

Parent Handbook



The How to Guide for Spring Break Campers

Camp Don Bosco
1401 327th Ave NE
Carnation, WA 98014

425.333.6135 | cyo@seattlearch.org

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Welcome to the CYO Summer Camp Family

Thank you for choosing CYO Camps for your child's spring break experience! Our two camps span more than 700 acres of forest land in the foothills of the Cascade Mountains which provide the perfect setting for our diverse, challenging and fun programs. Campers will make lifelong friends and learn about themselves from exceptional staff. They'll acquire and strengthen new activity proficiencies as well as values based, social skills. They'll learn all about the Catholic faith while interacting and living in community with children and staff from diverse backgrounds. But most of all, they will grow and have FUN!

This handbook will help you prepare your child for camp and frequently asked questions. We encourage you to read and become familiar with our handbook. If you have any questions or concerns about the registration process, please feel free to contact our **Camp Office at 425-333-6135** between 9am – 5pm Monday through Friday.

Also, please do not hesitate to let us know how we can ensure that your child's camp experience is exceptional. Again, thank you for choosing CYO Summer Camps. Your family is in our prayers as we prepare for an amazing spring break. We look forward to seeing you on check-in day.



God Bless and Peace!

Shaune Randles
CYO Camp Director

Get to Know Camp at other Events

Open Houses, Easter Egg Hunt, and Family Camps are the perfect ways to experience camp as a family.

Open Houses: Call us at 425.333.6135 to schedule

Easter Egg Hunt: March 25, 2018

Family Camps – Last weekend in June and Labor Day Weekend

Register for Summer Camp! Week long sessions run July 2nd thru August 31.

For More information about the many ways you can experience camp as a family or to arrange a private tour please call or email us at 425-333-6135 or cyo@seattlearch.org.

About CYO Summer Camps

Our Proud Heritage

CYO in Seattle was formed in 1950 by the work of Archbishop Connolly and Gordie Hamilton. Some of the original traditions have passed down for over 65 years! The camps are a ministry of the Archdiocese of Seattle.

Staffing

One of the most important components of a good camp experience is the staff. We are very proud of our outstanding staff that provides leadership in the cabin and program areas.

Our staff are recruited from around the country and even world! We look for adults who are excited about their faith and will be excellent role models for your child. All staff goes through an application process that includes an interview, references, and a criminal background check. Staff

members attend an intensive training that covers everything from health care, child development, behavior management, Virtus Protecting God's Children and how to foster the growth of faith. An adult is always on duty with every group and continually monitors camper behavior



Our Mission

We challenge those who experience camp to live, learn, and grow in Catholic faith through time spent as part of our community and beyond.

We invite everyone to attend camp with the hospitality of Christ. Our camps are designed to help campers to learn more about the Catholic faith while living in community and doing fun activities. Any child whether Catholic or not will have a fun faith-filled experience.

Accreditation

We are proud to be accredited by the American Camp Association. Accreditation is voluntary and ACA accreditation assures families that camps have made the commitment to a safe, nurturing environment for their children.

ACA goes beyond basic requirements for health, cleanliness, and food service into specific areas of programming, including camp staff from director through counselors, emergency management plans, health care, and management. ACA applies separate standards for activities such as waterfront, horseback riding, and adventure and travel. Some Standards are:

- Staff-to-camper ratios that are appropriate for different age groups
- Goals for camp activities that are developmentally based



- Emergency transportation available at all times
- First-aid facilities and trained staff available when campers are present

More Than a Summer Camp

Not only do campers get to eat s'mores, make friends, and shoot archery, their lives are transformed through programs rooted in **CATHOLIC** tradition and personal growth. Fun hands on games and high adventure activities are used to teach **PROBLEM SOLVING**, Christian values, and **TEAMWORK**. Campers are unplugged and are taught social skills like team work, conflict resolution, and recognizing God's presence in everyone.

Your Week at Spring Break Horse Camp!

Each day will consist of morning and afternoon prayer, lunch, and before and after lunch programs. The two programs will be horses and camp activities. The horse rotation will last about two and a half hours and will include an education piece, arena work, and trail rides throughout the week. The camp activities rotation will also be a about two and half hours and will include different activities everyday, ranging from swimming in the heated pool, archery, crafts, or a nature hike.

Daily Schedule:

8:30 AM Drop-Off

9:00 AM Morning Prayer

9:15 AM Program Rotation 1

12:15 PM Lunch- provided by camp

1:00 PM Program Rotation 2

4:00 PM Afternoon Prayer

4:30 PM Pick-up

The Camp Program

A well-rounded camp experience includes being exposed to a variety of educational and recreational programs. We feel that an important part of a camper's experience is to have a choice of activities that meet the abilities of a variety of children. It is our goal to offer many fun, creative, and safe programs in accordance with the guidelines and standards of the American Camping Association. We will assume that your child may participate fully in camp unless we receive a signed written request stating otherwise.

Faith at Camp: Catholic spirituality is at the heart of everything we do at camp. We begin each day with morning prayer, we pray before meals, we have activities during the day that center around Catholic social teaching and we close each day with evening prayer.

Preparing for Camp

Campers are encouraged to develop a sense of responsibility while at camp. They take care of themselves and their belongings with counselor supervision. We ask that you encourage your child to help select and pack his/her items for camp. (Don't worry too much about neatness!) One of the greatest things children can learn from this camping experience is how to take care of themselves. Support your child's decision to come to camp, and allow him/her to make choices when planning for camp. Above all, concentrate on the new and positive experiences he or she will have.



Camp Dress Code

At camp, we follow the rule of thumb that clothing needs to be ready to play. If you can't bend over and pick up a ball or run around in a game then it shouldn't be sent to camp. No bikinis for girls or speedos for boys. Please also do not send clothing with inappropriate logos such as drug, alcohol, or tobacco related references.

Things to Bring

We urge campers to dress comfortably at camp and in the kinds of clothes they would wear for play at home. We recommend that

you do not buy new clothes for Camp – instead send along old, comfortable clothing that can get dirty and/or stained and that you won't care if it is lost or damaged. Please be certain to mark your child's name clearly on all articles.

Do Not Bring

Expensive Items, electronics (including games, music players, etc), cell phones, pets, gum, matches, fireworks, weapons of any kind (knives, guns etc), Alcohol/drugs, personal sports equipment, and vehicles (campers cannot drive themselves to camp)

Do not send or pack any food that contains any nuts including peanut butter. Due to the number and severity of nut allergies, a staff member will monitor the care packages and snacks coming into camp and have campers turn in any nut products to be held in the office until the end of the day.

Cell phones and other screens at CYO Summer Camp

Camp is a unique and amazing experience for your child. It's probably one of the few places on earth that they can unplug from technology and engage in God's creation with other kids. We are here to help your camper throughout the week and support them in a caring environment where they will learn social skills, communication and how to spend time away from technology.

We've also learned that while camp is perfect for kids because we play in the dirt and run through the woods... this environment is not well suited to your electronic devices. They can fall out of pockets playing Gaga, accidentally take a



swim in the pool or lake and who knows what else could happen when your camper is having this much fun!

Packing List

Send your camper with a daypack so they can carry any things they will need for the day.

CLOTHING ITEMS

- Long jeans or pants
- Rain jacket
- Rain pants
- Warm jacket
- Hat
- Swimsuit (No bikinis or speedos)
- 1 pair tennis shoes
- HORSE CAMP:** Boots with a $\frac{3}{4}$ " minimum heel (smooth sole) –Helmets are provided by CYO

PERSONAL ITEMS

- Medications (please see above)
- Sunscreen
- Insect repellent
- Water bottle with name marked
- Towel

OPTIONAL ITEMS

- Camera/film (please no smart phones)

Arrival and Check-in Procedures

Please use the directions to camp on our [website](#) or at the end of this hand book and not your smart phone or GPS. Unfortunately, your GPS or smart phone will lead you to more rural roads that do not lead to camp.

Check-in: is between 8:30 and 9:00 AM at Don Bosco each day. We ask that you please arrive at camp between these times as it helps both the staff and campers. If you need to drop-off your child later than the check-in time, or get lost, please call the camp number and let our office staff know.

Health Screening: A screening will be completed when your camper arrives to camp. Among other things, the screening includes a head check for lice. Camp has a strict lice policy and any child having nits or eggs will not be admitted to camp until they are nit free.

Medications/Health Care: All campers are prescreened at check in by a trained staff member monitored by our camp nurse. All prescription and over the counter medications will be checked into the camp nurse including vitamins. Please have any medications in their original container in a labeled zip lock bag. We have basic over the counter medications and first aid supplies at camp. If your child does not take over the counter medications on a routine basis you can leave them at home and we will supply the medications if they are needed.

Parent Notification and the Camp Phone: Parents or guardians will be notified in the event of illness or injury requiring medical attention, if the child is experiencing excessive homesickness or is expressing continued disruptive behavior.



The camp phone is for emergency use only. Please know that there is only one line used in camp and if you call – it should be for emergencies or change of transportation only.

Don Bosco: 425-333-6135

Keeping in Touch

Phone Calls and Cell Phones

Campers are not allowed to make or receive phone calls or to have cell phones at Camp. To check on your child's progress, you may call the camp and speak with one of the camp staff. The Camp Office is open from 9am – 5pm each day. Staff can be reached by calling 425-333-6135.

Health Care

A registered nurse or first aid provider is responsible for distributing medication and responding to emergencies if they arise supervises health care at camp. The general camp staff are CPR and 1st aid trained. Campers are required to carry their bug spray, water bottle, and sunscreen with them in their backpack at camp. Counselors remind campers to regularly use them. Younger campers are assisted in the application.

Special Needs

What do I do if my child has special needs? The most important thing we strive for at camp is that all children are successful. By partnering with parents CYO Camps can accommodate some children with special needs that do not require one-on-one care or supervision. Please contact our office if you have any questions 425-333-6135.

Behavioral Management

All staff members participate in an intensive training program that prepares them to deal with all aspects of camp life. We focus on prevention and using Christian morals to help campers understand why certain behaviors are unkind. We utilize positive, age-appropriate discipline techniques that guide and encourage children, and at the same time establish clear behavior guidelines and expectations.

At all times, staff members are guided by the principle that all children and adults deserve to be treated in a respectful and caring manner. Campers are expected to treat fellow campers and staff with respect and to abide by all camp rules that are explained on the first day. Staff members support campers by clearly defining and enforcing expectations and responsibilities. Campers are expected to participate in daily duties such as setting their table and picking up litter on the campgrounds.

If significant or chronic behavior problems do arise, parents will be consulted and a plan for behavior management will be developed. In the event the camper's behavior does not improve



after all avenues of intervention have been explored, or when one camper's actions are detracting from the experience of others, the camper will be sent home.

Some actions require immediate dismissal from camp. These actions include but are not limited to: smoking or use of tobacco products, consumption or possession of alcohol and/or illegal drugs, lewd behavior, or endangerment of self or others, or threats of endangerment to self or others. Campers sent home because of behavior problems will not be entitled to any refund of fees, and parents will be responsible for all transportation from camp.

The staff of CYO Camps are not trained to handle campers who have severe emotional disturbances, demonstrate violent behavior or who routinely violate rules and policies. If your child has severe behavioral problems, we can refer you to programs designed to accommodate these special needs.

Food

Meals

Our camp food is very kid friendly while still being nutritious. We offer options at every meal and make sure that your child is getting enough nutrition. Delicious, well-balanced, hearty meals feature plenty of camper favorites, fresh fruits, vegetables, and more.



Special Diets

If your camper has special dietary needs (such as severe allergies) please make note of this on your camper's health form. We can accommodate most special diets at camp if we have ample time to prepare. Our camps do not serve peanut products every week to ensure no cross contamination. We have successfully accommodated children who are vegetarian, vegan, celiac and many more! Please contact Danny our Food Service Manager if you have questions or concerns about your child's dietary needs daniel.grasseschi@seattlearch.org.

Picky Eaters

At each meal there are several options for your child to choose from. No camper ever goes hungry. Even the pickiest eaters will try things at Camp that they refuse at home. Our counselors keep an eye out to ensure that all campers are well fed and hydrated.

The Camp Store

Campers and parents have the option to stop at the camp store during pick-up at the end of each day. The store is stocked with camp apparel with prices ranging from \$.50 to \$20. All proceeds from our camp store go to our camp programs and operations.

Birthdays

We'll be happy to recognize your child's birthdays if it falls while he/she is in camp. We'll recognize your child's birthday during a meal and have the entire camp community join in wishing him/her a wonderful birthday.

Departure Procedures

Every camper will have to be signed out of camp everyday. When you registered online you were asked for a list of persons who will be authorized to drop-off and pick-up your child at camp. If you need to add someone to that list after camp starts please call the camp number listed above.

- The person dropping a camper off must sign the child in and stay with the camper until the child has completed the check-in process.
- At the conclusion of camp, the child will be released to the care of the authorized adult who signed the child in or is on a list of authorized persons.
- Anyone picking up a child at the end of camp will be required to show a valid photo ID.
- In situations where there is a restraining or no-contact order involved, a copy of the order must be delivered to the CYO office prior to the opening day of camp so we can comply with the order.

SHOULD AN ADULT ATTEMPT TO PICK UP THE CHILD WITHOUT BEING ON THE LIST THEY MUST WAIT UNTIL ALL OTHER CAMPERS HAVE BEEN PROCESSED AND WE HAVE HAD THE OPPORTUNITY TO DO A THOROUGH INVESTIGATION.

Lost and Found

Please allow time at check-out to make sure all of your child's belongings have been collected. After the session is over you can arrange to pick up your lost and found items by calling Camp Don Bosco at 425-333-6135 or Camp Hamilton at 360-863-1525; they will not be mailed to you. Items will be kept at Camp Don Bosco until April 30th. Clothing and equipment not claimed by this date will be donated to a charitable organization. **CYO does not assume responsibility for lost items.**

DIRECTIONS TO CAMP DON BOSCO

Camp Don Bosco is located in Carnation, approx. 45 minutes from Seattle and one hour from Tacoma

From I-90

- Exit #22 at Preston
- Follow the signs through Preston to Fall City
- At the stop sign in Fall City, turn right, continuing north. As you cross over the Snoqualmie River Bridge take a left at the traffic circle onto Hwy 203 (Fall City-Carnation Road)
- Continue approximately five miles to NE 11th. Turn right and follow the signs to Camp Don Bosco.

*Note: If you are coming from HWY 18 when you reach I-90 you must go west to get to the Preston exit.

From State Highway 520

- Continue past Marymoor Park, exit to the right onto HWY 202 (Woodinville-Fall City Rd)
- Take a left on to the Tolt Hill Road (Sign to Carnation Golf Course)
- At the intersection with Hwy 203 turn right (south), just over 1 mile
- Turn left onto NE 11th and follow signs to Camp Don Bosco