

We would like to WELCOME your family to Adventure Day Camp, and are thrilled that your child is joining our program this summer. We understand that sending your child to camp this year is a difficult choice. It has certainly been an unprecedented time for all of us. It is crystal clear to us though that all of our kids need summer camp more than ever now. Social distancing is hard on all of us, especially our children. Camp is a special place, providing our children opportunities to grow their social, physical, and emotional selves, like no other place in the world.

The goal of our Welcome Packet is to hopefully prepare parents and campers for their summer experience at A.D.C. There is a lot to get done between now and the first day of camp, which always makes it that much sweeter once the campers come rolling in ready for fun, challenges, friendships, and laughter.

#### Here are a few quick and easy tips to help insure you and your child are prepared to start CAMP.

- We encourage you to have a conversation with your child about the Adventure Day Camp program. Ask them if they have any questions or concerns, what they are looking forward to, or what they might be nervous about. Talk to them about the importance of listening to their Camp Counselor and having a positive attitude about participating in the activities. Also, let them know that if they do have any concerns throughout the session they can always feel comfortable talking to their Camp Counselor, a Director, and of course YOU.
- Please send your child prepared for camp each day. Most equipment and supplies will be provided by A.D.C., but please review our "What To Bring To Camp" section to make sure your child is ready to go.
- It is extremely important that all applications, balances, medication logs, etc are completed before your session begins. Unfortunately your child will not be able to start camp unless all of your enrollment requirements have been completed. We will email you ahead of time if we are missing any items. If you haven't heard from us then you are all set.
- Please make sure any relevant health information concerning your child's experience at A.D.C.
  has been detailed on your child's enrollment form. That information will be given to your child's
  Camp Counselor prior to camp starting.
- We encourage you to reach out to us ahead of camp starting if your child has difficulty with transitions or starting a new program. We can really help and are happy to do so. We've got a lot of tricks up our sleeves!

In our eyes, there is nothing more important to our program than hiring creative, experienced, and positive staff to share the summer with your child. Your child will be assigned a Camp Counselor and 1 assistant that will guide them through their experience creating what we hope to be a truly special bond. In addition, our Program Directors are always available for increased supervision and overall program support. You will receive an email during week one from the Program Director associated with your child's age group. We welcome your feedback at any time during the session and are happy to provide feedback on how your child is doing in camp. Just ask! Please do not hesitate to contact us with questions, comments, or concerns. Although we recognize this summer will be different, we are confident we can make it AMAZING!

#### Warmest regards,

Kevin and Sunshine Welch

and The Adventure Day Camp Staff

Adventuredaycamp.com • Phone: 925. 937.6500 • email: campinfo@adventuredaycamp.com

## What To Bring To Camp

(Besides your smiles and positive attitudes)

Backpack	Glothing	Optional
Bathing suit & towel everyday	Shorts and tshirt	Sunscreen face stick
Lunch in cooler bag	Hat	Sunglasses
REUSABLE water bottle	Tennis shoes	
Long pants for riding days	Sweatshirt for colder days	
LABELED Bike helmet	2-3 Mask (1-2 as extra)	
Snack for 2 snack breaks	Mask holder is recommended	

It is so important that you label all items so we can safely get them back to your child.

We are unable to have a Lost and Found area this summer.

### What NOT Bring To Camp

 Pets or other animals, sports equipment or toys, card collection / Pokemon, weapons, alcohol, drugs, cell phones or video games, money, personal items like stuffies.

### If Your Child Is Absent, Arriving Late, Or Being Picked Up Early

You may email all absences, late arrivals, or special request. Please email the appropriate contact (see page 4). If your child is going to be absent, arriving late to camp, or being picked up early it is extremely important that you notify the camp office in order for us to accurately account for all of our campers and to make the necessary arrangements. Please DO NOT give messages to the driver or counselors. The number to call for all absences, etc., is 925.937.6500. Feel free to leave absences and route changes on our machine if we are away from the office.

If arriving late or picking up early, please pull into camp and along the right sidewalk. Please call our office and a staff member will bring out your child. Please do not leave your vehicle.

### Activity Schedule and Special Event Pays

To help you plan for your child's day we will be posting each week's schedule on our website. The schedules will be available on Saturday or Sunday before the start of each week. Please be reminded that although we make every effort to follow the published schedules, at times your child's schedule may change unexpectedly due to changing Contra Costa Country COVID guidelines and for the safety of our campers.

Throughout each session we schedule theme days that allow our campers and staff an opportunity to dress up and clown around. Days like Crazy Hat Day, You Be You Hair Day, Group Theme Day, and Aloha Day are scheduled throughout the summer. We will give you notice when these days occur. Our hope is that any Special Day we plan you can prepare for with items at your house and not force you to spend the night before shopping around town. Do your best but please, don't stress Mom and Dad!

# Parent Communication: Who to Contact For What

We pride ourselves in our ability to address and correct problems or concerns that surface during the summer. Our Directors are always available and more than happy to discuss any concerns you may have. Please do not wait to call us if an issue surfaces, and never think any issue is too insignificant to call us for. All concerns will remain confidential and a solution will be discussed before moving forward. Although our Directors are available during the camp day, the best time to speak with our Directors are between 8:00AM - 8:30 AM and 4:30 PM and 5:00 PM.

Adventure Day Camp will contact parents by phone for all emergencies and incidents. Even if the incident appears insignificant we will call you so you will be informed before your child arrives home.

### Kevin@adventuredaycamp.com - Camp Director

Please contact Kevin for:

- Concerns regarding ANYTHING related to your child's experience at Adventure Day Camp
- Billing questions
- Programming questions

Sunshine@adventuredaycamp.com - Director of Operations / Health Care Coordinator Please contact Sunshine for:

- Questions / requests concerning PIZZA FRIDAY'S, The Camp Store, paperwork, administrative issues
- Information on your child's health care / medications

Office@adventuredaycamp.com - General office email that will distributed to the appropriate person Please use this email for:

- When your child will be absent or late on a specific day
- If your child does not need our bus service on a specific day

## Allergies & Other Health Concerns

At Adventure Day Camp the majority of our adult staff are certified in First Aid and CPR. In addition, our Health Care Coordinator, Sunshine Welch is certified as a CPR / First Aid instructor for the Lay Responder and Professional Rescuer.

If your child has allergies, or takes medication while at camp, we require you to complete the enclosed Medication Log and submit it to our office no later than June 6, 2021. Also, if your child has an epipen on file we require that you complete the form Anaphylaxis Emergency Care Plan which is included in this packet. Please email all medical forms to Sunshine@adventuredaycamp.com AND put a copy in with your child's medication.

Although you are required to provide only 1 epipen during your child's session, we recommend supplying 2 so we can keep one with the CAMP COUNSELOR and 1 with the camp office.

Our Health Care Coordinator will contact you before camp if there are any questions concerning the information on your child's form. Having complete information and awareness of potential health concerns your child may have is extremely important and necessary.

We cannot administer any medications unless the Medication Log is completed and signed. If you are dropping off medication or an epipen on the first day, please place in a sealed, plastic bag that is labeled. Your child will be asked to place medication in a bin when being checked in.

# Horseback Riding & Mt. Biking

Horseback riding lessons are offered to all ages several times throughout each session. Over the course of the first 2 weeks of each session campers entering 3rd - 9th grade will be offered 2 scheduled lessons. Our Pre-k - 2nd graders will first experience riding by learning with our Miniature Horses. All riders MUST have long pants and although we recommend boots, tennis shoes will be allowed. Please bring your own helmet for this activity.

All Campers will have Biking scheduled several times during each session. PreK - 2nd graders will learn to ride while staying on our blacktop, while our 3rd - 9th graders will experience biking along the local bike trails. Please bring your own helmet for this activity.

### The Campout

At this time, we are still uncertain if we will be able to offer our Overnight Campout each session. While we recognize this is by far our campers favorite aspect of the program, we just don't know right now if we will be able operate the program while adhering to the appropriate Covid guidelines.

If the Campout is offered, we will depart on the 2nd Thursday of each 3 week session, returning the next day for a full day of camp. More details will be available as we approach the start of each session.

### Cell Phone Use - Please...we could really use some help herel

If your child owns and brings a cell phone to camp it may only be used with the Directors permission and should be kept OFF during the camp day. All correspondence with your child should be initiated through the camp office. Please do not call your child on their cellphone during the day. We can always reach your child within a few minutes. When campers are on their cell phone during the day it is a distraction and it takes away from their camp experience. We would greatly appreciate it if you could help us by not allowing your child to come to camp with their cell phone.

### Sunscreen & Sun Safety

Adventure Day Camp has a strict policy of administering sunscreen 2 - 3 times a day. We ask that you always apply sunscreen to your child BEFORE they arrive at camp. We will then reapply right after lunch and then again at around 2:30 pm. This summer we are continuing our program called "Fun, Sun Safety". Through fun, interactive activities, campers will learn the importance of staying hydrated and protecting themselves from the sun's rays. You can do your part by sending your child prepared and knowledgeable about staying "Sun Safe".

Also, to minimize the contact with your child and their counselor, we recommend sending a sunscreen stick and also spending some time instructing your child on how to properly apply sunscreen.

# No Bully Zone

Adventure Day Camp has a zero toleration policy for bullying. At Adventure Day Camp we try to keep rules and discipline to a minimum, respecting the fact that our kids are not perfect and summer camp in general allows for less structure. For bullying however, we have NO flexibility. We will involve parents right away if bullying occurs and hope all parents will contact us right away if there are any concern.

# Lunch and Snack

There are two options regarding your child's lunch

- 1. This summer Adventure Day Camp is excited to once again partner with School Foodies, the Bay Area's premier kids' lunch caterer, to provide delicious, nutritious HOT & COLD lunches to its campers. Please review School Foodies ordering process by visiting www.SchoolFoodies.com. Click Login, select Register Now and create your account. PLEASE BE SURE TO CHOOSE THE ADVENTURE DAY CAMP MORAGA option. We have included a School Foodie informational flier at the end of our Welcome Packet. YUMMY!
- 2. For those days your child is not enrolled in the lunch program, please send your child with a bagged or cooler packed lunch. We cannot microwave lunch items or provide utensils.

Adventure Day Camp does not provide snack so please send enough snacks with your child to keep them energized for the day. Each group will have a morning and afternoon time period designated for a snack. Camp Counselors will monitor their campers to make sure they are eating their snack each day. Occasionally Adventure Day Camp will provide fruit, Popsicles, and limited amounts of candy. Please be sure you have indicated on your child's application if they have any food restrictions we should be aware of.

### NUTSI

Each session we will have 5-10 campers in our program that are fatally allergic to nuts. We aim to work together to allow these campers to have a safe and worry-free experience at ADC. PLEASE DO NOT SEND NUT PRODUCTS TO CAMP WITH YOUR CHILD. We recognize that this might be an inconvenience for some families. With that said, we ultimately understand the seriousness of food allergies and trust you will join our effort and dedication to keep all of our campers safe and healthy. PLEASE BE SURE TO NOTIFY ADVENTURE DAY CAMP IF YOUR CHILD HAS NUT ALLERGIES. THIS INFORMATION WILL BE GIVEN TO THE CHILD'S CAMP COUNSELOR.

# If Your Child Forgets Their Lunch

We understand that preparing your child for camp each day can be a hectic process. After your child is off to camp we all go through the check list in our heads. "Backpack? Check! Water bottle? Check! Favorite hat? Check! Lunch? Wait, why is that lunch I worked so hard to make still sitting in the fridge"? Yes, we appreciate these things happen from time to time. If you child forgets his / her lunch during the session we will notify you and make sure they are provided a lunch for the day. Because we are not prepared to provide lunch, we will charge your account \$7 to cover the cost.

To keep up on all the events, announcements, and fun, please visit adventuredaycamp and "LIKE US" ON FACEBOOK. Please click on the icon at the bottom of our home page.



# Checking in Sout procedures and "extended care"

Drop off and pick up is at 90 Laird Drive, Moraga: Donald Rheem Elementary

Morning drop off: We expect morning drop off to be a busy time of the day. There are several critical steps we will be taking to allow campers to enter camp safely.

- Please pull into the Rheem Elementary driveway and pull as far forward as possible. You will see Adventure Day Camp signs and staff to help guide you.
- Please create your own name placard with your campers full name and place it on your passenger side dashboard.
- We kindly ask that you remain in your car during pick up. If you do need to roll down you
  window to speak with a staff or help your child out of the car, please be sure to wear you mask.
- Campers should remain in the vehicle until staff gives "thumbs up" to get out of the car.
- Please follow the round about to exit the school
- Campers will continue to the hand washing station and then will be directed to their camp group.
- If you have medication to drop off, please make sure it is in a labeled, plastic bag with the medication log inside. Show the staff through the window of your vehicle then give it to your child to drop in the medication box that will be next to the staff.

### **Afternoon Pick Up:**

- Pick up is between 3:45 pm 5:00 pm.
- Place name placard on your passenger side dashboard with your campers full name.
- You will pull up to the same area as drop off.
- Parent or authorized pick up person will show a photo ID up against the driver's window. A staff may motion to pull down your mask if they can't identify you. Please always have your window rolled up for our staff and your protection.
- · Staff will then radio for your child.
- Please exit the same way as morning drop off.

#### **Extended Care: Included in your tuition**

- Hours are 8:30-9:15am and 4-5pm.
- All campers will remain in their assigned groups during extended care. These are not structured
  activities but a time to do free play with their Counselor assisting. "Structured free play" can
  include card games, coloring, drawing, friendship bracelets, etc. We will be assigning different
  groups to sports courts during this time as well, but groups will stay together and not mix with
  other groups.

### Transportation To/From Off Site Activities

Adventure Day Camp uses the following vehicles to transport our campers

- 10 Passenger Transit vans
- 15 Passenger vans (All drivers are required to have a Class B Commercial License)
- 20-24 passenger small buses (All drivers are required to have a Class B Commercial License)

#### TRANSPORTING CAMPERS AND STAFF

- Campers and staff do not board if sick or experiencing any flu-like symptoms.
- All staff and campers wash or sanitize hands before boarding camp vehicles.
- We will maintain physical distance between campers and staff by operating each vehicle at approximately 70 % capacity.
- Load the bus back to front. Unload front to back.
- Campers must wear a mask when on the bus.
- When possible, we will have windows open to increase air circulation.
- Vehicles will be disinfected between rides.
- We will NOT use the recirculate conditioned air.

#### OPTIONAL TRANSPORTATION SERVICE TO / FROM CAMP

This summer we are offering transportation options to and from camp each day. More details including exact meeting location, updated Covid procedures, and complete protocols will be emailed the week before your session starts if you are enrolled for this service.

#### **Bus Meeting Spot Options:**

- 1. Oakland Montclair Village AM: 8:15 8:30 am / PM: 4:00 4:15 pm
- 2. Walnut Creek CVS Parking Lot AM: 8:15 8:30 am / PM: 4:00 4:15 pm

### Covid-19 Policies and Procedures

Although we are prepared and ready with our Covid-19 policies and procedures for the 2021 summer, the recently changing and fluid updates have been coming in fast and furious. There are still several aspects of the guidelines that will be updated by the CDC shortly that are specific to summer camps. We expect some final guidance to be released in the next week and will provide a final organized plan once we receive them.

We rely completely on the guidance that is available by the Contra Costa Health Services Department, Centers for Disease Control and Prevention (CDC) and The American Camping Association as well as over 25 years of camp experience.

#### What we expect at this time:

- Staff will be required to wear mask at all times.
- Campers will be required to wear mask while indoors, at meeting spots, in vehicles, and while
  traveling from activity to activity. At this time, we are unsure at this time if the guidance will
  require mask for campers when are participating in strenuous, outdoor activities. We will
  update you shortly on this policy.
- Campers will be placed in stable groups of 12-14 campers and will participate in activities with just this group. These stable groups will be socially distanced from other groups at all times.
- Most equipment will not be shared. Shared equipment (IE archery bows, hockey sticks), rooms, and vehicles will be cleaned in between uses.
- Lunch and most programming will be outdoors.

### Covid - 19 Daily Home Screening

We rely completely on the guidance that is available by the Contra Costa Health Services Department, Centers for Disease Control and Prevention (CDC) and The American Camping Association as well as over 25 years of camp experience. In an effort to minimize illness at camp, we ask that you check on the health of your camper daily beginning 14 days prior to the start of camp. Please remember, this should continue daily while attending camp. The best camp sessions start with healthy campers, and this begins at home. You will not need to submit this form, therefore we are relying on your honesty to keep our campers and staff healthy and safe.

Does your child have any of these symptoms today or has had any within the last 48 hours? If yes, please keep them home.

- Cough
- Fever (100.4 degrees F or higher) or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Sore throat
- New loss of taste or smell
- Runny Nose or nasal congestion
- Nausea or vomiting
- Diarrhea

#### You should also keep your child home if:

- Your child or family member has been in contact with anyone with a confirmed positive covid-19 case.
- Your child or immediate family member have tested positive for Covid-19.
- Your child has traveled by air or out of state within the last 14 days.

If you answered yes to any of the questions above, we ask that you please keep your child home. You should then contact your primary care provider, follow CDC Guidelines and Adventure Day Camp Guidelines. Please also contact an ADC Director immediately so we can start contact tracing.

### Are you traveling before your session starts?

Please note that anyone that is not fully vaccinated, and travels outside of California OR boards a plane, you will need to follow CDC Guidelines. This includes receiving a covid test once you return from your travels and self-quarantine for 7 days OR self-quarantine for 10 days and only return to camp if you have no covid symptoms during your quarantine time. Please let us know if you do plan on traveling. See more info at https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Travel-Advisory.aspx

Contact us with any questions or concerns: (925) 937-6500 or campinfo@adventuredaycamp.com

# Adventure Day Camp MEDICATION LOG

Name of Camper:					(Please use back of med	(Please use back of medication log if needed to document information
Name of Medication	n Dosage	Time	Special Instructions (Please be specific)	_	Purpose	Side Effects
☐ This medication is for t	he campout only;	please return	☐ This medication is for the campout only; please return Friday after the campout. [	☐ Please keep this m	edication at ADC fo	☐ Please keep this medication at ADC for emergency use during the session.
I have completed the inf medication to my child.	ormation above	to the best c	of my knowledge. I hereby	give my permissio	n for Adventure D	I have completed the information above to the best of my knowledge. I hereby give my permission for Adventure Day Camp to administer the stated medication to my child.
Signature of parent or guardian responsible for the child named above	uardian responsi	ble for the c	hild named above		Date	
Additional Helpful Information:	ormation:					
Information Below Is To Be Completed By Adventure Day Camp Staff	Be Completed	By Adventu	ıre Day Camp Staff			
Name of Medication	Date Administered	Time	Dosage	Any Side Effects After Administered	ects After ered	Administering Staff Signature
Medication given to ADC:	Ċ.			Medica	Medication returned to parents on:	rents on:

### Adventure Day Camp Allergy Action Plan

Camper's Name	D.O.B/
ALLERGY TO:	
Is allergy airbor	ne? Yes No Explain if yes:
Asthmatic Yes*	No *High risk for severe reaction. Does camper carry an epipen? Yes No
SIGNS OF AN	ALLERGIC REACTION
Systems: MOUTH THROAT * SKIN GUT LUNG * HEART *	Symptoms: itching & swelling of the lips, tongue or mouth itching and/or sense of tightness in the throat, hoarseness, and hacking cough hive, itchy rash and/or swelling about the face or extremities nausea, abdominal cramps, vomiting and/or diarrhea shortness of breath, repetitive coughing, and/or wheezing "thready" pulse, "passing-out"
The severity of	symptoms can change quickly. *All above symptoms can potentially progress to a life-threatening situation.
( ) If checked	gy, therefore: d, give epinephrine immediately for ANY symptoms if the allergen was likely eaten. d, give epinephrine immediately if the allergen was definitely eaten, even if no symptoms are noted.
	MINOR REACTION om(s) are:
give	Medication/dose
Then Director w	
2. Mother	Father
Continue to mor	nitor child. If condition does not improve within 10 minutes, follow steps for Major Reaction below.
	MAJOR REACTION ) are:
Then call:	IMMEDIATELY!  Medication/dose
2. 911	
3. Director will	call Guardian.
	plete a Medication Log. Provide all medications needed, labeled with your child's name. Turn all forms and to the camp office. All medications will be kept in the camp office unless camper goes off site.
	d the information above to the best of my knowledge. I hereby give my permission for Adventure Day ister the stated medication to my child.
Parent's Signatu	ure Date

### Register at: SchoolFoodies.com

Registration Codes: Moraga: ADC-M San Ramon: ADC-SR





Adventure Day Camp Parents,

SchoolFoodies is pleased to be you summer camp lunch provider! Our popular meals feature many key benefits for active growing kids:

- We feature all natural, hormone and anti-biotic free meats.
- We follow the EWG's Shopper's Guide to Pesticides methodology to reduce potential produce pesticide exposures up to 92%.
- Breads are sourced fresh from local bakeries.
- Dairy comes from Petaluma based Clover Stornetta and is rBST free.
- Many meals are cooked from scratch with ingredients from local purveyors, organic when possible.
- Our meal trays are made from wheat straw fiber and certified compostable.

In response to the pandemic, we have implemented the below policies:

- All employees, including our delivery drivers, wear PPE throughout the day, including gloves and face masks.
- All transportation warmers and bins are sanitized prior to daily deliveries.
- Our entire facility, equipment and work surfaces are sanitized daily.
- No one is allowed in our facility with cold or flu like symptoms.

#### Click Below to Download our Brochure and Menu



### Register at: SchoolFoodies.com

Registration Codes: Moraga: ADC-M San Ramon: ADC-SR





#### How do I order?

- 1) Visit www.SchoolFoodies.com . Click "Register" and create your account.
- 2) Proceed to "Add Student." You will need your school's registration code, which is listed at the top of this flyer.
- 3) Proceed to the "Order Policy" for important details about placing orders.
- 4) Proceed to "New Order" and place the orders on the days you wish and checkout.

You can place orders for a day, week or month at a time. The order deadline is three (3) days in advance of service days. Please orders before 9 a.m. on Fridays for the upcoming Monday. Before 9 a.m. on Saturdays for the upcoming Tuesday, and so on. An emergency meal option is available up until 5 a.m. on the same day of service.

Need to cancel or change a lunch? Login into your account and select Modify Order to cancel or change meal selections. The deadline to cancel/change a prior order is the same as the order deadline. However, you can call or e-mail to make changes after the deadline. Simply e-mail or call us with your request up until the day of service for full credit.

#### **Pricing:**

Regular Size (K to 4<sup>th</sup>): \$5.59 Large Size (5<sup>th</sup> and above): \$6.09

Want to place orders on the go? Download our mobile app by clicking on the appropriate logo below. Please enter "schoolfoodies" as the caterer code, then proceed to login using your existing foodies account or create a new account.

#### **Download our Mobile App**





We look forward to serving your family! If you have questions or needs contact us at <a href="mailto:contact@schoolfoodies.com">contact@schoolfoodies.com</a>, or 510-556-8900.