

# Kids' Hiking Series

## 2020 PARENT GUIDE



**Please take the time to read this entire document. These guidelines will help ensure the health and safety of all participants in Camp Natoma's programs.**

Here at Camp Natoma, we're doing our best to look forward and create something good...

Kids' Hiking Series!

The idea was born out of the optimism of our camp community, and our dedication to providing positive camp experiences for children this summer. The Camp Natoma 2020 Kids' Hiking Series program is designed with the most recent health and safety standards from the American Camp Association (ACA), the CDC, and our local health department.

Camp Natoma has operated since 1941, on 360 acres of private oak woodland forest along Franklin Creek, on the West side of Paso Robles. We are accredited by the American Camp Association, which means we meet or exceed over 300 program and safety standards, and we have a long-standing reputation of exceptional care and commitment to youth development.

Like all Camp Natoma programs, the Kids' Hiking Series is a traditional, structured program designed to foster emotional, social, and physical growth in each camper. Every aspect of our program takes into consideration the current health guidelines and the safety of our campers and staff. Our program allows campers to enjoy the seclusion and natural beauty of Camp Natoma, get some exercise, and interact with fellow campers.

## Program Goals

Each day program will be filled with a variety of fun and engaging activities, a destination hike, and an afternoon campfire. Campers will get to learn about animals and plants native to the California oak woodland. Program and activity safety protocols are in place, and monitored consistently, based on the most recent health and safety standards.

## **Participants in the Kids' Hiking Series will:**

- Get outside and enjoy the fresh air and open spaces
- Meet new friends and practice being part of a social group
- Follow the camp schedules, protocols, and group routines
- Put down the technology and screens
- Be physically active
- Challenge themselves
- Practice intentional kindness and respect for others
- Gain a feeling of independence
- Relax, be a kid and have some good old summer camp fun

## **Program Eligibility**

- Participants ages 6 - 15
- CIT volunteers ages 16 and 17
- Ability to hike 3 miles and follow staff instructions for health and safety

## **Camp Health Protocols**

At this time, no childcare provider or other youth program, including Camp Natoma, can guarantee that your child will not contract or be exposed to COVID-19. If you choose to have your child attend a camp program, you are doing so with the understanding that there is a potential risk of exposure.

We believe that outdoor programs can be run with a primary focus on safety per local guidelines. It is a combined effort from camp administrators, medical staff, support staff, counselors, parents and campers to ensure the health and safety of all participants is protected.

## **Intake & Screening**

Upon arrival at Thacher Winery, cars will be greeted by a staff member who will approach your car and ask your camper a few routine health questions. Please advise your camper in advance of

these questions, and that this person will be wearing a face covering. This staff member will accept the *Camper Health History Form* and *Camper Participation Waiver Form*. After verifying the information on the forms, your child's temperature will be taken. Temperature of each participant must not be higher than 38°C/100.4°F. By County Health Department protocols, your camper will be excluded from camp if we record a temperature above these limits.

## Exclusion and Reentry into Camp

Your child should not attend camp when they have any of the following symptoms:

- Temperature higher than 38°C/100.4°F
- Fatigue
- Sore throat
- Fever or chills
- Muscle or body aches
- Congestion or runny nose
- Cough
- Headache
- Nausea or vomiting
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Diarrhea

These are potential symptoms of COVID-19 and other contagious ailments. For the safety of Camp Natoma staff, volunteers and other participants, please keep your child home if they have any of these symptoms. Your child will be screened and temperature checked upon arrival. They will not be permitted to stay if they have any of the above symptoms. If at anytime during camp they have any of these symptoms, they will be isolated in the medical cabin for you to pick them up within one hour of our call. If your child experiences any one single symptom from this list, they should be free of this symptom for 24 hours, without medication, before attending camp. It is important for parents to know when a child is too sick to attend camp. COVID-19 like symptoms are not the only illness that would cause a camper to stay home from camp. A child who is sick will not be able to function well/safely at camp and could spread the illness to other children and staff. Your child should not be sent to camp hoping that they will feel better after arriving. Thank you for understanding and helping us keep all campers healthy.

## Medical Care

A licensed nurse or doctor is onsite during all camp programs. Healthcare staff administer general first aid and emergency care.

## Protective Face Coverings

Campers should exit their vehicle at drop-off with a mask or face covering. Camp Natoma cool-wick cloth face coverings are available for purchase online, and can be provided at camper drop-off. All participants will be required to wear a mask, or protective face covering, while riding the

bus. During the rest of the program, face coverings will only be worn when participants are unable to maintain social distancing with individuals that are outside of their designated hiking group. For example, if a camper needs to visit our health staff, or has a behavioral issue that requires administrator intervention. It is important to note that within the hiking groups, face masks are not required. Hiking groups will be similar-aged peers and entirely outdoors.

## Camper Behavior Guidelines

### Rules for Campers

- **RESPECT: Yourself, fellow campers, staff, nature, and camp property.**
- **Participate in activities and be willing to try new things.**
- **Wear closed toed shoes and activity appropriate clothing at all times.**
- **Always remain within camp boundaries and stay on trails.**

**DO NOT BRING:** candy, gum, fireworks, weapons, drugs, alcohol, pets, personal sports equipment, cell phones, tablets, speakers, radios, any handheld electronic game, or any other electrical devices.

*Any items brought to camp that are not permissible or are deemed inappropriate will be held by the Camp Director and handed back directly to a parent/guardian.*

#### **NO TOLERANCE POLICIES:**

Drug/Alcohol – The possession, use, sale, or disposal of alcohol or drugs on the campsite or on out-of-camp trips, will result in the camper being sent home immediately.

Weapons – The possession or use of a weapon of any kind will result in the camper being sent home. Weapons will be confiscated and returned **ONLY** to the parent. This includes any object normally regarded as a weapon, or not normally regarded as a weapon but used in a threatening or harmful way.

Violence, Threats or Endangering Others – Behavior that is deemed threatening, violent, or dangerous will result in the camper being sent home.

#### **SEARCH & SEIZURE**

For the safety of all campers, if there is cause to suspect a camper has illegal, stolen or prohibited items at camp, we reserve the right to search and seize any items of cause. Parents will be contacted.

#### **CAMPER ELIGIBILITY**

To ensure all campers have a safe camp experience, each camper must be capable of the following:

- Be able to understand, remember, and follow directions.
- Be able to respect and relate responsibility to other members of a group and the camp community.
- Be able to accept responsibility for their own belongings and respect other's belongings.
- Be able to participate as part of a group without ongoing one-on-one attention.
- Be able to provide age-appropriate self-care skills.
- Be able to seek help or support from a staff member when a challenge, conflict, or other event is beyond camper's capacity to solve.

## Transportation

Parent or guardian must drop-off and pick-up campers at Thacher Winery. Please drive **slowly** and safely and respect our camp supporters.

**ONLY PROGRAM PARTICIPANTS WILL BE ALLOWED TO EXIT VEHICLES.**

*Please be patient as we utilize these new procedures to keep campers and families healthy and safe. You may have to wait in your vehicle for several minutes before your camper can safely exit or enter your vehicle.*

### Drop-Off 8:30-9:00am

Parents will drive into the Thacher Winery gates and proceed to the drop off area. We cannot have vehicles line up on Vineyard Drive, so please do not arrive too early. It takes approximately 15 minutes to drive from 101 freeway to Thacher Winery.

Cars will be met by camp staff to administer health check before the camper may exit the car. (See the Intake Screening Protocols above) **To help limit exposure, parents may not leave the car while on Thacher Winery property.** Please prepare your camper for this procedure. As you are welcomed, campers will be asked to get out of your vehicle. Backpacks (with lunch, water, and other necessary items) need to be in the car with the camper, not in the trunk. Only the camper should exit the vehicle.

### Pick-Up 4:00pm

Parents will drive into the Thacher Winery gates and proceed to the pick-up area. *Please do not exit your vehicle.* Vehicles shall wait in line while approaching the camper pick-up zone. Once entering the camper pick-up zone, stop your vehicle. Campers will be prepared enter your car. Please follow posted directions and follow staff instructions.

## Lunch and Snacks

All campers must bring lunch and snacks from home. Campers will be asked to not share food. We will eat picnic-style mid-way through the day hike, so we will not have refrigeration nor can campers heat up their food. Please pack lunches appropriately. Campers will sanitize their hands before and after snack and lunch.

## Schedule Overview

**Drop-off:** When families arrive at Thacher Winery they are met by camp staff and follow check-in procedures. Campers exit the car after health screening and join the bus waiting area, wearing a mask or face covering. *Please be patient, there are extensive screening protocols in place for everyone's safety. You may have to wait in your vehicle for several minutes before your camper can safely exit and join the group.*

**Board the Bus:** Campers will board the bus with masks/face coverings in place. Campers will be seated with siblings or requested seat buddy.

**Ride the Bus:** 45 minute ride in to Camp Natoma

**Opening Circle:** A fun, energizing start to the day with songs, cheers, and flag-raising. Hiking groups will form.

**Destination Hike:** Each date is a different Camp Natoma hike. Campers will learn about the oak woodland and creek ecosystem.

**Lunch:** Hiking groups will eat in their designated area with their leader, and then rest and play games before beginning the return hike.

**Return Hike:** Campers will enjoy trail activities as they return to central camp.

**Afternoon Entertainment @ Campfire Ring:** Classic songs, skits and concluding with camper recognition.

**Flag lowering & Board Bus:** Say good-bye to Natoma, use restroom and wash hands.

**Ride the Bus:** Campers will use the same seat on their return ride to Thacher Winery.

**Pick-up:** Please do not exit your vehicle. Vehicles shall wait in line until entering the camper pick-up zone. Campers will be prepared enter your car. Please follow posted directions and follow staff instructions. *Please be patient as we utilize these new procedures to keep campers and families healthy and safe. protocols in place for everyone's safety.*

## What to Bring

Campers should wear sturdy hiking shoes and comfortable play clothes. We recommend layering clothes with sweatshirts to start the day and t-shirts and hats to finish the day.

Each camper will need to bring a backpack to camp each day with:

- Protective face covering
- Lunch and snack
- Water bottle
- Hat for sun protection

Camp is a fun outdoor adventure where campers get dirty and things get lost. Please **mark all belongings** with your camper's full name. Please do not send things that are valuable or sentimental. No personal sports or activity equipment will be allowed. *Please do not bring anything extra in the backpack, as campers will be wearing theirs on the hike.*

## Refund & Cancellation Policy

We have limited enrollment and can only accept a certain number of campers for each program.

Once enrolled and confirmed, you forfeit your fees if you cancel. Due to very limited enrollment capacity, and added operating expenses this summer, we can't offer flexibility on this policy.

If we are forced to close by government order, or other reason out of our control, participants will be able to roll 100% of fees paid to a future 2020 program, or receive a 75% refund.

If your child is sick and cannot attend camp, *please do not come to check-in*. A doctor's note will allow you to receive a 100% refund.

No refund will be offered if your camper is dismissed from camp for misconduct or unsociable behavior, as determined by the Directors.

No refund will be offered if a completed *Camper Health History Form* and *Camper Participation Waiver Form* are not provided upon arrival.

**If you have questions or comments about your camper's upcoming experience at Camp**

**Natoma, please feel free to contact us at (805) 316-0163 or [info@campnatoma.org](mailto:info@campnatoma.org).**