

Getting Ready for Camp!
Cascades Academy Camp CREATE

Dear families,

We are very excited to have your children join us for an amazing summer at Camp CREATE! Please refer to all of the following information as you and your family get ready to head to camp. For any questions or concerns, please contact program director Colette Boylan.

Thank you, and we look forward to a great summer program!

Colette Boylan
Program Email: campcreate@cascadesacademy.org
Camp Phone: 541-678-1597

What must be completed prior to camp

Permission Slip

Families must fill out a permission slip for **each** child attending camp. Permission slips must be turned in by no later than the morning of the first day of camp.

Emergency Forms/Photo and Video Use Form

All families, including Cascades Academy families, must fill out emergency information forms for **each** child attending camp. To access these emergency forms, please head to our website [here](#). Additionally, we have all families fill out a photo and video use form to allow our program to use pictures of your campers for our camp blog or future marketing materials. This form can be accessed [here](#). All forms must be submitted **prior** to your child's week of camp.

Camper Expectations Document

At the bottom of this sheet is our camper expectations document. Please review this with your children prior to their time at our camp so they are aware of our camp expectations.

Camp Details

Getting to Camp

All of our camps will meet and pick up at Cascades Academy, and our check-in/out location will be in the school's main commons near the front entrance.

Please use the address below for driving to our school:

19860 Tumalo Reservoir Road
Bend, OR 97703

Where to Park

Our school has a large parking lot that we ask that you use for drop-off and pick-up. Please only use curb parking in the case of emergencies, as we will be parking our buses there during the day.

Hours of Operation

The daily drop-off time for Camp CREATE is between 9:00 and 9:30am, and pick-up time is between 4:00 to 4:30 PM. If you think you are going to be late for drop-off or pick-up, please contact the program director Colette Boylan.

Daily Sign In/Sign Out

Families are required to sign their campers in and out of camp each day during drop-off and pick-up. The program director or instructional staff will be at the check-in location with an attendance form awaiting your arrival.

Non-Parental Pick-Up / Carpooling

Any camper that will be dropped off or picked up by a non-parental figure must fill out the "Non-Parental Transport Form" for each of their campers. The person picking up your child(ren) must show identification at the front desk before signing the child(ren) in/out of camp. This form can be filled out as late as the first day of camp.

Packing List

Please have your campers come with the following items for each day of camp:

- Bag lunch (nothing microwavable and no glass containers)
- Morning snack
- Water bottle (please have your child's name on their bottle)
- Backpack
- Hiking shoes
- Extra socks
- Appropriate clothing for outdoor activities
- Light jacket
- Swim suit
- Life jacket (if needed)
- Water shoes, Crocs, or any strap-on sandal for the river (no flip flops)
- Towel
- Sunscreen (please apply before your camper arrives to camp)

What not to pack

Our camp is not responsible for lost, damaged, or stolen items. We ask that you please do not bring the following items to camp:

- Cell Phones/Computers/Tablets/etc.
- iPods/Music Devices
- Money
- Any valuable items
- Weapons or anything that looks like a weapon
- Candy (we will have some fun sweet treats during the week!)

What's Included At Camp

During their week of summer camp, your child will receive a Camp CREATE t-shirt, daily afternoon snack, and a whole lot of fun activities! If your child has special dietary needs, we encourage families to pack additional snack food for their child.

Food Allergy Policy

At Camp CREATE, we have a *food allergy tolerance policy*, meaning that we train campers and staff to work, play, and eat alongside a camper that may have an allergy. We spend time discussing the importance of handwashing and cleaning, being aware of foods that may have those allergens, and signs that someone might be having an allergic reaction. At Camp CREATE, we believe awareness of food allergies is the best prevention. Additionally, campers will not be allowed to share snacks, special treats or lunches with one another at any time throughout camp.

Swimming

All campers will have the opportunity to swim in the afternoon at Tumalo State Park with the supervision of the camp director, camp instructors, and volunteers. We take pride in the safety we provide campers throughout their day at Camp CREATE, and we make sure that this level of safety continues over to our swimming time at Tumalo State Park. The area where we swim is a shallow area near the top of the parking lot at the state park. *If your child is in need of a personal flotation device when swimming, there will be a section of our permission slip where you can note this requirement.* All other swimming concerns will also be addressed on our permission slip, but you are always welcome to reach out to the program director with any questions you may have.

Camp Transportation

Campers will be transported to and from Tumalo State Park and field trip locations using Cascades Academy vehicles. Our staff undergo training in vehicle operation and safety protocols and use the highest level of care and concern when driving your campers. All vehicles are equipped with seat belts and booster seat attachments if applicable for your child.

Non-Parental Transport Form

Please fill out this form if your family plans on carpooling with another family or knows that their campers will be picked up by someone who is a non-parental figure. Please fill out all of the names of the adults that will be providing transportation for each week of camp. This form can be done as late as the first day of camp.

Camper Name(s): _____

Dates of Camp: _____

1) Name of adult providing transportation: _____

Phone Number: _____

Relationship: _____

2) Name of adult providing transportation: _____

Phone Number: _____

Relationship: _____

3) Name of adult providing transportation: _____

Phone Number: _____

Relationship: _____

I, _____ (parent name), give permission for the camper(s) named above to be transported by the adults listed on this form. Cascades Academy Camp CREATE will only release campers to the adults listed on this form unless contacted directly during camp to notify the program director of any changes.

Parent Name(s): _____

Signature: _____

Date: _____

Camper Expectations

On the first day of camp, Camp CREATE will explain to its campers the certain expectations of camp that they must abide by. We ask that you please go over this document with your camper prior to camp so that they understand the expectations of our program and have a successful experience.

At Camp CREATE, we use the acronym PONY to talk about our camp expectations. Our camp rules are founded on respect, and below are descriptions for each letter of our acronym and its expectations in our camp program.

P - Property

Cascades Academy is a facility that is used all year long for school and summer camp. We expect every camper to be respectful of our beautiful property by abiding by all of the following expectations:

- No graffiti or vandalism on any part of the school property. Sidewalk chalk with appropriate language and pictures is allowed.
- Clean up after yourself wherever you go. No wrappers, papers, trash, etc. should be left in any classroom or school space. Everyone is a “sweeper”, meaning they need to check the area after using it to look for any trash and/or personal items.
- Do not go into any part of the school that you have not been told to go. The school is being cleaned and organized for the summer, and we must only use assigned spaces.
- All campers must be supervised when going around the school unless they are headed to the bathroom.

O - Others

At camp, we always respect the physical and emotional safety of others in all that we do.

A) Physical Safety

- Physical safety is that each individual looks out for the physical well being of their self and others. Here are some ways campers can be physically safe:
 - (1) Keep your hands to yourself, and avoid any rough playing or play fighting. Keeping your hands to yourself also applies to people’s personal belongings. There is no need to go through someone’s belongings without their approval. Always ask first before borrowing anything from anyone.
 - (2) Always check your surroundings to avoid any potential injuries, especially when walking or hiking. There will be many sticks, rocks, roots, etc. on the ground, especially when we are hiking around campus and/or off-site.
 - (3) Campers are never to throw sticks, rocks, or any other potentially harmful items. You are always able to pick up rocks and sticks if you ask a leader, but you should always ask first before doing.

B) Emotional Safety

- Campers are always expected to follow the golden rule: treat others the way you would like to be treated. Arguing, teasing, insulting your peers or leaders is never tolerated at camp.
- No means no. If a camper asks you to please stop, you are expected to follow this request. An individual should use kind words when asking someone to stop, and you should respectfully listen to their request.

N - Nature

Our school is situated in a beautiful canyon with trees, bushes, and lots of wildlife surrounding it. Here are some ways that we respect the environment at Camp CREATE:

- **Leave No Trace.** This means that we should leave nature looking the way that it did when we stepped into it. We should leave no trace of our presence. This means that all campers need to be conscious of leaving trash and/or personal items outside and no pieces of nature are to be brought back with us (sticks, rocks, etc. unless approved by leader).
- **Wildlife Stays Wild.** If we see an animal out in the forest, we can look and observe, but we cannot feed or touch it. Feel free to take a picture to remember the moment!

Y - Yourself

It is important at camp to be very self-aware, as we will be outside and exploring for much of the day. Here are some ways that we can practice self respect:

- Drink water and lots of it! It's summertime and HOT, and it is very easy to get dehydrated. If you feel thirsty, take a drink of water. We will have water drinking games throughout the day, but it is important to take drinks of water outside of our game time, too.
- Remember your personal items. It will be very important to carry around with you a backpack with food, water, and other items you may need. Always be aware of where your belongings are, as you are responsible for them.
- Be vocal about how you feel. If you do not feel well, need water, need to go to the bathroom, etc., let an instructor know. We can guide you to the right place or help you get to the correct answer. If you need to go to the bathroom, we will go over the special hand signal so that you can quickly ask to head to the bathroom.
- Eat healthy snacks and a full lunch. You will stay happy throughout the day by eating well-rounded meals with lots of variety!