

Family Guide 2023

Austin Sunshine Camps

(**Revised on 5.2.23)



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 provides the magic of overnight camp without the barrier of cost.
- Austin Sunshine Campers will have the opportunity to **Grow, Connect and Explore!**
- At the end of your child's camp experience at Austin Sunshine Camps, we hope for the following:
 - Your child will depend less on other people for solving problems and their day-to-day activities and believe that they can be successful in the things they do
 - Your child will develop skills in making friends and working in groups
 - Your child will be more curious, inquisitive and eager to learn new things
 - Your child will feel a greater attraction to nature and feel welcomed and supported at camp

Key Program Changes for 2023:

Austin Sunshine Camps has provided free fun-filled overnight summer camp programs for the children of the greater Austin area since 1928. There are some key changes for this summer that we want to make sure everyone is aware of.

- Starting this summer, campers who attended in summer 2022 and are returning in 2023 now **automatically qualify** for ASC programs moving forward, regardless of current household income level or foster care status.
- Just like in 2022, camp will be **10 days and 9 nights** long! However, camp sessions will now start on a **Sunday afternoon** (Day 1) and conclude on a **Tuesday morning** (Day 10).
- **The cabins at Lake Travis (for 12-15 year olds) are now AIR CONDITIONED!!!**
- At each camp, we will have a licensed social worker on site to assist with any issues that arise.
- First time campers and select returning campers will need to have a [short evaluation](#) filled out by a non-family member (such as a teacher) to ensure camp readiness.
- For select sessions, families will have the choice to put their child in one of three cabin-types: boy, girl, or all-gender.
 - ****All-Gender option available for Session 2 at Zilker Lodge, and Session 4 at Lake Travis**
- Just like in 2022, camper drop-off/check-in for campers will take place **directly at their respective camp location** (**ASC does not provide transportation** - see drop-off section for more details)

Cabins and Facilities

- Zilker Lodge ([2225 Andrew Zilker Rd, Austin, TX 78746](#))
 - Campers Ages 8-11
 - Zilker Lodge is a 20,000 square foot lodge in the heart of Zilker Park with 12 cabins inside.
- Lake Travis ([5001 Shaw Drive, Marble Falls, TX 78654](#))
 - Campers ages 12-15
 - Lake Travis is a rustic campground located in Marble Falls with 5 standalone cabins.
 - **As of late April, the cabins at Lake Travis are now AIR CONDITIONED!**
- Families will have the choice to put their child in one of three cabin-types: boy, girl, or all-gender.
 - ****All-Gender option available for Session 2 at Zilker Lodge, and Session 4 at Lake Travis**
- 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.
- ****Each cabin will have a minimum of 2 adult staff members.**
- Zilker Lodge and Lake Travis have centralized bathrooms with individual shower stalls.

Packing List

- Campers should bring:
 - Pillow
 - Sheets (twin size)
 - Blanket/sleeping bag
 - ****Closed toe shoes**
 - 10 pairs of clothes
 - Pajamas
 - Toothbrush/Toothpaste
 - Soap
 - Shampoo
 - Other toiletries
 - ****Durable water bottle labeled with name**
 - Sunscreen
 - Bug spray
 - Bath towel
 - Beach towel
 - Bathing suit
 - ****Water shoes (necessary for swimming)**
 - Sandals or shower shoes
 - Medications (**see medications section**)

REQUIRED: CLEARLY LABEL ALL ITEMS WITH CAMPER'S NAME

- Optional items:
 - Plug-in Fan (strongly recommended)
 - Non-smart watch (no smart watches are allowed)
 - 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!)
 - Things to decorate your cabin/bunk
 - Fun/nice clothes for our Dance Night
- **During check-in, 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, including smart watches
 - Drugs, alcohol, tobacco, or nicotine products, including **vapes or e-cigarettes**
 - Weapons - including pocket knives or anything sharp
 - Snacks/food - unless for specific dietary needs
 - Money/Valuables/Jewelry
 - Fireworks/Matches/Lighters
- Campers will also not be able to bring any of the above items into camp on their person, such as in their pockets.

Medications

- All medications should be listed on your health form on your CampBrain account prior to arrival at camp (<https://asc-camp.campbrainregistration.com/>)
 - All medications must be checked in with the camp health officer. **This includes vitamins or supplements.**
 - 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.
 - During check-in, the camp health officer will confirm details of administration and dosage of the medication with you prior to checking in the medication.
 - Other than emergency medications (ex: inhalers and epi-pens) campers may not keep medication on their person, and medications will all be kept and distributed by the camp nurse.
 - 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.
 - If a camper has an inhaler or epipen, based on consultation with the parent/guardian, the camper, their counselor or the nurse will keep it on their person at all times.

Check In

- **Austin Sunshine Camps does not provide transportation.**
- Zilker Lodge - [2225 Andrew Zilker Rd, Austin, TX 78746](#).
 - Campers ages 8-11 will attend at Zilker Lodge and will be **dropped off directly at Zilker Lodge.**
- Lake Travis - [5001 Shaw Drive, Marble Falls, TX 78654](#)
 - Campers ages 12-15 will attend at Lake Travis and will be **dropped off directly at Lake Travis.**
- Both Locations
 - Check In/Camper Drop Off is on **Sunday afternoons** at
 - Zilker Lodge: 5pm-6pm
 - Lake Travis: 4pm-5pm
 - Please make sure you have an hour blocked off in your schedule to dedicate to checking your camper(s) in at camp.
 - **If you have children who will be attending at both locations, please feel free to coordinate with us for drop-off times outside the drop-off windows listed above.**
 - 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 with active phone numbers.
 - **During check-in, all bags will be checked to ensure that we have collected all medications and food, and make sure there are no prohibited items in the bags.**
 - Your child will go through each check in station and will not be able to enter camp until they have been to each station.
- Health screening
 - It is important for the safety and health of everyone that campers arrive to camp in a healthy state.
 - If your child is showing signs of illness such as running a temperature, throwing up, has diarrhea, nasal drainage and/or coughing/sneezing, keep the child home and contact your camp director

- Families can prepare their campers for a successful camp experience by reading this article from the Association of Camp Nurses: "[Healthy Camp Begins at Home](#)"
- Upon arrival at camp, each camper will undergo a comprehensive health screening, to ensure that they are healthy and are ready to actively participate in a full summer session.
- **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.

General Daily Schedule (*Subject to change*)

Zilker	Activity Description	Lake Travis
7:15 AM	Wake Up and Get Ready	7:30 AM
8:20 AM	Breakfast	8:45 AM
9:30 AM	Morning Activities / Team Competitions	10:00 AM
12:30 PM	Lunch	1:00 PM
1:30 PM	Swimming	3:00 PM
3:15 PM	Rest Hour	2:00 PM
4:30 PM	Tracks	4:30 PM
5:45 PM	Dinner	6:00 PM
6:30 PM	Evening Event	6:45 PM
10:00 PM	Lights Out	10:30 PM

Tracks

- On their first full day at camp, each camper will select one Track to specialize in each afternoon over the course of their camp session.
- Zilker Tracks (*subject to change*)
 - Sports & Play
 - Performing Arts
 - Concoctions
 - Arts & Crafts
 - Leadership & Service
 - Journalism/Yearbook
 - Culinary Arts
- Lake Travis Tracks (*subject to change*)
 - Sports & Play
 - Outdoor Adventure
 - Arts & Crafts
 - Leadership & Service
 - Journalism/Yearbook
 - Culinary Arts

Teams

- Each camper will also be assigned to one of four camp teams, which will compete in various activities throughout the session.

Evening Events (*Subject to change*)

Each evening will have a unique all-camp activity or event for campers to participate in.

<u>Night</u>	<u>Zilker Event</u>	<u>Lake Travis Event</u>
Day 1: S	Opening Ceremony	Opening Ceremony
Day 2: M	ACL @ ASC	Scavenger Hunt / Pocket Hunt
Day 3: T	Canoe/ Game Night 1	Camp Olympics
Day 4: W	Canoe/ Game Night 2	Water Wars
Day 5: Th	Movie Night	Field Day
Day 6: F	Campfire & S'mores Night	Movie Night 1 (High Ropes in the morning)
Day 7: Sa	Carnival Night (High Ropes in the morning)	Cabin Talent Show
Day 8: Su	Dance Night (High Ropes in the morning)	Movie Night 2 (Camp-A-Tition in the morning)
Day 9: M	Camper Showcase	Dance Night / Closing Fire
Day 10: T	Camper Pickup at 9:30am	Camper Pickup at 11:00am

Check Out

- **Austin Sunshine Camps does not provide transportation.**
- ****Check out is on the 2nd Tuesday morning (Day #10) of each session**
 - Zilker Lodge: at 9:30am
 - Lake Travis: at 11:00am
- ****Please do your best 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 or have campers at both locations, please feel free to coordinate with us for alternate pick-up times.
- 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 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	Drowning, slipping, head/neck/spinal injuries, cutting or injuring feet or other body parts on rocks underwater or on shore	Low difficulty, water is so shallow campers can stand
Swimming in Lake Travis	Drowning, slipping, head/neck/spinal injuries, cutting or injuring feet or other body parts on rocks underwater or on shore	Water depth fluctuates due to being downstream from a dam, but all campers are required to wear a properly-fitted lifejacket while swimming
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.
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.
Outdoor Cooking / S'mores	Burning self with fire/cooking elements, cutting self with knife, 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.
Archery Tag	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.
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.

Swimming and Waterfronts Procedures

**Campers at Zilker Lodge will be able to swim, as well as take part in Canoe Night.

- All Zilker Lodge campers wear lifejackets while swimming and participating in Canoe Night.

**Campers at Lake Travis will have afternoon waterfront activities in Lake Travis

- All Lake Travis campers wear lifejackets while participating in any activities taking place in the waters of Lake Travis.

Regardless of swimming ability, ALL campers at both camps wear a life jacket when in the water. Camp staff members are lifeguard certified and will be on duty during all waterfront activities.

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, including e-cigarettes and vapes, 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 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 phones, computers, cameras, sports equipment, or other personal items.

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 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.

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
- restore relationships and repair harm

We use:

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

Mail and Communicating with Your Camper

- We will have a Family Communications Director based at Zilker Lodge, who will help with communication between parents and campers at both camps. You will receive their contact information at camper drop-off.
- Letters and care packages may be dropped off at arrival with the name of your camper and the date you would like the package to be delivered.
- **Please do not send any food to campers.** Food in cabins invites unwelcome visitors (animals!). Additionally, camp is a nut-free zone.
- When providing care packages for your camper, consider items such as: books, cards, address books, small stuffed animals, and/or items to share with the cabin.
- Please note that we typically do not put campers on the phone with parents, unless it is an emergency. Please see the section below for how to send letters to your campers.

Cabin Notes Emails

- This one-way communication is just like sending a letter except it will be delivered a bit quicker and no stamp or payment is required!
- Depending on when they are received, Cabin Notes are delivered each day either at lunch or bed time.
- Simply use this link and start typing! <https://ascprograms.wufoo.com/forms/ztnj8u91hqnfzr/>

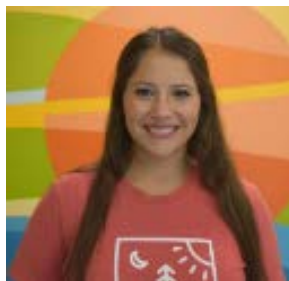
Volunteers

- Throughout the summer, many trained and background check volunteers will be participating in camp.
- Many of our wonderful volunteers are from the Young Men's Business League (YMBL). YMBL is a social service organization for young professionals, which actually founded ASC in 1928! For over 100 years, the YMBL has built today's young professionals into tomorrow's leaders by creating connections, fostering leadership development, and serving the Austin Sunshine Camps.
- Parents and guardians are also welcome to volunteer. Those who are interested can contact volunteer@sunshinecamps.org.
- Anyone who volunteers three times with ASC is eligible for 50% off tuition for the duration of their undergraduate and/or graduate degrees at Strayer University!

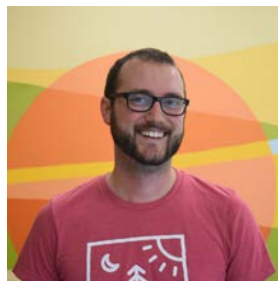


ASC Programs Leadership Contact Information

- It is important to us that our families be able to communicate with our staff.
- All staff members, including leadership staff, are actively involved in the daily camp programming, and are often away from our desks and phones. Please be aware that we may not be able to answer phone calls or emails immediately, but we will return your call within 4-6 hours.
- For any general questions, please contact us at programs@sunshinecamps.org or [512-472-8107](tel:512-472-8107)
- For questions related to a specific camp location, please contact the following individuals.



Zilker Park Program Director
Alex Cruz
alexcruz@sunshinecamps.org
512-472-8107



Lake Travis Program Director:
Jacob Summer
jacob@sunshinecamps.org
512-505-0908



Chief Programs Officer:
Zak Van Voorhees
zak@sunshinecamps.org
512-505-0901