



2022 Welcome Packet: San Ramon Program

We would like to WELCOME your family to Adventure Day Camp, and are thrilled that your child is joining our program to help us celebrate our 23rd summer. 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

What To Bring To Camp

(Besides your smiles and positive attitudes)

Backpack	Clothing	Optional
Bathing suit & towel every-day	Shorts and tshirt	Sunscreen face stick
Lunch in cooler bag	Hat	Sunglasses
REUSABLE water bottle	Tennis shoes	
Long pants are optional for riding days	Sweatshirt for colder days	
LABELED Bike helmet <small>(to be left at camp unless you email Molly to send it home daily)</small>	2-3 Mask (1-2 as extra)	
Snack for 2 snack breaks		
It is so important that you label all items so we can safely get them back to your child.		

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

This summer we are teaming up with PikMyKid to help simplify the pick and drop off process. Complete information on how this process will work will be emailed separately. As we roll out this new system, we will ask families to also follow our traditional procedures when your child is absent, arriving late, etc.

Old School Procedures:

You may email all absences, late arrivals, or special request. Please email the appropriate contact (see page 3). 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.

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.

The strength of our program starts with our Camp Directors, and we are thrilled to announce that we have added a second Camp Director, Jessica (2nd summer) who will be teaming with Molly (returning for a 3rd summer) to run the show.

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.

Important Contacts:

Sunshine@adventuredaycamp.com - Director of Operations / Health Care Coordinator

Please contact Sunshine any time for:

- Questions / requests concerning PIZZA FRIDAY'S, The Camp Store, paperwork, administrative issues, billing questions, adding a session of camp, etc.
- Information on your child's health care / medications
- Any camp questions, request, or concerns - we are happy to help!

Molly@adventuredaycamp.com - Camp Director

Jessica@adventuredaycamp.com - Camp Director

Please contact Molly or Jessica after June 10th for

- Concerns regarding ANYTHING related to your child's experience at camp.
- Programming questions
- When your child will be absent or late on a specific day

Beth@adventuredaycamp.com - Program Director for Prek - 2nd grade groups

Raymond@adventuredaycamp.com - Program Director for 3rd - 8th grade groups

- You will receive an introductory email from your Program Director during the first few days of camp.
- Reach out anytime to find out how your child is doing at camp, lost and found, questions about the program, etc.

Activity Schedule and Special Event Days

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!

Horseback Riding & Mt. Biking

Horseback riding lessons are offered to all ages during the session. Campers entering 3rd - 9th grades will be offered lessons with our Arabian Horses while our Pre-k - 2nd graders will experience riding by learning with our Miniature Horses. We recommend long pants and require closed toed shoes. 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.

Cell Phone Use

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 at least 2 times a day. We ask that you always apply sunscreen to your child BEFORE they arrive at camp. We will then reapply around 11:30 and then again 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.

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 San Ramon option (ADC-SR)**. 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.

NUTS!

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**. The Dorris-Eaton School is a no nut facility. 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 your 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 \$8 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 & out procedures and "extended care"

Drop off and pick up is at 1 Annabel Lane, San Ramon: The Dorris-Eaton School

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 note: These procedures will be updated and emailed when The Dorris-Eaton School holds its morning enrichment program (Week of 6/20, 6/27, 7/11, 7/18)**
- Please be sure to announce your arrival with your **PikMyKid app**. We will email you with more details as to when you can announce your arrival.
- Please pull into The Dorris-Eaton parking . You will see Adventure Day Camp signs.
- Please pull into the drop off / pick up line keeping the sidewalk on your right.
- You will see Adventure Day Camp signs and staff to help guide you.
- If you are not using the **PikMyKid app (we really hope you do)**, 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.
- 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. Please hand the bag to our staff at check in.

Afternoon Pick Up:

- Please announce your arrival on your PikMyKid app
- Pick up is between 3:45 pm - 5:00 pm. Please know that our closing show ends at 3:45 so if there is not a staff at the gate to check out before 3:45, they will be there soon. If you need your child before that time, please call our office.
- If you are not using the PikMyKid app, 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 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.

Off Site Activities

Although most of Adventure Day Camps activities are held right at The Dorris-Eaton School, we do travel off-site for some programming.

- **Horseback Riding:** Heather Farms Equestrian Center in Walnut Creek
- **Free Swim:** Splash Swim School, San Ramon & San Ramon Olympic Pool
- **Biking** (3rd grade and up) Heather Farms Park, Walnut Creek
- **Hiking and Nature Club:** Various local parks and trails within 20 minutes of our site
- **Sailing, Kayaking, and Canoeing (Prek - 2nd graders):** San Pablo Reservoir

Transportation To/From Off Site Activities

Adventure Day Camp uses the following vehicles to transport our campers to off site activities such as horseback riding (Heather Farms), swimming (Heather Farms), boating (San Pablo Reservoir), and hiking in the local area.

- 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)

Bus rules:

1. Once on the bus, campers should never unless the Bus Counselor gives permission.
2. Fasten seatbelts as soon as you find your seat, then your Bus Counselor will recheck.
3. Seatbelts should remain fastened at all times while riding the bus.
4. There is no eating allowed on the bus. Keep your bus clean!
5. No cell phones or electronics devices should be used on the bus.
6. Use quiet voices please.
7. All campers should be aware of the locations of the Emergency Exits.
8. Remove all trash and belongings when leaving the bus.
9. Hands must be kept inside the window at all times

Enrichment Afternoon Campers

If you are enrolled in either:

- Enrichment Afternoon Plus - Week One is Full Day, Week 2,3 is PM ONLY
- Enrichment Afternoon PM ONLY

During your PM ONLY weeks, campers that are utilizing our Extended Care will be escorted to their classes at 8:55 am. If you are not utilizing our Extended Care from 8:30 am - 8:55 am, please check your child in directly with The Dorris Eaton Enrichment Staff. All campers will be picked up from their classes at 12:00pm to begin their summer camp program.

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 12, 2022. 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.

Please email or mail your forms. 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.

Covid - 19 Policies and Procedures

As we approach our 3rd summer with Covid related restrictions, we are confident that no matter what our guidelines tell us, we can run a safe, action packed, and amazing summer camp.

Through these summers, we have relied 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 40 years of camp experience. It has allowed us to be consistent and organized when preparing for a safe summer.

Please review our Covid related policies for the 2022 summer. These policies are subject to change without notice if our Covid circumstances warrant them.

- All staff are fully vaccinated
- Over 85% of activities will be with your assigned camp group
- We will not mix groups indoors
- Masks are optional but strongly encouraged indoors while at camp
- Masks are required when riding shared vehicles like AM / PM Bus Service
- All gatherings will be outdoors
- Windows will remain down at all times on vehicles
- If mixed groups are riding buses there will be space between groups
- **More information detailing our procedures when a camper test positive or is exposed to someone with Covid will be emailed separately.**

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.

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 to start contact tracing.

Adventure Day Camp

Allergy Action Plan

Camper's Name _____ D.O.B. ____/____/____

ALLERGY TO: _____

Is allergy airborne? 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.

Severe Allergy, therefore:

() If checked, give epinephrine immediately for ANY symptoms if the allergen was likely eaten.

() If checked, give epinephrine immediately if the allergen was definitely eaten, even if no symptoms are noted.

ACTION FOR MINOR REACTION

1. If only symptom(s) are: _____,

give _____

Medication/dose

Then Director will call:

2. Mother _____ Father _____

Continue to monitor child. If condition does not improve within 10 minutes, follow steps for Major Reaction below.

ACTION FOR MAJOR REACTION

1. If symptom(s) are: _____

give _____ IMMEDIATELY!

Medication/dose

Then call:

2. 911

3. Director will call Guardian.

Please also complete a Medication Log. Provide all medications needed, labeled with your child's name. Turn all forms and medications in to the camp office. All medications will be kept in the camp office unless camper goes off site.

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.

Parent's Signature _____ Date _____

Adventure Day Camp MEDICATION LOG

Name of Camper:

(Please use back of medication log if needed to document information)

Name of Medication	Dosage	Time	Special Instructions (Please be specific)	Purpose	Side Effects

☐ This medication is for the campout only; please return Friday after the campout.
 ☐ Please keep this medication at ADC for emergency use during the session.

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

Date

Additional Helpful Information:

Information Below Is To Be Completed By Adventure Day Camp Staff

Name of Medication	Date Administered	Time	Dosage	Any Side Effects After Administered	Administering Staff Signature

Medication given to ADC:

Medication returned to parents on:

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



2363 Tripaldi Way, Hayward, CA 94545
Direct: (510) 556-8900 E-mail: contact@schoolfoodies.com

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 4th): \$6.29

Large Size (5th and above): \$6.79

All meals include seasonal fruit, vegetables, sporks, napkins and condiments

Subscriptions

There is a new feature that allows you to select favorites and turn on a subscription, which will automatically place orders for you each month. One week prior to a new month, you will receive an e-mail receipt with a list of ordered items. You can leave as is, or login and adjust your selections.

Mobile App

Want to place orders on the go? Download our mobile app by clicking on the appropriate logo below.

Download our Mobile App



We look forward to serving your family! If you have questions or needs contact us at contact@schoolfoodies.com, or 510-556-8900.

2363 Tripaldi Way, Hayward, CA 94545
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