

PARENT INFORMATION

Resident Camp at Camp Waluhili

PARENTS: Please read carefully, as some items have changed from previous years.



GENERAL INFORMATION

BEHAVIOR

Camp is a unique environment in which staff and campers live in close quarters with those that may be different from them in multiple ways. It is very important that everyone respects others' rights, privacy, property, feelings, and camp experiences. Discuss with your child what living in one room with 10-12 other people will be like. In order for every camper to have a successful and positive camp experience, everyone at camp practices the following:

- Learn to put yourself in others' place
- Make new friends
- Overcome conflict in a positive way
- Get along with others in a variety of situations
- Respect people of authority
- Work as part of a team
- Interact appropriately with other genders
- Value differences in others

Read the "Camper Code of Conduct" with your child and make sure they understand appropriate behaviors while at camp, and what will happen if they choose to behave inappropriately.

Parents are called as outlined on the "Camper Code of Conduct" or if a child is having difficulty adjusting to camp life.

KAPERS

Camp Waluhili emphasizes community responsibility to all campers. This includes helping campers understand why community is important, learn what needs to be done for the community, and know how to best contribute to community needs. To teach this, counselors assist their campers in performing kapers, or chores, every day. Campers and staff work together to keep their cabin clean by emptying the trash, sweeping, and keeping their own areas clean. Campers also help at each meal by setting the table, clearing the table, and sweeping. Additionally, they will help the camp community by participating in or leading flag ceremonies twice a day, cleaning community areas, and co-leading songs. All of these kapers are on a rotation so campers have different jobs each day.

TRADING POST

Campers visit the Trading Post every weekday. Items sold previously in the Trading Post include extra water bottles, bracelets, flashlights, previous camp t-shirts, sunglasses, and stuffed animals ranging in price from \$2-\$10. Campers can also purchase one can of soda/snow cone and one package of candy/snack each day. Soda, snow cones, and candy range in price from \$.50-\$1.00. Look for the Trading Post display at check-in for prices of items available this year. At that time, you can deposit money into your camper's Trading Post account. At check-out, any money left in your camper's account is returned to you. Trading Post money not picked up at check-out is donated to the Camp Scholarship Fund.

CELL PHONES

We recognize that in this day and age, many parents want their children to carry cell phones so that they can stay connected. Camp is a unique environment in which staff strive to create a safe, welcoming atmosphere in which campers trust their counselors to help them in different learning situations. Electronic devices discourage participation and engagement and therefore are not allowed at camp. To support our staff member's efforts to build this community, we encourage parents and campers to leave cell phones and other electronic devices at home. If seen, camp staff collect them, turn them off, secure them in the camp office, and return the items to parents at check out. This includes, but is not limited to, cell phones, tablets, computers, handheld gaming systems, mp3 players, iPods, radios, and smart watches.

Feel free to contact the Camp Director should the need arise.

MAIL

Everyone loves to receive mail while they are at camp! Campers can send and receive "snail mail" each weekday. Please send mail early in the week or before your child arrives at camp to ensure they receive it. At times, it takes up to 3-5 days for delivery. Please see parent information packet for mailing address and instructions.

Campers can also receive (but not send) email. Send emails to campwaluhili@tulsacampfire.org. Camp staff deliver emails daily, Monday through Friday, at the same time as regular mail (usually right after lunch). Emails received for Mini-Campers after 10 am on Wednesday are not delivered. For all other campers, emails received after 10 am Friday are not delivered. Campers do not have access to computers and are not able to respond, but we do encourage them to write letters home! Please follow these guidelines for emails:

- In the subject line, include your recipient's first and last name and cabin name, if you know it (E.G. Jane Smith, Ayata)
- Do not include any attachment or pictures (they will not be printed)
- Emails are not private correspondence. Do not include sensitive or inappropriate information.

Remember to keep your correspondence positive. Everyone is more prone to homesickness after receiving mail stating how much they're missed, what activities they're missing, or reminding them about details from home life. Here's some recommendations adapted from letterstocamp.net:

- Ask questions about your camper's experience
- Share the latest news from home, but go light on activities your camper might regret missing
- Tell a joke, riddle, or funny story. Think back to your own camp experiences or start a "word/riddle/joke of the day" routine
- Encourage your camper and remind them of the great experience they're having at camp!

→ Visit letterstocamp.net for other tips and tricks regarding writing letters to campers.

HOMESICKNESS

It is normal for everyone, even staff, to be a little homesick while they're at camp. Be aware that it usually takes a day or two for campers to become acclimated to a new environment. During this time, camp staff implement multiple techniques to keep campers active, help them make new friends, and make sure they are comfortable at camp. We want your child's camp experience to be positive and will do our best to minimize any homesickness.

Please do not promise phone calls, visits, or early pick-ups as we have found, and research shows, they usually increase homesickness. Visitors are only allowed at camp for extenuating circumstances and we discourage early pickups. If your child is experiencing extreme homesickness, you will receive a call from the Camp Director to discuss the situation. You are also welcome to contact the Camp Director with questions or concerns you may have about your child.

→ Visit www.campparents.org/homesickness for expert advice to parents about homesickness.

SESSION CANCELLATION POLICY

If the program your child is registered in looks like it might have low enrollment, you will be contacted the week before the session begins. If the program is cancelled, you will be notified and your child can select an alternate program.

GENERAL HEALTH INFORMATION

HEALTH

Campers can only enjoy camp and receive a positive camp experience when they are healthy and able to be active. A sick camper has the possibility of infecting other campers and staff, therefore, campers who arrive to camp sick, or become sick while at camp, will be sent home with no refund or pro-rated fee. It is the parent's responsibility to seek medical attention for their child.

In order to help camp staff provide the best experience we can to your child, please provide us details of their allergies, disabilities, specific needs, or medical concerns. Too much information is better than not enough! After registering, if you think of something you may have forgotten to include on your child's health information or profile, email details to campwaluhili@tulsacampfire.org. Make sure to include their full name.

EMERGENCIES

In the case of a medical emergency, campers are taken to Urgent Care of Green Country in Pryor or the Wagoner County Hospital. The Camp Director or Medic will contact parents or emergency contacts immediately after providing care, prior to transporting child. If the child cannot continue to participate in camp programs, arrangements can be made to attend another session.

If a situation arises that will affect your campers check-in or check-out day or time, you will be contacted by the Camp Fire Office or a member of the camp's administrative staff.

MEDICATIONS

All medications, including over-the-counter, prescription, vitamins, ointments, drops, or essential oils, **MUST** be given to the Camp Medic upon your child's arrival at camp. All medication must be in their original containers. If dosage or administration is different than listed on the original container, a letter must be provided by the child's physician with dosage information. If a camper must keep medication with them (inhaler, Epi-Pen, etc.), the Camp Medic must have a letter from the camper's parent stating this is necessary and that the camper is able to self-administer the medication.

PREVENTING UNWELCOME "HITCH-HIKERS"

Each summer, Camp Waluhili welcomes campers and staff from all over the country. In the weeks preceding camp, they may have stayed overnight with friends, vacationed at a hotel or resort, or even traveled to another country. In any of these occurrences, campers may bring home a variety of unwelcome "hitchhikers", including but not limited to lice or bedbugs. Contrary to myth, the presence of these pests doesn't imply poor hygiene or poor living conditions, and many times it takes days or weeks to find out homes, hotels, or resorts have a problem. It is Camp Fire's goal to prevent the introduction of these pests into the camp environment and stop the future spread of them into homes of other campers. **To assist us in our efforts, please complete the "Pre-Camp Checklist" on page 4.** Also, be wary of borrowing items such as sleeping bags, bedding, or luggage if you don't know their current or previous storage location.

All campers undergo a simple health screening during check-in which includes reviewing the camper's health history and checking the camper's head and scalp for lice or nits.

Head Lice Policy

Camp Waluhili follows a "no nit" policy. If camp staff find evidence of adult lice or eggs (nits) during the health screening at check-in, your child will need to leave camp to receive treatment. They may return to camp as soon as they are free of lice and nits, and after washing all of their bedding and clothing. After returning to camp, they receive a follow-up screening to ensure they are lice-free prior to entering their cabin. Campers with lice are ineligible for refunds or pro-rated fees but may transfer to another session.

OUTDOOR PESTS & PLANTS

During the summer, Oklahoma experiences the usual problems with ticks, chiggers, and mosquitoes. Although camp staff spray mowed areas around camp before campers arrive, we urge all campers to bring and use insect repellent. During check-in, please indicate any abnormal sensitivity your child may have to insects or plants, such as poison ivy.

SUN PROTECTION

Camp staff take sun protection very seriously. We provide canopies in areas without shade but this is no substitute for sunscreen and appropriate clothing. Campers are required to wear short-sleeve shirts covering their shoulders (no sleeveless shirts, spaghetti strap shirt, or tank tops), and encouraged to wear UV-rated sunglasses, hats with a brim – and sunscreen. Please send an adequate amount of sunscreen with your camper and make them aware that we will require them to apply it multiple times a day.

→ Visit www.acacamps.org/media/story-ideas/fun-sun-protection-strategies for tips from the Executive Director of the Association of Camp Nurses on sun safety

PRE-CAMP CHECKLIST

Due at least 10 working days prior to the first day of your child's camp session:

- Full payment of camp fee
- Camper Code of Conduct
- Immunization Record
- Authorization and Consent to Treatment (for online registrants only)

Beginning 10 days prior to the first day of your child's camp session:

- Avoid sick friends and family, as much as possible.
- Get plenty of sleep.
- Start hydrating by drinking half your body weight in ounces daily of water. (E.G. A 100 lb. child drinks 50 oz. of water, or a little over 6 cups, daily.)
- * Place cloth items you can't wash (such as luggage, large pillows, and stuffed animals) in a sealed, black trash bag. Leave that trash bag in your car for a few days. The greenhouse effect in your vehicle acts like a dryer and, in the summertime, easily reaches temperatures over 100° F.
- * Wash any cloth items (including clothing, bedding, stuffed animals, duffel bags, etc.) using water at least 130° F and dry using high heat. Pack items immediately after drying.
- Check your camper's scalp every other day, and the day before their camp session starts, for lice or nits (eggs) by following the steps below. Pay careful attention to the areas behind the ears and around the nape of the neck. If your child has adult lice, you will see light-brown objects that resemble sesame seeds, often moving quickly. You can find these on the scalp or the hair. If your child has nits, you will see yellow, brown, or tan objects that look like tiny seeds and appear to be cemented to individual hairs close to the scalp. If an egg has hatched, the seed-like object is clear.

Checking for lice/nits:

- Wet your child's hair thoroughly and set them under a bright light
- Separate the hair into sections
- Beginning at the scalp, slowly comb outward through the hair, section by section

* Repeat these steps immediately after your child returns home from camp and contact Camp Fire if you find anything unusual.

→ *For information regarding identification, prevention, and treatment of bedbugs and lice, visit www.CDC.gov/parasites.*

CHECK-IN PROCESS

The Camp Waluhili gate remains closed and locked until 2:00 pm. Arrive at camp between 2:00 and 3:00 pm to check-in your child.

After parking, leave luggage in your vehicle and bring the following items to the Dining Hall with your child to check them in:

- Camper Code of Conduct (if not already submitted)
- Immunization Record (if not already submitted)
- Authorization and Consent to Treatment (if not already submitted)
- Medications, including over-the-counter, prescription, vitamins, ointments, drops, and essential oils
- Trading Post money (if depositing money into your camper's account)
- Balance of camp fee (If you registered late and still owe money, you must bring cash, check, or credit card to pay balance at check-in. All fees must be paid in full prior to camper participating in camp.)

You and your child travel through multiple check-in stations, the final "station" being your camper's cabin. There, you meet your camper's counselor and see their cabin. This is the perfect time to update them on any specific interests of your camper or concerns you may have.

When meeting your child's counselors, you may find their name somewhat unusual. Most staff use "camp names", or nicknames, while working at Camp Waluhili. Camp names help establish appropriate relationships between campers and staff. The role of adult friend and mentor implies a familiarity that makes Miss Jill or Ms. Smith seem too formal. On the other hand, children calling adults by their first names tend to undermine the respect and authority camp staff need in order to maintain their role as adult leaders. The camp name is a compromise between the two. It also evokes the feeling that camp is a safe, special, and sometimes magical place that exists away from the city where staff and campers can explore their own unique identities.

FOR CHECK-IN & CHECK-OUT

Notify Camp Waluhili (918-476-5482) or the Camp Director (918-351-5125) if you are...

- Not able to arrive by 3:00 pm on **Sunday**
- Need to arrive before 7:45 or after 8:00 pm on **Wednesday** (*Mini-Campers only*)
- Need to arrive before 6:30 or after 8:00 pm on **Friday**
- Are lost and need additional directions

Camp Waluhili Rules of the Road

- Speed limit is 5 mph
- Park in designated parking areas only
- Follow one-way signs and staff directions to reduce traffic congestion

CHECK OUT PROCESS

Mini-Campers: See Wednesday process below

All Others: See Friday process below

For both days, all camper luggage will be at the Dining Hall ready for check-out. After signing your child out and picking up any leftover medications, you and your camper can get their luggage and any leftover money they have in the Trading Post. **Please check the Lost & Found table with your child before leaving camp!**

Campers are only released to persons listed on the Registration Form. If you find that your child must be picked up by someone other than who is listed on the form, please contact the Camp Director to make arrangements. **Picture identification (e.g. driver's license) is required at check out for anyone picking up a child, even a parent.**

WEDNESDAY (MINI-CAMPERS ONLY)

The Camp Waluhili gate remains closed and locked until 7:45 pm on Wednesday. After parking, bring your identification with you to the Dining Hall. Arrive by 8:00 pm to check out your camper.

Extending Your Mini-Camper's Week

Mini-Campers are always welcome to extend their stay until Friday evening if they're enjoying camp and their schedule allows! During check-in, the Camp Director will ask whether your child should be presented with the option to stay through Friday. If so, your child's counselor will remind them Tuesday evening to make a decision by Wednesday morning. At breakfast on Wednesday, the Camp Director will talk with your child. If your camper is interested, the Camp Director will call the primary guardian Wednesday morning to facilitate a conversation between the camper and their guardian. Together, they make a decision and inform the Camp Director. The remaining balance of \$145 is then payable by contacting the Camp Fire Office at 918-592-2267. See below for details regarding Friday check-out.

FRIDAY

My staff and I always look forward to parents/guardians joining us for Friday evening's Closing Camp Fire! This ceremony has occurred every Friday evening at Resident Camp for over 60 years and we look forward to parents and families attending this long standing tradition with their campers. Please be patient at the end of the ceremony as we check out over 80 campers as quickly and safely as we can. **Do not leave camp without checking out your camper.**

The Camp Waluhili gate remains closed and locked until 6:40 pm on Friday. Please arrive by 7:00 pm so you're not late to the Camp Fire. Parents park their cars in the main parking lot near the Dining Hall and walk to the lawn next to the Dining Hall (please wear camp appropriate, fully-enclosed shoes), where they form an audience for the ceremony. Some metal, folding chairs are provided but **family members are encouraged to bring their own lawn chair, folding camp chair, or blanket to sit on.**

Once all parents are seated, campers enter the meadow and sit with their counselors, organized by cabin. Closing Camp Fire includes songs and award presentations by cabin counselors, special session counselors, and instructors. Once the ceremony is over, parents move to the Dining Hall with their camper where they check-out their camper and pick up their luggage.