



## FROM YOUR DIRECTOR

*Folrence Rayner "SunRise"*

At Gold Hollow your child's health, safety and happiness is my primary concern. I want to offer a satisfying and happy experience in outdoor living based on interest and needs. I hope your child returns home to you a happier, healthier child with a broader interest, new friends, a better appreciation of the outdoors and a greater understanding of others. If you need to speak to me before camp regarding concerns about your child, you may reach me by leaving a message at the Camp Fire office and I will return your call.

**REGISTRATION:** The balance of all camp fees must be paid 2 weeks prior to camp attendance. Failure to make payment will result in filling your space from the waiting list.

Camp Fire reserves the right to cancel a session based on enrollment or environmental factors. In case of cancellation, we will try to accommodate you for another session or will refund 100% of your registration fee.

**INSURANCE:** Campers are covered by accident insurance while traveling to and from camp on the bus as well as in camp.

**FORMS:** Please double check that you have filled out all the proper forms and that they are returned to the office **2 weeks** prior to camp attendance. The staff depends on these forms to place your camper in the sleeping arrangements they have requested, and to better prepare for your child before his/her arrival. The nurse must have the health forms at least **2 weeks** prior to your camper's arrival.

# PARENT'S LETTER

PLEASE READ COMPLETELY

**CAMP FIRE OFFICE:**  
(707) 643-4573  
401 Amador Street  
Vallejo, 94590

### RETURN TO CAMP FIRE:

- The balance of camp fees
- Completed health form
- Camper Letter to Counselor

### TURN INTO BUS PARENT:

- Notes to the Director
- Medications except inhalers
- Bus Pass

### TRANSPORTATION:

**VALLEJO:** Departure and Return will be at the Camp Fire office at 401 Amador Street.

July 26	9:30 Load Bus
	10:00 Leave Vallejo
	12:00 Arrive CGH
Aug 1	10:00 Depart CGH
	12:30 Arrive Vallejo

- ❖ An adult must be present with the camper. Please do not drop off your child at the bus stop and leave before the bus does.
- ❖ Make sure your child has had something to eat, a snack for the bus and water. Lunch will be served upon their arrival to camp.
- ❖ Make sure your child has been recently to the bathroom.
- ❖ **BRING BUS PASS**

Parents may call the camp after 4:00 if they would like to check on the arrival of their children. Parents will be notified if there were any unusual problems or delays in arriving to camp.

Please plan to pick up your child promptly. Your child will be anxious to tell you about his/her week. Do not park in the center of the Vallejo or Vacaville lots.

**CORRESPONDENCE:** Mail is **IMPORTANT!** Do write joyful, cheerful news—soon and often. Parents, it is a good idea to mail your child's letter a few days before they leave for camp, then they will have mail by their second day. We have a 1-2 day delay by the time the mail gets from you to your child. But, a

letter from you waiting for your child will help make the first day of camp a good experience. A counselor can only remind a child to write home, but it will be the child's decision to do so.

### TIPS:

1. Questions about activities and new friends are wonderful content.
2. Tell your child how much you love them rather than miss them.
3. Pre-address and pre-stamp cards and envelopes.
4. Assure them that family pets are being well cared for.

Our Address is:

Camper Name & Session #  
C/O Camp Gold Hollow  
17183 Lake Vera-Purdon Road  
Nevada City, CA 95959

**GOODIES AT CAMP:** Please do not send "goodies" or money with your child. Children get sweets at camp so that sending packages is not necessary. Wild animals also enjoy candy and treats and may pay unexpected visits on campers who have them, which can create a dangerous situation.

**VISITORS:** We strongly discourage visitors during the camp season as it promotes homesickness and disrupts the camp program. If you have an emergency; please try to call ahead first so that we can arrange a mutual meeting time and pack your child's belongings if necessary.

**EMERGENCIES:** The same reason exists for phone calls as does for visitors. We have only one phone line and many people on site. Campers will not be allowed to make or receive calls. In case of emergency, you may call the Camp Director at (530) 265-4460, the director will be happy to speak to you at any time regarding your child's stay.

## BEHAVIOR EXPECTATIONS:

Please go over these with your child. We will discuss them at camp, however, it helps if you go over them too and discuss the expectations.

- ❖ Leave rocks/sticks on the ground.
- ❖ Stay with your buddy at all times.
- ❖ Walk in camp, stay on the trails.
- ❖ Observe each other's privacy.
- ❖ Stay within camp boundaries.
- ❖ Leave your unit only with permission.
- ❖ Be considerate to nature, property and others.
- ❖ Do not touch or harass the wildlife, intentional injury to animals may result in your expulsion from camp.
- ❖ Matches, firecrackers, or weapons are not permitted and will result in your expulsion from camp.
- ❖ Abusive language/contact is not permitted with campers or staff.
- ❖ A lifeguard must be present whenever campers are on the waterfront. Campers found swimming or boating without a lifeguard will be sent home.
- ❖ Campers are responsible for their own personal items. LABEL EVERYTHING. Counselors will assist your child with packing, but are not responsible for lost items. Lost items will be held at the Vallejo office until September 1.

When behavior problems occur, we may either use "time out", deny an activity, change cabin assignments or have the offender apologize or repair the damage. WE NEVER use physical punishment, isolate a child or deny them food or water. Camper's whose behavior cannot be managed with the above noted methods will be put on a behavior contract or returned home.

## PREPARING FOR CAMP:

Camp is an exciting experience, filled with lasting memories. It is an opportunity for children to learn independence, make sound decisions, gain self-confidence, and interact with others. The children are the center of our camp program. We strive to build self-esteem in children to challenge them to their potential, and to offer positive role models. Prepare your

child for this unique experience by talking about camp; emphasize the fun, friends and adventures; coming to Camp Open House; and by assuring your child that he/she will be well cared for. Make sure your child gets to bed on time the night before camp and that they have been shown how to use a shower.

## EARLY TRIPS HOME:

In case of accident, illness or behavior problems preventing further participation at camp, parents will be contacted immediately so that arrangements can be made for a prompt return home. ***If you are out of town while your child is at camp, you must have back up arrangements for their care. A sick or injured child cannot remain in camp.*** Parents will be responsible for any costs resulting from an early return home. You may also call us at anytime you have a change in plans



so that we may keep your child's records current.

## MEDICATIONS:

If your child is on prescribed medication, your home schedule will be followed as closely as possible. Medications must be in their ORIGINAL container and be prescribed for your child. Medications will be collected by the bus parent at the time of departure and turned into the Health Center so please do not pack these items in your child's belongings. Pack only the amount they will need for their stay. No medication will be stored with the campers EXCEPT asthma inhalers. If your child uses an inhaler, please provide TWO, one the nurse and one to keep with your child. Unlabeled medications or medications in "baggies" will be discarded and not given. Do not send such things as Tylenol or cough syrup. The Health Center is stocked with all these items.

## HEALTH & SAFETY:

Upon your child's arrival at camp, they will be given a health screening. If any

contagious conditions exist, your child will be sent home until cleared by your physician. If your child is sick on departure day, please keep them home, we would love to have them the next day or the next session.

## HOMESICKNESS:

While homesickness is a very real and upsetting experience for your child, it is not a medical emergency. Our staff is well trained to handle this situation should it occur. Your child will not be allowed to make or receive phone calls except in very rare circumstances. DO NOT promise that they can call home, also do not ask them to "just try camp" and if they don't like it, you will come get them. Homesick kids need to succeed at camp. This unpleasantness soon passes as the camper becomes involved in the daily activities and begins to make new friends.

## PACKING NOTES:

### NO NEW CLOTHES

- ❖ Label everything!
- ❖ Pack in stuff sacks or day packs.
- ❖ Keep medication out.
- ❖ Do not pack gum, candy, food or money
- ❖ Do not bring pocket knives.
- ❖ No electronics of any kind (that means no cell phones, pagers, curling irons, games, CD players etc)
- ❖ Do not pack items that cannot be replaced.
- ❖ Heavy sleeping bag, blanket, pillow
- ❖ Heavy pajamas or sweats.
- ❖ WATER BOTTLE, required
- ❖ Clothes for each day
- ❖ Jacket or sweatshirt
- ❖ 1-2 long pants
- ❖ 3-4 pair shorts
- ❖ **1 white t-shirt to dye.**
- ❖ Personal care items, chapstick
- ❖ Flashlight, extra batteries
- ❖ bug lotion or pump spray, no aerosol
- ❖ Disposable Camera with name on it.
- ❖ Hat, sun glasses, sun screen
- ❖ Towel, washcloth, soap
- ❖ Swim suit, swim towel
- ❖ Plastic bag for dirty clothes
- ❖ 2 pair of shoes, one pair may be sandals, but must have back strap
- ❖ Fitted twin sheet, optional



## CAMP GOLD HOLLOW 2008

# BUS PASS & EMERGENCY MEDICAL INFORMATION

(All medications except inhalers must be turned into the camp staff before boarding the bus)

I get motion sickness and need to sit in the front of the bus.

My Name is \_\_\_\_\_ Birthdate \_\_\_\_\_

Address: \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Phone # \_\_\_\_\_ Alt Phone # \_\_\_\_\_

Medical Conditions \_\_\_\_\_

Allergies \_\_\_\_\_

Medications I am taking:	For:
_____	_____
_____	_____
_____	_____

While going to and from Camp, my parents can be reached at:

Phone # \_\_\_\_\_ Alt Phone # \_\_\_\_\_

Names of persons authorized to pick up your child from the bus:

_____	Relationship _____
_____	Relationship _____
_____	Relationship _____

- **NOTE:** Your child will not be left unattended, if you are late, please call the Camp Fire Office at (707) 643-4573 or Camp Gold Hollow at (530) 265-4460. If no one is available to pick up your child by the time the bus leaves, they will be taken to the Camp Fire Office in Vallejo, or stay on the bus and return to camp for you to pick them up.

I hereby authorize the camp staff or those appointed to engage for my child, at my expense, any necessary emergency medical, dental, or surgical treatment or hospital care which is deemed advisable by, and is to be rendered under the general care of any physician or surgeon licensed pursuant to the provisions of the Medical Practice Act or Dental Practice Act provided in Section 25.8 of the Civil Code of California.

Signature Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_



*Camp Fire USA Gold Empire Council*  
401 Amador Street  
Vallejo, CA 94590  
(707) 643-4573

