2017 Outdoor Education Resident Camp
Info for Parents/Guardians and Campers

Hello Parents/Guardians and Campers!

Each year, more than 2,100 children, youth and family members enjoy Camp Augusta's rustic setting in the foothills of the Sierra Nevada. At Camp Augusta, children see and wonder about a butterfly, kick a stone and see how it bounces, or talk with a friend without needing anything that whistles, buzzes, hums or electronically connects to something. Camp Augusta understands the value of simple, personal experiences for youth. While many camps choose to serve groups of 250-500 children at one time, Camp Augusta prefers smaller groups of 30-100 as this allows the staff to provide each camper with meaningful, individual attention.

Our mission is "To reclaim and foster the beauty, wonder, awe, potential, and innocence of childhood." While serving that mission with children, we also hope to make the organizational process for teachers as seamless as possible and to support you as you collect registrations from families.

Included in this package is information relating to

- Paper work information
- Guidelines
- Info for Parents/Guardians
- Site information
- Packing List (if staying overnight)

If at any point you have questions regarding registrations or programming, please do not hesitate to contact one of our staff members. We look forward to your visit!

Ronnie Ferrans

Contact info:

Camp Augusta, 17530 Lake Vera Rd, Nevada City CA 95959
Phone: 530-265-3702

Primary Program Contacts

Ronnie Ferrans, Outdoor Education Director
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Other Augusta Contacts

Randall Grayson, Director
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Registrar and Office Elves!
office@campaugusta.org

"Are those real crickets or does Camp Augusta play a recording at night?" – 2008 Camp Augusta camper

Parent/Guardian Responsibilities & Info

Student/Parent Paperwork

Each student must have a guardian complete the following paperwork:

- Student Registration forms - Needs to be signed for each child and provided to your classroom teacher.
- Chaperone Registration forms - needed for any chaperones (teachers, parents, etc.) joining your group.
- Parent Confidential (only needed for overnight campers) – Please provide completed forms to your classroom teacher.
- Health forms – these are usually school/district specific and are the responsibility of the teacher(s) in charge. If you did not received one of these to fill out, please contact the teacher in charge.

Camp Augusta needs registration forms and parent confidentials in hand at least 3 weeks before your arrival. Please return them to your teacher a.s.a.p.

Partnering with Parents

We ask that you familiarize yourself with our philosophy towards working with people. From www.campaugusta.org, click on the "Partnering with Parents" button on the left navigation bar. Once there, you will see several articles, with the below being the ones most relevant to your child's stay.

- 5 Approaches to Discipline and Success Counseling (our philosophy on behavior management)
- Homesickness (overnight campers)
- Four-ish letter words
- Educational Praise
- Videos for enlightenment (If you'd like us to send you copies of any videos, let us know and we'd be happy to send them your way!)

Please also have a look at our program philosophy (from www.campaugusta.org, click on the "Summer Camp" button on the left navigation bar and follow the links for "Activities" then "Philosophy") and food philosophy (from www.campaugusta.org, click on the "About Camp Augusta" button on the left navigation bar and follow the link for "Food").
Along with our program philosophy, please have a read through our philosophy on risk while at camp (from www.campaugusta.org, click on the "About Camp Augusta" button on the left of the navigation bar and follow the links to "Safety".

Student Care

Camp Augusta has a history of providing quality learning experiences for youth in the outdoors. The first priority of our staff is ensuring the physical and emotional safety of our participants; for only after they are comfortable will they be able to fully participate in the activities around them. Student care is a collaborative effort between Camp Augusta staff, teachers, chaperones, parent/guardians, and the students themselves. Like at school, teachers act in loco parentis (in the place of a parent) and are ultimately responsible for their students while they are attending a Camp Augusta program. Camp Augusta staff have a duty to care for program participants on site and may consult with teachers about any concerns regarding students.

Emergency Procedures

Camp Augusta has emergency procedures in place to deal with fires, lost student and wildlife encounters. Teachers and chaperones are responsible for transportation and evacuation if necessary. Students and teachers are told where to meet in the case of large-scale incidents during an opening community meeting.

Camper Health Care

Unless requested and paid for by students or the school, Camp Augusta does not provide an on-site nurse for outdoor education programs. While most Camp Augusta staff are trained in first aid, teachers will be asked to coordinate non-emergency decisions (such as transportation), and to handle communication to principals and parent/guardians. Camp Augusta staff will gladly consult with teachers to make these important decisions as the need arises but the ultimate responsibility is with the teachers. Our goal is for students to either return quickly to the program, or access the support they need to feel safe and be comfortable.

Teachers are responsible for ensuring they have copies of school/district health forms with them when they come to camp, in case of an emergency. Camp Augusta staff must be informed of any pertinent student information (diagnosed behavioral or learning concerns, chronic health concerns such as diabetes, or communicable conditions such as lice, ringworm, impetigo, mononucleosis, etc.) at least 3 weeks prior to any guests or participants arriving or upon diagnosis, if diagnosis occurs within 3 weeks of visit. This can be communicated to us through the teacher. Updated or new conditions must be shared with Camp Augusta as soon as possible.

The dispensing of any medication is the sole responsibility of the teachers. Students who carry "take-when-needed" medications such as inhalers, creams, or EpiPens may still do so at Camp Augusta. Camp Augusta does stock some over the counter medications on site if needed; these can only be dispensed by the teachers.

Parent Contact

Parents are welcome to call our office if they would like to see how their student is doing at camp. If homesickness is a concern, please let us know ahead of time. Our staff is trained to work with youth who are homesick. Through our experience, we have found that calls home make homesickness worse more often than making it better. More details about homesickness and preventative measures can be found on www.campaugusta.org, click on the "Partnering with Parents" button on the left navigation bar and follow the link for "Homesickness."

The Camp Augusta Kitchen

Camp Augusta offers healthy, child friendly options for all meals and includes a vegetarian option as well as a well stocked salad bar for lunch and dinner. Breakfast includes a hot entrée and a cereal bar with a variety of cereals and fruit. Meals are made predominantly from scratch using organic and local products when available.

For our kitchen staff to support student food needs most effectively, it is important for us to know about any allergies or dietary restrictions (wheat free, lactose intolerance, vegan, etc.) at least 3 weeks in advance. This information can be relayed to us through the teacher. Also note, due to frequent and often severe allergies, we are a nut-resistant kitchen.

Challenge by Choice – Camp Augusta's program philosophy

> *Challenge by Choice asks that participants challenge themselves and participate fully in the experience. Recognizing that any activity or goal may pose a different level and type of challenge for each group member and that authentic personal change comes from within, Challenge by Choice creates an environment where participants are asked to search for opportunities to stretch and grow during the experience. The determination of what kind of participation represents an optimal learning opportunity is the responsibility of each group member.* (Source: http://www.pa.org/about/glossary.php#)

> What does this philosophy mean? Challenge by choice means that each child or adult sets their own goals and works to achieve them on their own terms. It means that parents or teachers are not setting goals for children, or vise versa. If someone chooses to make it half way up the climbing wall that is equally as valid as someone who wishes to go all the way. It is the participant's personal challenge and they do not need to share with others if they don't wish to. In this environment, we choose to give descriptive praise, (e.g. "You were very agile how you reached for the yellow rock") and avoid any comments which might minimize someone's efforts (e.g. "Good try", "You can do it!" or any count downs). Challenge by choice then creates a safe environment where people are challenged to push themselves as far as they want to go.

Guidelines and expectations

We ask that you read through the following points and go through any relevant points with your child so they are as prepared as possible about what to expect before they get here.

- In addition to normal homesickness, campers arriving who didn't want to be here, were coerced into coming, or were expecting something other than what they found may encounter "rational homesickness." That form often ends up in "well, I guess I'll have to suck it up and deal with it." We encourage "challenge by choice" philosophy therefore we do not wish to force campers to be here if they do not want to be. If campers are coming here with that sort of attitude it will likely affect the experience of every other person they encounter.
- The number 1 reason why campers don't feel well at camp is often dehydration. **Every camper must bring a water bottle** with them and keep it on them at all times. All the water on site is perfectly fine to drink straight from the tap. Many people who have been to camp before prefer it to bottled water...it's that good and pure!
- It can get a little chilly at camp during the spring or fall, with temperatures as low as 35-40˚F at night. Bring some warmer bedding and clothing in case we experience similar weather conditions. Note that the temperature rating on a sleeping bag is not the temperature at which you will be comfortable; it is the lowest temperature at which the sleeping bag will help sustain life. A sleeping bag should be rated at least 20-25˚F lower than the air temperature to be comfortable.
- If your camper is staying over night, they will be living in cabins with counselors to enhance the Camp Augusta adventure.
- For campers with special needs, parents will be helpful one-on-one and Camp Augusta needs to be notified at least 3 weeks in advance in order to make adequate accommodations.
- A Camp Augusta 'store' will be available upon request which has a limited amount of things. One of the items is a Camp Augusta T-Shirt, which usually costs $10-15 (same as our cost to have it made) which has been incredibly popular with previous groups. The cost is subject to change from year to year depending on cost of that year's design.
- This is a great chance to meet new people, learn new activities, enjoy the wonders of nature and make great new friends.
- An open mind, willingness to learn and a great attitude can make your visit even better.
- We do have ticks here. If you stay on the paths, you are less likely to get them. At night, please check yourself for any new bumps. If you have a tick, you can remove it with a set of tweezers and Camp Augusta staff can help you with that. After removal, apply antibiotic ointment and monitor for a couple days. Watch for signs of illness such as rash or fever, and see a health care provider if these develop. For fully detailed information about tick removal, see the CDC website (http://www.cdc.gov/). If it looks infected or you start experiencing flu like symptoms, seek medical attention. It is recommended to keep the tick in a Ziploc bag for testing in the event you get ill. As a precautionary measure you can have the tick tested for illness at your local health care provider once it is removed.
- Our forest contains poison oak. If you stay on the paths, you are less likely to come in contact with it, however, please be cautious wherever you go. If you do come in contact with poison oak, wash the affected area well and apply rubbing alcohol. Put any clothes that may have come in contact in a separate bag for washing. The oil sticks to everything.
- Most of our staff are First Aid and CPR trained and there are first aid kits all over camp if needed.
- For safety, Camp Augusta has a "Rule of 3" requirement. This means that if campers are going anywhere where they are out of sight of staff, 3 campers need to go as a group. This rule applies to any adults/staff when with campers too.
- If this was chosen as part of your programming, campers may have the opportunity to do Tie-Dye as one of the activities during an Arts and Crafts period. Campers are more than welcome to bring 'whites' that they wish to tie-dye to camp with them. Please note that the more cotton is present in the article of clothing, the better. The dyes don't take well to synthetic materials. Campers may bring a couple items to tie dye as there may be a couple of opportunities to do this fun activity. Examples include: pillow cases, t-shirts, socks, skirts, etc. Each camper is provided a bandana to tie-dye by Camp Augusta as part of the activity

- Talent Show – Some programs include talent shows performed by you. If your program is one of these, there are some guidelines to follow when thinking about your performances:
    - Songs, music, skits, instruments, kata's, dances, etc. are all great ideas (feel free to include your own too). Let your imagination flow!
    - A great focus that will be enjoyed by everyone is to try to avoid pop culture type acts. Outside of camp, we get bombarded by these in the media almost every day; we strive to focus on the more wholesome acts.
    - Please avoid violence and social cruelty of any form in any of your acts. We are exposed to this manner of interaction almost everyday of our lives on TV; let's enjoy the lighter and nicer side of life.

Notes for Parents and Teachers coming to Camp Augusta during the trip

- Parents and teachers: You can participate in the activities if time and space allow, but we ask that you do so with the enjoyment of being a camper again.
- Camp is designed to be technology-free experience, away from the social pressures of the world. As such, we encourage you not to bring iPods, phones, computers, hairdryers, make-up, or other unnecessary products.
- You'll need to fill out a registration form similar to the ones filled out by the camper's parents.
- There may be some activities and certain times of the day that are cabin/group bonding times. During these times please give the cabins/groups the space to carry out their activities. If you would like to spend time with your child's cabin/group, please speak with the counselor before hand.
- If at any point parents and teachers are not with the groups, feel free to explore and get to know the land and see all the beauties on offer. We've got maps available in the office to help you find your way around. Please do not go out on the lake if there is not a canoeing activity running. There is no lifeguard on duty outside of scheduled waterfront activities. Even then, their primary responsibility is for the activity participants.
- In the unlikely event of trouble arising, have no fear, your Camp Augusta counselors are here to help out no matter what! All our staff are highly trained in behavior management, child development, most in first aid and CPR and so much more. They are hand picked out of hundreds of applicants from all across the world. They are the best of the best!
- Our counselors are well trained in a behavior management technique called success counseling. More information about it is available on the Camp Augusta website (Partnering with Parents). It is sometimes difficult for parents/teachers to see their child behaving in a way they don't encourage at home/at school and let someone else address it, especially in a way they are unfamiliar with. However, it is important for the cohesiveness of the cabin to let the counselor take care of any situations that arise. If you are spending time with your child's cabin and see something you would like to discuss with the counselor, please speak with them privately after the situation has passed. They would love to hear any insight you have on your child and provide you with information about our methods. We do not believe in using punishment, rewards or guilt to curb a person's behavior. If you have any questions about this section, we would be more than happy to explain our reasons and/or provide information on our methods to interested teachers or parents.
- Phone calls may be made in the office at anytime by teachers and parents. We have an unlimited long distance plan, so there is no charge within the USA.
- You can take pictures and video. We would love copies so we can remember you too!
- There are usually many more of you than there are of us. If we ask for help, please do, you may learn even more than you thought you would by doing so.
- Please ensure that all adults attending Camp Augusta are aware of the medical agreement form signed by the school.
- We want loads of fun to be had by everyone!! ☺
- You are more than welcome to organize a time with us to come up to camp and have a look around to familiarize yourself with where your child will be coming.
- No smoking or Alcohol is allowed on the property. If, as an adult, you MUST smoke, we ask that you take a walk off our property and return not smelling of cigarettes so that students are not exposed to any sign of

your walk. Also, please dispose of your butts responsibly and understand that you are standing in a dry forest that needs very little to ignite ☺

Packing List for overnight campers

#Sent	CLOTHING LIST
_____	T-shirts and Shirts
_____	Long pants
_____	Underclothes
_____	Pairs of Socks (including one pair of Wool or Synthetic Socks)
_____	Sandals or water shoes
_____	Sneakers
_____	Sweatshirt/Light Jacket
_____	Swimsuits (recommended one-piece for girls)
_____	Bath Towel & Wash Cloth sets
_____	Night Clothes
_____	Poncho/Raincoat
_____	Hat – *Protection from sun*

# Sent	OTHER ITEMS
_____	Toiletries/Shower Bag/Shampoo
_____	Soap & Soap Dish
_____	Toothbrush & Toothpaste
_____	Comb/Brush
_____	Water bottle
_____	Laundry Bag
_____	Flashlight with Batteries and spares (more than one per family & packed in an accessible location)
_____	Bug Repellant (non-aerosol) with Low Deet – more is not better
_____	Suntan Lotion/Sun Block
_____	Disposable camera (with name on it ! !)
_____	White, 100% cotton items to tie dye. We have things that can be purchased.
_____	Medications

# Sent	BEDDING
_____	Sheets (twin) to cover mattress (sleep in sleeping bag)
_____	Plastic Sheet – *for bed wetter*
_____	**Warm** sleeping bag
_____	Pillow & Pillow Case

For climbing activities, you will find long shorts or long pants to be more comfortable. Consider light-colored clothing if the temperature is going to be hot.

Come to camp prepared to participate in physical activities, keep warm during the evenings, cool during the days, and with enough clothes to remain clean, healthy, and happy campers. When packing, please consider the weather. We encourage you to use old clothing, as your child will be camping out, climbing hiking through the woods.

Luggage should be compact and easy to carry – duffels are great.

Please review and respect the "What not to Bring" list. Achieving the social objectives we set forth for our campers requires the creation of a particular camp and social community. Things such as walkmans, games, and boom boxes work directly against these objectives, and hamper the experience and social growth of all of our campers.

Do NOT Bring

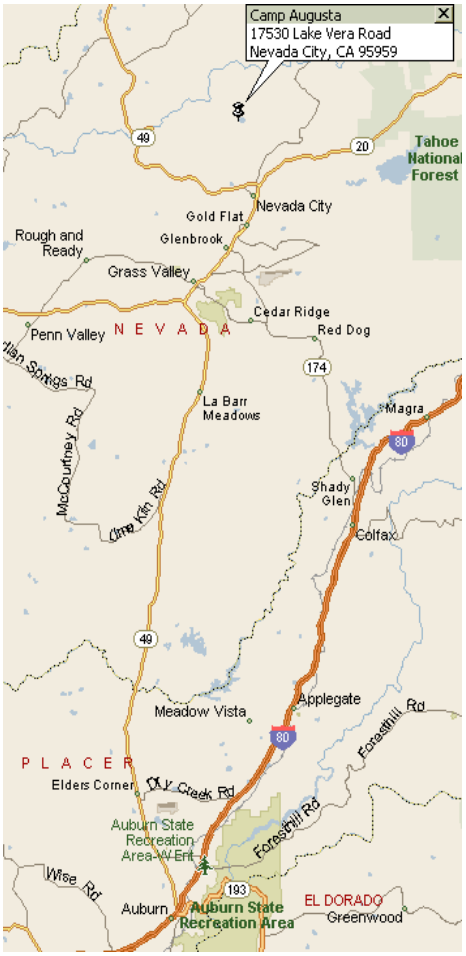
Valuables
Boom boxes
Electronic games
Computers
iPods/MP3s
cell phones/iphones
Fireworks
Candy
Gum
Aerosol Cans
Guns or Knives
Jewelry
Skateboards
Roller blades
Laser Pens

Please DO NOT bring any food into the cabins/tents. Even the small amount of crumbs may attract unwanted pests & wildlife.

Site Information

Camp Augusta is nestled in the Sierra Nevada foothills near the historic gold mining town of Nevada City. Our 80 wooded acres rest on the west shore of beautiful Lake Vera, about an hour and a half northeast of Sacramento.

All activities take place on our site or on the adjoining South Yuba River Recreation Area. Our elevation of 2500 feet and tall pine forest provides the ideal climate for outdoor fun. During the Spring and Fall weather is a little more variable than the summer but still quite pleasant for outdoor activities. During the day in May and early September can be quite warm (75-100°F in May; 75-95°F in early Sept.), at night it can drop to 50°F. In early spring we may see rain for a day or three, however, this is quite rare after mid-May.



Directions

Narrative Directions from the Bay Area

1. From anywhere in the Bay Area, access to camp can be gained through taking Interstate 80 East, towards Sacramento. Just before Sacramento, follow regular (not business) 80 towards Reno. Right hand exit.
2. Pass through Sacramento and start climbing into the foothills until you reach Auburn. (about 35 miles)
3. Take the Highway 49 exit and head North, towards Grass Valley and Nevada City (left).
4. In approximately 25 miles, you will pass through Grass Valley. Next you will pass through Nevada City.
5. Immediately after leaving Nevada City, turn left on Highway 49 North, towards Downieville. You want to be in the left lane to get onto 49 North.
6. Turn on the second right (first traffic light) on North Bloomfield Road.
7. Wind uphill for about 1/2 mile and arrive at a three-way intersection, take the left turn that goes downhill, Lake Vera-Purdon Road.
8. Our driveway is 2.1 miles from this intersection.
9. Turn left at the "Camp Augusta" sign, and you are here!

Accomodations and Dining for overnight campers

Each cabin holds 6 people. There are 4 groups of cabins – Pine, Manzanita, Oak, and Cedar. Each has 5 or 6 cabins. What do the cabins look like? The kind of cabins we have are called "tent cabins." The top is open on both sides, the "door" to the cabin is a vinyl flap, and there is no electricity. Each cabin group has its own bathhouse, which has hot water, flush toilets, sinks, electricity, and private changing and shower areas. If your group is particularly large, campers may stay in our deluxe tents, nearly 200 square feet in size and equipped with camp mattresses.

Like most things at camp, dining is in the great outdoors! Our dining area is equipped with 18 picnic tables, multiple shade structures and a set of 4 sinks with soap and potable water.

Single Day Campers: Unless otherwise organized, your day group will be responsible for brining bagged lunches. Like most things at camp, dining is in the great outdoors! Our dining area is equipped with 18 picnic tables, multiple shade structures and a set of 4 sinks with soap and potable water.