

Junior High Camp Fall 2016

Arrival and Departure Times:

Check-in will be from 5:00pm to 7:00pm on Friday, November 18, 2016. Please be sure to bring all completed forms with you at that time.

If your camper is riding with another family, be doubly sure that all the forms are completed and that they arrive with your child. No camper may remain in camp without all forms completed and signed by parent or guardian.

Please pick up your camper between 11:00am and 12:00pm on Sunday, November 20, 2016. **Attending the camp closing is an important part of the camp experience. Please do not pull your camper out of the closing. Coffee and restrooms are available at the lodge if you arrive before the closing has wrapped up.** The last meal served on Saturday will be breakfast, so please feel free to pack a snack or picnic lunch for your camper to enjoy in the car. There will be no supervision provided at camp after 12:30pm on the day of departure.

Arranging Transportation:

If your camper needs a ride to camp or you can offer another camper a ride, please send a message to the camp registrar explaining your need. The registrar can be reached via email at registrar@uucamp.org or via a phone message, 909-794-1252. She will send your request out via email to families coming from your area. Please do not wait until the last minute to arrange a ride for your camper.

Health and Safety:

Enclosed are several forms. **The forms must be filled out completely.** No camper may check in without having **ALL** forms completed and signed by a parent or guardian. Please fill out the appropriate health form. Two choices are included in this packet. Campers without completed forms will not be allowed to stay at camp. **NO EXCEPTIONS.**

De Benneville Pines Camp Policy:

We are dedicated to providing a safe and fun community for youth and staff. Disruptive items and behaviors threaten the peace and safety of the community. We therefore have rules that we ask all campers and staff to adhere to. Please review with your camper the "PSWD Youth Camp Behavior Policies", included in this packet, then have your camper read and sign the "CODE OF CONDUCT". The guidelines and rules will be reviewed on the first day of camp.

Registration Refund Policy:

Should your camper need to cancel camp prior to arrival for any reason, the \$75 deposit is non-refundable. If your camper needs to leave camp early for any reason, the full camp fee is non-refundable. In some instances, camp fees may be transferable to a future Youth Camp. This generally pertains to a camper who has to leave camp due to illness or injury.

Theft and Missing Articles Policy:

Neither the camp, nor its employees will be held financially responsible for any lost or stolen clothing, articles or money. Please send only used or worn equipment to camp. We encourage campers to leave valuable items and new clothing at home. Should your camper have a tendency to misplace things, please mark their name on all items. Any Lost & Found articles are held at camp for four weeks, and if claimed, will be shipped to camper at the owner's expense. All unclaimed L & F items will be donated to local families in need or Goodwill.

Telephone Policy:

Please do not send electronics or cell phones with your camper. Music players with earbuds will be allowed at bedtime only. No video games, cell phones, laptops, iPads, CD players, etc. will be allowed. We UNPLUG at camp. Please have your camper bring an actual camera. We encourage photo taking, but since cell phones are not allowed, do not send a cell phone for its camera feature.

Please allow your camper time to adjust to camp without phone calls from home. Campers are rarely near a phone and it can be difficult to locate them quickly. Non-emergency calls are highly discouraged. Please do not ask your camper to call home routinely, and do not send your camper to camp with a cell phone. Unnecessary phone calls can disrupt your camper's emotional state and make them feel homesick. Encourage your camper to write a postcard or letter, and send them mail from home.

If you have an emergency, please call the camp office at 909-794-2928 or reach the Camp Manager, Janet James, directly on her cell phone 909-435-6298.

Camp Mailing Address:

Camp de Benneville Pines
41750 Jenks Lake Rd W
Angelus Oaks, CA 92305

Camp Store:

During summer camp, the store will be open daily for campers, and again during check out for parents, so please only send a modest amount of money with your camper for the store. Any T-shirt or hoodie purchases can take place with your credit card on the day of pick up.

If you have any questions or need clarification about the policies and procedures in this packet, please feel free to contact Geoff Anderla, the camping ministries director at pswdcmd@gmail.com or call Geoff on his cell phone: 623-252-5619.

**Camp de Benneville Pines
Jr High Fall Camp 2016
Camp Covenant**

In the spirit of maintaining a healthy camp community, all campers and staff who participate in Junior High Summer Camp at Camp de Benneville Pines are asked to agree to the following expectations. We will refer back to this covenant throughout camp as necessary to ensure that we maintain a safe and loving space for everyone.

Jr High campers are expected to:

- * Treat other campers and camp staff with respect
- * Allow other campers to have the physical space they need to feel comfortable
- * Talk to their counselors and/or the Deans if they feel uncomfortable
- * Not physically hurt any other camper or staff member
- * Respect the property of all others and not touch other people's things without permission
- * Use kind and thoughtful language when expressing how they feel
- * Stay within approved areas for camp activities
- * Travel around camp in groups of three or more
- * Ask for help if they need some time to themselves
- * Listen to and follow the guidance of their counselors and other staff
- * Challenge themselves to try something new every day.

Camp counselors, program staff and Deans will:

- * Listen to campers when they have concerns
- * Do everything they can to ensure the safety of all campers
- * Respect campers' rights to privacy when sharing their feelings and concerns
- * Speak directly to campers who have violated the covenant
- * Remove campers from activities when they put others in physical or emotional danger
- * Provide an inclusive and encouraging community to all campers

Camper parents/guardians will:

- * Speak to their camper about the covenant to ensure that expectations are understood
- * Be available to the Deans for phone conversations during the week of camp
- * Communicate openly with the Deans about specific needs of their camper and any concerns they may have about attending a sleep-away camp

We understand the covenant and agree to what it says. We know that there can be consequences when campers break the covenant, which may include time to sit out of an event or activity, a call home to a parent, or in more extreme cases, being sent home. We agree to be engaged in a compassionate camp community and to act in ways that are respectful to ourselves, to other campers, and to camp staff.

Camper Printed Name: _____

Camper Signature: _____

Date: _____

Parent/Guardian

Signature: _____ Date: _____

I give my permission for my child to be photographed or videotaped participating in camp activities and for the photos/videos to be used in Camp de Benneville Pines/PSWD publications, promotions, and on the Closed (for Jr High staff and campers' families only) Facebook Group Camp de Benneville Pines Jr High Fall Camp 2016 at: <https://www.facebook.com/groups/JrHigh2016/>

Signature of parent/Guardian: _____

Date updated 6/29/16

Health History Form & Authorization to Treat for children attending Camp de Benneville Pines

The information on this form is gathered to assist us in identifying care your child may need while at camp. Please provide complete information so that the camp can be aware of your campers needs.

Camper Name _____ Birthdate _____ Age at camp _____
Last First Middle

Address _____
Street Address City ST Zip

Custodial Parent/Guardian _____ Home phone _____

Cell phone _____ Business phone _____

Will you be out of town while your child is at camp? Y / N

Additional Parent/Guardian or Emergency Contact (Required) _____

Home Phone _____ Cell phone _____ Business phone _____

If not available in an emergency, notify: _____ Relationship _____

Home Phone _____ Cell phone _____ Business phone _____

Insurance Information

Is camper covered by family medical/hospital insurance? YES / NO

If yes, carrier or group name _____ Group# _____

Attach photocopy of front and back of health insurance card to form

IMPORTANT - These boxes must be complete for attendance *

Parent/Guardian Authorizations: This health history is correct and complete as far as I know. The camper described has permission to engage in all camp activities except as noted. I hereby give permission to the camp to provide routine health care, administer prescribed medications, and seek emergency medical treatment, including ordering x-rays or routine tests. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes. I give permission to the camp to arrange necessary related transportation for my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp to secure and administer treatment, including hospitalization, for the child named above. This complete form may be photocopied for trips out of camp.

Signature of parent/guardian _____

Printed name _____ Date _____

I understand and agree to abide by any restrictions placed on my participation in camp activities.

Signature of minor _____ Date _____

** If for religious reasons you cannot sign this, contact the camp for a legal waiver which must be signed for attendance.*

Restrictions (the following restrictions apply to this individual - circle items that apply)

Does not eat: Red Meat Pork Dairy Products Poultry Seafood Eggs Other (describe) _____

Explain any restrictions to activity (what cannot be done, what adaptations or limitations are necessary)

Allergies - List all known

Describe reaction and usual management of reaction

Medications: _____

Foods: _____

Other: (include insect stings, hay fever, asthma, animal dander, etc)

If your child requires an epi pen to be close at all times, please be sure to send one to camp

Camp Dates

Cabin

Camper Name

Medications being taken

Please list ALL medications (including over-the-counter or non-prescription drugs) taken routinely. Bring enough medication to last the entire time at camp. Keep it in the original packaging/bottle that identifies the prescribing physician (if a prescription drug), the name of the medication, the dosage and the frequency of administration.

Circle one: the camper **takes NO medications** on a routine basis the camper **takes medications** as follows:

Med #1 _____ Dosage _____ Specific times taken each day _____

Reason for taking _____

Med #2 _____ Dosage _____ Specific times taken each day _____

Reason for taking _____

Attach additional pages for more medications

General Questions (explain "yes" answers below)

1	Had any recent injury, illness or infectious disease?	Y / N	16	Ever had a back problem?	Y / N
2	Have a chronic or recurring illness/condition?	Y / N	17	Ever had problems with joints (e.g. knees, ankles)?	Y / N
3	Ever been hospitalized?	Y / N	18	Have an orthotic appliance being brought to camp?	Y / N
4	Ever had surgery?	Y / N	19	Have any skin problems (e.g. itching, rash, acne)?	Y / N
5	Have frequent headaches?	Y / N	20	Have diabetes?	Y / N
6	Ever had a head injury?	Y / N	21	Have asthma?	Y / N
7	Ever been knocked unconscious?	Y / N	22	Had mononucleosis in the past 12 months?	Y / N
8	Wear glasses, contacts, or protective eyewear?	Y / N	23	Had problems with diarrhea/constipation?	Y / N
9	Ever had frequent ear infections?	Y / N	24	Have problems with sleepwalking?	Y / N
10	Ever passed out during or after exercise?	Y / N	25	If female, have an abnormal menstrual history?	Y / N
11	Ever been dizzy during or after exercise?	Y / N	26	Have a history of bed-wetting?	Y / N
12	Ever had seizures?	Y / N	27	Ever had an eating disorder?	Y / N
13	Ever had chest pain during or after exercise?	Y / N	28	Waived or missed any scheduled immunizations?	Y / N
14	Ever had high blood pressure?	Y / N	29	Ever had emotional difficulties for which professional help was sought?	Y / N
15	Ever been diagnosed with a heart murmur?	Y / N			

Please explain any "yes" answers, noting the number of the questions: _____

Name of family physician _____ Phone _____

Name of family dentist/orthodontist _____ Phone _____

Use this space to provide any additional information you believe the camp staff should be aware of regarding the campers behavior and physical, emotional, or mental health: _____

Authorization to Treat During Transportation/Carpooling to Camp

Permission Form:

My child/ward has permission to travel to and from Camp de Benneville Pines near Angelus Oaks, California. I understand that the camp is not responsible for the safety of my child until my child has been properly checked in at the time of registration. Furthermore, once my child checks out of camp on the final day, the camp is no longer responsible for the safety of my child. Unless otherwise contacted by me, my child has permission to carpool to and from camp with the following adults (**please include names of all adults permitted to pick your child up from camp, including parents**):

Name _____ Home Phone _____ Cell Phone _____

Name _____ Home Phone _____ Cell Phone _____

Name _____ Home Phone _____ Cell Phone _____

Name _____ Home Phone _____ Cell Phone _____

Emergency Authorization to Treat:

I hereby give permission to the medical personnel selected by my child/ward's driver to order x-rays, routine tests and treatment for my child/ward; and in the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the driver of my child/ward to hospitalize, secure proper treatment for, and to order injection and/or anesthesia and/or surgery for my child/ward named above. This form may be photocopied. I recognize that neither de Benneville Pines, Inc., nor the Pacific Southwest District of the Unitarian Universalist Association is responsible for persons car pooling to or from camp.

Signature of parent/guardian _____ Date _____

During the times my child will be transported to and from camp, you should be able to reach me:

To Camp - Phone _____ Alternate Phone _____

From Camp - Phone _____ Alternate Phone _____

Emergency Information Form – Adults at Camp de Benneville Pines

Name _____ DOB _____

Address _____ City _____ ST _____ Zip _____

Home Phone# _____ Cell Phone# _____

Medical Insurance Company _____ Phone# _____

Policy# _____ Group# _____

Emergency Contact (not at camp)

Name _____ Phone#1 _____

Phone#2 _____ Email/SMS _____

My immunizations are up-to-date YES NO Date of last tetanus shot _____

Known allergies to food, medication and/or anesthetics, environmental factors (use other side for additional information):

Known medical problems/conditions and medical treatment that may be needed at camp (use other side for additional information):

Please list all medications; OTC & RX that you will be taking while at camp (use other side for additional information):

I understand that if I become injured or ill while at camp, the Health Supervisor is authorized to determine if I require care outside the bounds of that available in our wilderness setting. Due to de Benneville’s isolation and elevation, any camper remaining ill for more than 12 hours may be asked to leave camp, and may return only with authorization from a physician. I have been made aware that it can take 45 minutes or more for paramedics to respond to a 911 emergency call. If road conditions are icy or hazardous, it can take substantially longer. I agree to follow the safety rules of the camp.

This form is for use by the Health Supervisor during camp only. After camp, it will be shredded. We do not retain medical records for adult campers.

Option 1

I hereby give permission for the camp first aid person to provide routine health care and emergency medical treatment, including ordering x-rays or routine tests. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes. I give permission to the retreat organizers or the camp staff to arrange necessary related transportation. In the event of an emergency, I hereby give permission to the physician selected by the retreat organizers or camp staff to secure and administer treatment, including hospitalization.

Signature of Adult Camper/Participant _____ Date _____

Option 2

Although I understand that my medical information is being requested only so that medical treatment can be provided in case of an emergency, loss of consciousness or inability to make a decision on my own, and that not having this information may make it impossible for the Health Supervisor to provide appropriate medical care, I wish to decline to provide the requested medical information.

Signature of Adult Camper/Participant _____ Date _____

FALL/WINTER Weekend Camp

What to Bring

Please pack the following items to ensure you have a warm and enjoyable time at camp, the fall weather shifts throughout the day. Light and Warm layers are recommended:

- Warm, waterproof jacket(s)
- Gloves
- Warm Hat(s)
- Scarf
- Long pants
- Long-sleeved shirts
- Sweatpants
- Sweatshirts
- Warm PJ's
- Underwear and at least 5 pair of warm socks (wool or acrylic)
- 2 pairs waterproof shoes/boots
- Sleeping bag
- Pillow
- Blankets
- 2 towels
- Dirty clothes bag
- Prescription meds in original med bottle
- Soap, shampoo, comb & hairbrush
- Toothbrush & toothpaste
- Lotion, sunscreen, lip balm
- Camera and fresh batteries
- Flashlight and fresh batteries
- Set of Dark Clothes for a night tag game
- Costumes, clothing to dress in the spirit of the camp theme.

If you need to reach camp, here are some handy numbers:

Janet James, Camp Manager, cell phone (909) 435-6298

Randy Carroll- Bradd, Camp Caretaker, cell phone (210) 216-6125

Camp Office (909) 794-2928 Camp Lodge (909) 794-8712

Camp email: uucamp@aol.com Camp website: www.uucamp.org

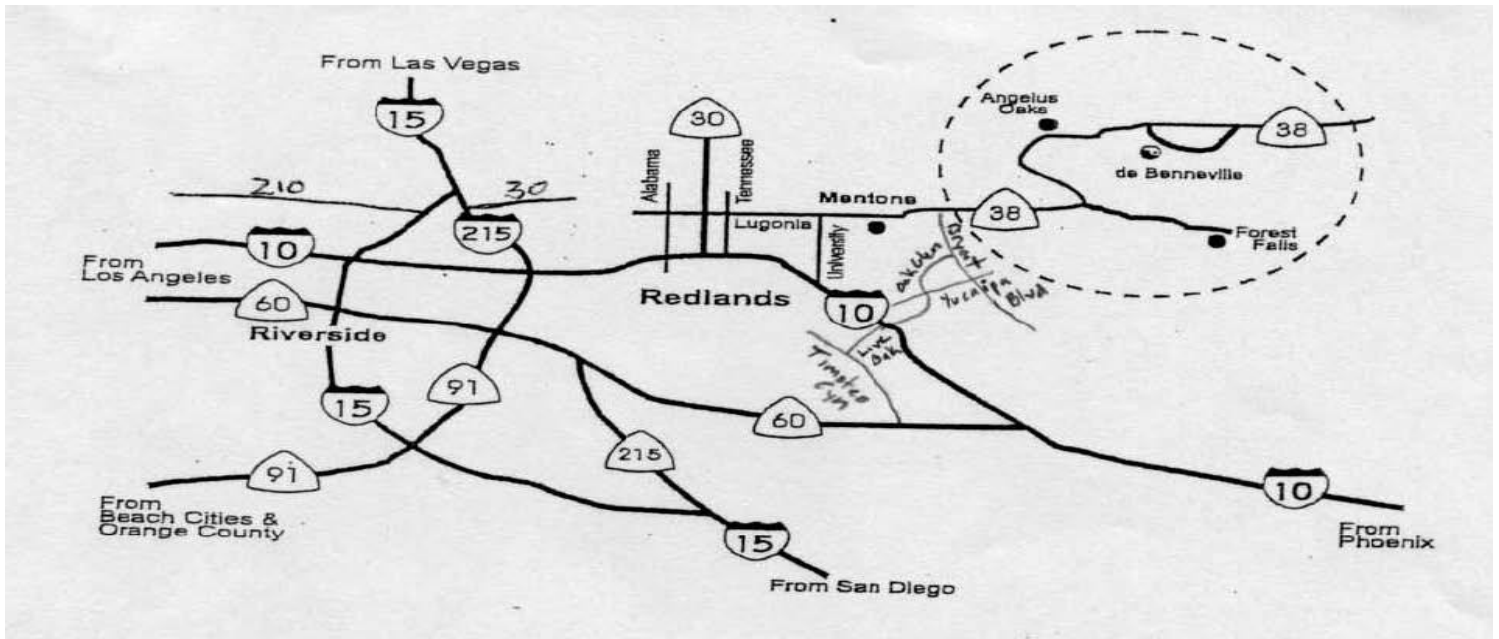
Directions on website: <http://www.debenneville.org/Information/Directions2Camp.html>

PACIFIC SOUTHWEST DISTRICT YOUTH SUMMER CAMP BEHAVIOR POLICIES

1. All camper housing is in single-sex cabins.
2. Curfew is defined as the time after which all campers are to be in their own cabins.
Lights Out for Elementary Youth Camp is 9:00 p.m. to 7:30 a.m.
Lights Out for Junior High Youth Camp is 11:00 p.m. to 7:30 a.m.
Curfew for Senior High Camp is 12:30 a.m. to 7:30 a.m. During this time, there is to be quiet in the cabin areas and on all trails.
3. Campers may not leave the camp grounds at any time during camp without the permission and supervision of adult staff. No group smaller than four people may leave the premises for any reason.
4. The water tower, staff housing, interior kitchen, pool pump room, maintenance buildings, propane tanks, sewer plant/leach fields and any construction sites are off limits to all campers. Use of the pay phone and wood burning stoves requires adult permission and supervision. Use of the First Aid Station must be overseen by a trained adult staff member.
5. No visitors are allowed during camp. This includes unannounced family members, former campers, and former staff members. Any visits must be pre-arranged and approved by the Dean and/or Camping Ministries Director. All pre-arranged visitors must check-in upon arrival and wear a VISITOR BADGE while in camp.
6. Attendance at workshops, worships and meals is expected.
7. Campers are asked to respect each other and the belongings and privacy of other campers and staff. The camp grounds and camp equipment should be used in the intended manner. NO PRANKS.
8. Dangerous or disruptive behavior of any kind will not be tolerated; any camper engaging in such will be immediately sent home. This includes the use of rude and abusive language.
9. **Closed toed shoes must be worn when a camper is outdoors.** Open toed shoes are only permitted in showers and at the pool. Campers may walk to and from the pool in open toed shoes yet carry closed toe shoes with them in case of emergency evacuation, or schedule change.
10. No tree climbing or rock throwing.
11. No YoUUth Camper may use the hot tub at any time, under any circumstances. Proper swimsuit attire is required for swimming, no street clothes are permitted in the pool.
12. No one is allowed in the kitchen without a valid food handler's card.
13. No drugs, alcohol or weapons are allowed at camp. All prescription and over-the-counter medications must be turned in to our Camp Nurse during camp check-in. The use of all medications is to be monitored by the camp health professional and adult staff. Medications must be in their original packaging.
14. Campers may not engage in sexual activities while at camp.
15. All campers must sign the *Youth Code of Conduct Agreement*. (INCLUDED IN CAMPER PACKET)
16. All parents must sign the *Parent Accountability Statement*. (INCLUDED IN CAMPER PACKET)
17. **PSWD YoUUth Camps are SMOKE FREE. Campers and staff may not smoke at camp.**

Any camper unable to abide by these policies will be asked to leave camp immediately, without benefit of any refund, and may be restricted from participating in future PSWD events.

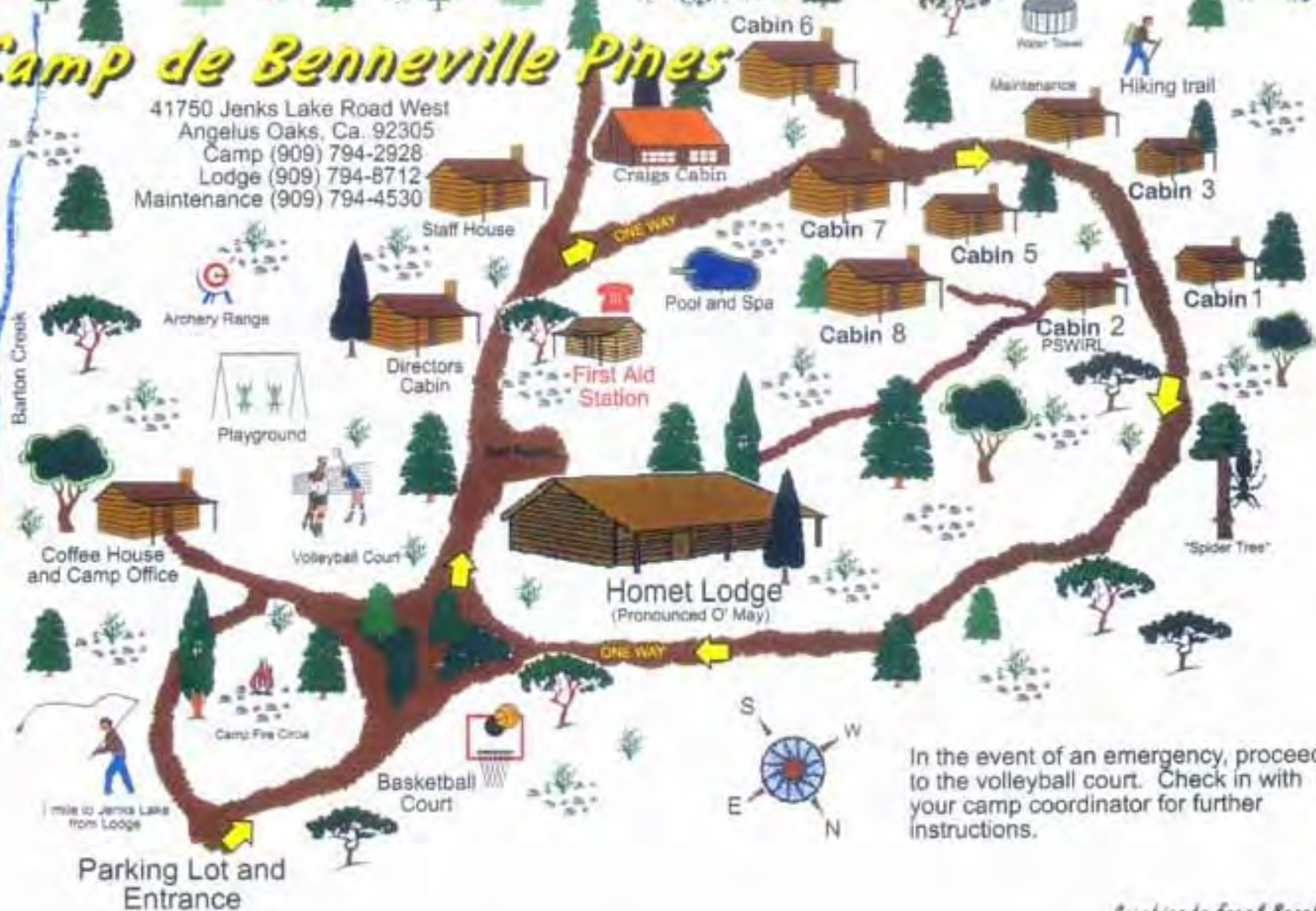
DIRECTIONS



- Arizona:** Take the I-10 West to Oak Glen/Live Oak Canyon Rd. Turn right on to Oak Glen Rd. Follow the road across Yucaipa Blvd and continue to Bryant St., turn left and go to Hwy 38. Turn right. Follow the directions **IN BOLD below** from Hwy 38.
- Orange Co:** Take the 91 Freeway toward Riverside until it becomes the I-215 East toward San Bernardino. Take the I-10 East to Redlands. Follow the instructions **IN BOLD below** from Redlands.
- Las Vegas:** Take the I-15 South to San Bernardino. Take the 210 (formerly Hwy 30) East to Redlands. Exit at San Bernardino Ave. Go through the light to the next street, Lugonia/Hwy 38. Turn left and follow the directions **IN BOLD below** from Hwy 38
- San Fernando Valley:** Take the 101 East to the 134 East to the 210 East. In Redlands, exit at San Bernardino Avenue. Go through the light to the next street, Lugonia/Hwy 38. Turn left. Follow the directions **IN BOLD below** from Hwy 38.
- San Diego:** Take the I-15 North to the I-215 East toward San Bernardino. In Moreno Valley take the 60 East to the Redlands Blvd exit. Turn left and go North on Redlands Blvd until it dead ends at San Timoteo Canyon Rd. Turn left and continue approximately 1 mile to Live Oak Canyon Rd. Turn right and continue over the 10 Fwy, where the name changes to Oak Glen Rd. Continue through Yucaipa to Bryant St. Turn left, continue to Hwy 38. Turn right. Follow the directions **IN BOLD below** from Hwy 38.
- Ventura:** Take the 26 East to the 5 South to the 14 East. Exit for Pear Blossom Hwy/138 East. Go to the I-15 South, taking the 210/30 East to Redlands. Exit at San Bernardino Ave. Go through the light to the next street, Lugonia/Hwy 38. Turn left. Follow the directions **IN BOLD below** from Hwy 38.
- Redlands:** From I-10, take the University exit. Turn left on University. Turn right on Lugonia/Hwy 38. **Follow Hwy 38 toward Big Bear, up into the mountains. At the road to Forest Falls, bear to the left, continuing on Hwy 38. At the top of the mountain, pass through the town of Angelus Oaks and continue another 5 ½ miles. Turn right on West Jenks Lake Road. The sign for Camp de Benneville Pines will be on the right approximately 1 ½ mile up. (If you see the sign for Seven Oaks on Hwy 38, you have missed the Jenks Lake turn. Go back to West Jenks Lake Road.)**

Camp de Benneville Pines

41750 Jenks Lake Road West
Angelus Oaks, Ca. 92305
Camp (909) 794-2928
Lodge (909) 794-8712
Maintenance (909) 794-4530



In the event of an emergency, proceed to the volleyball court. Check in with your camp coordinator for further instructions.

Winter Travel to Camp

When you have to drive on unfamiliar mountain roads during the winter, there are important things every driver should know. Before beginning a trip to camp please review the following suggestions offered by CalTrans and the California Highway Patrol to help promote safe winter travel:

When planning a trip – Before you leave you should know where you are going. Check on the road conditions. Plan your route. Make sure your car is winterized. Buy or rent the correct sized chains to fit your vehicle. Check antifreeze for colder temperatures, brakes, windshield wipers, defroster heater and exhaust system. Make sure your tires have good tread for added traction on icy roads.

Emergency items – Consider carrying the following items in your vehicle: flashlight with good batteries, deicer or ice scraper, gloves, and old jacket should you need to be on the ground installing chains, a plastic garbage bag to kneel on, a small broom to brush snow from your car, a shovel, sand or kitty litter for traction, warm blanket, thermos with hot beverage and a few candy or snack bars.

Driving tips – Be especially observant of road conditions. Watch out for snow removal equipment, and never attempt to pass snowplows in the unplowed lanes. Safe speeds on dry roads can be deadly on icy and snowy roads. Adjust your speed to match conditions. Observe speed limits. Chain control speed limit is 25 MPH except where posted. Highway 38 from Angelus Oaks to camp can be very icy. Much of the highway is shaded in the late afternoon, so ice can form on the road before nightfall. Allow plenty of drive time. Keep your gas tank full in case you experience delays or need to make unexpected detours. When stopping on winter roads, never apply brakes suddenly. Pump them gently to avoid locking the wheels. Use a lower gear if possible to slow down. Leave plenty of stopping room between you and the car in front of you. Always make sure everyone in the car has their seat belt buckled.

Chains are a fact of life – You must stop and put on chains when highway signs indicate that chains are required. There is about a mile between the “*Chains Required*” sign and the check point where you will be required to stop to install your chains. Failure to install the chains is a citable offense. Conversely, when you are removing your chains, drive beyond the “*End Chain Control*” sign to an appropriate pull-off area. Try to install chains on a flat or level surface.

If you use the services of a chain installer, make sure you get a receipt and then write the installer’s badge number on it. Chain installers are independent business people and are not employed by CalTrans. They set their own rates, which generally run between \$20-\$25 per vehicle. Chain installers are not allowed to sell or rent chains, so be prepared with chains prior to driving up into the mountains. Many stores sell chains (Pep Boys, Wal-mart, Auto Zone, etc.)

It is a good idea to practice installing your chains before leaving home.

Remember: Put chains on front tires for front-wheel drive cars, rear tires for rear-wheel drive cars.

DO NOT ATTEMPT TO ENTER THE CAMP’S DRIVEWAY WITHOUT CHAINS IF THE “Chains Required” SIGN IS POSTED AT THE ENTRANCE. Only four-wheel drive vehicles can make it up the driveway without chains. Do not install chains in the camp’s driveway. Please do not block traffic. **Chain Requirement Code – R2:** Chains required on all vehicles except four-wheel drive vehicles. All two-wheel drive vehicles must install chains. Four-wheel drive vehicles with mud-and-snow tires may proceed as long as they are carrying chains. **R3:** Chains required on ALL vehicles. No exceptions. This is a rare occurrence in the San Bernardino Mountains, but be prepared!

CARRY CHAINS !!!!!

. For current road conditions, call (800) 427-7623 or log on to www.dot.ca.gov/hq/roadinfo/

Camp Phone numbers: OFFICE: (909) 794-2928 LODGE: (909) 794-8712

Manager: (909)435-6298 (cell)

. **Email:** uucamp@aol.com **Website:** www.uucamp.org