

Camp Wamp



Staff Welcome Packet 2019

Welcome to Camp Wamp

Summer Camp 2019!



Camp is right around the corner!!!

You have been selected to join the Camp Wamp family for the Summer 2019 camp Season. You have the skills, passion, and enthusiasm to make this summer great!
I can't wait to work with you!

Camp is an exciting adventure and the hardest job you will ever love! You will have a unique opportunity to make a positive and world changing difference in the lives of the young people who come to camp this summer. We have an awesome summer lined up! Our schedule is jam-packed with outdoor programs, canoeing, swimming, hikes, and so much more!



It's about what you CAN do!

Adventure. Optimism. Self-Reliance. Ambition.

Next Steps:

1. Schedule a visit with your physician and take the Physical Examination form (located in the back of this packet).
2. Think about what you will bring to camp - view the packing list and also remember that you will be living outdoors.

Learning before Staff Training:

Please be sure that you have viewed the following resources PRIOR to arrival to camp (prior to your first day of work):

- ✓ <https://www.youtube.com/watch?v=USinZzOn5N8>
- ✓ <https://www.acacamps.org/resource-library/camping-magazine/comeback-kid-learning-lead-summer-camp%20>
- ✓ <https://www.youtube.com/watch?v=uVDnWQUfBNU>
- ✓ <https://www.acacamps.org/resource-library/camping-magazine/six-habits-i-wish-every-counselor-had>
- ✓ <https://www.youtube.com/watch?v=NrfU2hAk1iA>
- ✓ <https://www.youtube.com/watch?v=6fWxNNfhKkc>
- ✓ <https://www.acacamps.org/resource-library/camping-magazine/ten-tips-tricks-terrific-teaching>

Camp Arrival

There is a lot of information included in this packet—please review it carefully. If you have any questions regarding the information enclosed, or any questions relating to camp, please contact me. You can call me, email me, or text me.

- ❖ **July 1** – All staff Should arrive at Camp Wamp no later than **12:00 pm** unless otherwise approved by Camp Director.
- ❖ **July 7** – Open House
- ❖ **July 8** – Campers Arrive!

Pre-Camp Training

Since our first campers arrive on July 8, we have about one week for staff development, to build our community, and provide you the tools you will need to ensure a positive, active, fun-filled summer camp experience for both you and the campers. Pre-Camp will be a very busy time. You will be given a copy of the schedule when you arrive. Please come with a focused attitude so that you can get the most out of our time together.

Pre-Camp is the time you get to ask all those questions that you have right now that don't have answers yet... and hopefully, you'll even discover some new questions. It's a time for getting ready.

Make a list of the things you want to learn and gain during Pre-Camp. For some of us it may mean getting to know the site; for others it may be acquiring new skills or polishing old ones. There will be time for individual studying or practice and time for sharing with the total group. We'll check out the site and the equipment, get acquainted with each other, and figure out how we're going to put this show on the road and make it a hit production.

Pre-Camp will cover the following topics:

- ❖ **CAMP** – What is where and how do I get there???
- ❖ **STAFF** – Who we are and what we're about.
- ❖ **OUR JOBS and ROLES** - What they are and how we do them.
- ❖ **ROUTINES** – What to do and when to do it.
- ❖ **SKILLS** – Learning and Practice. Teaching others. Role-playing and discussions.
- ❖ **CHILDREN** – Let's take a look at our campers.
- ❖ **PROGRAMMING** – What it is, how we create it, and how to make it work.
- ❖ **HEALTH & SAFETY** – What are the risks at camp and what to do in an emergency?

Camp Specific Programs

- ❖ **Cook-outs:** Every camper should have the opportunity to participate at least once (sometimes two or more if the campers want to) "Cook-out". The campers will choose the menu and prepare the food and use stoves, campfire, etc. and wash their dishes outside. It is important for counselors to keep the menu interesting and try out new recipes each week
- ❖ **Wildlife:** In keeping consistent with leadership, role modeling, and environmental ethics we will treat ALL wildlife with respect and give them space. Many people have associated fears with certain wildlife (spiders, insects, snakes, etc.) and we will work with one another and campers to help educate them. Part of that education is to model to campers that the web of life, of which we are all a part of, means that we honor the niche and habitat of ALL wildlife. We will review hazards: Mice, chipmunks, coyote, an occasional bear, river otters, deer, eagles, osprey, egrets, etc. so that campers understand associated dangers as well as educate them on the role that wildlife plays in our lives (insects pollinate flowers so that we can eat fruit, worms and grubs underground are mixing soil so that plants can flourish, etc.).
- ❖ **Kapers:** Kapers are camp chores. Everyday your living unit will be assigned a "Kaper". Examples of kapers include: Flag Ceremony (morning and evening), sweeping & moping the lodge, lodge bathroom cleaning, setting up tables and place settings in the lodge (Hoppers), etc. This must be done DAILY. There is usually time after meals where campers can accomplish this cleaning. Kapers should only take 20 minutes maximum.
- ❖ **Youth-Led Planning:** An INTEGRAL PART of youth development is Youth-Led planning. On Sunday you will meet with all of the campers and counselors in your team and ask them what they want to focus on while at camp. It is important that they know they can make the decisions on how they want to shape their camp experience. Give campers the opportunity to shape their camp experience as much as possible.
- ❖ **Evening Meetings:** Another component of the camping experience is Reflection and gathering in Circle. Teams meet in large or small groups daily to debrief their day, celebrate any successes or discuss any challenges, appreciate each other, and get ready for the next day.
- ❖ **Sleeping Under the Stars:** Campers and Counselors will be sleeping under the stars every night that the weather allows. You may use a Camp Wamp cot, or choose to sleep on the ground. Campers and staff will not be using tents. Staff, please bring a sleeping bag to camp and BE PREPARED to sleep outside.
- ❖ **Camp-Outs:** Each team will plan a day to hike away from main camp, cook dinner (and possibly breakfast), sleep overnight, and hike back to main camp.

Please keep the following in mind as you get ready for pre camp:

- ❖ **Singing** is a big part of summer camp. Come prepared to teach a song and a game appropriate for camp. (Don't worry about being on key – ANYONE can sing camp songs!)
- ❖ Bring **ideas** to share about program theme activities like: special dinners, recipes, skits, stories, environmental education, etc. You may want to bring clothes for crazy activities — anything bright, crazy, out of style, or funky is perfect.
- ❖ **Theme weeks** Each week we will have meals, special all-camp events, and other fun activities based upon these themes. Some staff and campers enjoy "dressing the part" for some themes, just remember to keep it appropriate. If you have something special to share that is theme related feel free to bring it along.

Theme Weeks!

Session 1	– Pirates and Parrots
Session 2	– Superheroes
Session 3	– Western
Session 4	– Jungle Safari
Session 5	– Around the World



- ❖ **Expect to** make lots of new friends, be really busy, be a role model, sing lots and lots, be prepared for Information Overload (hint-hint: take notes maybe), work hard, have fun, be positive, learn new skills or refresh old ones, act silly, laugh a lot, be supportive of others and be supported, and expect to succeed.
- ❖ Check out the **American Camp Association** at www.acacamps.org to help you become prepared, chat with other camp staff from all over the country who work at camps as well. It's also a great place to look for fun games.

Camp Paperwork

We will collect these forms when you arrive.

Please bring with you: (copies will not be accepted)

► 2 forms of identification to complete the Federal tax forms

Example: Social Security Card OR Birth Certificate AND Driver's License * **Expired documents will not be accepted***

- Any certifications relevant to camp (First Aid, CPR, Archery, Lifeguard, WRFA, etc.)
- If you are bringing a car to camp: Bring proof of auto insurance and a spare set of keys

► Health History/Physical Examination Record:

This must be completed by you and your doctor **before** you arrive at camp. It will be collected upon your arrival at camp. This form requires the signature of a medical professional

General Information

About our founder



Stephen J. Wampler

The Stephen J Wampler Foundation the organization that runs Camp Wamp was founded by Stephen Wampler. Stephen has a pretty severe form of Cerebral Palsy due to an incident at birth, and uses an electric wheelchair to get around.

Stephen was born to extraordinary parents who taught him that while his disability was permanent, he owed it to himself to charge forward and to have a great life with goals and expectations for himself.

When he was 9, his parents sent him to a wilderness summer camp in the high Sierras of California.

Stephen Wampler attended the camp for 9 summers until he aged out and went off to college to graduate from UC Davis with a Environmental Engineering degree. Three years later Stephen met and married his love of his life, Elizabeth. Four years later they welcomed their first child, Charlotte, followed a year later by son Joseph.

Stephen is now a family man and an Environmental Engineer, but he couldn't ignore the thought of reopening the camp that he had attended. It had closed down a few years earlier and Steve decided he

wanted to reopen it so kids like him could attend and learn about nature as he had.

Stephen Wampler slowly started raising money, and to his great surprise, he got overwhelming support in the form of mass donations from the local Coronado, CA community as well as friends from the Bay Area of San Francisco.

Camp Wamp opened a new facility in the High Sierras of California that will be fully operational in the summer of 2018 for children ages (10-18) years old with physical disabilities. We also offer a family camp, available for adults and children of all ages with physical disabilities. This new facility has been a dream of Stephen's for years, it is an accessible place in the High Sierras for children with physical disabilities to come from all over the world and enjoy the great outdoors.

Stephen wants to give Wampers the same memories and experiences he had as a kid with the great outdoors. The new Camp Wamp has a 9 acre lake with native brook trout and 129 acres of remote rugged wilderness. Camp Wamp is coming alive! Come join our journey!

About our Director

Annie joined Camp Wamp in 2018. Annie comes to Camp Wamp with a varied background in Non-Profit and Camp management. She is a graduate of the University of Southern Mississippi where she earned a Bachelor of Science Degree in Recreation with an emphasis in Administration. She has worked with numerous camps throughout the country and has served as a member of the National Council of leaders, Heart of the South District Chair of the Local Council of Leaders, Arizona State Chair, and Mississippi State Chair for the American Camp Association (ACA). Annie is inspired by our campers daily and continues to be an advocate for camping and providing rustic recreation experiences for individuals with disabilities.

Email: annie@wamplerfoundation.org

Work Cell: 530.721.6369



Annie Warner



Deer Lake

History of Camp Wamp at Deer Lake

Camp Wamp

Our outdoor programs started in August of 2002, when we welcomed our first 24 campers. Since our first summer, we have had over 250 campers at 5 different sites.

This summer, Stephen J. Wampler Foundation's new facility will be opening for Camp Wamp this summer. This facility will make the High Sierras accessible to children with physical disabilities. We are please to offer children with disabilities the opportunity to experience the great outdoors with access to our 129 acres of remote rugged wilderness and our 9 acre lake.

The property now known as Camp Wamp was originally built in the 1920s and used as a hunting lodge. Some of the original buildings stand today. Our health center was the kitchen in its first years.

In the 1950s it was purchased by the local Girl Scout Council to be used as a summer camp for the Girl Scout membership. Purchase of the camp was funded by cookie sales and spaghetti dinners. It has been through many seasons of heavy snow. Including one in the 1980s that caused the dining hall/ kitchen to collapse. The current kitchen/dining hall stands on the same footprint.

Camp Wamp purchased the property from the Girl Scouts of Northern California in 2017 and will be welcoming its first campers on this site this summer!



Where is Camp located?

Camp Wamp is located in Soda Springs, California. Soda Springs is about 45 minutes driving time west of Reno, Nevada, 90 minutes driving time east of Sacramento, and 3 hours northeast of the San Francisco. Other places that staff commonly visit during their time off include Lake Tahoe, Truckee, Tahoe City, Squaw Valley, Kings Beach, and South Lake Tahoe.

Soda Springs is a very small town that holds only a post office, general store, and gas station. The nearest towns with larger stores such as Wal Mart or Target are Reno and Auburn. Truckee has grocery stores, restaurants, and tourist attractions.



Telephones at Camp

- Our camp phone is being installed and we will provide you with the number when it becomes available. This is our only phone line and is reserved for business use. You may share this number with your family to be used in case of emergency.
- Cell phones must **NOT** be used or seen by campers and must be STORED IN A SECURE LOCATION (never carried to be used as a watch, etc.). Please make calls and send text messages only on your time off.

Appearance / Dress Code

- Staff will need to wear clean, nice looking jean bottoms (pants, shorts, etc.) along with the staff t-shirt on check-in/out days.
- On remaining days of the week any shorts, pants etc. are acceptable. Short-shorts are not permitted.
- Facial piercings should be small, clear, and generally conservative.
- We ask that all tops have at least a 3 finger width shoulder strap, cover all cleavage and mid-drift, and do not have inappropriate graphics or language.

Laundry Facilities

- You may do laundry during time-off. We have only one washer/dryer unit available. If possible, please combine loads with another member of staff.
- Laundry is free. You provide detergent/. Bleach is not permitted due to the septic system
- Label everything!! Write your name or initials on the tag or inside your clothes

Internet and Email

- We are **NOT** responsible for loss or damage of personal computers/cell phones. You must keep valuables in an area others cannot access or see and **ONLY USE DURING YOUR TIME OFF**. This applies to internet use as well as cell phone use (including text messages).

Mail

- There is **NO** mail service. Please do send mail to camp.

Staff Living Quarters

- You will be sleeping on a cot, under the stars, without a tent. Your gear may be stored under your cot.
- Camp Wamp has shower houses.
- Shower houses do not have electricity

Showers

- Due to California's water conservation efforts, we ask that staff shower every other day.

Time Off

- You can expect to enjoy 2 hours off each day with the exception of check-in & check-out days.
- Every weekend, staff are off beginning Friday evening after our staff meeting/in-service to Sunday at 10 am unless otherwise noted.
- You do not have to leave camp property during the weekends, although you are welcome to.

Weather

- Our location in the Sierra Nevada Mountains means warm summer days, and cool evenings. Near the end of camp it can be very chilly at night and cool during days.

Health & Wellness

- Camp has a supply of over the counter medications available to staff. All medications brought to camp must be turned into the Health Supervisor. Prescription medication must be in its original container.
- If you follow the "Packing List" you'll be fine, and have what you need. Ultimately it is personal choice.
- Just remember that you won't have a lot of space. There are no closets; your things will be under your bed.

Dietary Needs/Restrictions

- Our camp cook is able to work with most food restrictions and dietary needs. If you have a special diet or concerns about what we will be eating at camp, please contact the Camp Director.

Kitchen

- Staff can purchase their own snacks and leave them, clearly labeled, in the designated area. The Main Kitchen is OFF LIMITS for all, other than those having direct business with the kitchen.

Food

- Staff are **STRONGLY** discouraged from keeping food near their cots. Food attracts animals!
- Staff may not have candy, special beverages, or any other food in front of the campers unless everyone is having the same type of thing. Campers' food should be labeled and placed in the designated area.
- **PEANUT PRODUCTS** are not allowed at camp—this is a life threat for many campers. We take this seriously.

Camp Staff Policies

- I will not consume alcohol or drugs, or participate in sexual activities on camp property. This includes time off while at camp. (Seasonal employees **MAY NOT** have possession of alcohol or drugs, nor have it in their systems while at camp. This includes staff over 21 years of age. Staff will need to make other sleeping arrangements (not on camp property) if alcohol/drugs are consumed during time off.
- I will only smoke off camp property, never in the site of campers, and only during my time off
- In the interest of community safety, I will only use my cell phone or computer during my off-time. These items will be stored in an area away from the living quarters and never used in the sight of campers.
- The camp director must approve all visitors before they arrive at camp.
- I will be drug tested during pre-camp staff training and periodically through out the summer at the Camp Director's discretion.
- Time off at camp is very limited. I can expect 2 hours off per day and 24 hours off at the end of each session.
- I need to complete paperwork in advance, including a physical exam signed by a physician.
- The Wampler Foundation strongly recommends that staff not bring valuables to camp. Personal belongings are the exclusive responsibility of the staff member and are not covered by Foundation insurance.
- Working at a residential camp requires commitment to the campers experience and to my fellow teammates. It also requires making healthy choices such as eating, drinking water, getting enough sleep, managing time off, and communicating with supervisors.
- A position at camp requires focus on the camper. If I am in a situation where my focus and priorities are no longer toward the camper or camp community I will have a conversation with the Camp Director ASAP.

CAMP WAMP 2019

STAFF PACKING LIST

CLOTHING ITEMS

- ___ 2 pajamas
- ___ 2 to 3 pants
- ___ 2 to 3 appropriate length shorts
- ___ 5 to 7 short sleeved shirts
- ___ 3 or 4 long sleeved shirts
- ___ 2 or 3 sweaters, sweatshirts, or fleece
- ___ 7 to 9 pairs of socks
- ___ 7 to 9 pairs of underwear
- ___ 2 pairs of sturdy, close-toed shoes
- ___ Shower shoes
- ___ Rain gear
- ___ 1 hat with brim or visors
- ___ 1 swimsuit

CAMP LIFE ITEMS

- ___ Laundry bag
- ___ Laundry detergent and dryer sheets
- ___ Daypack, backpack, or carry-all bag
- ___ Flashlight and extra batteries
- ___ Water bottle or canteen (reusable)
- ___ Sunglasses
- ___ Pens, pencils, paper
- ___ Wrist watch (required!)
- ___ Guitar/portable musical instruments (optional)
- ___ Alarm clock (battery operated)

LEAVE-AT-HOME ITEMS

- » pets/animals
- » snacks with nuts
- » personal sporting equipment
- » tobacco, non-prescription, illegal drugs, alcohol
- » expensive name-brand items

PERSONAL CARE ITEMS

- ___ Soap
- ___ Shampoo and conditioner
- ___ Hair brush and comb
- ___ Toothbrush and toothpaste
- ___ Lip balm with sun block
- ___ Skin lotion
- ___ Sun screen (SPF 15 or higher)
- ___ Feminine hygiene supplies (if applicable)
- ___ Deodorant (non-aerosol)
- ___ 2 to 3 towels
- ___ 1 or 2 wash cloths
- ___ Shower tote (Optional, but nice to have)
- ___ Pocket Knife
- ___ Songbooks, kid-appropriate music
- ___ Camera
- ___ Costume clothes for camp activities/theme weeks
- ___ Coffee Mug with lid
- ___ A white clothing item for tie-dye

TIME OFF ITEMS

- ___ iPod, headphones, music devices
- ___ Stationery and stamps
- ___ 1 nicer outfit for weekends (optional)
- ___ Books and magazines
- ___ Playing cards/ small games
- ___ Cellular phone

- » matches or candles
- » irreplaceable items
- » fireworks, weapons, ammunition
- » inappropriate books, magazines, clothing
- » Televisions, DVD players

YOU ARE RESPONSIBLE FOR ALL ITEMS YOU BRING TO CAMP. WE RECOMMEND THAT YOU LEAVE AT HOME ALL IRREPLACEABLE OR VALUABLE ITEMS. STEPHEN J. WAMPLER FOUNDATION INC. IS NOT RESPONSIBLE FOR LOST, DAMAGED, OR STOLEN ITEMS ON OR OFF CAMP PROPERTY. PERSONAL ITEMS ARE NOT COVERED BY FOUNDATION INSURANCE.

Driving Instructions

- Right at Pahatsi Rd
 - Follow Pahatsi road 2.7 miles past the end of the paved road to the Camp Wamp parking lot
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- The map illustrates the route from San Francisco to Camp Wamp at Deer Lake. The main map shows the path from San Francisco through the Bay Area (Berkeley, Oakland, Vallejo) and the Central Valley (Sacramento, Davis, Auburn) to Soda Springs. Key highways shown are 101, 580, 80, and 49. A detailed inset map of the Soda Springs area provides specific directions: turn right at a stop sign (0.6 miles) onto Pahatsi Road, follow it for 2.7 miles past the end of the paved road, and turn right at Soda Springs Road (the 2nd road on the right) to reach Camp Wamp at Deer Lake. Other landmarks like Sugar Bowl and To Serene Lake are also indicated.

CAMP WAMP 2019

STAFF PHYSICAL FORM

To Physicians and Their Staff:

This person is an employee at Camp Wamp. The job includes physical activity such as lifting, hiking, and canoeing, and requires the individual to be outside in a variety of weather conditions. Our healthcare staff and the employee's work supervisor use the information provided on this form to guide their interface with the employee. The employee can provide their job's description and list of essential functions to you. If you question the person's suitability for their job, please talk with them about your concerns and develop a plan to address that concern. You can also speak to one of our camp professionals by calling 530.721.6369. Thank you!

Name of Staff Member: _____ Date of Birth: _____

Date of Examination: _____ Height: _____ ft _____ in Weight: _____ Blood Pressure: _____ / _____

The following medications are stocked in our Health Center and will be used to manage illness and/or injury.

CROSS OUT any that are contraindicated for this person.

Acetaminophen
Aloe
Bismuth Chew Tabs
Calamine Lotion
Chlorpheniramine maleate
Diphenhydramine
Epinephrine
Guiafenesisin DM
Hydrocortisone Cream
Ibuprofen
Kaopectate
Cough Drops
Ivy Dry
Nix
Tolnaftate
Topical Antibiotic Cream
Pseudoephedrine
Silver Sulfadiazine

Doctor's Signature:

PRINTED NAME (or Stamp):

Date: _____

By signing this form, you are stating that, in your opinion, this person is both physically and emotionally ready to participate as an employee at our camp except as noted in your comments.

1. List the chronic health problems of this employee:

☐ None ☐ Asthma ☐ Diabetes ☐ Allergies

☐ Other: _____

2. List the prescription medication(s) this person will take while at camp. ☐ None needed while at camp

a. _____

b. _____

c. _____

d. _____

3. List ALL patient allergies, known reactions and best course of treatment upon exposure. ☐ No known allergies

a. _____

b. _____

c. _____

d. _____

Note: We expect the employee will have an EpiPen and know how to use it if anaphylaxis is a known reaction.

4. Describe other treatments needed by this person while at camp to perform their job duties. ☐ None needed

5. Describe any significant physical findings regarding this person and/or describe any limitations that may impact the employee's job performance. ☐ No significant findings

6. If you feel we have neglected to ask something you feel is needed to adequately address this person's health, please add comments below. ☐ No additional comments

