



# **Brainy Ridge 2025 Parent Handbook**

In this handbook you will find:

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- Important Dates & Contact Information
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## Brainy Ridge Mission

The mission of Brainy Ridge is to provide youth with unique health conditions a safe, positive, and cohesive community that instills hope, a sense of belonging, and empowers youth with the tools necessary to build resilience and thrive.

- Provide condition specific residential camps experience.
- Foster an inclusive and supportive environment.
- Promote independence.
- Teach self-management.
- Champion advocacy for self and collectively.
- Develop leadership skills.
- Cultivate lasting friendships and lifelong connections.
- Promote hope.
- Gain knowledge.
- Maximize individual potential.
- Create transformative camp experiences.

## Brainy Ridge 2025 Schedule

### Heart and Teen Leadership Camp

- June 22, 2025- June 28, 2025
- Arrival: 1pm
- Departure: 11am (Awards Ceremony 10am)

### Heart Family Camp

- June 26, 2025- June 28, 2025
- Arrival: 11am
- Departure: 11am (Awards Ceremony 10am)

### Autism and Transitional Youth Camp

- July 7, 2025- July 11, 2025
- Arrival: 1pm
- Departure: 11am (Awards Ceremony 10am)

### Camp NF and Epilepsy

- July 13, 2025- July 19, 2025
- Arrival: 1pm \*\*Varies for campers flying to camp
- Departure: 11am \*\*Varies for campers flying to camp

### Type 1 Diabetes Camp

- July 20, 2025- July 26, 2025
- Arrival: 1pm
- Departure: 11am (Awards Ceremony 10am)

### Type 1 Diabetes Family Camp

- July 24, 2025- July 25, 2025
- Arrival: 11am
- Departure: After lunch

## Camp Location

Blue Ridge School - 273 Mayo Drive, St. George VA, 22935

The Blue Ridge School is located one mile northwest of Dyke, Virginia, in the foothills of the Blue Ridge Mountains. The school is 30 minutes from downtown Charlottesville and about two hours from both Washington, D.C. and Richmond, Virginia.

*GPS: Use 273 Mayo Drive, Dyke, VA as your destination*

### ***Closest Emergency Rooms***

Sentara Martha Jefferson ER (Proffit Road): 15 miles from camp

University of Virginia Hospital: 21 miles from camp

## Contact Information

### **Brainy Ridge Office:**

(434) 260-3315

[Admin@brainyridge.com](mailto:Admin@brainyridge.com)

### **Summer Office:**

Blue Ridge School: 273 Mayo Drive, St. George VA, 22935

### **Winter Office:**

PO Box 34129 Bethesda MD, 20827



## Camper Code of Conduct & Cell Phone Policy

It is our hope that everyone who participates in our program will have a positive experience that lasts a lifetime. To help everyone get the most out of their camp experience, we have set up a list of ground rules to help parents and children understand what we expect at camp. We recognize the special needs of our campers and will individualize the rules when possible according to the needs and abilities of each camper.

Camp has five basic rules that we explain to the children and post in their cabins. We have these rules so that everyone can have a positive camp experience.

**Respect yourself, respect others and respect camp property.** All campers are expected to maintain personal hygiene, take medication as directed by the medical staff, treat others with respect, use appropriate language and keep the campsite and living quarters neat and clean. Verbal and physical fighting, stealing, vandalism, property damage, and graffiti are grounds for dismissal.

**Participate in camp activities.** The camp staff must know where campers are at all times. They must be present at all activities unless excused by staff. Campers will not be left alone.

**Follow directions.** There are many fun things to do at camp, but every activity has rules to make sure everyone stays safe. We ask campers to follow staff directions during all activities.

**No Bullying.** There will be no bullying at camp, be it physical, social or emotional. We do not allow teasing, name-calling, racial slurs, inappropriate practical jokes, or sexual harassment. Brainy Ridge is committed to maintaining an environment that is free of discrimination and harassment based on a person's sex, race, age, color, creed, religion, disability, ancestry or national origin, or any other classification protected by state or federal laws.

**No alcohol, tobacco, drugs, vapes, weapons, or fireworks allowed at camp.** Any camper or staff member violating this policy will be subject to dismissal.

If we do have a problem with inappropriate behavior, the cabin counselor will give a verbal warning to the child/children involved in the incident. This will be followed by a time-out with an explanation and discussion about what is causing the problem. If more assistance is needed, a camp adviser will work with the child to avoid further problems. The adviser may contact the family for suggestions on how to deal with the problem behavior. In the case of severe homesickness or misbehavior that can cause immediate harm to self or others, we reserve the right to have a child removed from camp. As a last resort, we may need to send a child home.

It is our hope that each child will go home with great memories of camp. These rules are designed to protect all the campers so that one unruly child does not ruin the experience for the rest of the group. If you have any questions, please contact us.

### ***Cell Phone Policy***

The use of cell phones does not enhance the camp experience. If at all possible, please encourage your child to leave his/her cell phone home. If your child brings his/her cell phone to camp, the phone must stay in the cabin, to be used only during designated times. Cell phones are **NEVER** permitted in bathrooms, during shower times, or while campers are changing. Because there is poor cell phone reception at Blue Ridge School, cell phones are not an efficient way for you to communicate with your child while at camp. If you need to communicate with your child, please contact the camp office.

Please note: If a cell phone is being used as a medical device (ie CGM), the camper may keep the phone with them but it should not be used for any other functions (ie texting, photos, etc).

## **Safety**

Camper and counselor safety, wellbeing, and security are our highest priorities. We have recently updated our emergency action plans to prepare for weather and safety emergencies. Review and revision of these plans takes place yearly. Camp staff are trained on specific

procedures for ensuring care of campers in the event of weather, safety, and medical emergencies.



## Activity Safety

### Level of Risk

Children with epilepsy, congenital heart, NF, type-1 diabetes, autism, and other chronic health conditions may require increased supervision to participate. All campers must receive permission from their physician and parents to participate during camp.

#### Low risk:

Track, Bowling, Ping-pong, Tennis, Softball, Yoga, Kickball, Gaga, Hiking, Fishing, Baseball, Golf, Theater, etc

#### Moderate risk:

Flag Football, Biking, Basketball, Canoeing, Swimming, Climbing Wall (harness & 2 belayers), Soccer, Handball, etc

#### High risk:

Rock Climbing





## **Inclement Weather**

In case of inclement weather, our counselors are trained to stay indoors and await further instruction. Camp directors will evaluate the situation and switch to an indoor activity schedule if necessary. No outdoor activity will continue in the presence of lightning and groups will wait 30 minutes after the last lightning strike before returning to their outdoor activity.

## **Parent/Guardian Notification of Illness or Injury**

In the event of the following situations, the Brainy Ridge leadership team will notify parents by calling the phone number(s) provided during registration:

- Camper requiring an extended observation (8 hours or longer) in the health suite
- Seeking permission to give over-the-counter (OTC) medications (if not already approved)
- Serious behavior concerns
- Injuries requiring more than basic first aid
- Preventable injuries (i.e., serious sunburn)
- Medication error
- New medication prescription
- Referral to an outside healthcare facility or call to EMS

## Medications

***All medications (OTC and prescription) must be turned in to the health room staff at the start of camp.***

Please enter all your child's medications into the medication profile in his/her camp enrollment forms. In addition, please complete a hard copy of the camp Medication Form found in your "Forms and Documents Dashboard" and send it to camp with your child's medications.

*Medications should come in their original pharmacy labeled bottles, updated with all prescription changes. **Please bring pills in the original bottles along with an empty 7 day pillbox.*** Upon arrival at camp, you and/or your child will work with medical team to fill the pillbox for the duration of camp. Clearly label the pillbox and any bags for storage with your child's full name and date of birth.

Medications will be stored in a secure, locked cabinet at all times. All medication will be administered only by licensed medical professionals.

**\*\*Vitamins:** If your child requires vitamins during camp, please bring original bottles. The medical team reserves the right to deny administration if bottles are not provided.

*If there are any changes to medication prior to camp, please have the prescribing provider send us the updated prescription via email: [admin@brainyridge.com](mailto:admin@brainyridge.com)*



## 6-7 DAY PACKING LIST

(Please mark your child's name on all items with a permanent marking pen.)

\*\*= Must haves

**\*\*Medications:** *Please complete the Camp Medication Form in your "Forms and Documents" file and place this form with an empty 7-day pillbox and the camper's medications in their original pharmacy bottles in a zip-loc bag. Clearly label the medication form, the pillbox, and bag with your child's full name*

### ESSENTIALS:

\_\_\_\_\_ Water bottle with child's name clearly labeled\*\*

\_\_\_\_\_ Medications\*\*

\_\_\_\_\_ Medical Equipment (i.e. heat packs for pain, braces, CPAP, BIPAP, nebulizer, ear plugs, etc)\*\*

\_\_\_\_\_ Any remaining paperwork & proof of guardianship (if child is over 18y/o)

### Undergarments\*\*

\_\_\_\_\_ (10-12) underpants

\_\_\_\_\_ (12 pairs) socks

\_\_\_\_\_ (2) pajamas

\_\_\_\_\_ (2-3) bras

### Clothing and shoes

\_\_\_\_\_ (8) t-shirts or shirts

- \_\_\_\_\_ (2) pairs of jeans
- \_\_\_\_\_ (2) sweatshirts
- \_\_\_\_\_ (5-6) shorts
- \_\_\_\_\_ (2) sneakers or closed-toed shoes\*\*
- \_\_\_\_\_ (1) flip-flops or water shoes (to be worn at the pool and showers (only)
- \_\_\_\_\_ (1) hat or sun visor\*\*

### **Bed and Bath (suggested items)**

- \_\_\_\_\_ (1) sleeping bag/blanket comforter
- \_\_\_\_\_ (1-2) top and fitted bottom sheets \_\_\_\_\_ (1-2) pillowcases
- \_\_\_\_\_ (1) standard pillow\*\*
- \_\_\_\_\_ (1) bathrobe
- \_\_\_\_\_ (2) bath towels & (1) beach towel\*\*
- \_\_\_\_\_ (1) washcloth or loofah\*\*
- \_\_\_\_\_ (1) toothbrush and toothpaste\*\*
- \_\_\_\_\_ (1) hairbrush and comb\*\*
- \_\_\_\_\_ (1) soap and container\*\*
- \_\_\_\_\_ (1) shampoo and conditioner\*\*
- \_\_\_\_\_ (1) deodorant\*\*
- \_\_\_\_\_ (1) laundry bag
- \_\_\_\_\_ (1 box) tampons/sanitary napkins
- \_\_\_\_\_ (1) shower caddy

### **Waterfront: protective creams and repellents\*\***

- \_\_\_\_\_ (2) bathing suits/tankinis (**no bikinis, two pieces or little Speedos**)
- \_\_\_\_\_ (1) sunscreen (preferably SPF 30)\*\*

\_\_\_\_\_ (1) bug or insect repellant

\_\_\_\_\_ (1) pair of sunglasses

## Optional Items (Parent Suggestions)

\_\_\_\_\_ (1) stationary and some stamps

\_\_\_\_\_ (2) pen and pencils

\_\_\_\_\_ (1) book

(1) mattress topper

(1) white T-shirt for tie-dye

(1) poncho or rain jacket

*(1) Optional: outfit for the camp dance*

*(1) Optional: hiking boots*

*(1) Optional: fanny pack/small backpack to carry belongings*

*(1) Optional: If your child wears glasses, send a second pair*

*\*\*\*Brainy Ridge has extra linens available for campers & staff that come by airplane or if any items are forgotten.*

**We are not responsible for cell phones and/or electronic games brought to camp.**

**No drugs or weapons, including knives, are allowed on the campsite.**

## Diabetes Management Packing List

**Please note:** This list is separated based on whether or not your child uses a continuous glucose monitor to check blood glucose values and whether your child uses an insulin pump or multiple

daily injections. You will find that this list may vary from what you are asked to provide to your child's school. Since children are typically very active at camp we ask that you **bring extra sensors and pump sites as these sometimes fall off**. However, we are able to provide some supplies such as low treatment and glucagon/baqsimi kits so you do not need to bring those supplies. **We ask that you bring all diabetes supplies in one box or bag that is clearly labeled with your child's full name.**

#### **Campers Using a CGM: (Example: Dexcom G6, Dexcom G7, Libre, Guardian 3):**

- Receiver and/or cell phone: Please label this clearly with your child's full name and the password for the device.
- Charger for the receiver and/or cell phone: Please label this clearly with your child's full name.
- 2-3 Sensors: These often fall off with extensive exercise. The company (Dexcom, Medtronic or Freestyle Libre) will replace any that do not last for free if requested. We will have a few extras if you do not have any spares.
- 0-1 Transmitter (Dexcom G6 users): Only send a Dexcom transmitter if you think your child's transmitter will need to be changed during the time that they are at camp.
- Any adhesive tapes, adhesive wipes, or barriers that you use to help the sensor stay on and or protect the skin from irritation (Bring extra!)
- Any carrying pouches or clips that your child uses to carry around their phone or receiver.
- You do not need to bring blood glucose monitoring supplies in case of Dexcom failure (i.e. a blood glucose meter and testing supplies) as we can supply this if needed.

Note: Reminder that you will not be able to see your child's blood sugar data while they are at camp. Your child will always be with trained staff members and in close proximity to medical staff. These adults will have access to your child's blood sugar data and will be responding to all high or low blood sugars as needed.

#### **Campers Not Using a CGM:**

- Blood glucose meter: Clearly label this with your child's full name.
- 50-100 Test strips

- 50-100 Lancets

### **Campers Using a Pump:**

- Rapid acting insulin vials: Enough to change the pump site 7 times.
- Insulin Pump: Please label this clearly with your child's full name and the password for the device. (If using a DIY closed loop system, please bring all components such as a Riley link)
- Charger for insulin pump (if applicable): Please label this clearly with your child's full name.
- 1 set of Pump batteries (if applicable).
- Pump sites: These often fall off with extensive exercise. The company (Tandem, Insulet or Medtronic) will replace any that do not last for free if requested. We will have a few extras if you do not have any spares.
  - Tslim: 7-10 set changes (pump sites, pump tubing, cartridges, and syringe)
  - Medtronic: 7-10 set changes (pump sites, pump tubing, cartridges, and syringes)
  - Omnipod: 7-10 pods
- Any adhesive tapes, adhesive wipes or barriers that you use to help the site stay on and or protect the skin from irritation (Bring extra!)
- Any carrying pouches or clips that your child uses to carry around their pump.
- You do not need to bring back up insulin or supplies in case of pump failure as we can supply this if needed.

### **Campers Using Multiple Daily Injections**

- Rapid acting insulin: Enough vials and or pens to last the entirety of your child's time at camp.
- Long acting insulin: Enough vials and or pens to last the entirety of your child's time at camp.
- 50-100 pen needles and or insulin syringes.
- If using a smart pen (Novolog Echo or In Pen) please bring the smart pen clearly labeled with your child's full name and enough cartridges to last the entirety of your child's time at camp.

**What Not to Pack:**

- Glucagon emergency/low blood sugar medications
- Urine ketone test strips
- Alcohol swabs, barrier film or adhesive wipes
- Sharps containers
- Meals, snacks and low blood glucose treatments

**\*\*Please do not send your child with any food unless needed for the trip to and/or from camp. All food will be collected at check in and returned to your camper at the end of camp.**

## **No Show Policy**

**Beginning of camp**

If a camper does not arrive by the end of the camper check-in period, they will be contacted by a Brainy Ridge team member to verify their absence and necessary bunk changes will be made by the end of the check-in day.

**End of camp**

If a camper is not picked up by a parent or designated guardian by the end of the pick up period, the Brainy Ridge team will contact the parents or guardian. If they are unreachable we will reach out to the emergency contact listed on the camper application. Campers will continue to be supervised by camp until further arrangements are made.

## **Refund Policy**

In the event camp attendance needs to be canceled after June 1, for reasons beyond your control (i.e., medical reasons, COVID-related restrictions or infections, flight cancellation, etc.), all funds are refundable, can be used as a camp credit the following year, or can be donated as a tax-deductible donation to Brainy Ridge.

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