Dear Summer Camp Family,

Greetings from all of us at Sierra Nevada Journeys’ Grizzly Creek Ranch. We are thrilled that your child is going to be part of a transformative experience with us. 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 follows strict local, state and federal 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 teen programs.

Sierra Nevada Journeys aims to make the registration process as easy as possible for our families. The online registration system CampBrain 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 Camp Brain account or via email.

After reading this handbook, please feel free to contact our Programs Director, Krissy McGill at 206-503-7820 or email GCRcurriculum@sierranevadajourneys.org with any further questions or concerns regarding our programs.

Thank you,

Krissy McGill
Sierra Nevada Journeys
Programs 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 the 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, arts and crafts, sleep-out, camper choice and challenge course. Also, every camper will receive a t-shirt once they arrive at Grizzly Creek Ranch.

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 5 is booked for a community group.)

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<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Program Name and Age Breakdown</th>
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<tbody>
<tr>
<td>1</td>
<td>June 12 - 17</td>
<td>Camp Classics 1 (Ages 8 – 13)</td>
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<tr>
<td>2</td>
<td>June 19 - 24</td>
<td>Camp Classics 2 (Ages 8 – 13)</td>
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<td>3</td>
<td>June 26 – July 1</td>
<td>Colors Olympics 1 (Ages 8-13)</td>
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<tr>
<td>4</td>
<td>July 3 – 8</td>
<td>Colors Olympics 2 (Ages 8-13)</td>
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<td>July 17 - 22</td>
<td>Camp Classics 4 (Ages 8 – 13)</td>
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<td>7</td>
<td>July 24 - 29</td>
<td>Colors Olympics 3 (Ages 8-13)</td>
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<tr>
<td>8</td>
<td>July 31 – August 5</td>
<td>Colors Olympics 4 (Ages 8-13)</td>
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Our Mission is to deliver innovative outdoor, science-based education programs for youth to develop critical thinking skills and to inspire natural resource stewardship.

Sierra Nevada Journeys Summer Camp Cancellation Policy

All remaining camp fees are due by **Tuesday, June 1, 2022**. If you have not paid by June 1, your credit card on file will be automatically charged. If you prefer to use a different payment method or need to update your card on file, please log-in to your account at [registersnj.campbrainregistration.com](http://registersnj.campbrainregistration.com) scroll to bottom and click **New Payment**. Failure to make final payments may result in your session being cancelled and deposit forfeited.

A non-refundable deposit of $200.00 per session is required to secure your reservation for summer camp. Cancellations posted at least two Sundays prior to the camp start date are eligible for a refund of all paid camp fees, but not the deposit amount. Cancellations posted within two weeks of the camp start date will forfeit all paid camp fees, including the deposit.

Partial refunds or exceptions to the cancellation policy are made at the discretion of Sierra Nevada Journeys considering circumstances involved and proximity to the start date of camp.

Early dismissal or departure from camp are subject to a complete loss of fees, are dependent upon the reasons for leaving camp early, and at the discretion of Sierra Nevada Journeys. Dismissals resulting from behavior-related or criminal actions are not eligible for refund. Dismissals or departures due to sickness or injury are subject to complete loss of fees depending on the circumstances, time spent at camp, and ability to transfer the session to another week.

Refunds are not available for loss of programming or changes to programming made to accommodate weather conditions. Any funds left on your camp store account are not refundable; they are converted to a donation to Sierra Nevada Journeys’ scholarship fund and will help send youth to camp who might otherwise not have the opportunity to participate in camp programs. At any time, you may transfer to another camp session if availability allows.
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### Drop-Off and Pick-Up Information

**Drop-off:** Summer camp begins on **Sunday:** June 12, June 19, June 26, July 3, July 10, July 17, and July 24, July 31.

**Camper Sunday drop-off time at camp is between 3:00 and 4:30 p.m.** Please do not arrive earlier than 3 p.m. Campers should arrive already having eaten lunch and be equipped with everything on the enclosed packing list. If you plan on arriving late, please Notify the office manager (530-832-1085 or email OfficeManager@sierranevadajourneys.org) to let us know as soon as possible.

**Pick-up:** Summer camp ends on **Friday:** June 17, June 24, July 1, July 8, July 15, July 22, and July 29, August 5.

**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 Programs 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 or guardian on the camper application. There is a form online that you may fill out during the registration process or it may be added or updated after registration through your CampBrain account. The designated person will also be required to show photo identification.

- **Pets:** Pets 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 at home during drop-off and pick-up as your car may not be a suitable space with the heat.
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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, relays, songs and skits, kayaking, and sleeping under the stars.

Swimming: Our swimming program follows American Red Cross and American Camp Association safety standards. Specific time slots are scheduled for each cabin group 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 4-feet-deep at one end and 3-feet-deep at the other.

Lodging: Grizzly Creek Ranch 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 tents are also used to house summer campers. The yurt walls are made of sturdy canvas, offer bunk beds for all campers, and portable restrooms are a short walk away. Yurt campers still have access to hot-water showers and flush toilets in the nearest building (less than 80 yards away). Each of the two yurt villages feature picnic tables and log benches for socializing.

Yurt Assignments: Yurts are assigned within a week of your camp start date. Campers are placed based on their age, gender and cabin availability.

Dining: Grizzly Creek Ranch has a spacious lodge where campers eat three daily meals. All summer campers eat together. Meals are served family-style with an opportunity for campers to get seconds. Campers can purchase an afternoon snack at the camp store and receive 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.

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 CampBrain at any time before camp starts. The camp store is open during swim time on Monday, Tuesday, Wednesday, and Thursday. All unused funds are donated to the Sierra Nevada Journeys, and are not refundable.

Camp Photos: We take photos throughout the camp week and upload them to a website for you to download for free. We no longer offer a group photo for sale, but will include a group photo in the photos available for free download. We typically upload photos a few days after the start of camp. Link to photo site: photos.sierranevadajourneys.org/summercamp.

Camper Choice: Our amazingly creative staff will ensure that there are a variety of choices for campers to pick from each day that we offer Camper Choice in the schedule. In addition to opening some of our typical spaces like the alpine tower, kayaking, and arts and crafts, options can include nature hikes, science experiments, water color, dance, and much, much more.
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Summer Camp Packing List

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

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 yurt or tent, you may want to bring an extra blanket or warm pajamas or 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.* We highly recommend that every item your child brings (including shoes, socks, and all equipment) be marked with their name. Please use full names so it is easier to sort the “lost and found.”

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.

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<tr>
<th>CLOTHING</th>
<th>MISCELLANEOUS</th>
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<tbody>
<tr>
<td>o 2 fleece pullovers or cotton sweatshirts</td>
<td>o Prescribed medication (if applicable)</td>
</tr>
<tr>
<td>o 1 light rain jacket</td>
<td>o 1 small backpack (large enough to hold sweatshirt, water bottle, and lunch)</td>
</tr>
<tr>
<td>o 1 swimsuit</td>
<td>o Bug spray</td>
</tr>
<tr>
<td>o 5 t-shirts</td>
<td>o Reusable water bottle (approx. 32oz)</td>
</tr>
<tr>
<td>o 2 pairs of comfortable pants/sweatpants</td>
<td>o 1 flashlight with batteries</td>
</tr>
<tr>
<td>o 4 pairs of shorts</td>
<td>o Self-addressed and stamped envelopes (optional)</td>
</tr>
<tr>
<td>o 5 pairs of underwear</td>
<td>o Paper and pen for letters home (optional)</td>
</tr>
<tr>
<td>o 5 pairs of socks</td>
<td>o Books (for cabin time)</td>
</tr>
<tr>
<td>o 1 warm hat (wool or fleece)</td>
<td>o Small games and deck of cards (optional)</td>
</tr>
<tr>
<td>o 1 pair of pajamas (or sleepwear)</td>
<td>o Camera and film (optional)</td>
</tr>
<tr>
<td>o 1 baseball cap or visor</td>
<td></td>
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<tr>
<td>o 1 pair of sunglasses</td>
<td></td>
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<tr>
<td>o 1 pair comfortable, close-toed tennis shoes</td>
<td></td>
</tr>
<tr>
<td>o 1 pair shower flip-flops (optional)</td>
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<tr>
<td>o 3-4 cloth face masks or 10 disposable masks</td>
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<tr>
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<th>BEDDING/LINENS</th>
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<td>o 1 soap and travel soap container</td>
<td>o 1 sleeping bag</td>
</tr>
<tr>
<td>o 2 bath towels (one for swimming)</td>
<td>o 1 twin size fitted sheet (to cover mattress, optional)</td>
</tr>
<tr>
<td>o Comb and/or brush</td>
<td>o 1 pillow and pillow case</td>
</tr>
<tr>
<td>o Toothbrush and toothpaste</td>
<td>o 1 laundry bag (large garbage bag is fine)</td>
</tr>
<tr>
<td>o Deodorant</td>
<td>o 1 stuffed animal (optional)</td>
</tr>
<tr>
<td>o Contacts or glasses (if applicable)</td>
<td>o Extra blanket (optional)</td>
</tr>
<tr>
<td>o 1 bottle of shampoo</td>
<td></td>
</tr>
<tr>
<td>o 1 small package of tissues</td>
<td></td>
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<tr>
<td>o 1 bottle of sunscreen (SPF 30+)</td>
<td></td>
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<tr>
<td>o 1 lip balm</td>
<td></td>
</tr>
<tr>
<td>o 1 soap and travel soap container</td>
<td></td>
</tr>
<tr>
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Prohibited Items

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

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

Illegal drugs and alcohol: Not allowed on premises at any time. Campers found in possession of said substances will be sent home IMMEDIATELY.
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Health and Safety Information

**Mandatory Health History Information:** Please make sure you have filled out the Health History Form through CampBrain. This form can be updated as needed. Sierra Nevada Journeys’ medical staff will review this information with the parent or 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 or 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 with them or in their cabin, tent or yurt. Epi-pens and inhalers are the ONLY exceptions. Prescription drugs and over-the-counter items such as Tylenol, Sudafed, or cough drops are not permitted. All medications that are brought to camp will be given to the Camp Health Center staff at check-in. Even if it is an Epi-pen or inhaler that will be self-carried by your camper, please present it at check-in so we can verify that it came to camp.

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. All over-the-counter medications must be age appropriate and must be administered for their intended purpose, per the manufacturer’s instructions. 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. Camp Health Center Staff will administer all necessary medications as needed. All medications will be returned to you when you pick up your child. **Please make sure the medications sent to camp are not expired. Legally, our Camp Nurse cannot administer ANY expired medications – including inhalers.**

Sierra Nevada Journeys stocks certain over-the-counter medications at the Health Center. These medications are listed on the Camper Health History Form. You do not have to send these over-the-counter medications to camp. Simply select on your Camper’s Health History Form that it is OK for the camp nurse to administer these medications. You can select these individually, and check off which ones are appropriate for your child. This step can help alleviate long lines at check-in.

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

**Camp Health Facilities and 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, is actively treating lice, or has been exposed to contagious illness, please keep them at home until your doctor tells you they are no longer
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contagious, or they have been fever and symptom free for 24-48 hours. Please call Sierra Nevada Journeys as soon as possible and let us know when you will be bringing your child to camp.

**COVID-19:** Per CDC guidelines, Sierra Nevada Journeys will require proof of a negative COVID test for all campers within 3 days of your child(ren) arrival to camp. If your unable to have a test preformed within 3 days of camp, Sierra Nevada Journeys will be providing on-site testing at no charge.

**Face Masks:** Campers and staff who are staying together in a cabin, bunkhouse, or similar defined space are considered a “household cohort.” Household cohort members do not need to wear masks or physically distance when they are together without non-household cohort members nearby. Campers and staff should always wear masks when together unless staff are part of the household cohort and sleep in the same space as campers. When different household cohorts are using shared indoor or outdoor spaces with their pod during the day or night, we will continue to monitor and enforce mask use, physical distancing, and healthy hygiene behaviors for everyone. Daily symptom checking will be done to monitor the health and well-being of camp staff and campers during the camp session. All campers and guests must have more than one mask on hand so that they can easily replace a dirty mask with a clean one.

**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 camper 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 “Community Agreement” shortly after everyone has settled in within their cabin group. The most important thing that we want campers to take away from the Community Agreement is respect for ourselves, each other, and the environment. Campers will be held accountable to the rules and expectations agreed upon in the Community Agreement. 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 physical or emotional danger to one’s self, another camper, staff members, or any other individuals. Non-negotiables include, but are not limited to:
  - Exposing oneself or others
  - Physical altercations
  - Threatening to harm others or oneself, in jest or seriousness
  - Bullying of any kind (see Bullying Policy below)
  - Sexual harassment
- 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 in their possession:
  - Weapons, drugs, alcohol, tobacco, and electronics (including cell phones).
  - Prescription and over-the-counter medications (all medication should be turned into the nurse at check-in).
- 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. In the event of a dismissal, it is the responsibility of the primary caretaker to remove the camper in the requested time frame. Please discuss these “non-negotiable” rules with your child prior to arrival at summer camp.

Sierra Nevada Journeys utilizes a consequence system for campers who are unable to meet behavioral expectations during program time. It is asked that counselors use best practices in behavior redirection and positive reinforcement to attempt to correct a camper’s behavior; however, if they are unable to meet behavior expectations, they will progress through our consequence system, involving the parents, cabin counselors, Summer Camp Manager, and Program Director, if necessary.
**Bullying Policy**

Definition of bullying used at Sierra Nevada Journeys: 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.

People 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 or 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 they are 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: Camper’s 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. Cabin assignments are given at check-in so if you send a letter before camp just include your campers first and last name. You can also discretely drop handwritten letters off at check-in and we will distribute them during the camp session.

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:
CampMail@sierranevadajourneys.org
Subject Line: Your camper’s name and Yurt

**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.**
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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 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 530-832-1085
For emergencies outside of desk hours, call our on-call staff member at 530-832-1085

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.
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Directions to Grizzly Creek Ranch

Physical Address:
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 towards Quincy
- 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/driveway on the left, directly after the mailboxes on Grizzly Road.
- Check in will be at Camp 1 mile up our driveway

Directions from Sacramento (roughly 2 hours):
- Take Interstate 80 east toward Truckee/Reno
- Just past Truckee, take the Highway 89 north exit toward Sierraville (follow signage through traffic circles)
- Follow Highway 89 to Sattley
- Turn right on to Westside Road/County Road A23 toward Portola
- Stay on Westside Road/A23 until it ends at Highway 70
- Turn left onto Highway 70 toward Portola
- Turn right (north) onto Grizzly Road
- Entrance to Grizzly Creek Ranch is the first road on the left, directly after the mailboxes on Grizzly Road.
- Check in will be at Camp 1 mile up our driveway

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 Grizzly Road.
- Check in will be at Camp 1 mile up our driveway

Directions from Susanville (roughly 1 ½ hours):
- Take Highway 395 south
- Exit at Hallelujah Junction for Highway 70 toward Quincy
- 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 Grizzly Road.
- Check in will be at Camp 1 mile up our driveway