

# **Circle Camps 2022**



## **Family and Camper Guide**

# WELCOME!



Dear Parents, Guardians, and Camper,

Welcome to camp! You are officially part of a 21-year tradition of swimming, singing, gaga, and remembering. Circle Camps has logged many hours in the wilderness and the dining hall. None of this would be possible without our families, who have made the intentional decision to trust our organization with the care and safety of their children. “Thank you” does not begin to cover it. It is our honor to serve.

This Family and Camper Guide represents months of planning, organizing, and scheduling for Circle Camps 2022. It is essential that all parents, guardians, and campers take time to read it before coming to Circle. Please familiarize yourself with the logistics, expectations, and general information on these pages.

If you have a question, please email your Camp Director or our Program Director before your week at camp begins. The Family and Camper Guide is just that, a guide, and even after a multitude of edits, flexibility, and a positive mental attitude is imperative!

Lastly, before we get into the nitty-gritty:

The last few years have taught us so many lessons. A big one the Leadership Team gleaned is that the value of camp is found in our togetherness, and that we can make magic with very little. So, try not to sweat the small stuff, keep an open and optimistic mind, and help us celebrate the joy of being together at camp!

If, for any reason, your camper will not be able to attend camp, please let us know as soon as possible.

On behalf of everyone at Circle Camps,

Lane Shelton  
Circle Camps Executive Director

# Medical Information

Circle Camps provides a licensed nurse and social worker during the week of camp. Physical and mental checks before and during camp ensure the safety and well-being of the Circle Community.

If a serious medical problem arises, we will contact you. Please note that in a rare case where our Medical Team decides that a camper should leave camp for further physical or mental treatment, you will be notified. Please arrange to have someone available during the week of camp for the rare emergency. A joint effort will be made for the safety of the child.

If a parent, guardian, or emergency contact is unavailable, a camper that needs further attention, the camper will be transported by private EMS to a local hospital.

## **MEDICATIONS at CAMP**

Below is a list of preparations you should make before arriving at camp. Please follow all of these guidelines when packing your camper's medications!

**Medications must be in their original containers.**

### **WHAT YOU NEED TO DO BEFORE CAMP:**

- You Supply medications your camper will need at camp.
- Get refills ahead of time.
- Speak to your doctor or pharmacist about concerns.
- We can only accept medications in their original container (No pill boxes!!!!) You can ask your pharmacist for additional labeled bottles.
- Please pack your camper's medications in a separate Ziploc bag (not in your camper's suitcase).
- Medication will be taken to the health center after check-in.
- All medication will be securely stored in the health center and dispensed by staff per prescription directions.
- We will return the medications to you on the last day of camp.

# Medical Screening

The health and safety of our campers and staff are our top priority! As we welcome in-person, overnight campers again, we are taking every precaution to ensure safety by following public health recommendations. We appreciate your patience as we navigate this challenging situation and determine how best to continue providing intentional, adaptive, and fun programming in our community. In response to COVID-19, we have increased our sanitation measures as well as implemented program changes to allow social distancing.

- **On-site temperature check & symptom screening at drop-off.**

We will be **SCREENING all campers and volunteers upon entering camp**. All activities and programs will be done with small groups in designated areas. Activities, training, and down time will be outside whenever possible.

## **Testing and Screening Policies for Campers, Volunteers, and Staff Pre-Camp Session:**

- Days prior to the start camp, monitor temperature daily and complete symptom screening using the COVID screening questionnaire located the back of this booklet.
- Negative COVID test completed no more than 72 hours prior to the start of the camp session
- Bring COVID results and upload vaccination records, if you have them, in Camp InTouch.

## **During Camp Session:**

- Wearing of masks as needed, socially distancing, and staying outside for activities as much as possible unless with your cabin group.
- Daily temperature checks and verbal symptom screening of campers and counselors.
- On-site testing for campers who are symptomatic.

## **Post Camp Session:**

- Notify Circle Camps of positive COVID test of camper within 14-days after the camp session ends.

# TECHNOLOGY UNPLUG

Electronic devices are really popular these days! However, **electronic devices are not permitted with campers at camp**. Camp is a time to discover adventure and independence. Please keep your camper's electronic devices at home. If an electronic device is found in possession of a camper, we will keep it locked up in the camp office until the camper departs camp.

In case of emergency, you can call (404)-790-7056 and ask to reach Circle Camps staff and mention the emergency. Otherwise, leave a message, and we will return your call as soon as possible. Also, if your camper uses their electronic device as a camera, we suggest a disposable camera. We will have a camp photographer, and Circle's camp photos will be made available to all families as an online slideshow at the end of camp.

## Social Media

Circle Camps views social networking sites (e.g., Instagram, TikTok, Facebook) as a positive outlook for self-expression and keeping in touch with friends. As a camper at our camp, you have the right to exchange information with other campers and follow each other on social media platforms in any way that you and your parent or guardian see fit.

If you identify yourself as a camper at Circle Camps on social platforms, some readers may view you as a representative or spokesperson of our organization. In light of this possibility, Circle Camps ask that campers observe the following guidelines when referring to Circle Camps, its programs or activities, its campers and/or employees in emails, posts, blogs, or comments on social networking sites.

- Be positive and respectful of staff, volunteers, and campers alike.
- Refrain from using obscenities, profanity, or vulgar language.
- Do not say mean or threatening things to or about other campers or staff.
- Do not post pictures online that show another camper without their consent or that would embarrass or violate anyone's privacy.
- Do not pose as another camper online or spread false information about anyone or say damaging or threatening things to or about anyone.
- Do not use a website, blog, or email to discuss things against Circle Camps' policy, like using drugs, alcohol, bullying, or sexual activity.
- Circle Camps hosts its own Facebook Page and Instagram account.
- Follow each other on social media platforms in any way you and your parent or guardian see fit.

# Daily Schedule of Camp

TIME	Period	
7:15 - 7:30		RISE and SHINE ☺
7:45 - 8:00		Flagpole
8:00 - 8:45		Breakfast
8:45 - 9:00		Bunk Clean-up
9:00 - 9:45	ONE	Activities
10:00 - 10:45	TWO	Activities
11:00 - 11:45	THREE	Activities
12:00 - 1:00		Lunch
1:00 - 2:00		Rest Hour
2:00 - 2:45	FOUR	Activities
3:00 - 3:45	FIVE	Activities
4:00 - 4:45	SIX	Activities
5:00 - 5:30	REC	Recreation - free choice
5:50 - 5:55		Flagpole
6:00 - 7:00		Dinner
7:00 - 8:30		Evening Activities
9:00 - 9:30		Cabin Time
9:30 - 10:00		Lights Out

# Camp Expectations

RESPECT

FAIRNESS

RESPONSIBILIY

HONESTY

COMPASSION



Circle Camps depends on the cooperation and the unity of all campers and staff. Your actions reflect Circle Camps, and you must understand and agree to the following expectations. At Circle Camps, we fully participate in all camp activities with respect to self, others, property, and the grounds.

The expectations for campers:

- Follow directions and listen when someone else is talking to the group.
- Stay with a counselor at all times and stay with the cabin group.
- Use appropriate language.
- Enter your cabin unless someone else invites you inside (a counselor must be present).
- Follow the rule of three at all times - see and be heard by two others (one must be a counselor).
- Stay on camp property unless on planned activities with counselors.
- Wear clothing for physical activity that is non-offensive and appropriate for FUN at camp.
- Wear shoes at all times.
- Leave areas of camp clean and take care of the property. Damage may cost you.
- Keep valuable and/or special items at home. Circle Camps cannot replace any personal items that are lost or broken while at camp.

The expectations for parents /guardians:

- Campers may only be released to those indicated on their camper application, and the Camp Director's permission is required before a camper is released to anyone else. If you need to change your camper's pickup person, contact the Camp Director as soon as possible.
- If a camper is not picked up after a program, a phone call will be made to the parent and the emergency contact. If no contact is made, Circle Camps's professional staff will remain with the camper for 90 minutes. Local law enforcement may be contacted if parents cannot be located and do not show up.
- A camper can be dismissed from camp if it is determined her presence would jeopardize the physical and/or emotional safety and well-being of anyone at camp, including herself, or if a medical condition exists which cannot be safely cared

for within the limitations.

- Minor discipline problems with a camper will be handled by that camper's counselor. Any major incidents will be reported to the Camp Director immediately, and parents/guardians will be notified.
- Rule violations will be reviewed by staff and the Director. Disciplinary actions will be taken when necessary, which may result in parental /custodian notification and dismissal from camp and exclusion from future camp programs.

## Searches and Inspections

- Possessing or using tobacco products, including cigarettes, cigars, e-cigarettes, vaping products, snuff, and chewing tobacco, is prohibited at camp. The use of alcohol or drugs is illegal and will be treated as such.
- Guns, knives, or any kind of weapon are NOT allowed at camp, and if needed, authorities will be called. You may **NOT** keep a firearm locked in your car while on camp property.

To achieve the goals of this policy and maintain a safe, healthy, and productive work environment, Circle Camps always reserves the right to inspect any individual, as well as their surroundings and possessions, for substances or materials that may violate this policy. This right extends to searching or inspecting clothing, desks, lockers, bags, briefcases, containers, packages, boxes, backpacks, Camp-owned or leased vehicles, and any other vehicles parked/housed on Camp property where prohibited items may be concealed.

# CAMP LINGO

- ♣ **ACTIVITIES:** Life at camp takes full advantage of the outdoor setting. Outdoor activities include field sports, swimming, archery, boating, fishing, and nature craft. There are great inside activities too like arts & crafts and more!
- ♣ **CABINMATES or BUNKMATES:** campers are grouped according to age
- ♣ **CABINS or BUNKS:** Campers live with fellow campers and their counselors in a cabin, also known as a bunk.
- ♣ **CIRCLE TIME, GRIEF ACTIVITIES, and the ROCK CEREMONY are times when we are intentional about remembering and talking about the death** of parents. Please bring a photo of your deceased parent to share if you are comfortable.
- ♣ **DINING HALL (meals):** Breakfast, lunch, and dinner are eaten together as a community in the dining hall. The menu is nutritious and attempts to meet the variety of tastes of the campers. Let us know if your camper has



a special dietary need, such as being vegetarian or lactose intolerant. We also have snacks, so there is no need to bring food.

- ♣ **EVENING ACTIVITIES:** Each night, the whole camp gets together for a fun, crazy, wacky program! Dust off your favorite dance routine and start practicing your favorite talent!
- ♣ **FUN: This is what will happen at camp! Lots of fun!**
- ♣ **INDEPENDENCE:** One adjustment campers experience is being independent of family, typically without contact during the camp session. This can be one of the most positive experiences they can have at camp and one which can be invaluable in the process of growing up. Be aware: you as a parent may need to prepare for this as much—if not more—than your camper.
- ♣ **NAME NECKLACE:** Everyone at Circle Camps must wear a name necklace. It is made from beads with the letters for your preferred first name. You also get a colored bead representing each year at Circle Camps.

## PACKING LIST

Here is the list of what you should bring to camp. The most important thing to remember is to bring old, comfortable clothing. **Nothing fancy or special.** Your clothing will probably return home damp and dirt, but we promise you will have a fun week!

Check off each item as you pack, and write your camper's name on everything! It is important that you bring everything on this list. We do not have supplies at camp.

- \_\_\_\_\_ Please bring a photo of the parent who died.
- \_\_\_\_\_ One sleeping bag, one pillow, one pillowcase
- \_\_\_\_\_ Three pairs of shorts (chafing is real! If your shorts are short, consider bringing a pair or two of bike shorts to wear underneath)
- \_\_\_\_\_ Two pairs of jeans, sweatpants, or any long pant
- \_\_\_\_\_ Five short-sleeved T-shirts and one long-sleeved T-shirt
- \_\_\_\_\_ Two sweatshirts (or sweaters, but sweatshirts dry more easily)
- \_\_\_\_\_ One jacket or windbreaker
- \_\_\_\_\_ One raincoat/poncho - VERY IMPORTANT (Umbrellas don't work in the summer wind)
- \_\_\_\_\_ Six-day supply of socks and underwear (yes, important for sports)
- \_\_\_\_\_ Two swimsuits
- \_\_\_\_\_ One bathrobe or cover-up

- \_\_\_\_\_ Two pairs of tie sneakers (very important for sports!)
- \_\_\_\_\_ One pair of flip-flops or beach sandals
- \_\_\_\_\_ One pair of pajamas
- \_\_\_\_\_ One hat for sun protection
- \_\_\_\_\_ One stuffed animal
- \_\_\_\_\_ Three towels – one beach towel and two bath towels
- \_\_\_\_\_ Feminine hygiene products if needed (We do not provide)
- \_\_\_\_\_ One flashlight with batteries, please label with your camper’s name.
- \_\_\_\_\_ A favorite book read during free time or before bed
- \_\_\_\_\_ Face soap, toothbrush, toothpaste, deodorant, comb/brush
- \_\_\_\_\_ Chap Stick, shampoo, conditioner, bug spray, sunscreen
- \_\_\_\_\_ Prescription or over-the-counter medications\*

\* All medications, prescriptions or over-the-counter medications, should be in original

packages, clearly labeled with the camper’s name, name of the medication, dosage, and directions for use. Please be sure any inhalers or EpiPens are unexpired. The camp nurse holds all medications for the duration of camp.

**\*\* Stay Clear of clothing with:**

- Advertisements for alcohol or tobacco products
- Offensive slogans or symbols
- Anything that may offend ethnic, minority, religious, political, or other groups

## HOME SICKNESS

**Homesickness is a normal reaction.** Most people experience homesickness at some time in their lives. Many people learn to cope with homesickness at summer camp, and camp is a safe place to deal with the feeling of homesickness. Camp is a place for campers to learn self-confidence and responsibility. It is a place to have fun with new friends. It is a safe, caring environment where nurturing adults are trained to support children through this challenging growth process. Homesickness is normal and often will go away! There are countless stories of campers who struggled with homesickness early on but conquered their fear and ended up having the best experience! These same individuals become the most prominent advocates for camp!

**Summer camp is a unique place.** In addition to being fun, attending camp is a wonderful growing and learning opportunity for your camper and will provide her with skills, lessons, friendships, and memories that will last a lifetime. Camp is a great place to unlock a camper’s potential, develop self-esteem and enhance their social

skills while having the time of their lives.

**Before camp, be supportive and sensitive.** Any new experiences, especially in a new environment, cause nervousness, but a positive outlook and encouragement are crucial to a successful camp experience. This includes parents/guardians as well as campers! Talk to your camper about camp, the expectations, the activities, the environment, and the fun they will have. Speak openly of possible homesickness. Homesickness is natural, and certain feelings of missing home, parents, caregivers, pets, or friends are normal. Once that is understood, your camper may accept homesick feelings with less anxiety. Avoid statements like “I’m going to be so lonely without you!” Don’t make your camper feel guilty about going away.

**What do we do when your camper is homesick?** Our job is to help your camper work through these feelings and learn to feel secure in a new environment. Rest assured that if your camper is having a difficult time at camp that someone from camp will contact you to discuss the best way to handle the situation for your camper. Have faith in your camper and the camp staff. Your camper’s camp counselors play an important role in the adjustment process and are probably the most instrumental in dealing with your camper. They are prepared, and we will work with you to develop the best plan for your camper.

**We care very much about your camper.** We have had many experiences helping campers overcome homesickness and much success. We don’t treat it lightly and are willing to spend as much time as necessary to ensure a positive camping experience. However, trust your instincts. It may be necessary for the camper to leave camp early; our experienced staff will assist in this determination. Please note that a shortened camp experience should still be successful. Hopefully, your camper will share the fun they did have while attending camp. Focus on the positive and encourage your camper to try a new adventure or program next summer.



## 10 Days Prior to Camp Health Screening 2022

BRING THIS COMPLETED TO CAMP

CAMPER Name \_\_\_\_\_ Date: \_\_\_\_\_

Date(s) of COVID Vaccination(s) \_\_\_\_\_ & \_\_\_\_\_

Manufacturer \_\_\_\_\_

Date of Negative COVID Test \_\_\_\_\_ no more than 72 hours before the start of camp.

Dear Camp Member,

In an effort to minimize illness at camp, and the ease of COVID spreading, we ask that you check on your health beginning 10 days before arriving at camp. Please have this form and a physical copy of your Negative COVID test results ready for presentation as you enter camp. Please bring a copy and post your vaccine card in to CampMinder. If any temperature or symptoms are present in a family member, contact Lane Shelton or Garbo David for further guidance.

### COVID Symptoms: Monitor yourself and those living with you.

Chills

Shortness of breath or different breathing

Congestions

Diarrhea

Excessive Fatigue

Muscle Pain

Nausea

New Cough

New loss of smell or taste

Sore throat

Vomiting

Runny nose

- I have not experienced any of the symptoms listed above within the last 10 days.

initials \_\_\_\_\_

- To the best of my knowledge, I have not been exposed to COVID-19 or anyone with COVID-19 over the last 10 days.

initials \_\_\_\_\_

**Dates and Temperature of CAMPER 10 days before Camp**

Date \_\_\_\_\_ Date \_\_\_\_\_

Date \_\_\_\_\_ Date \_\_\_\_\_

Date \_\_\_\_\_ Date \_\_\_\_\_

Date \_\_\_\_\_ Date \_\_\_\_\_

Date \_\_\_\_\_ Date \_\_\_\_\_

**The signature below indicates that this home health screening is complete to the best of my ability. I understand that arriving at camp healthy is vital to a healthy camp for all participants.**

**Parent or Guardian \_\_\_\_\_ . Date: \_\_\_\_\_**