies and rules, as well as directions given by the counselors. Any inappropriate behavior will be handled at the discretion of the counselors and staff leadership, based on severity and camp rules.
- Campers will be responsible for their own behavior, they will be respectful to other campers, LTs, and staff. Use of profanity, vulgar language, or obscene gestures are unacceptable.
- Campers will not intimidate, harass, threaten, or bully others. Acts of violence will not be tolerated. Pushing, kicking, hitting, or fighting are not acceptable behavior, will not be tolerated, and will be grounds for dismissal from the camp program.
- Campers will respect the personal space and property of others. They will not go in any cabins other than their own. They will not take things that do not belong to them.
- Campers will dress appropriately for a co-ed outdoor recreation experience. Socks and close-toed shoes at all times except while showering/swimming. Wearing offensively worded or graphic clothing is not acceptable.
- Campers will not leave their cabin group without their counselor(s) knowing.
- Campers will not play with matches or fire.
- Campers will not have or use drugs, alcohol, tobacco, or fireworks while at camp.
- Campers will not have any firearm or weapons, including knives while at camp.
- Campers will not violate local, state, or federal laws.
- Campers will not intentionally damage camp facilities, including graffiti; you will be billed for damages.
- CAMPERS WILL HAVE FUN!

I understand that if I disobey the Camp St. Andrews staff, the Camp Director will be notified of my conduct. Violations of the Camper Code of Conduct can be grounds for dismissal; this may result in parents/guardians arranging transportation home, at their expense. I understand that refunds are not given when campers are dismissed from the program.

I promise not to break anyone's fun, including my own!