

Family Guide 2021
Austin Sunshine Camps



**Austin
Sunshine
Camps**

Welcome

Welcome to the Austin Sunshine Camps Family! We are **thrilled** that your child is going to join us for the #bestsummerever! This guide will give you information about what your camper can expect this summer, and what you need to do to prepare! As always, please email programs@sunshinecamps.org with any questions! LET'S GO CAMP!!!

Statement of Rights & Dignity

Austin Sunshine Camps is committed to creating a culture of inclusion and connection. We are able to grow and learn better together with a diverse community of families, campers, staff members, volunteers, and other stakeholders. The collective sum of the individual differences, life experiences, and knowledge we all bring to Austin Sunshine Camps makes us better as an organization. As a camper or family member, we respect and welcome the unique contributions that you bring in terms of education, opinions, culture, ethnicity, race, sex, gender identity and expression, nation of origin, age, languages spoken, veteran's status, color, religion, disability, sexual orientation and beliefs.

Program Goals

- At Austin Sunshine Camps, we believe in the power of camp. Austin Sunshine Camps strives to build an intentional community, rooted in compassion, that is wildly creative and FUN!
- At the end of your child's camp experience at Austin Sunshine Camps, we hope for the following:
 - Your child will have increased their ability to regulate emotions.
 - Your child will have increased their ability to peacefully resolve conflict.
 - Your child will have increased their ability to solve problems.
 - Your child will have increased their ability to appreciate differences in others.
 - Your child will have the most fun possible!

Packing List

- Campers should bring:
 - Pillow
 - Sheets
 - Blanket or sleeping bag
 - Close toed shoes
 - 5 pairs of clothes to be active in
 - Toothbrush
 - Toothpaste
 - Soap
 - Shampoo
 - Other toiletries
 - Bath towel
 - Beach towel
 - Bathing suit

- Water shoes/sandals/shower shoes
- Water bottle
- Medications IN THEIR ORIGINAL PACKAGING - prescription and non-prescription
- Sunscreen
- Bug spray
- Mask or face covering
- Pajamas
- Optional:
 - Watch
 - Backpack/fanny pack/bag to carry to different activities
 - Activities for cabin time (we will have plenty provided, but if you want to bring your own!)
 - Books
 - Games
 - Coloring supplies
 - Journal
 - Things to decorate your cabin/bunk
 - Fun/nice clothes for our party/talent show on the last night
- Campers may **not** bring:
 - Cell phones & other electronic devices
 - Drugs, alcohol, tobacco, or nicotine products
 - Weapons - including pocket knives or anything sharp
 - Snacks/food - unless for specific dietary needs

Medications

- All medications must be in their original packaging
- This includes vitamins or supplements
- If you checked “yes” that your child has asthma on your application, you **MUST** drop your child off with an inhaler - unless you have a doctor’s note saying they are allowed to come to camp without an inhaler
- If you checked “yes” that your child requires an epipen on your application, you **MUST** drop your child off with an epipen

Check In

- General
 - Austin Sunshine Camps is located at 2225 Andrew Zilker Rd, Austin TX 78746.
 - Check in is from 9 am to 12 pm. Although it will likely be faster, please make sure you have an hour blocked off in your schedule to dedicate to checking your camper(s) in at camp.
 - We will check to make sure we have all of your waivers on file
 - We will make sure you have provided at least 3 emergency contacts
 - Your child will get a a nametag & a sticker as they go through each check in station and will not be able to enter camp until they have all of the necessary stickers

- COVID tests
 - Every camper will be COVID tested before they proceed to the next steps of check in. They will be tested outside and will wait until their test is complete in the waiting area.
 - If your camper tests positive for COVID, you will need to leave immediately and your child will not be able to attend camp. They are welcome to join the waiting list for a later session.
 - We cannot allow anyone into the building who has not been COVID tested, so unfortunately parents/guardians will not be allowed inside the building. Public restrooms are available in the park.
- Health screening
 - In addition to receiving a COVID test, we will take every camper's temperature and screen them for additional symptoms.
 - We will check every camper's head for lice. If we have reason to believe that your camper has lice, your camper will have to leave, and is welcome to return to camp once they have had their lice treated and they pass a second lice check.
- Bag checks
 - All bags will be checked to ensure that we have collected all medications and food, and make sure there is none of the following in the bag:
 - Cell phones & other electronic devices
 - Drugs, alcohol, tobacco, or nicotine products
 - Weapons - including pocket knives or anything sharp
 - Snacks/food - unless for specific dietary needs
 - Campers will also not be able to bring any of the above items into camp on their person, such as in their pockets
- Medication check in
 - All medications must be checked in with the camp health officer.
 - All medications, including prescriptions, over the counter medications, and vitamins/supplements must be in their original packaging and must be labeled with the camper's name. No camper may bring medication into camp that is not so labeled.
 - The camp health officer will confirm details of administration and dosage of the medication with you prior to checking in the medication.
 - Campers may not keep medication on their person. If a camper has an inhaler or epi pen, their counselor will keep it on their person at all times.

Schedule

	Monday		Tuesday		Wednesday	
7:00			Wake Up	Wake Up	Wake Up	Wake Up
7:30			Get Ready	Get Ready	Get Ready	Get Ready
8:00			Breakfast 1	Kapers	Breakfast 1	Kapers
8:30			Kapers	Breakfast 2	Kapers	Breakfast 2
9:00			Benches		Benches	
9:30			Free Choice 1		Free Choice 1	
10:00						
10:30	Check In		Free Choice 2		Free Choice 2	
11:00						
11:30			Free Choice 3		Free Choice 3	
12:00	Benches					
12:30	Lunch 1	Cabin Camp Tours & Safety Orientation	Lunch 1	Circles	Lunch 1	Circles
1:00	Cabin Camp Tours & Safety Orientation	Lunch 2	Circles	Lunch 2	Circles	Lunch 2
1:30	Activity Sign Ups		Activity Sign Ups		Activity Sign Ups	
2:00	All Camp Game		All Camp Game		All Camp Game	
2:30						
3:00	Free Play		Free Play		Free Play	
3:30						
4:00	Cabin Time		Cabin Time		Cabin Time	
4:30						
5:00						
5:30	Dinner 1	Cabin Time	Dinner 1	Cabin Time	Dinner 1	Cabin Time
6:00	Cabin Time	Dinner 2	Cabin Time	Dinner 2	Cabin Time	Dinner 2
6:30						
7:00	Carnival Night		Canoe Night	S'mores & Movie Night	S'mores & Movie Night	Canoe Night
7:30						
8:00						
8:30	Showers/Cabin Time		Showers/Cabin Time		Showers/Cabin Time	
9:00						
9:30						
10:00	Lights Out		Lights Out		Lights Out	
10:30	Sleep		Sleep		Sleep	

	Thursday		Friday	
7:00	Wake Up	Wake Up	Wake Up	Wake Up
7:30	Get Ready	Get Ready	Get Ready	Get Ready
8:00	Breakfast 1	Kapers	Breakfast 1	Kapers
8:30	Kapers	Breakfast 2	Kapers	Breakfast 2
9:00	Benches		Cabin Time	
9:30	Free Choice 1		Farewell Party	
10:00				
10:30	Free Choice 2		Clean Up	
11:00				
11:30	Free Choice 3		Check Out	
12:00				
12:30	Lunch 1	Circles		
1:00	Circles	Lunch 2		
1:30	Activity Sign Ups			
2:00	All Camp Game			
2:30				
3:00	Free Play			
3:30				
4:00	Cabin Time			
4:30				
5:00				
5:30	Dinner 1	Cabin Time		
6:00	Cabin Time	Dinner 2		
6:30				
7:00	Dance/Talent Show			
7:30				
8:00				
8:30	Showers/Cabin Time			
9:00				
9:30				
10:00	Lights Out			
10:30	Sleep			

Check Out

- Check out is on Friday between 11 a.m. and 12 p.m. Please work to be on time. We cannot complete camp close out until all campers have been picked up.

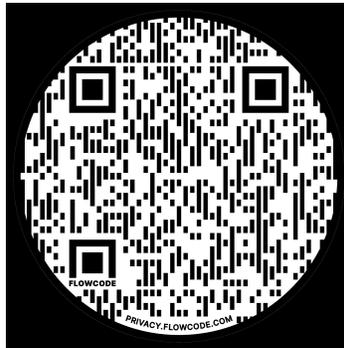
- If you need to check your camper out early, please call (512) 472-8107 and follow the prompts to speak to a person on camp property.
- The person who checks out your camper must be on the emergency contact list. You may edit your emergency contact by emailing programs@sunshinecamps.org.

Camp Photography

This summer we have a camp photographer who will be posting photos of summer camp daily to our private family Facebook page! These pictures will help you see the wonderful things that your kids are doing at camp. These photos are yours to download and share with your campers. We ask that you are respectful of the privacy of campers that are not your children when sharing on public social media, and crop photos when possible.

To join our private page, visit: <https://www.facebook.com/groups/ascfamilies>

Or scan:



Gender Identity & Sexual Orientation

- At Austin Sunshine Camps, we celebrate our differences! We respect the gender identity and sexual orientation of all campers, staff and volunteers. Our cabins are divided up by gender, and we work with parents & guardians to figure out which cabin will be the best fit for their camper.
- Camp is a place where everyone has the opportunity to explore their identity and be fully themselves. While at Austin Sunshine Camps, all staff, volunteers, and campers must respect the preferences of the camper in how they identify themselves, whether in regards to gender identity, name, preferred pronouns, or anything else.
- At Austin Sunshine Camps, although campers are generally divided into cabins by gender, there may be staff and volunteers assigned to a cabin that are of a different gender. We do ensure that all cabins have at least one same-gender staff member assigned to them.
- We respect the privacy of all campers, staff and volunteers and all nudity is strictly prohibited. Changing clothes and other private activities must take place within a bathroom or shower stall.

COVID-19

To keep campers safe and COVID-free during summer 2021, we are taking the following steps:

- Everyone that is staying on site during camp will take a COVID test upon arrival, and no one else will be allowed in the lodge.
- While inside the lodge, everyone must wear a mask unless they are showering, changing, or sitting on their own bunk in their cabin.
- While outside the lodge, everyone will be encouraged to wear a mask when 6 ft of distance cannot be maintained.
- The lodge will be cleaned and disinfected regularly
- Campers will be encouraged to wash hands and use hand sanitizer often.
- If a positive case of COVID-19 occurs at camp, all campers will be sent home.

No Barton Springs

In a typical year, campers have the opportunity to go swimming at Barton Springs pool every day. However, we are sad to inform you that due to the COVID-19 pandemic and restrictions from the city of Austin, we will not be able to make our daily trips to Barton Springs this year. Campers will have the opportunity to participate in water activities and indoor air-conditioned activities every day, and will have the opportunity to canoe on Lady Bird Lake one night during camp. We are excited to return to Barton Springs pool next year.

Restorative Practices

At Austin Sunshine Camps, we strongly believe in the power of compassion in building a trusting, kind community, both at ASC and beyond. We use a proactive behavior management and community-building system known as Restorative Practices. Restorative practices helps to:

- reduce harmful behaviors and bullying
- strengthen our camp culture
- provide effective leadership
- restore relationships
- repair harm

We use:

1. Proactive relationship-building with campers, families, and staff
2. Community-building circles
3. Peace-making circles
4. Peace-making conversations

Campers who are unwilling to engage in Restorative Practices at Austin Sunshine Camps, or engage in behaviors that are unsafe to themselves or others, will be asked to go home for the week and try camp again the following summer.

Sunshine Camp Policies:

- Weapons: We are a Weapon-Free Zone, and therefore weapons of any kind are not permitted on ASC's property, whether concealed or open-carry.
- Alcohol and drugs
 - ASC will adhere to a zero tolerance policy for drugs and weapons. If these items are found in a camper's possession it will result in immediate dismissal from camp.

- Employees and volunteers are prohibited from reporting to work or working while using illegal or unauthorized drugs or alcohol.
- In addition, employees and volunteers are prohibited from engaging in the unlawful or unauthorized use, manufacture, distribution, sale or possession of illegal drugs and alcohol in the workplace including: on organization paid time, on organization premises, in organization vehicles or while engaged in organization activities.
- Tobacco
 - Smoking and the use of any tobacco products of any kind are not permitted on the premises of any ASC facility. ASC’s Zilker Park facility is located in a public park in the City of Austin; the City of Austin prohibits smoking in parks and other public outdoor spaces.
- Vehicles
 - Generally speaking, campers are not driven by Austin Sunshine Camps employees. This should only happen in case of emergency.
 - In case of an emergency, a camper may be transported via ambulance. Families will always be informed when this is happening.
- Animals
 - Animals including but not limited to dogs, cats, fish, birds and turtles may be present at camp. If a child has a severe allergy or fear of such animals, the parent/guardian should disclose this to camp staff to make appropriate arrangements for the camper to have a safe and healthy camp experience.
 - As the camps are located in a natural environment, campers may come into contact with wild animals such as snakes, lizards, birds, foxes, armadillos, and more. Campers should avoid contact with all wild animals.
- Personal Property
 - Austin Sunshine Camps is not responsible for any personal belongings left in a vehicle or at camp. This includes cell phones, computers, cameras, sports equipment, or other personal items.

Camp Activities & Inherent Risks

Below are the activities offered at camp, inherent risks associated with each activity, and degree of difficulty or physical challenge associated with each activity. If you have concerns about your child’s participation in any activity, please contact us at programs@sunshinecamps.org.

Activity	Risks Related to Activity (if applicable)	Degree of Difficulty or Physical Challenge
Swimming at shallow water at Barton Springs	Drowning, slipping, head/neck/spinal injuries, cutting or injuring feet or other body parts on rocks under water or on shore	Low difficulty, water is so shallow campers can stand

High ropes	Falling, getting splinters, equipment falling, critters hiding in equipment, hitting head or other body part on equipment	Low difficulty, no skill required to try elements. To complete elements, moderate difficulty. Must be able to climb and balance.
Low ropes	Twisting ankles, getting splinters, falling, critters hiding in equipment, hitting head or other body part on equipment	Low difficulty, teamwork is skill most required. Some balance may be required.
Playground	Falling, hitting head or other body part on equipment	Little to no difficulty.
Sports	Falling, colliding with another camper, getting hit with balls/equipment	Little to no difficulty. To do more advanced portions of the activity, some strength and mobility may be required.
Dance	Falling, colliding with another camper	Little to no difficulty. To do more advanced portions of the activity, some strength and mobility may be required.
Cheerleading	Falling, colliding with another camper	Little to no difficulty to participate. To do more advanced portions of the activity, some strength and mobility may be required.
Crafts	Getting cut with scissors, getting poked with needle, getting burned with iron or hot glue gun, inhaling paint fumes, falling off stepstool or ladder	Little to no difficulty for most projects. Some projects require learning a skill such as sewing stitches.
S'mores	Burning self with fire, allergic reactions to food	Little to no difficulty.
Canoeing	Falling in water, drowning, hitting head or other body part with paddle or canoe, getting lost	Low difficulty. Ability to paddle.
Cooking	Burn self with cooking elements, cutting self with knife	Little to no difficulty.
Splash Wars	Falling, colliding with another camper	Little to no difficulty.
Archery	Getting hit with arrow	Low difficulty to try this activity. Higher difficulty to successfully hit targets. Skill can be learned with practice.
Hiking	Getting lost, rolling an ankle, falling	Low difficulty. Some hikes may be faster paced for a group of older and more physically fit campers.
Team building games	Colliding with another camper, falling	Little to no difficulty. Some games may require physical elements such as running, picking things up, and moving about.

All camp games	Colliding with another camper, falling	Little to no difficulty. Some games may require physical elements such as running, picking things up, and moving about.
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Family Communication

It is generally our policy to communicate with you often. If there is ever a question about whether or not to communicate with a family member, we will err on the side of calling or texting you. It is our policy that family/guardians must be notified by health care staff or a camp director if a camper experiences any of the following:

- Temperature over 100°
- Experiences digestive issues for 24 hours or more
- Breathing difficulties
- Loss of consciousness
- Requires the administration of emergency medication (inhaler, epinephrine)
- Needs medical attention beyond the scope of what is available at camp

Health care staff are not limited to the above scenarios and may contact a guardian to gather more information regarding a child's condition or health history or at their own discretion when considering the participants' symptoms or condition.

It is mandatory that either the parent or guardian or an emergency contact on the child's application be able to pick up the child from camp within two hours for any reason.