



WHITEWATER CAMPS

Parent Information Packet
2025

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Parents,

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

2025 Whitewater Program Offerings

- **Day Camp Sessions** bring the same activities from our week-long adventure camp and packs into a single day. We've scheduled these camps to overlap with popular holidays and teacher workdays to maximize the ways your kid can get outside throughout the year.
- **Summer Camp Sessions** are designed around outside activity, play and teaching skills that build confidence and outdoor skills. Summer sessions run every week from June through August and are open to children ages 4 to 18.

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

Program Overview

Challenge by Choice

- 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.

Day Sessions

- Day Sessions are offered as full day options for 4–12-year-olds on certain days throughout the year.
- Campers will experience pass activities as well as facilitated educational sessions tailored to their age group.
- The staff to camper ratio for 4-7-year-olds is 1:6.
- The staff to camper ratio for 8-12-year-olds is 1:10.

Activities

- Campers under the age of 8 campers will participate in activities such as low challenge obstacle courses and the Wildwoods playground. Campers who meet the 40lb. minimum weight requirement can participate in select aerial activities.
- For a full list of activities, please visit the website: [Activities - Whitewater Center](#)

Sample Camp Schedule

7:30am-8:30am: Drop-Off
8:30am - 9:30am: Games & Team Building
9:30am-10:30am: Facilitated Session
10:30am-11:00am: Snack Break
11:00am-12:30pm: Pass Activities
12:30pm-1:00pm: Lunch
1:00pm-2:00pm: Facilitated Session
2:00pm-2:30pm: Snack Break
2:30pm - 4:00pm: Pass Activities
4:00pm-5:00pm: Pick-Up

Summer Camp

Informational Video

- The Camp Team will send an informational video tailored towards our first-time campers prior to the start of camp. The video will cover information such as updates, new programming, and important daily information for campers and parents.

Ages 4-7 Program Overview

Tiny Trekkers Camp

- Tiny Trekkers Camp is offered as half-day and full 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.
- 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.

Early Discoveries Camp

- Early Discoveries Camp serves as an introduction to camps at Whitewater.
- Specifically tuned for younger explorers, this camp blends introductory outdoor activities with crafts, games, and STEAM-based educational programs for first time explorers.
- 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.

Activities

- For all 4–7-year-old camps, the goal is to incorporate at least one water game session each day. This age group will not be participating in activities that involve large bodies of water.
- Campers will participate in activities such as low challenge obstacle courses and the tree-house village at Wildwoods. Campers who meet the 40lb. minimum weight requirement can participate in select aerial activities. For a full list of activities, please visit the website: [Activities - Whitewater Center](#)

Sample Camp Schedule

8:30am-9:00am: Drop-Off
9:00am - 10:00am: Rock Climbing
10:00am-10:30am: Crafts
10:30am-11:00am: Snack Break
11:00am-12:00pm: Water Games
12:00pm-12:30pm: Lunch
12:30pm-1:00pm: Half-Day Pick-Up/Drop Off
12:30pm-2:00pm: Ropes Course
2:00pm-2:30pm: Snack Break
2:30pm - 4:15pm: Wildwoods
4:15pm-5:30pm: Pick-Up

Important Reminders for 4–7-year-old campers

- Must be able to change independently, use the restroom without help, and be proactive about their needs.
 - 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.
- Be at least **4 years old** by the first day of the camp they are attending.
- Possess the ability to receive directions, follow instructions, and obey safety rules.

Ages 8+ Program Overview

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.
- Offered for ages 8-15.
- The staff to camper ratio is 1:10.

STEAM Camp

- In addition to adventure activities, campers will participate in educational and interactive programs within the fields of **Science, Technology, Engineering, Art, & Math**.
- Offered for ages 10-12.
- The staff to camper ratio is 1:10.

Survival Camp

- In addition to adventure activities, campers will be introduced to survival skills such as basic wilderness first aid, shelter building, and more.
- The camp culminates with an overnight tent camping experience on Thursday night.
- Offered for ages 10-12.
- 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.
- Offered for ages 12-16.
- 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 while practicing safe self-rescue techniques.
 - Develop intermediate skills in class II and III whitewater.
 - Solidify your camper's combat roll in class II and III whitewater.
- Prerequisites
 - Experience paddling in class II whitewater.
 - Ability to roll in flatwater and <50% success 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.
- Learn different styles of more advanced boating (playboating, slice boating, etc.).
- Practice key self-rescue and boat-based rescue techniques necessary for class II-III paddling.
- Prerequisites
 - Experience paddling in class III whitewater.
 - Reliable combat roll (<50% success rate in class II combat rolls).
 - 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.

Activities

- For all camps, the goal is to incorporate at least 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: Drop-Off
 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

Drop-Off and Pick-Up

PikmyKid

- We utilize an application to aid in the effectiveness and efficiency of drop-off and pick-up. Pikmykid is the sole tool used to identify, organize, and verify campers and their guardians. It puts the controls fully in the parents' hands for delegating pick-ups and scheduling early dismissals as needed. Parents can register for the app immediately, but your child will not be uploaded into Pikmykid until the Saturday prior to camp. Please register and familiarize yourself with the Pikmykid App.
- [Pikmykid - Parent Resources](#)

Car Tag and Parking

- Pikmykid will send an email with a Vehicle Tag the Saturday prior to camp. Display the tag to the parking booth and camp staff during the drop-off and pick-up processes.

Drop Off

- 8:30am-9:00am daily at the Adventure Barn. Please follow the signs to use the car line.

Dismissal Changes

- 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 leaving early, please adjust this in your PikmyKid App at least one hour prior to the dismissal time.
- 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 the group.

Pick-Up

- Pick-up begins no earlier than 4:15pm and ends at 5:30pm daily and 4:00-5:00pm on Friday at the Adventure Barn.
- Check-in and check-out for half-day campers occurs between 12:30pm-1:00pm.
- A student ID number will be required for pick-up of a camper. The student ID number is listed in the Pikmykid App under Children as well as the Pickup Tag.
- A late fee will be charged \$15 per child for every 15 minutes.

Lunch & Snacks (Available for Purchase for Summer Camp Only)

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. Lunches are available for purchase at check-in and check-out.
- Campers should bring a few snacks.
- 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.
- Morning Half-Day Tiny Trekkers should plan to bring or purchase lunch. Afternoon Half-Day Tiny Trekkers should come to camp having already eaten lunch.

Lunch: \$55 per child/week

- Lunches are available for purchase and the menu is pre-set for each week.
- Lunches consist of a sandwich, chips, fruit, and a cookie. Sandwiches rotate between ham and cheese, turkey and cheese, chicken caesar wrap. and peanut butter and jelly.

- Please list any allergies or dietary restrictions in your child's notes when registering for camp. Lunch orders can be modified for your child's dietary needs.

Snack: \$20 per child/week

- Snacks are available for purchase. Campers will be provided with 2 snacks a day.
- Snacks vary each day, but will usually consist of granola bars, pretzels, yogurt, and more.

Packing List

Campers should bring the following:

- 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
- Bathing Suit or Water Activity Clothing (May-September)
- Towel (May-September)
- Personal toiletry items

4–7-year-old participants should also bring:

- In the event of an accident, campers should bring one 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?***
In the months of May-September, your child will have the opportunity to participate in both water and land activities. During this time, we advise that your child have a change of clothes for each day of camp.
- ***What type of shoes should my camper bring?***
Land activities and Deep-Water Solo climbing require closed toe shoes with a heel strap. 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. 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 at activities will be taken to Lost and Found. Campers will have access to camp storage 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 it cannot be worn with gear such as harnesses or PFDs. 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.
- Items such as socks and undergarments may be thrown away daily if not claimed.
- Lost and found items will be kept at the Adventure Barn 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 session, please contact Guests Services on 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. We ask that campers interact positively with their fellow campers and camp staff and come to camp with a willingness to try all tasks and activities.

Unacceptable behavior includes the following:

- Fighting or horseplay.
- Abusive or foul 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.
- Staff may 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 from camp 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 until activities can resume. If severe weather is expected to impact camp operations, parents will be notified.

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 for all activities.
- Campers with mild heat-related illnesses (headaches, stomach aches, exhaustion, etc.) will be given a brief break in the Air Conditioning 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 daily.

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.

Your child 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.
- Your child 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 session.
- Communicate any special needs directly to the camp management team at 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 2025 summer only need one signed waiver.

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 registration, the Whitewater Camp staff is authorized to administer physician-prescribed medication when necessary.
- Whitewater employees only administer medication to participants if:
 - 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:
 - 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 overnight or 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.

Optional Add-Ons (Available for Purchase for Summer Camp Only)

The following add-ons are available on the website upon registration and at check-in and check-out. No cash or checks accepted.

Early Drop Off: \$50 per child/week

- Extend early morning drop-off times from 8:30-9:00 AM to as early as 7:30 AM.

Lunch: \$55 per child/week

- Lunches are available for purchase and the menu is pre-set for each week.
- Lunches consist of a sandwich, chips, fruit, and a cookie.

Snack: \$20 per child/week

- Snacks are available for purchase. Campers will be provided with 2 snacks a day.
- Snacks vary each day, but will usually consist of granola bars, pretzels, yogurt, and more.

Overnight Storage: \$10 per night

- For campers who wish to bring their personal 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.

Refund, Transfer, & Cancellation Policy

- All purchases are final.
 - Whitewater does not provide full or partial refunds in the event of illness or poor weather.
 - Consideration will be given to extenuating circumstances.
- Requests to transfer to another camp must be made no less than two weeks prior to the initial week of camp the child was registered for. Transfers are subject to availability and have a \$50 transfer fee.
- 100% refund if Whitewater cancels camp due to unforeseen circumstances.