

# Quick Guide to Triple R Ranch Summer 2016 - Day Camp

Welcome to Day Camp 2016

## **Check In:**

**Your camper should arrive each morning, Monday-Friday, (Tues-Friday if you are in Mini Day Session 3) at 8:00 am.** Their counselor will be waiting for them at the Camp Store beginning at 8:00 am. If you arrive before 8:00 am, please wait at the Camp Store with your camper until their counselor arrives. If you need to be late, please check in at the Camp Office after 9:00 am and our office staff will be happy to assist you. To ensure your campers safety, please stay with them until a staff member has officially checked them in.

## **Meals:**

Breakfast and lunch will be served at Triple-R. Your camper will sit at a table with their cabin.

## **Camp Store -The "Trading Post"**

The Camp Store will be open all day. Items available include: sodas, juice, snacks, souvenirs, T-shirts, etc. Each camper's money is deposited in an account for them. We suggest between \$20 and \$40, however, we encourage each family to deposit an amount that is reasonable for their budget. Any money not spent is returned in cash on Friday at check out.

You can also find CARE PACKAGES at our ON-LINE STORE. These can be purchased anytime and they are delivered daily.

## **HORSEMANSHIP TRACK CAMPERS DAILY SCHEDULE**

In the morning your camper will participate in two hours of activity at the barn including riding lessons and theory. Each morning they will also participate in two of our skill areas.

- **SHODEO**  
Horsemanship Campers will participate in the Shodeo on Friday afternoon at 4:00.
- **INSTRUCTIONAL LEVELS**  
**Campers are placed according to their experience. This is very important for safety reasons.**
- **PROPER ATTIRE**  
Please be aware that flip-flops are never allowed in the barn or around the horses. Your camper will not be allowed to ride in open-toed shoes. Long pants and shoes with a actual heel are required for campers taking Riding Lessons.

## **Check Out:**

**Monday – Thursday**, your camper will be at the Office at 5:00 pm. Please be on time and wait at the Office. Late check out is not possible. Their counselors have other duties beginning at 5:30 pm.

**Friday**, your camper will check out with all the other campers at 6:00 pm at the Ponderosa. You are invited to the closing celebration at 5:00 pm in the Ponderosa.

**We will need a parent or guardian's signature in order to release your camper. If someone other than yourself is to pick up your camper, we must have written permission including that person's name, address and phone number at check in on Monday.**

## **Early Check Out or Late Check In**

If there is a day you must pick your camper up early, please fill out appropriate forms. .

## **Medications and Medical Form**

All medications must be checked in with the counselor on Monday morning. Please note that we will only accept medications in the original container, no exceptions. All medications should be picked up on Friday at check out. A Triple-R Medical Form is needed for every camper. This form should be filled out and given to the counselor on Monday morning.

**Phone Calls**

Emergency phone calls will be received at the office number during office hours. An emergency number is available on our directory after office hours.

**Things to Bring**

- One piece bathing suit and flip flops for pool
- Towel
- Wear clothes appropriate for the weather
- Bible, pen or pencil
- Bug spray & sunscreen if needed
- Rainwear or extra clothes if rain is expected
- Shoes with a closed toe are needed for most skill areas. Sneakers or Crocks are great. Crocks may not be worn for horseback riding.
- Please bring extra items in a tote with camper's name on each item.

**Prohibited:**

TV, Radios, Magazines, Knives, Electronic Games, iPods, MP3 Players, Cell Phones and Pagers, etc.

**Cause for Immediate Dismissal:**

Possession of drugs, alcohol, tobacco products or any type of weapon

**Daily Schedule**

8:00 am - Check in

8:20 am – Breakfast

9:00 am – 1:00 pm – Skill areas 1:00pm – Lunch

1:45 pm – Rest Hour/Bible Time

3:00 – 5:00 – Prime Time (Pool and other activities are offered)

5:00 pm – Check out Monday-Thursday. On Friday closing celebration is at 5:00 pm with check-out at 6:00pm.

**Camper Photos**

If you registered on-line you receive free access to daily photos. If you did not register on-line you can purchase access at our care package section at our online store. Pictures are posted every afternoon and you can download pictures to your computer at no additional cost.

**Other Questions or Concerns?**

Contact the Triple-R Office:

3531 Bunch Walnuts Rd., Chesapeake, VA 23322

Office: (757)421-4177 Fax: (757) 421-4179

E-mail: [summercamp@triplerranch.org](mailto:summercamp@triplerranch.org)

Website: [www.triplerranch.org](http://www.triplerranch.org)

Revised: 10/15

# **Important Information for Parents - 2016**

**Our goal is to help your child have a great week of camp, and we will do all we can to help your child succeed at this experience.**

## **Camper Rules**

These simple rules are explained to all campers. We hope giving them to you now will help your child know more of what to expect at camp.

- 1) We want every child to feel loved, accepted and safe. Therefore, Triple R has a “no tolerance” policy for fighting and aggressive behavior. A camper will be given one warning if he/ she is physically or verbally aggressive, and a call will be placed to the parent. If there is a second incident, the camper will be sent home.
- 2) Boys are not allowed in the girl’s cabin area. Girls are not allowed in the boy’s cabin area.
- 3) Shoes and shirts should be worn at all times, even going to and from the pool.
- 4) Let’s keep the Ranch looking good, don’t be a litterbug!
- 5) No talking when those leading an activity or making announcements are talking. That’s the best way to make sure everyone gets to hear what’s going on.
- 6) We would appreciate everyone wearing modest clothing. No underclothes (bottoms or tops) should be visible and shorts should have at least a 2” inseam. Bathing suits need to be conservative one piece suits.

## **Cabins and Food**

Due to the amount of insects at the Triple R, we would appreciate no food to be brought from home. Open food is prone to insects and other unwanted animals. Snacks can be purchased at the Trading Post several times daily. If snacks are sent in care packages or from home please make sure they are in tightly sealed containers.

## **Proper Attire Guidelines for Horsemanship Track or Private Lessons**

If your camper is registered for the Horsemanship Tract or Private Lessons, please be aware that flip flops are never allowed in the barn or around the horses. Your camper will not be allowed to ride in open-toed shoes. They should wear long pants and shoes with a heel.

## **Homesickness**

We get many calls wanting to know how we handle homesickness. Counselors begin by trying to keep campers busy with all the activities, asking them to help with things and trying to keep their mind off feeling homesick. For most campers this works. If time passes and none of these things work, someone (usually the Summer Camp Director, Counselor or Nurse) will give the parents a call to make them aware of what is going on so the parents can decide how they wish to handle it. Campers then call home if needed. We want your child to succeed at their camp experience. Homesickness is contagious in a cabin and we will do all we can to help him/ her. However, if a child goes home because of homesickness, there is no refund.

## **Staff/Camper E-Mail Policy**

We ask our staff not to contact campers using any form of social media such as facebook, e-mail, etc. In an effort to help you monitor the influences in your child’s life, we ask our staff to only correspond by post cards. If your camper wishes to write their counselor, they can send letters addressed to their counselor at Triple-R’s address: 3531 Bunch Walnuts Road, Chesapeake, VA 23322. We will be happy to forward mail to staff during and after camp.

### Statement to Parents

We believe that the outdoors represents a rich potential for communicating God's essential life truths. Accordingly, Triple R is committed to practical presentation and application of Biblical truth, using a broad range of outdoor adventures to develop spiritual and moral depth in tomorrow's leaders. One way to ensure the message is communicated to all of our campers is to establish discipline policies that will assure good camper behavior. We realize that most children behave appropriately; however, there are a few whose behavior sometimes interrupts the camping experience of others. It is our hope that you will assist us in stressing to your child the need for good camper behavior.

This document presents guidelines and procedures for behavior and camper conduct based on Triple R Ranch Policy. Please take time with your child before coming to camp to review these policies and discuss the importance of proper conduct while at camp.

We here at Triple R appreciate your support in enforcing the discipline policies. With your cooperation we believe that we can provide our campers with a camping experience that will impact them for a lifetime.

## **Please Return This Page When Your Child Comes to Camp**

### **Statement of Receipt**

We have read and discussed this document, **Camper Conduct Guidelines**, and we agree to abide by the guidelines outlined.

**Camper Name** \_\_\_\_\_  
**age** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**Date** \_\_\_\_\_

## Disciplinary Procedures

Campers who attend Triple R Ranch are to conduct themselves in a courteous and respectful manner. This allows a safe atmosphere for campers at all times. Campers who violate standards are subject to disciplinary actions from any staff member who observes the behavior. These disciplinary actions are but not limited to: **verbal warning, reprimand, referral to Head Counselor/Camp Director.**

Referrals to the Head Counselor or Camp Director occur when a staff member feels that the behavior cannot be corrected through the above practices. After due process, the camp director will determine the appropriate course of action for a safe camp experience. Actions taken by the Camp director include but are not limited to: **Parent/Guardian phone call, Change in cabin assignment (with parental/guardian notification), Expulsion from summer camp program**

Camper expulsion offers no financial refund and will not be allowed to remain on camp property for the remainder of the session. Campers must be picked up within **two hours** of parental/guardian notification unless special arrangements have been made with the Program Director. Parents of the expelled camper may appeal to the Program Director and/or Executive Director and notification of the final decision will be given within 24 hours.

The following offenses are examples of camper infractions. Any misconduct not listed below will not be tolerated

- **Fighting & Bullying**  
Campers who verbally or physically assault one another or threaten one another will be subject to discipline up to summer camp expulsion.
- **Harassment**  
Any campers who are discovered sexually harassing other campers or staff, or harassment based on race, gender, national origin, age, disability, or religion, will be subject to discipline up to summer camp expulsion.
- **Destroyed or Defaced Property**  
Parents of campers who destroy, damage, or steal camp property will be required to pay for damages and may be prosecuted in accordance with state law.
- **Disruptive Behavior**  
Campers who violate standards on a consistent basis that interferes with the camping experience of others will be subject to disciplinary action leading up to and including dismissal.
- **Possession of Cell Phone, Other Telecommunication device and/or Electronic Devices**  
Campers are prohibited from using a cell phone or other electronic device whether their own or staff. Campers may use the office phone in case of an emergency.
- **Possession of Dangerous Articles**  
Campers are not permitted to possess, handle, or brandish any weapon or object that could be used as a weapon. Any possession or threat of use against another person will lead to immediate disciplinary action leading up to and including dismissal.
- **Camper Dress**  
Campers are not permitted to wear attire that is disrespectful, indecent, and dangerous to health of the child. Disrespectful or indecent attire includes anything that **is revealing, advocates violence, alcohol, tobacco, or drug use, anything gang related, obscenities, or anything that reflects adversity on other individuals.** Campers are required to wear appropriate shoes for camp activities.

# TRIPLE R RANCH

Camper Last

Name \_\_\_\_\_

## CAMPER MEDICAL FORM

Cabin \_\_\_\_\_

**DO NOT RETURN THIS FORM TO THE OFFICE  
PLEASE BRING WITH YOU TO CHECK-IN**

### Family Information (please print)

Camper Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Current Age \_\_\_\_\_ Sex \_\_\_\_\_

### Allergies or Medical

Conditions: \_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_

Mother's Name (or legal guardian) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_ Cell

Phone ( ) \_\_\_\_\_

Marital Status  Married  Divorced  Single  Widowed

Father's Name (or legal guardian) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone ( ) \_\_\_\_\_ Work Phone ( ) \_\_\_\_\_ Cell

Phone ( ) \_\_\_\_\_

Marital Status  Married  Divorced  Single  Widowed

**In case of Emergency when none of the above can be reached, please call:**

1 Name \_\_\_\_\_ Relationship to  
Camper \_\_\_\_\_  
Home Phone ( ) \_\_\_\_\_ Work Phone (  
) \_\_\_\_\_

2 Name \_\_\_\_\_ Relationship to  
Camper \_\_\_\_\_  
Home Phone ( ) \_\_\_\_\_ Work Phone (  
) \_\_\_\_\_

**Insurance Information**

Insured Name \_\_\_\_\_ Employed  
by \_\_\_\_\_  
Medical Insurance Co. \_\_\_\_\_ Phone # (  
) \_\_\_\_\_  
Group Name \_\_\_\_\_ Identification  
# \_\_\_\_\_  
Insurance Co. Address \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Family Doctor Name \_\_\_\_\_ Office Phone # (  
) \_\_\_\_\_  
Address of Doctor \_\_\_\_\_ City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_

*"In case of emergency and I am unavailable at the time, I hereby give permission to the physician which the camp director selects to perform any emergency medical care as may be necessary. I also acknowledge full responsibility for any medical bills for the above named camper."*

**Signature of Parent or Guardian** \_\_\_\_\_ **Date** \_\_\_\_\_  
**Please complete information on opposite side of form. Please note that although we recommend yearly physicals for your camper, the State does not require this form to be completed by a doctor.**

**Personal Data**

Does he / she have any physical restrictions or special problems? (i.e. contact lenses, food allergies, medication, and / or environmental allergies, fainting, sleep walking, special diet, etc.)  
*If yes, please attach a specific list of instructions.*

Has he / she had recent exposure to any contagious disease? \_\_\_yes \_\_\_no

**Medication**

Is he / she currently taking medication? \_\_\_yes \_\_\_no

**If so, please bring medications in original bottle.** You will need to bring medications and this medical form to the Nurse at check in. If you are unable to do this, the Nurse will have a card for you at check in to fill out.

**I hereby request that the following non-prescription medication(s) be administered if necessary at the discretion of the Camp Nurse: (Medications listed below are provided by the Triple R Ranch)**

\_\_\_ Tylenol    \_\_\_ Ibuprofen    \_\_\_ Benadryl    \_\_\_ Pepto-Bismol  
\_\_\_ Sudafed

**Health History** (Please check all that apply and double check those occurring within the past year)

- \_\_\_ Frequent sore throats    \_\_\_ Diabetes    \_\_\_ Asthma
- \_\_\_ Sleep Walking
- \_\_\_ Measles    \_\_\_ IBS    \_\_\_ Urinary tract infection
- \_\_\_ Seizures
- \_\_\_ Asthma Attacks    \_\_\_ Chicken Pox    \_\_\_ Stomach upsets
- \_\_\_ Bronchitis
- \_\_\_ Pneumonia    \_\_\_ Sinusitis    \_\_\_ Ear infections
- \_\_\_ Frequent Colds
- \_\_\_ Skin Rashes    \_\_\_ Bed Wetting    \_\_\_ Ivy, Oak or Sumac Allergy

**Please note that if your camper is a bed wetter please do not send a sleeping bag to camp. Instead, please send sheets and blankets for a bunk bed. Sleeping bags can not be washed.**

Other diseases or any additional information we should know

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**Immunizations** (please give dates of last injections)

MMR \_\_\_\_\_ Tetanus \_\_\_\_\_ DPT \_\_\_\_\_

"I believe my child is able to attend camp and participate in all camp activities with the following restrictions and recommendations":

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**Signature of Parent or Guardian** \_\_\_\_\_

**Date** \_\_\_\_\_

## Triple-R Ranch Medication Form:

**If your camper has medications, please have this form filled out before you check-in with the Nurse.**

**\*\*All medications must be brought in original bottles with Doctor's Instructions.\*\***

Camper's Name \_\_\_\_\_ Session # \_\_\_\_\_

### **Medication(s)**

1.

Dose: ( )PRN ( )Morning ( )Evenings ( )Other\_\_\_\_\_

2.

Dose: ( )PRN ( )Morning ( )Evenings ( )Other\_\_\_\_\_

3.

Dose: ( )PRN ( )Morning ( )Evenings ( )Other\_\_\_\_\_

4.

Dose: ( )PRN ( )Morning ( )Evenings ( )Other\_\_\_\_\_

5.

Dose: ( )PRN ( )Morning ( )Evenings ( )Other\_\_\_\_\_

Allergies:

Special Instructions: