



a camp for families and friends

Winter Camp 2017

Located at Camp Richardson

CAMPER INFORMATION

Camp It Up! Winter Camp Information

Winter camp is a wonderful and exciting adventure filled with fun, friends, and camp magic! We are excited to have your family at camp. We always hope for lots of snow and at the same time are prepared if we don't have any. In this packet you will find everything you need to know to prepare your family for her time at camp. Please read this packet carefully it includes important information such as check-in/check-out procedures, packing lists, and other information. If you have any questions please contact the camp director at marybeth@campitup.org. or her cell at

2017 WINTER CAMP CHECK-IN TIMES

- The check-in time for Winter Camp will be from **3-6 p.m.** You may arrive during this time. Staff will be available to help you to your room.
- If you are going to be later than 6 p.m. for check-in, please call Mary Beth at 513.520.9453

CHECK-IN PROCEDURES



1. Please allow 45 minutes to one hour for check-in.
2. Families need to check in at the registration table during check-in and drop off any paper work not previously sent in.
3. Staff will greet you upon arrival in the parking lot. Staff will give directions for unloading baggage and checking in.
4. It is easiest to check-in and then return to your vehicle to retrieve luggage.
5. You will receive a map of the property and tentative schedule upon check-in.

ARRIVAL DAY QUESTIONS

The camp director or assistant camp director is available to answer any questions you might have regarding your child's stay at camp or future stays.

ABSENTEE POLICY

Registered campers are expected to arrive at the designated time for Winter Camp. No refunds will be given for no-shows. Campers receiving financial assistance who are no-shows are responsible for repaying the amount of financial assistance awarded.

CHECK-OUT/LEAVING CAMP PROCEDURES

We ask if you leave Camp Richardson for any reason you let Mary Beth King or senior staff person know. This allows us to keep track of who is on property in case of an emergency. Families are welcome to come and go as they please even though you may miss something Awesome!

Health Screening

Our number one priority is the welfare and health of everyone attending camp. We ask that if the following are true you call ahead and don't come to camp.

- If anyone in your family had lice before camp and they are not clear of all nits before arrival.
- Any camper has a temperature above 100°F.
- Campers with a severe illness will need to have a physician's release to attend camp.

Campers without a release will not be allowed to stay.

If you are bringing any medications please keep them on your person or locked in your room. We would never want a child to get their hands on medication they shouldn't have. We understand that Camp It Up! is a community, please talk to a parent or guardian before sharing meds with a minor.

Camper Forms

- ♦ Health Form
- ♦ Waiver and Photo Release
- ♦ All about your camper

Lost and Found

PLEASE WRITE YOUR FULL NAME ON EVERYTHING OF IMPORTANCE.

Campers lose things at camp, having your camper's name on their gear will help us return it to you. Please help us by checking the Lost and Found table at registration daily.

Items left at camp will be brought to a board member's house and left for one week, then donated. Camp It Up! has limited storage available and Lost and Found often gets stinky!

Limited Cell Phone Use

We strongly believe that it is important for campers to disconnect and experience camp without any additional distractions. This is a time for you to experience a world beyond home with your family. Other families are at camp to experience each other and have a good time. If you need to be on your cell phone please step away from the group.

Packing List

MARK EVERYTHING WITH FIRST AND LAST NAME!

Dress and pack for the weather—Although it is wintertime weather can be unpredictable and you will have the opportunity to spend a lot of time outside. It is recommended you dress in layers to smoothly transition between being inside and outside. Comfortable campers are happy campers!

Sun exposure—Even though it's winter you can still get a sunburn. For this reason we also recommend waterproof sunscreen with at least an SPF of 15 to 30. Please talk to your child prior to camp about the importance of reapplying sunscreen regularly and frequently if their group is doing outdoor activities.

DON'T FORGET YOUR REUSABLE WATERBOTTLE!

| EQUIPMENT AND CLOTHING LIST (Use this list as a guide) | Packed for Camp | Packed for Home |
|---|--------------------|--------------------|
| Refillable Water Bottle, with strap, to be used daily | | |
| Day Pack/Back Pack to carry water bottle, change of clothes, sunscreen, etc. around camp | | |
| Toiletries: soap for showers, toothbrush & toothpaste, shampoo & conditioner (in plastic container), lip balm | | |
| Hairbrush or Comb & hair ties, must be able to tie hair back for banana boat night | | |
| sunscreen | | |
| Swimsuit—hot tub may or may not be operational | | |
| Beach towel—if you want a large towel for hot tub | | |
| Clothing: At camp, we always suggest not to bring new or your favorite clothes. Camp can be just as messy as it is fun! | | |
| 2 pairs tennis/gym shoes, one pair for day wear and one to get muddy | | |
| Winter boots | | |
| Inside shoes or slippers | | |
| 2 pairs long pants maybe more | | |
| Tops/T-shirts, one per day plus one extra | | |
| 1-2 sweatshirts or sweaters, maybe more | | |
| 1 pair Pajamas | | |
| Socks, maybe 2 pair a day—layers are your friend | | |
| Underwear, one per day plus one extra | | |

| | | |
|---|-----------------|-----------------|
| Long underwear/leggings/tights—again, layers are your friend | | |
| Winter outer layers—coats/hats/gloves | | |
| THINGS WE NEED TO SHARE AT WINTER CAMP please tell Mary Beth if you can assist | Packed for Camp | Packed for Home |
| Board games | | |
| Extra toys for the younger kids group | | |
| Crockpot—for our chili meal | | |
| Coolers (we need at least 2) | | |
| Musical instruments—we need musicians to sing camp songs | | |
| Sleds | | |
| Sound equipment—microphone etc— | | |
| Books to read to the little ones | | |
| | | |
| | | |
| | | |
| THINGS YOU MAY WANT TO ADD TO YOUR LUGGAGE | | |
| Talent show materials | | |
| Something fancy (camp fancy) for our winter wonderland ball | | |
| Snacks | | |
| | | |
| | | |
| | | |

Money

There will be a small amount of camp swag available at camp.

If you want a Winter Camp shirt you must pre-order it.

<http://www.companycasuals.com/campitup/start.jsp>

Kids Groups

Kids' groups are divided by age. Look for the list of kids groups to see which group your child/children is/are in and who their counselors are. We'll post group locations. We'll also post what your kids need to bring to group each day. Please pick up your kids on time at the end of group time. Since it's winter camp, please make sure everyone has multiple layers for indoor and outdoor play.

Sample Schedule

Friday

| | |
|-----------|---|
| 3-6 p.m. | Arrival, Check-in |
| 5:30 p.m. | Welcome campers, Introductions etc |
| 6 p.m. | Dinner in the Great Room |
| 6:45 p.m. | Singing |
| 7 p.m. | Family Board Games start |
| 8 p.m. | BINGO and/or make fun decorations for the Winter Ball (snowflakes et) |

Saturday

| | |
|----------------|---|
| 8-9 a.m. | Breakfast served in the Great Room (Staff set up/clean up crew) |
| 9:30 a.m.—noon | Kids Program! (By age group) |
| Noon— | lunch is served |
| 1:15-2:30 p.m. | Kids Program by project |
| 2:30 p.m. | Popcorn Fest |
| 2:30-3:30 p.m. | Staff break!/ Family free time *older kids groups reserve xcountry skis and/or snowshoes |
| 3:30 p.m. | Capture the Flag in the snow! |
| 4:15 p.m. | Snow play: Snow Relay, Freeze Tag, Hide & Seek, Snow Sculptures |
| 5 p.m. | Down time |
| 6 p.m. | Dinner in the Boat House (Set up and Clean up) |
| 7 p.m. | Winter Ball/Dance (in Boat House) |
| 8:15 p.m. | Family board games |
| 8:30 p.m. | Movie in Rich House |

Sunday

| | |
|---------------|---|
| 8-9 a.m. | Breakfast served in the Great Room |
| 9-9:30 a.m. | Parents pick up skis *Teens meet at 9:30 and leave by 10 |
| 10-1:30 a.m. | Kids Program (*10-2 pmX Country Ski, return skis 2pm) |
| 9:30 -10 a.m. | Bag lunches available for older kids in Rich House |
| Noon | Lunch served in the Great Room |
| 2-3:30 p.m. | Sledding |
| 3:30 p.m. | Family Snow Relays |
| 4:30 p.m. | Downtime |
| 6 p.m. | Dinner |
| 6:45 p.m. | Talent Show and Camp songs |
| 8:00 p.m. | Family Board games & Charades in the Great Room |
| 8:45 p.m. | Campfire, Banana Boats |

Monday

| | |
|------------|---|
| 8-9 a.m. | Breakfast served in the Great Room |
| 9:15 a.m. | Staff plays outdoors with kids while parents pack up |
| 9:45 a.m. | Closing Circle and sing outside if possible; saying good-bye/ campers leave |
| 10:00 a.m. | Staff clean up |
| 11 a.m. | Camp staff leaves |

Camp Food

All meals except for our Saturday night meal will be served in the Great Room. It will be a tad crowded but we can do it. And please help yourself to whatever you're hungry for. Last year, we wasted quite a bit of food, so take what you'll eat and feel free to go back for more. Yes, there are gluten-free, vegan, vegetarian and dairy-free options at each meal. On Saturday evening, we'll have a dinner and dancing in the Boat House. From 5-9 pm on Saturday, another group will be using the Great Room in the Lodge so we need to be either in the Boat House or in the Richardson House.

House Keeping

We need to keep the Great Room looking reasonable. We make a lot of garbage. Please help by throwing things away and picking up your family's toys and games when you're done playing.

House Keeping

Camp It Up! Merchandise will be available in the great room. Please see a staff person to purchase. Very few extra winter camp shirts/sweatshirts will be available, please order ahead.

Winter Camp It Up! Informed Consent Release of Liability

All adult campers must sign this document prior to participating in any camp activity this year. All legal guardians for children listed below must sign this document prior to child's participation in any camp activity.

Camp It Up! Inc. and Camp Richardson Resort offer a variety of experiences in an environment that cannot be totally managed or made wholly benign. While the aforementioned agencies diligently safeguard attendees and participants, a potential for harm still exists from the flora and untamed fauna of the area as well as from the nature of some of the available activities. Disregarding camp rules, straying from designated activity sites, or entering restricted areas can potentially result in injury or death.

Specific exposures to harm include activities and related structural components that may or may not be included in the camp experience attended by you and/or your children. These include: Skiing, Sledding, Hiking, Bicycling, Participation in Sports events, Arts and crafts programs and all other activities designated on the camp activities calendar or not specifically designated on the camp schedule but which occur on site and/or during the dates of Camp It Up! Inc. 2017: Feb. 17th-20th for campers and staff

In consideration for being permitted to utilize the facilities, services, and programs at Camp It Up!, Inc for any purpose, including but not limited to observations or use of facilities or equipment, or participation in any program affiliated with Camp It Up!, Inc without respect to location, the undersigned, for himself or herself and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she accepts the facilities and equipment and participation in all camp programs as being safe and reasonably suited for the purpose of observations, use, or participation.

The undersigned hereby releases, waives, discharges and covenants not to sue Camp It Up!, Inc and Camp Richardson Resort or any of their agents, vendors, staff members or volunteers, their directors and officers and hereby releases them from all liability to the undersigned, his/her personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein.

THE UNDERSIGNED 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 Richardson Resort premises or in any way observing or using facilities or equipment of the releasees or participating in any program affiliated with the releasees.

THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE due to the negligence of releasees or otherwise while in, about or upon the premises of Feather River Camp.

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 laws of the State of California 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, statements, or inducement apart from the foregoing written agreement have been made.

(Turn over)

I agree to indemnify and hold harmless Camp It Up, Inc, and Camp Richardson Resort and each of their employees, volunteers, officers, directors and agents from any and all liability incurred as a result of my/their participation in Camp It Up!, or in any Camp It Up! activity. I hereby state that all adults signing below and all minors listed below are free of medical or physical conditions that might create undue risk to myself/him/her. I am aware that the activities involved with Camp involve a potential for injury to myself/children/minors. I assume full responsibility for any loss, injury and/or inconvenience resulting from my/minor's participation.

Regarding photographs and video taping at Winter Camp 2017, I hereby grant Camp It Up Inc. permission to use my likeness in a photograph, video, or other digital media ("photo") in any and all of its publications, including the yearbook, web-based publications, without payment or other consideration. I understand and agree that all photos will become the property of Camp It Up Inc. I hereby irrevocably authorize Camp It Up Inc. to edit, alter, copy, exhibit, publish, sell or distribute these photos for any lawful purpose. In addition, I waive any right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photo. I hereby hold harmless, release, and forever discharge the Camp It Up Inc. from all claims, demands, and causes of action which I, my heirs, representatives, executors, administrators, or any other persons acting on my behalf or on behalf of my estate have or may have by reason of this authorization.

I HAVE READ AND UNDERSTAND THE ABOVE PHOTORELEASE. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENTS/GUARDIANS AS EVIDENCED BY THEIR SIGNATURES BELOW. I ACCEPT:

(Print name) (Signature) (Date)

Printed name and signature required for each adult participating in Camp:

(Print name) (Signature) (Date)

(Print name) (Signature) (Date)

Please list minors/children for whom this legal waiver applies:

(Print name) (Signature) (Date)

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MEDICAL INFORMATION FORM & TREATMENT AUTHORIZATION

PLEASE COMPLETE ONE FORM PER CAMPER.

NAME _____ AGE _____

DOCTOR'S NAME _____ PHONE # _____

WHOM TO CONTACT IN CASE OF AN EMERGENCY:

(Please give us all phone numbers where we can reach you: home, work, cell..)

NAME _____ Relationship to Child/Self _____ PHONE/S # _____

Alternative Contact _____ PHONE _____

HEALTH INSURANCE CARRIER _____ Group # _____

Member/Child's ID # _____

ALLERGIES (Please let us know if these allergies are mild, moderate or severe)

Does the person named on this form have asthma? If so, please note severity.

OTHER HEALTH ISSUES WE SHOULD KNOW ABOUT _____

MEDICATIONS: Please describe all medications person named on this form will need to take while at camp with exact dosages and times to be given. _____

PARTICIPATION AND EMERGENCY TREATMENT WAIVER:

In consideration for being allowed to register and participate in Camp It Up! held between Feb. 17th – Feb. 20th, 2017, as parents/guardian, I hereby release Camp It Up! and Camp Richardson Resort from injuries which are sustained during the camp, including any necessary transportation. I/The child described herein _____ (my name or child's name) has permission to engage in all scheduled activities except as noted by parent or physician. I hereby give the camp permission to initiate and provide any necessary treatments, including transporting to the nearest certified facility. If hospitalization is required, the person named on this form is to be referred to an appropriate physician and all treatments will be at their expense.

Name _____ Signature _____ Date _____

(please print)

Relationship to child _____

Camp It Up! 2016 | Getting to Know the Camper Form

Tell us about your child so that we can provide her/him/they with the best possible care and programming. Ask your child to fill out the form if s/he/they is able.

Name: _____ Likes to be called: _____

Age at camp: _____ Current Grade : _____ Date of birth: _____

Responsible adult(s) at camp: _____

Siblings/special friend(s) at camp: _____

Previous camp experience: _____

Favorite activities, hobbies and interests at home: _____

Most looking forward to at Camp It Up!: _____

Particular dislikes/fears: _____

Pertinent medical conditions/allergies (e.g., food allergies, etc.): _____

Does your child nap? If yes, when? _____

Anything else you or your child would like to tell us? _____