

Parent Guide

Opening Day: Sunday June 16th

Last Day of Camp: Sunday August 11th

Please note that Cedar Lodge is in the Eastern Time zone for all times listed below.

ARRIVAL AND DEPARTURES: All take place on Sunday.

11 am: Sunday morning begins with a performance put on by different departments of camp for the parents. The possibilities are varied. The specialty program could be a drama offering, music performance, vaulting presentation, drill team, polo match or rock band.

12 pm-1 pm: Check out will occur directly after Sunday presentations are finished. During this time campers who are not coming back later in the summer and were enrolled in one of our riding programs have the option to ride for their parent's by request.

1 pm-4 pm: Check in for new campers. This will occur on the back porch of the dining hall. Please see the map attached later in the packet. We encourage camper to get here closer to one as to not be rushed to set up their bunks and complete their swimming and riding tests.

2:30-4 pm: Riding and swimming testing. Please see the map for the locations for these activities.

TELEPHONE AND ELECTRONICS POLICY: We do not allow campers to use the telephone the first 3 days of their stay at camp. We also discourage parents from calling their children during their first week of camp. Some campers have difficulty in adjusting to their new environment and if they are the least bit homesick, calls from home make this adjustment more difficult for them, and other campers struggling with the same issue. **ONLY CALLS** to parents or guardians will be allowed. There is only one telephone line into camp and social calls to friends make it impossible for incoming and outgoing calls. The best time to call your child is during meals. Meals are served at 8:30AM, 12:30PM and 6PM, (eastern-standard daylight saving time). **PLEASE DO NOT SEND CELL PHONES WITH YOUR CHILD.** You will be asked to sign a statement when you arrive at camp stating that your child doesn't have any calling device in their possession. Sending PlayStations, Walkmans, ipods, Palm Pilots etc. is also a bad idea. They cause disputes among the campers and if they are broken or disappear we will not be held responsible. Please do not send any ipods that can access the internet.

CANTEEN: We suggest an allowance of \$10 per week. This covers small items like batteries, stamps and after meal treats of ice cream or candy. More advanced Arts and Crafts projects might have a small fee attached to them for materials, and camp T-Shirts are also sold in canteen. Camp T-shirts can also be bought at check in when your camper arrives or departs. If your child is coming during the week of our County Fair (July 15-July 20), they will need additional money. The entire camp attends the Fair. Recommended money for the fair is \$20-\$30. There will be a bus charge for campers that come during fair week or when we go to Lake Michigan for the day. This charge is \$8.00 for transportation.

CLOTHING: Campers and staff dress informally while at camp. Sport clothes, jeans, T-shirts, shorts etc. Please mark all of your child clothing and personal items with indelible ink or name tapes. Hard soled shoes with a heel and long pants or jeans are required for riding. All campers

are required to wear a HARD HAT (ASTM/SEI Approved) while riding or jumping. If you do not have a HARD HAT for your child, they can be rented at camp for \$5.00 for the length of your child's stay. Boots are provided in the barn at no cost if your camper does not have them. A helmet is also required for any bike riding your child may do while at camp. These helmets are not the same as a riding helmet. These are also provided at camp but your camper is welcome to bring their own.

VISITORS: Every Sunday is visiting day. If you plan on taking your child off the camp grounds during this time, please inform Chris, Amy or your child's counselor. Campers may not leave the camp grounds with anyone except their parents unless written permission is given. A special permission section can be found on the special considerations electronic form.

LAUNDRY: Laundry service is provided for those campers staying two weeks or longer. Laundry goes out once each week by cabin groups. Be sure that their clothing is well marked. If your child is only staying one week, make certain they have ample clothing.

MEDICAL/HEALTH FORMS: All campers must have a physical exam within a year before attending camp. Make certain all immunizations are up to date and a record of immunizations must be attached to the healthcare forms submitted from the physician. Cedar Lodge maintains a full-time Medical Officer to take care of the daily medical needs of campers. There is no extra charge for this service. Camp families are responsible for any additional medical expense incurred by their child due to illness or accident while at camp. We request information as to your insurance carrier and policy number on the special consideration online form. The camp doctor and hospital is within 10 miles from camp. Camp also has emergency personnel on camp grounds to assist with any emergencies that may arrive. Parents will be called if any medical emergency arises. **DO NOT SEND ANY MEDICATIONS UNLESS THEY ARE PRESCRIBED. THESE PRESCRIBED MED'S MUST COME IN THEIR ORIGINAL BOTTLE OR CONTAINER. PLEASE NO OVER THE COUNTER MED'S.**

FOOD SERVICE: During our 40 years of providing food service for children and adults in a camp setting, we have prided ourselves in preparing foods that are nutritious, tasteful and of a type that most children enjoy. We have always offered ample choices in all the food groups with fruit available throughout the day, and a snack before bedtime. We would appreciate it if you inform us of any special food needs that your child may have. If your child has allergies to any foods, or if they don't eat meat, please let us know on the health and special considerations forms. We want their camp stay to be a positive one and eating food they enjoy are a big part of that experience.

HOMESICKNESS: Every summer we have a few campers who are homesick. If their homesickness results in the camper having to leave early, we as Directors and staff feel we have in some way failed that camper. We try to do everything possible to encourage the homesick camper to get involved, keep busy and fight their way through their homesickness. Calling home has always been the last resort and we discourage the use of the telephone. All ages of campers are prone to homesickness and sometimes personal disappointment can trigger a feeling of wanting to go home. Most campers after their settling-in period of 2 to 3 days adjust to their new

environment and get busy with the job of having a good time. As a Camp Director of many years, my advice to camp parents would be: if you get a call from your child telling you how miserable they are, don't panic and rush to find your car keys. Give your camper a few days to settle-in.

CARE PACKAGES: We strongly discourage parents and grandparents from sending food items through the mail, or picking them up on visiting Sunday. Cedar Lodge is joining the ranks of **KEEPING OUR CHILDREN FIT AND HEALTHY** and limiting the amount of sugar in their diet. Food items also attract little creatures such as ants, mice and chipmunks who invade the cabins to share in all the goodies. Our menus offer enough sweets to keep our campers satisfied. Any care packages that do arrive will be encouraged to be shared with the camper's cabin mates.