



Camp Soles

A Parent's Guide to Overnight Camp

Dear Parent/Guardian,

Thank you for joining our Overnight Camp community. You have taken a very important step in helping your child develop to their full potential. Let us assure you that we are dedicated to making every child's experience at camp a positively impactful one. This guide will help you prepare your child for a safe, exciting, fun, and adventurous experience. If you have any questions or concerns, please feel free to contact us at 412-213-5321 or fun@campsoles.org.

Preparing Your Camper(s)

Here are a few tips for you to help them get ready for the adventure of camp:

- Involve them in shopping for camp and you can even do some packing together.
- Pack a favorite personal item, like a T-shirt, cap, or small stuffed animal.
- Have them "practice" showering, sleeping over at friends or relatives and writing letters.
- Talk with them about the fun things they are looking forward to doing at camp.
- Parents should share stories about their own first times away from home. (Keep it positive!)
- Parents can point out what a child does well and how that will be an asset at camp.
- Post a letter to your new camper one or two days before he/she departs for camp, so that it will be there on their first full day at camp.

It also helps to have a few conversations with your child, before they head off to meet their new friends. Here are a few things you can say--not all at once, but a little over time in the week before they go:

- Every camper is part of a group and as your parents/guardian, we expect you to cooperate and help others.
- If you get homesick, that is completely ok and natural. Just remember all the fun you are going to have while you are at camp. If it helps to write us a letter and/or talk to your counselor, do it!
- If you are having a problem, your counselor is there to help you. Don't wait to tell us, you can tell your counselor. Be honest and ask for what you need.
- Clean-up is **part of camp!** You do it every day; we expect you to participate.
- There are many new things at camp, and you may not like them all or be as good at some as you are at others. **We expect you to try!**
- Go about making a new friend or two. If you are timid about meeting someone new, ask about what they like and be a good listener.
- Not everyone has to be your friend, and you don't have to be everyone else's friend. If you have one or two good friends at camp, that's great! We do expect you to be respectful to everybody.

- Have fun and tell us all about it in a letter home!

Arrival and Departure Times

Campers are to arrive at camp on Sunday between 1:45-2:45 pm. Check out starts Saturday at 9:45 am. For the safety of your child, picture identification is required to check out campers.

Camp Fees

All fees are due no later than 30 days prior to your child's arrival to camp and should be paid through our CampBrain registration portal at <https://campssoles.campbrainregistration.com>. The deposit is not refundable, and your child's week will only be reserved upon receipt of these fees. There are no refunds for late arrivals, homesickness, or any child removed for disciplinary reasons. Visa, MasterCard, Discover and eChecks are accepted through CampBrain. Contact the office if you need to make other payment arrangements such as cash or paper check. There is a \$25.00 charge for returned checks.

Camp Store

We will be operating the store ONLY during check in and check out. That's the time to purchase branded Camp Soles gear. Campers will not need money during the week.

Electronics

A summer camp experience promotes group unity, cooperation, and teamwork. To help achieve this, campers are asked to not bring cell phones, radios, or any other valuables. Campers in possession of electronics will be asked to turn them over to the camp administration for safekeeping. Camp Soles is not responsible for any damages or lost items.

Keeping Camp Informed

Please keep us informed of any changes in your child's life, such as illness in the family, divorce/separation, etc., that could affect their stay at camp. While we respect every family's privacy, accurate information will allow us to be more sensitive to your child's needs and ensure they have a good time at camp.

Lost and Found

While our staff will make every effort to help your child keep track of their belongings, Camp Soles is not responsible for your camper's personal possessions. Unidentified items found at camp after check out will be kept at the camp office until the end of the camping season. Thereafter, items in decent condition will generally be donated to a charitable organization and the others discarded.

Health Information

Your camper's health and well-being is most importance to us. We will have staff certified in First Aid and CPR on site during their stay. Camper medications will be distributed as prescribed and directed. Minor ailments and injuries will be handled at camp. You will be notified by phone if your camper requires extended or repeated stays in the Health Center, requires care by a Physician, or in the case of an emergency or injury that requires transport to an urgent care facility.

Medication

All prescription and over the counter medications must be in their original containers and turned in to the Health Officer during check in. Prescribed and over the counter medication will be administered as directed on the bottle and must be clearly marked with the child's first and last name. All prescribed medications must have the name of medication and name of physician labeled on the bottle. You will be asked during the check in process when the last dosage occurred. This will assist us in ensuring medication is administered in a timely manner.

Allergies & Dietary Restrictions

Our camp does not offer any nut products to our campers; however, we do offer sunflower butter. Please note any food or environmental allergies along with any dietary restrictions such as vegetarian, vegan, gluten free, etc. on your camper's health and information forms.

Care Packages

Your child's safety is our top priority therefore we are asking families to **not send** any personal care packages with food to campers due to the risk of potential allergens and attraction for critters.

Bunk Notes

Bunk notes is our one-way system to email campers. Simply send emails to campmail@campsoles.org. Please put **your camper's first and last name, and cabin if you know it, in the subject line so we know who it's for.** We'll print the emails daily and deliver them to your camper. This is a one-way email system and campers will not be able to respond. We do provide postcards for campers to write home, but the camper may arrive home before the postcard. Encourage them to write home early!

Photos & Publicity

We try to take and post photos of campers and activities daily. Some photos may also be used for marketing and publicity purposes. As it is not possible to filter out individual campers, you will be required to sign the Publicity Waiver form to allow your child's picture to be taken and published.

You can search for your camper at our photo hosting site <https://waldo.photos/@campsoles>. Find your gallery named _____ and enter the join code _____. It is up to you if you choose to share this information with friends or family, but please do not share this information on social media or any public forum.

Camp Out Night

Weather permitting, all campers will camp out at least one night with their cabinmates at one of our campsites on the property. Campsite locations are age-progressive to allow for the best experience possible for each age group. All campsites are near indoor spaces in case of bad weather.

Cabins will spend quality time together around a campfire and under the stars and may even cook their dinner over a campfire. Campers will be asked to carry their own belongings (sleeping bag, pillow, etc.) **Please help your camper out by sending a backpack if possible, and make sure they have the starred (*) items on the Packing List below.**

Packing List

Below is a list of suggested items to bring to overnight camp. Please plan enough items to last the entirety of your camper's stay. **Please label all items with your child's name. Starred (*) items are important to Camp Out Night.**

| | |
|-----------------------------------|--------------------------------------|
| Beach towel | Shampoo |
| Comb/brush | Shirts |
| Day bag/book bag * | Shorts |
| Extra White T-Shirt for tie-dying | Soap |
| Flashlight * | Socks |
| Goggles if used for swimming | Sleeping bag * |
| Hat | Sunscreen (waterproof) |
| Insect repellent (non-aerosol) * | Swimsuit |
| Jacket/sweatshirt * | Toothbrush and toothpaste |
| Long pants | Towels and washcloths |
| Pajamas | Underwear |
| Pillow and pillowcase * | Walking shoes |
| Rain gear * | Water bottle (name clearly marked) * |
| Sandals (for shower and swimming) | Water shoes |

Please DO NOT BRING: Cell phones, hand-held gaming devices, mp3 players, tablets, weapons of any kind, alcohol, tobacco products, fireworks, pets, or personal sports equipment.

Questions

If you have any questions regarding your child's stay at Camp Soles, please do not hesitate to call us at 412-213-5321 or email us at fun@campsoles.org and we will be happy to assist you.

Please upload all forms to your CampBrain account at <https://campsoles.campbrainregistration.com>, or email them to fun@campsoles.org 30-days prior to your camper's session

Attachments

Essential Eligibility Criteria

Camper Profile

Release and Waiver of Liability and Indemnity Agreement includes Publicity Release

Camper Behavioral Agreement

Camper Agreement & Pick Up Authorization



Camp Soles

Essential Eligibility Criteria

It is our desire to partner with parents and to work together to determine, prior to enrollment, if Camp Soles will be a positive experience and is suitable for your child. Please review the following essential eligibility criteria and make a responsible decision for your child.

- Camp Soles is not a therapeutic program and is not an appropriate choice for youth dealing with emotional, mental, social, or behavioral issues.
- Campers must be in good health, physically and emotionally, and can participate in a supportive community, in a positive and cooperative manner that displays tolerance and respect for self and others.
- Campers should have the emotional maturity to handle the sleep-away-from-home aspects of the camp program, including living independently in a group setting and taking care of their own personal needs.
- Campers must be able and willing to follow instructions and refrain from behaviors that pose a risk to self or others. Campers must use respectful language and appropriate physical behavior.

Decisions to accept campers are made on an individual basis. The Camper Profile you create upon registering will allow Camp Soles to understand your child. If you have questions concerning whether your child can be well-served by Camp Soles, please email fun@campsoles.org or call us at 412-213-5321 and we will arrange to have our Essential Eligibility Consultant discuss with you your child's enrollment.

Camper Profile

ATTENTION PARENTS/GUARDIANS:

Please take a few moments to fill out this confidential form. It will be shared with your child's counselor on the first day of camp. Counselors use it to ensure that your child has a safe, meaningful, and fun camp experience. Please fill out one form for each camper attending Camp Soles. Remember, your child has changed in the past year. Parents of returning campers should also complete this form. **Please use the back of this form for additional space.**

Camper's Name: _____ [Male [Female

Date of Birth: _____ Age at time of arrival at camp: _____

Siblings - Number of Brothers: _____ Ages: _____ Number of Sisters: _____ Ages: _____

Are any of your child's siblings attending Camp Soles? [Yes [No.

Has your child been away from home before? [Yes [No. If yes, for how long? _____

Has your child been to camp before? [Yes [No. If yes, how was his/her camp experience?

Your child's camp experience is very important to us. Please use this space to describe any important details about your child that will help his/her counselors provide the best support possible.

What are your child's interests, talents, and hobbies? _____

What do you expect your child to gain from his/her experience at camp? _____

Describe any behavioral issues that your child's counselor should be aware of. (i.e., bed-wetting, nightmares, sleep walking, aggressive behavior). _____

What were the major events/accomplishments in your child's life in the past year? Examples include new siblings, a recent death in the family, divorce, a change in your job status, moving, academic excellence, sports achievements. _____

Did we miss something? Is there any additional information we need to know about your camper?

CAMP SOLES RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

IN CONSIDERATION for being permitted to access properties of or utilize the facilities, services, and programs of Camp Soles, for any purpose, including but not limited to observation, volunteering, or use of facilities or equipment, or participation in any program, (including but not limited to swimming, boating, hiking, horse riding, zipline, waterfront, high ropes course, winter sledding participation), affiliated with Camp Soles, without respect to location, the undersigned, for himself or herself and any personal representatives, heirs, and next of kin, (hereinafter referred to as "Guest") hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will inspect and carefully consider such premises and facilities or the affiliated program and by continuing in the activity or program, or permitting the participation of their children in the program, accepts same as being safe and reasonably suited for the purpose of such observation, use, or participation.

GUEST RECOGNIZES that there are inherent risks involved in camping activities and programs, accessing campground properties and facilities, etc. whether engaged in as part of a group or individually and hereby assume all such risks. Guest understands that he/she has a duty to exercise reasonable care for Guest's own safety and the safety of those for whom Guest is responsible and agrees to do so.

GUEST HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE Camp Soles, its owners, directors, officers, operators, employees, volunteers or agents (hereinafter referred to as "releasees") from all liability to the undersigned, their personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of death or injury to the person or property of Guest while the Guest is in, upon, or about the premises or any facilities or equipment therein, or participating or volunteering in any program affiliated with Camp Soles, without respect to location, including death, injuries or property damage caused by another participant in any such program or activity.

GUEST HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the Camp Soles premises or in any way observing, using or acting upon any facilities or equipment of Camp Soles or participating in any program or activity affiliated with Camp Soles, including any such loss, liability, damages or costs caused by another participant in any such program or activity.

GUEST HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE while in, about, or upon the premises of Camp Soles and/or while using the premises or any facilities or equipment thereon or participating in any program or activity affiliated with the Camp Soles.

GUEST HEREBY ACKNOWLEDGES HAVING READ AND UNDERSTOOD THE FOLLOWING DRUG, ALCOHOL AND FIREARMS/FIREWORKS POLICIES. Illegal drugs, alcohol, firearms, and fireworks are strictly prohibited on Camp Soles properties. If the undersigned is found to have consumed or possesses any on camp property, they will be asked to leave camp without refund. Depending on their relation to the other undersigned guest, the whole group may be asked to leave as well.

THE UNDERSIGNED further expressly agrees that the forgoing RELEASE, WAIVER, AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the Commonwealth of Pennsylvania and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statement, or inducement apart from the foregoing written agreement have been made.

(Continue to Reverse)

LIST: ALL GUESTS ATTENDING

BIRTH DATE

| | |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |
| 6. _____ | _____ |
| 7. _____ | _____ |
| 8. _____ | _____ |
| 9. _____ | _____ |

(Attach additional pages if necessary)

I HAVE READ THIS RELEASE AND INTENDING TO BE LEGALLY BOUND HEREBY, HEREBY EXECUTE THIS RELEASE ON MY BEHALF AND ON BEHALF OF THOSE MINOR GUESTS ATTENDING WITH ME:

Name: _____

Street: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

Parent or Guardian's Signature: _____ Date: _____

Parent or Guardian's Signature: _____ Date: _____

Signature (over 18): _____ Date: _____

PUBLICITY RELEASE

The UNDERSIGNED do hereby authorize Camp Soles to interview, photograph or make any other visual or audio recordings of the guest named in this registration, who may be identifiable. The undersigned authorized the use for television, radio, magazines, newspaper, web site and any other forms of media presentations, for related stories about the camp sponsored by Camp Soles.

Authorization and/or consent as outlined above are hereby granted. I hold Camp Soles, its owners, agents, operators, employees, and volunteers harmless from any claim for injury or compensation resulting from the activities authorized by this document.

Parent or Guardian's Signature: _____ Date: _____

Parent or Guardian's Signature: _____ Date: _____

Signature (over 18): _____ Date: _____



Camp Soles

Camper Behavior Agreement

Camp Soles is a safe, caring community where individual differences are valued, where people are supported in reaching their goals and accomplishing challenges, and where everyone can have fun! Because creating such a community requires the commitment of all participants, we ask everyone to agree to the behavior expectations listed below.

Campers and parents/guardians should review and discuss these guidelines together.

I Will Show Respect for Others

- I will respect other people's ideas and values, even if they are different from my own.
- All my actions and language will have a positive impact on others in the Camp Soles community.
- I understand that any behavior that could harm (physically or emotionally) a camper or staff member, or which is disrespectful, is unacceptable in the Camp Soles community.

I Will Show Respect for Myself

- I will take care of myself by getting plenty of sleep, by eating well, and by maintaining my personal health (by showering and changing into clean clothes regularly, brushing my teeth, washing my hands often, using sunscreen & insect repellent when needed, checking myself for ticks, telling an adult if I am hurt or unwell, etc.)
- I will make the most of learning opportunities at Camp Soles by participating fully in camp activities, and I will try new things and have a positive attitude.
- I will not allow exclusive relationships (like those with friends from home or school) to prevent me from getting to know other people at camp, or from including others in activities.
- I will stay with a buddy when moving around camp and always ask a counselor before leaving the group.

I Will Show Respect for The Environment and Camp Facilities

- I understand that all community members are expected to share responsibility for keeping personal and community areas neat and clean, and I will help with these tasks.
- I will not bring my cellular phone, music player, video games, radio, or other electronics to camp, because they detract from enjoyment of and interaction with others and with the natural world.
- I will be sensitive to the environment. I will practice “Leave No Trace” ethics and tread lightly on the land.
- I will pick up litter, stay on trails, and not damage or remove anything from the environment.
- I will take care of Camp Soles’s facilities, program supplies, and equipment. I will put equipment away when I finish using it and will leave an area I use better than I found it.

I Will Show Respect for Everyone's Health and Safety

- I understand that the possession and use of tobacco, alcohol, or illegal drugs is prohibited. I will not have/use these at camp.
- I understand that fireworks, firearms, pocketknives, and other weapons are not allowed. I will not bring these to camp.
- I will abide by all safety standards explained by the staff.
- I understand that ALL campers must be in their living units/sleeping areas from lights out until activities begin the following morning, unless under the direct supervision of camp staff. I will stay in my living unit/sleeping area at night.
- I understand that physical and emotional bullying or violence will result in my immediate dismissal from camp. If I am dismissed from camp, my tuition is forfeited, and my parent/guardian is responsible for picking me up immediately. My behavior at camp will not include violence or bullying.

If a camper has difficulty following Camp Soles’s behavior expectations, Camp Soles staff will:

- remind the camper of expected behavior.
- review the Behavior Agreement above.
- discuss ways staff members can support the camper in making necessary behavior improvements.

If a pattern of inappropriate behavior continues, Camp Soles staff will work with the camper to set specific, appropriate behavior goals and outline consequences for continued inappropriate

behavior. Camp Soles staff may ask parents/guardians for suggestions to help improve behavior or create a written behavior contract.

Continued inappropriate behavior or severely inappropriate behavior (such as physical or emotional violence, bullying, or possession of prohibited items) will result in immediate dismissal from camp and forfeiture of camp fees. The parent/guardian is responsible for picking up a dismissed camper immediately.

We ask both the camper and the parent/guardian to sign the Behavior Agreement section in the camp forms to confirm that you have read this document together and acknowledge and accept the responsibility to meet these behavior expectations.

Date: _____

Camper Printed Name: _____

Camper Signature: _____

Parent(s) Printed Name(s): _____

Parent(s) Signature: _____



Camp Soles Camper Agreement and Pick Up Authorization

Camper's Name: _____ Camp Dates: _____

Additional campers (for Family Camps only): _____

This form is required for ALL child and adult campers, for each session attended. Family Camp participants may use one form. Parents/guardians and campers: Please read carefully, sign and bring to camp. I understand that my attitude and behavior are critical to the success of the camping session; therefore, for the good of the camp, as well as my fellow group members, I agree to abide by the following:

1. I will cooperate with the camp staff, be respectful of others and contribute positively to the community. I understand that teasing, intimidating, and bullying other campers is not acceptable behavior.
2. I will participate in program activities as well as camp clean up.
3. I will be respectful of the personal property of other campers/staff as well as the property of camp. I will not mark, deface, or destroy camp property.
4. I understand that the use of tobacco, alcohol, drugs and inappropriate language or subject matter will not be tolerated, and that usage will result in dismissal from camp.
5. I understand that I am not allowed to bring knives, weapons, or fireworks to camp.
6. I will be responsible for my personal belongings and equipment and will not hold Camp Soles responsible for their loss or damage due to my negligence or neglect.
7. I understand that cell phones are not permitted at camp. Other digital devices must be always left in my cabin and only used during approved periods of time.
8. I understand the only areas I am permitted to go are general program areas and the cabin that I am assigned to. If I need to enter any other area it will only be with the permission of a camp staff member and under their supervision.
9. I will observe all safety rules and regulations established for program, recreational and personal activities. I will comply with posted signs for my safety and the safety of others.
10. I understand that any unacceptable behavior will be handled by the camp staff and may result in my dismissal from camp. I understand if I am sent home, it will be my parent's/guardian's responsibility to pick me up at any time of the day or night and that any additional expense incurred will be their responsibility. For adults, after two warnings you and your family will be asked to leave.
11. To swim in the Green or Yellow Zones campers must pass the swim test.

I have reviewed the Camper Agreement with my child and understand, agree with, and fully accept the above, as outlined for my child's camp participation. If I am also attending camp, I understand and agree with, and fully accept that I will also be held to the same conduct standards.

Parent/guardian signature: _____ Date: _____

Camper's signature: _____ Date: _____

Please list those Authorized to pick your child up from Camp Soles: (List additional names on back)
A Photo ID is required to check out underage campers!

Name: _____ Phone: _____ Relationship: _____

Name: _____ Phone: _____ Relationship: _____

Name: _____ Phone: _____ Relationship: _____