

# PARENT MANUAL



CAMP KREM - CAMPING UNLIMITED

"A place for exceptional people to be themselves" -- since 1957



# TABLE OF CONTENTS

Thank you for Choosing Camp Krem.	3
About Camp Krem.	4
Our Programs.	5
Year-Round Program	5
Summer Camp.	5
Main Camp	5
<u>Travel Camp</u>	8
The Enrollment Process.	9
Before Camp.	10
Paying for Camp	12
Campership Fund	14
Packing for Camp	15
Communication With Your Camper During Their Stay	21
Meals	22
Bus Transportation	23
Parent/Caregiver Transportation.	24
Other Important Transportation Information	26
Getting to Camp.	
General Policies.	29
Medical Policies.	34
Contact Us.	40
Thank You / Stay Up To Date	41

# THANK YOU FOR CHOOSING CAMP KREM

We understand that there are many options available when it comes to summer camps, and we are honored that you have entrusted us with your camper's care and growth.

At Camp Krem, we believe that every camper deserves the opportunity to learn, grow, and have fun in a safe and supportive environment. Our camp is designed to provide campers with a unique and engaging experience that fosters personal growth, builds confidence and independence, and creates lifelong memories and friendships.

We are committed to creating a community where every camper feels valued, heard, and respected, where they are free to be their authentic selves, and where they can explore their interests and passions without fear of judgment.

We understand that sending your camper to camp can be a big decision, and we want to assure you that we take our responsibility very seriously. Our staff is highly trained, experienced, and passionate about what they do. We have rigorous safety protocols in place to ensure that your camper is safe and secure while at camp.

We are dedicated to creating an environment that is fun, engaging, and supportive, where your camper can thrive.

Thank you again for choosing Camp Krem. We are honored to have your camper as part of our camp community, and we look forward to providing them with a summer experience that they will never forget.

S'mores Truly,
The Staff of Camp Krem - Camping Unlimited

# ABOUT CAMP KREM -CAMPING UNLIMITED

Camping Unlimited was established in 1957 to provide children, teens, and adults with intellectual and developmental disabilities "a place for exceptional people to be themselves".

Full details of our, mission, goals, programs, history, philosophy, and more can be found at <a href="https://campingunlimited.org/about/mission-history/">https://campingunlimited.org/about/mission-history/</a>.

Over the last 66 years, we have provided an estimated 200,000 days and nights of independence-building recreation and adventure to more than 14,000 individuals of all ages, providing them a chance to grow in independence and self-confidence in a safe, supportive and nurturing setting amid the glories of nature.

Camping Unlimited is proud to serve campers, ages 5+, from a diverse range of backgrounds. At Camp Krem, we see valuing human diversity as vital to our approach and mission. We feel fortunate to be able to provide a space for our incredible campers, staff, and volunteers to be welcomed, supported, and appreciated for being their authentic selves. We are committed to striving to ensure a safe and inclusive space for everyone. Hatred, bigotry, misogyny, bullying or any other form of prejudice of any kind will never be tolerated.

Camp Krem's programs are open to all, regardless of race, color, religion, national origin, sexual orientation, gender identity, gender expression, disability, socioeconomic background, or medical condition (provided we can safely meet the camper's medical needs within the scope of our Nurse and Healthcare Supervisor.)

### OUR PROGRAMS

Camping Unlimited offers different programs designed to serve the full range of abilities and needs of our campers. We offer two distinct programs - Summer Camp, and our Year Round Program (with weekend overnights, travel trips, and special events.) They are described below:

#### YEAR-ROUND PROGRAM

We offer weekend overnights and travel trips from September through April. All of our Year-Round Program Events are enriching opportunities for campers to experience the great outdoors with their friends. Whether we are spending the weekend having fun at Camp Krem, or out and about on a trip, we focus on fun, community integration, education, and building independence and daily living skills. During our overnights at Camp Krem Yosemite, activities include swimming, music, dance & movement, hiking, nature walks, stargazing, arts and crafts, themed events, movie nights, talent shows, games, animal care, gardening, cooking and baking, and more! We offer longer travel programs to a range of exciting destinations (additional fees may apply).

#### SUMMER CAMP

Summer Camp is located at Camp Krem Yosemite, our 50-acre facility in Ahwhanee. See https://campingunlimited.org/programs/summer-camp/. Summer Camp sessions run from June through August. Our summer sessions are five-, and ten- days in length, and offer a range of programs and activities. We currently offer two distinct Summer Camp Programs: Main Camp, and Travel Camp.

#### MAIN CAMP

Main Camp offers a a traditional overnight summer camp experience to campers, ages 5+, of all abilities. 1:3 and 1:1 supervision available.

Campers and counselors stay in cabins, eat nutritious and tasty family style meals in our dining hall, and enjoy a wide range of engaging and fun activities throughout the day. Our Health Center is a short distance away from our main facilities, with Nurses and Nurse Assistants on-site to provide medication administration and care for the health needs of our campers.

#### MAIN CAMP ACTIVITIES

Campers at Main Camp have the option of participating in a wide range of activities throughout the session. Main Camp activities include:



#### CAMPFIRES & S'MORES

Celebrate together at Opening and Closing Campfire!
Make memories and have fun with your fellow campers!
Roasting marshmallows, singing songs, telling stories, &
dancing --there's nothing quite like the magic of a summer
campfire.





#### SWIMMING





Beat the heat and make a splash with your friends at the pool! Build confidence and improve your swimming skills under the watchful eye of trained lifeguards. Have fun playing pool games, & relaxing poolside at our daily swim sessions!



#### MUSIC



Our music program offers a unique & interactive experience to explore the power of music. Through a combination of fun activities, games, & therapeutic exercises, campers have the opportunity to express themselves through music, build their musical skills, & discover the healing properties of music!





#### DANCE & DRAMA





Dance your heart out at our dance parties & daily dance classes, put on skits, perform in our Talent Show, & more! Whether you're a seasoned pro or a total beginner, our warm, talented staff will help you develop your skills and confidence!

#### MAIN CAMP ACTIVITIES CONTINUED



#### ARTS & CRAFTS



Get creative with tie-dye, painting, drawing, beading/jewelry making, sculpture, nature art, collage, & more! Participate in our guided, structured activities & enjoy full creative freedom with open arts & crafts time!





#### HIKING



Hit the trails & explore our beautiful 50-acre property. This is the perfect way to explore the great outdoors and connect with nature. Enjoy the sights, sounds, and tranquility of being outside on relaxed, easy walks, as well as higher-energy hikes.



#### SPORTS & GAMES



Bring your team spirit!! We offer classic favorites like basketball tournaments, wiffle ball, & volleyball, as well as a wide range of other fun indoor & outdoor games like parachute games, relay races, camp-wide competitive fun at Moment to Own It, & more!





#### NATURE & ANIMALS



Get ready to dig deep into the great outdoors with our nature, gardening, and animal programs! Spend time with our friendly pigs & goats & learn about animal care, enjoy gardening activities, & learn all about the plants and animals that call this area home.

> Click here for Main Camp web page

#### TRAVEL CAMP



This is the perfect program for our more independent campers (ages 13+) who want to experience the fun of traveling in the great outdoors with good friends! Our Travel Campers get to enjoy life on the road, soaking up all the beauty California has to offer.

Travel Camp highlights and activities include sightseeing and visiting local attractions, campfires, camping out in tents or under the stars (plus a session of "glamping"), participating in campsite set up, meal prep, cooking, and so much more -- gaining valuable skills and building lifelong friendships along the way!

There is general eligibility criteria for our Travel Camp programs, as well as some session-specific criteria, based on the activities offered and physical activity level. Please be sure to review the criteria and offered activities of our Travel Camp sessions prior to registering.

Click here for TC webpage

## THE ENROLLMENT PROCESS

Applying online is easy! You can register for any Camp Krem event online using our registration software, CampMinder. If you already have an account with us, please login to your existing account to register. New families can create an account to begin the registration process.

Once you have completed the online application process, you will receive an email confirming we have received your application request. If you are a new camper family, our Registrar, Gail, will contact you as soon as possible to conduct a phone intake. This gives Gail the chance to make sure we gather all the details necessary to appropriately care for your camper.



If you decide, at a later date, you want to add more events or sessions for your camper you only need log in to your <u>Camp Krem Account</u> and do the following:

- 1. Choose "Camper Application";
- 2. Scroll through the application questions (while you're there, review for any updates), clicking "Continue" at the bottom of each page;
- 3. When you reach the "Select Session" page, choose the event you are interested in;
- 4. Continue through the application questions, sign and date, agreeing to the terms and conditions and click "Submit" on Page 8.

If at any time you have questions or problems during the online application process, you are welcome to phone us.

Registrar: (510) 222-6662 Camp Office: (559) 641-2727 If you have questions regarding the status of your pending application please contact the Registrar, Gail (<a href="mailto:campkrem@gmail.com">campkrem@gmail.com</a>).

# BEFORE CAMP

There are many pieces that need to come together prior to your camper arriving here on site. The better prepared you and your camper are, the more fun they will have while with us at Camp Krem Yosemite.

#### **TOURS**

If your camper is new to Camp Krem, it is often helpful for them to come and visit us prior to staying overnight. We are here year-round and welcome you and your camper to take a tour of the site! Please email or call us to schedule a tour.

Another way for your camper to gain confidence and help us to know their needs best is to spend a short weekend with us. We have overnight weekend events throughout the year. Think about signing up for one and letting your camper dip their toes into all things Camp Krem. When that summer session of five or ten days arrives, they will be ready to join the fun!







#### PREPPING TO ENJOY CAMP KREM YOSEMITE

Start preparing ahead of time to give your camper the best summer camp experience ever! Some points to keep in mind:

- If you and your camper are new to Camp Krem Yosemite, we welcome you
  to attend our Open House in May, where you will have the opportunity to
  take a tour, meet our staff, and meet some fellow campers and their
  families. Feel free to contact us if you would like information about Open
  House. If you are unable to attend our Open House, we encourage you to
  schedule a private tour. To schedule a tour of Camp Krem Yosemite,
  please contact our Program Director, Jenny.
- Some of our campers find it helpful to see photos and videos of Camp prior to attending. We encourage you to look at our social media channels to see Camp in action. Visit our <u>Facebook page</u>, <u>Instagram page</u>, and <u>Youtube page</u> at these links to tune in on all the excitement.
- It is helpful for some campers to view a <u>Social Story</u> to help prepare them for their upcoming session.



# PAYING FOR CAMP

#### DEPOSIT

Upon enrollment in a Camp Krem in-person event or session, you will be charged a deposit to secure your camper's spot.

#### **PAYMENT**

All fees are due prior to the event date. All Deposits or Parent Share of Cost are charged at the time of confirmation for attendance in a session or event. Private Pay balance is due fifteen (15) days prior to the start of event for Year-Round Program events, and thirty (30) days in advance for Summer Sessions. Payments can be made on your Camp Krem Account page or by mailing a check to:



#### REGIONAL CENTER FUNDING

Camp Krem is vendored with the Regional Center system. If you qualify for Camping and Social & Recreation services, contact your Case Manager regarding Camp Krem events.

A parent/Legal Guardian/Camper is responsible for whatever the Regional Center does not pay. A copy of your Regional Center Authorized Purchase of Service (POS) is required prior to the event/session. It is the family's responsibility to notify the Regional Center Case Manager of the need for a POS. Without a POS submitted, you will be accepting responsibility for full payment.

Please note: Regional Center Funding is currently only available for our inperson programs.

If you have any questions about finances or Regional Center POS, please contact our Finance Manager, Rebekah by email at <a href="mailto:accounting@campingunlimited.org">accounting@campingunlimited.org</a> or call (831) 338-3210. If you have any questions regarding confirmation for a session event please contact our Registrar, Gail by email at <a href="mailto:campkrem@gmail.com">campkrem@gmail.com</a> or call (510) 222-6662.

#### FINANCIAL ASSISTANCE

If you cannot afford the cost of our programs, please apply for a Campership. Camping Unlimited actively fundraises year-round to assist campers that would otherwise not be able to attend camp. The amount of each campership varies based upon need and ability to pay. (See on following page)

# CAMPERSHIP FUND

It is important to us that our programs are accessible to everyone, regardless of financial status, so that we can serve our community in an equitable manner, and we work hard to raise money for our Campership Fund.

If you are unable to afford the cost of sending your family member to Camp Krem Yosemite, please contact us about applying for a Campership (financial aid) or visit our website.

The level of financial assistance varies based upon need and the funds available. Please contact our Registrar, Gail, or our Administrative Assistant, Angélica, to request a Campership Application.

- Gail: (510) 222-6662 or <a href="mailto:campkrem@gmail.com">campkrem@gmail.com</a>
- Angélica: (559) 641-2727 or campkrem@campingunlimited.org

IF YOU ARE FORTUNATE ENOUGH
TO HAVE THE ABILITY TO
CONTRIBUTE TO OUR
CAMPERSHIP FUND, PLEASE
CONSIDER DOING SO TO HELP
ANOTHER CAMPER FAMILY!



## PACKING FOR CAMP

Packing your Camper for an extended stay may seem like a lot of prep, but we are here to make it easier for you. We break down the lists by Program and by session length. These lists will hopefully be a help and serve as a guideline for you while pack for your upcoming camp session.

#### GENERAL RULES & GUIDELINES:

- Camp Krem Yosemite does not assume responsibility for lost, stolen, or damaged items;
- Please pack inexpensive, old, or used clothing items that can be easily washed once back home and/or replaced. Nothing fancy, just built for fun;
- Please label ALL clothing and belongings with the camper's FIRST and LAST name (please label everything - including outside of the sleeping bag\*).
- Please send your camper with enough clothing for the duration of the session, as the ability to do laundry is limited. We can do laundry in an emergency, or for one-off/important items like sleeping bags if needed, but it is preferable that you send your camper with enough clean clothing for each day.
- The packing lists below give suggested numbers for clothing items.
   Please use this as a guide only -- you know your camper best: Please take toileting needs into consideration when packing.

Be sure to review our Medication Packaging Policy -- meds are to be checked in with our staff upon arrival, and *not* packed with campers' other belongings.

\*Pro Tip: Using duct tape to label sleeping bags works well -- it is easy to remove, and easy to write on, if you do not want to write on your sleeping bag.

Label all belongings last name please!

#### DO NOT PACK:

- Nut Products: Camp Krem Yosemite has a Nut-Free Policy and will not serve any products that contain nuts, including peanuts and treenuts (almonds, cashews, etc.). We ask that you do not send your camper with snacks containing nuts of any kind. Thank you for helping us maintain a safe environment for all of our campers with nut allergies;
- Cell phones (see Page 17 of this manual for more information);
- Toys;
- · Games;
- Other electronics (unless camper uses an electronic communication device to be used for communication only);
- Valuables;
- Clothes/Items that should not get dirty;
- Any other irreplaceable items. Our staff do our very best to ensure campers' belongings make it home from Camp with them, but occasionally things can get misplaced and it is important campers do not come to camp with anything precious;
- Any other items that violate Camp policy.



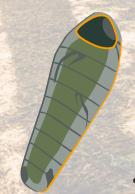
#### 10-DAY PACKING LIST

- Warm Sleeping Bag (1)
- Pillow (1)
- Fitted Sheet (optional)
- Towels (we recommend packing 2 one for showering, one for swimming)
- Washcloth / Loofah
- · Pairs of Socks (9-12)
- Tennis Shoes (1 pair)
- Hiking Shoes (optional)
- Sturdy Sandals (optional)
- Shower Shoes (1 pair)
- Swimsuit (1)
- Underwear (9- or more depending on toileting habits)
- Long pants (3) (Jeans/heavy pants not recommended due to heat.
   Comfortable/lightweight pants are best.
- Beach / Swim towel (optional)
- Sweatshirt (1)
- Warm Jacket (1)
- Shorts (4)
- Pajamas (2)
- T-shirts (8)
- · Sunblock (SPF 25+)
- Bug Spray
- Hair ties, headbands, etc. (if needed)
- Soap / Body Wash
- Toothbrush
- Toothpaste
- Shampoo
- · Comb / Brush
- Shaving supplies (if needed/if camper uses independently razors are kept locked up for safety of other campers)
- Pull Ups (if needed)
- Laundry bag
- Hat w/ visor
- · Flashlight / Headlamp
- Water bottle
- Face masks (KN-95 or similar)
- White Shirt for tie-dye (optional)



#### 5-DAY PACKING LIST

- Warm Sleeping Bag (1)
- Pillow (1)
- Fitted Sheet (optional)
- Towels (We recommend sending 2 one for showering, one for swimming)
- Washcloth / Loofah
- Pairs of Socks (4-6)
- Tennis Shoes (1 pair)
- Hiking Shoes (optional)
- Sturdy Sandals (optional)
- Shower Shoes (1 pair)
- Swimsuit (1)
- Underwear (4 or more depending on toileting habits)
- Long pants (2) (Jeans/heavy pants are not recommended due to heat
- -- comfortable/lightweight pants are best)
- Beach/ Swim towel (optional)
- Sweatshirt (1)
- Jacket (1)
- · Shorts (2)
- · Pajamas (2)
- T-shirts (3)
- · Sunblock (SPF 25+)
- Bug Spray
- · Hair ties, headbands, etc. (if needed)
- · Soap / Body Wash
- Toothbrush
- Toothpaste
- Shampoo
- Comb / Brush
- Shaving supplies (if needed/camper uses independently. Razors kept locked
- up for the safety of other campers)
- Pull Ups (if needed)
- Face Masks (KN-95 or similar enough for the session)
- Laundry bag
- · Hat w/ visor
- · White Shirt for tie-dye (optional)
- Flashlight / Headlamp
- Water bottle



#### TRAVEL CAMP PACKING LIST

- Camper's belongings need to be packed in a duffel bag.
- Please no suitcases they take up too much space, making it difficult to pack things in our vehicles -- space on the vehicles is limited.
- Label all clothing items with the camper's name. This avoids belongings
  getting lost and makes it easier for us to return items if they do get misplaced.
- We strongly discourage sending electronic devices to Camp, however we
  understand that having a music player or phone for entertainment during long
  stretches of travel time can be helpful for some campers. If you feel that this
  is important for your camper, please note that these devices are to only be
  used on the vehicle while traveling. Upon reaching their destination,
  electronics will be collected by Camp Krem Staff and kept locked away safely.
  For more information on our Electronics Policy, see Page 17.

#### **10 Day Session**

Warm sleeping bag (labeled on outside of bag)

Pillow (optional)

Flashlight and batteries /

Headlamp

Towel (1)

Sweatshirts (2)

Shorts (3)

Long pants (2)

T-shirts (4 - 5)

**Underwear (10)** 

Socks (10)

Jacket (1)

**Swimsuit** 

Hiking boots/shoes (1)

Tennis shoes (1)

Flip flops/sandals (1)

Sunhat

Small backpack

Water bottle

Book/portable game (optional - for use during traveling and downtime

at campsites)

Sleeping pad (optional)

### Toiletries (in one small bag - travel sized toiletries are ideal):

Sunblock (SPF 25+)

Hair ties, headbands, etc.

Soap

**Toothbrush** 

**Toothpaste** 

Shampoo

Comb / Brush

**Bug Spray** 

Pull Ups (if needed)



# YEAR-ROUND PROGRAM WEEKEND PACKING LIST

- Warm Sleeping Bag (1)
- Pillow (1)
- Fitted Sheet (optional)
- Bath Towels (1)
- Washcloth / Loofah
- Pairs of Socks (2-3)
- Tennis Shoes (1 pair)
- Hiking Shoes (optional)
- Shower Shoes (1 pair)
- Underwear (2- or more depending on toileting habits)
- Jeans/ Long pants (2)
- Sweatshirt (1)
- Warm Jacket (1)
- Shorts (1) (Fall & Spring only)
- Pajamas (1-2, depending on toileting habits)
- T-shirts (2-3)
- Face masks (KN95 or similar)
- Bug Spray
- Sunscreen
- · Hair ties, headbands, etc.
- Soap / Body Wash
- Toothbrush
- Toothpaste
- Shampoo Comb / Brush
- Pull Ups (if needed)
- Laundry bag
- Hat w/ visor
- Flashlight / Headlamp
- Water bottle



# COMMUNICATION WITH YOUR CAMPER DURING THEIR STAY

#### MAIL:

Some campers *love* to receive mail from home during their camp session! If you wish to send letters to your camper while they are at Camp, mail should be addressed to:

Camper First & Last Name C/o Camp Krem Yosemite 45896 California 49 Ahwahnee, CA 93601

#### EMAIL:

We are always happy to pass along emails from home. If you wish to send your camper an email while they are with us, please send it to: campkrem@campingunlimited.org

Your email will be printed and posted on our message board, for Counselors to give to the camper.

#### PHONE CALLS:

We generally tend to discourage camper phone calls home during a camp session, as in our experience, it can be disruptive and, at times, contribute to feelings of homesickness. That said, if it is important to you that you speak with your camper, please contact the office and we will arrange for their counselor to bring them to the office, at a suitable time, to make a phone call home.

You are always welcome to call us to hear how your camper is doing, but please remember, no news is good news! If you wish to have one of your camper's counselors, or one of our senior staff members, give you a phone call back to give you an update, just let us know, and please be mindful that they may not be able to call you back right away, as they are busy out in the field, ensuring our campers are having a wonderful time!

### MEALS

At Camp Krem, we provide our campers and staff nutritious meals that allow them to have enough energy for the activities and fun we have planned. We are a nut-free camp, and can accommodate many dietary restrictions such as food allergies, gluten free diets, dairy free diets, vegetarian diets, and vegan diets. Please be sure to contact us prior to enrolling your camper if they have a special diet that is not mentioned above, to ensure we can safely accommodate this.

Here are some general guidelines around meals and bringing food for your camper while at Camp Krem:

- We are a nut-free facility. Please ensure any food you may bring for your camper does not contain any type of nuts.
- Our Kitchen Staff serve three meals per day, and have a variety of healthy snacks available throughout the day.
- It is not required that you send prepared food or snacks to Camp with your camper. However, if your camper requires specialty food or has a strong preference for a particular food item, you are welcome to bring such items to Camp with them and arrange storage and labeling with our Kitchen Staff on arrival day.
- Once arriving at camp, these items will be stored in the kitchen and can be accessed with the help of the Kitchen Staff, or counselor, as required by the camper.
- As we share our space with all of nature's critters, we do not allow food to be stored in the cabins.







## BUS TRANSPORTATION

During the Summer Program and Year-Round Program, we currently have one regular bus line. We hope to expand to include more routes in the future.

#### BUS STOP OPTION

Pleasanton (Val Vista Park: 7350 Johnson Dr, Pleasanton, CA 94566)

Once your camper is enrolled for a Camp Krem respite weekend or summer session, you will need to complete the Transportation Form to select either "Parent Transportation" or "Bus Transportation". You also have the ability to use "bus" for one direction and "parent" for the other. Each bus ride is selected and scheduled as a separate event.

For summer and overnight events, we utilize a transportation vendor – Lux Bus – who employs full safety measures required to transport individuals and also has wheelchair lift equipped vehicles. Their staff are all highly qualified professional drivers. Strict safety requirements are followed for their vehicle fleet to ensure the complete safety of our campers.

All buses are staffed appropriately to ensure the safety of your camper en route to and from Camp.

#### TRANSPORTATION FEES



Please note that we charge an additional
Transportation Fee\* for campers to ride the bus,
in order to cover our costs. Please see our
website for current transportation costs.
Contact your Case Manager to inquire about
having Regional Center funding for transportation.

\*Families may apply for a Campership to pay the transportation fee, if it is cost prohibitive.

# PARENT/CAREGIVER TRANSPORTATION



# FIRST DAY OF CAMP DROP-OFF PROCEDURE (SUMMER SESSIONS)

You are welcome to arrive at Camp Krem Yosemite anytime between 11AM - 2PM or 4PM - 5PM on the first day of camper's session. Upon arrival, please follow the steps below:

- 1. Follow the driveway through the aisle of trees, and meet the Camp Krem staff member directing traffic at the entrance of the gate. Follow their instructions regarding when it's safe to proceed up the driveway.
- 2. Park and use the restroom, if needed. Please proceed with your camper and their medications (if they have them) to the Health Center building to do a "check-in" with the Health Care Team.
- 3. During check-in, you will have the opportunity to review your camper's medications and paperwork with one of our Nurses, while your camper meets with another member of the Health Center staff to complete their Health Screening. This is a simple health check that we are required to complete every time your camper comes to camp. We want to complete our Health Screening on the first day of camp so that campers do not have to interrupt their fun on the following day.
- 4. After meeting with the Health Center team, your camper's Counselor will be there to greet you and your camper, help you unload luggage and get your camper settled into their cabin.

If possible, please dress your camper in shorts and a t-shirt so that we can complete the screening quickly and thoroughly.

#### LAST DAY OF CAMP PICK-UP PROCEDURE

You are welcome to arrive any time between 9AM - 12PM on the last day of camp session. You will want to make sure to visit the Health Center to pick up medications. Check the luggage tags on your camper's belongings – it will tell you how many bags should be going home with your camper! Please make sure you load all their belongings.

Please work with the staff at the gate entrance before proceeding up the driveway.

Remember to pick-up any medication your camper may have brought!

Please check your camper's luggage tag to ensure nothing is forgotten!



# OTHER IMPORTANT TRANSPORTATION INFORMATION

Once your camper has been enrolled in a session/event, you will be able to access the online Transportation Form(s) from your Camp Krem account.

Please ensure this form is filled out in advance so we know if you wish to sign up for bus transportation, or will be driving them yourself.

We will send "Final details" emails in advance of your camper's enrolled session, to confirm the method of transportation your camper is signed up for, along with other important information and reminders.

During the session, we will send out a reminder email about the last day of Camp, to confirm the return method of transportation your camper is signed up for.

If you need to make a change to your transportation method, please contact us immediately so we are aware of your requested change and can plan accordingly. Please note that there is no guarantee we will be able to accommodate last minute additions to the bus, but we will do our best.

#### AUTHORIZED PERSONS

For the safety and protection of our campers, we will only release them to authorized persons at pick up. If somebody other than the parent/legal guardian on file will be collecting your camper, it is important that you notify us in advance, and provide us with their name and contact information, so that we can add them as an authorized pick up person.

## GETTING TO CAMP

#### DRIVING DIRECTIONS

From the Bay Area

1. If you are closer to the city of Stockton, you can take this route.

Once you are on CA-4, you will eventually continue onto Vasco Road. In 3.5 miles, you will turn left onto Camino Diablo Road where you will travel for about 1.5 miles until you turn right onto Byron Highway. In 5.2 miles, you will turn right onto Mountain House Road traveling for about 4.3 miles until you reach W Grant Line Road. Once you are driving on W Grant Line Road for 1.3 miles, turn left to merge onto I-580 East.

In .7 miles you will then turn slightly right to merge onto I-580 East toward I-5 South, Fresno. You will keep left on I-580 E for eleven miles. In eighteen miles after keeping left on I-580 E, take exit 434 where you will turn left onto Diablo Grande Parkway toward Sperry Avenue. In 3.2 miles, turn left onto S Second Street. Once you are on S Second Street, you will turn right onto W Las Palmas Avenue in .6 miles. From there, you will continue for fifteen miles to eventually turn right to merge onto CA-99 toward Fresno. You will continue for 26.7 miles where you will take exit 186B toward Mariposa, Yosemite. Turn left onto Yosemite Parkway where you will travel for 36 miles until you turn right onto CA-49. Once you are on CA-49, you will be at Camp Krem Yosemite in seventeen miles!

You can find us by typing "Camp Krem Yosemite", or our address, into almost any GPS app. <u>Or, click here!</u>

Camp Krem Yosemite 45895 Highway 49 Ahwahnee, CA 93601

2. If you are located near San Francisco or Oakland, follow this route:

Get onto I-80 East toward Oakland where you will eventually take exit 8B to merge onto I-580 East toward Downtown Oakland, Hayward - Stockton. In 46 miles after being on I-580 East, take a slight right turn to merge onto I-580 East toward I-5 South, Fresno. You will keep left on I-580 E for eleven miles. In eighteen miles after keeping left on I-580 E, take exit 434 where you will turn left onto Diablo Grande Parkway toward Sperry Avenue.

In 3.2 miles, turn left onto S Second Street. Once you are on S Second Street, you will turn right onto W Las Palmas Avenue in .6 miles. From there, you will continue for fifteen miles to eventually turn right to merge onto CA-99 toward Fresno. You will continue for 26.7 miles where you will take exit 186B toward Mariposa, Yosemite. Turn left onto Yosemite Parkway where you will travel for 36 miles until you turn right onto CA-49. Once you are on CA-49, you will be at Camp Krem Yosemite in seventeen miles!

#### From San Jose

1. Merge onto I-280 North to start towards Camp Krem Yosemite.

In .4 miles take the exit to merge onto CA-87 toward Guadalupe Parkway. You will keep left towards CA-87 South to eventually merge onto the highway. In 4.1 miles you will continue toward CA-85 South, Gilroy. Eventually, you will merge onto US-101 South where you will take exit 356 onto CA-152 East, 10th Street. Turn left onto Pacheco Pass Highway where you will remain for sixty-eight miles until you keep right onto CA-59 toward Merced.

In fourteen miles of being on CA-59, turn right onto E Mission Avenue. From there, turn right again onto E Childs Avenue in about five miles. Once on E Childs Avenue, you will continue for 2.4 miles until you reach N Arboleda Drive where you will turn left. Then, turn right onto E State Highway 140. In thirty-one miles, you will turn right onto CA-49. Once you are on CA-49, you will be at Camp Krem Yosemite in seventeen miles!

#### **AIRPORTS**

The closest airport to Camp Krem Yosemite is the Fresno Yosemite International Airport. San Francisco International is the next best option for major airlines.

## **POLICIES**

#### **CANCELLATION**

Once your enrollment has been confirmed, you will have five days to notify us if you no longer wish for your camper to participate, without incurring a fee. Cancellations after that point will incur a fee of \$250.

#### **COVID-19 CANCELLATION EXCEPTION:**

If your camper tests positive for or exhibits symptoms of COVID-19, or comes into contact with somebody who has tested positive, within ten days of their camp session, they will not be able to come to Camp. In this case, we will waive the cancellation fee and issue you a full refund, or work with you on getting your camper into a different camp session.

#### PARTICIPANT ELIGIBILITY

In order to be eligible for Camp Krem programs, campers must: be 5+ (no upper age limit) for Main Camp, 13+ for Travel Camp; have the ability to be successful away from home for five-, or ten-day sessions, at a ratio of one staff member to three campers, or one-to-one, depending on program; meet immunization requirements as outlined in our Immunization Policy.

Some additional criteria apply for Travel Camp sessions. Please refer to Page 9 of this handbook, and our website for more information. parent/guardian is responsible for providing us with the required medical and other documentation in advance of their camper's arrival, including Physician's Medical Form from camper's physician verifying camper is in satisfactory physical health to be able to participate in camp programs without restrictions, or with specific physically detailed restrictions;

#### POOL SAFETY

Swimming at Camp Krem is permitted only under the direct supervision of certified lifeguards. Counselors are in the pool with their campers at all times. To swim in the deep end, campers and staff must complete a brief swim test to demonstrate confidence, after which they will receive "deep end" wristband to wear, indicating they have passed the swim test.

For the safety of our campers, all campers with a history of seizures will be treated as 1:1 in the swimming pool, regardless of supervision ratio on land, meaning there is always a staff member within arm's length in the event of a seizure in the swimming pool.

We have lifejackets available and will follow parent/caregiver instructions as to whether camp is required to wear a lifejacket in the pool.

#### EMERGENCY PROCEDURES

We have comprehensive plans in place for different emergencies, including fire & evacuation, accident/injury, intruder at camp, and missing camper. All staff are thoroughly trained on each emergency procedure, and we conduct practice drills throughout the summer. We are happy to share these with you upon request.

#### EMPLOYMENT POLICIES

We are careful and selective about who we hire, to ensure our campers are as safe, happy, and well cared for as possible. All staff applications are thoroughly reviewed, and applicants are interviewed by our Program Director or Camp Director. All candidates deemed a good fit then go through thorough reference checks, criminal background checks, and a voluntary disclosure process prior to being hired. Staff members complete an abuse prevention training prior to arrival, then attend a comprehensive one to two week training before working with our campers.

All staff are closely supervised by experienced, senior staff members throughout the summer and during our Year-Round program.

#### ELECTRONICS

Though many of us are tied to our electronic devices, this is camp and the distraction of cellphones and technology can be a hindrance to camper socialization, engagement, and independence. Along with many camps across the country, we strongly believe that the opportunity to "unplug" and spend time enjoying the outdoors with others is hugely beneficial. It provides campers with a unique opportunity for social-emotional development. In addition, there is a risk of such devices getting lost or broken while at Camp, for which we cannot assume responsibility. Furthermore, not all of our campers own cell phones which makes it an unfair distraction.

For these reasons, and more, cellphones, and all other electronic devices are not permitted at Camp Krem Yosemite, with the sole exception of AAC's (communication devices).

The only other exception to this is if your camper is attending a summer Travel Camp session (in which case they may be used for music/entertainment during driving time only, after which they will be collected and kept safely by Camp Krem Staff).

If a camper brings a cell phone to Camp Krem Yosemite, it will be locked up safely until the end of the session/event.



#### **NUT-FREE**

Camp Krem cares for the health and safety of everyone at camp. We try our best to ensure extra precautions are taken to guarantee everyone's safety and therefore, Camp krem is a nut-free site. Nut allergies are among the most common allergies and Camp Krem is an allergy-friendly space. In place of peanut butter, we use sun butter and require no nuts during a session, travel trip, and any other event we host. All counselors and staff are aware of this policy and try our best to ensure any foods with nuts are disposed of or stored away. We require campers to bring an Epi-pen for any severe allergies, and to talk with our medical team if you have any questions or concerns regarding our nut-policy.



Camp tries to provide satisfactory equipment for camp use. Staff or campers may bring personal equipment (e.g. guitars, art supplies, sports equipment etc.) for their personal use at their own risk. Money, wallets, cameras, and other valuable items should be locked up by the counselors for safe keeping. There is a camp store for campers to purchase Camp Krem merchandise. On the first day of session, counselors can discuss with campers and their families about where to safely store their money, if they choose to bring some.



Please label all items!

#### WEAPONS

Weapons are prohibited at Camp Krem Yosemite.

Any person possessing a firearm or any type of weapon (including pocket knives) on Camp property (staff, volunteers, campers, and visitors) will be subject to immediate dismissal/removal from property.



#### ALCOHOL & DRUGS

Consumption or possession of any alcoholic beverage or drugs (including cannabis) – and any paraphernalia – on camp premises by any person at Camp Krem, are strictly prohibited, whether the person is an adult or a minor.



#### ANIMALS

Pets/animals are not allowed on camp premises except with the permission of the Camp Directors. Please do not bring pets with you when dropping off/picking up your camper, for the safety and comfort of our other campers.



# MEDICAL POLICIES

All campers must have the online medical history and information completed 30 days prior to the start date of the camper's session(s).

There are two online medical forms/questionnaires with important health information to be completed under the "Forms and Documents" section of your Camp Krem Account. These are "Health Form 1" and "Health Form 2". If anything changes with your camper between the time you complete the application and when your camper's event starts, please make sure to update the information in these forms.

In the same "Forms and Documents" section of your Account you must download and print the "Physician's Medical Form", which is to be completed by your camper's medical provider. A camper must have had a physical, with all required procedures, within the twelve months prior to their camp event.

Upon completion, please scan and upload the filled-out "*Physician's Medical Form*" in the Forms section your online Account. Alternatively, you may email it to <a href="mailto:healthcenter@campingunlimited.org">healthcenter@campingunlimited.org</a>; or fax it to (831) 338-1056 and we can upload it for you.

#### **IMMUNIZATIONS**

We value the health and safety of our campers and staff at Camp Krem. The vaccination of all members of a community creates conditions that protect everyone in it, but especially young children, babies, the elderly, pregnant women, immuno-compromised and disabled individuals, and those who cannot be immunized from harmful and life-threatening diseases. Please review our Immunization policy in full here.

#### COVID-19

The health and safety of our campers and staff is of the utmost importance to us and therefore, we have multiple precautions in place for everyone's safety. We are constantly monitoring COVID developments and updates, as well as following the most recent guidelines from local, state, and federal government authorities as well as the American Camp Association.

Please click here to review our COVID-19 policies.

#### NOTIFICATION OF MEDICAL INCIDENT

The Camp Krem Medical Staff take every opportunity to ensure the safety and well-being of your camper with regard to their medical care. Unless otherwise specified on the medical form, we will not contact a parent or guardian while their camper is at camp to inform them of non-critical medical incidents. These may include but are not limited to common and easily remedied camp-related ailments such as: stomachaches, headaches, minor dehydration, sunburn, constipation, bumps, bruises, scrapes, etc.

In the case of critical medical incidents such as hospital or doctor visits, prolonged or unusual seizures, allergic reactions, prolonged communicable sickness, or anything requiring medical care by personnel other than Camp Krem, we will contact parents/guardians as soon as possible.

#### INSURANCE

Camping Unlimited carries comprehensive liability insurance but does not carry day to day health insurance for the campers. Campers' individual insurance will be used for all illnesses or injuries that require treatment by a Doctor. Any required co-pays or costs of medications will be advanced by Camping Unlimited and then billed to the campers' financial ledger to be settled on the card on file after camp. Please make sure you update health insurance information each year on the Online Health History Form.

#### **ACTIVITY RESTRICTIONS**

Some activities at Camp Krem can be more physically challenging than others, and some activities carry inherent risks. Camp Krem prides itself on doing everything in the safest manner possible. However, if there are any activities in which you do not wish your camper participate, please indicate this on the online Health History form. There is a specific question regarding restrictions. Likewise, on the Physician's Medical Form, there is an area for your camper's doctor to list restrictions. The website includes a complete listing of our activities at Main & TC for review.

# MEDICATION PACKAGING POLICY FOR RX AND OTC MEDICATIONS/SUPPLEMENTS:

If your camper takes medication(s) of any kind - prescription, supplement, or over the counter - please read the policy below.

In our medication policy we require your camper's medication to be pre-packaged by you, or by a pharmacy, before they arrive at Camp. This policy streamlines our process and minimizes potential medication errors. Your camper will also spend less time waiting in line and our nurses will have more time to devote to your camper's other healthcare needs. Your cooperation with this policy is respectfully requested.

All medication and supplements in pill form must be pre-packaged in order to be distributed to a camper while at camp, with the original prescription bottles sent alongside. We prefer medications to be packaged by your pharmacy (offered free or at low cost by many pharmacies.)

Pills must be packaged separately by day and delivery time (Breakfast, Lunch, Dinner, Bedtime), in a closed packaging system, and out of their original bottles. All liquid, powder, or "as needed" medications or supplements must be sent in their original packaging with clearly outlined instructions on when and how to dispense.

Below are the only medication packaging systems accepted for Camp Krem events. Please make sure to send all original bottles with an extra dose for prescriptions, supplements, and over the counter medications with your camper for identification purposes.

#### Multi-Dose Strip Packaging (Preferable)

Multi-Dose Strip packaging consists
 of individually sealed compartments
 which contain all medications in pill
 form that are to be taken at a
 particular med pass time. Please
 inquire at your local pharmacy about
 this option.

#### Parent-Filled Pillbox/Organizer or Pill Baggies

 There are many different styles of organizers. Please ensure your camper's name is clearly listed, and that each day and time of delivery is clearly marked, and corresponds with the dates your camper will be at camp. Do NOT combine multiple delivery times worth of medications in one compartment -- medications must be separated by delivery time and by day.

#### Multi-Dose Blister Packs

- Each blister pocket contains all the medication, in pill form, that is to be taken at a particular med pass time.
   These can be ordered online.
  - We can **not** accept Unit-Dose blister packs in which each individual medication has its own blister pack.



Please send only the number of doses needed, plus medication needed for one extra day, in the original prescription bottles, for verification purposes.

It is your responsibility to ensure that the camper's medications and administration instructions are accurate and up-to-date within your Camp Krem Account "Forms and Documents" section (Health Form 1). Dispensing instructions (name, delivery time, dosage, etc.) must be detailed clearly and precisely for "when" and "how" each medication is to be provided. Details must match the dosing instructions on the prescription bottle. For any dosing or delivery instructions that have changed from the bottle instructions, you must provide a physician's note verifying the change.

If your camper arrives without medication pre-packaged, you will either be given pill baggies and asked to pre-package your camper's medication, or be charged a \$100 service fee to offset the considerable time and care that will be required to ensure correct timing and dosages.

#### PLEASE NOTE:

- It is critical that the information and medications we receive are consistent with administration instructions: i.e. the prescription on the bottle matches the information from your camper's physician, matches what you have entered in Health Form 1, and that these ALL match what you have pre-poured/packaged and sent to Camp.
- Send along one extra day's worth of medications, in the original prescription bottles, for verification purposes.

Birth Control pills and "as-needed" (PRN) pills are an exception and can be sent in the original packaging. Liquids, creams, inhalers, powders, and injectable medicines are to be delivered to Camp Krem in their original packaging with clear dispensing instructions included.

Camp Krem stocks most over the counter items such as aspirin, acetaminophen (Tylenol), ibuprofen (Advil), antihistamine (Benadryl), antacids (Tums), antibiotic ointments, hydrocortisone anti-itch creams (Cortaid), Band-Aids, etc. so there is no need to send these medications if they are taken on an as-needed (PRN) basis.

Please feel free to email our Health Center Staff (only during summer months) at <a href="mailto:heathcenter@campingunlimited.org">heathcenter@campingunlimited.org</a> or call us (year-round) at (559) 641-2727 with any questions.

If you have any questions or concerns, please call us at (559) 641-2727 or email campkrem@campingunlimited.org.

Please click here to review our Medication Packaging & Immunization Policies

# CONTACT US



JENNY CUADRA Program Director jenny@campingunlimited.org (559) 641 - 2727



GAIL ZIGENIS
Registrar

campkrem@gmail.com
(831) 338 - 3210



ALYSSA MORENO
Travel Camp Director
travelcamp@campingunlimited.org
(559) 641 - 2727



ANGÉLICA MOREIRA Administrative Assistant campkrem@campingunlimited.org (559) 641 - 2727



REBEKAH CRILL Finance Manager accounting@campingunlimited.org (831) 515 - 2133



CHRISTINA KREM
Director
christina@campingunlimited.org
(831) 338 - 3210

# THANK YOU

Thank you for your support in making your camper's stay at Camp Krem Yosemite as safe and enjoyable as possible, and thank you for giving us the opportunity, privilege, and joy of caring for your camper.

We are looking forward to welcoming you to Camp Krem Yosemite.

Please feel free to contact us with any questions.

# STAY UP TO DATE

We invite you to <u>visit our website</u> and follow us on social media to learn more about our current events, weekend trips, and keep up with the latest Camp Krem news. Click on the icons below to access our social media accounts.







Or sign up for our newsletter & email updates by going to the website -- scroll to the bottom of the main page and sign up with your email.

