

ELEVATE SUMMER CAMPS

2022

SOCCER-PARKOUR-FINDING NEVERLAND-BASKETBALL-THEATER



CAMP GRACE IN PINETOP - LAKESIDE ARIZONA

REGISTER: CAMPGRACEAZ.COM 833-53-GRACE

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THE FUN STARTS HERE

ABOUT CAMP GRACE

Since 1953 the prestigious Camp Grace has been number one for summer adventure and sport camps. Camp Grace is a 20-acre getaway situated in the tall pines of Lakeside, Arizona. With a richness in history and adventure, Camp Grace celebrates youth of varied abilities, cultures, beliefs, and backgrounds and inspires creativity at peak performance, and leadership. Camp Directors and Sport Directors use the most current methodology to arm campers with the tools they need to have mindful, engaging, and exciting moments at camp. These memories and friendships will last campers a lifetime and is what brings them back year after year. Create, explore, and become at Camp Grace.

FACILITIES

There is always something to do at Camp Grace! We are excited to announce our brand new obstacle course for 2022 campers. We also have a low ropes course, soccer field, Jaden Forest - our meandering pathway lined with trees perfect for contemplation, as well as games and arts and crafts.

2022 THEME: G.R.I.T.

Camp Grace has chosen the theme **GRIT** for campers this year.

Guts (brave, courageous, adventurous, trailblazers)

Respectful (humble, kind, gracious, grateful)

Industrious (inspiring, imaginative, effective, hard-working, creative)

Teachable (thankful, team player, hard work, listeners, education)

We believe in helping every camper discover traits that make them unique. Are they a charismatic leader or are people drawn to their quiet consistency? We use several experiential activities to bring out their natural traits and personalities while coaching them to reach their highest potential.

Our campers **HAVE GRIT AND DON'T QUIT!**

PROGRAMS FOCUSED ON PROGRESSION

Perfected through experience, Camp Grace's program instruction focuses on the progression of each camper. We welcome campers of all skill level, from beginner to advanced, to come work on their goals with our amazing staff.

THE MOST PASSIONATE PEOPLE

Camp Grace is driven by a passion for the activities we love and a desire to create unforgettable experiences for all. Incredible facilities combined with a wildly fun and positive culture attract the best coaches, staff, and visiting pros from all over the world.



THE CAMP GRACE WAY

Camp Grace expects all campers to engage in positive behaviors that support a safe, inclusive, and fun camp community.

- Be kind to others and treat others as you want to be treated. Always show respect and keep all interactions positive.
- Reduce, reuse and recycle. Compost, conserve and clean up.
- Always listen to your counselor and other Camp Grace staff. Go to them for help and ask lots of questions.
- Respect property and treat others' belongings as you'd want yours to be treated. Always show respect by touching, using, and marking only your own possessions.
- Stay within camp boundaries at all times and remain inside your cabin or room at night.
- Leave weapons and other hazards or combustible materials at home.

This includes firearms, knives, mace, fireworks, and anything that is dangerous.

- Camp Grace is a smoke-, drug-, and alcohol-free zone. This includes marijuana, tobacco, Juuls, e-cigs, paraphernalia and any other substances that are inappropriate at camp.

We appreciate you understanding the Camp Grace Way and look forward to ensuring that each camper develop and contribute to a positive camp environment.



ARRIVAL AND DEPARTURE

ARRIVAL

Check-in will be between 8AM and 12PM on Monday. You will get an email one week before camp starts with a specific check-in time. Parents are NOT required to check-in their campers as all forms can be submitted online so feel free to carpool to the camp! Each camper will be given a t-shirt and cabin assignment upon check-in. An assigned counselor will walk them to their cabin to drop off their personal belongings. Counselors will be placed around the camp helping campers learn their way around. All medications will be dropped off with the health professional upon check-in. Please remember, no phones or tablets are allowed at Camp Grace! If your child will be picked up by a different adult at the end of camp, please let us know prior to or at check-in.

DEPARTURE

Pick-up is from 12PM - 2PM. You will get an email with a specific pick-up time.

TO MAKE CHECK-IN A BREEZE

- All campers must be registered online.
- Balance due must be paid 30 days prior.
- Health Form must be completed. Specific forms will be emailed to you.
- 14-day self-monitoring form (Must be completed by parent/guardian)*
- The required documents **must** be emailed/submitted online.

***Campers will be permitted to leave only with their registered parent or legal guardian unless prior arrangements are made. Exceptions can be made if parent/legal guardian provides written permission for their child to leave with an approved adult.**

Stay-over Campers - Those who are registered for an additional camp session will have special recreational activities.

CAMP SCHEDULE

Rise and Shine 7:00 AM - 7:30 AM
Breakfast 8:00 AM - 9:00 AM
Instruction/Rec Rotation 9:00 AM - 12:00 PM
Lunch 12:00 PM - 1:00 PM
Instruction/Rec Rotation 1:00 PM - 4:00 PM
Free Time 4:00 PM - 5:00 PM
Dinner 5:00 PM - 6:00 PM
Group Night Activity 6:00 PM - 8:00 PM
Lights Out by Age Group 9:00 PM - 11:00 PM

PACKING LIST!



WHAT TO BRING TO CAMP

CLOTHING

- ☐ Shirts (short & long sleeved)
- ☐ Pants
- ☐ Shorts
- ☐ Undergarments
- ☐ Socks
- ☐ Sweatshirt, Jacket or Sweater
- ☐ Swim Suit
- ☐ Shoes
- ☐ Sandals

TOILETRIES

- ☐ Toothpaste
- ☐ Toothbrush
- ☐ Mouthwash
- ☐ Floss
- ☐ Hair products
- ☐ Soap
- ☐ Shampoo & Conditioner
- ☐ Comb or Brush
- ☐ Deodorant
- ☐ Contacts/Glasses
- ☐ Sunscreen
- ☐ Lip balm

MISCELLANEOUS

- ☐ Towel (Beach & Shower)
- ☐ Wash cloths
- ☐ Flashlight
- ☐ Laundry bag or Plastic garbage bag
- ☐ (For dirty or wet laundry)
- ☐ Water bottle
- ☐ Small daypack or Backpack
- ☐ Insect repellent

BEDDING

- ☐ Sleeping bag or Blanket
- ☐ Flat sheet (Twin sized bunk beds)
- ☐ Pillow and Pillow case

MOST OF ALL

- ☐ Put your name on all of your belongings
- ☐ Bring your passion!
- ☐ Bring your kindness!
- ☐ Bring your stoke!

PLEASE *FORGET* TO BRING...

We recommend to save space in packing

In the camp atmosphere, where there are so many folks, campers tend to forget, lose track of or misplace many things.

Therefore, personal valuables should be left safely at home.

This includes:

Jewelry, electronic devices, cameras, any good clothing

We suggest you put your camper's name on all belongings prior to arrival to camp.

Medications, including over-the-counter medications, vitamins, and topical creams **must** be kept with nurse. Refer to Medical section of this packet for more information.

Big No-No's to keep camp safe

Do not bring alcohol, drugs, tobacco, vaporizers, E-cigarettes, any other illegal or inappropriate substance, hazardous or combustible materials.

Do not bring items including but not limited to weapons or any kinds, firearms, knives, mace, lighters, matches, candles, fireworks, incense, animals etc.

Bunk checks occur daily and if there is reasonable suspicion, bags/dressers will be searched. Any items that are found will be confiscated and result in calls to parents/legal guardians and appropriate law enforcement officials (if warranted).

Camp Grace is not responsible for lost or stolen items*

MEDICAL REQUIREMENTS AND PROCEDURES

WHEN AN INJURY HAPPENS AT CAMP

Certified health officials are on-site and available for any injuries that may arise at camp. They are trained and proficient in recognizing and evaluating injuries and providing first aid or emergency care when needed.

EQUIPMENT AVAILABLE ON SITE

- AED
- Ice
- First-aid materials (peroxide, alcohol, Band-Aids, Neosporin, etc.)
- Spine Board
- C-collar
- Minimal rehab equipment (bands, cords, etc.)



WE KNOW INJURIES CAN HAPPEN AT ANY TIME AND ANYWHERE. THIS IS WHY EVERY STAFF MEMBER IS TAUGHT TO HANDLE A MEDICAL EMERGENCY CONSISTENT WITH OUR INJURY PROTOCOL:

- 1) Stop activity in the area
- 2) Radio for a health official
- 3) Stay with camper until a health official arrives

ONCE THE HEALTH OFFICIAL ARRIVES TO THE SITUATION, THEY ASSESS AND EITHER:

- 1) Bring a camper back to the health lounge for a thorough assessment
- 2) Activate our camp transportation team for minor emergencies
- 3) Activate EMS for emergencies requiring advanced care

WHEN AN ILLNESS HAPPENS AT CAMP

Our health officials are available for any illness that may occur during your campers stay at Camp Grace.

EQUIPMENT IN HEALTH LOUNGE

- AED
- Stethoscope and blood pressure cuff
- Bunk beds for sick
- Basic over-the-counter meds (acetaminophen, ibuprofen, cough syrup, cough drops, pseudoephedrine)
- Thermometer
- Basic first-aid essentials
- Campers with inhalers must keep one inhaler in the health lounge
- All EpiPens must be kept in the health lounge

ALL medications are dropped off at check-in and stored in the health lounge to protect all campers.

(No medications may be kept in cabins.)

Prescription medication must be in original container



THINGS TO KNOW

- There is one hospital, one urgent care, and an orthopedic care center located within 5 miles of camp
- There are several pharmacies available for immediate needs
- Our medical nurses, certified athletic trainers and transportation teams are available 24/7

EVERY CAMPER'S PARENT/LEGAL GUARDIAN COMPLETES AND SIGNS THE PARTICIPANT RELEASE DURING REGISTRATION

- This acknowledges the "consent to treat"
- Agrees to pay any medical expenses in the event of injury
- Participation is not allowed without document signed

THESE REQUIRED DOCS HELP US TO HELP YOUR CAMPER:

- Health Form: completing and updating this in its entirety assists the camp in handling your camper with proper care
- Medical insurance card

ALLERGIES

If your camper has been prescribed an EpiPen for anaphylactic shock, the following steps will occur:

- 1) EpiPen to be checked in at arrival
- 2) The medical team will be made aware of all campers with checked-in EpiPen

INJURY

If a camper sustains an injury or illness during their stay at camp, Camp Grace has Registered Nurses and Certified Health Officials to assess and treat the condition. We will notify parents if any of the following occur:

- Any camper that has been or will be held from participation for 4 hours
- Any camper missing instruction/mandatory time
- Any camper placed on crutches
- Any camper spending the night in the health lounge
- Any and all head injuries
- Any camper receiving medical treatment off-campus

PREVENTION

Communicable illness is something that can be spread to others at camp. We take this very seriously. Every camper will go through a health screening with the medical team at check-in. This will help the medical team identify any communicable illnesses that your camper may have or been exposed to at the time of arrival. When we feel a child has a contagious illness or condition, in order to maintain the good health of the campers, we will notify the parent and ask them to remove the camper.

MEDICAL CONTINUED

CAMPER ILLNESS POLICY

Camp Grace believes that individuals thrive at camp when they're healthy and happy. Illness is a time for resting safely and comfortably at home. Staying home when you're sick protects you from more significant health issues. It also protects others from a potentially communicable disease by eliminating exposure.

If your child feels ill or has been exposed to a communicable disease contact your physician for guidance and then notify the camp office to reschedule your camp stay. It's in your best interest to stay home when you're sick. It provides you with the best opportunity to rest and recover without risking more serious complications away from home and local physicians. It also protects the camp community from the spread of illness.

IF YOUR CHILD IS EXPERIENCING ANY OF THESE SYMPTOMS, PLEASE CALL YOUR PHYSICIAN FOR GUIDANCE AND THEN CONTACT US AT THE CAMP OFFICE

FEVER: Individuals should remain at home with a fever above 100.4 degrees. Return to camp can be rescheduled after the camper has been fever-free for 24 hours (without fever-reducing medicine such as acetaminophen or ibuprofen). **Note:** Temperature checks will take place during the health intake portion of camper and staff check-in. If an individual has a fever greater than 100.4 degrees, they will be asked to return home and reschedule their stay.

COLDS: Colds can be harmless but are communicable and can pose a threat to individual safety and camp community. If your child (or you as a staff member) displays cold symptoms and/or is generally not feeling well, please stay home. Return to camp can be scheduled when the individual is symptom-free and feels well. Individuals showing symptoms of a cold (runny or stuffy nose, coughing, chills, nasal discharge or sputum) will be assessed during health intake at check-in and may be asked to return home and reschedule their stay.

COUGHING/WHEEZING: Individuals coughing, wheezing, or exhibiting other respiratory symptoms should consider staying home. Individuals experiencing respiratory symptoms combined with fever or other cold symptoms will be asked to return home and reschedule their stay.



VOMITING: If your child has vomitted within 24 hours of camp arrival, do not come to camp. After individual has been symptom-free for a minimum of 24 hours a return to camp can be rescheduled. Individuals with an upset stomach or other signs of impending gastrointestinal illness are asked to stay home to protect themselves and the camp community.

DIARRHEA: If your child is experiencing diarrhea (multiple loose stools in the last 24 hours), the individual should stay home until the illness passes. After 24 hours symptom-free, a return to camp can be scheduled.

CONJUNCTIVITIS (PINK EYE): If an individual has pink or red conjunctivitis with white or yellow eye discharge, they will not be admitted into camp. After diagnosis by a doctor, individuals who have been taking antibiotics for at least 24 hours may return to camp with their doctor's permission. Individuals who exhibit signs of pink eye will be assessed during health intake at check-in and may be asked to return home for care.

HEAD LICE: All individuals coming to camp should conduct a home check for head lice before they travel. If any signs of lice are seen, stay home and treat immediately. Once treatment is complete and the individual is nit-free, return to camp can be scheduled.

Note: Head lice checks will take place during the health intake portion of camper and staff check-in. If an individual has any lice, they will be asked to return home and reschedule their stay.

OTHER COMMUNICABLE ILLNESSES: All individuals should be illness free when coming to camp. If campers health is in question, stay home and contact the office to reschedule your stay.

During the health intake of camper and staff check-in, individuals will be checked for symptoms of communicable diseases and sent home if necessary. Return to camp can be scheduled when appropriate periods of symptom-free time have passed and individual is energized, nourished and hydrated.

This Illness Policy protects individuals and the camp community by reducing the spread of disease. It enables all of us to enjoy camp by keeping health and safety as our top priority. We trust our camp families to follow this policy and contact us anytime there's a question. When in doubt, stay home and stay safe.



HOME SICKNESS

Many campers, both young and old, experience homesickness when faced with a new set of living conditions. Like many emotional expressions, homesickness is very contagious and must be recognized as such. Our staff is trained to handle these challenges.

Sleep-away camp offers an excellent opportunity for campers to learn how to manage without their parents and other adults that care about them. It has been our experience that it is more often the parents that are having a difficult time adjusting to their campers absence or being overreactive to a camper's early anxiety at being away from home. Please check your own feelings about having a

camper gone for an extended period of time. If you are not ready yourself, you may unwittingly make it difficult for your child to be away from you, consequently spurring feelings of guilt or feelings that he or she doesn't have permission to enjoy him or herself outside your view.

Understandably, parents may feel helpless when they hear their child upset over the phone. Resist the urge to make promises about picking your child up or visiting. A visit from home interrupts their day, takes their attention from new friends and fun activities, and often spawns or exasperates homesickness. Our team is equipped, trained and ready to help your camper.

For more information on homesickness, we recommend reviewing an article from the American Camps Association about homesickness. << <https://www.acacamps.org/campers-families/planning-camp/preparing-camp/coping-homesickness-camp>



CONTACTING CAMPERS

A landline in the camp office is available to make phone calls home. Please keep conversations upbeat and positive by focusing on instruction sessions and recreational activities. In the event of an emergency, Camp Grace may be reached on the following phone numbers:



PARENT VISITS:

Due to COVID-19, there are no visitors allowed on campgrounds except for emergencies that must be scheduled by calling our camp office.

CAMP SUMMER OFFICE HOURS

Daily 8:00 AM - 11:00 PM

Phone Number: 833.534.7223

SPENDING MONEY

Make sure to think about spending money prior to camp. Campers typically spend approximately \$50 sometimes more on snacks and souvenirs like Camp Grace t-shirts, hats, hoodies, sunglasses, and a lot more. Remember, if your camper is flying in and/or out, make sure to set aside cash for travel

THE CANTEEN

Camp Grace has a snack and souvenir shop for campers. The Canteen takes cash and credit cards.

There are a variety of snacks and drinks and it is open throughout the day. Please keep in mind that food and drinks (besides water) are not allowed in the cabins. The Canteen also comes equipped with souvenirs as well as sports equipment (frisbees, balls, etc.) for purchase.



REFUND POLICY

Refunds will be given over 60 days to camp start date.



FREQUENTLY ASKED QUESTIONS

WHAT IS SOLD IN THE CAMP CANTEEN?

The Canteen sells necessities such as toothpaste, batteries, and socks. We also carry items such as stickers, hats, t-shirts and sweatshirts as well as snacks and drinks.

WHERE DO CAMPERS STAY?

Campers stay in cabins located within campgrounds with approximately 9 other campers typically within 2 years (10-12, 13-15 year olds). Each cabin has nearby bathrooms and showers. Campers may request to stay with their friends who are in the same age group. We will do our best to honor housing requests, but they are not guaranteed! We have found that 7-9 year old campers have a more positive camp experience when housed separately from older campers. Campers in our mini cabins have a parent counselor who monitors and assists our mini campers.

WHAT DO CAMPERS EAT?

Cold cereal, bagel, and fruit bars compliment our hot breakfast entrees. Lunch and dinner have a hot entree option, along with a salad bar. Vegetarian options are always available. All meals are included in camp registration; snacks in The Canteen are available for purchase. If your child has allergies or requires some special dietary needs, please call the camp office.

WHO ARE THE COACHES AND INSTRUCTORS?

We are dedicated to every camper, and to providing a staff of experienced, enthusiastic and talented individuals. Our staff members come from around the country. Some are actively competing athletes; others are former competitors, professionals, X-Gamers, etc. On average, there are eight campers in each group with one instructor. Class sizes vary according to the number of campers by age and skill level.

I FILLED OUT THE HEALTH FORM LAST YEAR, DO I HAVE TO FILL ONE OUT AGAIN?

Yes. All health documents, among other things, must be updated by parent/legal guardian annually.

HOW SOON DO I NEED TO COMPLETE MY CAMPERS REGISTRATION FORMS?

Camper forms need to be completed online two weeks prior to the arrival day (Sunday) of your camper's week, as well as all balances paid in full.

WHAT IS CAMP DOING TO KEEP MY CAMPER AS SAFE AS POSSIBLE FROM COVID-19?

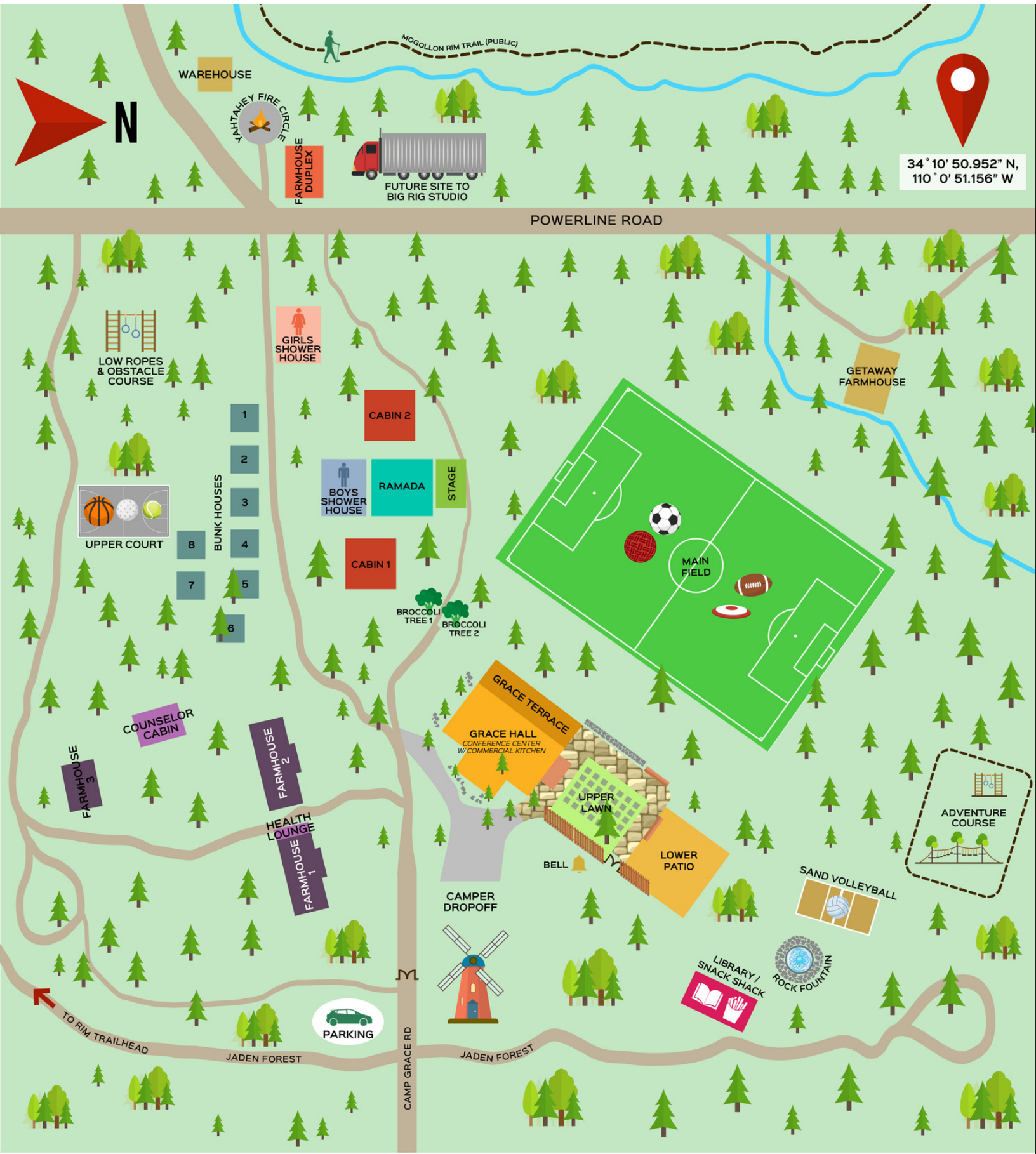
The health and safety of our campers, employees and community is our top priority. We will continue to monitor the situation, follow all health and regulatory recommendations and take actions so that we may safely offer the camp experience this summer.

WHAT IF I HAVE MORE QUESTIONS?

Feel free to contact us at 833.534.7223 or via email at hello@campgraceaz.com



CAMP MAP



CAMP GRACE 6385 WEST WHITE MOUNTAIN BLVD, LAKESIDE, ARIZONA 85929