

2019 FAMILY HANDBOOK

Mountain Meadow Ranch
SUMMER CAMP



CONTACT US

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Office

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Camp Mom Line

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Mountain Meadow Ranch

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ON THE COVER

Campers love to jump in the lagoon to cool off after a full day of activities.

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EDITOR'S NOTE

We hope you enjoy going through this handbook as a family. We've filled these pages with important information, tips, and beauty to stir both courage and excitement for the summer ahead! We are honored that you have chosen to spend part of your summer with us at Mountain Meadow Ranch.

You may be wondering about that tiny mouse on your 2019 Camp T-shirt? Well, meet Timmy Mouse! A long time resident of the ranch, created by Chip Ellena as a story for his daughters. Timmy knows when camp is approaching. He can almost smell it on the breeze, and the buzzing of the dragonflies has an unusually cheery buzz to it. The kids are coming!

WHAT TO EXPECT

Energy and anticipation grow as camp approaches. We want you to know what to expect from your time with us.

OPENING DAY

There will be signs and friendly campers and staff directing you to the check-in station upon arrival at camp. After you have checked-in with our Directors, the day will include:

- **Cabin Assignment**

A counselor will accompany you to your cabin, show you around, and help you choose your bunk!

- **Orientation**

This includes: meeting the Camp Nurse, water safety at the pool, meeting the wranglers down at the arena, and a tour of camp!

- **All Camp Meeting**

Once everyone has arrived in the afternoon we gather as a camp family to go over the rules and how we do camp at Mountain Meadow Ranch.

ACTIVITIES

Serendipity & flexibility are essential to our program!

- **Weekdays**

There is no pre-registration before camp for any of our activities. Campers choose an activity 2-4x each weekday. We encourage everyone to try as many new and different activities as possible, but in the end it's their choice. The length of a two-week session does

not allow enough time for us to guarantee every camper will get to do every activity. In the event that they don't get their first choice, campers are encouraged to have second and third choices. If they are not chosen for their first choice of activity, they are given the opportunity to advocate for themselves again at the next activity period. By self-advocacy we mean: speak up when you need to and talk to a director or counselor who can help.

- **Weekends**

Sunday morning is set aside for each cabin to bond, usually working on skits for the campfire or doing something special as a group. The rest of the weekend we divide the camp family into four teams for all-camp competitions we call "Color Wars". Everyone gets to choose what role they'd like to have in each event.

TECHNOLOGY FREE

Please leave all tech devices at home.

MMR is a wonderful place to enjoy the great outdoors and reconnect. We know that cell phones are needed for travel, so campers may turn them in when they arrive at camp. They are returned at the end of the session for the trip home. Any tech devices found during a session will be held until the end of camp.

LOST & FOUND

Help us reduce the amount of lost & found by labeling all your campers belongings. We are not responsible for items lost, however we will do our best to locate & return items. Anything not called for will be donated one week after each session.

TRAVEL

*Getting to camp is the beginning of the adventure - enjoy the journey!
There are three ways to get to camp:*

↑ DRIVE

Please park in the parking lot below the tennis courts – leave your luggage in the car and follow the signs around the driveway on foot to the Dining Hall where our Directors will greet you.



Our session dates leave us little time to prepare for the next session so your prompt drop off and pick up contributes to a smooth transition for everyone.

- Please leave your pets at home -

We cannot accommodate dogs with all of the excitement of camp. The ranch dogs, like all dogs, are territorial and could react negatively to a new dog. We appreciate your understanding.

RECOMMENDED LOCAL ACCOMMODATION

The Red Lion Inn - Susanville, CA (530) 257-3450

2 FLY

Flying into the Reno-Tahoe International Airport is a great option for parents who are unable to make the drive to camp. There are two options: choose from one of our listed escorted flights below or go solo on a flight of your choosing. Please submit all of your camper's flight information in the **Transportation Form** once you've made arrangements.

Option #1 ESCORTED FLIGHT

This is the best way to start an independent camp adventure! Our staff will meet you at your home airport; escort your camper, along with their fellow campers, through security and all the way to camp.

2019 Escorted Flights					
	TO CAMP (Opening Day of all Sessions)				
	SW 4704	OAK	>	RNO	8:30 – 9:25am
	SW 4975	LAX	>	RNO	9:10 – 10:35am
	FROM CAMP (Closing Day of Sessions A, B, C, 1 & 2)				
	SW 388	RNO	>	OAK	8:40 – 9:40am
	SW 2965	RNO	>	LAX	6:00 – 7:30am
	FROM CAMP (Closing Day of Sessions D & 3)				
	SW 1816	RNO	>	OAK	8:50 – 9:50am
	SW 910	RNO	>	LAX	10:45 – 12:20pm

- Escort procedures including: meeting time, location, and the name and contact number of the escort will be emailed one week prior to the start of your camper's session.
- There is no extra charge for the escort service.

Option #2 SOLO FLIGHT

A staff member wearing an MMR staff shirt will greet your camper at their arrival gate in Reno and walk with them to the camp vans/bus for a quick drive to camp! **Please arrange to arrive/depart the airport as close to noon as possible.** If there is a time conflict please call to notify us!

3

Airport Drop-Off

We will meet you at the Reno-Tahoe Airport, and your camper can join the camp van/bus! We will contact you within one week of the travel day to confirm the exact meeting time and location.

Transportation Form Due May 1st

More Travel Tips

CAMP VANS TO/FROM AIRPORT

Our camp vans transport campers to and from the Reno Airport on Opening and Closing Day, **free of charge**. There will be a \$75 fee for transportation from the airport on non-travel days. *NOTE: All passengers must wear seatbelts at all times while traveling in MMR vehicles. No wrestling, yelling, moving about, rocking back and forth, or bouncing. All passengers must remain seated, face forward at all times, and campers who feel sick or need to use the rest room must tell the driver.*

AIRLINE FEES

Many airlines now require UM and luggage fees to be paid at the departing airport on the day of travel. Please send your child with a prepaid credit card (minimum balance of \$200) to cover any airline fees. Reno-Tahoe Airport does not accept cash, and our airport staff cannot cover these expenses.

UNACCOMPANIED MINOR

A Director/escort will be signing for all unaccompanied minors; please email us for whom to designate as the responsible party before booking your campers flight.

HEALTH

As part of our Opening Day Orientation, all campers meet the Camp Nurse to get acquainted, review their health forms, and turn in any medications.

HEALTH FORMS

You will find all the required Health Forms online in the **Forms & Documents** section of your Parent Account. Including:

- Confidential Information Form
- Health Form
- Immunization Form
- Parent Authorization Form
- Physician's Form

Health Forms due May 1st

HEALTH SCREENING

Should your camper arrive to camp with obvious signs of illness or lice, we will ask that your child be kept in your care until the illness resolves and/or lice treatment has been administered.

ILLNESS & INJURY

You will be called (at the primary number given on the enrollment form) if your child:

- Stays overnight in the infirmary.
- Leaves camp for treatment (x-rays, testing, etc.).
- New medicine is prescribed.

If you cannot be reached, the emergency contact person will be called.

INFIRMARY & STAFF

Our Camp Doctor/ Nurse's residence & the infirmary are located in the center of camp; within close proximity to all of our onsite activities. There is a camp doctor or registered nurse on staff 24/7, and a fully staffed hospital is only 12 miles away. All of our staff

members hold CPR & First Aid certification.

MEDICATIONS

All medications are turned into our Doctor/RN on Opening Day. Medications are then given at each meal, as required by prescribing physician. The camp Doctor/RN keeps a daily written record, in order to make sure your camper receives his or her medication as prescribed. We cannot legally administer prescription medicines without the prescribing physician's written directions.

DIETARY NEEDS

In the MMR kitchen, we are committed to nutritious, wholesome meals. We can accommodate a variety of dietary needs and there is always a vegetarian option available, but be sure to notify us of any food allergies/ preferences before arrival at camp. *Please use the allergy section of the Health Form.*

PACKING

Please have your child participate in packing for camp so they know where to find what they need.

LUGGAGE

We recommend campers pack in two pieces of luggage. One large piece to be used for clothing and a small duffle bag for sleeping bag, pillow, etc. A daypack, small like used for school, is also required. Laundry is done once per 2-week session and cabin storage is limited, so please try not to over-pack.

CLIMATE

Summers are simply lovely at the ranch. Our daily temperatures average a dry 85°F, while the nights average 50°F. We hope for one good rain-dumping thunderstorm each summer!

BEDDING

All campers have a single bunk and we provide one pillow with pillowcase. What you choose to send with your camper for sleeping is totally up to their comfort needs. A sleeping bag might be all they need-or maybe they need more comfort so they bring sheets, a blanket, and an extra pillow.

DRESS CODE

We want the clothes worn at camp to be functional, so we have developed the dress code policy included in the *Standards* section. If campers choose to dress inappropriately they will be asked to change, or wear camp-issued shirt/shorts.

LABEL

Items that are not labeled are less likely to be returned to your camper if they get lost in the cabin, on laundry day, or around camp.

SHOES

Our main camp grounds are even and grassy, but many activities have rough and uneven ground, so appropriate footwear is a safety requirement. *Running shoes work best at camp*. Hiking or any other specialty shoe is only *optional*, and keep in mind new shoes can cause more harm than good (blisters-yikes!).

Mountain Meadow Ranch

PACKING LIST

CLOTHING

- 2 Pants
- 2 Shorts
- 6 T-shirts 🛒
- 1 Sweatshirt 🛒
- 1 Long-Sleeve Shirt
- 1 Jacket
- 6 Underwear
- 6 Socks
- 2 PJ's
- Sandals
- Swimsuit
- 1-2 Athletic Shoes
- 1 Hat
- 1 Beach Towel 🌐
- 1 Bath Towel 🌐

TOILETRIES 🛒

- Toothbrush/paste
- Hair Brush
- Sunscreen
- Lotion
- Insect Repellant
- Chapstick
- Shampoo
- Conditioner

EQUIPMENT

- Sleeping Bag 🌐
- Extra Blanket 🌐
- Pillow Case 🌐
- Laundry Bag 🛒
- Backpack (daypack like for school)
- Disposable Camera 🛒
- Water Bottle 🛒
- Sunglasses
- Flashlight/Headlamp

OPTIONAL

- Books
- Bedding (single bed) 🌐
- Comfort Item (blanket/stuffed animals)
- Letter Writing Supplies 🛒
- Outdoor Sleeping Pad
- Sun/Rash Guard
- Costume/Props (for dances & events)

DO NOT PACK

- Technology (Cell Phones, iPads, iPods, etc.)
- Expensive/Valuable Items
- Food/Snack/Candy
- Weapons
- Personal Sports Equipment
- Animals

🌐 Items available to International Campers/Staff

🛒 Items available for purchase in Camp Store

Laundry is done by camp staff once per two-week session

HOMESICKNESS

NOT a sickness at all, but an emotion that most campers feel to some degree during their time at camp. A successful camp experience starts at home. Here are a couple tips to help prepare your camper!

3 WAYS TO PREPARE

1 PRACTICE Send your child to a friend or family members for a weekend to practice. Make sure they have some coping tools to practice!

2 STAY POSITIVE Keep the focus on how much FUN camp will be! Let them know how proud you are of them for practicing their independence. Your child needs to know that you think they will be a great camper. Encourage them to write letters, journal, and take pictures of the experience.

3 DON'T DOUBT Expressing a lack of confidence in your campers ability to be away from home, either directly to them or in front of others, undermines your child's budding confidence. Don't make any "deals" with your camper about coming to get them if they get homesick. For a homesick camper these promises become the focus, instead of learning to cope with their feeling.

HOW WE CARE FOR HOMESICKNESS

Staff members are trained to care for homesickness. Our staff will do the following to help guide your camper through the normal adjustment period of being away from home:

1. Give your child time and attention. Empathize with their feelings and let them know they are totally normal.
2. Do things that make camp more "homey", such as reading a bedtime story, tucking them into their sleeping bag, etc.
3. Encourage your child to use the coping strategies below that have worked for other campers.

WHEN SHOULD YOU CALL?

If you receive a sad letter from your child, call the Camp Mom Line so that we can observe your child and talk with his/her counselor(s). We will call you back with detailed information about your child's attitude and behavior. Our Camp Directors and Camp Moms are in camp with your children throughout the camp day and will call you back within 24 hours.

WHEN WILL WE CALL?

If your child is visibly upset (crying frequently, not participating, having trouble eating or sleeping) and not adjusting after two full camp days, we will call you to let you know what is happening and discuss a plan for helping your child adjust.

4 COPING STRATEGIES FOR CAMP

Talk with your camper about these and other tools they can take to camp:

1 PLAY Keep busy and hold on to a positive attitude. Practice gratitude when feeling sad and focus on fully participating in the moment. Enjoy all that camp has to offer. Remember, it's not forever!

2 TALK Acknowledge your feelings and reach out to a counselor for a listening ear or a hug, but be ready to jump back into the fun!

3 WRITE Keep a journal about what you're doing at camp and your feelings. Better yet! Write a letter home to a friend or family member.

4 SERVE Focus on making sure those around you are having a good time!

KIDSICKNESS

“Kidsickness” is, again not a sickness, but a variety of emotions you might experience while away from your child. When your child goes to sleep away camp for the first time, their experience with homesickness is usually the focus. Unfortunately, your emotions are often left unaddressed. You might adjust easily, while others struggle with sadness and anxiety while their child is at camp. Campers are here in a fun, new, and exciting environment - while you are at home figuring out how to fill all this free time (normally spent focused on your child).

3 WAYS TO COPE

Because we have found that this period of separation can be more difficult for you than it is for your camper, we offer these tips:

1 KEEP IN TOUCH

One of the unique things about camp is that it's one of the only opportunities for children and parents to exchange hand-written letters. Campers **love** receiving letters and postcards from home, so be sure to keep a steady stream of mail coming to your camper. Let friends and relatives know your camper's camp address, so they can send mail too! While it is difficult for parents to go for two weeks without hearing their child's voice on the phone, remember that the independence your child is gaining is invaluable. The letters your child writes while they are at camp may be some of the best, written memories from their childhood - what treasures!

2

BE MINDFUL OF THE BENEFITS

Why did you decide to send your child to camp? Remember that you are giving your child a gift that will follow them throughout their life:

CONNECT

Research shows that at camp children practice communication, collaboration, social and cross-cultural skills. Campers get to meet people from all around the world!

EXPLORE

Two weeks to just be a kid in the great outdoors, enjoying a much-needed break from the stresses of school, competitive sports, and busy schedules.

UNPLUG

The opportunity to live technology-free and focus on building face-to-face social skills is rare!

GROW

Overcoming challenges independently allows them to build confidence, adaptability, critical thinking, and leadership skills. Among a host of other valuable character traits!

3

TAKE CARE OF YOU

While your child is at camp we encourage you to take time to have some quality experiences yourself. It's a great time to do projects and trips that are not kid focused or perhaps not so kid-friendly. Take the time to treat yourself to some fun, friends, and growth while your child is doing the same at Camp! You will both gain from this enriching camp experience and both have stories to share when back together. This is also great practice for when your child goes away to college or gets married!

There is so much good advice out there, follow us on social media this spring as we share our favorite articles on all things summer camp preparation!

CONNECT WITH YOUR CAMPER

We think staying in touch with your camper while they are at camp is important!

4 WAYS TO CONNECT

1 SNAIL MAIL

Campers love to get REAL mail. We're talking about the real thing: pen on paper, maybe some doodles or stickers, in envelopes, with stamps. Parents & family members should send campers mail regularly to offer support and encouragement. What wonderful keepsakes too! Campers are encouraged and given time to write letters daily, but as you can imagine it is nearly impossible to make this happen. Mail goes out from the camp mailbox daily.

NO CARE PACKAGES

If you need to send something that is not available in the Camp Store, we will gladly accept your package! Please contact us with info on contents of the package so we can let you know when it arrives and give you the shipping address.

2 EMAIL

Send an email to fun@mountainmeadow.com with your camper's full name in the subject field. These notes are printed out daily and given to campers during "Mail Call".

- Limit your e-mails to one every few days
- Emails with pictures or attachments will not be delivered
- Only e-mail from family will be delivered
- Campers are not able to reply

3 CAMP MOM LINE

Although direct phone calls with your camper are not available, our Camp Moms are here to serve you. Please leave a message and our team of Camp Moms will check in with your camper, speak with their counselors and return your call within 24 hours.

The Camp Mom phone number: **530.310.9215**

4 VIEW SUMMER PHOTOS

We are out in the backcountry and our internet is often unreliable, but we do our best to upload new photos a couple times a week! Directions for viewing summer photos will be included in the Welcome email you receive on your campers first day of camp.

STANDARDS

Our mission is to create a safe environment; we have developed the following behavior and appearance standards to aid this mission. Please review them with your child before camp.

BEHAVIOR

Campers are expected to treat other campers and staff with respect at all times, and value each others right to have a positive experience.

The following behaviors are not permitted at Mountain Meadow Ranch and will result in dismissal from camp without refund:

1. Violence of any kind; any verbal communication or discussion of harm to oneself or others, real or imagined.
2. Threatening, harassment, or discriminating comments of any kind.
3. Use of foul language or discussion of inappropriate topics as determined by the Camp Directors.
4. Possession or use of tobacco, alcohol, drugs or weapons. (All prescription and over the counter medications must be stored in the Infirmary and administered under the supervision of our camp Health Care Supervisor.)
5. Sexual or intimate behavior/relationships.
6. Unauthorized absence from cabin or activity.
7. Abusive or disrespectful behavior towards any member of the camp community
8. Inappropriate appearance or attire (see below).

If a camper engages in any of the behaviors above, the staff will *immediately* separate the camper from the group and seek Director Support to phone home. The severity of the situation and the degree to which your child's negative behavior affects the camp family determines if he or she will need to be sent home, at the Directors sole discretion. The goal is to protect our camp family so that the whole group is able to function in a safe, healthy environment.

APPEARANCE

Campers should pack clothing that is appropriate for an outdoor, active camp life. Use of make-up and/or wearing of expensive clothing are *discouraged* while at camp.

The following are **not** allowed at camp:

1. Clothing with any logos or graphics depicting violence, bands that play violent music, drugs, alcohol, or inappropriate language or topics.
2. Jewelry that includes collars, chains, and face or body piercings (*Ear piercings are okay*).
3. Clothing that does not cover underwear (Clothing should *fully* cover stomach, lower back, chest, and bottom).
4. Any extra tight or extra loose clothing - *unsafe for certain activities*.

CALL HOME POLICY

At MMR, we believe in Restorative Justice, which reframes discipline and personal responsibility allowing the opportunity to express remorse, repair any damaged relationship, and experience emotional and social growth.

Should a camper's behavior not align with our standards, our staff is trained to handle the situation according to this three-step process:

- 1. Remove/Redirect:** A staff member will encourage positive behavior by asking your camper to engage in the appropriate task at hand. If your camper is unresponsive, or ignores the counselor's request the first time, they will move to step two.
- 2. Choices:** Your camper will be given the choice to a) engage in appropriate behavior or b) have a time-out away from the group (but still in view of the counselor). If your camper continues to display negative behavior, the counselor will move to step three.
- 3. Director Support:** A Director will come to meet your camper to discuss his/her misbehavior. When a Director is called to assist with a behavioral issue, this is when you will receive a first phone call to assist us in preparing a plan for reparation.
- 4. A second phone call home.** If you receive a second phone call, this will be to share that your camper has continued in his/her misbehavior and has been told this is his/her last opportunity to express remorse, repair any damaged relationships and experience emotional and social growth past said incident. Your camper will be informed if a third phone call has to be made, it is to go home.
- 5. A Third phone call home.** If a third phone call home needs to be made, this is the point you will need to make arrangements to for pick up/travel home.

UNABLE TO CONTACT POLICY

If under any circumstances under the director's discretion, we are unable to reach you, MMR will follow the following policy:

- If contact is necessary for any behavioral, medical, or emergency reason, a MMR director or representative will first attempt contact with the primary contact given on camper's application.
- If unable to contact after attempts of all resources i.e. phone, text, e-mail, ect. Emergency contact listed in camper application will be contacted.
- If unable to reach emergency contact, we will have no other option but to contact the appropriate authorities.

INTERNATIONAL

Our campers come from all around the world, each bringing their own culture. For many, English is their second language. Rest assured we work hard to make each camper feel included and informed.

INSURANCE

We recommend travelers insurance for any campers traveling from outside of the continental US. The combination of being in a location that is both rural and foreign makes travelers insurance a good, inexpensive option to insure the *complete* coverage of any medical costs incurred while at camp.

EQUIPMENT PROVIDED

We have the following items available to our international campers:

- Towels
- Sleeping Bags
- Bedding (sheets, pillows, pillow cases, blankets)

2019 Session Dates

- 2 WEEK SESSIONS -

Session A	Saturday, June 16 – Friday, June 28
Session B	Sunday, June 30 – Friday, July 12
Session C	Sunday, July 14 – Friday, July 26
Session D	Sunday, July 28 – Friday, August 9

- 4 WEEK SESSIONS -

Session 1	Sunday, June 16 – Friday, July 12
Session 2	Sunday, June 30 – Friday, July 26
Session 3	Sunday, July 14 – Friday, August 9



We are so excited to meet each and every one of you! We Truly believe that this is going to be the best summer ever!