

CAMPER POLICIES

ACCEPTANCE: Guidelines for acceptance and participation in all sessions of this camp are the same for everyone without regard to sexuality, race, color, national origin or gender. Facilities, terrain and programs are rugged in nature; campers should not attend camp if they know they will not be able to complete the program for emotional or physical reasons.

BEHAVIOR EXPECTATIONS: Participants must be willing to play fair and have fun. This includes being committed to working with staff and fellow campers to build community and face the challenges of outdoor living. All campers, as physically able, are expected to be present and participate in all unit activities.

When campers have behavioral problems at camp:

Campers acting in inappropriate ways are first encouraged to stop the behavior and act in accordance with camp rules. We treat every camper with respect, even when they are disciplined, and never use corporal punishment. When a camper acts inappropriately, such as disregarding the camp rules for safety and conduct, verbally or physically abusing another camper or staff members, or being disruptive to the camp program in any way that interferes with other campers' enjoyment of camp:

1. The counselor will take the camper aside, talk through the problem, issue a warning if appropriate, and encourage positive solutions.
2. If the camper still does not respond, the camper will sit out for the remainder of the activity. Attention will be brought to one of the Program Coordinators. If the problem is severe, it will be immediately brought to the attention of the Program Director. In the case of repeated verbal or physical abuse or continued disregard of the camp rules, the Program Director will talk with the camper and determine if the parent/guardian should be called.
3. If the camper has not responded to the staff's attempts to resolve the problem with the camper, the parent/guardian will be asked to take the camper home immediately / as soon as arrangements can be made.

CAMP CHALLENGES: Alta Mons is a beautiful mountainous terrain. Programs are adventurous, involving risk. All staff are certified in First Aid and CPR and go through counselor training. A nurse or EMT will be on-site at all times to the best of our abilities. With training, close supervision, adhering to established safety guidelines, and being alert to potential dangers Camp Alta Mons aims to minimize risk while offering a challenging program.

CANCELLATIONS AND REFUNDS: Pre-arrival cancellations for any reason will be fully refunded. Please contact us as soon as possible at 540-268-2409 or office@altamons.org to cancel your child's summer camp registration and allow someone else to fill the spot. For week-long residential camp: If a camper is sent home during the week due to a COVID-19 related concern, a full refund will be issued if the decision is made before Tuesday dinner. For campers sent home after Tuesday dinner due to a COVID-19 related concern, no refund will be made. Campers sent home at any point during the week for behavior, homesickness, etc. will receive no refund of any amount. For Mini and Day Camp, no refunds will be issued once the session begins.

CELL PHONES: Campers may not use the telephone except to return emergency calls from their immediate family. Phone calls to campers are strongly discouraged; however parents may speak with office staff, if necessary. **No cell phones are allowed at camp.**

COVID-19: Please review our most up to date information on our website at: <https://www.altamons.org/covid-questions.html>

DRESS CODE: Camp is very active and we encourage campers to dress in clothes that they are comfortable moving freely and easily in. We do not allow campers to wear clothing with foul words and/or images of violence. Swimwear should be comfortable and suitable for active play. Due to the outdoor nature of camp, closed toe shoes must be worn at all times, except at the pool, in the shower, and in the cabin. Sandals and flip-flops are for shower use only.

GRAFFITI: Graffiti is bad stewardship. We reserve the right to charge a fine or request actual clean-up for violations.

HOMESICKNESS: It is natural for your camper to feel a longing for home, especially in young or first time campers. With many campers homesickness is preventable. Good preparation by parents/guardians can help give a camper the confidence they need to enjoy a camp experience. Some suggestions:

1. Most homesickness lasts only a couple of days and many homesick campers who complete the week leave with a sense of accomplishment and a desire to return.
2. Focus on how happy you are that they will be getting the opportunity to go to camp. Do not repeatedly tell your camper how much you are going to miss them. Telling them this often makes campers feel guilty about being at camp.
3. Help your camper set reasonable goals for their camp experience. It is important, however, that the camper set the goal and that does not sound as if you require it from the camper. Questions such as, "What do you think you will learn at camp, or do at camp, or what do you think you will like best at camp?" can help start positive thinking. Once negative thinking begins it is very hard to recover.

4. If your camper has a favorite toy or something for sleeping, let them bring it, but encourage them to keep up with it. We normally discourage bringing sentimental items because they could get lost and we are not responsible for lost or stolen items. However, if you think a special item might prevent homesickness, consider letting your camper bring it.
5. Please **do not** tell your camper that they can call you if they want because this is **not our policy**. Also, **do not** allow your camper to bring cell phones or other similar devices, as they are not permitted.

When a camper becomes homesick:

1. Every attempt will be made to encourage the camper to have a good time and feel needed and important in the group.
2. If after 24 hours, the camper still desires to go home (many campers do in fact forget their homesickness after the first couple days), the Program Director will call you to discuss options **before** you speak to the child. If you determine the best option is to have your child return home we will help you in that process.

ILLNESS AND INJURY:

What happens if your camper becomes ill (non-COVID suspect) or suffers an injury?

1. Your camper will be taken to the camp clinic where they will be assessed by the nurse or other medical personnel on duty. Occasionally such observation will require that the camper spend the night at the clinic. Minor illness/injuries will receive appropriate treatment and the camper will return to their unit when deemed ready.
2. When a camper exhibits symptoms that may warrant a trip to the doctor, we will contact the parent/guardian to see how to proceed. If we cannot reach you, we will use our best judgment and continue to try to contact you.
3. If a camper is contagious or becomes too sick to stay, we will notify the parent/guardian to pick them up. Lice are considered contagious due to the quick nature of infestation. Do not send your camper to camp if they are sick or contagious.
4. When a camper is seriously injured, emergency care will be provided. A camp staff member will accompany the camper to the hospital. We will try to contact you immediately.

INSURANCE: Camp Alta Mons provides limited secondary accident coverage. Illness insurance is the responsibility of the parent/guardian.

MEDICATIONS: All medications need to be brought to camp in original containers/packaging. The nurse cannot accept any medications in plastic bags or non-original packaging. This includes over-the-counter medications. Please only bring the number of pills needed for your camper's time at camp.

STATEMENT OF NON-DISCRIMINATION AND INCLUSIVITY: Alta Mons strives to create a fully inclusive culture and environment that values and fosters respect for all people. For campers, staff, and volunteers, we do not discriminate on any basis. We understand our Christian faith as a shared journey from which no one should be excluded. In keeping with the teachings of Jesus, Alta Mons welcomes all LGBTQ+ people to participate fully in our programs with this statement of inclusivity. We provide camp settings that are safe places for all campers, staff, and volunteers by offering unconditional love and providing guidelines and training for camp staff and volunteers. Should any questions arise regarding this policy please contact our office to speak with a staff member.