

Dear Family,

Greetings from all of us at Sierra Nevada Journeys' campus at Grizzly Creek Ranch. We are thrilled that your child is going to be part of a transformative experience with Sierra Nevada Journeys. We hope that you are getting as excited about summer camp as we are! Please know that your child's physical, mental, and emotional safety are our number one priority. Sierra Nevada Journeys is an accredited American Camp Association (ACA) organization that follows strict safety and health standards to ensure the well-being of all our participants. This family handbook is designed to help campers and families get ready for Sierra Nevada Journeys Summer Camp.

In this handbook, you will find answers to frequently asked questions and other important information. Whether you are new to the Sierra Nevada Journeys family or are returning for another program, we ask that you read this handbook completely and carefully. We will be sending additional camp information to our campers choosing to participate in our new Counselor-In-Training program.

Sierra Nevada Journeys aims to make the registration process as easy as possible for our families. The online registration process is how we obtain all the necessary information to complete the registration process. There are no forms in this handbook to complete. If we require any additional information, we will send those forms through your CamplnTouch account or via email.

After reading this handbook, please feel free to contact our Registrar at (775) 560-6218 or email registrar@sierranevadajourneys.org with any further questions or concerns regarding our programs.

Thank you,



Jennifer Kopnicky
Sierra Nevada Journeys
Grizzly Creek Ranch Summer Camp Director



Mark Owen
Sierra Nevada Journeys
Grizzly Creek Ranch Executive Director

Sierra Nevada Journeys Summer Camp Handbook

Sierra Nevada Journeys Summer Camp has program offerings each session to appeal to the varying interests of our campers. Each program will enrich camper's experience and allow for growth and learning with a peer group. No matter the program, all campers will participate in archery, kayaking, swimming, tie-dye, arts and crafts, sleep-out, camper choice and challenge course which includes the Alpine Tower, zip line, and Flying Squirrel. Also, every camper in 2018 will receive a t-shirt once they arrive at Grizzly Creek Ranch.

Sierra Nevada Journeys has many new and exciting program offerings for 2018. Our new Camp Funology and Out of this World Camp sessions will have a balance of science, exploration, and classic summer camp fun. Counselor-in-Training and Leader-in-Training sessions will create a space to develop a personal growth mindset and participate in activities to build upon leadership skills.

Below is a list of the summer camp sessions, dates and age breakdown. For a more detailed description, please visit our website at www.sierranevadajourneys.org/camp/.

Session	Dates	Program Name and Age Breakdown
1-2	June 17-29	Counselor-in-Training 1 (Ages 15-17)
1	June 17-22	Camp Classics 1 (Ages 8-15)
2	June 24-29	Camp Funology (Ages 8-15)
3	July 1-6	Leader-in-Training (Ages 14-17)
3	July 1-6	Camp Classics 2 (Ages -15)
4-5	July 8-20	Counselor-in-Training 2 (Ages 15-17)
4	July 8-13	Color Olympics (Ages 8-15)
5	July 15-20	Out of This World Camp (Ages 8-15)
6	July 22-27	Leader-in-Training (Ages 14-17)
6	July 22-27	Camp H2O (Ages 8-15)
7	July 29-Aug. 3	Pathfinders (Ages 11-13)
7	July 29-Aug. 3	Trail Blazers (Ages 14-17)

Sierra Nevada Journeys Summer Camp Cancellation Policy

A deposit of \$125.00 is required to secure your reservations for Summer Camp 2018. Deposits are non-refundable. Cancellations posted prior to the summer camp payment deadline June 1, 2018 will receive a refund of all paid camp fees paid to date, but not the deposit amount. Those who are not fully paid by June 1, 2018, are notified and advised that their credit card on file will be charged or that they will be cancelled with the loss of their deposit. Partial refunds may apply to cancellations made after the payment deadline but before the camp start date depending upon the circumstances involved, the proximity to the start date and at the judgment of Sierra Nevada Journeys. No refunds will be made for cancellations made within 72 hours of the camp start date. Cancellations made during camp are subject to a complete loss of fees dependent upon the reasons for leaving camp early and at the judgment of Sierra Nevada Journeys. No refunds for dismissals from camp resulting from behavior-related or criminal actions. Refunds are not available for loss of programming or changes to programming made to accommodate weather conditions. Camp Store funds are 100 percent refundable. At any time, you may transfer to another 2018 camp if a slot is available.

Dates, Times and Transportation Information

Drop-off: Summer camp begins on **Sunday:** June 17, June 24, July 1, July 8, July 15, July 22, and July 29

Camper Sunday drop-off time at camp is 3:00 p.m. Please do not arrive earlier than **3 p.m.** as camp staff will not be ready to receive campers. Campers should arrive already having eaten lunch and be equipped with everything on the enclosed packing list.

Pick-up: Summer camp ends on **Friday:** June 22, June 29, July 6, July 13, July 20, July 27, and Aug. 3.

Camper Friday pick-up is at 10:00 a.m. Please do not arrive earlier than **10:00 a.m.** unless you have made special arrangements with the Camp Director (campers will be participating in closing events until 10:00 a.m.). It is Sierra Nevada Journeys' policy that anyone authorized to pick-up a camper must show **photo identification** before the camper is released.

Transportation: A special authorization form is mandatory to permit release of your child to an adult other than the parent/guardian on the camper application. There is a form online that you may fill out during the registration process or it may be added/updated after registration through your CampInTouch account. The designated person will also be required to show **photo identification**.

Pets: Animals are not allowed on campus unless they are certified service animals. Certification needs to be provided to the camp's Executive Director in advance. Please leave all pets in the car during drop-off and pick-up.

Camp Details

Activities: At summer camp, campers take part in a wide range of land, water, and adventure activities. These can include but are not limited to: swimming, hiking, arts and crafts, basketball, volleyball, campfires, ropes course, night hikes, tie dye, relays, songs and skits, kayaking and cookouts, and sleeping under the stars!

Swimming: Our swimming program follows Red Cross and American Camp Association safety standards. Specific time is scheduled throughout the week. For safety reasons, an initial swim test is given to all campers to evaluate their swimming ability. The test includes swimming from one end of the pool to the other without a break or holding on to the side. Our swimming pool is four feet deep at one end and three feet deep at the other.

Lodging: Grizzly Creek Ranch Campus offers modern facilities that are clean and comfortable. All **cabins** have bunk beds, a sleeping area for counselors, and a half-bath. Showers and additional restroom facilities are available in each cabin village. Cabin capacities vary from 12 to 26 occupants. **Yurts** and **tipis** are also used to house summer campers. The yurts are elevated to provide a comfortable, yet rustic, lodging experience. Yurt accommodations offer each camper a cot and storage space for his or her personal belongings. We will notify yurt campers one week in advance of your session. Each of the two yurt villages features picnic tables and log benches for socializing, and an easily accessible portable restroom. Indoor restrooms and showers are conveniently located in the nearby pool house.

Note: All campers attending Pathfinders will be staying in the yurt villages. Trail Blazers will be in tents as they are on the trail for much of their time with Sierra Nevada Journeys. Additionally, our Counselor-in-Training and Leader-in-Training program will house all campers in a separate tipi village in unraised tipis with cots.

Cabin/Yurt Assignments: Cabins/Yurts are assigned within a week of the camp date. You may request a bunk mate preference either at registration or through CampInTouch using the bunk request form. **Please note that while we do our best to accommodate these requests, we cannot guarantee them.** Campers are placed based on their age, gender and cabin availability.

Dining: Grizzly Creek Ranch Campus has a spacious lodge where campers eat three daily meals. All summer campers eat together. Meals are served cafeteria style with an opportunity for campers to get seconds. Campers receive an afternoon and evening snack as well as a dessert with dinner. *If your camper has food allergies or restrictions, please be sure to indicate those on the Health History Form. We make every effort to accommodate special dietary needs.* During the “night under the stars” campout, the meals are not in the lodge.

Note: Campers attending Pathfinders and Trail Blazers will be eating meals at picnic tables near their yurts. Food will either be delivered from our on-site kitchen or prepared by the campers.

Off-site Trips: Campers attending the Counselor-in-Training, Leader-in-Training, Pathfinder, and Trail Blazer programs will be traveling off-site. We will send additional parent release forms and packing information prior to camp start.

Camp Store: Sierra Nevada Journeys operates a small camp store on site giving campers the opportunity to purchase souvenirs and snacks. You may put credit into your camper's store account through CampInTouch by the Friday before camp start date or at camper drop-off. The store is open throughout the week and at camper pick up. All unused funds will be refunded at the end of camp.

Camp Photos: We take photos throughout the camp week and upload them to a website for you to download for free. We won't be offering a group photo for sale this year, but will include a group photo in the photos available for free download.

Tie Dye: Please send your child with a white t-shirt (or any other light clothing such as shorts, bandanas, etc.). Children will be tie dying these within the first few days of camp and will take their tie dye home as memorabilia at the end of camp.

Summer Camp Packing List

Note: Campers going on overnight trips will be sent a list of additional items

Every item your child brings (including shoes, socks, and all equipment) must be marked with their name. Please use full names so it is easier to sort the “lost and found”. All items are required, unless marked “optional”. Nights are cold in the Sierra so be sure to bring an extra layer for the late night and early morning. If you are in a tipi, you may want to bring an extra blanket or warm pajamas/sweats at night. It is helpful to have the campers pack their own bag, with your supervision. This gives them ownership and alleviates stress after drop-off. *Sierra Nevada Journeys is not responsible for any lost or damaged personal property brought to camp.*

Please also refer to the “Prohibited Items” on the next page.

If you will be sending any medications (prescribed or over-the-counter), please refer to the Health and Safety Information section for instructions.

<p><u>CLOTHING</u></p> <ul style="list-style-type: none"> ○ 2 fleece pullovers or cotton sweatshirts ○ 1 light rain jacket ○ 1 swimsuit ○ 5 t-shirts ○ 2 pairs of comfortable pants/sweatpants ○ 3 pairs of shorts ○ 5 pairs of underwear ○ 5 pairs of socks ○ 1 warm hat (wool or fleece) ○ 1 pair of pajamas (or sleepwear) ○ 1 baseball cap or visor ○ 1 pair of sunglasses ○ 1 pair comfortable, close-toed tennis shoes ○ 1 pair shower flip-flops (optional) ○ 1 plain white t-shirt (for tie-dye) 	<p><u>BEDDING/LINENS</u></p> <ul style="list-style-type: none"> ○ 1 sleeping bag ○ 1 twin size fitted sheet (to cover mattress, optional) ○ 1 pillow and pillow case ○ 1 laundry bag (large garbage bag is fine) ○ 1 stuffed animal (optional) ○ Extra blanket (optional)
<p><u>TOILETRIES</u></p> <ul style="list-style-type: none"> ○ 1 soap and travel soap container ○ 2 bath towels (one for swimming) ○ Comb and/or brush ○ Toothbrush and toothpaste ○ Deodorant ○ Contacts or glasses (if applicable) ○ 1 bottle of shampoo ○ 1 small package of tissues ○ 1 bottle of sunscreen (SPF 30+) ○ 1 lip balm 	<p><u>MISCELLANEOUS</u></p> <ul style="list-style-type: none"> ○ Prescribed medication (if applicable) ○ Over-the-counter medication (optional) ○ 1 comfortable backpack (large enough to hold sweatshirt, water bottle, and lunch) ○ Bug spray ○ Reusable water bottle (approx. 32oz) ○ 1 flashlight with batteries ○ Self-addressed and stamped envelopes (optional) ○ Paper and pen for letters home (optional) ○ Books (for cabin time) ○ Small games and/or deck of cards (optional) ○ Camera/film (optional)

Prohibited Items

Electronics are not allowed. This includes cell phones, e-readers, radios, etc. **CAMERAS ARE OK.**

Prohibited: Swiss Army Knives/Leatherman, weapons, illegal substances, hair dryers, personal sports equipment, matches/lighters, candy/gum, and any other food/beverage items. Campers will surrender items immediately if discovered and they will be returned at check-out.

Illegal drugs/alcohol: Not allowed on Campus at any time. Campers found in possession of said substance/s will be sent home **IMMEDIATELY.**

Health and Safety Information

Mandatory Health History Information: Please make sure you have filled out the Health History Form through CampInTouch. This form can be updated as needed. Sierra Nevada Journeys' medical staff will review this information with the parent/guardian during drop-off. If someone else is dropping off your child, please let us know so we can review this with you prior to the start of the camp session.

Emergency Contact Information: Please make sure you have filled out the emergency contact information on the online registration form. If we need to contact you during camp regarding medical, behavioral, or other issues that concern your child, we will use the contact information provided online.

Permission to Treat: By signing the "Authorization for Treatment" form, the parent/guardian is giving Sierra Nevada Journeys' trained and qualified staff permission to provide campers with routine health care, administer prescribed and over-the-counter medications that have been sent with the camper, and provide emergency medical assistance.

Medication: No camper is permitted to keep medications of any kind on his/her person or in a cabin/tipi. Epi-pens and inhalers are the **ONLY** exceptions. This includes prescription drugs and over-the-counter items such as Tylenol, Sudafed, or cough drops. All medications that are brought to camp will be given to the qualified camp health staff on drop-off day. All prescription and over-the-counter medications need to be sent **in the original bottle with the doctor's name, dosage, and usage** instructions on the bottle, if applicable. Please put all medication bottles to be used during camp in a clear zip-lock bag with your child's name and instructions for administration on it. Qualified camp staff will dispense all necessary medications as needed. All medications will be returned to you when you pick up your child.

Health Insurance: Parents must provide their own coverage for any illness, accident, or dental occurrence that requires medical intervention.

Camp Health Facilities/Staffing: We have an on-site infirmary which is staffed by a trained health professional. The nearest hospital is five miles away in downtown Portola.

Arriving in Good Health: If your child has a fever on drop-off day, or has been exposed to contagious illness, please keep them at home until they are ready for camp and/or your doctor tells you they are no longer contagious. Also, please call Sierra Nevada Journeys as soon as possible and let us know when you will be bringing your child to camp.

Bed Wetting: We frequently have campers who have accidents at night. This is very normal and happens every session. We treat it with the utmost confidentiality. If your son or daughter has issues with bed wetting, please let us know on the online Health History form. Campers can either secretly inform staff of an accident or staff will check campers' beds during breakfast. We will discreetly wash the sleeping bag/sheets/clothing while campers are at activities, and return the items before campers return to their cabin.

Behavior Expectations

The primary mission of Sierra Nevada Journeys is to provide an environment in which children are comfortable being themselves, trying new things, developing confidence and making new friends. To set this tone, campers and staff establish a “Full Value Contract” shortly after everyone has settled in. The most important thing that we want campers to take away from this “Full Value Contract” is *respect for ourselves, each other, and the environment*. Please explain to your child the importance of speaking up if they have a question, request, or problem. Self-advocacy is a great skill to learn and practice while at camp.

In order to ensure a positive experience for your child and the rest of the camp participants, it is essential that all campers obey the following “non-negotiable” rules at camp:

- Campers will not undertake any actions that involve danger to one’s self, another camper, staff member, or any other individual.
- Campers will not steal or harm camp property or facilities, or the property of other campers or staff members.
- Campers are **NOT** allowed to have:
 - Weapons, illegal drugs, alcohol, tobacco, and electronics (including cell phones).
 - Prescription/over-the-counter medications (all medication is kept and dispensed by qualified camp staff).
- Campers will not leave campus without permission and will not leave their cabin after “lights out”.

Violations of these important rules will be dealt with firmly, decisively, and at the discretion of Sierra Nevada Journeys and may result in immediate separation or dismissal without refund of tuition. Please discuss these “non-negotiable” rules with your child prior to arrival at summer camp.

Bullying Policy

Definition of Bullying Used at SNJ: Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. To be considered bullying the behavior must have been intentionally aggressive, repeated over time, and there must be a real or perceived imbalance of power in the relationship dynamic. These behaviors can be physical, verbal, social, or virtual.

At Sierra Nevada Journeys, we have a no-tolerance policy in regards to bullying.

Persons who are bullied may not have the opportunity to get the most out of their camp experience. Our camp leadership team addresses all incidences of reported or noticed bullying. Staff is also trained to promote communication among each other and their campers so both staff and campers feel comfortable alerting us of any problems during their camp experience or between camp seasons. Every person deserves the chance to have the best possible experience at camp and by working together as a team to identify and manage bullying, we can help ensure that all campers have a great summer experience at Sierra Nevada Journeys.

All suspected bullying instances will be dealt with seriously and decisively. At the discretion of Sierra Nevada Journeys, bullying cases may result in immediate separation or dismissal from camp without any refund of tuition. Please discuss the bullying policy with your child prior to arrival at summer camp.

Campers who are dismissed (for bullying or violating the “non-negotiable” camp rules) and who are registered for subsequent camp sessions will have their registration reviewed by Sierra Nevada Journeys. Returning to camp for future sessions or summers is at the full discretion of Sierra Nevada Journeys Program Management team.

****If your child is dismissed, it is the responsibility of the parent/guardian to make arrangements for their child to be picked up immediately****

Homesickness and Communication

Advice to Parents Regarding Homesickness: The best advice we can give you in helping to prepare your children for time away from home is to BE POSITIVE! The more encouraging and engaging you can be with them before camp, the readier they'll be for camp. Don't treat homesickness like an issue to be swept under the rug. Confront it directly, let campers know it is normal, but try not to dwell on it. Focus on the great opportunities they will have at camp. Do not promise the "helicopter rescue" (i.e.: "try it for a few days and if you don't like it, we'll pick you up"). Your camper will then only focus on the day you agreed to pick them up on and not the fun to be had while at camp.

Even though we do not allow phone calls home, encourage your camper to keep in touch by writing letters or taking pictures that can be shared once he/she is home. It is also important to understand that many times parents have a greater issue related to homesickness and separation than their children.

Camper Contact Information: Campers love receiving letters and postcards from home! You can send your letters either in the mail or via email. We collect the mail and print the emails once a day and distribute at lunch time only. With emails, think more regular letter format as in a story or maybe jokes to share with cabin mates. No photos please. The campers may send letters home (easiest if you give them a self-addressed stamped envelope) but they aren't able to answer emails or read them real time. Cabins are assigned at check in so if you send a letter before camp just include the name.

Please send mail to:
Sierra Nevada Journeys Grizzly Creek Ranch
Summer Camp: *Your camper's name and cabin*
5900 Grizzly Road
Portola, CA 96122

Please send emails to:
summerprograms@sierranevadajourneys.org
Subject Line: *Your camper's name and cabin*

Mail delivery to Portola typically takes 3-4 days, even from Reno. Please mail your letters early! Mail that arrives after camp will be returned to sender. Please do not send mail requiring a signature as we don't get to the post office on a daily basis. Packages may not include food

Phone Calls: Homesickness and other issues are often exacerbated when campers call home. For this reason, such calls are not allowed. We will contact you if a behavioral, medical, or other issues arise. Please feel free to contact us if you have any questions over the course of the week or would like to check in.

Contact information:
9 a.m. – 5 p.m. Call (775) 560-6218 or (530) 832-1085
For emergencies outside of desk hours, call our on-call staff member at (775) 225-1660

Visiting While Camp is In-Session: In order to protect the safety and morale of all campers, and to effectively run our programming, Sierra Nevada Journeys has a "no visit/drop-in" policy. However, parents may make an appointment to explore our facility before camp season.

Directions to Sierra Nevada Journeys Grizzly Creek Ranch Campus in Portola, CA

Physical Address:

Sierra Nevada Journeys Grizzly Creek Ranch
5900 Grizzly Road
Portola, CA 96122

Directions from Reno (1 hour) and Carson City (2 hours):

- Take Highway 395 north towards Susanville
- Exit at Hallelujah Junction for Highway 70 West towards Quincy (left turn)
- Turn right (north) onto Grizzly Road (21 miles from intersection of Highway 395 and Highway 70)
- Entrance to Grizzly Creek Ranch is the **first road on the left**, directly after the mailboxes

Directions from Sacramento (roughly 2 hours):

- Take Interstate 80 east towards Truckee/Reno
- Just past Truckee, take the Highway 89 north exit towards Sierraville (follow signage through traffic circles)
- Follow Highway 89 to Sattley
- Turn right on to Westside Road/County Road A23 towards Portola
- Stay on Westside Road/A23 until it ends at Highway 70
- Turn left onto Highway 70 towards Portola
 - Turn right (north) onto Grizzly Road
- Entrance to Grizzly Creek Ranch is the first road on the left, directly after the mailboxes

Directions from Chico (roughly 2 hours):

- Take Highway 99 south
- Turn left onto Highway 149
- Turn left onto Highway 70
- Turn left (north) onto Grizzly Road (about 4 miles past town)
- Entrance to Grizzly Creek Ranch is the first road on the left, directly after the mailboxes

Directions from Susanville (roughly 1 ½ hours):

- Take Highway 395 south
- Exit at Hallelujah Junction for Highway 70 West towards Quincy (right turn)
- Turn right (north) onto Grizzly Road (21 miles from intersection of Highway 395 and Highway 70)
- Entrance to Grizzly Creek Ranch is the first road on the left, directly after the mailboxes