

# EXCURSIONS PARENT GUIDE



The Adventurer Excursion is an exciting and valuable addition to the camp experience. In order to provide the best experience for everyone and ensure campers safety we ask for your help in reviewing this guide with your camper.

### **Purpose and Philosophy of Adventurers Excursion**

A week away from home will give campers the opportunity to live collectively in a community, building upon the relationships they create during their first 2 weeks of day camp and gain a sense of independence. Campers will learn responsibility through campsite management, cooking, and cleaning. This opportunity will allow campers to disconnect from technology and the pressures of social media.

The week long excursion will be action packed full of the best outdoor activities Colorado has to offer. In addition to the overnight camping experience, activities currently include: rafting, kayaking, horseback riding, and a trip to the hot springs. Through these activities, our goal is to help campers not only progress their skills in high adventure program areas, but also grow and develop valuable life skills built through community and connection.

The purpose of our overnight excursion is to give teens an opportunity for leadership, team building, and group work in a setting away from home. They will learn the basics of trip planning and we will teach effective leadership skills through a variety of fun activities, responsibility for the campsite, and group discussions. Everyone will be encouraged to keep a journal to help them get the most out of their experiences and take back the skills they learn to be used in all parts of life including home, school, sports, work, and within the community.

### **Inclusion**

Go West works to build an inclusive camp community that values children and adults of all different backgrounds and abilities. We strive to create a community of caring, respect, and support where staff, children and families form meaningful and positive relationships. Our focus on creating one-on-one relationships, open communication with families, and positive facilitation strategies are intended to support children in developing 21st century life skills. We believe that camp staff, campers and parents working in partnership is essential to a positive camp experience.

### **Contracted Staff**

Go West partners with Rocky Mountain Outdoor Center (RMOC) and Mt. Princeton Stables to provide several of our adventure activities. We have chosen to work with these outfitters based on their experience and record for safely guiding these activities. In addition to our partners' staff, Go West Staff are always present and partnering with our guides to lead these activities.

## **Camper Code of Conduct and Expectations**

We strive to offer a well-rounded program with a wide variety of activities. We promote and encourage communication, problem solving skills, and positive social interactions between peers and staff. We believe that this helps to create an atmosphere which decreases the amount of behavior concerns that arise. When concerns arise which are beyond the normal range of issues with a child, staff will communicate those concerns to parents. Steps for serious behavior problems may involve a behavior plan, including methods for redirection and reinforcement of positive behaviors. If behavior problems continue, permanent dis-enrollment may result. A child will not be allowed to remain in the program if they are potentially dangerous to other children, staff, themselves, or who continually disrupt the positive experience of other campers.

## **Camper Expectations**

- Follow Code of Living to the best of their ability
- Perform basic hygiene
- Able to share living space in tent
- Willing to eat camp meals unless special dietary accommodations have been discussed in advance
- Know how to swim
- Communicate to staff about physical, medical, and emotional well being
- Be able to act appropriately when encountering hazards or challenges
- Be willing to work as a member of a team

The following are grounds for immediate termination from camp without refund or credit:

1. Anything that endangers the health and safety of campers and/or staff
2. Possession or use of drugs, alcohol, cigarettes, or vaping products
3. Possession or use of fireworks or weapons
4. Destruction of property
5. Leaving camp boundaries without permission or refusing to travel with the group
6. Continued inappropriate behavior, i.e. threatening, profane language, not following directions, bullying, improper behavior in vehicles and inappropriate sexual behavior.

The following items must not be brought to camp or the Overnight Excursion: expensive or valuable items, fireworks, lighters or matches, weapons, drugs, vaping products, tobacco or alcohol.

There are occasions when undesirable behaviors and situations arise, and we see these times as opportunities for learning, growth and collaboration. Alongside parents and campers, the staff at Go West have the goal of creating plans to help children thrive and be successful in our programs.

## Packing List

Sleeping bag  
 Sleeping pad / mat  
 Headlamp or flashlight  
 Camping mug  
 Camping pillow  
 Towel  
 Toothbrush  
 Toothpaste  
 Feminine products  
 Camp journal  
 Daily Camp Backpack:  
 with sunscreen, water bottle,  
 Monday lunch



Rash guard or long sleeve swim shirt

Socks/Underwear  
 2-3 shorts  
 3-4 shirts  
 Long sleeve shirt  
 2 bathing suits  
 1 pair of pants  
 Sweatshirt  
 Light jacket  
 Rain jacket  
 Tennis shoes  
 Water shoes  
 Sleepwear

Optional:  
 Hat  
 Headband  
 Small Camping Chair  
 Book  
 Baby Wipes



**Be sure to bring sack lunch  
 for Monday**

Leave Behind:  
 Electronic Devices  
 Pocket Knives  
 Prohibited Items

## Week Schedule

### GROUP A

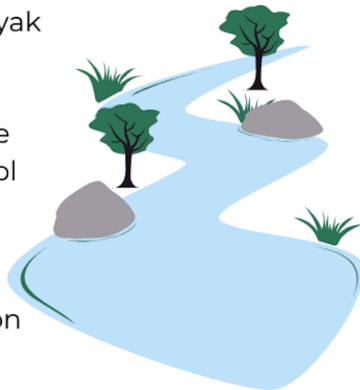
Day 1  
 Drive to Salida  
 Ghost Town + Fishing  
 Evening Campfire

Day 2  
 Full Day Inflatable Kayak

Day 3  
 AM: Horseback Ride  
 PM: Hot Springs Pool

Day 4  
 AM: Surf  
 PM: Town Exploration

Day 5  
 Rafting  
 Back to Colorado Springs



### GROUP B

Day 1  
 Drive to Salida  
 Ghost Town + Fishing  
 Evening Campfire

Day 2  
 AM: Horseback Ride  
 PM: Hot Springs Pool

Day 3  
 Full Day Inflatable Kayak

Day 4  
 AM: Town Exploration  
 PM: Surf

Day 5  
 Rafting  
 Back to Colorado Springs

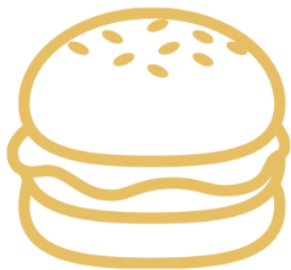
## Daily Schedule

7:15: Wake Up	5:00: Rest time
7:30: Begin making breakfast	5:30: Start Dinner prep
8:00: Eating breakfast	6:00: Dinner
8:45: Connection with nature	7:00: Team Building
9:30: Activity Start time	8:00: Camp fire
12:00: Lunch	9:00: Begin getting ready for bed
4:00: Activity Finish	9:45: Flashlight time
4:30: Head back to campsite	10:00: Lights out

## Meals

If your camper has any food allergies or dietary restrictions please be sure to indicate that in your camper health form.

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>Breakfast</u> Pancakes and Fruit	<u>Breakfast</u> Breakfast Burrito	<u>Breakfast</u> Hash Brown Scramble	<u>Breakfast</u> Biscuit, Breakfast Sausage, Fruit
<u>Lunch</u> Bring Sack Lunch	<u>Lunch</u> A: Bagel Sandwich B: Walking Taco	<u>Lunch</u> A: Walking Taco B: Bagel Sandwich	<u>Lunch</u> Wraps, fruit and chips	<u>Lunch</u> Sandwich, Fruit and Chips
<u>Dinner</u> Hot Dogs and Hamburgers	<u>Dinner</u> Quesadilla	<u>Dinner</u> Sweet Potato Mash	<u>Dinner</u> Pizza Dinner (In Salida)	



## **FAQ**

### **Who is the Excursions program for?**

Adventurer aged campers who want to experience a 5 day, 4 night camping trip with high adventure activities. The excursions program will consist of campers entering 7th, 8th, and 9th grade. Throughout the week campers will have structured time to try activities that will help them grow and develop skills. In addition, there will be time for campers to enjoy their time with one another around the fire, fishing, and at the campsites.

### **Will I hear from the group during the week?**

Expect to hear from the Trip and Travel Program Director at least once throughout the week. You can assume that your camper is safe and creating memories. In the case that a parent or guardian needs to be contacted, the Program Director will contact both the Camp Director and you.

Camp Director: (719) 357-8872

Trip and Travel Program Director: 719-357-8853

### **What guidelines and procedures are followed on the Excursions program?**

Identical to the Go West Day Camp program, the Excursions program is accredited through the American Camp Association (ACA). The ACA has a rigorous accreditation process, including staff qualifications, risk management, best practices and program operations. Prior to being hired, all staff are interviewed, referred by multiple references and obtain extensive background check screening. During staff training staff complete child protection training through state standards as well as Go West Camps training. Policies and procedures outlined in the Go West Parent Manual will also be followed on the excursion trip.

### **What are phone expectations?**

Go West is a safe and unique environment to unplug from phones and electronic devices. The Program Director and staff will have phones for communication. Go West is asking campers to leave their phones at home and enjoy the nature and people around them. Electronic devices include music players, phones, hand held games, and electronic readers. A "grace call" will be given to campers to turn over their phone and electronic devices to the staff. In the case phones and other devices are on the trip, staff will collect them until the end of the week.

### **Should my camper bring money?**

On Thursday, campers will have a few hours to explore Salida. If they would like to buy something during this time, campers should bring money with them on the trip. If you plan to send money with your camper it is suggested to send \$50 or less. The Program Director can also hold on to each camper's money until the shopping day.

**What do campers eat while camping?**

On the excursions program we eat three meals and two snacks a day. All meals are balanced with servings of fruit and vegetables, dairy, protein and carbohydrates. We will have snacks and water available to campers at all times. Breakfast and Dinner will be eaten at the campsites. Lunch will be eaten at parks and outdoor centers. Staff will make the meals with the support of campers. We recognize that going on a week long trip with food allergies can be challenging. Go West is committed to ensuring all food allergies are accommodated and all campers are cared for, please be sure to indicate any needs on your camper health history form in UltraCamp.

**What is the sunscreen and sun protection policy?**

Parents are responsible for providing sunscreen, labeled with their child's first and last name, with an SPF of at least 30, as well as a swim shirt/rash guard for water activities. In addition to sun protection, a rash guard will also help PFDs to be more comfortable. In the case that a child does not have sunscreen, Rocky Mountain Sunscreen brand lotion will be provided to them. Camp staff may assist in applying sunscreen to campers. Campers spend most of their day outdoors. We encourage you to discuss the importance of sunscreen with your child prior to camp. We encourage campers to wear a hat, sunglasses and tops that provide full coverage of the back and shoulders.

**What will happen in the case of inclement weather?**

Colorado experiences a range of inclement weather situations during the summer, including high temperatures and thunderstorms. During bouts of rainy weather daily, we do try to continue our activities outdoors when conditions permit. In the case of excessively rainy weather or thunderstorms, activities may be canceled and will seek shelter. Our staff have planned a variety of fun and engaging indoor activities for such occasions.

**What is the bullying prevention policy?**

We work together to create a safe and respectful community. Camp staff will address all known incidents of bullying. Every person has the right to experience an encouraging and positive expedition. There are occasions when undesirable behaviors and situations arise, and we see these times as opportunities for learning, growth and collaboration.

**How will accidents and incidents be handled?**

We follow best practices in all areas and hold high expectations to create a safe and fun environment. When minor accidents happen we will use our first aid training to administer simple first aid. At the end of the week we will inform you of the accident. For injuries needing more attention we will contact the camp director and emergency contact. In the case an ambulance is called a staff member will remain

with your camper until a parent or guardian has arrived. The local medical care system is the Heart of Rockies Medical Center.

**My camper takes medications, how will that be administered?**

Before the excursion, parents or guardians should complete the medication form. All staff are Medication Administration certified and in communication with the camp nurse. Both prescription and over the counter medications must be labeled and in the original container, accompanied by a medication form signed by a physician.

**What will the staff do if my camper is missing home?**

Missing home is normal, even the counselors miss home! All campers display when they miss home differently. Our staff are trained and have many backpocket support interventions to help your child. Staff will work with your camper to help them feel more comfortable. This is an important developmental opportunity to build resilience and comfortability being in situations outside of the comfort zone. Help remind your camper that they will have fun, make friends, and lifelong memories. Plus the staff are always available to talk in case your camper is missing home. Your confidence and support in the camper is so valuable.

**What is the lost and found policy?**

Prevention is always key! Label your clothes and other items ahead of time! We will check all sites before leaving to avoid leaving belongings behind.