

Blue Ridge ASC Parent Handbook

This Parent Handbook for Blue Ridge Action Sports Camp (ASC) is designed to help parents, guardians, and caregivers (hereafter referred to simply as “parent”) plan for a successful week away from home for their child. It is just as important for a parent to plan and prepare to be away from their child as it is for the child to plan and prepare for their week away from home! With thoughtful preparations and open communication, every week at camp can and should be fun and successful.

At any time, please do not hesitate to contact the Blue Ridge ASC office, by phone or email, for clarification and/or more information about any of the topics included herein this document, or for any other questions or concerns. By communicating before camp, we can do our best to ensure a fun and successful week away from home. Parents and Blue Ridge ASC staff act as a team to provide the best possible camp experience for every child.

Our mission, which drives everything we do: Creating a safe environment to explore BMX, mountain biking, and skateboarding, learn the etiquette of riding safely with others, foster social connectedness, build individual and community resilience, create lifelong memories, and most importantly, have fun.

Our diversity statement, that we live by: Blue Ridge ASC believes, at our very core, that there is no hierarchy in human value based on ability level, age, race, sex, etc. Everyone belongs at Blue Ridge ASC! We are committed to providing a place to celebrate what makes us unique. By forging friendships through camp experiences, we have the power to build connections that cross generations, geographies, and cultures, and make memories that last a lifetime. This is where you build your community!

Our Camper Goals and Outcomes, that directs our daily planning:

It is the philosophy of Blue Ridge ASC that all campers learn best when they are having fun and able to be themselves. To support camper growth, Blue Ridge ASC has established the following goals for camper outcomes:

- Every camper should have FUN!
- Every camper should learn something new on their skateboard or bike (this may be an improvement on an existing skill or an entirely new skill).
- Every camper should learn a new physical skill outside of their skateboard or bike through one of the other activities at camp (improvement or brand new).
- Every camper will have opportunities to improve their social skills at camp through supervised interaction with campers and staff.
- Every camper will have opportunities to diversify their personal culture through building friendships with others who may be alike or different from themselves.
- Every camper will be encouraged and supported through physical and social challenges with a trauma-informed, resiliency-focused, and strengths-based, growth-oriented mindset for learning life skills and how to be a good person.

A successful camp week includes an experience rich in fun, learning, and personal growth. Campers should go home feeling a sense of accomplishment from learning new skills and with a growing aptitude for believing in themselves and the world around them.

Camp Activities

Camp at Blue Ridge ASC is like other camps and facilities that care for children in that there are inherent risks involved in participation. For general participation, camp risks are similar to every other area of a child's life.

Specific to Blue Ridge ASC as an all-inclusive camp, the following activities are included in a week at Blue Ridge ASC and campers may choose to participate in most or all of these activities.

Mandatory program (campers choose one or the other during registration):
Skateboarding OR BMX/Mountain Biking

Optional activities (campers are encouraged to participate in these extra activities, but are not required to do so): Archery, Ax Throwing, BB Guns, DIY Building, Slip-n-Slide, Swimming, Trampoline, Tubing, Build a Board, Bike Build, Primitive Skills Class, etc.

Other activities (by nature of daily recreational enrichment, these activities may include but are not be limited to): Campfires, Hiking, etc.

Traditional games like Tag, Hide-and-Seek, Scavenger Hunts, etc.

Other outdoor and/or indoor activities: Basketball, Frisbee, etc.

This list is not all-encompassing; rather, it is intended to share a broad scope of the nature of camp activities at Blue Ridge ASC. All campers complete safety orientations before beginning activities so they can make the most of their time participating.

If you have concerns about your camper participating in any activity at camp, contact us!

Blue Ridge ASC Rules and Camper Code of Conduct

We want to share with you Blue Ridge ASC Rules, which includes the Camper Code of Conduct, that we will be discussing with all campers during welcome orientation. These are rules we live by at camp to ensure a safe and comfortable week for everyone. We encourage you to discuss these with your camper ahead of time.

Blue Ridge ASC Rules:

1. Blue Ridge ASC Respect

a. 3 Ps: People, Planet, Polite

- i. **People:** Following our mission and diversity statement ensures everyone feels like they belong at Blue Ridge ASC, because they do.
- ii. **Planet:** Sustainability for our earth ensures we have places to shred, both at Blue Ridge ASC and wherever we live, for years to come. Be sustainable in all your actions.
- iii. **Polite:** Be polite to one another. Treat others as you and they would like to be treated. Please and Thank You go a long way in a friendship.

b. Uncomfortable versus Unsafe

- i. It is okay to be uncomfortable when trying new skills; it is how we grow. Feeling unsafe means you feel like you are in a situation that is dangerous to your health. Please talk to us if you are ever feeling unsafe.

c. Odds and Ends: Hazards, Vehicles, and Animals

1. Blue Ridge ASC has natural and physical hazards all around. While it makes camp fun and beautiful, make sure to pay attention to your surroundings.
2. You are responsible for your belongings. Blue Ridge ASC *is not responsible for lost or stolen items.*
3. Animals are not allowed at camp – full focus on riding!

2. Camper Code of Conduct

- i. **Kindness is expected.** Bullying and harassing will NOT be tolerated. Ask one of the Blue Ridge ASC's staff for help if you see, or experience, any un-kindness.
- ii. **All campers will use language appropriate for younger campers and behave accordingly.** Lots of campers from lots of places come to Blue Ridge ASC. Every camper is expected to act as a role model to those around them.
- iii. **Fun is mandatory** at Blue Ridge ASC!
- iv. **Weapons and violence do NOT belong** at Blue Ridge ASC.
- v. **Drugs, alcohol, cigarettes, nicotine, tobacco, etc., have no place** at Blue Ridge ASC. We are training athletes!

- vi. **Cell phones are NOT permitted at Blue Ridge ASC.** Make the most of your time with friends and pros at Blue Ridge ASC! Campers may use the camp phone located in the camp office if needed.
- vii. **Cleaning up after yourself** is just part of what we do to be good humans.
- viii. **The Rule of Three is ALWAYS in effect at Blue Ridge ASC.** Never be alone with anyone, regardless if it is another camper or Blue Ridge ASC's staff.
- ix. **Protect each other at Blue Ridge ASC.** Look out for each other, and help each other when help is needed.
- x. **Living quarters are for assigned campers only!** Campers may NOT enter any other living quarters besides what is assigned to the camper by Blue Ridge ASC during check-in at camp.

3. Rules to Ride at Blue Ridge ASC:

- a. You are responsible for your own sports equipment.
- b. Areas are only open when supervised.
- c. Follow all posted signage.
- d. **Helmets are mandatory** for all campers and staff.
- e. Be smart when riding and trying new tricks or terrain.
- f. Ask for help if you are not sure about anything.

Elaboration on Blue Ridge ASC Rules for Parents:

- *Weapons and Violence:* Weapons may NOT be brought to camp for any reason! Violence at camp will not be tolerated. Violators of this policy will be sent home with no refund. We are unapologetic about ensuring camp is safe for campers and staff.
- *Drugs and Alcohol:* All forms of drugs and alcohol will not be brought to camp for any reason! If found, any items such as this will be confiscated. Violators of this policy will be sent home with no refund. Again, we are unapologetic about ensuring camp is safe for campers and staff.
- *Cell Phones:* While Blue Ridge ASC understands the importance of being able to communicate with your child while at camp, cell phones are NOT allowed at camp. Research shows allowing campers to have cell phones deters from the camp experience and, in some cases, prevents their personal growth. Camp is a place for kids to independently learn about themselves and how to navigate through new situations. Blue Ridge ASC staff is trained to help campers through these situations for a positive outcome and will help campers acclimate while at camp. Blue Ridge ASC staff are dedicated to providing opportunities for campers to build relationships with other campers, to ride with and learn from pros, to focus on their own riding, and just enjoying all that camp has to offer. Campers will be allowed to use the office phone if needed, and parents can call at any time to check on a camper; however, preference is to call during normal business hours.
- *Animals:* While many of us love our furry friends, out of respect for those with allergies, and to avoid other potential issues, animals are not allowed at camp. This includes during drop-off and pick-up days. Service animals are the exception to this. Service animals are defined as dogs that are individually trained to do work or perform tasks for people with disabilities. Dogs whose sole function is to provide comfort or emotional support do not qualify as service animals under the ADA. A service animal must be under the control of its handler. The handler may be asked two questions: 1) is the dog a service animal required because of a disability, and 2) what work or task has the dog been trained to perform. For planning purposes, please disclose your child will be bringing a service animal during registration.

Our Parent Communication Policy

Part of a successful camp experience means communicating with parents as necessary to ensure they receive timely and consequential information regarding their children during their time at camp. The following list explains when Blue Ridge ASC will contact a parent while their child is at camp:

Medical

- If a camper is injured, or ill, and needs to be transported to an off-site medical facility.
- If a camper is injured, or ill, and will miss more than 30 minutes of morning instruction.
- If a camper is injured, or ill, and will miss camp activities for more than 60 minutes.
- If a camper sustains a head injury.

Emotional/Social

- If a camper is unable to engage in camp activities for more than 60 minutes.

Operational

- If a camper needs to change their living quarters, or there is a counselor change.

Disciplinary (campers may be sent home immediately for disciplinary issues)

- If a camper harms another camper, physically or emotionally.
- If a camper has drugs, alcohol, or weapons in their possession.
- If a camper fails to follow the Rule of Three.
- If a camper fails to follow Blue Ridge ASC Rules and the Camper Code of Conduct.

Blue Ridge ASC's team is committed to communicating openly with parents and is available anytime parents wish to call camp regarding their child. Together, we are a child's best support system.

How to Contact Your Camper

If you need to contact your child during camp, you may contact them between 10am-7pm through the camp office.

The camp office is open daily from 8am-9pm. We can connect you and your camper for a phone call between 10am-7pm.

If you have purchased emails through the camp registration system, your emails will be delivered to your camper daily.

Visitors

For every camper's safety, visitors will always be limited at Blue Ridge ASC. The visitor policy may change at any time to follow federal, state, and local mandates.

Only parents (at the time of drop off and pick up), campers, employees, and scheduled guests may be on campgrounds. Vendors and suppliers may deliver directly to camp departments.

In case of emergency, visitors must call the camp office before arrival so special arrangements can be made with camp leadership.

Trading Post

There will be opportunities to purchase snacks or merchandise/souvenirs during the afternoons and evenings. Please make sure you have deposited money into your child's store account online and discuss your spending expectations with them prior to the start of camp. All purchases are completely optional. You will also have the opportunity during check-in and check-out to visit the Trading Post and choose merchandise/souvenirs together.

The Trading Post also has skateboard and bike parts in case repairs are needed.

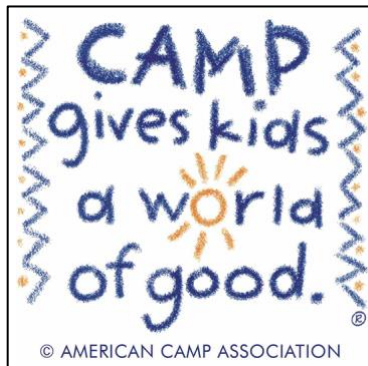
Health & Wellness Preparations

An important part of a successful camp experience is a healthy camp experience. To take the best possible care of your child, we need to have current health information for them. Your child's healthcare checklist includes:

- *Health history:* This is available in the registration process and needs to be completed at least two weeks prior to arrival.
- *Health insurance card and immunization record:* These two documents need to be uploaded in the document center of your camper's record online.
- *Physical form:* This form is available in the document center for download, completion with your doctor's signature, and needs to be uploaded.
- *Health history addendum:* For additional information required as of April 2021, this form is available in the document center for download, completion, and upload.

Our *Communicable Disease Plan* is comprehensive and has been reviewed by health officials. It includes Prevention, Supplies and Resources, Outbreak Management, and Communication and Debriefing for the three main time periods of camp—Before Camp, During Camp, and After Camp. Please contact the camp director if you have any questions.

ACA



We are excited to undergo accreditation with the American Camp Association this summer. The purpose of ACA accreditation is education, and being accredited means a camp owner/director has chosen to complete a peer review process and has met the established criteria. At Blue Ridge ASC Camp, we are committed to the safest, most fun camp environment possible. We are already meeting ACA standards and look forward to an awesome summer!

Planning for a Successful Week Apart

You have checked everything on the list, but have you made emotional preparations for a successful week without your child? Please take a few moments to reflect and then discuss with your child, as appropriate. This emotional to-do list is critical for the best possible camp experience!

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- *Recognize your own separation anxiety as a parent.* It is normal, we all have it. Acknowledging it and making a mental plan to proactively manage those emotions will make your week away from your child easier and, hopefully, more fun for you! We have your child covered, go have a great week!
- *Talk positively about camp with your child.* Building their excitement about the fun they are going to have, gives them a growing sense of ability to thrive without you.
- *Talk with your child about challenges they may face.* This may be the first time they are away from home and making some fairly independent decisions. Talking through some scenarios with your child gives them practice and guidance so they are more prepared for thriving at camp. Scenarios may include:
 - Should I choose a burger or a peanut butter and jelly sandwich for lunch?
 - Should I try archery, even if it looks intimidating?
 - How do I introduce myself to my cabin mate?
 - How do I ask for help from my instructor or counselor?
 - What do I do if something is difficult for me?
- *Practice staying away from home overnight if possible.* Spending the night with grandparents, other family members, or a friend is great practice for overnight camp.
- *Remember that homesickness is normal.* Everyone experiences it at some point. It does not mean your child must go home; on the contrary, it means your child is experiencing discomfort and by helping them overcome the challenge, they will have grown their emotional toolbox for success as they grow into adulthood.
 - If you need to talk to your child during camp, we prefer that you talk with them earlier in the day and not at bedtime. Tired children have a reduced capacity for dealing with homesickness in a new environment. We prefer for calls to be between 10am-7pm EST.
 - Please call the camp office if your child communicates feelings of homesickness so our staff can help them directly.

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- *Expect camp to be perfect.* Part of the beauty of camp is providing kids with real-time opportunities to learn and grow, especially with other trusted adults and peers. The hardest situations can bring the most rewarding results (ollie or bunny hop, anyone?).
- *Offer a pick-up clause.* One of the worst things a parent can do is tell a child if they are not having fun, you will come get them. You will unwittingly set the stage for a no-win situation the moment your child faces adversity at camp—either you pick them up and they lose the opportunity to persevere through a situation to feel the rewarding result

when they accomplish the challenge of the week (which has taught them what, exactly, for the long term?), or you leave them at camp to stick it out which undermines your word to them. Neither is good for you or your child.

Call us anytime to talk through your concerns! It is difficult, as a parent, to hear your child's pain and not jump in to rescue them; however, it is one of the best gifts you can give them—a safe opportunity to try things and work their way through adverse situations.

Packing List

Here is a list of things to bring to camp so your child is comfortable and ready for fun!

- Sleeping bag
- Pillow
- Skateboard or bike
- Helmet
- Pads (recommended)
- Sneakers for skating/riding
- Sandals for the pool/river shoes for tubing
- Swimsuit
- Pool towel and bathing towel, washcloth
- Toiletries—comb/brush, toothbrush, toothpaste, deodorant, shampoo, soap, etc.
- Rain jacket
- Water bottle
- Insect repellent
- Sunscreen
- Enough clothing for a week:
 - Shirts
 - Shorts/Pants (for skating/ riding and other activities)
 - Sweatshirts
 - Underwear
 - Socks
- Flashlight
- Laundry bag for dirty clothes
- Medication (in original container with physician instructions, must be turned in to the health center)
- Pen and paper (for notes)
- Snacks (resealable packaging)

Leave the following at home:

- Weapons, drugs, alcohol, etc.
- Valuables
- Negativity!



Check-In and Check-Out

You are ready; the day is finally here! Here is what to expect on the day of your arrival:

SUNDAY - 2PM-4PM ARRIVE TO CAMP FOR DROP-OFF

Checking your camper in will include the following:

- Confirmation of all payments made, and any other admin needs.
- Confirmation of all documents received, including health forms.
- Medical intake to ensure all campers arrive healthy and ready.
- Medication drop-off with the health center team.
- Bunk assignment and direction to unload.
- Say good-bye!

Monday - Friday... everyone is having a blast!

SATURDAY- 12PM ARRIVE TO CAMP FOR PICK-UP (You may arrive as early as 11 am if you would like to watch the closing session.)

Checking your camper out will include the following:

- Confirmation that the pick-up person is authorized to take the child home.
- Medication pick-up.
- Drive safely!
- See you next year!

Weekly Schedule

The schedule is subject to change anytime to better meet campers' needs, but this is the expected schedule for your child's week:

Sunday:	2pm-4pm	Check-in
	4pm-6pm	Welcome orientation and camp tour
	6pm-7pm	Dinner
	7pm-8pm	Chill skating/riding session
	8pm-9pm	Opening campfire
	10pm	Lights out
Monday-Friday	7:30am-8am	Wake up and clean bunks
	8am-9am	Breakfast
	9am-12pm	Instruction
	12pm-1pm	Lunch
	1pm-2pm	Clinic
	2pm-6pm	Open session and activities
	6pm-7pm	Dinner
	7pm-9pm	Campfire/activity
	9pm-10pm	To bunkhouse
	10pm	Lights out
Saturday:	7:30am-8am	Wake up, clean bunks, and pack
	8am-9am	Breakfast
	9am-12pm	Closing session
	12pm-2pm	Check-out

Note: Our younger campers (ages 9-10) need more sleep, so they will be heading to bed earlier in the evenings, around 8:30pm. They will be able to enjoy the evening campfire/activity before they head to bed!

A final note from camp director:

Our team at Blue Ridge ASC has been working tirelessly to create an epic camp experience, full of skating, BMX, mountain biking, and all the other fun activities at summer camp. Tucked away in the pristine Blue Ridge Mountains of southern Virginia, we have built a one-of-a-kind summer camp ready to set the stage to create some lifelong memories. We provide a camp experience like no other, with a 1:4 staff to camper ratio. We appreciate you sharing your child with us to grow our community.

We are counting down! See you soon!