

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. We ask that you refrain from smoking as we are a non-smoking campus. Please be sure to keep all 4-legged family members on a leash if they are present for pick-up.

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.

Check-Out Procedures for Closing Day

Similar to Check-in, the checkout procedure will involve limited contact and required social distancing measures.

By Car

Guardians will be directed to our designated pick-up location where they will wait in their vehicles to be met by their camper. Despite the overwhelming urge, we request that guardians, campers, families, and friends maintain social distancing and not gather in groups to say our goodbyes. We will have worked extremely hard to be safe the entire summer and we do not want to jeopardize our efforts on closing day.

By Air

Similar to our traditional process, campers will be shuttled to Dulles International Airport where our staff will assist with their departures as we do yearly. In addition to passports, and wallets, we will ensure that each camper has packed a carry-on bag with masks, and hand sanitizer for air travel. If campers are required to have a negative test result before boarding a flight or entering a new country, we will make those test available as needed

Driving Directions to CUWP / Horizons Edge Campus

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 299 Cornerstone Lane, Harrisonburg, VA 22802.

During camp

Our goal this year is no different than it is every year; to have an amazing camp experience and to return home better than when we left. And by being careful n' cautious we feel confident we can achieve that goal as we do yearly. The first few days we must be especially careful n' cautious. We will be employing a series of two tests while at camp. The first being a rapid test on Opening Day as part of our med check, and then a follow up rapid test 3-4 days later. We are choosing to add this layer of protection for our campers and staff.

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. In addition to the responsibility of our campers to help maintain cleanliness of the dorms, our housekeeping staff will be heightening their hygiene and cleaning protocols in response to the pandemic. *Please see our COVIDI Action Plan for more info.

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 at the end of the session 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. Snacks will also be served as part of the evening program.

We can accommodate vegetarian, gluten free, and lactose free diets if noted on registration. Please note that we are a nut-aware camp, which means we do not cook with peanut oil or peanut products or sell items with peanuts in the Swap Shop. If your camper has a specific food allergy or other 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 they are having a great time, and that you will see them soon.

Birthdays

If your camper is celebrating a birthday at camp, we can arrange for you to talk to them via telephone—contact us to set this up. Our Food and Beverage team will prepare 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 camper's birthday.

Show Day

The CUWP experience will culminate with 2 capstone performances. This high energy Up with People style production is produced as a finale to a memorable summer. Campers take part in creating and producing a show that artistically addresses their concerns for the world and creatively invites the audience to be part of the solutions. Parents, guardians, families, friends, and the local Harrisonburg community are invited to attend. The show day will consist of 2 performances, a matinee, and an evening performance.

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 campgrounds 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 visiting Washington D.C. Due to COVID guidelines our traditional trip to DC weekend will be a one day excursion. Our campers will enjoy being a tourist on a historic walking tour of the nation's capital. They will specifically tour the:

- National Mall
- DC Monuments and Memorials
- Lunch on the National Mall

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/Night in the Woods

While the Via Ferrata/Canopy Tour are highlights of the camper experience they 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. Once campers return from their climbing and zip lining adventures, they will all experience the great outdoors with a night in the woods. They will enjoy one over-night outing in beautiful rustic log cabins, cooking over an open fire, and counting stars, and fireflies. 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.****