

**Camp de Benneville Pines**  
**Angelus Oaks, CA**



**PSWD Elementary/Family**  
**Camp Winter 2018**

**Camper Information Packet**

**Saturday, February 17 — Monday, February 19, 2018**



Dear Camp Families,

In our modern lives, we spend a lot of time indoors. But there is something about walking through the woods that feels magical, that connects us to our primal selves. From the sighing of the wind through the trees and the chirping of birds, to the smell of pine, the woods engage our senses. At camp, we can explore the woods while connecting with our fellow campers.

We are so excited to share this time with you in our first year as co-deans. Our staff is preparing workshops to help you explore your connection to nature and to those around us. We will have lots of outdoor activities, as well as crafts, games and hot cocoa by the fire. We hope that you, like so many campers before you, will take home experiences you'll remember for a lifetime.

Yours sincerely,

Bill & Shannon Stoker  
Deans  
2018 Elementary Family Winter  
Camp

# 2018 PSWD Elementary/Family Winter

## General Information

This packet contains information and, in some cases, links to information, on how to get to camp and what to bring along. Even if you're a seasoned winter driver, please read the information on travel to camp at this time of year. The included permission and release forms must be completed before Check-in. And your balance must be paid in full before you arrive, as camp staff does not have the ability to process any payments on the spot.

Please take a moment, sooner rather than later, to complete the on-line Camper Profile. This will help the camp coordinators ensure that every camper has a full and rich camp experience. [Click here to go to the Camper Profile form.](#)

### **Arrival and Check-In**

Registration starts on Saturday at 12:30 PM sharp. Be sure to arrive promptly; our weekend together already goes so quickly, and we don't want you to miss anything! Once registration closes at 2:00 PM, camp will begin right away. Our first meal together is dinner, so please have lunch on your way to camp. There will be some light snacks out in the lodge during check-in but not a substantial meal. We have included a general overview of a day at camp in this packet to give you an idea of how this camp works. We'll provide a more detailed schedule at check-in.

### **Packing Particulars**

Not knowing what the weather may bring, it is best to be prepared with warm bedding and clothing, including waterproof boots, hats, and mittens or gloves (see attached list). Staying dry is the way to stay warm: wool and synthetics dry more quickly than cotton, and waterproof outerwear is crucial for snow play. For you frequent campers, remember when packing that the wash house will be closed for the winter due to the potential for frozen pipes. Children may not be allowed to participate in outdoor activities without proper attire, so please pack extras, particularly socks. I suggest a minimum of six pairs, as wet feet put a wet blanket on snow play. If the sled run is open, helmets are required for sledding: no exceptions. Please send your child with a bike helmet. Likewise, if your family has a favorite sled, consider bringing it up. Camp does have a few, but more are... well, more!

To avoid contributing to camp's lost-and-found box, please label all items with your name. You might also bring outgrown gear to share. For many of us, outfitting everyone for one weekend a year is a challenge. Your "something extra" may be just what a cold, wet child needs after an afternoon on the sled run.

Other items to bring include a nightlight for your cabin, and lip balm, lotion and sunscreen to protect skin from the cold and glare. **Also, don't forget chains for your car.** These are a must: the state of California requires that all travelers carry them in winter.

## **Special Diets**

Our de Benneville kitchen staff works hard to provide a hearty menu that appeals to most children and keeps them energized through their hours of active play at camp. The kitchen also provides a variety of fresh fruits and vegetables for wholesome eaters. If someone in your family is vegetarian, vegan, gluten-free, or has a serious food allergy, and you did not indicate this on your registration, please send a note to [registrar@uucamp.org](mailto:registrar@uucamp.org) so the kitchen can make enough special foods for everyone who needs them. You also may bring (or send with your child) any special foods you may need. There are no grocery stores in the wilderness, which can make handling “food emergencies” difficult. Families have had success bringing a small cooler labeled with their name to keep in the lodge; a microwave is available. Because of animals, no food is allowed in cabins. Like all Pacific Southwest District camps which involve youth at camp without their parents, Elementary/Family Winter Camp is smoke and alcohol-free. This district policy keeps our youth safe, so please leave these items at home. Thank you!

## **Variety Hour**

Sunday night’s Camper Variety Hour offers you a safe, inclusive opportunity to share your songs, skits, jokes, dance moves, silly human tricks, etc. We encourage all adults and children alike to take part. As you pack, think about what you’d like to share. Maybe your whole family can perform together? Perhaps you can recruit your cabin-mates for a silly skit? Bring your instruments, props and costume items, and be ready to sign up at camp. We look forward to cheering you on!

## **Camp Structure**

Why is there that slash in Elementary/Family Winter Camp? It’s really two camps taking place at once. The “elementary” portion has young campers in cabins with trained counseling staff, and the “family” portion has other young campers in cabins with their parents. Our staff works hard to engage new and seasoned campers alike with outdoor activities, indoor games, meaningful worship and feel-good music. But none of it would be possible without YOU.

At camp, parents play an active role. Parent participation creates the cooperative feel that makes this experience so special. Adults at camp support the community by signing up for one workshop per day as a helper. Some options include the sled run, outdoor play, indoor activities like theater games, and lodge time. Please think about how you would like to participate and be ready to sign up when you arrive. You will find this a great way to get to know other campers and a meaningful contribution to others’ experiences. Marianne Swift-Gifford, our Parent Coordinator, will be contacting you soon (if she hasn’t already) to help get things started. By working together, we foster independence for our young people, nurture lifelong UU campers, and make our time together enjoyable for all.



# 2018 PSWD Elementary/Family Winter Camp

## Important Camper Information

### ★ Drop off time and Pick-up

Check-in will be held 12:30 pm—2:00 pm on Saturday, February 17, 2018. Please make sure your balance is paid in full before you arrive.

Please pick-up your camper between 11:00 am and 12:00 pm on Monday, February 21, 2018. The last meal served will be breakfast, so pack a snack or sack lunch for your hungry child. There will be no supervision provided after 12:30 pm on the day of departure. 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 camper pick-up time.

★ **FORMS:** Be sure to have all the forms completed for your elementary camper, as well as attending family members. To insure a speedy registration process, please be sure to print and complete the following forms as they apply:

Camper Profile is required of ALL ELEMENTARY CAMPERS, grades K-6th, participating in programming. Please take a moment, sooner rather than later, to complete this form. This will help camp coordinators ensure that every camper has a full and rich camp experience. [Click here to go to the on-line Camper Profile form.](#)

Youth Code of Conduct is required of ALL youth campers 18 and under attending this camp

Release and Emergency Information Forms: Please complete all of the appropriate forms as described below:

- 1) If you are a parent/guardian attending and sharing a cabin with youth campers, use **Release and Emergency Information Form for Families attending Camp de Benneville Pines**
- 2) If your camper is staying independently at camp, or are youth staff 18 or under, use **Release and Emergency Information Form for Youth attending Camp de Benneville Pines**
- 3) If you are an adult staff member, use **Release and Emergency Information Form for Adults attending Camp de Benneville Pines**

### ★ PSWD Camping Ministries Staff

Our Camp is staffed by PSWD adult and youth volunteers. All staff are required to follow camp guidelines and behavior policies and will be held to the same accountability as all campers and site staff. Youth staff are required to fill out all camper forms, no exceptions. Adult staff are required to complete the Release and Emergency Information Form for Adults attending Camp de Benneville Pines, and will complete and sign the Code of Ethics and PSWD rules and Behavior forms at Camp Training.

### ★ Telephone & Electronic Devices

**Time to UNPLUG!** Electronic devices close campers off to enjoying new opportunities and for this reason **we strongly encourage campers to leave cell phones and other digital technology at home.** However, we understand that some families may need a line of communications; so sending a cell phone with a camper is a family decision. Please be aware that cell phone service on the mountain is spotty and may be unreliable, there is no available internet connection, and that **no cell phones or devices will be allowed during camp activities — they must be left in the cabins and used for family communication only.** Digital gaming, texting friends or other uses of “screen time” take campers away from the camp community and we are so looking forward to having your child’s presence and participation! If you have an emergency or need to contact your camper urgently, please call the camp office at (909) 794-2928 and leave a message, or call the Camp Director, Janet James, at (909) 435-6298.

## ★ Arranging Transportation

If your camper needs a ride to camp or you can offer another camper a ride, please send a message explaining your need or the area you can offer a ride to or from to the registrar via email ([registrar@uucamp.org](mailto:registrar@uucamp.org)) or leave a message in the camp office (909) 794-1252. They will be happy to send your request and contact information out via an email message to other campers attending this event. Please make arrangements as soon as possible. Last minute rideshare requests are rarely fulfilled.

## ★ Health & Safety

Enclosed are several forms. **These forms must be filled out completely.** No camper may check-in without have **ALL** forms completed and signed by a parent or guardian. Please fill out the appropriate Release and Emergency Form. Three (3) choices are included in this packet. **NO EXCEPTIONS.** Campers without completed forms will NOT be allowed to stay at camp.

## ★ Snow and Snow Chains

It is the responsibility of the driver to carry chains when driving in the mountains during the winter months. It is also the responsibility of the driver to know how to install the chains to insure safe travel into and out of camp. Please read the enclosed information about winter travel to camp and come prepared.

## ★ De Benneville Pines Camp Policy

We are dedicated to providing a safe and fun community for youth, families and staff. Disruptive items and behavior threaten the peace and safety of the community. We, therefore, have rules that we ask all campers and staff to adhere to. Campers and staff are expected to abide by these rules or they will be sent home. Please review with your camper(s) the Youth Winter Camp Behavior Policies and the Camp de Benneville Pines Rules included in this packet, then have your camper(s) sign the Youth Code of Conduct Agreement. Parents need to sign the included Parent Accountability Statement. The guidelines and rules will be reviewed on the first day of camp.

## ★ Registration Refund Policy

Should your camper need to cancel 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. No refunds will be made after the beginning of camp.

## ★ 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 (4) weeks and will be shipped at the owner's expense. All unclaimed Lost & Found items will be donated to local needy families.

If you need any further information, or clarification about these expectations and policies within this packet, please contact Geoff Anderla, Camping Ministries Director at [pswdcmd@gmail.com](mailto:pswdcmd@gmail.com) or (623) 252-5619.

## 2018 PSWD Elementary/Family Winter Camp

### A Day at Camp

Lodge Time (Opt.)	Good morning! Early-rising campers can come down before breakfast to be with other campers. Counselors bring independent campers from their cabins; kids in family cabins who wish to come down must be supervised by an adult.
Breakfast	Cabins take turns setting tables for each communal meal in the lodge, with each cabin responsible for one meal. Check the schedule to see which cabin is assigned, and come 15 minutes early to do your part. You'll put things out on the tables, remove them and wipe down the tables afterward, and stay a few minutes after to clean up. Everyone sits at tables until they're called up to the line. Enjoy a visit with your tablemates while waiting.
Workshop Sign-ups	Campers sign up for that day's workshops (3 slots on Sunday). Parents sign up to help for at least one workshop each day. For camper safety, we ask that everyone attends the workshops for which they signed up, and notifies a program or counseling staff member if a change must be made.
Morning Workshops	Two back-to-back workshop slots with time in between to transition. These slots may include outdoor play, indoor games, etc. Workshops and activities may change due to weather and other variables.
Lunch	This works just like breakfast, except we are all extra hungry from a morning of fun! As before, campers set tables by cabin. Don't forget to check the schedule and come early if it's your turn to set up. The de Benneville camp store in the lodge is open at this time <b>for parents only</b> .
Cabin Time/Meetings	Get warm and dry after a morning outside, learn important information from staff, and get to know the others in your cabin better.
Afternoon Workshop	More community fun!
Snack	Take a short break in the lodge to warm up, recharge and refuel.
Community Worship	This meaningful time together for the whole community is tailor-made for adults and kids alike to enjoy.
Cabin Time	Here's another chance to make sure campers are staying warm and dry. This is also a good time for campers to get items they'll need for that night's activities.
Dinner	Enjoy another delicious meal you didn't have to cook. Yum! Is it your turn to set tables? Don't forget to check the schedule.
Clean-up / Set-up	We all work as a community to get the lodge ready for the evening's activities. Evening Activities Saturday features icebreakers and games; Sunday we enjoy our camper variety hour.
Closing Circle	We close our day together with story and song, then transition to our cabins for a good night's sleep. See you in the morning!





## Winter Camp Packing List

### What to Bring

- Warm, waterproof jacket(s)
- Mittens (several pairs)
- Knit cap(s)
- Scarf
- Snow pants
- Long pants
- Long-sleeved shirts
- Sweatpants
- Sweatshirts
- Warm PJ's
- Underwear and at least 6 pairs of warm socks (wool or acrylic)
- Two (2) pairs waterproof shoes/boots
- Sleeping bag
- Pillow
- Blankets
- Two (2) towels
- Dirty clothes bag
- Prescription meds in original med bottle
- Soap, shampoo, comb & hairbrush
- Toothbrush & toothpaste
- Lotion, sunscreen, lip balm
- Favorite music, musical instruments
- Funny hats & costumes
- Games, books and other resources for Cabin Time
- Nightlight for cabin
- Camera and fresh batteries
- Flashlight and fresh batteries
- Snow sleds
- **Bike helmet with camper's name on it**
- **CHAINS!** These are a must: The State of California requires that all cars carry chains for winter travels through our area mountains.

**YOUTH CAMPS ARE ALCOHOL FREE ZONES. PLEASE DO NOT BRING ANY ALCOHOLIC BEVERAGES TO ELEMENTARY FAMILY CAMP. THIS IS A PSWD POLICY. THANK YOU FOR YOUR COOPERATION.**

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

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

Camp e (909) 794-1252 Camp Lodge (909) 794-8712

Camp email: [uucamp@aol.com](mailto:uucamp@aol.com)

Camp website: [www.uucamp.org](http://www.uucamp.org)

Directions on website: <http://www.uucamp.org/about-2/directions-to-camp/>



## 2018 PSWD Elementary/Family Winter Camp

### Camp de Benneville Pines Rules & Policies

These rules and policies are for the benefit of all campers and staff while on the Camp de Benneville grounds. Please adhere to these rules and policies as they are for everyone's safety and well-being.

1. All persons using the Camp facilities must comply with all federal, state and local laws.
2. If keeping an automobile on Camp property while at Camp, after unloading at your cabin, park your car in the main lot with the back end of your car pointing into the woods. This helps expedite leaving camp quickly in the event of an emergency. Keep your car keys on you at all times. Be sure to bring a spare key and keep in your luggage.
3. In the event of an emergency situation, an alarm will sound. Evacuate your cabin immediately and gather in the area behind the lodge kitchen (volleyball court). Gather with your fellow cabin mates and await instructions from the Camp Manager, or in her absence, the CMD or Dean.
4. No weapons or guns may be brought onto Camp premises.
5. Camp dogs are never to leave Camp premises without permission of the Camp Manager.
6. No explosives, flammable liquids, fireworks or poisonous substances may be brought to Camp.
7. Keep any recorded or amplified music played in the Lodge turned down for background music, unless it is being used for a workshop or talent show presentation.
8. All crafts using spray paint, glitter, wax or plaster must be done outside. These types of projects are not allowed inside Camp buildings.
9. **DO NOT BRING YOUR PET TO CAMP.** The only exception we make is for certified and trained assistance animals (such as a Seeing Eye Dog). Contact the camp's registrar at [registrar@uucamp.org](mailto:registrar@uucamp.org) in advance of arrival to make arrangements to bring an assistance animal to Camp.
10. We DO ASSESS damage charges for graffiti, excessive wear and tear, chewing gum and other adhesives found in the carpet and furniture. We want to keep things in good order for the next group coming to Camp.
11. Please close all internal and external cabin doors to keep the heat in and the critters out!
12. Carry chains from October through May while traveling in the San Bernardino Mountains. See the Winter Travel to Camp instructions available on Camp's website [www.uucamp.org](http://www.uucamp.org).
13. The use of marijuana is not allowed in Camp or within the USFS lands around Camp.

Please keep the following phone numbers in your wallet or pocket while at Camp and TEXT or Call either number if you need assistance:

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

Maintenance Supervisor Frank Haahr's cell phone (760) 600-6012

## 2018 PSWD Elementary/Family Camp

### Behavior Policies

1. By default, campers are housed in single-sex cabins.
2. Curfew is defined as the time after which all campers are to be in their own cabins. Curfew for Elementary Youth Camp is 9:00 PM to 7:30 AM. 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 (4) 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. No use of Camp tools, power tools or machinery, including tools for craft projects is permitted. 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 facilities 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 sent home. This includes the use of rude and abusive language.
9. Closed toed shoes must be worn when a camper is outdoors.
10. No tree climbing or rock throwing.
11. No Youth Camper may use the hot tub at any time, under any circumstances.
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. All campers must sign the Youth Code of Conduct Agreement (INCLUDED IN CAMPER PACKET and available on-line)
15. All parents must sign the Guidelines for Parents form (also INCLUDED IN CAMPER PACKET and available on line)
16. PSWD Youth Camps are SMOKE FREE. Campers and staff may not smoke at camp. This includes vape pens and e-cigarettes.
17. No hair dye or permanent inks or hennas allowed inside cabin bedrooms, bathrooms or kitchens. Use only at the arts/crafts area.

***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.***

# **2018 PSWD Elementary/Family Winter Camp**

## **Guidelines for Parents**

1. Parents and their children are expected to follow the Behavior Policies for Camp de Benneville Pines.
2. Parents attending camp with children in 2nd grade or lower must remain with their child throughout the day, unless they make arrangements with another parent to take turns accompanying each other's children to activities. Parents of children in 3rd grade or higher will be asked to assist at one workshop on Saturday and two workshops on Sunday. Camp has a particular need for people who enjoy being outside and supervising safe snow play.
3. Children 3rd grade and higher (and 2nd graders in counselor cabins) are expected to adhere to all camp policies whether their parents are present or not. This includes attending all meals, workshops and worship, and following all camp rules. Children in 1st grade and lower (and 2nd graders staying with their parents) are the primary responsibility of their parents. These children can miss the above events as long as they are with a parent or guardian, but still must follow all camp rules.
4. Children must never be alone at camp. They are to be in groups of at least three when on the trails. They are not to be in cabins without an adult.
5. Counselors are trained staff members responsible for running camp. If you have an issue with a counselor, please raise it with that person as a peer. If the issue is not resolved to your satisfaction, bring it to the attention of the Family Cabin Counselor or Parent Coordinator.
6. We strongly encourage remaining on camp grounds throughout the duration of camp. If there is a reason you want to leave camp, you must sign out with the Family Cabin Counselor or Parent Coordinator.
7. Each cabin is responsible for keeping its own porch swept of snow and for setting up for one meal during the weekend as indicated on the schedule.
8. Vehicles must be parked in the lower lot, facing out. Drivers must keep their keys on their person in case of emergency evacuation.
9. Due to fire restrictions, there is no smoking at camp and no burning of incense or candles in any building.
10. Everyone must participate in the fire drill.
11. Technology: Let's leave it in the room! Family camp is a time to play with our kids, enjoy quality family time, and connect with other families. Please leave cell phones, laptops, DVD players, etc., tucked away in your suitcase.
12. Parents must attend cabin meetings and are encouraged to adhere to cabin times with their children. The sled run is closed during cabin time.
13. Due to state regulations, all prescription and over-the-counter medicines must be turned in to the nurse in their original containers.
14. No consumption of alcoholic beverages is permitted at any PSWD youth camp. Any alcoholic beverages must be turned into Camp de Benneville management to be secured safely and returned at the end of camp.

I have read, and agree to abide by, the Parent Guidelines.

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Name

Signature

Date

## 2018 PSWD Elementary/Family Winter Camp

### YOUTH CODE OF CONDUCT AGREEMENT

I have read and understand the rules of camp and agree to abide by them while in attendance at camp. I agree to accept established consequences in the unfortunate event I violate these rules or engage in any activity or behavior which is disruptive to the camp community. Furthermore, I pledge to be an active participant in the building and nurturing of a loving spiritual community and to conduct myself in a manner which is respectful of myself and others.

(Camper Sign Here)	(Today's Date)	(Age)	(Birthday)
Signature of Camper	Date	Age	Birth date

### PARENT ACCOUNTABILITY STATEMENT

I am aware my child/ward will be attending the PSWD Elementary Youth Camp between the dates of February 17th, 2018 and February 19th, 2018. As parent/guardian of, \_\_\_\_\_. I have completely read and understand the rules for camp and am aware that there are set consequences for the violation of these rules. I agree that if my child does not comply with the rules of camp as published and posted at camp, I will arrange for the prompt departure of my child without refund of any camp fees.

*Furthermore, should my child be responsible for damaging the camp, its equipment, or the property of another camper, I will pay to replace or repair said property.*

(Parent Sign Here)	(Today's Date)
Signature Parent/Guardian	Date
Email: (Parent Email Address Here)	

By signing above, I am also stating that should my child, for any reason, need to be sent home prior to the closing date/time of camp, and I am not available to pick up my child, the name of the responsible adult with whom the camp staff may release my child is in the table below and I also certify that I have contacted the alternate contact below and they have agreed to be responsible in my absence.

(Alternative Contact Name Here)	(Relationship to Camper)
Full Name of Adult in case of Parent/Guardian not available	Relationship
Best Contact Phone Number(s): (Alternative Contact Phone Number Here)	

I give my permission for my child to be photographed or videotaped participating in camp activities and for the photos/video to be used in Camp de Benneville Pines and PSWD publications/promotions. \_\_\_\_\_ Initial Here



# 2018 PSWD Elementary/Family Winter Camp

## Letter from the Camp Nurse



Hi! my name is Eric Jarnagin. I'm a Critical Care Nurse and the nurse for the 2018 PSWD Elementary/Family Winter Camp. Here's some important information about staying healthy and safe at camp.

### Medications

By state law, all camper medications must be handed in at Check-in. Even those for adults. Prescription, over the counter, herbal, it doesn't matter. Since cabin doors do not lock, there is no way to safely secure the medications, other than locked in the infirmary. Once I have the medications, I will organize them, and set up "medication call" at meal times and at bedtime. Other times can be arranged, just talk to me at Check-in.

*The only exceptions to this rule are Inhalers and EpiPens.*

If your camper has a rescue-type inhaler (albuterol, or similar) they may keep it with them. The same is true of EpiPens for anaphylactic allergies. Make sure the inhaler/EpiPen is not empty, not expired, and is functioning. If you or your camper use a spacer with the inhaler, bring that too. If you or your camper have an inhaler, but haven't needed it for a while, it might be a good idea to bring it, just in case - exertion in cold, dry air can trigger an asthma attack.

### Dehydration and Altitude

Please remember that camp is at an altitude of 6,800 feet. Just breathing can cause you to lose a liter of water a day, before you even break a sweat. Make sure you and your campers drink plenty of water. If you have a headache, or are feeling a little dizzy or lightheaded, the most likely culprit is dehydration. Other symptoms include dry mouth and fatigue. Mild altitude sickness can cause similar symptoms as well as poor sleep and poor appetite.

### Snow play

Helmets are required for any kids sledding. This is also state law and non-negotiable. There are also camp rules for tossing of snowballs - read your camper packets, and make sure you and your campers understand what is expected.

### Emergencies

I can handle bumps and bruises, minor cuts and scrapes, sprained ankles and dispense over-the-counter medications (ibuprofen or acetaminophen for headaches and mild pain, allergy medications etc., and hot or cold packs).

More serious emergencies may require transportation down the mountain. EMS response time is long, so we tend to err on the side of caution, sending people to get checked before it becomes an emergency.

I will be available 24/7 during camp. Ask a staff member to radio for me. My cell number will also be posted in the lodge (but remember cell service is spotty at camp).

Let's have a safe and fun camp. See you there!

Eric

# Emergency Information and Release Form for Families Attending Camp de Benneville Pines

Parent (Primary Insured) at Camp \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_ Gender \_\_\_\_\_

Second Parent at Camp \_\_\_\_\_ DOB \_\_\_\_\_ Gender \_\_\_\_\_

Child Camper \_\_\_\_\_ DOB \_\_\_\_\_ Gender \_\_\_\_\_

Child Camper \_\_\_\_\_ DOB \_\_\_\_\_ Gender \_\_\_\_\_

Child Camper \_\_\_\_\_ DOB \_\_\_\_\_ Gender \_\_\_\_\_

List additional family members on reverse

## Please initial each Release below and submit to camp as part of the Check-in process

### Medical Release

\_\_\_\_\_(initial) I understand that if a family member or 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.

\_\_\_\_\_(initial) I hereby give permission for the camp Health Supervisor to provide routine health care and emergency medical treatment, including ordering x-rays or routine tests for myself or family members. I agree to the release of any records necessary for treatment, referral, billing or insurance purposes.

\_\_\_\_\_(initial) 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 to myself or family members.

### Release of Liability

\_\_\_\_\_(initial) I waive and release all claims for damages for death, personal injury or property damage that may occur as a result of engaging in camp activities. This discharges in advance Camp de Benneville Pines, its employees and other agents from liability even though that liability may arise out of their negligence. I know that being in a forest retreat setting involves a risk of accidents, and I willingly assume the risk. This waiver, release and assumption of risk is binding on my heirs and assigns.

\_\_\_\_\_(initial) I agree to follow the safety rules of camp and assume responsibility to ensure my children also follow the rules.

### Release of Contact Information

\_\_\_\_\_(initial) I understand my contact information above will be shared with Camp so they can keep me in the loop on what's happening all year long. Camp will not share any information with third-party entities, ever.

### Photo Release

\_\_\_\_\_(initial) I give permission and consent for all persons associated with my registration to allow photographs/video to be taken during camp session activities. I further give permission and consent that any such photographs may be published and used by Camp de Benneville Pines and its agents to illustrate and promote the camp experience, Camp de Benneville Pines, and its camp programs. Camp will not identify Campers by name without their permission.

If family is covered by medical/hospital insurance, attach a copy of your card to this form. If you have no insurance, please provide social security numbers for each family member at camp on a separate piece of paper so care can be obtained at County Hospital.

Emergency Contact (not at camp)

Name \_\_\_\_\_ Phone #1 \_\_\_\_\_

Phone #2 \_\_\_\_\_ Email/SMS \_\_\_\_\_

Known allergies to food, medication and/or anesthetics, environmental factors. Indicate which family member and describe reactions (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).

Signature \_\_\_\_\_ Date \_\_\_\_\_

Camp Dates \_\_\_\_\_

Cabin \_\_\_\_\_

Family Name \_\_\_\_\_

## Emergency Information and Release Form for Youth Attending Camp de Benneville Pines

Name \_\_\_\_\_ DOB \_\_\_\_\_ Age at camp \_\_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Custodial Parent \_\_\_\_\_ Phone #1 \_\_\_\_\_

Phone #2 \_\_\_\_\_ Email/SMS \_\_\_\_\_

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_ Gender Neutral \_\_\_\_\_ Will you be out of town while your child is at camp? YES / NO

Additional Parent/Guardian or Emergency Contact (required) \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

If not available, Notify: \_\_\_\_\_ Relationship \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

**Please initial each Release below and submit to camp as part of the Check-in process**

### Medical Release

\_\_\_\_\_(initial) Parent/Guardian Authorizations: The attached 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 below. 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.

### Release of Liability

\_\_\_\_\_(initial) I waive and release all claims for damages for death, personal injury or property damage that may occur as a result of engaging in camp activities. This discharges in advance Camp de Benneville Pines, its employees and other agents from liability even though that liability may arise out of their negligence. I know that being in a forest retreat setting involves a risk of accidents, and I willingly assume the risk. This waiver, release and assumption of risk is binding on my heirs and assigns.

### Release of Contact Information

\_\_\_\_\_(initial) I understand my contact information above will be shared with Camp so they can keep me in the loop on what's happening all year long. Camp will not share any information with third-party entities, ever.

### Photo Release

\_\_\_\_\_(initial) I give permission and consent for all persons associated with my registration to allow photographs/video to be taken during camp session activities. I further give permission and consent that any such photographs may be published and used by Camp de Benneville Pines and its agents to illustrate and promote the camp experience, Camp de Benneville Pines, and its camp programs. Camp will not identify Campers by name without their permission.

## Emergency Information

Medical Insurance Company \_\_\_\_\_ (attach a photocopy of front and back of health insurance card to form)

Policy # \_\_\_\_\_ Group # \_\_\_\_\_

Restrictions: Red Meat Pork Dairy Products Poultry Seafood Eggs (circle all that apply) Other \_\_\_\_\_

Explain any restrictions to activity: what cannot be done, what adaptations or limitations are necessary (use other side for additional information) \_\_\_\_\_

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

Describe reaction and usual management of reaction (use other side for additional information) \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

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)

Has/does the camper:

- |  |   |
|--|---|
| 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. Ever had emotional difficulties for which professional          |
| 14. Ever had high blood pressure? ..... Y / N                        | help was sought? ..... Y / N  |
| 15. Ever been diagnosed with a heart murmur? ..... Y / N             | 29. Waived or missed any scheduled immunizations? ..... 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 \_\_\_\_\_ Hm Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Name \_\_\_\_\_ Hm Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Name \_\_\_\_\_ Hm Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Name \_\_\_\_\_ Hm 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 \_\_\_\_\_



## Release and Emergency Information Form for Adults Attending Camp de Benneville Pines

Name \_\_\_\_\_ DOB \_\_\_\_\_  
Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_  
Email \_\_\_\_\_ Gender: Male \_\_\_\_\_ Female \_\_\_\_\_ Gender Neutral \_\_\_\_\_

**Please initial each Release below and submit to camp as part of the Check-in process**

### Medical Release

\_\_\_\_\_(initial) 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.

\_\_\_\_\_(initial) I hereby give permission for the camp Health Supervisor 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.

\_\_\_\_\_(initial) 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.

### Release of Liability

\_\_\_\_\_(initial) I waive and release all claims for damages for death, personal injury or property damage that may occur as a result of engaging in camp activities. This discharges in advance Camp de Benneville Pines, its employees and other agents from liability even though that liability may arise out of their negligence. I know that being in a forest retreat setting involves a risk of accidents, and I willingly assume the risk. This waiver, release and assumption of risk is binding on my heirs and assigns.

### Release of Contact Information

\_\_\_\_\_(initial) I understand my contact information above will be shared with Camp so they can keep me in the loop on what's happening all year long. Camp will not share any information with third-party entities, ever.

### Photo Release

\_\_\_\_\_(initial) I give permission and consent for all persons associated with my registration to allow photographs/video to be taken during camp session activities. I further give permission and consent that any such photographs may be published and used by Camp de Benneville Pines and its agents to illustrate and promote the camp experience, Camp de Benneville Pines, and its camp programs. Camp will not identify Campers by name without their permission.

**Emergency Information – all information below will be shredded after camp. We do not retain medical records for adult campers.**

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)

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Winter Travel to Camp

Before beginning a trip to camp, please review the following suggestions offered by Cal Trans 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, an 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 snackbars.
- ❖ **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 limit 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 of Chain Control” sign to an appropriate pull-off area. Try to install chains on a flat or level surface.

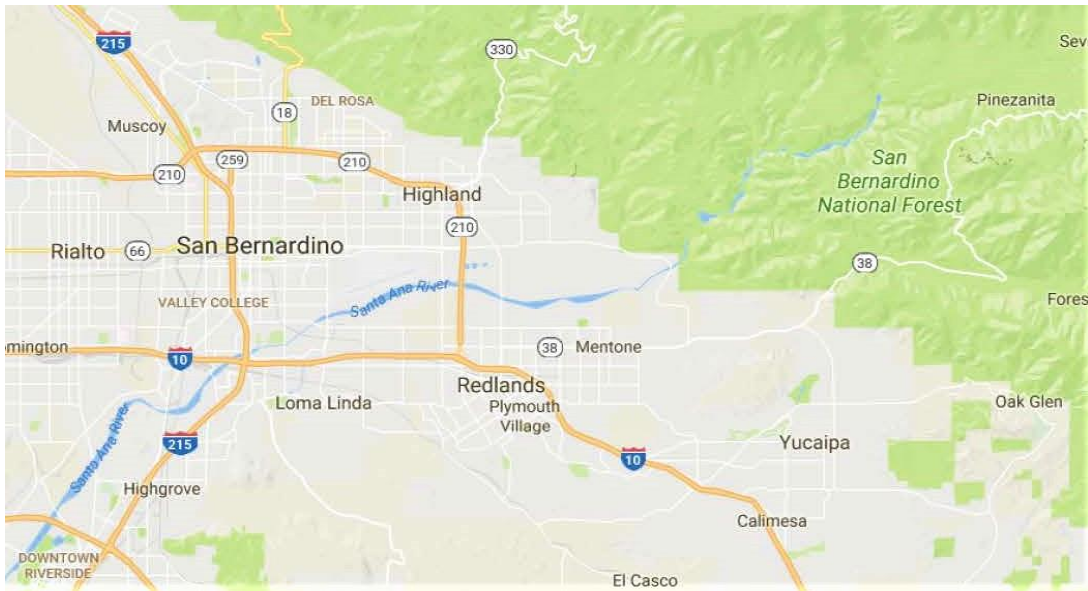
If you use the services of a chain installer, make sure you get a receipt and then write the installer’s badge number on it. Chain installers are independent business people and are not employed by Cal Trans. They set their own rates, which generally run between \$20 and \$25 per vehicle. Chain installers 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 to put chains on front tires for front-wheel drive vehicles, rear tires for rear-wheel drive vehicles.**

**DO NOT ATTEMPT TO ENTER THE CAMP’S DRIVEWAY WITHOUT CHAINS IF THE “CHAINS REQUIRED” SIGN IS POSTED AT THE ENTRANCE INTO CAMP.** *Only four-wheel drive vehicles can make it into camp 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, come prepared! **CARRY CHAINS! CARRY CHAIN TENSIONERS!**
- ❖ For current road conditions, call 800-427-7623 or log-on to [www.dot.ca.gov/hq/roadinfo/](http://www.dot.ca.gov/hq/roadinfo/)
- ❖ Camp telephone numbers: Office: 909-794-2928 Lodge: 909-794-8712 Camp Director: 909-435-6298
- ❖ Camp Director’s email address: [uucamp@aol.com](mailto:uucamp@aol.com) Camp website: [www.uucamp.org](http://www.uucamp.org)

## DIRECTIONS to Camp de Benneville Pines

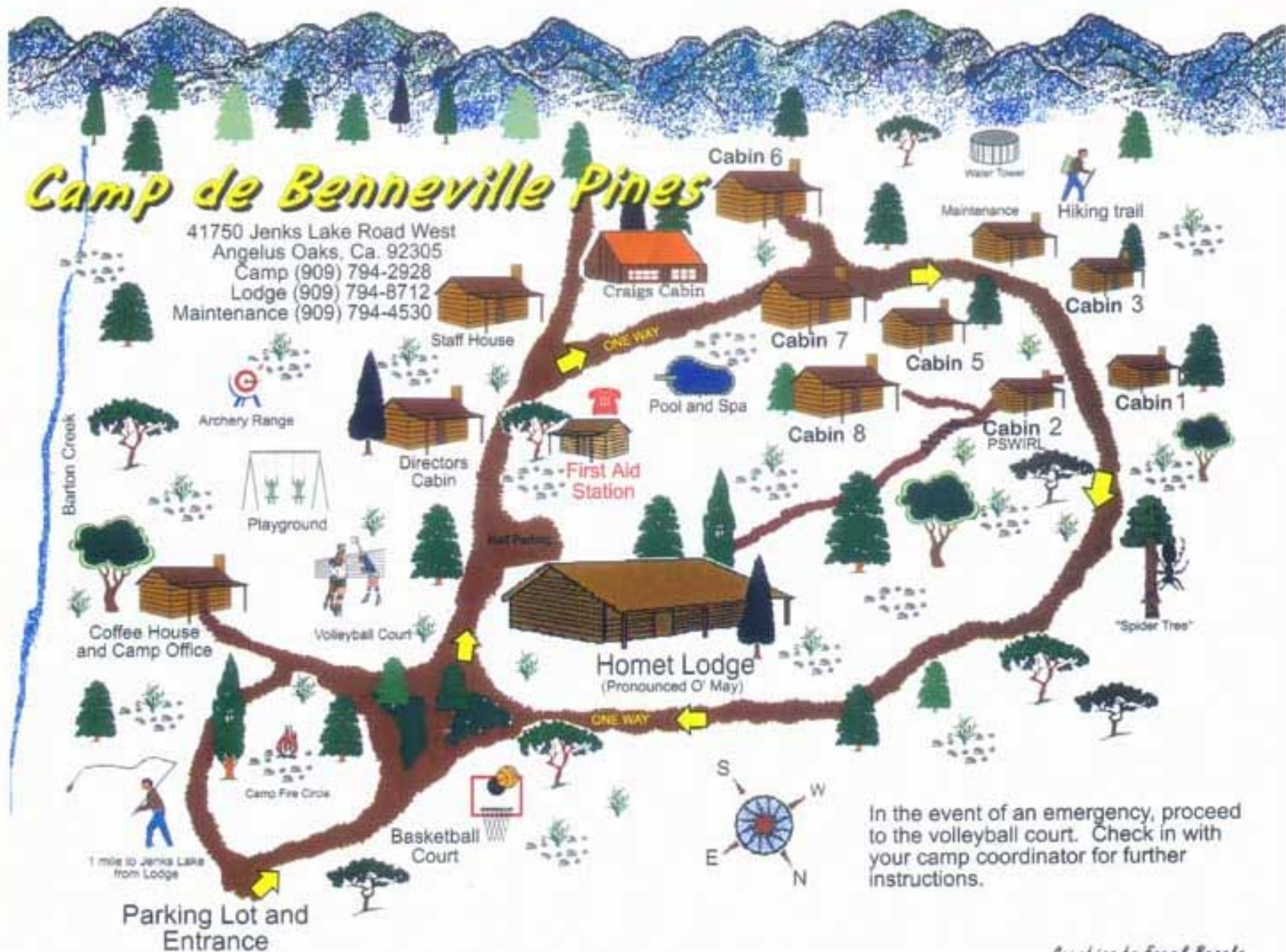


- Arizona:** Take the I-10 West to Oak Glen/Live Oak Canyon Rd. Turn right on to Oak Glen Rd. Follow the road across Yucaipa Blvd and continue to Bryant St., turn left and go to Hwy 38. Turn right. Follow the directions **in BOLD below** from Hwy 38.
- Orange Co:** Take the 91 Freeway toward Riverside until it become the I-215 East toward San Bernardino. Take the I-10 East to Redlands. Follow the directions **in BOLD below** from Redlands.
- Las Vegas:** Take the I-15 South to San Bernardino. Take the 210 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 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 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 and follow the directions **in BOLD below** from Hwy 38.
- Ventura:** Get on US-101 and exit onto I-210 East. Continue on I-210 and exit at Live Oak Canyon Road. Turn left, 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.
- Redlands:** From I-10, take University exit. Turn left on University. Turn right on Lugonia/Hwy 38. Follow the directions **in BOLD below** from Hwy 38.
- From Hwy 83:** 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 5.5 miles. Turn right on to Jenks Lake Road, West. The sign for Camp de Benneville Pines will be on the right, approximately 1.5 miles up. (If you see the sign for Seven Oaks on Hwy 38, you have missed the Jenks Lake turn. Go back to Jenks Lake Road, West.



# 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.

Graphics by Frank Barata