



ADAM'S CAMP

— Colorado —

Therapy Camp Family Handbook

Everything you need to know to have a great
experience!



WELCOME TO ADAM'S CAMP!

We are delighted that you and your family have chosen to spend this week with us at Adam's Camp. Each of you has shown admirable commitment to your child and family by dedicating your time, energy and resources to improving your child's quality of life through this week of therapy, education and respite.

As is true with most experiences, the benefits you realize from this week will be proportionate to your participation. The therapists and staff want to provide you with information, recommendations and techniques that may help your child grow and function at his/her optimum potential. Please feel free to ask questions and talk to other parents while you are here. We want you to leave knowing that your child made progress and that your family has grown in knowledge and confidence.

This handbook is designed to provide you with information that will help you have a fun and valuable week. We hope you have a wonderful time and that you are able to enjoy all that Adam's Camp and Snow Mountain Ranch have to offer.

Happy Camping!

Pre-Camp Call Information

You will receive a pre-camp call from a member of your child's team at least one week before your camp session begins. If you're new to Adam's Camp, please plan to spend some focused time on this call.

Come prepared with any questions and be ready to share any important updates since you completed your online background paperwork. If the timing of the call isn't convenient, you're welcome to reschedule.

This call is also a great time to align on your child's goals for the week. Camp goals focus on functional skills, not academic ones. For example, instead of targeting handwriting directly, we may work on improving grip strength, which supports handwriting, utensil use, and dressing skills.

Toilet training is a common area of focus. While we support your existing toileting routines throughout the therapy day, we do not set specific toilet training goals.

If you do not receive a call, please notify the Therapy Program Manager at 720- 726-2911 or email at katy@adamscamp.org

DIRECTIONS TO SNOW MOUNTAIN RANCH



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 Administration Building. Turn left into the parking area and enter the building. The Adam's Camp check-in table will be located inside the lobby.

LOGGING AT SNOW MOUNTAIN RANCH

Each family is responsible for making and paying for their own lodging arrangements. Families will have the option of staying in a cabin, yurt, lodge room, or campsite on the grounds of Snow Mountain Ranch or staying offsite in a neighboring town.

Offsite arrangements, Snow Mountain Ranch yurts, lodge rooms, and campground sites can be reserved any time.

In April, families choosing to stay on-site in a cabin will be assigned a group reservation number to secure a reservation directly with Snow Mountain Ranch online reservation system. Reservation links will be emailed to each family by Adam's Camp in late March.

For families choosing to stay off-site, there will be a \$290 activity fee per family (not per camper) for use of Snow Mountain Ranch facilities (such as swimming, miniature golf, etc.), which will be added to your final invoice.

Cabins are clean and simple and include the following amenities:

- Fully-equipped kitchens
 - dishes, cookware, utensils, coffee maker, oven, stove, toaster, microwave, refrigerator/freezer, dish soap, and kitchen towels/sponges.
- Linens and towels
- Gas/Electric heat and electricity
- Fireplace (gas or firewood)
- Telephone
- Full bathrooms
- Full bedrooms (bed sizes vary from cabin to cabin)
- Generally, there are no televisions or radios in the cabins – most do have internet
- Some cabins have dishwashers

Phone Usage:

- Phone charges will be added to your bill at the end of the week if the cabin phone is used for offsite calls.

Laundry Service & Linen Exchange:

- You may exchange linens and dish towels as often as you wish at no additional charge. You will need to deliver and pick them up from the laundry exchange.
- The Laundromat / Laundry Exchange are on-site.
- For self-service Laundromat you will need quarters and soap.

WHAT TO BRING WITH YOU

For your peace of mind, it is important that you be well prepared for your stay at Snow Mountain Ranch. The following are suggestions that should help you prepare:

- ✓ Clothes: comfortable and appropriate for the mountains – weather can change unexpectedly, so bring layers!
- ✓ **Child(ren) Specific Clothes:** swimsuit & towel/long pants (for horseback riding)/hat for sun protection
- ✓ Footwear: socks/flip flops/sneakers/hiking boots
- ✓ **Child(ren) Specific Footwear:** one pair of close-toed shoes (for horseback riding and climbing wall)
- ✓ Toiletries: sunscreen, bug repellent, lip balm – you'll want some for yourself, and some to send with your child(ren)
- ✓ Toys, books, games (for family cabin time) – some are also available to borrow from the SMR Library
- ✓ Items for therapy: communication devices/adaptive equipment
- ✓ Water bottle(s)
- ✓ Car seat (if appropriate for your camper, for transport to and/or from daily activity)
- ✓ Backpack and lunch bag – to send with your camper/siblings each day – for each child in your family
- ✓ **Pioneer and Trailblazer campers only** – toiletries, sleeping bag, and pillow for the sleepover

DAY 1 (Sunday)

Getting to Snow Mountain Ranch ARRIVAL

Please review the directions included at the beginning of this handbook to estimate your driving time to Snow Mountain Ranch and allow plenty of time to get to camp.

Please note: There may be construction in the summer months on Berthoud Pass and through towns, so allow a little extra time. From downtown Denver, 2 hours should be plenty of time. ***We advise against taking the alternate scenic route through Estes Park and over Trail Ridge Road because weather conditions, even in the summer months, it may be closed***

CHECK-IN

Cabin check-in at Snow Mountain Ranch Administration Building

Begins at **3:00 pm**. This is run by YMCA staff and does not pertain to the Adam's Camp Staff.

At check-in, you will be given:

- Your cabin assignment and keys to your cabin (if you are staying on-site) from SMR front desk staff.
- A Snow Mountain Ranch charge card for activities and incidentals on campus that you may want to charge while in residence. You will pay for these charges when you check-out with Snow Mountain Ranch at the end of the week.
- A map of the Snow Mountain Ranch grounds

❖ Therapy Family Meet the Nurse:

This will be held for one hour :3pm-4pm at the YMCA Administration building. This is the opportunity for you to meet with the Therapy Nurse that will be responsible for the care of your camper.

If you are unable to make this meeting, we ask that you speak with the Nurse on Monday. The nurse team will be checking in Adventure Campers after 4pm before their families leave for the week.

Family and Therapists Meet and Greet

Meet and Greet begins at 6 pm.

Your therapy team will be at our Summit Building, Promise Building or Independence (Family Lodge Cabins) depending on your campers group name, this will be communicated to you by the team lead and it is also on the Parent Portal.

What to Expect During the Meet and Greet:

During the team meeting you will meet your camper's whole therapy team as well as the other camper's in the group. We hope that you are able to engage and interact with all the other families that will be a part of the team this week. The Therapy Team lead will run this meeting with a team introduction and a family introduction. There will be discussions about the schedule for the week and the Friday conference schedule sign-up will be passed around.

At this time your camper will receive their camp t-shirt and the family can ask the team lead for the family wrist bands to be off campus. Dinner will not be served during the meet and greet. We will however have small plates consisting of fruit, veggies with meat and cheese.

DAY 2-5 (Monday-Thursday) THERAPY PROGRAM

Therapy begins promptly at 8:30 AM and ends at 2:30 PM – Day 2 (Monday) through Day 5 (Thursday).

On Day 6 (Friday), therapy will end early in preparation for Family Conferences later in the day.

Therapy Drop-Off – 8:30 AM

Therapy begins promptly at 8:30 am. You will be given the location of your child's therapy site when you meet with your team on Sunday evening. Drop-off is generally at the therapy site for the first day for all programs, but drop-off might occur at various locations throughout the week depending on your camper's activity schedule. Your team will review this schedule with you on Sunday evening.

Transfer Car/Booster Seats (if applicable)

After you have dropped your child off at therapy, move your child's car seat to the therapist's car or van to which they are assigned – be sure to check the seat for proper installation and fit before leaving for the day. If the car seat does not fit, please notify a volunteer or therapist immediately and another car will be assigned. All seats must be in working order to ensure your child's safety.

Therapy Pick-Up – 2:30 PM

Again, your team will review this schedule with you on Sunday evening. On some days the first or the last activity of the therapy day is somewhere other than the therapy site. Sometimes we will ask that you drop off your camper in a different location; similarly, you may be asked to pick up your camper at the location of their last activity.

Please note: It is important that you be on time for both drop-off and pick-up each day. When you pick up your child, a therapist will talk with you briefly about how the day went. If you need a longer conversation, please mention this to a team member and someone from the team or the Therapy Program Manager will contact you in the evening.

Camper Goals

After the first day of therapy, your team of therapists may want to adjust your child's goals. You will be given a written list of goals for the week. Please look them over throughout the day. If you have any questions or concerns, you may either discuss the goals with the Therapy Camp Manager that morning or with a member of the team at pickup.

DAY 6 (Friday)**FINAL DAY OF PROGRAMS**

Closing Ceremonies

During the final day of programs, both **Sibling and Therapy Programs end early** for Closing Ceremonies and prepare for an afternoon of Family Conferences. Locations of Closing Ceremonies will be on the schedule you receive on Day 1 (Sunday).

Following the Sibling Closing Ceremony, families have time for lunch. Therapy campers will have lunch with their teams before their closing ceremonies. After all children are picked up, families can participate in activities of their choice until their family conference time begins.

- **First (11:00-11:30) – Join sibling(s) for our Sibling Closing Ceremony***
- **Afterwards (12:30)– bring your whole family to the Therapy Closing Ceremony***

*Times will be noted on the schedule you receive on Day 1(Sunday)

Family Conference

The final day Family Conference is the culminating gathering of the week in which the therapists will present each family with an electronic report documenting their camper's achievements for the week. The conferences are individualized for each camper and are 45 minutes in length. Families will determine conference times when you meet with your therapy team on Day 1(Sunday).

DEPARTURE DAY (Saturday)

Check-Out

Families will need to be out of their cabins by 10:00 am on Departure Day. You will check out directly with Snow Mountain Ranch at the Administration Building where you first checked in. You will need to settle your expenses for lodging and any resort charges or incidentals you may have accrued throughout the week.

WHAT TO BRING TO THERAPY

For your child's comfort and your peace of mind, it is important that your child be well prepared for therapy and special activities each day. Be sure to label all items with your child's full name! Please be sure that your child arrives promptly at 8:30 am each day with the following:

Everyday items:

- Backpack
- Lunch bag with lunch and snack
- Water bottle clearly labeled with your child's name
- Sunscreen (please do first application before arrival!)
- Hat for sun protection
- Extra clothes, underwear, diapers and/or pull-ups
- **Communication devices/notebooks** (if applicable)
- Adaptive equipment (if applicable)
- Car seat (unless child is no longer utilizing one)
- **Please do not send any recreational electronic devices, other than communication devices, as they distract from the focus of therapy**

On the days with special activities, bring your everyday items, PLUS:

Swimming:

- Swimsuit and towel
- Swim diaper (if applicable)
- Goggles (optional)

Horseback Riding:

- Long pants
- Closed-toe shoes (e.g., sneakers, hiking shoes, boots)

Climbing Wall:

- Closed-toe shoes (please, no Crocs!)

Canoeing/Lake Fun:

- Hat & sunglasses (optional)
- Water shoes (optional) Sleepover

(Trailblazer and Pioneer only):

- Sleeping bag, pillow, and pajamas
- Toothbrush/Toothpaste

Pathfinder/ Pathblazer SAMPLE Schedule

Monday	8-8:30am	Parents drop off at Promise
	8:30-9am	Music/Morning Circle
	9-10am	Drive to Grand Lake
	10-11am	Therapist led Activities (at Grand Lake)
	11am-12pm	Lake Fun w/ NSCD
	12-1pm	Lunch at Grand Lake
	1-2pm	Drive to Promise
	2-2:30pm	Therapist Led Closing Group
	2:30pm	Parents pick up at Promise
Tuesday	8-8:30am	Parents drop off campers off at Promise
	8:30-9:00am	Morning Music group
	9:00-11am	Therapist led activities (rotations)
	11am-12pm	Lunch
	12-1pm	Drive to Programs Lawn Play Games
	1:00-1:15pm	Drive to Therapeutic Horseback Riding
	1:15-2:15pm	Therapeutic Horseback Riding
	2:30pm	Parents pick up at Therapeutic Horseback Riding
Wednesday	8-8:30am	Parents drop off at Promise

	8:30-9am	Music/Morning Circle
	9-11am	Therapist Led Activities (rotations)
	11-12	Lunch
	12:00-12:30	Drive to Tubing Hill
	12:30-1:00 PM	Therapist Led Activity
	1:00-2:00 PM	Tubing Hill
	2:00-2:30	Adaptive Playground
	2:30pm	Parents pick up at Adaptive Playground

Thursday	8-8:30am	Parents drop off at Promise
	8:30-9:00am	Music Group
	9:00-11:30am	Therapist led activity
	11:30-12:30PM	Lunch (setting up clean up and getting swim gear on)
	12:30-1:00 PM	Drive to Swimming YMCA
	1:00-2:00 PM	Swimming at YMCA
	2:00-2:30	Change and Drive back to Promise
	2:30 PM	Parents pick up at Promise

Friday	8-8:30am	Parents drop off at Promise
	8:30-9:00am	Moring Music Group

9:00-9:30am	Wrap Up Group Therapist Led
9:30-10	Drive to KIVA
10-11	Climbing Wall
11:00-11:30	Drive to Promise
11:30-12:00	Lunch
12:00-12:30	Closing Ceremony with Parents at Promise
12:30pm	Parents pick up at Promise
1-4/5pm	Conferences with Families at Cabin each conference is 45 minutes + 15 minute buffer between families

Trailblazer SAMPLE Schedule

Monday	7:30-8am	Parents Drop off at Cabin
	8-9am	Drive to Grand Lake
	9-10am	Lake Fun w/ NSCD
	10-11am	Drive to Downtown Grand Lake
	11am-12pm	Walk around Downtown (or to the beach area)
	12-1pm	Lunch @ Grand Lake Park (in the middle of Downtown)
	1-1:30pm	Load up and begin driving
	1:30-2:30pm	Dive to Cabin

	2:30pm	Parents pick up at Cabin
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Tuesday	8:00-8:30am	Parents drop off campers at Therapeutic Horseback Riding
	8:30-9:00am	Morning Music group
	9:00-10am	Horseback Riding
	10:00-10:45	Load up and Drive to Program's Lawn for Lawn Games
	11:00-12:00	KIVA-Climbing Wall
	12:00-1:00	Lunch on Program's Lawn
	1:00-2:30	Mini Golf-YMCA
	2:30pm	Parents pick up at Mini Golf

Wednesday	8:00-8:30	Parents drop off at Adaptive Playground
	8:30-9:30	Play on Adaptive Playground
	9:30-10:00	Morning Group (Therapist led activity)
	10-11	Tubing Hill
	11:00-12:00	Lunch at Tubing Hill or Adaptive Playground
	12:00-12:30	Drive to Reservoir-YMCA
	12:30-2:30	Activities at the Reservoir (swimming, canoeing, fishing)
	2:30pm	Parents pick up campers at Reservoir
	6-6:30pm	Parents drop off campers at Cabin

	6:30-7:30pm	S'mores at fire pit behind Promise
	OVERNIGHT	Sleeping in Cabin

Thursday	8-9	Breakfast & clean up at Cabin (gather overnight stuff to be picked up later)
	9-10	Therapist lead activity at cabin
	9:30-10	Drive to Zip Line-YMCA
	10-11	Zip Lining with YMCA
	11:00-11:30	Drive to cabin
	11:30	Parents pick up at Cabin

Friday	8-8:30am	Parents drop off campers off at Program's Lawn
	8:30-9am	Music/Morning Circle
	9-9:30	Drive to Waterfall Hike
	9:30-10:30	Waterfall Hike at Y=Left (steep) Right (easy)
	10:30-11am	Drive to Tilghman Park
	11:30am-12:30pm	Lunch and Play on Playground at Tilghman Park
	12:30pm	Parents pick up at Tilghman Park
	1-4/5pm	Conferences with Families at Cabin each conference is 45 minutes + 15 minute buffer between families

Pioneer SAMPLE Schedule

Monday	8-8:30am	Parents drop off at Cabin
	8:30-9:30am	Drive to Grand Lake
	9:30-10am	Bathroom and gather to be ready
	10-11am	Lake Fun with NSCD at Grand Lake
	11:00am-11:30	Drive to Downtown Grand Lake or Beach at Grand Lake
	11:30-12:30	Walk around Downtown and/or Play at the Beach
	12:30-1:30	Lunch/Middle of Downtown (Park area)
	1:30-2:30pm	Drive to Cabin
	2:30pm	Parents pick up at Cabin

Tuesday	8-8:30am	Parents drop off campers at Cabin
	8:30-9:30	Get settled in cabin and small group time Therapist led

9:30-10:00	Drive to Therapeutic Horseback Riding
10:00-10:15	Unload
10:15-10:45	Therapeutic Horseback Riding w/ NSCD group 1
10:15-10:45	Scavenger Hunt-Therapist Led group 2
11:00-11:45	Therapeutic Horseback Riding w/ NSCD group 2
11:15-11:45	Scavenger Hunt-Therapist Led group 2
11:45-12:00	Drive to Program's Lawn
12:00-12:45	Lunch at Program's Lawn
12:45-1:00	Walk to KIVA
1:00-2:00	KIVA Climbing Wall
2:00-3:30	Grocery Shopping
3:30-4:30	Unload groceries and downtime
4:30-5:30	Make and eat dinner
5:30-7:30	Activity with Adventure Group-Talent Show
7:30	Drive to Cabin and sleep

Wednesday	8-9am	Breakfast & clean up Cabin
	9-9:30am	Drive to Tilghman Park, Pavilion, & Playground
	9:30-10:45	Therapist lead activity
	10:45-11:00	Drive to Tubing Hill
	11:00-12:00	Tubing Hill
	12:00-1:30	Lunch and Adaptive Playground
	1:30-1:45	Drive to Mini Golf
	1:45-2:45	Mini Golf
	2:45-3	Drive to swimming at YMCA
	3:00-4:00	Swimming w/ YMCA
	4:00-4:30	Drive to Cabin and change clothes
	4:30-6:00	Cook, Set Table and eat Dinner /Clean up
	6:00-7:30	Drive to Firepit for S'Mores behind Promise
	OVERNIGHT	Sleeping in Cabin (Activity to be planned by therapy group)

	8-9am	Breakfast & clean up Cabin
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Thursday	9-10	Therapist led activity at Cabin
	10-10:30	Drive to Zipline
	10:30-11:00	Cheer on the Larkspur group
	11am-12pm	Zipline w/ YMCA
	12-12:30pm	Drive to Waterfall Hike
	12:30-1:00pm	Lunch
	1:00-2:00pm	Waterfall Hike At the fork, Left (over bridge)= more steep Right (stay straight)= less steep
	2:00-2:30	Drive to Frazer Rec Center
	3-4	Swimming at Frazer Rec Center
	4-4:30	Drive to Cabin
	4:30-5:30	Dinner
	6:00-6:30	Drive to Winter Park Concert in the Park
	OVERNIGHT	Sleeping in Cabin

	8-9am	Breakfast & clean up Cabin
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Friday	9am	Parents pick up from Cabin
	10am-2/3pm	Conferences with Families at Cabin each conference is 30 minutes + 15 minute buffer between families

Adam's Camp Siblings Program

Please contact the Therapy Manager at (720)726-2911 or by email at katy@adamscamp.org about information on our sibling program.

Mission Statement of Siblings Program:

Adam's Camp realizes that having a child with special needs not only affects that child, but the family as a whole. The Sibs Program is designed to provide the siblings of our therapy campers with opportunities to meet and build relationships with others. Through an intentional and structured program that includes facilitated conversations and fun activities throughout the week, participants will have the opportunity to reflect on their own life as well as connect with peers who may have similar experiences.

Goals of the Program:

- Validate the emotional experience of being a sibling of a child with special needs.
- Provide a camp for the siblings so they feel that they're valued and an important member of the Adam's Camp family.
- Foster connections and relationships in order to help each child feel like they have support from others who understand what it is like to have a sibling with special needs.
- Provide a variety of fun and challenging camp activities.
- Provide an environment for personal growth in regard to their current and developing role as a sibling to a child with special needs.

ACTIVITIES FOR YOUR FAMILY

Adam's Camp and YMCA of the Rockies – Snow Mountain Ranch have maintained a close partnership since 1986. Our missions are compatible – providing an environment that builds healthy spirits, minds, and bodies while building life-long memories.

*These are all suggestions and some things might have changed due to staffing or so forth.

Most of your time is free for you to organize as you wish, and there are plenty of activities for families to choose from during the week. Our goal is to make your experience at Adam's Camp restful, insightful, and rejuvenating! We encourage you to make time to enjoy your family, meet other families, and get outside in this beautiful mountain setting.

Each family is different, and each will have the opportunity to organize their time to best fit their interests. Some families are highly active on the Snow Mountain Ranch campus, while others stick to Adam's Camp activities, allowing for lots of low-key, down time. It's your time (for some, your vacation) – so choose what fits your family best! Below, we will give you an overview of the activities sponsored by Adam's Camp, as well as activities you can arrange independently through Snow Mountain Ranch. If you would like to get out and visit other places in Grand County, we have also provided some resources to help with your planning.

Adam's Camp Sponsored Activities

The planned family activities will be sent out prior to camp, and you will be able to sign up for the activities and sessions you would like to attend. We will have an app that will keep you in contact with the therapy team and the schedule, but it will also keep you posted about any changes that might be made. You will be up to date on all things going on with Adam's Camp.

Parent Programs are held throughout the week during camp hours. You will have the opportunity to sign-up for the programs and activities you would like to attend. We hope to see you there at least one of our activities.

Snow Mountain Ranch Activities

Snow Mountain Ranch produces a weekly schedule of the activities offered on campus. You will receive a current schedule when you arrive on Day 1.

<p>Popular activities that do not require advanced sign-up include:</p> <ul style="list-style-type: none"> ● Swimming at the indoor swimming pool ● Roller skating, volleyball, and miniature golf ● Library ● Crafts (\$1.00 and up) at the Craft Shop <p>*For current rates: Snow Mountain Ranch Activity Sign-up</p>	<p>Activities requiring advanced sign-up include:</p> <ul style="list-style-type: none"> ● Guided hikes ● Challenge Course (ages 10 & up) ● Canoeing ● Wall Climb ● Raft Trips (Through Mad Adventures) ● Fishing ● Mountain Bike Rentals ● Summer Tubing Hill
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Fraser Valley Activities

There are all kinds of things to do during the summer in Fraser River Valley. From picnics in the park, to hiking, mountain biking, horseback riding, hayrides, fishing, rafting, ballooning, and golfing – there is no limit to the fun!

To see all of the possibilities, visit <http://www.frasercolorado.com/>.

Grand Lake Activities

One of Colorado’s first resort communities, Grand Lake is no stranger to making folks feel at home in its charming lakeside village setting. Visitors will delight in the quaint cabins and summer homes dotting the shores of the state’s largest natural lake. Stroll along the rustic boardwalk featuring casual mountain shopping and western-style storefronts warmed by the rays of the bright Colorado sun. Browse for unique jewelry, cabin-inspired home décor, the perfect pair of Wranglers or handcrafted children’s clothing and toys. For activities and attractions, visit [Grand Lake Activities](#).

FOOD SERVICES AND OPTIONS

Many families staying on campus prefer to prepare meals in their cabin, however, there are several on-campus options for dining, as well. Also listed below are local grocery stores in the Granby, Fraser and Winter Park areas.

ON-CAMPUS Food Options	Hours of Operation
<p>Buckboard Grill & Grocery Located in the Administration Building. Offering snacks, sandwiches, hot grill items and a variety of basic grocery supplies.</p>	<p>6am-9:30pm</p>
<p>970-887-2152 ext. 4122</p>	
<p>Schlessman Commons Three all-you-can-eat buffet meals served every day. Fresh salad bar, delicious desserts and homemade specialties accompany every meal. Meals are available for guests on a meal plan or on a pay-as-you-go basis.</p> <p>Menu:970-887-2152 ext. 1001</p>	<p>Breakfast - 7am-9am Lunch - 11:30am-1pm Dinner - 5pm-7:30pm</p>

OFF-CAMPUS Grocery Stores	
<p>Safeway Hwy 40, County Road 804 Fraser, CO 80442 970-726-9484</p>	
<p>City Market 1001 Thompson Road Granby, CO 80446 (970) 887-7140</p>	
<p>Winter Park Market Located on Hwy 40 between Winter Park and Granby (970) 726-4704</p>	<p>The Market currently carries a wide variety of gluten free, vegan and vegetarian groceries, vitamins, bulk traditional drinks and snacks. Open 7 days a week</p>

ACCESS TO MEDICAL CARE

Middle Park Medical Center – 24 hour Emergency with Level 4 Trauma Center*

1000 Granby Park Drive South, Granby, CO 80446
Phone: 970-887-2117

* A level 4 Trauma Center treats all kinds of emergencies 24 hours a day. If necessary, patients who need emergency surgery or extended intensive care will be stabilized first and then transferred to a major medical center by ambulance or airlift. The Emergency Room physician and nurses are all certified in trauma care and pediatric life support.

ALTITUDE AND YOUR HEALTH

This is the high country!

Elevations in Summit County range from 9,000 to 12,000 feet, which means the air is thinner and contains less oxygen than at lower elevations. Visitors to Summit County from states where elevations are much lower may experience altitude illness while traveling from low to higher altitudes in one day.

The symptoms of altitude illness are similar to the flu and include headache, nausea and difficulty sleeping. The signs of a severe case of altitude illness are shortness of breath, cough, congestion and difficulty with the thought process.

If you feel you are suffering from the symptoms of altitude illness, you should see a physician immediately. More severe cases can be treated with oxygen therapy and the patient may need to be transported to a lower elevation. Altitude illness can affect anyone, regardless of age or health.

How to Avoid High Altitude Illness

It is suggested you begin preparing for the change in altitude by consuming extra water and getting plenty of rest two weeks before your scheduled week of camp. If at all possible, it is also suggested you spend an extra day and night in Denver, which has an elevation of 5,280 feet. This will give your body a chance to adjust to the change in altitude a step at a time.

Avoid/limit alcohol, sleeping pills and narcotic pain medicine during your first days here. Alcohol and drugs will escalate the symptoms of altitude illness. Drink plenty of fluids and try to acclimate to the altitude. It is also important to remember the chance for severe sunburn increases at higher elevations. Again, this is because of decreased oxygen. To protect yourself, always use sunscreen and wear sunglasses.

After Care Instructions

If you have been diagnosed as having symptoms of altitude illness, you should know there are two kinds of altitude illness:

Acute Mountain Sickness

This is a mild form of altitude illness which affects 30 to 40 percent of the visitors to Summit County. The symptoms are headache, nausea, vomiting and trouble sleeping. Acute mountain sickness resembles the flu and most people experience symptoms within the first three days after arrival. By the fourth day, the symptoms usually disappear.

For moderate to severe symptoms, a physician's care is necessary. After evaluation and treatment, the physician likely will advise you to avoid alcohol, sleeping pills, narcotics and heavy exercise. Mild exercise is acceptable, and you should drink plenty of fluids. If none of the treatment therapies relieve the symptoms, you will be advised to go to a lower elevation.

High Altitude Pulmonary Edema

This is the more severe of the two illnesses. Its symptoms are similar to pneumonia, with congestion and difficulty breathing. These symptoms will increase in severity by the third night of the illness. If you have been diagnosed with High Altitude Pulmonary Edema, you will be treated with oxygen therapy and transported to a lower elevation. Upon returning home, symptoms will go away, and normal health will return.

THERAPEUTIC RIDING GUIDELINES

The National Sports Center for the Disabled (NSCD) provides therapeutic riding (which is sometimes also referred to as Equine Assisted Activities). NSCD does not provide hippotherapy at this time.

Therapeutic Riding is completed by a professional horseback riding instructor in conjunction with volunteers, including a therapist who may be involved as a consultant. Occasional hands-on assistance is provided by riding instructor and/or volunteer, with the instructor teaching from the center of the arena. The horse's temperament is essential to learn riding skills. Therapeutic riding aims to provide social, educational, and sport opportunities in recreational horseback riding lessons adapted to individuals with disabilities. The individual is often taught riding lessons in a group format, which runs in "sessions." The instructor must respond to the group as a whole, in addition to fostering individual success. Focus on the group lesson is encouraged, along with emphasizing proper riding position and rein skills.

Dress Code:

- ✓ Dress according to weather; remember sun protection for riders.
- ✓ For safety and comfort, riders and staff need to wear sturdy, closed-toe shoes or boots.
No open-toe shoes around horses!
- ✓ Long pants are required for riders and are suggested for staff.
- ✓ Helmets must be worn by all riders – no exceptions! Helmets must be kept on until riders have returned to the yurt away from the horses. If you believe the helmet is not secure, please notify the instructor.

Roles and responsibilities:

The Instructor (NSCD employee)

- Directs all mounting and dismounting
- Directs and initiates all instruction in the ring

The Horse Leader (An NSCD employee or volunteer)

- Primarily responsible for the control of the horse at all times
- Horse leaders do not steer or walk/whoa the horse without the rider's participation.
- Horse leaders do not let go of horses under any circumstances.

The Side walker(s) – (1 side walker is usually an Adam's Camp therapist)

- Side walkers are an extension of the instructor. The side walker is responsible for assisting the rider in carrying out the designated activity.
- Allow processing time, don't "do activity" for the rider
- Encourage the rider to use his/her own trunk muscles to the best of their abilities.
- **One of the most important duties of the side walker is to support the rider!**

The Riders

Riders first meet in the yurt to be sized for helmets. Riders are then led over to their horse to get acquainted. When instructed, riders and assistants will go to the mounting

block. All riders are expected to give aid for walking and whoa. All riders should be focused on the instructor for directions.

The Parents

Parents are asked not to visit the therapy riding sessions. This typically disrupts the actual purpose of the therapy riding. We encourage parents to meet up at the tubing hill activity if they would like to watch any therapy sessions with the teams.

Bad Weather Cancellations

Most participants ride in the rain or shine. Classes will proceed unless there is lightning.

Physical restraints/Behavior Policy

To ensure this is a success at camp, we will start each day with a check-in with your therapy team. This is where you will let the team know the status of your camper that morning: did they eat, or not? Did they have a restless night/stay out late? This open communication builds trust with all parties involved including the camper. The therapists will adjust for the camper if needed for the day to be successful within a parameter where camp is still the main goal so that therapy camp is still happening.

Definition: Physical restraints refer to any intervention that restricts a camper's movement, either partially or completely, with the aim of ensuring the safety of the camper and others.

Limit on Physical Restraints: If a camper requires physical restraints, camp staff will use the least restrictive measures possible and will only resort to physical restraints when all other de-escalation techniques have been exhausted.

Incident Reporting: If a camper is put in two physical restraints within a single camp day, it is considered a significant incident. The camp staff involved in the incident must promptly complete an incident report, documenting the circumstances, actions taken, and any relevant information.

Parental Notification: Following the second instance of physical restraint in a single day, the camper's parents or legal guardians will be immediately notified by camp staff. The notification will include details about the incidents, actions taken, and a request for the parents to pick up their child as soon as possible.

Safety Meeting Requirement: Before the camper is allowed to return to camp, a safety meeting will be scheduled with the camper's parents or legal guardians, the camp director, and relevant camp staff. The purpose of this meeting is to discuss the incidents, understand the triggers, and collaboratively develop a plan to ensure the camper's safety and well-being going forward.

Individualized Behavior Plan: Following the safety meeting, an individualized behavior plan may be developed for the camper in consultation with parents, camp staff, and any relevant therapists. This plan will outline specific strategies to prevent future incidents and promote positive behavior.

Continued Monitoring: Camp staff will closely monitor the camper's behavior and implement the agreed-upon strategies. Ongoing communication between camp staff and parents will be maintained to address any concerns and assess the camper's progress.

***Review and Revision:** This policy will be regularly reviewed and updated as necessary to ensure its effectiveness and alignment with the camp's mission of providing a safe and therapeutic environment for all campers. Any revisions to the policy will be communicated to parents and staff in a timely manner. Last updated 2/2025

