

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

## Welcome to Summer Camp 2016!

Please read the following information carefully. You will need to refer to this information as you prepare your camper for a week of adventure at the Triple R Ranch!

## Check-In for overnight camps

Most camps arrive between 4:45 and 6:00 pm on Sunday for check in. (MINI Adventure Camp check-in will be at 7am on Tuesday.) **Parking, assistance and housing will NOT be available before that time.** Check in will begin promptly at 5:00 pm in the Lodge. **Early check in is not possible.** Staff will be available to assist you with parking, luggage and directions for the checking in process.

## Express Check-In

Express Check-in is available to those who have paid all camp fees due and deposited money into the trading post account.

## Camper Sunday Cookout

Campers will enjoy a cook-out at 7pm.

## Things to Bring

**Please bring all items in one container. We suggest one of the large Rubbermaid type containers .**

- twin bedding or sleeping bag & pillow
- toiletry items
- socks & underclothes
- tennis shoes
- one piece bathing suit
- beach towel for the pool
- towels & washcloths
- rainwear & extra shoes
- Bible, pen or pencil
- flashlight
- pajamas or nightshirt
- casual clothes appropriate for the weather
- flip flops (for pool & showers)
- insect repellent
- sunscreen
- garbage bags with names on bag for dirty clothes
- Horsemanship Track or Private Lessons**
  - shoes or boots with a heel and long pants
- Adventure campers need closed toed shoes for horseback riding (tennis shoes are fine). Crocks may be worn at camp but not for horseback riding.

**Please pack all your camper's belongings in one container if possible .**

Make sure container and all personal items are clearly labeled with your camper's name prior to your arrival at camp.

## Medications

All medications must be checked in with the camp nurse at the Ponderosa on Sunday. **Please note that we will only accept medications in the original container, no exceptions. All medications should be picked up at check out.** Any medications left at camp will be held for **two weeks** then disposed of.

## Camp Store –The “Trading Post”

The camp store will be open all day. Items available include: sodas, juice, snacks, souvenirs, T-shirts, and other items. Each camper's money is deposited into an account for them. The Trading Post will be open during both check-in and check out times for campers and their families. You can also find CARE PACKAGES at our ON-LINE STORE. These can be purchased anytime and are delivered daily.

## Suggested Amount to Deposit

We recommend between \$30 and \$50 as adequate spending money for the week. However, we encourage each family to deposit an amount that is reasonable for their budget.

## Trading Post Refunds

All refunds are to be picked up at check out. Our college staff leave their family & friends to serve our campers. Tips, gift cards, etc. are a way to say Thank you. You may tip individually or place in the Tip Bucket . ***Any money not picked up will automatically be contributed to the counselor tip fund.***

## 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 skill areas with their cabin.

### SHODEO

Horsemanship Campers will participate in the Shodeo on Friday afternoon at 4:00.

### INSTRUCTIONAL LEVELS

Campers are placed according to their experience. If you are a current student at Triple R, you will be placed in the level you are currently riding. 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 all campers taking Riding Lessons.

## Visits, Phone Calls & Mail

Visiting during the week by family and friends is discouraged for scheduling and safety reasons.

## Phone Calls

Phone calls to and from home are discouraged. Emergency phone calls will be received at the office number during office hours. An emergency number is available on our directory after office hours.

## Mail

Mail is a highlight of your camper's week and is distributed to the campers daily. Please address mail to:

Camper's Name  
Week attending  
C/o Triple R Ranch  
3531 Bunch Walnuts Rd.  
Chesapeake, VA 23322

## **Camper Photos, & Camper Email**

If you registered online, you have access to our online photo gallery and 1-way email for your camper. (use your same account log in information. You do not have to register again). At the top of the page there will be a photo and 1-way email option. Follow the directions. You may download pictures to your computer at no additional cost. Photos are posted every day.

Is regular mail too slow? You can send emails to your camper with one-way email. If you did not register online, you can purchase this option in the care package section of our online store.

## **Care Packages**

Care packages are a great way to say "I miss you" to your camper, and who doesn't love to get packages!! To send a care go to [www.triplerranch.org](http://www.triplerranch.org) and click on Camp Store at the top of the Home Page. Secure online purchases can be made there and can be purchased anytime. Packages are created here at Triple R and delivered daily!

## **Check Out**

**Camps end on Friday.** Please refer to your confirmation letter to verify the check-out day for your camper.

**Shodeo:** Horsemanship Track camper parents are invited to attend the Shodeo, which begins at **4:00 pm** in the indoor riding arena. Campers will demonstrate what they have learned during the week.

**Closing Celebration:** All Parents are invited to our closing celebration at the Ponderosa at **5:00** to watch campers perform cabin cheers and songs.

**Sign Out:** You may sign your camper out with their counselor at that time.

## **Camper Sign Out Security**

You will be given a **Camper Check-Out Form** at check in on Sunday. You will need to keep this form and present it to the counselor in order to sign out your camper on Friday.

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 Sunday.

## **Early Check Out**

If early check out is a necessity, please let us know at check in. Early check out times must be finalized at check in.

## **Directions**

**Proceed on I-64 to Battlefield Blvd. S. In Great Bridge turn right onto Johnstown Rd. Proceed 5 miles and turn right onto Benefit Rd. Take your second left onto Bunch Walnuts Rd. Triple R is 2 miles down on your left.**

**Alternate Route: Proceed on I-64 to exit 291B (168S towards Nags Head). Immediately get in the far left lane. Follow the bypass approx. 4 miles. Take the Hanbury Rd. West exit. Proceed to the end and make a left onto Johnstown Rd. In about 4 miles, turn right onto Benefit Rd. Take the second left onto Bunch Walnuts Rd. Triple R is 2 miles down on the left.**

**From North Carolina (Moyock): Follow Caratoke Hwy-North until it turns into Rt. 168 N. Continue on 168 until you reach the first stoplight across the VA border. Turn left at that light onto Old Battlefield Blvd., then make your first right onto Ballahack Rd. In about 7 miles turn right onto Bunch Walnuts Rd. RRR is ½ mile down on the right.**

**From Elizabeth City: Follow Rt. 17 N into VA. In 3.5 miles turn right onto Ballahack Rd. Proceed 6.5 miles and turn left onto Bunch Walnuts Rd. RRR is ½ mile down on the right.**

**Please make sure you pick up all medications and Trading Post, refunds prior to leaving camp.**

## **CAUSE FOR IMMEDIATE DISMISSAL**

**POSSESSION OF DRUGS,  
ALCOHOL, TOBACCO  
PRODUCTS, OR ANY TYPE  
OF WEAPON**

## **PROHIBITED**

**TV'S, RADIOS, MAGAZINES,  
KNIVES, ELECTRONIC GAMES,  
CELL PHONES & PAGERS  
I PODS, ETC**

## **Other Questions or Concerns?**

### **Triple R Ranch**

3531 Bunch Walnuts Rd

Chesapeake, VA 23322

**Office :(757) 421-4177**

Fax:(757) 421-4179

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

**Camp Registrar email:**

[summercamp@triplerranch.org](mailto:summercamp@triplerranch.org)



# **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 MEDICAL FORM**

Camper Last Name \_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**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”:

\_\_\_\_\_  
\_\_\_\_\_

**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: