

# Camp Ocean Pines

## 2017 Summer Programs



**Everything You Wanted  
To Know About Camp**

**A Parent's Guide**

## **Introduction**

Summer Camp! Our goal is to build positive memories in every camper. We don't want you to be anxious while your child is away. The following pages should answer most of your questions about who we are and how we will work with your child. Of course, if you have any specific questions, we're here to ensure that you and your camper have a positive experience at Camp Ocean Pines!

Please feel free to contact Caleb "RCD" Albert, the summer camp director, directly with any concerns.

**[www.campoceanpines.org](http://www.campoceanpines.org) - Phone: 805-924-4019 - Email: [caleb@campoceanpines.org](mailto:caleb@campoceanpines.org)**

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## The Basics

### Counselors and Staff

Camp Ocean Pines is an American Camp Association (ACA) accredited camp that carefully selects young men and women for their interest and commitment to working with children in the outdoors. Each staff member must meet a high standard of dedication and skill. Interviews are given and references are checked. Staff members attend staff training designed by the ACA, which emphasizes counseling skills, group dynamics, safety procedures and activity skills. Our counselors are a strong, committed team with a single focus: a safe summer filled with fun, learning and growth opportunities for all.



### Community of Camp

Camp Ocean Pines offers a secure and welcoming community. We place each camper in a same-sex, similar-age cabin/ tent group. Our cabins have bathrooms and showers, contain 10 bunks and are



supervised at all times. Campers try new activities, broaden interests, make friends, express themselves and feel a special sense of belonging. Living in close quarters allows for an experience of group cohesion, which promotes life skills in sharing, cooperation and compromise. Campers gain the pride of being supportive members of their cabin group. We ask that you offer encouragement to your child around issues concerning the camp community, adjustments and conflicts, should they develop. A cabin mate request can be made on the Camper Information form. If you have any questions or concerns, please contact the Camp Director for assistance.

## **Electronics Policy**

Camp Ocean Pines is a place to celebrate and enjoy the great outdoors—to take a break from everyday life and electronics. For this reason, don't send your camper with a tablet, computer, or iPod! (We do however encourage reading and e-readers are welcome.)

Everyone has a cell phone today, but we request that you don't send one with your child. We want your child to make new friends, not spend camp time talking to friends back home. Also, the "photo" option on phones today poses a privacy risk to kids who are living together in a cabin setting. Cell phones also tend to make the traditional "home sickness" problem worse. We welcome communication in the camp office, and if there is any significant problem, we will call you. However, cell phones and other electronics brought by students will immediately be collected and returned at week's end.

## **Food and Beverage Policy**

All meals are served in the Ocean Lodge. In order to minimize the possibility of outdoor creatures and rodents being attracted to the cabins, no eating or drinking is allowed in the cabins. Help us avoid problems with animals by not sending any food, snacks, or treats with your camper. If your child has a special diet, we will accommodate those needs on a case by case basis. Please contact us and tell us how we can help with your child's needs.

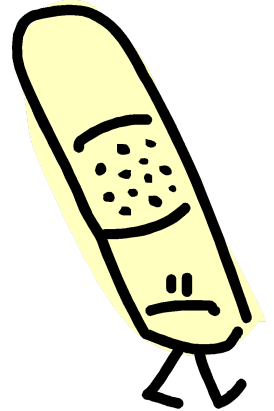


## **Care Packages**

If you would like to send your child a treat or small gifts from home, we encourage you to do so. However, we ask that you please follow some simple guidelines:

- Ë Limit "**junk food**" or candy. Home baked treats are a great idea if your child has a sweet tooth, but please do not send boxes full of candy. No gum, and no nuts please!
- Ë **One package per week** is more than enough. We know you love your camper, but multiple packages can become a distraction to the camper's overall experience.
- Ë **Be POSITIVE!** Anytime you communicate with your camper, especially if they may be homesick, it is important to encourage them to be independent.
- Ë Send extra. Your camper will be the star of the moment by sharing with friends!

# Medical



All staff at camp are trained in First Aid & CPR. Campers are supervised 24 hours a day and all health care and medication administration is overseen by the camp physician who has a practice in Cambria. General care and first aid is always given. If your child requires more detailed medical treatment, you will be notified and your wishes carried out. In the event of an emergency, your child will be transported by a Camp Ocean Pines emergency vehicle or ambulance to the nearest hospital. At the hospital, a senior staff member will stay with your child and act as their advocate until you are notified and can arrive to proceed with treatment decisions. Camp Ocean Pines strives to provide a safe and positive environment for campers, but accidents and emergencies do occur, and the camp is prepared to deal with them as they arise.

## **Medication Management**

All medications brought or sent to camp must be kept in the Health Center and will be administered by our staff. Medications must be in the original prescription container, complete with doctor's instructions. We ask that you send only essential medications. Camp Ocean Pines has plenty of Over-The-Counter (OTC) medications and can provide those to your child with written authorization.

## **Medical Costs**

In some emergency situations, there may be costs incurred for the proper care of your child. Physician care, hospitalization fees, emergency transportation and other related expenses are your sole responsibility and you will be billed by either Camp Ocean Pines or the treating organization.

## **Medical Forms**

We require that all campers have up-to-date medical records on file. Basic medical forms must be filled out each year.

## **Routine Health / Medical Treatment**

The Camp Nurse (RN) treats campers under the authority of the Camp Doctor, according to the "Standing Orders" – the procedures for treatment of reasonably anticipated illnesses and injuries. The US FDA approved over-the-counter medications are given based on the Standing Orders which include, but are not limited, to the list provided in the Health Form.

Parents may request a copy of these Standing Orders at any time, if they so wish. If a parent feels that there are specific medications that they do not want their camper to receive, they must provide a list of medications, with the legal guardian's signature, to be kept with the camper's health forms. All health forms are reviewed by the Camp Nurse prior to administration of any over-the-counter medications to confirm parent permission.

## **Arrival and Departure from Camp**

If your camper is registered for a session, but does NOT show up on the first day, the Camp Director will call to insure that they are safely in your custody.

### **Dropping off at camp:**

Campers are to arrive between 3:00 and 4:00 pm on the first day of their session.

***If you arrive early at camp please wait on the paved road on the way into Camp Ocean Pines. If you are very early, call the office for some ideas of things to do around town. Please do not block the camp driveway as vehicles may need to exit.***

Once you arrive at Camp Ocean Pines please follow all signs and posted speed limits. We need your help keeping our property safe. Once parked, the director will greet you and take you to the first check-in station. Once you have officially checked in your camper, take a tour of the camp, then say a quick goodbye. It is normal for some children (and parents) to have difficulty parting, but don't worry, everyone will have a great week!

### **Picking up from camp:**

**Check out for all sessions is between 11:30 am– 12:30pm**

Please try not to arrive at camp too early as program is still running. We encourage all parents to arrive at 11:30, so that they can watch our picture slideshow with their camper. Following the slideshow, lunch will be served for all at 12:00.

**You must have a photo ID to pick-up your child.** If someone other than a parent/guardian is picking up your child, you must notify the camp and that person must have a photo ID.

## **Travel by Plane, Train or Bus**

Many of our campers fly in from out-of-state and all over the world! We are happy to pick-up and drop off your camper at the airport or train station in San Luis Obispo (SBP) and in Los Angeles (LAX).

**Please contact the summer camp director prior to booking flights!** Special arrangements are sometimes required for unaccompanied minors, and paperwork must be filled out before booking flights.

## **San Luis Obispo Airport, Train, and Bus**

We offer a free pickup and drop-off service at the airport or train station in San Luis Obispo.

Arrival window: 12:30 – 3:30

Departure window: 12:30 – 3:30

## **LAX Airport**

Our pick-up and drop-off service to LAX is the first stop of our LA shuttle service and we charge a fee of \$50 each way.

Arrival window: 8:00 – 11:00

Departure window: 2:00 – 5:00

## **Special Arrangements**

Need pick-up or drop-off to somewhere else, or need a time outside of our arrival and departure windows? Contact the summer camp director and we'll do our best to work with your needs! We want your camp experience to be as smooth as possible!

**Los Angeles Pick-up and Drop-off**

The cost for this service will be \$50 each way. Pick-up and drop-off times will vary depending on session date and the number of campers using the service. You will be contacted the week before camp with exact times. To guarantee a spot, please make sure to sign up for transportation by May 1st.

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We offer pickup or dropoff to LA only for the following:

- Pickup and dropoff for Session 1
- Pickup for Session 2
- Drop Off for Session 3
- Pickup for Session 4
- Drop Off for Session 5
- Pickup for Session 6
- Drop Off for Session 7

We will begin by picking up out-of-state campers at LAX, after which we will have 5 convenient locations:  
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**GÈ Mountaingate Country Club**

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**HÈ Sherman Oaks Elementary**

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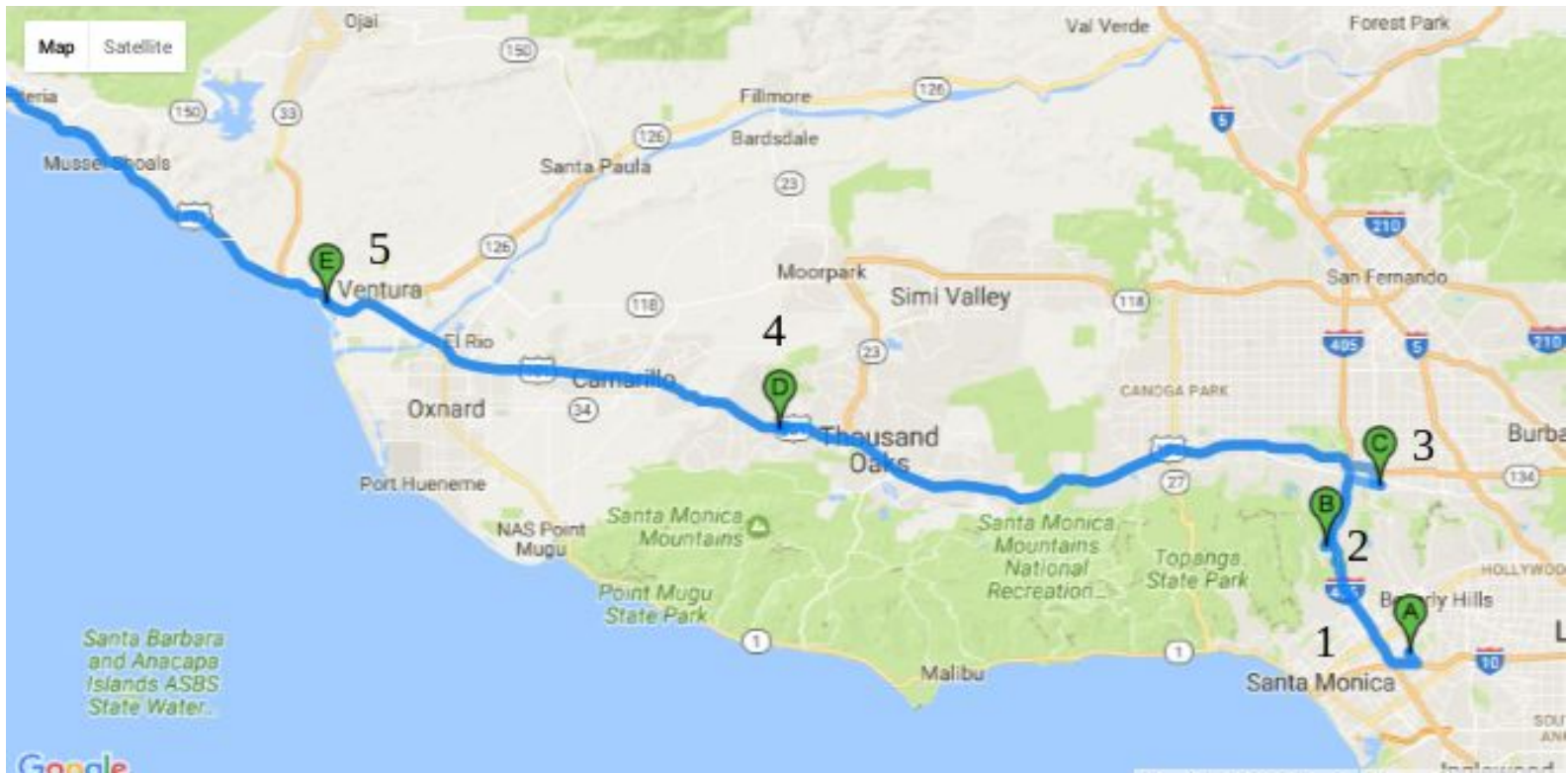
**I È Ralphs**

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**Í È Ventura Chevron**

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**Safety at the Pick-up/Drop-off** Parents, don't leave your child alone or in the care of another parent, but wait at the pick-up point until they are signed in by the driver. At drop-off, our staff will never leave the child alone, but will sign out the camper to the parent who shows proper photo ID. If a parent does not show up, the driver will phone the office and all the contact numbers and wait with the child. If no one shows up, the driver will take the child back to camp. Parents will be responsible for costs associated with additional transportation.

**Two Way Communication** We all have cell phones – let's agree to call each other if emergencies affect drop-off/pick-up times/locations. The office may use an automated "Call-em-all" system for quick updates to many people at once.

**Camp rules for safe travel** Campers are transported by a driver with help from a "Passenger Supervisor" who is trained in group management and safety responsibilities. The Passenger Supervisor will account for all passengers, insure the use of seat belts, assist in loading and unloading, and engage campers with activities appropriate to their age, mental ability and physical condition. Our ratio is 1 supervisor to 13 campers in a van. Campers are required to wear seat belts and remain seated while driving. No campers may ride in the front seat for air bag safety reasons. One person on all trips has, at minimum, a first-aid certification. Camp Ocean Pines maintains a 1:13 supervisor to camper ratio whenever transporting campers in a 15 passenger van and an adult to camper ratio of 1:8 when using a bus. Except in an emergency, one driver would not be alone with one student.

# What to Bring to Camp?

## Suggested Packing List

*(Reminder - camp provides laundry for 2-week sessions)*

- Long pants (3)
- Laundry bag (multi week only)
- T-shirts (4)
- Bath towel
- Shorts (3)
- Comb / Brush
- Sweatshirt (2)
- Toothbrush / Paste
- Warm sweater
- Insect repellent
- Warm jacket
- Sunglasses
- Swim suit / Towel
- Shampoo / Soap / Lotion
- Pajamas
- Sunscreen
- Shoes & sandals
- Flashlight & Batteries
- Sun/ baseball cap
- Underwear (7)
- Reading material
- Socks (7)
- Notebook & pen
- Sleeping bag
- Hard plastic/Metal water bottle
- Twin fitted sheet
- Pillow
- Money for camp store
- Daypack
- Water shoes (or old tennis shoes, or a sandal that wraps around the heel)
- Winter/ Wool hat

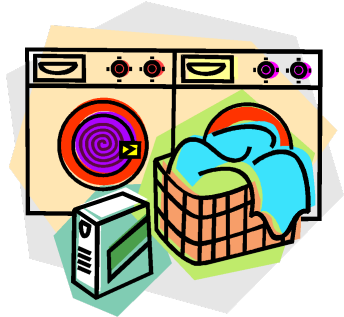
### **Clothes to Have Fun In**

Send clothes to play in! Campers will get involved in a hands-on way and their clothing may show wear and tear. Camp is not responsible for lost or damaged articles. Mark clothing and equipment sent with your child.

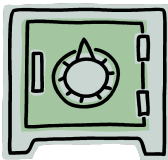
Children lose things. Clothes or items that are not labeled will be placed in our Lost and Found, which is donated to Goodwill at the end of the summer. If we find a lost item that does have a label, we will happily ship it out to you. Parents will be responsible for shipping fees of returned items.

### **Laundry**

We will provide laundry services for campers attending 2-week sessions. We ask that you label ALL clothes and send a laundry bag with your child.



### **Money and Valuables**



Campers will be living in a group environment and are asked to be careful with money and valuables brought to camp. Please speak to your child about putting their valuables in a special compartment of their duffle or they may ask that a staff member keep it for them in an envelope with the child's name.

**DO NOT SEND ELECTRONICS TO CAMP!** Items like cell phones, mp3 players, or video games are both a distraction and a potential cause of serious issues. If you would like your child to have any of these items during their travel time, they may check them in with the director upon arrival and be checked out when they leave. Camp Ocean Pines is not responsible for lost or stolen items at camp.



### **Camp Store**

Camp Ocean Pines has a camp store that is open in the afternoons for your child. Supplies can include sweatshirts (\$25), T-shirts (\$10-\$17), flashlights (\$5), stuffed animals (\$5-11), post cards, stamps, and souvenirs.

## **A Few Common Sense Points**

You know these things already, but our ACA standards require that we let you know that: 1) Campers are NOT allowed to use drugs or alcohol when at camp. 2) Sports equipment is provided, so camper do not need to bring anything, like a boogie board, for example. 3) Use of vehicles at camp is restricted to roads and parking areas - Please go slow. No one is allowed to ride in the back of a truck, or anywhere without a seat with a seatbelt. 4) Pets are not allowed at camp (unless it is a really cool hawk or falcon). "Lucy" is the camp dog, and if you need some animal time, you can pet her. 5) Weapons are not allowed at camp. I know, pretty silly, but we just wanted to say it. Archery, tomahawks, slingshots, and any wood working tools will be provided by camp.

## **Contact**

### ***How we contact you***

We will communicate with you in several different ways, but we can only do that if we have accurate contact info for you and your family, as well as your emergency contacts.

#### **Email:**

We use several services to help us communicate better with our parents. For email we use a service called Constant Contact, please make sure that you do not have our email blocked as important information is often sent through our emails.

#### **Phone:**

In some situations we use a service called "call-em-all". It allows us to call all of our parents and give a brief message about what is happening at Camp. We use this for non-emergency situations that we think parents should be informed about.

Emergency contact to parents is essential for the camp. Please make sure you include all numbers where you and your secondary contact may be reached day and night. Home, work, cell, and e-mail are all important in the event of an emergency.

**How you contact us and your camper**

**Contact us**

**Camp Office:** (805) 927-0254

**Summer Director's Direct Line:** 805-924-4019

**Email:** [Caleb@campoceanpines.org](mailto:Caleb@campoceanpines.org)

**Contact your camper**

Send letters or packages to:

Your Camper's name

Camp Ocean Pines

1473 Randall Dr.

Cambria, CA 93428

**Camper Mail!**

For a quick and easy way to communicate with your camper, send an email to:

[campermail@campoceanpines.org](mailto:campermail@campoceanpines.org)

We'll print it and pass it out like a letter at mail call. Put your camper's name as the subject.

## **Daily Schedule**

This sample schedule is a basic format around which programs are designed. You will get a detailed schedule for your own information when you drop off your child, but we do want to keep a few surprises! This will give you a general idea of your child's daily routine while at Camp Ocean Pines.

### **A Typical Day at Camp**

7:20am	Wake up
7:50am	Morning Inspiration
8:00am	Breakfast
9:00am	Activity Elective #1
10:20am	Morning Snack
10:40am	Activity Elective #2
12:00pm	Free time/ Camp Store
12:30pm	Lunch
1:30pm	Off Site Adventure
5:00pm	Cabin Time
6:00pm	Dinner
7:00pm	Evening Activity
8:00pm	Closing Campfire
9:00pm	Cabin Time
10:00pm	Lights Out

### **A Note from the Director**

Feel free to contact the camp at any time. We are here for you and your child. We hope we can foster an important partnership as your child grows.

The Camp Ocean Pines staff and I look forward to meeting with you on registration day. Please make a point of finding me and introducing yourself. It is important to me to know who you are and to share with you a bit of our vision for the future. Thank you for including Camp Ocean Pines in your summer plans.

***Caleb "RCD" Albert***

## **Directions**

In short, despite what Google Maps may lead you to believe, reaching camp from Highway 1 is simple: left on Ardath, left on Randall and you can't miss us!

Need a bit more detail?

### **From the 101 N -**

1. Exit the 101 in San Luis Obispo onto Highway 1 North (Exit for Morro Bay)
2. Drive north past Morro Bay and Cayucos
3. Turn Left at the Ardath Dr. and take it until you reach a 4-way stop. Continue straight on Ardath veering slightly to the left once the ocean is in view. Turn left onto Randall Dr. after reaching the next stop sign. From here you will travel up a hill and the sign for Camp Ocean Pines will be on your right.

### **From The 101 S -**

1. Exit the 101 in Paso Robles onto Highway 46 West (Towards Cambria)
2. Exit the 46 onto Highway 1 North (right turn)
3. Turn Left at the Ardath Dr. and take it until you reach a 4-way stop. Continue straight on Ardath veering slightly to the left once the ocean is in view. Turn left onto Randall Dr. after reaching the next stop sign. From here you will travel up a hill and the sign for Camp Ocean Pines will be on your right.

### **Easily lost or just directionally challenged?**

Just give us a call (805)927-0254 and anyone on staff will give you the easiest way to get here. We're here to help!

**Camp Ocean Pines  
1473 Randall Drive  
Cambria, CA 93428**

Phone: 805-927-0254

[www.campoceanpines.org](http://www.campoceanpines.org)

Summer Camp Director, Caleb Albert, 805-924-4019

Camp Director, Scott Hicok, 805-924-4012

Director of Operations, Rosemay Cameron, 805-924-4014

Executive Director, Chris Cameron, 805-924-4013