



WHITEWATER
SUMMER CAMP

Parent Information Packet
2023

Table of Contents

Introduction	3
New Camp Orientation.....	4
Required Paperwork.....	4
Administration of Medicine	5
Camp Program Overview	6
Adventure Camp	6
Specialty Camps.....	6
Instructional Camps.....	7
Staff to Camper Ratio	8
Challenge by Choice	8
Daily Operations	8
Daily Schedule	8
Weather Policy	9
Check in/Check out.....	9
Lunch & Snacks.....	10
Packing List.....	10
Lost & found	11
Behavioral Expectations of Campers.....	11
First Aid.....	12
Registration & Fees	12
Registration Timeline	12
Fees	13
Refund, Transfer, & Cancellation Policy	13

Parents,

Thank you for enrolling your child in the Whitewater Center's Summer Camp programs. This Parent Packet provides additional information about the camp(s) your child will be attending.

Below are the 2023 camp offerings:

- **Adventure Camps** provide access to all age-appropriate pass activities at the Whitewater Center. Your children will also participate in camp-only programs designed especially for campers.
- **Specialty Camps** dive deeper into programming and are a great way to introduce your children to new educational experiences.
- **Instructional Camps** focus on skill development and instruction in, mountain biking, climbing and whitewater kayaking.

***** A Whitewater Center Annual Pass is required for Adventure Camps, Specialty Camps and Rock Ride & Paddle Camps. The Annual Pass is valid for 365 days from the first date of use.**

***Important: Please complete the Authorized Camp Pick-up Form ([CLICK HERE](#)) at least a week before your camp begins.

If you have any questions, please feel free to reach out to the camp team. We're looking forward to seeing you this summer.

Thank you,

Whitewater Outdoor School Team

704.391.3900 x287 | Campstaff@whitewater.org

New Camper Orientation

Informational Meeting (Virtual)

- The first part of the new camper orientation will be a virtual meeting taking place Wednesday, May 10th from 6:00-7:00 pm.
- The informational meeting will cover the materials in this packet. The meeting will end with a live Q&A session for all parents.
- This informational meeting will be tailored to towards first time campers and parents. Returning camper families are also welcome.
- All new information will be discussed at the beginning of the meeting.
- The meeting will be recorded and available for camp families to watch later.

Required Paperwork

Camper Information Form

- All campers must fill out the online Authorized Camp Pick-Up Form. This form includes vital information related to your camp safety.
- This form is due **no later than 7 days prior** to your camp start date. A \$50 late fee will be incurred if not on time.
- Only one form is required per season. Mid-season additions are accepted but must be entered at least one week prior to session start.
- Authorized Camp Pick-Up Form can be found [at this link](#).

Assumption of Risk, Release, and Indemnity Agreement (Activity Waiver)

- All campers must have a signed waiver to participate in camp.
- Campers may not participate in any activities until a signed waiver is received by camp staff.
- All online registrants will fill out a waiver at the time of registration.
- Any campers who have already attended Summer Camp in 2023 do not need to another waiver for other 2023 camp weeks.

Administration of Medicine

The safety and well-being of your child is of utmost concern when participating in Whitewater Center Summer Camps. For this reason, policies for the administration of medications have been designed to protect participants. Only those medications that are necessary and cannot be scheduled outside the hours of the camp will be given during the program. All campers must self-administer their medication. We understand that some cases may arise when the camp's staff may be requested to administer medication. By completing the information in the camp form, the Whitewater Camp staff is authorized to administer physician-prescribed medication when necessary.

Whitewater employees only administer medication to participants if:

1. The Whitewater Center waiver to Administer Physician Prescribed Medication Form is completed and is in the possession of the Whitewater Staff (located within the online Camper Information Form).
2. Medication is in a container dispensed by a pharmacy with the participant's name, name of medication, the date the prescription was filled, and directions are clearly marked.
3. The pharmacist or physician's label, which must be on the bottle, will serve as the physician's order.

It is the Parent/Guardian's Responsibility to:

1. Complete the camp form and return it to the program staff.
2. Provide medication in a current prescription container, which includes the participant's name, physician's name, medication name, dose, and time to be given, and how it is to be administered.
3. Provide new, labeled containers when medication changes are made.
4. Transport medication to program site and provide to staff.
5. Know that medications will not be stored over the weekends and recreation employees will dispose of empty containers (unless otherwise instructed).

Over The Counter Medication Policy

All medications taken during camp programming must be included in the online Camper Information Form under Administration of Medicine. We encourage all parents/guardians to administer over-the-counter medication(s) to their child before or after a Whitewater sponsored program. If any medication is needed during camp, parents or guardians will provide the staff with the medication for monitoring. We request that you send only the amount required for the day in its original labeled container.

Camp Program Overview

Adventure Camp

Adventure Camp is a great introduction to all the Whitewater Center has to offer. Campers will experience high adventure activities like whitewater rafting and ziplining as well as more traditional camp programs such as archery and games. Campers are split into groups by age so they can grow relationships with their peers and counselors. A Whitewater Center annual pass is required to participate in all Adventure Camps.

Specialty Camps

Campers who want to dive deeper into specific adventures will find more challenging programming in Specialty Camps. Serving as a bridge between Adventure Camps and Instructional Camps, programs in this category focus on a unique field of educational discovery, offering a variety of options for campers to learn and grow with us this summer. In addition, all Specialty Camps include a range of pass activities to ensure everyone has a well-rounded experience. A Whitewater Center annual pass is required to participate in all Specialty Camps.

Nature Explorers Camp

- Campers participate in a series of educational and interactive programs to investigate native plants and wildlife found around the Whitewater Center.

Survival Camp

- Campers get an introduction to survival skills. Topics include purifying water, backcountry shelters, and matchless campfires.
- The camp culminates in an overnight tent camping experience on Thursday night.

STEAM Camp

- Campers participate in a wide variety of lessons and experiments within the fields of **Science, Technology, Engineering, Art, & Math**.

Instructional Camps

Instructional camps are the highest-level skill development programs offered during summer camp. In all levels, campers will be challenged both mentally and physically.

Rock Ride & Paddle

- Campers will receive starter lessons in mountain biking, rock climbing, and whitewater kayaking. Each day will include unique clinics in one or more of these areas, focusing on skill enhancements.
- Campers participate in both land and water pass activities.
- A Whitewater Center annual pass is required to participate in Rock Ride & Paddle Camp.
- Prerequisites
 - Must be comfortable riding a bicycle on gravel.
 - Basic swimming skills- comfortable being submerged underwater.
 - No previous kayak or climbing experience is necessary.

Backcountry

- Campers learn the fundamentals of backcountry travel.
- Culminates in a 4-night backcountry trip to Whitewater Pisgah.

Kayak I: Intro

- An in-depth introduction to whitewater kayaking.
 - Proper paddle technique.
 - River etiquette.
 - Safely entering and exiting a kayak.
 - Beginner self-rescue techniques.
- Prerequisites
 - Basic swimming skills- comfortable being submerged underwater.
 - No previous kayak experience necessary.
- Culminates in an optional offsite experience. Additional fees may apply. See Kayak Camp Addendum for more information.

Kayak II: Intermediate

- Designed for Campers with some previous whitewater kayaking experience
 - Learn to navigate the river as part of a team.
 - Develop more advanced skills in class II and III whitewater.
- Prerequisites
 - Must have experience paddling & rolling in class II whitewater.

Kayak III: Advanced

- Develop advanced paddling techniques and skills at an accelerated pace.
- This is for the camper who is comfortable paddling class II-III whitewater.
- Prerequisites
 - Must have experience paddling class III whitewater
 - Must have reliable combat roll (8 successful rolls in whitewater)

*Kayak Instructional camps are solely focused on building whitewater kayaking skills. No land-based pass activities are included as part of the camp experience.

If you feel concerned regarding your camper's ability prior to camp, please contact the camp management team to adjust their reservation. It is also common for our instructors to suggest campers move to a different camp based on their individual abilities.

Staff to Camper Ratio

Supervision ratios are determined by the nature of the activity and the camper's experience. Our most intensive kayak activities have the lowest ratios.

- Adventure Camp – 1:10
- Survival Camp – 1:6
- Nature Explorer Camp – 1:6
- STEAM Camp - 1:6
- Rock Ride Paddle – 1:9 (1:4 for the Whitewater Kayaking sessions)
- Back Country- 1:5
- Kayak Camps – 1:4
- LIT - 1:8

Challenge by Choice

Challenge by Choice – Our activities are “challenge by choice”, which means we will not make your child do any activity they do not wish to attempt. We will strongly encourage campers to try to engage in each activity, but we will remain aware of each participant's comfort level. Many of our activities are physically challenging, and counselors will assess their group and adjust the activity to meet the group's ability level.

Due to the nature of the activities at the Whitewater Center, we cannot guarantee your camper will be able to participate in all activities during their week of camp. In all camps, our goal is to schedule at least one water activity each day. For a full list of activities, please visit the website: [Activities - Whitewater Center](#)

Daily Schedule

Below is an example of a daily camp schedule. Each group's programming schedule will vary during the week and depend on the focus of the specific camp.

Sample Camp Schedule:

8:30am - 9:00am: Check-In at Adventure Pavilion

9:00am - 4:15pm: Daily Programming

9:00am - 10:30am: Mountain Biking

10:30am - 11:30am: Group Games or Instructional Session, Snack, Change for Rafting

11:30am - 1:00pm: Whitewater Rafting

1:00pm - 1:45pm: Lunch, Change back to dry clothes

1:45pm - 3:30pm: Ropes Courses at the Ridge

3:30pm - 4:15pm: Long Point Obstacle Course or Instructional Session

4:15pm - 5:30PM Pick up at Adventure Pavilion

Many circumstances including weather can affect the day's camp schedule. Our management team will do their best to adjust the program schedule when missed activities occur. Please note that no activities are guaranteed as part of our programs at Whitewater Camps.

Weather Policy

CAMPERS WILL PARTICIPATE IN ACTIVITIES RAIN OR SHINE

Severe Weather

The weather is monitored online and with an onsite lightning detection system. If a thunderstorm or high winds are anticipated, campers will be removed from activities and stationed with camp staff at various covered pavilions. During these times, campers will participate in various games and activities. If we are anticipating extremely severe weather, parents will be notified about early pick up times if needed.

Extremely Hot Days (95 Fahrenheit and above)

Campers will take numerous breaks to cool off and replenish fluids during each day. Campers are also advised to take water with them to all activities.

- Campers who are brought to the office with mild heat sickness (headaches, stomach aches, exhaustion, etc.) will be given a 30-minute rest break in the A/C before reevaluating their condition.
- Campers showing signs/symptoms of extreme heat sickness - parents will be notified via phone and emergency services will be contacted if needed.

Check In/Check Out

- Students may be dropped off as early as 8:30am and picked up as late as 5:30pm. A grace period of 5 to 10 minutes will be allowed at the end of the day. Whitewater reserves the right to charge late pick-up fees for excessive violations.
- Campers may only leave with an authorized person aged 16 or older. (Indicated in the Authorized Camp Pick up Form) carrying a valid ID.
- Campers must be signed in and out at the drop-off and pick-up area at the Adventure Pavilion.
- Parking Passes will be distributed the first day of camp at the Check-In tables.

Late Arrival and Early Pick-Up

- If your child must be absent or late for any reason, please leave a message for the Summer Camp staff (704-391-3900 ext. 287, campstaff@whitewater.org).
- Late Arrivals – Due to the nature of Whitewater Center activities, campers who arrive late may or may not be placed with their original group upon arrival. The camper(s) may be placed with another group to participate in another activity until they can meet up with their original group. In some cases, campers may have to wait until their group is back from the activity.
- Any late arrivals past 9:30 am must be dropped off at the Outfitters Store and a camp staff member will bring the camper to join in activities.
- Early Pick-Up – Please notify camp staff of any early pick-ups during the week at check-in or leave a message for staff (704-391-3900 ext. 287, campstaff@whitewater.org).

Lunch & Snacks

Campers should bring a big lunch and snacks for each day. A soft cooler with an ice pack is recommended especially for any foods that will spoil because there is not a refrigerated area for campers to store their food during the day. Outside of mealtimes, campers will leave their food with their backpacks in their group's storage area each day.

Whitewater Camp staff do not have the ability to take your camper to one of our Food and Beverage outlets to get lunch or snacks. Please be sure to send your camper with all the food they will need for the day. Should your camper inadvertently not bring food one day, please contact us.

Packing List

Every day your camper should bring:

- Water Bottle
- Sunscreen
- Bug Repellent
- Closed-toe shoes with a heel strap
- Secure water shoes with a heel strap
- Extra Dry Activity Clothing
- Rain/Wind gear
- Water Activity Clothing
- Towel
- Personal toiletry items

Your camper should not bring:

- Any valuables they do not want to lose
- Money – The camp schedule does not include a visit to the Outfitters store or market

A reminder will be sent out via email two weeks before the camp start date. You can also email campstaff@whitewater.org for a copy in advance. The Whitewater Center is not responsible or liable for any lost, damaged, or stolen items.

Packing List FAQ

What should my camper wear each day?

Your camper should arrive in comfortable clothes. Quick dry material is best for outdoor activities in summertime. If a group is doing water activities first, campers will be given time to change into bathing suit or water clothes before that activity.

Does my camper need to bring a bathing suit and change of clothes each day?

We advise campers bring a change of clothes for water and land activities daily. We do our best to schedule at least one water activity per day for all groups. This is not guaranteed, but campers should be prepared to participate in a variety of water and land activities each day.

What type of shoes should my camper bring?

Land activities and Deep-Water Solo climbing require closed toe shoes with a heel strap. Ex: Tennis shoes, Keens. Shoes will get wet at Deep Water Solo. All other water activities require secure shoes with a heel strap. Ex: Chaco's, Keens, Teva's, other secure water shoes.

Kayak Campers should wear secure water shoes/sandals with a heel strap. We usually recommend shoes with a rubber sole.

Will they be carrying a backpack to the activities all day?

Campers may choose to bring belongings to activity areas, but we give each group a designated shelf in our Adventure Pavilion storage units to leave personal belongings during the day. Please note that these storage locations are not locked. Valuable items should be left at home.

Is a water hydration pack appropriate?

Campers can bring a backpack with a water hydration pack but will be asked to take it off and leave it at the base of any aerial activities such as ropes courses or ziplines. They will not be able to wear a hydration pack with a PFD during water activities either. We recommend bringing refillable water bottles.

Can my camper bring their own gear/equipment?

The Whitewater Center provides all necessary gear and equipment, but your camper can pack their own mountain bike, whitewater kayak, etc. if they would like. There is NO overnight storage. During the camp day our storage locations are not locked, so we recommend bringing a bike lock or other way to secure any gear you bring. Certain personal gear will be inspected for required certifications and approved by staff.

Lost and Found

- We advise writing your child's first name and last initial on all personal items (backpack, water bottle, lunch box, shoes, etc.). We do have a lost and found shelf that will be located at the Adventure Pavilion every day. Feel free to check the lost and found shelf or ask camp staff about any lost items. Items such as socks and undergarments may be thrown away daily if not claimed.
- Lost and found items will be kept at the Adventure Pavilion during the week; then the items will be placed with our general lost and found items located with Guests Services. If you are inquiring about an item lost after the camp session, please contact Guests Services at our main phone number 704.391.3900.

Items lost while rafting or kayaking: unfortunately, due to the nature of the environment and activities, we may not be able to retrieve any items lost during these activities. Guests should not bring any items rafting or kayaking that they do not want to lose.

Behavioral Expectations of Campers

To help minimize the risks for our participants and to provide the most rewarding and enjoyable experience possible, we insist on good behavior from our campers. This includes the ability of our campers to cooperate, follow instructions/rules, interact positively with their fellow campers and camp staff, and attempt to participate in all tasks and activities. We will work with individual participants as they face the challenge of group dynamics, shared responsibilities, and adventure. However, we cannot permit an individual to consistently disrupt the group or risk the health and safety of themselves, other campers, or staff.

Unacceptable behavior includes the following:

- Fighting or excessive horseplay.
- Abusive language, personal put-downs, or bullying.
- Destruction of Whitewater Center property or others' personal property.
- Breaking of rules/regulations of any facility area or institution while in the program.
- Any behavior or activities that severely disrupts program/activity operations or interferes with the rights of other participants to receive program services, or which draws significant attention away from staff to the point of endangering other participants.

Unacceptable behavior may result in any of the following disciplinary procedures:

- Individual or group counseling and implementation of relevant consequences.
- Contact of the camper's parent or guardian to discuss the situation and possible solutions.
- Campers may be asked to sit out of an activity especially when they are not following the safety guidelines.
- Suspension for the day if the program design allows.
- Full dismissal from the program. The parent or guardian will pick up the camper immediately and no refund will be given. This is a last resort, and we don't expect it to happen.

First Aid

All Whitewater Camp staff are required to be certified in First Aid and CPR. Parents will be notified of minor injuries during pick-up at the end of the day. If a serious injury occurs, staff will notify parents/guardians as soon as possible. If appropriate, a parent may come and transport the child to the hospital. If necessary, the child will be taken to the hospital via EMS accompanied by the Whitewater Camp staff member and a parent/guardian can meet us there. Supervision of the remaining group will be provided.

Due to the nature of the camp community, we are unable to accept sick children into daily camp activities. Please do not bring your child to camp if any of the following conditions apply:

- Fever greater than 100 °F.
- Untreated ear infection or pain.
- Vomiting and/or diarrhea.
- Untreated orthopedic injury.
- Untreated skin infection/rash.
- Any viral or contagious condition that may be transmitted to others.
- Camper must be fever free for 24 hours without taking fever reducing medications – additional restrictions will apply for COVID symptoms.
- Please review the COVID recommendations, for attending camp, on American Camp Association and the CDC's websites.

Registration Timeline

Spring

- Fill out Authorized Camp Pick up Form (sent in your confirmation email after registration)
- Purchase Early Drop Off if needed
- Purchase Lunches if needed
- Pay off remaining camp registration balances
 - Deposits accepted until April 1, 2023.
 - All final payments due Friday, May 12th.
- Camp orientation Wednesday, May 10th, 6:00pm.

One month before camp

- Complete and make final additions to Authorized Camp Pick up Form.
- Communicate any special needs to camp management team.
- Renew or purchase Annual Pass if required for your child's camp.

Two weeks before camp

- Ensure the Camper Information Form is complete and submitted.
- Reach out with any final questions

Fees

Annual Pass

Each camper is required to have an active Whitewater Center Annual Pass in their name to attend Adventure Camps, Specialty Camps, and Rock, Ride & Paddle camps. Kayak & Back Country Instructional camps do not require an Annual Pass. The camper's annual pass must be active through the last day of their attendance at camp.

- Youth Annual Passes (ages 9 and under) are \$200 and Adult Annual Passes (ages 10+) are \$250.
- Annual Passes may be purchased at [Buy - Whitewater Center](#)
- You can call Guest Services at 704.391.3900 with questions about existing pass expiration dates.

Annual Passes expire 365 days from their first use, not the date of purchase. The camper's Annual Pass must be purchased no later than one week prior to the camp start date. Failure to purchase a pass by this date may result in the loss of your reservation in camp with no refund.

Early Drop Off (optional \$ fee)-

- During select weeks, participants' families have the option to extend their early morning drop-off times from 8:30-9 AM to as early as 7:30 AM.
- Early Drop Off is an additional \$50 per week per child.
- Early Drop Off is available at the time of registration.
- To add Early Drop Off after the time of registration please call 704.391.3900 x 287

Purchasing Lunches (optional \$ fee)-

- For select weeks of the summer, parents can purchase their camper(s) lunches for the week.
- The lunches are a pre-set menu for each week. Lunches typically consist of a sandwich, fruit, cookie, and chips. Gluten-Free & Peanut-Free options are available.
- Lunch is an additional \$50 per week per child
- Lunch is available at the time of registration.
- To add lunch after the time of registration please call 704.391.3900 x 287
- Lunch registration will close the Monday morning the week prior to the first day of your child's camp.

Refund, Transfer, & Cancellation Policy

- All cancellation requests received in writing **at least 14 days prior** to the start date of the camp may:
 - Receive a credit to be used for another Whitewater Camp/Program, or a Whitewater Adventure Card
- OR
- Receive a refund of the balance of the camp session (minus a \$50 cancellation fee) back to the original card holder
- No refund if patron cancels less than 14 calendar days prior to the start date of the camp
 - Transfers to another camp or session prior to the first day of your registered session is subject to availability
- All early-drop & lunch purchases are non-refundable
- Refund/transfer must be requested via email to campstaff@whitewater.org. Certain restrictions apply.
- Annual passes are non-refundable. For more information or questions regarding annual passes contact guest services at (704) 391 3900.
- 100% refund if Whitewater cancels camp