

2023 CSA Parent Orientation

AGENDA

Welcome

Introductions

Camp Overview

- Camp "Before You Go"
- 2023 Bus Arrival Day Procedures
- What to Wear and Bring
- Camper Medical Update Form
- Photos a Day in the Life & Facility

Presentation

- Navigating www.campstandrews.org
- 2023 CSA Packing List
- 2023 CSA Who Where When Form
- 2023 Parent Handbook

CSA Website

Q&A Open Forum • Questions will be recorded and sent with final reminder email

TODAY'S CSA SPEAKERS



Matthew McGeorge 2023 Camp Director



Tiffany Egli
2023 Archery Director
2023 Staffing & Training



Ana Flores-Siemsen
2023 Registrar
2023 Communications
2023 Staffing & Training



Delaney Nunes
2023 Registrations Team
2023 Program Director
2023 Staffing, Scarf,



Jennifer McGeorge
2023 Registrations Team
2023 Medical Director (Administrative)
2023 Staffing, Scarf, Training



SUMMER CAMP



ounded in 1970, Camp St. Andrews

San Bruno is a one-week-long, sleepaway, Bay Area summer camp for kids eight and up.



ltimate summer camp experience

might be considered a subjective description, but more importantly, it starts with "U."

N

estled in the heart of the Sierra-Nevada

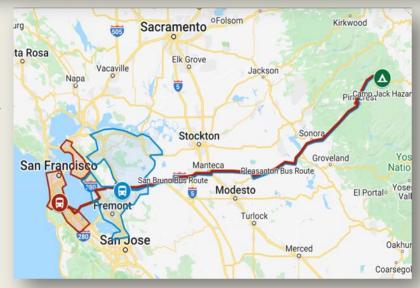
Mountains, at a place where granite masses and thick conifer forests preside on a mountain face, Camp St. Andrews is held at 6,000 feet in elevation – the perfect location for a High Sierra summer camp adventure. We pride ourselves on bringing out the beauty in all who attend, creating memories, stories, lifelong friends, wilderness awareness, and the urge to relive it for years to come.

- One week at the end of each July
- CSA rents out the Camp Jack Hazard facility
- CSA's program is 100% volunteer-run
- Incorporated as Camp St. Andrews, Inc.

Camp St. Andrews, Inc. A California 501(c)(3) Public Benefit Nonprofit Corporation Federal Tax ID (EIN): 82-1829149

CAMP OVERVIEW





BEFORE YOU GO!

Pack for Camp

- Did you mark and label your clothes? (note: they will get dirty!)
- Are your toiletries in spill-proof containers or Ziploc bags?
- Do you have the right reusable water bottle?
- Do you have a suitable sleeping bag? (It gets very cold at night)
- Did you label your luggage and your backpack for Arrival Day?
- Did you review the list of forbidden items/cell phone rules from the CAMPER CONDUCT WAIVER?

Camp Arrival Day!

- Did you review the date, address, and check-in time for the bus?
- Did you review our health screening and lice check policy?
- Do you have all medications in a Ziploc-style bag with a completed MEDICAL UPDATE FORM **in** hand?

(To be handed to the bus chaperone/check-in coordinator – **DO NOT PACK IN LUGGAGE**. Please make bus chaperone aware of any lunchtime meds)

- Did you pack the backpack for the bus ride?
- A bagged lunch (all items disposable please)
- Filled reusable water bottle
- Labeled disposable camera
- Returning campers: Are you wearing your scarf?
- Eat a good breakfast and put on some sunscreen!

This form is called the "Let's go to Camp!" Checklist at our website in the FORMS section under INFO: https://www.campstandrews.org/forms



CAMP ARRIVAL DAY Sunday July 23 - Locations

You must check in at the location you chose at registration.

Participant Arrival time: At 8am. Bus departs

when all are checked in.

Bus Location short-name: San Bruno

Bus location address: SEA Church – Front

1600 Santa Lucia Ave.

San Bruno, CA





Participant Arrival time: At 9am. Bus departs

when all are checked in.

Bus Location short-name: **Pleasanton**

Bus location address: Do not Google:

rear of Val Vista Park

use: 4301 Payne Rd,

Pleasanton, CA



The same information is show in webpage format in the INFO section under Who Where When https://www.campstandrews.org/who-where-when/

CAMP ARRIVAL DAY- Check in and loading

Arrival

You may leave the luggage in the car or set it aside until you receive your luggage tags. Please note that sometimes the below steps may change in order or detail depending on logistics.

STATION/Step One is the lice check.

- CSA site volunteer does a quick check for lice
- CSA site volunteer gives the camper their name tag and has the child move on to step 2

STATION/Step Two is actual check in.

- Parent/Guardian submits the labeled Medical Form and meds, if any.
- CSA site volunteer ensures each child has a bagged lunch and reusable water bottle.
 Hands out the luggage tags. Note: Lunches stay in their own backpacks this year.
 They eat on the bus!
- Parent/Guardians affix the luggage tags on everything including backpack.
- Parent/Guardians help get items to Station Three bus loading area

STATION/Step Three is luggage (ZERO food allowed in luggage! Only the backpack!)

Parents help load bottom of bus (if driver allows)

CAMP ARRIVAL DAY- Have fun!

Goodbye, lets go to Camp!

- Do the children have their backpacks?
- Have they used the restroom?
- Have they handed their phones and devices back to their parents/guardians? (Optional)

Chaperone uses the bus roster to board children, one by one by name **masks optional**Once all are boarded, chaperone or volunteer say a prayer with the kids for the journey.

Chaperone with help from volunteers rallies the campers to scream and be ready for camp and to wave goodbye to parents.

Chaperone instructs bus driver to close doors and head out

- Remaining staff will answer any questions from the parents/guardians
- Remaining staff will have extra Who When Where documents for pick up times!
- We encourage you to check Facebook for pictures during the week and for updates!



Use our Camp St. Andrews Packing list Guide from the website!

Camp St. Andrews Packing List Guide

ITEM	QTY		ITEM	QTY	
Underwear	7 to 10	Required	Travel-size body soap	1	Required
Socks	8+	Required	Travel-size shampoo/conditioner	1	Required
Short-sleeved shirts	4 to 6	Required	Brush/comb	1	Required
Jeans/long pants	2 to 4	Required	Sunscreen, full-size bottle/tube	2	Required
Shorts ¹	4 to 6	Required	Insect repellent	1	Required
Tank tops	4 to 6		Travel-size hand sanitizer	1	Required
Long-sleeved shirts	2 to 4		Toothbrush/toothpaste	1	Required
Warm, long pajamas	4 to 6	Required	Chapstick/lipcage	1	
Sturdy shoes or boots	2	Required	Kleenex travel pack	1	
Warm hoodie	1	Required	Body lotion	1	
Thick jacket	1	Required	Flushable wipes travel pack	1	
Bathing suit	1 to 2	Required	Deodorant (if applicable)	1	
White shirt for tie-dye	1		Hair ties/Hair care	1	
"Dance Night" outfit	1		Shaving supplies (if applicable)	1	
Face mask ⁷	1	Required	Sanitary supplies (if applicable)	1	
			Reusable water bottle/Camelbak ⁵	1	Required
Bath towel	1	Required	Waterproof watch (for LTs & staff)	1	
Pool towel	1	Required	Stamped postcards/envelopes addressed to home	3	
Washcloth/loofah	1		Paperback books (no Kindles, etc.)	1	
Flip-flops/slides (Only allowed in shower house)	1		Flashlight and batteries/headlamp	1	Required
Twin-sized sheet for mattress	1		Backpack for the bus/camp*	1	Required
Pillow w/pillowcase	1	Recommended			
Labeled, large laundry bag/trash bag	1		Musical instrument	1	
CSA scarf (for prior attendees)	1		Sunglasses	1	
Warm sleeping bag ⁴	1	Required	Disposable camera (no phones for campers or LTs)	1	

¹Very tight, and/or short-shorts are not allowed (not ideal for ropes courses, etc.) Bathing suits should be reasonably modest.

The actual form is called the "2023 Camp Packing list" at our website in the FORMS section under INFO: https://www.campstandrews.org/forms

² Sandals, flip-flops*, and open-toed shoes are not suitable footwear at camp and are not allowed. Hiking shoes/boots are recommended footwear at camp, and must be worn with socks at all times. *Flip-flops can be brought only for use in the shower house.



We recommend hiking boots. Athletic shoes can be worn instead

Shoes must:

- Be closed toed (no flip flops or slides outside of pool house)
- Have laces (no Tom's, UGG's or Crocs)
- Be worn with visible socks at all times.

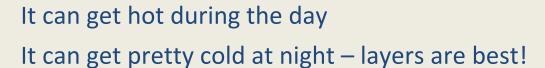












All tops (shirts, tanks tops, hoodies, etc) should be free from any alcohol, cigarette, sex, violence, drug references, as well as free from satanic imagery or foul language.

No belly tops or sagging jeans.











It is good to stay hydrated, protected from the sun during the day, and warm enough at night.



Pants and Shorts must:

- fit well
- Shorts for hot weather
- Pants for cool evenings and certain activities
- nothing offensive
- avoid wording on bottoms
- Not show any pocket liners/be too short









- Should be Sturdy and Reusable
- Must be labeled (Masking Tape with Sharpie works)
- Should seal completely
- Camelbak's are accepted

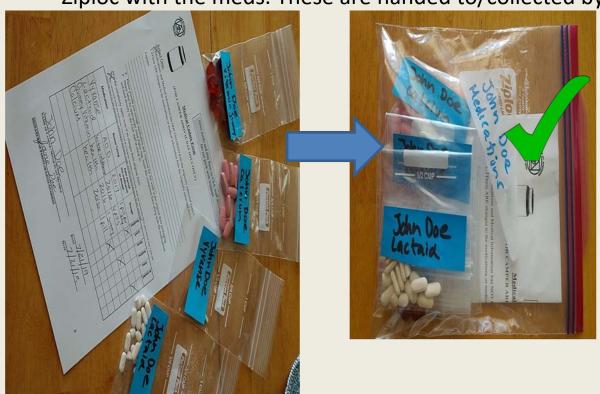






What to wear and bring IF participant has meds

- 1) Make sure information is up-to-date and correct in the Medical section of your camper's registration forms, as well as Insurance/Medical forms, or complete them if still not filled out online in Active portal
- 2) Regardless, if *any* medication, Rx/OTC/vitamins, is brought to camp, **the**Medication Form for Arrival day must be printed, filled out and included in a
 Ziploc with the meds. These are handed to/collected by the check in team.





This form is called the "2023 Camper Medical Update" form at our website in the 2023 FORMS & GUIDES section under INFO: https://www.campstandrews.org/forms

What to wear and bring – Medical Update Form

ONLY USE IF YOUR PARTICIPANT TAKES MEDS AT CAMP

	NAME OF	Compex							
-		Medical Up	date Form	1					
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Explain									
									Ξ
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*Fill out completely ago	ain, even if no changes f	n, beliefug our de constr	they and chance to	to will	e taken	other parts		and und	_
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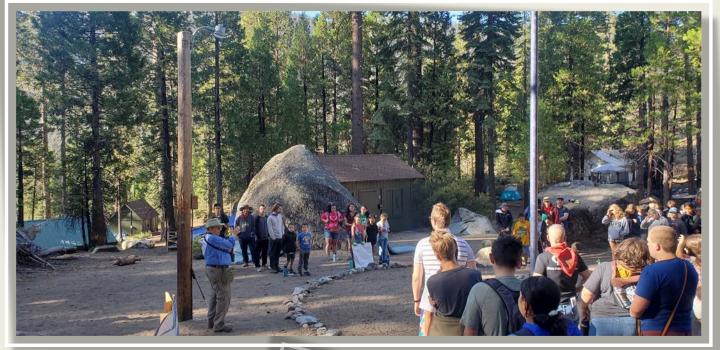
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A day in the life- Program Sample

Monαay, July 21, 2008 Super Hero Day

Time	Location	Activity	Notes				
7:00-7:30	Cabin Areas	Rise & Shine	CSA Radio				
		Flag	Flag & Grace: Sr. Girls				
7:30-7:40	Flag Pole	Grace	Hop: Int. Boys				
		Announcements					
7:45-8:25	Chow Hall	BREAKFAST	Meds right outside chow hall				
8:35-9:10	Chapel Rock	Chapel	Go straight there				
		Session 1					
	Scarf Discussions	Intermediates	Meet at Chow Hall				
9:20-10:55	Hike w./ Bright	Seniors	Meet at Arts & Crafts				
0.20-10.00	Rocks & Ropes/	Juniors	Meet at Ropes Course				
	Arts & Crafts Chow Hall	Quiet Games	Led by C's, CIT's & UD's				
11:00-11:45	Outcast Rock	Camp Photo	ALL				
11:50-12:30	Chow Hall	LUNCH	Hop & Grace: Sr. Girls				
	Cabins	SIESTA	Write letters for dinner				
12:30-1:20	Flag Pole	Green Scarf Ceremony	Led by Steve				
	I lag Folc	Session 2	Led by Sieve				
	Archery /	Session 2	1				
1:25-3:00	Swimming/	Seniors	Meet at Archery or Pool				
	Arts & Crafts		-				
	Hike w/ Bright	Intermediates	Meet at Arts & Crafts				
	Scarf Discussions	Juniors	Meet at Chow Hall				
	Chow Hall	Quiet Games	Led by C's, CIT's & UD's				
2:45	Chow Hall	Canteen Prep	UD's				
3:05-3:35	Chow Hall	CANTEEN	Led by John S.				
2.40 5.45		Session 3					
3:40-5:15		Super Hero Pageant	Led by Mike				
5:15-5:40	Cabins	Recall					
		Flag	Flag & Grace: Jr. Girls				
5:45-6:00	Flag Pole	Grace	Hop: Int. Girls				
		Announcements					
6:00-7:00	Chow Hall	DINNER	Letter Dinner				
7.00 0 00	Twilight						
7:00-8:00	Cabin Areas	Campfire Prep					
8:10-9:30	Campfire	Campfire					
	Cabins						
9:30-9:45	Bathroom	Bed Prep					
40.00.44.60	Flag Pole	Purple Scarf Ceremony	Led by Steve				
10:00-11:00	Pioneer Rock	Astronomy	Seniors				
10:00-7:00	Cabins	Lights Out					

A day in the life- Photos





A day in the life- Photos











A day in the life- Photos













Facility-Photos- Arts and Crafts



Facility-Photos- A&C





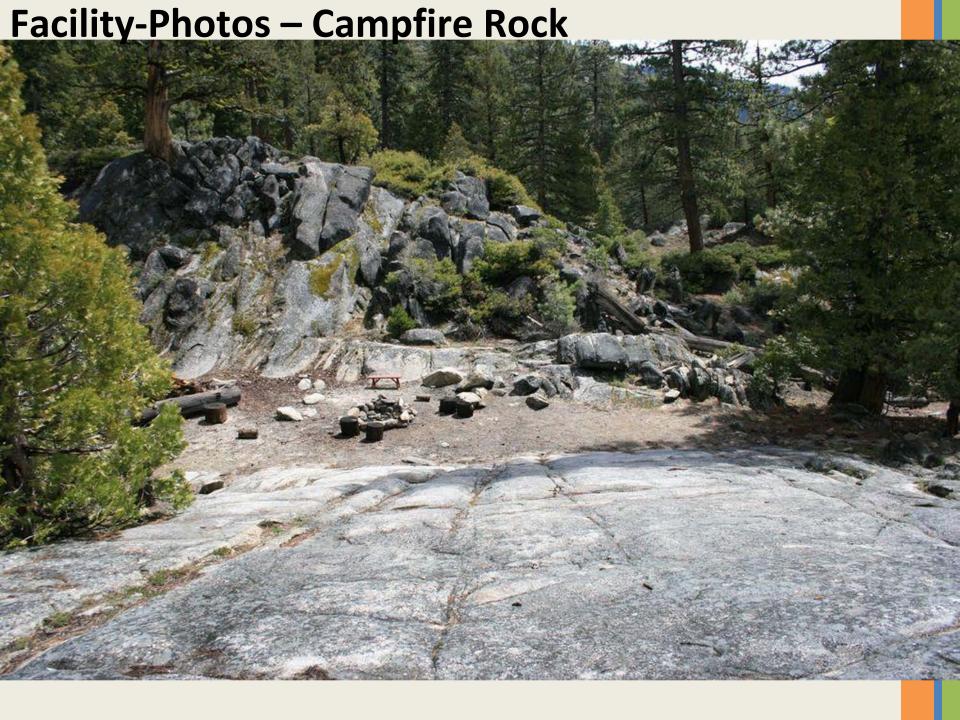


Facility-Photos- Dining Hall Outside



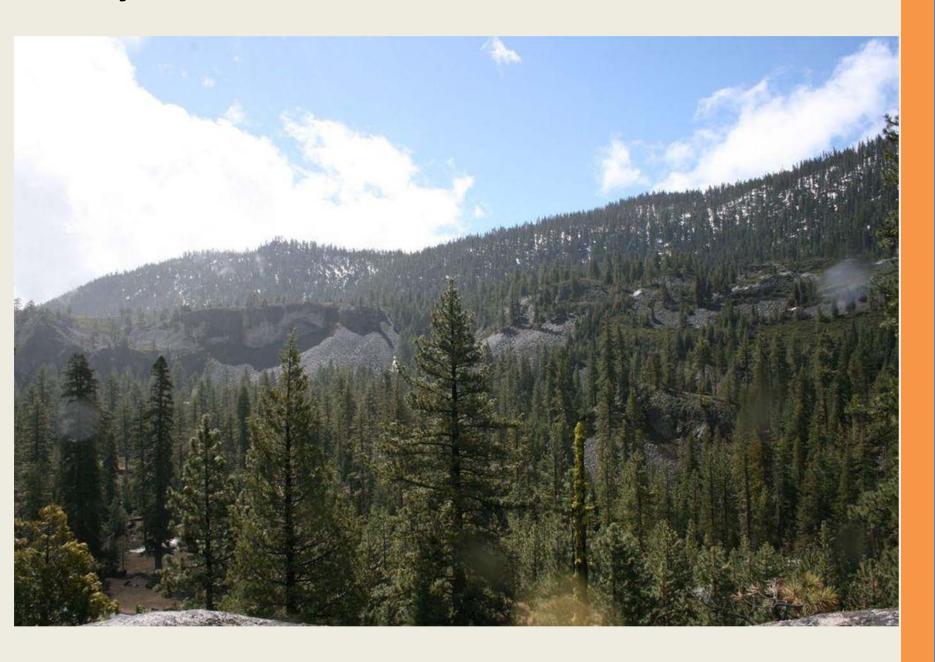
Facility-Photos –Dining Hall Inside





Facility-Photos - Chapel Rock

Facility-Photos – Pioneer Rock View



Use our Camp St. Andrews Packing list Guide from the website!

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Camp	St.	Andrews	racking	LIST	Guide

ITEM	QTY		ПЕМ	QTY	
Underwear	7 to 10	Required	Travel-size body soap	1	Required
Socks	8+	Required	Travel-size shampoo/conditioner	1	Required
Short-sleeved shirts	4 to 6	Required	Brush/comb	1	Required
Jeans/long pants	2 to 4	Required	Sunscreen, full-size bottle/tube	2	Required
Shorts1	4 to 6	Required	Insect repellent	1	Required
Tank tops	4 to 6		Travel-size hand sanitizer	1	Required
Long-sleeved shirts	2 to 4		Toothbrush/toothpaste	1	Required
Warm, long pajamas	4 to 6	Required	Chapstick/lipcare	1	
Sturdy shoes2 or boots	2	Required	Kleenex travel pack	1	
Warm hoodie	1	Required	Body lotion	1	
Thick jacket	1	Required	Flushable wipes travel pack	1	
Bathing suit	1 to 2	Required	Deodorant (if applicable)	1	
White shirt for tie-dye	1		Hair ties/Hair care	1	
"Dance Night" outfit	1		Shaving supplies (if applicable)	1	
Face mask ⁷	1	Required	Sanitary supplies (if applicable)	1	
			Reusable water bottle/Camelbak ³	1	Required
Bath towel	1	Required	Waterproof watch (for LTs & staff)	1	
Pool towel	1	Required	Stamped postcards/envelopes addressed to home	3	
Washcloth/loofah	1		Paperback books (no Kindles, etc.)	1	
Flip-flops/slides (Only allowed in shower house)	1		Flashlight and batteries/headlamp	1	Required
Twin-sized sheet for mattress	1		Backpack for the bus/camp ⁶	1	Required
Pillow w/pillowcase	1	Recommended			
Labeled, large laundry bag/trash bag	1		Musical instrument	1	
CSA scarf (for prior attendees)	1		Sunglasses	1	
Warm sleeping bag ⁴	1	Required	Disposable camera (no phones for campers or LTs)	1	

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The actual form is called the "2023 Camp Packing list" at our website in the FORMS section under INFO: https://www.campstandrews.org/forms

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WHO, WHERE, WHEN?



Camp St. Andrews

1600 Santa Lucia Ave, San Bruno, CA 94066 Mailing Address: PO Box 397, San Bruno, CA 94066 Office Phone: (650) 445-4555

Who, Where, When? 2022

All forms due	June 15, 2022	
All fees due	June 15, 2022	
Mandatory Staff'LT Training Day (all Staff, and Leader Trainees)	July 16, 2022	Sam-6pm at *NEW LOCATION* Episcopal Church of St. Matthew, San Mateo (lunch included)
Camp Setup Day (all Staff and Leader Trainees)	July 23, 2022	Camp Jack Hazard Attendee drivers: 10am-11am Attendee drop-offs: 11am-12pm
Camper Arrival Day - San Bruno bus	July 24, 2022	Check in at Sam: Bring a bagged lunch, Medical Update Form, and medications.
Camper Arrival Day - Pleasanton bus	July 24, 2022	Check in at 9am: Bring a bagged lunch, Medical Update Form, and medications.
Week of Camp	July 24 - 30, 2022	
Return Day - Pleasanton	July 30, 2022	2:30 to 3:30pm (timing varies)
Return Day - San Bruno	July 30, 2022	3:30 to 4:30pm (timing varies)
Scarf Sunday Church Service & Lunch!	Aug 7, 2022 (a week after camp)	10am at St. Andrews Church, San Bruno (subject to change)

San Bruno Bus Location:

St. Andrews Episcopal Church 1600 Santa Lucia Ave San Bruno, CA 94066

Letters to Camp (allow FIVE DAYS for delivery)

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

Pleasanton Bus Location:

Val Vista Community Park (BACK side) 6701 Payne Drive Pleasanton, CA 94566

Note: Do NOT use "Val Vista Park" for GPS destination as it will take you to the main front parking lot

Camp Facility Physical Address

Camp Jack Hazard Highway 108 Dardanelle, CA 95314

Camp St. Andrews office phone number:	650-445-4555
Camp St. Andrews email address:	registrations@campsaintandrews.org
Mailing address for forms and payment:	Camp St. Andrews Attn: Registrar Po Box 397 San Bruno, CA 94066
Camp St. Andrews Website	www.campstandrews.org

Camp Jack Hazard* onsite phone number (EMERGENCIES ONLY): 209-965-4365

*This line is in the facility director's office. An amusering machine may pick up, Please leave a message and rest assured it will be delivered to CSA management soom as possible. Please note it could take a few hours before we in able to respond.

- When to pick the kids up
- The address of bus locations
- The address of the camp
- The address to send letters
- How long camp is
- The date of return and approximate time
- The normal phone number for CSA
- The emergency only phone line at facility
- Our website

The same information is show in webpage format in the INFO section under Who Where When https://www.campstandrews.org/who-where-when/

Parent Handbook



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. Revenues a course was are refunded as outlined in the refund policy on the Texas & Common page at campitandress org.

Spending Money Cath

CAMPAR HAS cover all meals, snacks, activities, transportation, camp photo, and camp t-shirt. No money should

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

The CAMPETTE 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 Wick White, White? page. Please note, we conduct a health check before final boarding – details below in House Sciences section. As outlined in the Commit Comics Council, 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

On Departure Day, CSA volunteers must conduct a health check on campers, LTs, and staff that will include a head lice check, Maroras, Urvaria Foron review, medication registering cataloging, and a general health assessment, In 2022, we ask participants to voluntarily take a self-funded Covid-19 rapid test within 48 hours of Any camper, LT, 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. Course man 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 with 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 inits prior to participation in the camp week.

Medication

The CAMPUR 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 Manical Urbani 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 available power outlets at the camp facility. As noted in the CAMPAR COMMON COMMON 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

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

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.

From the American Camp Association: "The most common mistake parents make is the 'Pick-up Deal." normal for children to ask, 'What if I feel homesick?' Tell your child that some feelings of homesickne normal and help them practice coping before camp starts. But never ever say, 'If you feel homesick, I'I and get you." This conveys a message of doubt and pity that undermines children's confidence and and get you. This conveys a message or count and pury than uncontinuous prophecies for children as so as independence. Pick-up Deals become mental crutches and self-fulfilling prophecies for children as so as independence. Pick-up Deals become mental crutches and self-fulfilling prophecies for children as so as a child set will view anxious about of miscamp, consider waiting until next summe

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

From the Child Mind Institute: "Our experts say that dealing with your own anxiety can be the way to make sure your kids feel secure. If you or your children are feeling worried, learning by that anxiety in a healthy way can help the whole family be more resilient, both now and when finally over." Suggested Reading: https://www.wsi.com/articles/helping-kids-manage-anxiety-and-ease-back-into-activities-thi

691 (site may have pay wall)

Our Camp Leadership Committee (CLC) will be updating its content to reflect the most of best practices, as well as the policies of our critical partners and vendors (such as the cam-company). If you have concerns or suggestions about any of the document's contents, pla

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

Please note: Due to the increasing understanding of Covid-19 trans guidelines from government agencies, and the mostly outdoor nature of our camp & requiring mask-wearing at most camp areas.



Food and Care Fackages
County, yours, or other fived items alternate are provided during the camp sension. There is alreadously no consider food items alternate are discovered as Camp Parks do not practice. There is alreadously no consider food and constitutes packages and constitutes packages are discovered as a constitute of the con

The actual handbook is called the "CSA2023 Camper-Parent Handbook" at our website in the FORMS section under INFO: https://www.campstandrews.org/forms

Q & A?

Q: Do you recommend a rolling bag, or a duffel?

A: We recommend a duffel bag - a rolling bag also works, but will be rolled across dirt paths.

Q:Do you recommend a grocery store bag over a shower caddy?

A: We recommend a grocery store bag as a shower house bag for your camper to carry items to and from the shower house, especially clothes. Their toiletry items to be used in the actual shower can be in a smaller plastic bag or a small caddy, that can be transported in the grocery bag with clothes.

Q: Is a head lamp ok?

A: Bringing a head lamp is great! This makes it easier to carry toothbrushes, night toiletries to the restrooms.

Q: Do we need to fill out a medical form for contact lenses?

A: No need to add contact lenses to the medical form.

Q: What is the scarf ceremony?

A: Our scarf program is a series of challenges for the campers. Challenges for campers include: "being a good friend/camper". They are little interpersonal challenges to help the campers think about small incremental areas of growth.

Q: When is shower time, AM or PM?

A: Showers are scheduled in either AM or PM, depending on the scheduled sessions your camper's unit has with free time to shower. Counselors and Unit Directors ensure regular showers are taken.

Q & A? Continued...

Q: What happens to campers who can't swim or do pool activity?

A: The swimming pool is only 4-5 feet. We have a lifeguard on duty at all times. They will all be able to stand in the shallow end! We also run a swim test on the first day and take small notes to pass along to the counselors.

Q: What's this year's theme?

A: This year's theme is the Medieval times!

Q: How often do the kids get mail?

A: Mail is handed out a 2-3 times during the week or as received - we recommend sending mail a couple of days or a few days before your camper leaves for camp to ensure they receive them during the week.

