



Camp Rise Above
Giving Kids Strength for the Journey

STAFF & VOLUNTEER HANDBOOK

SUMMER 2021



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INTRODUCTION

This guidebook addresses the integral role that volunteers and staff play. Additionally, it provides guidelines and sets expectations that allow Camp Rise Above to appropriately select and train personnel for their roles and responsibilities.

A positive and rewarding camping experience meets the needs of everyone involved- campers, staff, and volunteers. Many components contribute to the overall success of an individual camp including accessible facilities, innovative program planning, and compassionate people. This handbook outlines the specific standards that relate to personnel and offers approaches and materials to help meet these standards.

In addition to assisting Camp Rise Above volunteers and staff, it also establishes standards with which partnering organizations must comply if they desire to partner with Camp Rise Above. The objective of these standards is to provide a positive, safe, and secure environment for campers and ultimately a transformative experience for everyone involved.

STAFF / VOLUNTEER CODE OF ETHICS

1. Staff / Volunteers understand and embrace the mission of Camp Rise Above and willingly and knowingly accept the concept that the focus and goals of the camp are directed to the campers.
2. Staff / Volunteers will never leave a camper unsupervised.
3. Staff / Volunteers will never be alone with campers or a camper, unless in an emergency.
4. Staff / Volunteers will use positive guidance techniques including redirection, anticipation of and elimination of potential problems, positive reinforcement, support and encouragement rather than competition, comparison, criticism, or humiliating discipline techniques.
5. Staff / Volunteers will not abuse campers including:
 - Physical abuse - strike, spank, shake, slap
 - Verbal abuse - humiliate, degrade, threaten
 - Sexual abuse - including inappropriate touching
 - Mental abuse - hazing, negative manipulation
6. Staff / Volunteers must treat with confidence and respect personal information they learned from campers, subject to the policies on reporting abuse and neglect, as referenced elsewhere in this manual.

7. Staff / Volunteers will treat with the utmost respect and confidentiality all patient/camper medical information that is received during pre-camp or camp briefing sessions. This information is protected health information (PHI) under the Health Insurance Portability and Accountability Act (HIPAA). [PHI definition: Information that is oral or recorded in any form or medium that relates to the past, present or future physical condition of an individual.]
8. Staff / Volunteers will treat campers of all ethnic, religious and cultural backgrounds with respect and consideration.
9. Staff / Volunteers will portray a positive role model for campers, including but not limited to, maintaining an attitude of respect, loyalty, patience, honesty, courtesy, tact and maturity. Positive participation with the campers is paramount to the success of each camp.
10. Staff / Volunteers will not use profanity or discuss adult subject matter in the presence of campers.
11. Staff / Volunteers will adhere to the dress code for camp. T-Shirts with advertisements for beer, alcohol, and tobacco products should not be worn. Likewise, clothing with degrading or offensive language should not be worn.
12. Staff / Volunteers will not use, possess or be under the influence of alcohol or illegal drugs during camp.
13. Staff / Volunteers are prohibited from having firearms or other weapons while at Camp Rise Above.
14. Staff / Volunteers must be free of health or psychological conditions that might affect campers' health.
15. Staff / Volunteers will comply with the outlined activities and expectations of their defined roles at Camp Rise Above and all activities which support their roles.
16. Staff / Volunteers are prepared and willing to assist and support campers to meet personal daily needs.
17. Staff / Volunteers will accommodate and be sensitive to the developmental differences and abilities of individual campers.
18. Staff / Volunteers that do not have a pre-existing relationship with a camper will not fraternize with campers (baby-sitting, phone calls, private lessons, contact through social networking sites, etc) outside of Camp Rise Above supervised activities or the Camp Rise Above setting. Any exception to this policy requires written approval in advance from the parent/guardian of the camper. Additionally, the Partner Camp Director must be made aware of any pre-existing relationships. Contact with campers outside of the camp setting includes face-to-face contact as well as correspondence through phone calls, letter, emails, or virtual social networking sites. Any contact with former campers who are 17 years or younger must likewise be approved by the Camp Rise Above director and camper's

parent/guardian. For those campers who turn 18 within 12 months of the date camp took place, contact must also be approved by the director and parent/guardian. For programs that serve individuals 18 years and older, all contact outside of the camp setting must likewise be approved by the director and parent/guardian. This contact is discouraged, regardless of the camper's age, based on the counselor/camper relationship.

19. Staff / Volunteers will not take or post any camper photos or identify campers by name or condition on the internet. This includes blogs, personal web pages, photo sharing sites and social networking sites such as Facebook. If requested by Camp Rise Above, volunteers/staff will immediately remove any camp or camper related content posted to any websites maintained or controlled by the volunteer/staff person, including any personal websites, blogs, and social networking sites.
20. Staff / Volunteers will not offer gifts or money to campers or their families.
21. Staff / Volunteers are required to report any suspected abuse or neglect of a child to the Camp Director so that it may be reported to the authorities.
22. Staff / Volunteers will not make personal disclosures to campers with an attempt to influence individual beliefs, values, or lifestyles.
23. Staff / Volunteers will adhere to the outlined policies, procedures and standards of Camp Rise Above.
24. Staff / Volunteers must agree to provide all criminal and other background check information requested of them and must meet qualification standards established by Camp Rise Above.

Staff / Volunteers must comply with this Code of Ethics throughout placement with the Camp Rise Above. Compliance with the Code of Ethics is a condition of continued involvement with Camp Rise Above. I understand that violation of the standards will be regarded as engaging in unethical behavior that is grounds for immediate termination of roles and responsibilities.

Signature _____ Date _____

Printed Name _____

STAFF / VOLUNTEER POLICIES

Breaks / Free Time

Volunteers / Staff need to have free time each day for privacy and to be relieved of camper responsibility. During rest time and after the evening's activities, cabins will alternate which volunteers / staff members can take breaks in the staff break room. Breaks will be the only time that staff can access their cell phones with the exception of emergencies.

Alcohol and Drugs

Alcohol and or drugs will not be permitted on the premises of Camp Rise Above (including in vehicles on the premises). This policy reflects an effort to maintain compatibility with the Camp Rise Above mission of a child focused environment.

Facilities and Property Damage

To maintain the quality of the facility for everyone, Camp Rise Above is responsible for the activities of the campers and staff during all camp activities. Activities of a destructive nature to property or those that are detrimental to the physical, emotional, or psychological well-being of other campers will not be tolerated; often what may be viewed as fun by some may be viewed as intrusive and destructive to others. Individual cabins, campers, staff and/or volunteers are not to be the target of destructive or inappropriate pranks or hazing activities. Campers and volunteers should only be in other campers' cabins if invited or with the knowledge of the cabin's inhabitants. At no time should anyone disturb another individual's property. An action that could be interpreted as mean by any camper should not occur.

Safety and Security

The safety and security of the campers, staff, and volunteers are paramount at Camp Rise Above. The following guidelines should provide the following guidelines to the staff, parents, volunteers, and campers:

- Camp Cole has an electronically monitored main gate and entry will be by use of a code. The Camp Director will be provided a code for their week of camp. The code should not be distributed widely as this weakens our purpose of protecting our campers' safety. All visitors will gain entry by contacting the camp staff on duty in the Camp Rise Above administration during the hours of 9:00 a.m. to 5:00 p.m. at the entrance.
- Camp Rise Above will provide name tags for staff/volunteers, campers, and visitors.
- Each partnering organization will provide the Camp Rise Above's staff with a list of potential visitors or contracted service providers (names and intended dates of

visits / service) during the week of camp. All visitors will register (sign-in and sign-out) at the Stacy R Sawyer Welcome Center with the Camp Rise Above staff attendant on duty. Each visitor will be asked to identify the reason for the visit and the partnering organization's contact person during the visit. At this time visitor(s) will be issued a designated badge / name tag. The partnering organization's contact person will be asked to escort the visitor(s).

- No former campers or parents will visit during the week of camp unless for prearranged responsibilities or activities.
- Parking is permitted only in the designated parking lot.
- Camp Rise Above will verify that their campers and volunteers do not have the following items which are prohibited on the premises:
 - Weapons
 - Firearms or ammunition
 - Knives
 - Firecrackers, sparklers, etc.
 - Mace or pepper spray
 - Sexually explicit materials
 - Laser pointers
 - Illegal drugs
 - Inhalants (unless prescription)
 - Alcohol
 - Tobacco products (including vaping products), matches, or lighters
 - Food in cabins unless in airtight containers or individual sealed packages
 - Silly string
 - Pets (except service and guide dogs)

Fraternization Among Campers and Volunteers

Campers and staff/volunteers should not have contact outside of camp unless with the approval of the Camp Director or involving camp sponsored activities. This includes phone conversations, letters, e-mails, exchanges through social network websites, baby-sitting, employment opportunities or meetings.

Volunteer Evaluation

Camp Rise Above will utilize a volunteer evaluation to evaluate and document the effectiveness of each volunteer at camp. This will be of assistance in planning future camps in terms of volunteer selection and possible training needs.

The evaluation will be a cooperative effort. The volunteer will complete a self-evaluation at the end of the week and return it to their lead counselor or camp director. The self-evaluation will include a section for the volunteer to comment on the quality of the

organization and leadership of the camp and how they, as volunteers, could have been better prepared or trained to perform their duties.

Camp Rise Above COVID-19 Guidelines

The health and safety of our campers and staff is our top priority! As we welcome campers again in-person, we are taking every precaution to ensure safety by following public health recommendations.

Due to the nature of the children we serve, CRA has always upheld high health and safety standards. In response to COVID-19, we have increased our sanitation measures as well as implemented program changes to allow social distancing.

To ensure cleanliness, CRA and its partner sites have implemented the following procedures:

- Common use, high-touch areas cleaned regularly
- Deep-cleans of cabins and cafeterias each day
- All program equipment cleaned after each user

To allow social distancing, CRA has modified programming in the following ways:

- Campers and counselors will be in static groups of no more than 10 campers with as little intermingling as possible with campers and staff outside their group.
- Many of our whole-camp activities will take place outside
- Mealtimes will be enjoyed within camper/counselor cohorts

To ensure a fun and safe camp experience, we ask that campers and staff adhere to the following guidelines.

For 14 Days Before Camp:

- Monitor for cough, shortness of breath, fever, chills, muscle pain, sore throat, new loss of taste or smell, nausea, vomiting, diarrhea, and alert CRA if any of these symptoms occur.

Upon Arrival:

- Answer a series of screening questions

While at Camp:

- Staff that is fully vaccinated will not be required to wear masks, per CDC guidelines.
- Staff that is not fully vaccinated will be asked to wear masks whenever inside public buildings or working in close proximity to campers. They will not be required to wear a mask during physical activities or in their cabin with cohort members.
- Campers can wear masks if they choose.
- Participants will maintain social distancing (six feet) from other camp groups and staff
- Listen to all safety guidelines from CRA staff
- Wash and sanitize your hands as often as possible
- If a participant begins exhibiting symptoms of COVID-19, he/she will quarantine in the cabin and immediately let camp staff know

COVID-19 Exposure Plan

If a staff, volunteer, or camper experience symptoms of COVID-19 while at camp, the following plan will take place:

- The individual will be isolated immediately in the medical center, and his/her family will be asked to pick him/her up.
- Upon leaving camp, the individual will get a PCR test and will report the results to CRA staff.
- The individual's cohort members will be screened for symptoms. Any cohort members with symptoms must leave camp.
- Those without symptoms will be monitored for the rest of the camp period. If they will be isolated in their cabin (at overnight camps) or at an outdoor location outside of Edisto Hall (at day camps) until the results from the symptomatic individual are received. During this time, rapid COVID tests will be administered to the entire cohort.

If the symptomatic individual tests positive for COVID-19, the cohort will either remain isolated in their cabin and PCR tests will be administered OR be sent home if it is close to the end of the session. Day camp cohorts will be asked to leave immediately.

If the symptomatic individual tests negative for COVID-19, the group may resume their scheduled camp activities.

Unplugged to Plug In

Camp Rise Above Cell Phone Policy



- Campers are not allowed to have cell phones, tablets, laptops, or other electronics at any CRA programs. Any electronics on site will be checked in and stored in the director's office until the session concludes. We strongly recommend that parents keep phones and electronics at home to keep them safe.
- If parents would like to check in on their camper, they are welcome to call the director. CRA will also be sharing photos throughout the camp session so parents can keep up with all the camp fun!
- All counselors are prohibited from using their phones and any electronics in the presence of campers.
- For day camps, we encourage counselors to leave their phones at home, in the staff kitchen, or in their vehicle.
- For overnight camps, counselors will be able to check-in their devices to the director's office at the beginning of the session and access them during scheduled staff breaks in the break area (after lights-out and during rest time).
- Volunteers with smart watches will be allowed to keep those devices as long as they are only used to tell time and track fitness activity. Any counselor who is seen focused on his/her watch in front of campers will be asked to take it off and turn it in to the director.
- Any volunteers with special accommodations to be considered must contact the director before the beginning of the session to discuss options.
- Camp Rise Above is not responsible for the loss or damage of any electronic devices at camp programs.

LEADERSHIP

The success of any camp depends on its leadership. Motivate yourself first, then you will be able to motivate others.

Successful Leadership

- Know the area, the age of participants, their skill levels, their abilities and disabilities, and medical conditions that are relevant
- Are aware of campers' needs and interests
- Encourage the group to function effectively together
- A good leader is always seeking who they are, always gaining respect for the "helping process" and its power, and always seeking to help others not for their personal gain, but to make it possible for another person to improve their own quality of life

To Motivate Campers, Leaders Should Be:

- Youthful - A good leader, no matter the age, must enjoy the activities.
- Unbiased - Do not play favorites. A good leader should not have favorites in any activity. Try to ensure success for everyone.
- Receptive - Listen to others. Be receptive to the ideas and interests of others.
- Unselfish - A good leader is not selfish. Consider others.
- Positive - Learn to laugh with others and at yourself. Let every participant achieve some success.

Verbal Communication

- Speak in a loud and clear voice so that the entire group can hear
- Communicate at the level of the group (be age-appropriate and think about your physical placement in your environment in relation to your group).
- It is important that everyone understands your directions, but don't insult their intelligence or maturity by talking down to them.

Facial Communication

- While most campers and staff like to be looked in the eye, some of our campers might not be comfortable with eye contact. Volunteers should take cues about communication from their camper.
- Facial communication shows how you feel about a certain activity or even how you feel about being there

Body Communication

- An animated and energetic leader motivates everyone
- When speaking with a camper, be sure to communicate at eye level. Squatting, kneeling, and bending over can help strengthen your connection with the camper.

Guidelines For Staff/Volunteers

Effective Leaders:

- Arrive before starting time and prepare.
- Learn the campers' names.
- Carry out programs as scheduled.
- Adhere to rules.
- Handle behavior problems assertively.
- Never leave campers unsupervised.
- Encourage everyone to have leadership responsibilities.
- Maintain positive constructive relationships.
- Do not show favoritism.
- Keep a positive attitude.
- Perform all closing duties – especially keeping areas clean and secure.
- Provide a desirable model in dress and behavior (for campers and staff).

CAMP RISE ABOVE BEHAVIORAL MANAGEMENT PLAN

At Camp Rise Above, appropriate behavior is expected of all campers, volunteers, and staff. In order to accomplish this, all volunteers and staff members are trained in the best ways to direct behavior. The behavior and values that are taught at Camp Rise Above are respect, self-control, honesty, and courtesy among many more.

- **Respect** - campers and staff must respect each other and their surroundings. This includes people, campgrounds, and the environment.
- **Self-Control** - campers and staff need to remain calm and in control at all times.
- **Honesty** - campers and staff must value being honest during all situations.
- **Courtesy** - campers and staff should be polite and courteous to all individuals while at camp. This includes the use of manners and responding respectfully to each other.

Camp Rise Above has zero-tolerance for “**bullying**” behaviors. Bullying can include verbal abuse, physical abuse, or consistent emotional abuse (put-downs, exclusion, etc.). All behavior problems, bullying, and discipline plans should be reported immediately to the Camp Rise Above Executive Director.

STAGES OF YOUTH DEVELOPMENT

To plan appropriate activities, a good leader should consider the age characteristics of the group of participants. Please refer to the following pages on the ages and stages of youth development.

Please know that while these traits are considered “typical” of each age group, many campers will not be a perfect fit for all characteristics listed. Each camper is unique and special in his/her own way. Age is also not a precise forecaster of maturity or developmental level. This list is to guide you in understanding the age group you will be working with and give suggestions for being the best leader that you can be.

Ages 5-8

- Like to be physically active: running, moving, painting, etc.
- Need activities that bring focus to “we” instead of “me,” and opportunities that foster cooperation and teamwork rather than competition.
- Use the five senses to help children experience and explore, this age is naturally curious.
- Like to try new things, but interest spans are short. Alternate high-medium-low energy activities.
- Need specific and clear instructions. May take longer getting ready and moving from place to place. Countdowns are a good tool to use (i.e. “in ten minutes the lights will be turned off, ...in five minutes”)
- Will need reminders about personal hygiene and cleanliness.
- Need plenty of rest and nourishment. Please be aware that children at this age may be slow eaters and need help cutting food. Early to bed, early to rise.
- Routine and consistency are very important.
- Need extra help with routine tasks like making beds and clean-up duties.
- Seek adult approval and are sensitive to criticism: patience and praise from their counselors.

Ages 9-11

- Love camp and are excited to do everything. This group has boundless energy and are eager to try new things, but they also have interests that change rapidly. They need to be active and involved.
- Usually do best when information is presented in small sections. Keep it short and simple.
- Many characteristics from the younger group are still true of many children in this age range. In general, they will be more self-sufficient and will need less help with basic tasks.
- May still need reminders about personal hygiene and cleanliness.
- Routine and consistency continue to be very important.
- Like group activities with members of the same sex.

- Eager to please counselor - will look up to you (and older campers). Campers of this age will observe and mimic everything you do and say.
- Are extremely curious and will learn by finding some answers on their own. Patience is key.
- Don't like to be compared with others; instead compare to past/present performance of the individual.
- Need ongoing praise and recognition from their counselor.

Ages 12-14

- Crave belonging to a peer group and try hard to form relationships; they want to be included.
- Going through many physical and emotional changes at varying rates. Campers come in all sizes and shapes and can be painfully self-conscious and critical. They may be embarrassed to change clothes in front of others.
- Beware of drama and extreme feelings; validate the feelings that they have.
- Are interested in activities involving boys and girls.
- Talk centers around the opposite sex, creatively change the subject now and then.
- Test independence but still want an authority figure.
- Involve campers in deciding guidelines or rules for the group.
- Usually enthusiastic about camp activities, especially those competitive in nature.
- Respond well to encouragement and honest praise.
- Sarcasm is easily misunderstood at this age.
- Tendency to tease and put-down - set expectations early that this behavior is not tolerated.

Ages 15-17

- Emerging sense of self-identity and developing sense of philosophy.
- Peer group and a strong desire for status within that group are often their primary concern.
- Establish an environment that is conducive to encouragement.
- Want leadership roles and a strong voice in planning their own programs. Provide guidance and suggestions rather than step-by-step instructions.
- Are restricting areas of interest; may need to suggest related areas to give a broader outlook.
- Want to be independent and treated like adults. However, don't be afraid to try things that are silly and fun (they're not as old as they look).
- Suspicious of anyone in "authority" and like to test limits. There is a fine line between being a friend and a counselor. Be firm, yet respectful, regarding expectations.
- Respond well to counselors/adults who show sincere respect.
- Your enthusiasm for camp activities is contagious.
- Humor works well.

CAMPERS WITH SPECIAL NEEDS

Please take time to know your participant and learn their specific needs. Physical or mental impairments may be present at birth, or may be due to injury or disease. Often, a major barrier for people with special needs is not the disability itself, but the lack of awareness and knowledge by others. Above all, please treat individuals with respect, being considerate and compassionate to their needs.

Wheelchair Etiquette

Always ask the wheelchair user if they would like assistance before you help; be respectful - people's wheelchairs are an extension of their body space. Don't hang or lean on them unless you have permission. If the conversation lasts more than a few minutes, you may want to sit or kneel to get yourself on the same level as the wheelchair.

Escorting an Individual with a Visual Impairment or Balance Issues

If an individual looks like they need assistance, please ask first if help is needed. Remember that they may only need verbal direction/cues. If physical assistance is needed, allow the individual to hold onto your arm above the elbow and walk one-half step ahead. The individual may also have a specific way that they prefer to have assistance. Repeat/verbalize information that may be written/posted.

Non-Verbal or Limited Verbal Expression


Volunteers / Staff will learn about the individual communication methods of their camper(s) before the session begins. Some campers may use technology to assist in communication or have a caregiver with them to assist.


Emergency Procedures

There are many hazards that may arise while at camp. In order to prevent these situations, please be sure to follow the signs that are posted at many of the program locations in camp. These locations include but are not limited to:


- **Jake's Dock** - Do not enter without a PFD and proper supervision from Camp Cole Staff. Supervision is required at all times if any of the canoes, kayaks, paddleboards, etc. are being used. The area will remain locked until a Camp Cole Staff member arrives.
- **Bubba Roof & Family Pool** - Do not enter the pool area without a Camp Cole lifeguard. The area will remain locked until a Camp Cole Staff member arrives.
- **Deans' Barn** - Do not enter Deans' Barn or the horseback riding area without proper supervision. The area will remain locked until a Camp Cole Staff member arrives.

2021 Session Details

 Camp Cole is located at
1571 Crossing Creek Road, Eastover, SC 29044


 Session 1: July 11-16 (Campers arrive on July 12)

- Staff arrival is at noon on Sunday, July 11
- Training and setup will take place on site that Sunday and Monday before campers arrive.
- Campers are picked up at 10 am on Friday, July 16.
- Staff will assist with cleanup and participate in a debriefing meeting before leaving by noon that day.

 Session 2: July 18-23 (Campers arrive on July 19)

- Staff arrival is at noon on Sunday, July 18
- Training and setup will take place on site that Sunday and Monday before campers arrive.
- Campers are picked up at 10 am on Friday, July 23.
- Staff will assist with cleanup and participate in a debriefing meeting before leaving by noon that day.

To log in to the Staff Dashboard, visit cra.campmanagement.com/staff

 We would love for you to log in to add your photo and your home address!

 If you are missing forms or trainings, the CRA team will be in touch.

Contact Information:

Erin Ulmer, Executive Director

843.300.9100 (office)

843.364.8076 (cell – only number that can receive text messages)

erinu@campriseabove.org

Tentative Overnight Schedule

8:00 – 9:00 AM	Breakfast
9:00 – 9:30 AM	AM Songs
9:45 – 10:45 AM	Rotation 1
11:00 – 12:00 PM	Rotation 2
12:00 – 12:30 PM	Break
12:30 – 1:15 PM	Lunch
1:15 – 1:30 PM	News/Singing
1:30 – 2:30 PM	Rest Hour
2:45 – 3:45 PM	Rotation 3
4:00 – 5:00 PM	Rotation 4
5:00 – 5:30 PM	Break/ Free play
5:30 – 6:30 PM	Dinner
6:30 – 7:00 PM	Free Play
7:00 – 8:00 PM (Possibly) 7:00 – 9:00 PM	Evening Program
10:00 PM	Lights Out

Rotations include swimming, horseback riding, arts and crafts, group games, boating, fishing, archery, and rock wall*

*Rock climbing might not be available at all sessions.

CRA PACKING LIST

At the first-ever overnight camp sessions of Camp Rise Above, we plan to have a LOT of fun. We encourage campers and volunteers to pack clothes they don't mind getting dirty.

Please label clothing with yours or your child's name.

6-7 Shirts

T-shirts and tank tops are the best choices! All campers must wear a shirt that covers the midriff at all times.

4-5 Pairs of Shorts

Socks and Underwear

Pack plenty of these!

Pajamas

Two sets of comfortable pajamas

1 Swimsuit

Swimsuits do not need to be one-piece; please be mindful that we will be playing games and being active. We find that modest swimsuits are best suited for camp!

Closed-Toe Shoes and Slip-On Shoes

While slip-on shoes are nice for the pool, shower, and waterfront, closed-toe shoes are mandatory and must be included for campers to participate fully.

1 Raincoat

Toiletries

Campers are expected to maintain appropriate hygiene. Please ensure they bring shampoo, soap, toothbrushes, orthodontic supplies and any other personal hygiene products.

Equipment and Medications

Please bring all medical equipment needed, including IV and feeding pumps, vests, etc. Please also bring camper's own wheelchair if they will need it at camp. Please bring all medications with twice as much supply if feasible, in original bottles/boxes, and labeled with campers' name.

Bedding

Campers and staff need to bring bedding – a sleeping bag, fitted twin sheet, and pillow OR twin sheets, blanket, and pillow.

Towels

Please bring two towels: one pool towel and one bath towel.







Food

Please pack any special foods needed for snacks and meals. This is only necessary IF the camper has dietary restraints and has discussed with CRA staff.






Sunscreen, bug spray, flashlight, reusable water bottle, and hat

All optional, but all a great idea!

What CRA will provide to each camper/counselor:

-  Backpack
-  Nametag
-  Two camp t-shirts
-  CRA Sunglasses and other fun swag
-  Water bottle if needed (please plan to send your own with name on it)
-  Sunscreen and bug spray (if camper/counselor does not have their own)

What to leave at home:

-  Valuable items (electronics, video games, cell phone, tablet/iPad, video games, skateboard, hoverboard, bike, scooter, roller shoes, etc.)
-  Video cameras
-  Knives, fireworks, guns, matches, laser pens, tobacco, alcohol, drugs, clothing with inappropriate themes
-  Pets
-  Camp Rise Above is NOT responsible for any lost or stolen items.

Goals and Objectives of Camp Programming

Increase Independence

Campers will be given opportunities to challenge themselves through negotiating obstacles at camp. Through independent decision-making, self-care, and awareness of their environment, campers will be able to increase their independence.

Improve Self Confidence

Campers will have opportunities to develop self-confidence through skill-based activities focused on success. Success focused programs will teach campers the value of making mistakes and how they can use those mistakes to improve their success at assigned tasks.

Identify Unique Strengths

Campers will shift their self-perception to identify more strongly with their talents and strengths that make them unique. Nametags of campers will highlight their personal goals and strengths.

In general, the overall camp program should provide the following:

- A variety of activities
- Equal opportunities for all campers
- Co-recreational activities
- Outlets for creative expression
- A safe place to play and be
- Opportunities for leaders to develop within the activities and living areas
- Active and passive forms of activity
- Maximum use of equipment and facilities
- Opportunities to develop life-long skills