



WHITEWATER
SUMMER CAMP

Parent Information Packet
2024

Table of Contents

Introduction.....	3
Informational Meeting	4
Summer Camp Overview	4
Adventure Camp.....	4
Tiny Trekkers	4
STEAM	4
Survival	4
Rock, Ride, and Paddle	5
Kayak Camp	5
Daily Camp Operations.....	6
Daily Schedule	6
Check-in and Check-out.....	6
Lunch and Snacks.....	7
Packing List	7
Lost and Found	8
Behavior Expectations	8
Weather Policy	9
Registration	11
Required Paperwork.....	11
Registration Timeline.....	11
Optional Add-ons.....	11
Refund Policy	11

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.

2024 Whitewater Summer 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.
- **Tiny Trekkers Camps** program is designed to meet the developmental needs of younger campers. Campers who meet the 40lb. minimum weight requirement will also have access to select pass activities.
- **STEAM and Survival**, our specialty camps, dive deeper into programming and are a great way to introduce your children to new educational experiences.
- **Rock, Ride, and Paddle and Kayak Camps** are Instructional Camps that focus on skill development and instruction in mountain biking, climbing and whitewater kayaking (beginner, intermediate, and advanced).

If you have any questions, please feel free to reach out to the camp team. We are 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 informational meeting will be tailored towards our first-time campers. Returning camper families are also welcome.
- We will be holding a separate meeting for parents of Tiny Trekkers.
- Updates and recent information will be discussed at the beginning of the meeting.
- The meeting will be recorded and available for camp families to watch later.
- The date of the meetings will be announced and shared upon registering for camp.

Camp Program Overview

Whitewater follows the "*Challenge by Choice*" principle. Therefore, your child will not be forced to participate in any activity. Campers will be strongly encouraged to **try** all activities, but the level of participation will be decided solely by the camper. Counselors will closely assess their group's comfort and skill level and make modifications accordingly.

Adventure Camp

- Adventure Camp is a great introduction to all the Whitewater Center has to offer.
- Campers will experience adventure activities as well as traditional summer camp activities.
- Campers will be grouped according to age so they can develop relationships with their peers and counselors.
- The staff to camper ratio is 1:10.

Tiny Trekkers Camp

- Tiny Trekkers Camp is offered as half-day (AM/PM sessions) and full day day options for 4–7-year-old campers.
- Campers will have the opportunity to explore the natural environment through avenues of self-discovery, imagination, and creativity.
- Campers will participate in activities such as low challenge obstacle courses and the Wildwoods playground. Campers who meet the 40lb. weight requirement can participate in select aerial activities.
- The staff to camper ratio for 4–5-year-olds is 1:6.
- The staff to camper ratio for 6–7-year-olds is 1:8.
- All Tiny Trekker campers must be able to change and **use the restroom** without help and must be at least **4 years old** by the first day of the camp they are attending.

STEAM Camp

- In addition to adventure activities, campers will participate in educational and interactive programs within the fields of **Science, Technology, Engineering, Art, & Math**.
- The staff to camper ratio is 1:10.

Survival Camp

- In addition to adventure activities, survival skills will be introduced. Topics include purifying water, backcountry shelters, and matchless campfires.
- The camp culminates with an overnight tent camping experience on Thursday night.
- The staff to camper ratio is 1:8.

Rock, Ride, & Paddle Camp

- Campers will receive beginners' 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 development.
- No previous kayak or climbing experience is necessary.
- Campers will participate in both land and water pass activities.
- Prerequisites
 - Must be comfortable riding a bicycle on gravel.
 - Basic swimming skills
 - Comfortable being submerged underwater.
- The staff to camper ratio is 1:9.
- When paddling, the staff to camper ratio is 1:4.

Kayak I: Intro

- Previous kayak experience is not required.
- An in-depth introduction to whitewater kayaking. Campers will develop the following skills:
 - Proper paddle technique.
 - River etiquette.
 - Safely entering and exiting a kayak.
 - Beginner self-rescue techniques.
- Prerequisites
 - Basic swimming skills.
 - Comfortable being submerged underwater.
- The staff to camper ratio is 1:4.

Kayak II: Intermediate

- Designed for campers with some previous whitewater kayaking experience.
 - Learn to navigate the river as part of a team.
 - Develop advanced skills in class II and III whitewater.
- Prerequisites
 - Experience paddling & rolling in class II whitewater.
- The staff to camper ratio is 1:4.

Kayak III: Advanced

- Develop advanced paddling techniques and skills at an accelerated pace.
- Prerequisites
 - Experience paddling in class III whitewater.
 - Reliable combat roll (8 successful rolls in whitewater).
- The staff to camper ratio is 1:4.

*Kayak instructional camps are solely focused on building whitewater kayaking skills. ***Campers will not experience land-based activities.***

If you have concerns about your camper's ability prior to camp, please contact the camp management team. Our instructors may suggest campers move to another camp based on skill level.

Daily Schedule

Activities

- Circumstances, including weather, can affect the camp schedule. Our team will make every effort to adjust the program schedule when missed activities occur.
- For all camps, the goal is to incorporate one water activity each day. For a full list of activities, please visit the website: [Activities - Whitewater Center](#)

Sample Camp Schedule

8:30am - 9:00am: Check-In at Adventure Pavilion
9:00am - 4:15pm: Daily Programming
 9:00am - 10:00am: Mountain Biking
 10:00am - 11:00am: Ridge Ropes Course
 11:00am - 12:30pm: Whitewater Rafting
 12:30pm-1pm: Lunch
 1:00pm-2:00: Rim Ziplines
 2:00pm-3:00 pm: Hawk Island
 3:30pm - 4:15pm: Wildwoods
4:15pm - 5:30PM Pick up at Adventure Pavilion

Check-In & Check-Out

Check-In

- Parking passes will be distributed on the first day of camp each week and should be visible to the parking attendant.
- Campers will have the option of getting dropped off via "park & walk" or the car line.
- Campers may arrive as early as 8:30am

Early/Late Check-In

- Parents/guardians can take advantage of our early drop off for a fee of \$50 per week/child.
- Purchase can be made during registration and at check-in or check-out.
- If your child will be absent or late for any reason, please leave a message or email for the Summer Camp staff.
- 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 a group.
- Campers who arrive late may or may not be placed with their original group upon arrival. The camper may be placed with another group to participate in activities until they can meet up with their original group.

Check-Out

- A security code, assigned to each camper, will be emailed seven days in advance of the camp.
- Drivers will be required to provide the security code(s) of any campers they are transporting.

Early/Late Check-Out

- For all early check-outs, please notify the camp staff at check-in or leave a message with camp staff.
- Campers can be picked up as late as 5:30pm. A grace period of 5 minutes will be allowed at the end of the day. **After this grace period a late fee will be charged.**
- For every 15 minutes that a parent/guardian is late for pick-up, there will be a charge of \$15 per child.

- For extenuating circumstances enroute to check-out, contact camp staff by calling Guest Services at 704.391.3900.

Lunch & Snacks

Lunch & Snack Storage

- Campers can choose to bring their lunch or purchase a boxed lunch at the time of registration.
- If you need to purchase lunch after registering for camp, please notify camp staff.
- Campers should bring a hearty snack for the afternoon break.
- Should your camper inadvertently forget to bring their lunch or snack, please contact us.
- A soft cooler with an ice pack is recommended. There is not a refrigerated area to store food during the day. Lunch coolers will be stored in their group's storage area each day.

Packing List

Campers should bring the following:

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

Tiny Trekkers should also bring:

- In the event of an accident, campers should bring a fresh change of clothing and baby wipes stored in a large Ziploc bag with the child's first and last name.

Your camper should not bring:

- Any valuables they do not want to lose.

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.
- **Does my camper need to bring a bathing suit and change of clothes each day?**
We advise campers to 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 recommend shoes with a rubber sole.
- **Will they be carrying a backpack to the activities all day?**
Campers are encouraged to take only a water bottle to activities. Personal belongings that are left unattended will be taken to Lost and Found. Campers will have access to the Adventure Pavilion closet to store their personal belongings. 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 rope 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 bring their own mountain bike, whitewater kayak, etc. if they would like. If space allows, overnight storage is available for \$10 per night. 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.).
- Campers should check daily the *Lost & Found* shelf at the Adventure Pavilion for lost or forgotten belongings.
- 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 Lost and Found at Guests Services at the Outfitters Store. If you are inquiring about an item lost after the camp session, please contact Guests Services at our main phone number 704.391.3900.

Behavior Expectations of Campers

We expect good behavior from our campers to provide the most rewarding and enjoyable experience for all campers as well as other guests attending activities at the center. This includes our campers' cooperation and ability to follow instructions and rules and interact positively with their fellow campers and camp staff, as well as their willingness to try all tasks and activities. We will work with individual participants as they face the challenge of group dynamics and shared responsibilities; however, we cannot permit an individual to disrupt the group or risk the health and safety of themselves, other campers, guests, or staff.

Unacceptable behavior includes the following:

- Fighting or horseplay.
- Abusive language, personal put-downs, or bullying.
- Destruction of Whitewater Center property or others' personal property.
- Breaking of rules/regulations.
- Disruptive behavior that interferes with the rights of other participants to receive program services, or that draws significant attention away from staff to the point of endangering others.

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

- Individual or group warning.
- Contact 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.

- Full dismissal from the program. The parent or guardian will pick up the camper immediately and no refund will be given.

Weather Policy

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°F 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-related illnesses (headaches, stomach aches, exhaustion, etc.) will be given a 30-minute rest break in the A/C before reevaluating their condition.
- For campers who show signs/symptoms of extreme heat-related illnesses, parents will be notified via phone and emergency services will be contacted if necessary.

First Aid

Minor Injuries

- All Whitewater Camp staff are certified in First Aid and CPR.
- Parents will be notified of minor injuries during pick-up at the end of the day.

Serious Injuries

- 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 members and a parent/guardian can meet us there. Supervision of the remaining group will be provided.

Campers will be sent home if any of the following symptoms are present:

- Fever greater than 100 °F.
- Untreated ear infection or pain.
- Vomiting and/or diarrhea.
- Untreated orthopedic injury.
- Untreated skin infection/rash.
- Lice.
- 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.

Required Registration Paperwork

Camper Information

- All camper information will be completed during the registration process.
- To edit camper information, log into your Whitewater account and navigate to the camper's profile.
- Any edits to camper information need to be made **at least 7 days prior** to the start of the registered camp session.
- Communicate any special needs directly to the camp management team via email to campstaff@whitewater.org

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

- All campers must have submitted a signed waiver.
- All online registrants will fill out a waiver at the time of registration.
- Campers attending multiple camps during the 2024 summer only need one signed waiver.

Administer 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.
- Whitewater employees only administer medication to participants if:
 - 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).
 - 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.
 - 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:
 - Complete the camp form and return it to the program staff.
 - 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.
 - Provide new, labeled containers when medication changes are made.
 - Transport medication to program site and provide to staff.
 - 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

- 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.

campstaff@whitewater.org

• center.whitewater.org/camp

• 704.391.3900 x 287

10

Registration Timeline

Spring

- Purchase Early Drop Off if needed.
- Purchase lunches if needed.
- Pay off remaining camp registration balances.
 - Deposits accepted until April 1, 2024.
 - All final payments due Friday, May 10, 2024.

One month before camp

- Communicate any special needs to camp management team.

Two weeks before camp

- Reach out with any final questions.

Optional Add-Ons

Early Drop Off-\$50 per child/week

- Extend early morning drop-off times from 8:30-9 AM to as early as 7:30 AM.
- 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.

Lunch-\$50 per child/week

- Lunches are available for purchase and the menu is pre-set menu for each week.
- Lunches consist of a sandwich, fruit, cookie, and chips.
- Lunch can be purchased at the time of registration.
- Lunch registration will close on Monday morning, the week prior to the first day of your child's camp.
- To add lunch after the time of registration, please call 704.391.3900 x 287.

Camp T-shirts-\$15

- Whitewater Summer Camp t-shirts are available for purchase daily at check-in or check-out.
- No cash or checks will be accepted.

Overnight Storage-\$10 per night

- For campers who wish to bring their mountain bike or kayak, overnight storage is available upon request and dependent upon capacity.
- Whitewater and the camp staff are not responsible for lost or stolen items.
- Purchases can be made at the time of check-in and check-out.
- No cash or check accepted.
-

Refund, Transfer, & Cancellation Policy

- All purchases are final. Consideration will be given for extenuating circumstances.
- Requests to transfer to another camp are subject to availability and have a \$50 transfer fee.
- 100% refund if Whitewater cancels camp due to unforeseen circumstances.

