



Blast Day Camp 2019 - Parent Packet

Mission

Blast Day Camp at Black Rock Retreat strives to partner with families in the local community through intentionally programmed and Christ focused day camp experiences that allow campers to learn, grow, and have fun!

Behavior Expectations and Discipline

Our behavior and conduct expectations center around the word "Respect":

Respect **who** is around you

Respect **what** is around you

Respect **yourself**

In the event disciplinary action needs to be taken we will use the following three step plan:

Step 1: Verbal warning

Step 2: Phone call to parent

Step 3: Camper sent home

This discipline plan is not exclusive and may be modified based on the behavior. Actions such as physical altercations or intentional destruction of property may result in jumping to steps two or three. Bullying in any form will not be tolerated.

First Aid and Safety

All Blast Day Camp team members are First Aid & CPR trained and the Summer Camp Health Care Manager is available to assist as needed. We understand that bumps, scrapes, and bruises are a natural part of the camp experience. Parents will be notified of any injury that may need further attention once the camper goes home. If an injury is determined to be life-threatening the Blast Day Camp staff will contact emergency services prior to contacting parents.

Blast Day Camp policy states that staff will never be alone with a camper in a place that cannot be seen by others nearby.

Medication

We ask that you give your camper their morning medications before dropping them off each day. If your camper takes daily medication during the day you must bring it each week to Monday drop-off in its original container. Medication distribution will be supervised by our Summer Camp Health Care Manager and we will send any remaining medication home at Friday pick-up. Any over the counter medications that your camper is allowed to take must be marked on their health form and distribution will be under the supervision and discretion of the Summer Camp Health Care Manager.

On-demand medication such as epi-pens and inhalers should be brought to Monday drop-off and then placed in your camper's bag that will travel with them throughout each day or can be held by Blast Day Camp staff.

TSS

If your child has a TSS or receives other one on one support during the school you we ask that they attend Blast Day Camp with your camper. Please call the office at least two weeks in advance so that adequate arrangements can be made.

What to bring

First and foremost, please label everything you send with your camper! Upon arrival on your camper's first day of the summer they will receive a water bottle, t-shirt and drawstring bag.

Below is a list of items they should bring:

- Extra pair of shoes
- Old pair of sneakers to wear in the creek
- Bathing suit (towels will be provided)
- Sunscreen
- Clothing to match the forecast for the day
- Insect repellent (optional)
- Hat or bandana (optional)

All campers will have a "cubbie" where they can store items from Monday-Friday. There will also be drying racks for wet swimwear. All belongs must be taken home on Friday. Campers attending 5 or more weeks of Blast Day Camp will receive a second water bottle, t-shirt and drawstring bag later in the summer.

What not to bring

- Clothing excluded by our dress code (see below)
- Cell phones or other devices such as an iPod, tablets, computers, or gaming devices
- Cigarettes, alcohol, tobacco products, vaping devices, or illegal drugs of any kind
- Pets, bikes, skateboards, scooters, Heelys, etc.
- Items for pranking/hazing (shaving cream, toilet paper, silly string, etc)
- Guns, knives, bows/arrows, or weapons of any kind

Dress Code

Black Rock Retreat does not intend to make judgments on what is morally right or wrong to wear, but we do believe that a certain standard of modesty should be upheld in the camp setting. Therefore, the following rules will be enforced, and any camper whose attire is not satisfactory will be asked to change:

1. Clothing worn at camp should not be too short, tight, or revealing. Low cut necklines, see through styles, spaghetti straps, yoga pants/tights/leggings, or fashions that expose midriiffs, or undergarments are not permitted. Tank style undershirts for guys are not to be worn alone, nor shirts with large holes.

2. Shorts must be at least finger length or mid-thigh when standing. Pants or shorts with writing on the backside are not acceptable. Yoga pants/tights are not to be worn alone. "Soffe" shorts or similar styles should be avoided.

3. When girls wear tank tops, two must be layered together and it is recommended that the bottom layered tank be worn backwards, offering a higher cut in the front. Guys are prohibited from going shirtless except when at the lake or pool.

4. Swimming attire: modest one piece for girls that does not expose midribs, cleavage, or large portion of the back. A tankini is acceptable. If only a two piece bathing suit is brought, it must be worn with a dark t-shirt over top. Guys are not permitted to wear Speedos.

5. Clothing that promotes drugs, alcohol, smoking & tobacco use, sex, violence, death (i.e. skulls), foul language, or questionable logos are not to be worn.

Lost and Found

Any items left behind during the week will be taken to the Nature Center for camper to pick up the next day. Any items left on Friday will be stored in Black Rock Retreat's lost and found. Arrangements can be made to pick up items through the camp office or items can be shipped after a check covering the shipping cost has been received.

Sunscreen

Please apply sunscreen before dropping your camper off each morning. There will be a time before afternoon swimming to reapply sunscreen. Black Rock Retreat Staff cannot help in the application of lotion sunscreen. Spray sunscreen is recommended.

How to contact Blast Day Camp

You will receive an email prior to your camper's first week of Blast Day Camp with a phone number you can use to contact Blast Day Camp staff during the day. This number can also be used after hours to leave a voicemail. We ask that this number be used for emergencies only as answering the phone will take one of our staff away from working with campers.

Visitation

We encourage parents to view Blast Day Camp as an opportunity for your camper to experience growth and learning through a time away from home and visits from parents can sometimes increase a camper's feeling of homesickness. If parents would like to visit during the day, arrangements must be made with the office at least 24 hours in advance and are limited to 2 adults at a time and one must be a parent on the authorized pick-up list.

Meals and Dietary Needs

Most meals will be served in one of our dining halls with an emphasis on providing balanced options. If your camper has any dietary allergies please contact our Food Service Director at rockhart@blackrockretreat.com. Menus can be requested in advance and are typically available the Thursday prior to your camper's week.

Sickness

If your camper show any signs of sickness such as fever, diarrhea, vomiting, runny nose, excessive coughing, etc. they are not permitted to attend Blast Day Camp until they have been symptom free for 24 hours. This also applies to other communicable conditions such as head lice, chicken pox, strep throat, pink eye, etc. No refunds or makeup days will be given for days missed. If your child becomes sick during the day, they will be removed from group activities and an authorized person will need to pick them up. Please call the camp staff if your child will be missing a day for any reason.

Drop-off guidelines

Drop-off will take place in the Nature Center at Black Rock Retreat from 7:00-8:00am for Early Drop-off (*additional charge) or 8:30-9:00am for Blast Day Camp. Monday will require parents to complete any additional paperwork before leaving. Other days will require parents to sign-in their camper.

Pick up guidelines

Pick-up will take place in the Nature Center at Black Rock Retreat from 4:30-5:00pm for Blast Day Camp and 5:30-6:00pm for Late Pick-up (*additional charge). Only persons listed as approved for pick-up may sign out your camper. Photo ID may be required.

Late pickup policy

Please make every effort to pick your camper up on time.

For campers not already enrolled in after care: Parents arriving after 5:00pm will be charged \$10/day for Late Pick-up as long as the camper is picked up by 6:00pm. Dinner will be provided for campers not picked up by 5:00pm.

For any camper not picked up by 6:00pm: There will be a once per week grace period of 10 minutes provided the camp staff have been notified by phone of your expected late arrival prior to 6pm. If the staff have not been notified or after the first 10 minutes there will be a charge of \$5 for every 10 minutes. All charges must be paid before the camper can attend another week of camp.

Mid-Day Pick-ups

We ask that you make every effort to allow your camper to attend the full day, every day. In the event you need to pick up your camper before the scheduled pick-up time you must contact the office at least 24 hours in advance to arrange where and when the pick-up will occur.

Swimming and water activities

Swimming attire must be modest one piece for girls that does not expose midriffs, cleavage, or large portion of the back. A tankini is acceptable. If only a two piece bathing suit is brought, it must be worn with a dark t-shirt over top. Guys are not permitted to wear Speedos. Swimming time at the creek requires campers to wear old sneakers while in the water.

Black Rock Retreat will provide clean towels for each day's swimming time and drying racks will be provided for campers to leave their swim attire each night to dry.

Final Payment and Paperwork

Final payments and all required online forms must be completed 14 days prior to your registered week. Completing all forms and payment in advance will reduce the time required for Drop-off on Monday morning.