

# Welcome to Outpost Pre Camp!

Summer camp is an exciting time for children. Pre Camp is the perfect way to introduce your camper to a really fun summer camp experience. Here at OSC, we are committed to each child in our program having a summer full of fun, friends, adventures and positive experiences. This handbook is designed to prepare both campers and parents for their upcoming summer at Outpost Summer Camp.

**Please read this information carefully.** Your child is much more likely to have a successful and positive first day at camp if you have helped prepare him/her for what to expect. If you have any questions after reading this guide, please call us at **(858) 842-4900**.

**We look forward to meeting you this summer!**



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## Talking to Your Child About Camp!

(just in case someone's a little nervous about going to camp!)

Summer camp is a time for adventure, excitement, and exploration, as well as a unique opportunity for your child to interact with nature in a safe, structured environment. Here are a few tips for talking to your preschooler about camp.

- Ask how your child is feeling about going to camp. This will help you understand how she is feeling. If she is nervous or anxious, acknowledge these feelings. "It *is* harder when you don't know anyone." Remind her she's not alone. "And a lot of the other kids are feeling the same way too."
- Ask your child what he's done to successfully make friends at school or in other environments. For example, "How did you make friends with Timmy?" This helps your child think about making friends in a positive and successful context.
- Compliment your child on her friend-making skills. If she talks about walking up to someone and introducing herself, be impressed with her choice to do so. "Introducing yourself to someone you don't know is really nice!"
- Prepare your child for some of the activities. Such as, the creek where he can race a boat, get his feet wet, and find hidden treasures. You can also tell him about some of the fun theme days, like Bug Day, where all of the campers make antennas, go on a bug hunt, and learn a bug dance! Don't forget about the fun games: drip-drip-drop, treasure hunt, ducky wucky and much more.
- Be respectful of your child's own pace - some children are naturally more outgoing than others.
- Stay involved! Ask how things are going on a daily basis. We will have a bulletin board telling you what we did. Don't hesitate to call us if you have any concerns – we welcome these types of calls from parents.



## **Open House**

On the Thursday before each session, we hold an Open House for all families. The Open House is held at Pre Camp, and is an opportunity to meet the staff, see where camp is held and pick up your camp t-shirt. This is the best opportunity to help your camper learn what to expect at Outpost Pre Camp (as well as help yourself learn about camp too!).

First Session :      Thursday, June 18,    2:00 PM – 3:00 PM

Second Session :    Thursday, July 2,        2:00 PM – 3:00 PM

Third Session :      Thursday, July 16,      2:00 PM – 3:00 PM

Fourth Session:      Thursday, July 30,      2:00 PM – 3:00 PM

## **What Happens on the First Day?**

On the first day of camp, your camper will meet his or her counselors and the other campers in the group. Although meeting new people and trying out new things can be fun, many campers are a little anxious on the first day of camp. We understand that being comfortable in those first few moments of camp is important to having a great summer, and our staff do everything they can to help alleviate “first day jitters.” It is on this day, in fact, that the special friendships and pride in the group start to form.

During each day of camp, counselors take extra time to familiarize their groups with camp and to help each camper feel like he/she belongs. So that your child knows what to expect on his or her first day at Outpost Pre-Camp, here are some highlights of the first few days.

## **Dropping off & Picking up Your Camper**

You may drop off your camper each morning promptly at 9:30 at the North City Presbyterian Church. When you enter the parking lot from Poway Road, turn right and park at the end of the lot closest to the preschool entrance. When leaving the church parking lot, please use the Springhurst Street exit as the Poway Road entrance is only one way. In the afternoon you may pick up your camper between 1:15 and 1:30.

## Morning Campfire

When your camper arrives to camp, he/she will meet his/her counselors and other campers in the group at the Logs for Morning Campfire. Morning Campfire is the kick-off to the camp day, with songs, cheers, and skits that get everyone ready for a fun and exciting day at camp.

## The Fort

After Campfire it is time for the group to set off for their first adventure of the day, the fort! At Pre-Camp we have a designated fort area shared by the groups. The forts are decorated each morning according to the theme of the day, prior to the campers arrival. When the campers show up all they have to do is play!



## Crafty Cave

Each day each group will visit the Crafty Camper Cave. In here they will get to create a variety of crafts to bring home. We will also have hands-on art: finger painting, silly-puddy molding, hat decorating and much more!

## Lunch

Campers bring their lunches every day to camp and store them with the groups' lunches in a shady spot. Refrigeration is not available so please pack non-perishable items. Please send a sack lunch rather than a lunch box, so that your camper will not have to remember to take it home. Please mark your camper's name clearly (first and last name) on the sack.



## Afternoon Campfire

At the end of the day, groups meet for Afternoon Campfire. Counselors bring their groups up at Campfire and tell of their special adventures. Afternoon Campfire is an exciting show of group and camp pride and is a wonderful close to a fun-filled day.

At the end of Campfire our campers each gather by their Senior Group Counselor, who is responsible for signing out each camper with their parent or designated adult. If someone other than a parent will be picking up your camper, please make sure you provide us with that person's name and relationship to your camper PRIOR to camp.

## Clothing

At Outpost Summer Camp, children have hands on experience in the outdoors. Because of this your camper may come home full of pride in how dirty he or she is! We recommend that you send your child in old clothes that are ready to be worn out, and don't be upset if shoes are soaked and muddy when your camper gets home!

Campers must wear closed toe shoes that can get dirty or wet. Shorts are ideal for hot days, unless your child is highly susceptible to sunburn. Please do not send expensive sweaters, or any unnecessary items that could easily become lost. **PLEASE HAVE ALL BELONGINGS (lunch sack to socks) CLEARLY MARKED.** Do not send money with your child.



One camp shirt will be handed out at the Open House held the Thursday afternoon before your camper's first day. The shirt given will be the size designated on your child's enrollment form. If you need to exchange it for another size, please return it unwashed and unworn along with a note stating the camper's name and size de-

sired. We will send a new one home with your camper the next day. Additional shirts can be purchased through the camp office.

## **Camp Policies/Procedures**

### **Lost and Found**

Campers do not need to bring anything to camp each day other than a sack lunch unless it is okayed by the office in advance. Everything brought to camp should be marked with the camper's name.

Although the staff will try to prevent articles from getting lost, from time to time jackets, sweaters and hats are left in mysterious places. At the end of each day we will have all lost and found at the pick-up zone. Every attempt is made to return labeled clothing to your children, but we cannot be held responsible for personal belongings brought from home. In the Fall, we collect the labeled lost and found and contact you if we have found something belonging to your camper. Unclaimed items are given to a children's charity.

## **Medical Information**

The safety and well being of your child is of utmost importance to us. Since your child will be in our care, it is extremely important that we are prepared to assist him/her at any time should a medical problem or emergency arise. You have supplied this information on your camper's enrollment and health history form. If there is any condition or problem about which you feel the office or your child's counselor needs to know, please call the office with that information.

All of our Senior Counselors have First Aid and CPR Certificates and most of our Junior Counselors are certified as well. Paramedics are also very conveniently located if needed, and we have an excellent hospital within five minutes of camp. In the event a child is hurt at camp and needs emergency treatment, the staff will contact the camper's parents, the emergency contact, or the family doctor. Because we are in a day camp setting and you are within an hour's drive from camp, you are the initial contact. **It is important that in the event of an illness or injury you, or someone**



**designated by you, be available to come to camp to pick-up your child.**

OUTPOST SUMMER CAMPS' accident insurance covers, up to our policy limits, any injuries received at camp to the extent that they are not covered by any other health and/or accident insurance covering the child.



## **Discipline**

Our primary goal at camp is to provide a safe and friendly environment for everyone. Children are encouraged to respect themselves, others, and their environment. We work to help children find appropriate ways to express their emotions, frustrations, and conflicts. Our goal is to help children problem solve to settle misunderstandings and disagreements.

When one or more of our campers spoil the enjoyment of others, it makes things difficult for everyone involved. We do not want this to happen! If a child is continuously not behaving at camp, it will be brought to the attention of the Camp Director. After talking to the camper or campers regarding the situation, the Camp Director may decide that a phone call home is warranted.

When a phone call home is necessary, the Camp Director will inform the parent about the situation and make recommendations on how to alleviate the problem. Every effort will be made to resolve these situations in the best interest of both the child and the camp.

## **Parent Visits**

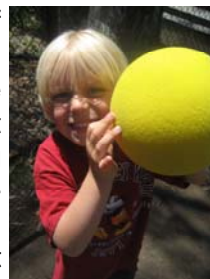
Parents are welcome to visit camp, **but please call the office to set up a time for your visit.** Since all days have special time schedules, some are better for visiting. Meet the Pre-Camp Director at the Clubhouse and he or she will take you to where your child and his/her group is located. Please plan on making your visit a short one as sometimes a parent can put a "damper" on what the group and your child is doing. (Sometimes it can be hard to have a secret fort with the parents looking on!)

Often, parents want to visit to see how their child is doing. Our director and counselors are available at the end of each camp

day and welcome your questions about your child. You can also contact the director at the camp office at (858) 842-4900.

## Other Important Information

1. Please do not send any equipment, toys or anything valuable such as radios and tape recorders. Jewelry and watches should also be left at home. All knives, weapons, or other dangerous items are prohibited.
2. Pictures are taken once each session. If your camper is absent he/she will not be in the picture. The camper will, however, receive a picture of his group with his counselors and friends.
3. **No make-up days can be given for any reason.**
4. Our camp policy prohibits staff from accepting monetary and expensive gifts from parents.
5. Please remember that the campers do spend time in the sun everyday. Our staff help campers put sunscreen on twice a day, first thing in the morning and after lunch. We strongly recommend that you apply it at home in the morning and consider sending your camper with a hat if he or she has sensitive skin!
6. The counselors give the campers frequent opportunities to drink water during the day. When the group goes hiking, they carry squirt bottles with water.



## Sunscreen

We ask that you apply the first layer of sunscreen on your child PRIOR to the camp day. For your convenience, a “sunscreen station” will be available each morning at the sign-in area. Our staff will apply a second round of sunscreen halfway through the camp day.

## Communication with Our Directors

Outpost Summer Camp is a family-owned business, and as such we are dedicated to providing a program of the highest quality. We welcome your comments, suggestions, questions and feedback, at all times. Please do not hesitate to contact us earlier rather than later if you have something you

wish to discuss with us. Often, we are able to address any issues more successfully if we are contacted immediately.

## **Benefits of Outpost Summer Camp**

We're proud of our program and what we do for kids. Here are some "key messages" that define our program:

*Camp is a caring community!* Our campers experience belonging and are part of a true community – getting along with others, accepting differences, and working together. The joys of acceptance and sharing prompt our campers to try out new positive behavior like choosing new partners, expressing caring thoughts about others and successfully resolving conflicts.

*Pre-Camp will be your child's first wonderful camp experience!* Camp is important to us and we want your child to think of "Camp" as a special, amazing place, forever!

*Camp is a safe and nurturing environment for children.* Kids are at less risk when they have a sense of community, intergenerational relationships, and first-hand experiences. Our trained and caring staff help each of our campers feel loved, capable and included.

*Camp is a vital element in a child's education!* Children connect with the natural world directly at Outpost Summer Camp – not through the filters of television, computers or movie screens. Discovery, exploration, and active participation are the methods of learning at camp!

**Thank you for trusting us with your child this summer. We look forward to seeing you!**

**Call us with  
– (858) 842-**



**any questions  
4900**