



ADAM'S CAMP

Colorado

Adventure Camp Family Manual

Everything you need to know to have a great experience!

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WELCOME TO ADAM'S CAMP!

We are delighted that you and your family have chosen to send your camper to Adam's Camp for a week. Though the family will not be attending camp, we believe your participation directly impacts the success of your child's experience. Preparing your child for camp requires much time and effort, but truly helps us provide a positive camping experience.

Your preparation can begin from the time of registration, with lots of encouragement and support. Empower your camper with the belief that he/she is ready to stay away from home to discover new things, be social, and make new friends. Discuss with your camper the different aspects of camp life, such as shared living space, all the different camp activities, and the many other campers he/she will meet. Finally, include your camper in the packing process so that he/she knows what and how much is being packed.

This handbook is designed to provide you with information that will help your camper have a fun and valuable week. We hope your camper has a wonderful time and enjoys all that Adam's Camp has to offer.

Happy Camping!

The Adam's Camp Team

BEFORE YOUR CAMP SESSION BEGINS

Required Steps leading up to Camp

Registration

Registration for Adventure Camp is highly competitive, so when you select / update your week ranking, do your best to ensure that the weeks selected will work best for your family. You are not guaranteed the opportunity to switch to another week without finding yourself on the waitlist. Waitlists do not guarantee your camper will attend camp.

Required Information Form

This form is a preemptive information form that will help Adam's Camp in setting up your invoice. This form is required first before we send out an invoice. There is a deadline of 7 days from the day you receive this form. Failure to complete this form will result in the potential loss of your camper's spot. Your final reminder provides you with 24 hours to complete it or reach out to the Adventure Camp Manager for further assistance.

Camper Profile

Camper profile is a MUST. This is your last opportunity to update any information and provide final medical information about your camper to ensure the overall health and safety of your camper. Failure to complete this may also result in the loss of your camper's spot for camp. This information has aspects that will be delegated accordingly to each member of your camper's team (nurses, counselors, program manager, etc). Counselors receive the information they need, nurses receive all medical information, program manager receives all information.

Medical Paperwork

Medical paperwork includes Medical Form A (required by all families each year), Medical Form B (if medical changes occur after Medical Form A has been submitted), certificate of immunizations (all FIRST-TIME campers and campers who have updates to required vaccinations), non-medical and medical exemptions (if applicable- requires a doctor's signature).

Failure to provide the most accurate medical paperwork may result in your camper not attending camp at drop off until all medical forms are up to date. Compensation of funds will not be refunded but may be rolled over to future weeks or following years of camp.

Policies and Procedures to understand.

Running/hiding

If your camper happens to run from the team and the team losing Visual and/or Audible supervision of your camper, per state of Colorado Office of Early Childhood, PASA, and Medicaid (if applicable), and incident report will be written and submitted to the state for a formal investigation. If visual/audible supervision is not regained within 5-10 minutes, the local sheriff's office will be called to assist in find the lost camper until found. Along with the formal incident report, your camper will be required to be picked-up from camp within days end.

Sexual misconduct/assault

Adams Camp has 0% tolerance for sexual misconduct and sexual assault. As of 2019, The state of Colorado requires police to be called and a formal police report to created, as all camp staff are mandatory reporters. Alongside a police report, a formal incident report will be written and submitted to the State of Colorado Department of Early Childhood, PASA, and Medicaid (if Applicable). Once all reports have been completed, your child will be required to be picked up from camp immediately for the safety of all other campers. Further action will be tended to by Adam's Camp for the utmost safety and stature of its operations.

Medical emergencies

When a camper is in need of medical attention beyond the professional expertise of our on-site Register Nurse, a formal incident report will be written and submitted to the state for documentation keeping. The camper will be taken immediately to Middle Park Medical Center for medical attention. Parent/guardian is to meet their camper, Adventure Camp Manager, and Lead Registered Nurse at Middle Park Medical Center at their earliest convenience to ensure the comfort and safety of their camper.

Mandatory reporting

All camp staff and volunteers are mandatory reporters. If any staff or volunteers observe or are made aware of inappropriate/illegal behavior, they are required to notify the Adventure Camp Manager immediately. The Adventure Camp Manager will follow rules and regulations from the State, PASA, Medicaid and follow appropriate protocols. Failure to report is a liability and may result in legal action. No exceptions will be made. Depending on the nature of the actions taken by a camper, an incident report and formal investigation will take place. Parents/ guardians will be notified on all steps that are to be taken.

Disruptive or Harmful Behavior

In the case that a camper becomes a disruption or harm to themselves or others on their team, parents will be called immediately to pick up their camper. We are dedicated to the success of our campers. If a camper

harms themselves or others, local law enforcement will be contacted, a formal incident report created, and parents will be notified immediately for urgent pick-up of their camper.

Counselor phone calls

Your campers' counselors will have access to review all registration and profile information prior to setting up calls with you. They will come prepared with their own questions to ensure the best camp experience for your camper. From there they will schedule your pre-camp call.

Your family will receive correspondence from your camper's counselor first to schedule the call. Once the call is scheduled, your counselor will reach out. If you need to reschedule, please make sure to coordinate with your camper's counselor.

Be ready at the scheduled time, as our counselors have personal schedules outside of these calls. Plan to spend some quality time on this call – especially if your family is new to Adam's Camp. Have any last-minute questions prepared, and if anything, significant has changed since completing your online background information paperwork, this is the time to share that information.

Counselors will have some questions for you as well to verify all information is still up to date.

If you are not contacted at least 1 week before your camper's week at Adventure Camp, please notify the Adventure Camp Program Manager at 303-563-8292.

DIRECTIONS TO SNOW MOUNTAIN RANCH

Snow Mountain Ranch – YMCA of the Rockies
1101 County Road 53
Granby, CO 80446



The YMCA of the Rockies – Snow Mountain Ranch is located approximately 80 miles from Denver.

Take I-70 West to the Winter Park/Granby/US 40 exit (#232). This exit is approximately 40 miles from Denver. Continue through the town of Empire, over Berthoud Pass, and through Winter Park, Fraser and Tabernash.

Snow Mountain Ranch is located 4 miles west of Tabernash.

- You will turn **left** onto a small road – just look for this Snow Mountain Ranch sign. Once on this small road (route 53), continue until you come to a four-way stop.

- Just past the stop sign on the left is the parking lot for the YMCA Administration Building. Turn left into the parking area and enter the building. The Adam's Camp check-in sign for Adventure Camp will be posted outside of the chapel at the end of the Administration building.

If you have any trouble on your way, please contact the Adventure Camp Manager at 303-563-8292 for directions.

See you all there!!!

WHAT TO BRING TO ADVENTURE CAMP

This is a list of suggested clothing and items to bring to camp, as well as a list of things to leave at home!
Please keep your comfort in mind as you pack for camp in the mountains.

PLEASE LABEL ALL ITEMS WITH YOUR CAMPER'S FULL NAME!

If items are not labeled, those items will NOT be collected for lost and found and will be donated to ARC Thrift store donation center.

Clothing (please label)

- | | |
|---|--|
| <input type="checkbox"/> Light jacket (wind resistant) Warm | <input type="checkbox"/> Swimsuit – one piece for females and trunks for males |
| <input type="checkbox"/> jacket or coat | <input type="checkbox"/> 1 Beach Towel for Swim & Raft Day |
| <input type="checkbox"/> Rain gear | <input type="checkbox"/> Shoes (1 pair of tennis shoes and a second pair of sport sandals. Closed heel shoes/sandals are required for rafting) |
| <input type="checkbox"/> 2 Sweatshirts or long sleeved shirts | <input type="checkbox"/> Hat for sun protection |
| <input type="checkbox"/> 2 pairs of long pants | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> 5 short sleeved shirts | <input type="checkbox"/> Water Bottle |
| <input type="checkbox"/> 3 pairs of shorts | |
| <input type="checkbox"/> 2 pairs of pajamas | |
| <input type="checkbox"/> 6-7 pairs of socks | |
| <input type="checkbox"/> Underclothes (enough for 6 days) | |

Toiletries: (Clearly Label with Name)

- Hairbrush/comb
- Toothbrush/toothpaste
- Shampoo/conditioner
- Shower Gel
- Sunscreen
- bug repellent
- deodorant

Camp is about mountain fun and being with friends!

- Please do NOT bring iPods/iPads (unless used as your child's primary augmentative communication system), DVDs or cell phones. If your camper needs the support of electronic devices to re-group, please discuss this with the Adventure Camp Manager and your campers Counselor before camp.
- We can make arrangements for limited use. You will need to turn in all approved devices at cabin check-in, labeled in a Ziploc bag.

Camp Supplies:

- Day pack or fanny pack Water
- Laundry bag (cloth bag, plastic bag or pillowcase)
- Spending money (\$25-\$30 cash in an envelope with your camper's name on it) for Grand Lake Day/Winter Park Day. You can give this to your camper's counselor at drop off to hold until Friday.

Camp Information

Lodging: Your camper will be sleeping in a Snow Mountain Ranch cabin during his/her week of camp. Every cabin at SMR is a little different, so the number of campers in each room will be dependent on each individual cabin. Bed linens, comforters, and pillows are provided, but you are welcome to bring your own pillow or sleeping bag if you like.

Money: The only money needed at camp will be for the trips to Grand Lake/ Winter Park. We recommend \$25-\$30 in spending money. Please place the cash in an envelope with your camper's name on it and give it to the counselor at check-in. The counselors will hold onto the money until we go to Grand Lake/ Winter Park.

Valuables/Personal Items: We ask that you leave all valuables at home. If it is not necessary for camp and has monetary or sentimental value, it is best to leave it behind. Your camper will be sharing space with 10-15 other campers and on the move most of the week and things get lost and left behind. Adam's camp is not responsible for lost or stolen items.

Cell Phones/Electronics: Cell phones are not allowed at camp. Please leave all electronics such as iPods, handheld gaming systems, computers, and DVD's at home as well. If your

camper needs the support of an electronic communication device, please inform the Adventure Camp Manager and your camper's counselor prior to camp.

Phone Calls: Camp is a great environment for your camper to become more social and more independent, so we ask that you limit phone calls to emergencies only to the Adventure Camp Manager. If any issues or medical problems occur we will contact you immediately.

Visitors: Personal visits by family and friends are not allowed during the camp session. This can contribute to homesickness in your camper as well as others in the group. If you would like to check out the beautiful property at Snow Mountain Ranch, you are welcome to arrive early on Check In Day or stay later on Check Out Day to do so. Any unannounced visitors will be asked to leave immediately.

Pictures: If you want to see what's going on everyday at camp, you can. Each day we upload pictures of the day's activities to a secure website for the families to view. Instructions to access these photos will be provided at check-in.

Daily Notes: At the end of each week, The Adventure Camp Manager will send out all daily notes taken by your Camper's counselors. These notes are a way to share your camper's experience throughout each day they are at camp. These notes can be expected no later than Saturday after camp.

Arrival & Departure

Check-In

On the first day of camp, campers and families will need to first go to the Snow Mountain Ranch Whispering Pines Chapel for Check-In. This building is located on the left side of the road immediately after the 4- way stop after you arrive at the property. The chapel is located at the end of the Administration building. Once you enter the front doors of the building, there will be an Adam's Camp table on your left. The staff members at the table will direct you where to go next.

Check-In Times

Prior to your camper's week of camp, you will be assigned a Check-In time. These times are assigned to stagger the arrival of campers to help keep the lines short, thus creating a shorter wait time for everyone. It is important that everyone adhere to their check-in time for the benefit of everyone.

Medication

When you arrive at Check-In, you must have with you all the medication that your camper will be taking during his/her week of camp. **All medication, supplements, vitamins, and other prescribed medical procedures must be in its original container and match up with the Medical Release Form A that his/her Primary Care Physician signed.** If dosage amounts have changed or new medications are being taken since the Medical Release Form A was turned in, you must have a new **Medical Release Form B**, signed by your camper's doctor, that indicates the changes. **Adam's Camp cannot administer medication if there is a discrepancy.** During the check-in time, a nurse will look over and double check all the medication that you have brought for your camper. Once it all checks out, the nurse will turn the medication into your camper's team medical bin for the week. Both Medical Forms can be found on "2024 Camper Family Update Dashboard": <https://app.smartsheet.com/b/publish?EQBCT=0b76762cba1342cbacfb4b0ffb4ca4d4>

*Pin dashboard to your web browser (google chrome, internet explorer, safari, etc.) for future access.

Cabin Check-In

Once you finish check-in at Whispering Pines Chapel, you will be given a map and directions to your camper's cabin. After you arrive at the cabin, you will be greeted by counselors and volunteers. At the cabin, you will drop off your camper's luggage, and say goodbye.

Dinner

Adam's Camp does NOT serve dinner on the first evening of the camp session, so your camper will need to eat prior to arriving at Check-In. If you want to wait until you get to the mountains to eat, Winter Park and Fraser have a wide variety of restaurants. The Buckboard Grille and Schlessman Commons are on-campus options at Snow Mountain Ranch.

Check-Out

On the last day of the camp session, you should arrive between 8 and 9 a.m. to pick up your camper. It is important that everyone adhere to the check-out times. We are required to be out of the cabins by 10:00 a.m. Your camper will be at the same cabin they were dropped off on the first evening of camp. Please head there to pick up your camper, luggage, and medication. This will be a good opportunity to meet new friends, hear about the week of camp, and check the lost and found table for any personal items left behind.

Camp Activities

Swimming: This favorite camp activity takes place in the indoor pool at Snow Mountain Ranch. The pool is accessible with an entry/exit ramp and lift. It also has fun activities such as volleyball, basketball, and a climbing wall! Adam's Camp counselors and volunteers are in the pool with the campers and the pool is also supervised by certified lifeguards.



Archery: Each group will get to spend an hour on the archery range at Snow Mountain Ranch. The range features different distances from which to shoot. SMR's trained staff will go over safety procedure and shooting technique prior to the campers shooting.



High Ropes Course: This activity is a great way for campers to step out of their comfort zone. The Snow Mountain Ranch trained staff will give everyone a safety briefing and then campers will be fitted with a harness and helmet. One at a time each camper will be put on belay, to keep him/her safe, and climb a ladder to large platform. Once on the platform, the SMR staff will attach the camper to the line. Finally, each camper will step off the platform and zip away on the ride of their life!



Canoeing, Kayaking, and Paddleboarding: Campers will head up to Grand Lake for a fun time on the water. Each camper will have the opportunity to hop in a canoe, kayak, or sit on a paddleboard. For canoeing, campers will join a counselor or volunteer in a boat as they explore the water. All waterfront activities are monitored by certified lifeguards and every individual on the water is required to wear a personal floatation device.



Whitewater Rafting: This is yet another favorite camp activity on the water. Our friends at National Sports Center for the Disabled are our guides as they take us down a stretch of the Colorado River. Each adaptable boat will have a trained NSCD guide at the helm as groups head down the river. Counselors and volunteers will be in each boat with the campers as well. Campers will also enjoy a picnic lunch next to the river. All participants are required to wear a life jacket.

Winter Park Resort: Campers will spend the morning at the Winter Park Resort. Again, we will work with our friends at National Sports Center for the Disabled as they go over safety procedures for our activities. Campers will have the opportunity to participate in activities such as putt-putt golf, climbing wall, trampoline with a harness, and the always popular alpine slide. Campers can also ride a chair lift to the top of the mountain to enjoy incredible views. To top it all off, we will stop for a special surprise on the way home. *Please note that your camper may be under the direct supervision of NSCD trained staff.*

Grand Lake: There is no better way to spend the last full day of camp than to visit the beautiful mountain town of Grand Lake. Campers will have the opportunity to stroll the wooden boardwalk and check out the many local shops and have a picnic lunch in the park. The fun continues as campers head down to the track for some exciting laps in the go-carts. The afternoon will end with a trip to Grand Lake Lanes for some bowling!

Arts & Crafts: There will be opportunities for artistic expression through our expanded arts & craft activities. Send a white tee shirt with your camper if you wish to participate in the tie dye activity. Otherwise, all craft supplies will be available during camp.

Nighttime Activities

(All teams join in for these!!!)

Talent Show: Everyone has one – what’s yours? Our ever-popular talent show. The highlight of the week. Campers sing and dance their way into our hearts, displaying what they do best. Audience participation is always encouraged, usually turning this into one giant dance party!

Campfire: We bring the entire camp together for an evening of fun and food. The Snow Mountain Ranch staff starts off by leading us in some crazy, silly camp songs. Next, the campers have an opportunity to get up in front of the group and lead everyone in some of their favorite songs. We end the night by roasting marshmallows and enjoying some delicious ‘smares!

Winter Park Concert: The entire camp comes together for this fun evening at Hideaway Park in downtown Winter Park. “High Note Thursdays” is a live concert series sponsored by the local Chamber of Commerce. Our campers always break the ice and get the party started as they hit the dance floor and show off their moves. Adam’s Camp has a designated area with chairs for anyone that just wants to listen to the music.

The Dance: Every camp session must come to an end, but not before one last party! On the last night of the week all the campers come together to visit with old friends, celebrate with new friends, and dance the night away. Campers will hit the dance floor to a playlist of their favorite tunes and show off their moves one last time.

Sample Schedule

Below is an outline of a week at camp. The activity times listed are general and not specific to your camper's session.

Sunday

- 4:30-6:30pm: Arrive at Whispering Pines Chapel (end of the administration building) according to assigned Check-In time
- 6:30-8:30pm: Get to Know Your games, cabin games, and camp rules 8:30 pm Get ready for bed.
- 9:00 pm Bedtime!

Monday

- 8:00 am Breakfast
- 8:30 am-12:00 Morning Activities: Tubing Hill, High Ropes Course
- 12:00-1:00 pm Lunch
- 1:30-4:00 pm Afternoon Activities Field Day Activities
- 4:30-5:30 pm Down Time in Cabins
- 6:00-7:00 pm Cabin Cookout
- 7:30-8:30 pm Campfire & 'Smores 8:30 pm Get ready for bed
- 9:00 pm Bedtime!

Tuesday

- 7:30 am Breakfast
- 9:30am-4:00pm Lake fun, Adam's Falls Hike, shopping and scavenger hunt in Downtown Grand Lake
- 12:00pm Lunch by the lake
- 4:30-5:30pm Down Time in Cabin 6:00 pm Dinner in Cabin

- 7:00-8:30 pm Talent Show 8:30 pm Get Ready for bed 9:00 pm Bedtime!

Wednesday

- 8:00 am Breakfast
- 9:00am-3:30pm Rafting with the NSCD on the Colorado River/ Picnic Lunch
- 3:00-4:00 pm Down Time in Cabin
- 5:00 pm Dinner in Cabin
- 6:00-8:00 pm Dance
- 8:30 pm Get ready for bed
- 9:00 pm Bedtime!

Thursday

- 8:00 am Breakfast
- 10:00am-3 pm Hiking, Horseback Riding, Orienteering, Arts & Crafts, Scavenger Hunt
- 3:30-4:30 pm Downtime in Cabin
- 5:00 pm Dinner
- 6:00 pm Get ready for the Dance 7:00-9:00 pm The Dance
- 10:00 pm Bedtime

Friday

- 8:00 am Breakfast
- 8:00-9:00am Camper Pick-Up at Cabin

Meals at Camp

Campers will receive 3 full meals a day at camp plus snacks. Meals and snacks are nutritious and plentiful to help keep the campers' energy levels up for the long, active days spent outside. Breakfast and Dinner typically take place in the cabin with the campers' team. Lunch is often packed in a cooler and eaten off-site.

Below is an example of items that have been served in the past for each meal.

Breakfast

Bagels and cream
cheese/jelly
Waffles
Eggs
Bacon
Cereal/oatmeal

Dinner

Spaghetti
Hot dogs
Chicken Tenders
pizza
Mac & Cheese
Taco night

Lunch

Turkey Sandwich
Ham Sandwich
PB & J Sandwich
Fruit
Granola bars
Fruit snacks

Snacks / Sides

Fruit: Bananas, Oranges, Apples
Chips/Pretzels
String cheese
Granola bars
Mashed Potatoes
Salad

Food Allergies & Dietary Restrictions

If your camper has a food allergy, please be certain that it is noted on his/her dietary restrictions in their registration. An opportunity to update these will happen in the new year. Please record how the reaction presents and everything that can trigger the reaction in the Dietary Restriction description. Please be as specific as possible. When you receive the pre-camp call or e-mail from your campers' counselor, go over the specifics of the allergy with him/her.

We are able to fully accommodate gluten-free, dairy-free, nut-free, vegetarian, and vegan diets. During initial registration, we gave you the opportunity to share and explain your campers' dietary restrictions. If your camper's dietary restrictions or allergies have changed since registration, please let Adam's Camp Team Member know so we can update your camper's profile for staff and nurses.