



Summer 2019

Parent Handbook

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Dear Parents:

Thank you so much for allowing us to serve your child this summer. While one of our goals is to make this a fun filled summer, we are as committed as ever to ensuring a safe, memorable, and welcoming camp session for all of our campers.

Whether this is your first summer with us, or your 4th summer, *please* take the time to carefully review the following pages. This handbook contains useful information we want you and your camper to know so your camper's time with us is as enjoyable as possible. The handbook covers the following areas.

1. Important Reminders and Expectations
2. Our Policies and Procedures
3. Other information to help prepare your camper (and you as the parent) for a fantastic summer at Camp Up with People!

We provide this parent handbook as a means of establishing a healthy, safe, fun and disciplined camp community, your support in regards to this information is crucial to that success. As you review this information, please contact our office if you have any questions, concerns, or suggestions. We are so very thankful that you will be entrusting us with your child this summer. We are looking forward to another great summer and another year of adding more faces to our Camp Up with People family!

Please know that I am available for any questions you may have, so please don't hesitate to give me a call or send an email!

We Are Many, We Are One!

A handwritten signature in black ink that reads "Walter Belcher".

Walter Belcher
Camp Director

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Introduction

Our History and Mission

Camp Up with People (CUWP) is a partnership between Horizons Learning Foundation, a non-profit affiliated with Camp Horizons, and Up with People (UWP), two youth based educational leadership organizations. The collaboration of UWP and Camp Horizons brings a collective total of 86 years of investing in the lives of youth. Clearly CUWP is deeply rooted in that history and tradition.

Up with People began in 1968, under the leadership of J. Blanton Belk as a positive response to the turbulent 60s and the racial injustice of the time. UWP then and now gives youth a voice through music to celebrate diversity and promote inclusion. The arts have given UWP Casts the opportunity to tour the world. Not only has UWP used the arts to affect positive change, but it has become known as an international, cross-cultural, leadership-driven, musical program for young adults aged 18 to 29. Each cast travels to at least two continents and visits up to twenty communities, spending up to a week in each. They live with a local host family, participate in service projects, learn about different cultures through educational workshops, and perform in UWP's musical stage production. UWP program casts begin in January and July of each year.

Camp Horizons was established in the beautiful Shenandoah Valley of Virginia in 1983. Camp Horizons is a diverse community of campers and staff members from across the United States and around the world working, playing, and learning together. Since its founding, Camp Horizons has been fully accredited by the American Camp Association, an organization that has been ensuring American summer camps provide the safest and highest caliber of programming for almost a century. Camp Horizons offers a variety of activities that challenge campers to reach their full potential and is dedicated to making sure that campers experience their best summer ever.

CUWP began in 2011 with a purpose to provide young people with an opportunity to explore their interests, develop their talents, and experience what traveling with UWP would be like. It gives young people the opportunity to make new friends, learn new skills, and achieve personal growth in a safe and caring environment. At CUWP, campers can build healthy relationships, gain self-confidence, and learn to see their lives as part of today's amazing and challenging world.

CUWP strives to utilize the arts as the vehicle to equip young people with the life skills to affect positive changes in their lives, their communities, and ultimately the world by celebrating diversity, promoting inclusion, initiating global understanding, and community service. CUWP values diversity and strives to be a model of inclusion. Our staff, campers, and volunteers reflect the many faces and walks of life that proudly make up our world. We respect, value, and celebrate the unique attributes, characteristics, and perspectives that make each person who they are. We also believe that bringing diverse individuals together allows us to collectively and more effectively address the issues that face our communities. It is our aim, therefore, that our partners, practices, curriculum, staff, and our camp community reflect these core values.

Our Staff

John Hall: Founder and Owner

John's love for camping and the outdoors dates back to his youth where he earned the ranking as an Eagle Scout. As a young man, John traveled with Up with People as a member of Cast D 78. After a year with UWP, John began his life in the Shenandoah Valley of Virginia where he worked with various summer camps before founding Camp Horizons in 1983. Today Camp Horizons has grown to one of the premier summer camps on the East Coast. John serves on the Board of Directors for UWP and continues to dedicate his efforts to positively impacting youth.



Walter Belcher, Camp Director

Walter Belcher is originally from Cleveland Ohio, by way of Arizona. He is a proud UWP alumnus of Cast C 89-90. Walter joined AmeriCorps, becoming a VISTA volunteer and working to improve the quality of life for impoverished families throughout Arizona. As a professional vocalist and advocate for youth, Walter values combining the arts with service learning and the cross cultural components that create this unique experience known as CUWP.



CUWP Staff are experienced, talented, and join us from around the world. The staff members create a safe and caring environment at CUWP. All staff members are UWP alumni and are carefully selected after completed background checks. All staff members participate in a two week training program prior to camp where they learn how to help campers have a successful experience. Additionally, staff members receive first-aid training and are CPR Certified.

Facilities

CUWP is located at the Horizons at Valley Pike Conference and Retreat Center which is just 3.5 miles from Harrisonburg, VA. Valley Pike offers a dorm-style facility with four beds per room. Each room shares and adjoining bathroom with one other room, creating a suite. In addition to a swimming pool, Valley Pike offers a building for performing arts rehearsals, a lodge, and outdoor recreational areas and equipment.

Approximately 9 miles from Valley Pike is Camp Horizons, where many of the traditional camp activities take place. Camp Horizons is nestled on 300 acres along the Massanutten Mountains. Camp Horizons is comprised of activity buildings, a nature lodge, a 25-meter lap and dive pool, Lake Philippa, two tennis courts, a basketball court, a sand volleyball court, an archery range, the Swap Shop (camp store), an outdoor theater, climbing wall, two high ropes courses, various low ropes course elements, riding rings and wooded trails on the mountain that overlooks camp. CUWP campers travel to Camp Horizons several times per week, including taking part in the Talent Shows.

Camp Policies

Camper Possessions

In an effort to protect your child's possessions, we ask you to keep valuables, activity equipment, and expensive clothing at home, rather than allow your child to bring it with them to camp. We cannot be responsible for these items, nor can our staff. Hair dryers and curling irons may be used in the dorm. Limited electrical outlets must be shared by dorm-mates.

Cancellation/Refund Policy

In the case of serious accident, illness, or other extenuating circumstances, refunds will be provided at the discretion of the Camp Director. No refunds or reductions are made for late arrival or early departure from camp. Any camper whose behavior disrupts the camp program or is harmful to him or herself will be dismissed with no refund. Campers found possessing or using tobacco, alcoholic beverages, illegal drugs, or weapons will be dismissed from camp with no refund.

- For cancellations made before May 1, all fees may be refunded, less a \$200 processing fee.
- For cancellations made after May 1, the \$500 registration deposit is forfeited.
- For cancellations made after June 1, the total registration fee is forfeited.

Gratuities

It is our goal that our counselors will exceed your expectations and will provide a fantastic experience for your child. We ask that you do not offer gratuities/tips to any of our staff, as they will not accept any. However, if you would like to recognize a counselor, we would appreciate you sending us an email or letter about your child's experience at camp and how the staff member made a difference for your child. We will share this with them and recognize them for the outstanding feedback.

Packages

Campers who have forgotten essential items may receive packages from parents or guardians, but please limit package to essential items only. Any packages received will be opened with a counselor present to ensure there are no prohibited items (this includes food).

Technology Free Camp

Camp is a time to get away from personal electronics as they often hinder the growth of communication skills and independence. CUWP is a technology-free camp. We have found that phones, smart watches, tablets, and computers only disconnect children further and prevent

them from getting a true camp experience. Almost every type of electronic device is not allowed for use at camp on a regular basis including the following:

- Any item that can: send/receive a phone call or text message, play a video/DVD, access the internet, or send/receive e-mail
- Handheld electronic games
- DVD players or computers

Occasionally, iPods and those electronics that download and play music as part of the CUWP curriculum will be allowed. Any of the electronic items above that are brought to camp will be given to the staff for safe keeping and will be given back to the camper upon departure or when needed for rehearsals.

Visitors

For security and to avoid disruption to our camp program, visitors are not allowed unless first approved by the Camp Director. Once you have obtained visitor approval, we will recommend the best activities for you to attend and enjoy. While the majority of our curriculum is “open door”, we work hard at CUWP to create a safe zone, and strong camper comradery so some activities during the day may be reserved for our campers only.

What Not to Bring

Please help us ensure these items are not brought to camp by reviewing what your child has packed before departing for camp. Please understand that if any of these items are found at camp they will be held in the office and returned during checkout.

- Any electronic devices
 - Mobile Phones/Phone Watches/Google Glass/etc.
 - iPod, MP3 players, etc.
 - iPad, tablet, kindle, or laptop computer
 - Gaming devices
 - Video/DVD players
- Food (snacks, candy, gum, drinks)
- Pets or other animals

If any of the following items are found at camp, they will be confiscated. Depending on the severity, parents and/or the proper authorities may be notified if warranted and the camper dismissed with no refund of fees.

- Any item that may be considered a weapon
 - Knives, utility tools/multi-tools, swords, etc.
 - Firearms
 - Matches, lighters, fireworks
- Tobacco, alcoholic beverages, illegal drugs

Medical

Medical Care

Camp Staff provides treatment for injuries requiring minimal care and distributes medications as prescribed. Campers needing care beyond what we can provide are taken to the walk-in clinic at MedExpress Urgent Care in Harrisonburg, located approximately twenty (20) minutes from camp. Emergency medical services (via 911) are available and ready to assist if needed, and are ten (10) minutes away, with Sentara Rockingham Memorial Hospital 25 minutes away.

We will contact you about your child's health at camp, if:

- your camper has an injury or illness that removes them from activities for a prolonged period of time.

You will be notified immediately if:

- it is determined that your camper needs additional medical care away from camp. You will be provided updates as we are able to do so.
- your camper's illness, injury, or emotional health present concerns for their ability to have a positive experience at camp.
- we feel there is a concern for your camper's mental health state.

Safety

Safety is our top-priority, as evidenced by our excellent safety record. Significant measures of prevention and a well-trained staff are key to a safe summer. All program-related activities contain an element of risk, including the unpredictable forces of nature; however, we adhere to American Camp Association standards in the outdoor/camping industry to help minimize these risks and ensure the safest programs possible.

A signed enrollment denotes that the parent/guardian and participant acknowledge this inherent risk. Additional waivers are required for horseback riding, Via Ferrata, and Canopy Tour.

Health History and Insurance

Along with other paperwork, the camper Medical Forms Parts 1 – 4 need to be completed online by **June 1** through the Parent Dashboard. Each camper must be covered by his/her family health insurance policy. Parents are responsible for payment of all medical charges of physicians, dentists, and hospitals. All campers must have a credit card on file with camp to cover any fees associated with medical visits.

Medications

According to American Camp Association guidelines, **all medication** must be turned in during check-in. The **only** exceptions to this are physician-prescribed inhalers and Epi-Pens; however, they must still be presented to the camp staff during check-in along with the prescription for review and discussion about use during camp.

Over-the-Counter Medications

We stock many over-the-counter medications in pill form as well as liquid/chewable form when available, including, but not limited to the following:

Advil Ibuprofen	Aleve Pepto Bismol	Benadryl Sudafed	Cold/Cough Relief Tylenol
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Therefore, it is not necessary for you to bring over-the-counter medications unless it is a specific or not widely-available medication.

Prescription Medication

We understand the proper administration of medications plays a vital role in the health and safety of our campers. Our staff handles the administration of all medication with professionalism and confidentiality. To ensure that your child's medication is correct and that we have all the medications your child needs for their duration of stay we require all parents to **pre-package your camper's medication**. In our research, we believe this to be the best method for collecting medication from our families to distribute to campers. Camp staff will dispense medications at breakfast, lunch, dinner, and bedtime, as well as other times as needed. Our staff will ensure that campers take all medications as prescribed.

To best serve our campers and their needs concerning medication, please follow these steps in preparing medication for camp.

1. Enter all of your camper's medication on the medical forms through the Parent Dashboard online.
2. Purchase a pill container such as the ones pictured below. Please make sure to purchase a container that matches how many times a day your camper takes medicine. You can find these containers at most pharmacies, Walmart, and Target.



3. **Pre-package in the specific container** your child's medication for their entire stay. With CUWP sessions lasting three weeks, please provide containers for each week.
4. Please **print your child's name clearly** on the lid of the container.
5. Bring container with your child's medication and the print out of your child's medication forms to camp on Check-In Day.

Important Information to Know:

- On Opening Day, we start dispensing medications at **dinner**.
- On Closing Day, we dispense medications in the **morning** only.
- Please review the medications section online the week prior to attending camp and update all changes to medications, dosage, and instructions.
- If your child takes medication for the treatment of hyperactivity, impulsivity, ADHD, etc. **please do not discontinue** their medication while at camp.
- Birth Control is a medication and needs to be turned in at Check-In.

Head Lice

We understand the difficulties of head lice in a camp setting and are very cautious about preventing and doing all we can to keep lice out of our community. It's important to remember that head lice do not carry or spread disease – they're just a nuisance. If any cases of lice are found on Opening Day, you will be responsible for taking your camper home and treating the lice. We are not a lice treatment facility and cannot treat your camper if it is found at camp. If your camper is found with lice on Opening Day, we will work with you to find an alternative session for your camper once the lice is treated.

Please check your child for head lice two weeks prior to departure and again immediately before camp begins. If any sign of head lice is found, please arrange for appropriate and immediate treatment and let us know that such treatment has taken place. If your child had head lice or was exposed to head lice within two weeks of their arrival to camp, please notify us.

Bed Bugs

Bed Bugs have become more prevalent all across the U.S. in recent years and we have been proactive in making sure that they do not reside at CUWP. All of our wooden bunk beds have been replaced with metal frames, which give bedbugs no place to hide. We utilize the services of industry-leader Pure Environmental to help us stay ahead of any potential issues with bed bugs. Prior to camp, they inspect all cabins with their highly-trained detection dogs. If bed bugs are found, immediate treatment is applied in order to effectively eliminate any.

Pre-Camp Information

Accounts and Paperwork

All paperwork and payments are due by **June 1**. Forms are available and can be submitted via your Parent Dashboard login. Accounts not paid in full by June 1 may result in the loss of a camper's spot at camp. Campers will not be admitted if the account is not paid in full. If you have any questions or concerns about the paperwork or your account, please let us know.

Forms required for each camper:

- Upload a recent photo of camper to help us get to know him/her
- Community Agreement
- Camper Profile
- Parent Handbook Acknowledgement
- Equine / Horseback Waiver
- Via Ferrata Activity Waiver
- Canopy Tour Waiver
- Airport Flight Details – please email copy of flight itinerary
- Medical - Health History Form – Complete parts 1-4

Clothing and Dress Code

Camp is located in the beautiful Shenandoah Valley of western Virginia, surrounded by mountains. We find that our weather patterns include days in the 80-85 degree Fahrenheit range and nights in the 65-70 degree range. Of course, there are days/nights that fall outside of these averages, but this is a general rule of thumb.

We do not have a camp “uniform” and most campers wear t-shirts and shorts while at camp. It is important for campers to bring clothes that are comfortable, can get dirty, and have already been washed a few times.

Philosophically, we understand that clothes are an important statement for young people about who they are and how they want to be seen. Our reality, though, is that we operate a camp in the outdoors with children of many different ages, backgrounds and lifestyles. Clothing can be lost, torn, stained, or undergo other mishaps. We cannot be responsible for damaged or missing items.

Please make sure that whatever you send errs on the side of modesty, including swimsuits. Make sure all clothes are appropriate (styling, messages, etc.) for a co-ed camp with youth from 13 to 17 years of age. This would include crop-tops, speedos, and other short or revealing clothing. We are also role models for those at our sister camp, Camp Horizons, who have campers ranging from age 6 to 17. We will ask campers to change clothes if we feel they are inappropriate for camp.

Swap Shop (Camp Store)

CUWP campers visit the Swap Shop at Camp Horizons twice during their 3-week session. The Swap Shop is our camp store filled with snacks and CUWP apparel and souvenirs, along with other basic needs campers may have while at camp (toiletries, batteries, etc.)

Adding Money to Your Camper's Account

Please follow the steps below to add money to your camper's Swap Shop account prior to the beginning of their camp session:

1. Create an Account at our Online Swap Shop: <https://horizons.vendecommerce.com/>.
2. Upon successfully creating an account, return to the Home Page.
3. In the "Featured Items" section, click on "\$1 Store Credit".
4. Add the dollar amount of your choosing.
5. Click button "Add to Cart".
6. Write your camper's name in the Note Section. For families with multiple campers, please list each child. If you do not want the money to be divided evenly, please indicate.
7. Click "Check Out" button.

In addition to the Swap Shop, campers and their families will have the opportunity to purchase merchandise at each show. We also recommend that each CUWP camper have additional cash on hand for their trip to Washington D.C.

Helpful Information

- A recommend amount of money for the Swap Shop is \$25-\$30 per week.
- CUWP apparel and souvenirs range in cost from \$12 to \$30.
- Inform your child before camp of how much money is in their account.
- Larger purchases can always be made online and during the shows.
- You may check your camper's balance during their session by phone, email, or online chat with us.
- Money can be added to your camper's account over the phone.
- At the end of your camper's session, any Swap Shop balances over \$5 will be refunded to your card **within 30 days of the end of our last summer session.**

What to Bring for CUWP

The following items are recommended for a 3-week CUWP session and should be used as a guide to ensuring that your camper is completely prepared for camp. Have your camper check off each item. Please **label everything** with camper's **first and last names**. We suggest a suitcase, duffel bag, or plastic under-bed box rather than a trunk. Luggage is stored under the bed or in the closet and there is limited space in the dorm room for trunks that do not fit under the bed. Included below is a check list of all needed materials. We cannot stress enough the importance of labeling all of your campers' belongings to help ensure a safe return home.

Clothing:

- 10 pair of socks, labeled
- 10 pair undergarments, labeled
- 10 T-shirts, labeled
- 2 long pants/jeans, labeled
- 2 pair athletic shoes, labeled
- 2 sweatshirts/jackets, labeled
- 2 swimsuits, labeled
- 7 shorts, labeled
- Long-sleeved shirt
- Hats/bandana, labeled
- Mesh Laundry Bag, labeled
- Pajamas, labeled
- Raincoat/poncho, labeled
- Shower shoes/sandals
- Water shoes for lake

Personal Care Items:

- Extra glasses or contact lenses
- Insect repellent
- Medication
- Sunscreen
- Toiletries (brush, soap, toothbrush, etc.)

Bedding & Linens:

- Bedding/Bath Linens – provided
- 1-2 Beach Towels, labeled

Other Items:

- Backpack/daypack, labeled
- Books/Magazines/Cards, etc.
- Camera, labeled (digital or Polaroid)
- Flashlight & batteries
- Paper, pen, envelopes, and stamps
- Sunglasses
- Water bottle (IMPORTANT)
- Musical Instrument
- Wrist Watch
- 2 to 3 options for rehearsal attire, including exercise shirts and pants
- Something fun to wear for a Cast Dance Party
- Costume – See information on separate sheet
- One outfit to wear for Community Service. It should be an outfit that can get dirty, but presentable to the public (no gym shorts or tank tops). Community Service can range from painting to gardening.

Opening Day Transportation

Sunday Afternoons

Check In by Car at Valley Pike Conference and Retreat Center

297 Cornerstone Lane, Harrisonburg, VA 22802

3:00 - 5:00 p.m.

Flight Arrival Times at Washington Dulles Airport

12:00 noon – 4:00 p.m.

Parent Drop-Off/ Car

Registration is from 3:00 p.m. to 5:00 p.m. on the Sunday of arrival. Please refrain from smoking as we are a tobacco free camp and make sure all animals are on leashes. Please **do not** arrive early as our staff will be making final preparations and will not be ready before 3:00 p.m.

Plane

Campers will be picked up at Washington Dulles Airport (IAD). Campers will be met at the baggage claim for their flight by one of our staff members, with a CUWP/Camp Horizons sign. Campers flying as Unaccompanied Minors will be met at the gate* (see info below). From Washington Dulles the driving time to camp is 2 hours. Campers may carry a cell phone for their travels, but upon arrival to camp, cell phones will be collected and kept in the office along with their passport, tickets, and other valuables until departure.

Flights should arrive at Washington Dulles between **12:00 noon and 4:00 p.m.** on Sunday, arrival day: If your flight arrives before Noon, please instruct your camper to collect their luggage and go to sitting area next to Baggage Claim 15/international Passenger Arrivals. Complete the Flight Details Form and send us a copy of the camper's ticket or itinerary by June 30. If you cannot schedule a flight during those times, please contact us to find a suitable time, however, additional charges may apply.

*If your child is flying as an **Unaccompanied Minor**, it means that you have paid the airline an additional fee to have an Airline Employee escort them and be transferred to a Camp Employee who will meet your child at the arrival gate. If flying internationally, the Camp Employee will meet your child and the Airline Employee at the International Passenger Arrival. We will communicate with you 24 hours in advance of the flight who will be meeting your child and you will need to inform the airline.

Closing Day Transportation

Saturday Mornings

Check out by Car at Valley Pike Conference and Retreat Center

297 Cornerstone Lane, Harrisonburg, VA 22802

9:00 a.m. -10:00 a.m.

Flight Departure Times from Washington Dulles Airport

12:00 noon – 6:00 p.m. (12:00 noon to 3:00 p.m. for Unaccompanied Minors)

Parent Pick-up/ Car

We know you are anxious to see your camper; however, check-out runs from 9:00 to 10:00 a.m. so campers can finish breakfast and make final preparations for departure. Our staff will be available at this time as well to meet you and answer any questions you may have about your child / child's session. Please arrive no later than 9:30 a.m. so that you can have the car packed and say goodbyes before our staff head to a 10:00 a.m. meeting. Please refrain from smoking as we are a tobacco free camp and make sure all animals are on leashes.

Plane

Campers will be assisted at the airline counter and be taken to the security checkpoint at the airport and those flying as Unaccompanied Minors escorted to the gate. Flights departing Washington Dulles should be scheduled to leave between **12:00 noon and 6:00 p.m.** on Saturday or by **3:00 p.m. for Unaccompanied Minors**. Please make sure you complete the Airport Flight Details form on your Parent Dashboard.

Driving Directions to CUWP / Horizons at Valley Pike Conference and Retreat Center

Take I-81 to exit #251. Turn left at the stop light, onto US-11/N Valley Pike. Turn left onto Cornerstone Lane (.03 miles). Stay straight on Cornerstone Lane (passing Cornerstone School) and follow signs to Horizons at Valley Pike. GPS address is 297 Cornerstone Lane, Harrisonburg, VA 22802.

During Camp

What to Expect on Opening Day

Opening Day is more than just checking your child in at camp. It is also a time for parents and campers to get comfortable with camp – get to know the staff, become familiar with the facilities, and of course help get campers settled into their room. We will do our best to get you through the process as quickly as possible.

Opening Day/Check-In:

- Upon arrival, park in front of the Lodge and come into the Lodge for Registration with your campers' medication if applicable. You can leave your luggage in the car.
- Check-in and get your camper's dorm room information. At this time, our staff will collect all valuables, electronics and medication.
- A member of our team will conduct your camper's health check
- Once your campers' health check is complete, unload your luggage and head to your camper's dorm room to meet the counselors and help them get settled.
- Parents are encouraged to stop by the Lodge on their way out to write a letter (or two) to your child that will be delivered as instructed during camp.

If your child is arriving by flight, our counselors will assist your camper in the above steps and getting settled.

Dorm Life

Dorm room assignments are based on gender and have 3 to 4 campers in each room. The dorm has electricity; is air-conditioned; and bathrooms and showers are shared between two dorm rooms.

Dorm Cleanliness

A major benefit of the residential camp experience is that campers are given opportunities to learn to be responsible for themselves and their belongings. We ask campers to keep their rooms clean and tidy. Each day a staff member checks the rooms and names the cleanest boys' and girls' room in each program. Campers with the cleanest rooms are served first at meals the next day.

Communication With Your Camper

Telephone Calls

Campers may not make or receive phone calls during the week, except in extenuating circumstances. Campers will have a time on the weekends for them to contact you either by phone, e-mail or via Skype. If you have any concerns, feel free to call us at 540.214.2752 and a Director will return your call as soon as possible.

E-mails

You may send emails to your camper through **Contact@CampUpwithPeople.org**. Emails will be printed and delivered to your son/daughter when mail is distributed. Put your child's name in the Subject Line of the e-mail. Please limit this to a maximum of two (2) per week.

USPS Mail

Campers love to receive mail! Frequent, short letters and cards are better than long, occasional letters. Make letters newsy and directed toward what your child is doing at camp. Be positive and encouraging. Avoid writing about what the camper is missing at home. Campers may receive unlimited letters. All mail received by 11:00 a.m. will be delivered to your camper after lunch that day. Any mail arriving after 11:00 a.m. will be delivered the following day.

Laundry

Laundry is done twice during the 3-week session (though available at other times in an emergency). Each camper must bring a laundry bag with a drawstring closure for dirty clothes. These can be purchased at most large "box" retail stores (Target, Walmart, etc.) and in our Swap Shop as well. Lights and darks are not separated, so please do not send new clothes that may run. Please **label all items** including the mesh laundry bag.

Linens, including pillows, pillow cases, top and bottom sheets, blankets and bath towels are provided. Clean linens will be provided half-way through the session when dorm mates are changed.

Lost and Found

We work very hard to make sure that children come home with everything they brought to camp. Please **label all items** so we can quickly return items to their owners if they do become separated. Make sure to stop by the Lost & Found table in the lodge before you leave. We check Lost & Found daily and can quickly return items to their owners if they are labeled. Any items left behind that are labeled will be returned at our expense. If you find that you are missing items when your camper gets home, call or e-mail us immediately. Any items not labeled will be returned at your expense with a minimum charge of \$5.00. Items not claimed after two weeks are donated to a local charity. **Remember to label everything!**

Meals

Our professional food and beverage staff serves delicious, youth-friendly, and well-balanced meals and will work with you to accommodate your camper's dietary needs. For breakfast there is always a hot item option along with cereals, fruit, milk, hot tea, hot chocolate, and juice. For lunch and dinner a main entrée is served along with vegetables or fruit. Typical meals include: eggs, biscuits, and pancakes for breakfast, quesadillas, chicken nuggets, and grilled cheese for lunch, and spaghetti, hamburgers, and pizza for dinner. The salad bar, sandwich bar, and peanut butter & jelly table are available for lunch and dinner. A snack is served as part of the evening program and is usually something like pretzels, popcorn, or Goldfish crackers.

We can accommodate vegetarian, gluten free, and lactose free diets if noted on registration. Please note that while we are **not** a peanut free camp, we do not cook with peanut oil or peanut products, or sell items with peanuts in the Swap Shop. The only peanut product at camp is peanut butter at our PB&J table. Campers wanting peanut butter and jelly come to the table, separate from all other food, to make a sandwich. If your camper has a specific food allergy or other special dietary need not listed above, please call us before registering to ensure that we can accommodate your camper's needs. We will work with you to try to accommodate the needs.

Campers are responsible for helping to serve and clear the table at the end of the meal.

Missing Home

It is important for parents and campers to understand ahead of time that missing home is a completely normal feeling, especially if it is the camper's first time away from home. We don't typically use the term "homesick" because it's not an illness. We handle each camper as a unique case and treat him/her accordingly. Studies show that camp is an excellent opportunity for children to live independently among people of their own age, to learn, and grow as a result of being away from home.

That said, there are a few things you should know related to missing home:

1. Our staff members are trained to identify and help those campers who are missing home to cope with their feelings. If your camper is having difficulty adjusting to camp, a Director will call you and discuss ways to support your camper.
2. If a camper expresses these feelings, it usually occurs in the first 24 hours. Their first letter or email home to you may seem sad; however, know that these feelings will usually disappear within the first few days at camp. You should anticipate that your child's second letter home will be more cheerful.
3. We have learned from experience that phone calls to a child who is missing home rarely help the child. In most cases, phone calls prolong the feelings of missing home and delay

adjustment into camp life. In rare occasions, we will reach out to you to discuss ways to support your camper.

4. Letters and/or emails from parents should be mindful of the impact on a camper who is away from home. For instance, saying things such as “the cat and dog miss you and we wish you were home with us right now” can cause and/or exacerbate these feelings. The best advice we can give is to let your child know that your life is going on as usual, that you hope he/she is having a great time, and that you will see him/her soon.

Birthdays

If your son/daughter is celebrating a birthday at camp, we can arrange for you to talk to them via telephone—contact us to set this up. Campers will have a birthday cake at dinner to share with the other campers. Counselors make birthdays special and may decorate or plan other special treats. Parents may leave or send birthday treats to the office for their son/daughter’s birthday.

Show Day

Each cast will perform two shows on the final Friday of camp. All parents and friends are invited to attend. Shows will be performed at the Eastern Mennonite High School Auditorium (EMHS) at 4:00 p.m. and 7:00 p.m. EMHS is located at 801 Parkwood Drive, Harrisonburg, VA 22802.

Off-Site Trips

Off-site trips/Community Service

During the course of each summer session, while a great majority of our curriculum and activities take place on our camp grounds there are numerous components that are enjoyed off-site. Each of these off-site experiences serves to enrich and enhance the overall CUWP experience. Below you will find a brief description of our various off-site curriculum components. All regional learning excursions continue to be a highlight of each summer and we look forward to sharing it with you.

Regional Learning Excursions

The CUWP curriculum includes exploring the vast history, cultures and places surrounding our camp home. CUWP, being nestled in the beautiful Shenandoah Valley affords us the opportunity to learn about the region where we are located, which might include short visits to several quaint and picturesque cities in Virginia.

In addition to exploring VA, a highlight of the CUWP experience is a weekend trip to Washington D.C. During this weekend excursion, our campers will enjoy being a tourist while site seeing and shopping. They will specifically tour the:

- National Mall
- DC Monuments and Memorials
- Smithsonian Museums

In addition to exploring D.C., an invaluable part of our visit is staying with host families in the area. Sharing in a cross-cultural exchange, our campers and host families enjoy getting to know each other during our short stay. Our host families look forward to hosting us every summer and sharing their homes, their hospitality, and their city. Host families take great pride in showcasing the best of D.C. They often plan boat rides, picnics, and other fun activities while exploring the local side of D.C. with our campers. Many of our campers remain in contact with their host family long after the summer is over. We are proud to say that the majority of our host families have been opening their homes and hearts to our campers since the beginning of CUWP in 2011 and they are a large part of our CUWP family.

Prior to our camper's arrival in D.C., our staff meets with all host families to cover logistics and host family responsibilities. Our staff also works to allocate campers according to dietary needs as well as any pet allergies. When host families are assigned, all CUWP campers have at least one other roommate placed with them in the home of the host family. CUWP staff return cell phones and electronics to the campers for use during the trip to Washington D.C. to use responsibly.

We recommend that each camper have extra spending money to purchase any souvenirs, and/or memorabilia while in D.C. We recommend at least \$50.00 for this trip. These funds would be separate from any Swap Shop funds.

Via Ferrata/Canopy Tour

Via Ferrata/Canopy Tour are optional activities. These non-technical rock climbing/zip-lining experiences are for climbers of all abilities, located in Judy Gap in Circleville, West Virginia. The Via Ferrata utilizes a harness and safety system as well as steel rung "steps" built into the rocks, where campers traverse a section of rocks in the Allegheny Mountains with incredible views. The Canopy Tour is a 14 platform-to-platform adventure. Trips are guided and take around four (4) hours each. Everyone should complete the waivers even if they do not plan on participating. We will have other activities planned for those who choose not to climb or zip-line. For more information, go to www.NROCKS.com.

Camp Contact Information

<i>Location Address:</i>	<i>Mailing Address:</i>
Horizons at Valley Pike 297 Cornerstone Lane Harrisonburg VA 22802	Camp Up with People 3586 Horizons Way Harrisonburg VA 22802

Phone: 540.214.2752

Fax: 540.896.5455

Contact@CampUpwithPeople.org

www.CampUpwithPeople.org

The Parent Handbook is a reference for you to ensure your camper's success at Camp Up with People.

****Please complete the Parent Handbook Acknowledgement Form found under "Forms" on your Parent Dashboard to note that you read this document.****