

SOKOL CHILDREN'S CAMPING

Children's Camping will start the Sunday after July 4th each year. This year Children's Camping will start on Sunday, July 9 and go through Sunday, July 16, 2017. Campers must be between ages 5 and 16 during the time of camping. All camping fees listed below are payable at the time of registration.

Weekly Rates:

- \$ 125 Child of Sokol member that attends gymnastics classes. Parent must be a Sokol member for at least six months.

- \$ 175 Child of Sokol member that does not attend gymnastics. Parent must be a Sokol member for at least 6 months.

- \$ 275 Child of non-members. (**Space permitting**—will be placed on a waiting list and may be offered opportunity to camp after Sokol member registration officially closes.)

Rates include all meals for one week, Monday morning through Sunday morning. Parents are responsible for their children after 10:00 AM on Sunday. Parents should not pick up campers before 9:00 AM on Sunday morning so that each child has the time to eat breakfast and complete their chores before leaving.

Day Campers

- \$ 30/day Day campers (ages 3-8 whose parents are volunteering at camp that day)
Day Campers should arrive at camp between 6:30 and 7:30 AM and be picked up between 5:00 PM and 6:00 PM. Day Campers must be able to attend to their own bathroom needs.
Day camper registration forms also need to be completed within deadlines. Day campers who are not dropped off within the timeline will not be allowed to stay.
Day campers who are not picked up by 6:00 PM will not participate in activities beyond 6:00 PM.

Mandatory Camping Work Days

Report to Sokol Camp at 9:00 AM - Lunch is provided and work concludes mid-afternoon

Sunday, May 7

Saturday, June 3

All member families must attend one work day. If you do not attend, your deposit will be forfeited.

REGISTRATION CLOSES on MAY 1, 2017.

After May 1, a \$ 50 per child, late fee will be assessed for any outstanding forms and monies.

No registrations will be accepted after May 8, 2017. NO EXCEPTIONS.

ALL MONIES AND FORMS ARE DUE AT THIS TIME.

Following the close of registration, confirmation letters will be emailed to each family.

PARENTAL REQUIREMENTS/EXPECTATIONS

1. Children's Camping is run completely by volunteers. All member families will submit a \$ 100 check dated August 1, 2017. This check will serve as a work deposit and will be returned upon completion of mandatory camping work day AND volunteering during the camping period by signing up to counsel, cook, or night watch. All volunteers will be expected to comply with expectations for their roles at camp and will follow instruction of senior staff members in charge. If a family does not complete their requirements, the deposit check will be cashed on August 1, 2017.
2. Parents will instruct their children on proper behavior. The camper agreement will be signed by the camper and the parent before camping. Failure to comply with registration requirements or camping regulations will result in dismissal without refund and at the expense of the parent. The Director and Staff have the final ruling in determining if behavior warrants dismissal.
3. All campers are to be signed in and out of the Camp beginning with a formal sign-in process at 5:00 PM Sunday before line up. If you pick up your child at any time during the week, they must be signed out with a Counselor before they can leave and signed back in upon their return. Campers will also be signed out at the conclusion of camp between 9:00 AM and 10:00 AM Sunday. Failure to comply will result in the camper being sent home at the expense of the parent.
4. **NO VISITORS** will be allowed during the camping period. If you need to come to the camp for any reason during the camping period, previous arrangements must be made with the Camping Director. This includes picking up/dropping off a camper, delivering medication/clothing, etc. If you are coming to Camp to volunteer, you are expected to abide by the scheduled times for your position.
5. ALL campers will submit a completed health history information form. Information including but not limited to conditions such as ADHD, allergies, psychological diagnoses, and past or chronic injuries should be included on the form. Failure to disclose information will result in dismissal.
6. Any medication that is to be administered during the camping period will be brought in its **original packaging with a prescription label, completed medical form, and documentation from a physician** stating possible side effects, etc. Campers will not be allowed to medicate themselves — this includes Tylenol, Midol, Allergy Medication, etc. Failure to comply will result in dismissal.
7. The Staff reserves the right to request additional information about any camper's medical conditions including but not limited to specific documentation releasing the camper to attend. If the Staff does not feel adequately equipped to handle the medical situation of any camper, the camper may be asked to leave the camp or make other arrangements.
8. If a child is sent home due to illness, they may not return to Camp until fever-free for at least 24 hours. Campers showing symptoms of illness may be sent home at the discretion of the Staff. Parents will be responsible for arranging transportation. Temperature will be taken upon return.
9. If a camper must leave the Camp, they can be picked up at any meal time but may not return until the following morning between 6:30 AM and 7:30 AM. After a second absence, the child will not be

allowed to return. If a child needs to leave, prior notice must be given to the staff on Sunday before line up. All campers must be signed in and out of the Camp with a Counselor at all times. Do not drop your child off at the top of the drive and pull away without signing them back in with a member of the Staff.

RULES AND REGULATIONS IN EFFECT DURING THE CAMPING PERIOD

THE FOLLOWING RULES AND REGULATIONS WILL BE ENFORCED BY THE COUNSELORS. THE GYMNASTIC ASSOCIATION SOKOL WILL NOT BE RESPONSIBLE FOR ANYTHING LOST OR STOLEN DURING THE CAMPING PERIOD.

1. Roll Call will take place promptly at 6:00 PM on Sunday. All campers must be present at this time. Sign in will begin at 5:00 PM. **All Campers are to be signed in by a parent/guardian at this time.**
2. Cot assignments will be posted Sunday afternoon. The oldest campers will be on the porches and the younger campers will be in the interior rooms.
3. The daily schedule will be as follows:

Wake up	7:00 AM
Campers dressed and ready	7:30 AM
Breakfast	8:00 AM
Lunch	12:00 PM
Dinner	5:00 PM
Bedtime (younger campers)	~8:30 PM
Bedtime (older campers)	~10:30 PM
4. There will be no loud talking in sleeping quarters following lights out. Once the lights are out, campers are to remain in their own beds unless going to the bathroom.
5. Campers will not be allowed to use cell phones during camping. Counselors will confiscate any cell phones that are found and campers will be sent home without a refund and at the expense of their parent. The Camp Staff highly recommends that campers do not have their phones during camp.
6. Electronic games (PSP, Nintendo DS, etc) and iPods/MP3 players should not be brought to Camp. Counselors will confiscate any electronic devices that are found. If a camper wants to bring an MP3 player for use at the Dance, they may turn it in to a staff member at the beginning of the week and they will be allowed to use it during approved time.
7. No weapons of any kind are allowed at Camp.
8. All campers must be capable of attending to their own bathroom needs.
9. Daily showers will be scheduled for each camper.

10. Attire should be appropriate for physical activity. No tube tops/halter tops, etc should be worn. Appropriate sleepwear should also be brought to camp. (Is it appropriate attire for an outdoor assembly in case of emergency?)
11. Swimwear should be in good taste for swimming/diving/jumping and other water activities (water balloons, relays on field, etc).

Girls ages 10 years and up:

One piece swimsuits only. No bikinis, monokinis, tankinis or strapless/tube one-pieces. No exceptions. The swim suit is to have no holes other than that for head, arms and legs. Swimsuits should be one piece of fabric and not have any ties, clasps, Velcro, hooks or be halter, tube top, or strapless. Swim shirt /rash guard use is acceptable when used over a one piece swim suit. Swim shirt/rash guard may not be used to cover a two-piece swim suit. Swim shirt /rash guard use is acceptable when used over a one piece swim suit that adheres by the above guidelines. Swimsuits should fully cover every intimate body part in its entirety. Please consider camp activities when choosing swimwear —activities include but are not limited to running, jumping, bending.

Girls ages 3-9 years:

One piece swim suits and tankinis with no more than a 1" gap between top and bottom only. Swimsuits should not have any ties, clasps, Velcro, hooks or be halter, tube top, or strapless. Swim shirt/rash guard use is acceptable when used over a one piece swim suit/tankini that adheres by the above guidelines. For younger campers, a tankini is helpful in case of bathroom visits during pool time. Swimsuits should fully cover every intimate body part in its entirety

Boys Ages 3-16 years:

Swimsuit should cover every intimate body part. No speedos. Undergarments are not appropriate swimwear.

Volunteers: All volunteers are expected to comply with swimsuit policy updates listed above.

12. All campers are expected to participate in all activities. If you are unable or unwilling to participate in any activities, you will be deemed ill and sent home.
13. Campers will clean their sleeping area, bathrooms, cabanas, and stairs each day.
14. Campers will eat what is served for meals.
15. No chewing gum is allowed at Camp. No coolers with soda or drinks are allowed. Any snacks or drinks that are found will be confiscated. This is in the interest of cleanliness (cleaning up after themselves or things melting in the heat), prevention of bugs, and safety of other campers (potential allergy interactions).
16. No smoking, alcohol, or drug use by campers will be allowed under any circumstances. This will result in immediate expulsion from Camp. This includes the possession of any lighters, matches or other similar smoking paraphernalia).
17. No fireworks are allowed on the grounds.
18. The Camp Staff reserves the right to conduct a search of campers possessions if deemed necessary.

19. Children should ask permission before using athletic or any other equipment and keep away from all machinery.
20. Camp Boundaries are as follows:
No one is allowed on the Rock Garden, on top of the rocks, or on any roofs.
No one is to go past any of the playing fields.
No one should be at the playground without a counselor.
No one is to be in the upstairs sleeping quarters during the day unless given permission.
Boys will use the east stairway and girls will use the west stairway.
Boys and girls will not be allowed in the sleeping quarters of the opposite sex.
Access to the Lodge building will be limited to restrooms and craft area during daytime hours. Campers are not to be in the kitchen or dining room area unless the current activity requires.
21. Swimming Pool Rules are as follows:
No one is to be in the pool area without a counselor.
Everyone will go to the pool area during swimming time, even if they do not wish to swim.
No one will leave the pool area without permission.
Running in the pool area, throwing/pushing into the pool and other horseplay will not be permitted.
Campers must swim the length of the pool twice to be allowed into the deep water.
If a camper needs/wants anything special for swim time (life jacket, floaties, goggles, earplugs, etc.) they need to be provided by the family and should have their name or initials written on them.