

BETTER



TOGETHER

2021

PARENT HANDBOOK

v1.0

Getting Your Camper Ready
for GAC, One Step at a Time!



DEAR PARENTS,

Thank you for joining us on our journey back to camp in 2021! While we still don't have all the answers regarding COVID-19 protocols, this first edition of our guide will help your family begin preparing for camp.

You will see there are several forms that can be completed any time before May 1. One form that might take extra planning to complete is the Physician's Examination form, which will probably require an appointment for in-person or online visit with your doctor. In any case, we suggest you make arrangements for your physician's examination early in the spring, as this is the one form that must be completed by someone other than you.

This handbook contains many links, and we encourage you to click through and read the information on these pages. By following the guidelines in this handbook and reading the tips on the linked web pages, you will ensure that we have the information necessary to provide your child with the best experience possible.

Because of the large volume of information our office needs to process, it is important that we receive all of your child's forms by May 1. This ensures that our camp personnel can review the information you provide and follow up as needed so we are ready well before the summer begins. The to-do list provided on the next page will help you keep track of your forms and deadlines. We will send supplemental to-do lists as we know more about transportation to and from camp, COVID-19 testing, and other possible COVID-19-related requirements.

If you have any questions as you review this information and complete the required forms, please call the camp office at **1-800-554-2267** or send us an email at mail@goldarrowcamp.com.

We look forward to a summer united, and better, together!

Bean Soy

Camp Directors

What You'll Find in Your Parent Handbook...

- 1 The Current "To-Do" List
- 2 FAQ
- 3 Camp Policies
- 4 Summer Calendar

YOUR “TO-DO” LIST

HOW TO USE “MY GAC” LOGIN TO COMPLETE YOUR CAMP FORMS:

- STEP 1: Click “MY GAC Login” at goldarrowcamp.com
- STEP 2: Select “FORMS AND DOCUMENTS” or “FINANCIAL MANAGEMENT”
- STEP 3: Click on the form you wish to complete.
- STEP 4: Complete the form and submit.

For the PARENT AUTHORIZATION and PHYSICIAN’S EXAMINATION FORMS only:

- STEP 3: Download and print out the form.
- STEP 4: Once the form is complete, email, fax, or mail in to the camp office.



All forms need to be completed and submitted annually. For returning families, the Health History form will retain the information input last, but you will still need to review, update, and submit the form. A Physician’s Examination within 12 months of the session start date is required.

FORM?	DUE?	PROCESS?
<input type="checkbox"/> Camper Profile	By May 1, 2021	Complete Online
<input type="checkbox"/> Camp Policies	By May 1, 2021	Complete Online
<input type="checkbox"/> Health History Form	By May 1, 2021	Complete Online
<input type="checkbox"/> Parent Authorization Form	By May 1, 2021	Print, Scan, Fax or Mail
<input type="checkbox"/> Physician’s Examination*	By May 1, 2021	Print, Scan, Fax or Mail
<input type="checkbox"/> Medication Card (Pink)**	First Day of the Session	Send With Camper

FORMS TO BE COMPLETED LATER

Travel Form: We will provide a form on which you will arrange your child’s transportation to and from camp. At this time, we anticipate being able to offer bus service to and/or from our usual locations in northern and southern California, however, this will ultimately depend on the guidance from the state on COVID-19 protocols. At this time, we do not know if we will be able to offer to pick up campers at the Fresno airport.

Additional Options Form: You will indicate on this form how much camp store credit you would like to deposit into your child’s account.

*The Physician’s Examination form must be completed by child’s physician based on a physical exam within **12 months** of session start date. All other forms are completed by parent.

** Only completed if camper will be taking any medications at camp. The medication card will be mailed to all families in April.

FAQ

Where do I find the latest information about camp's COVID-19 protocols and policies?

Information about how Gold Arrow Camp is responding to the COVID-19 pandemic can be found on our website at goldarrowcamp.com/covid-19. We are updating this page at least monthly and anticipate providing more detail on protocols and policies as the summer approaches.

How do I communicate with my camper during camp?

Because your regular modes of communication with your child (face-to-face, phone, and text) will not be available while they're at camp, here's how you can stay in touch:

- **Snail Mail!** Campers love getting REAL, old-fashioned letters and postcards while at camp. Only letters that require one first-class stamp will be accepted (no large envelopes or packages). Address letters to: Camper Name, c/o Gold Arrow Camp, P.O. Box 155, Lakeshore, CA 93634.
- **Email:** You may send one-way emails to your camper using your My GAC Login. These emails are printed at 4:00 pm daily and delivered with the regular mail (Monday - Saturday).

Can I send my camper a care package?

No. We allow only letters or postcards requiring no more than one first-class stamp. If you have an important item to get to your camper (such as prescription glasses), contact the camp office and arrange to ship the item to the office.

What if my camper gets sick or injured at camp?

Our Wellness Center staff (nurses and a doctor) oversee all camper health care and medications. If your child is treated for any COVID-19 symptoms or has an illness or injury that requires them to miss an activity or stay overnight, you will be contacted and updated. You will not be contacted when your child receives minor first aid (splinter removal, cleaning of a cut, ointment for dry skin, etc.).

How do I find out what's going on at camp?

Camp News is available the following ways:

- **Email:** We'll send weekly email newsletters as well as other important information via email. Make sure mail@goldarrowcamp.com is added to your list of contacts so our emails don't get sent to your spam folder!
- **goldarrowcamp.com:** News is updated regularly on our website (on home page).
- **Instagram:** Campers celebrating birthdays and other

pictures are posted regularly at [instagram.com/goldarrowcamp](https://www.instagram.com/goldarrowcamp/).

- **Facebook:** We share news, videos, and other information on our Facebook page: [facebook.com/goldarrowcamp](https://www.facebook.com/goldarrowcamp).
- **Automated Calls & Texts:** We use automated calls and texts to get information to our camp families.

How much money should I put in my camper's store account?

Campers use credit, not cash, to make camp store purchases. Items range from under \$1 (stamps, stickers, postcards) to up to \$60 (custom sweatshirts). The recommended Camp Store Deposit is \$50-\$150. The amount you choose will be indicated on a form provided before camp begins.

What does my camper need to pack for camp?

We provide detailed tips, as well as a checklist, on the Packing List, which can be downloaded at goldarrowcamp.com/camp-supplies.

How do I see pictures from camp?

Parents and other relatives enjoy getting a window into camp by viewing photos, which we upload from camp once per day, Monday through Friday. Our goal is to get photos that show the major camp events as well as each group of campers at one activity per week. You will not see photos of your child daily. You will be sent a password to view photos prior to your child's session. For more information, please visit goldarrowcamp.com/photos.

What do I do if I get a homesick letter from my camper?

Missing home is a natural feeling for most campers. Fortunately, the fun of camp and the positive feelings usually far outweigh any sadness campers are feeling about missing their parents and home.

It is important that your child knows that going home is not an option and that you have confidence in their ability to be successful at camp.

If you receive a sad letter, call us so that we can check on him/her. We will call you back within 24 hours with detailed information about your child. In most cases, the sad feelings are resolved before you receive the letter. In rare cases of extreme homesickness, we will contact you to discuss a plan for helping your child.

View detailed recommendations about how you can prevent homesickness and how our counselors handle homesickness at goldarrowcamp.com/homesickness.

Can my child bring other electronics (e-readers, Fitbits, Go-Pros, or digital cameras) to camp?

Campers may not bring electronic devices to camp except for lights, watches, and cameras that do **NOT**: connect to a cellular or Bluetooth network, require charging during the session (no outlets available), and have any apps, games, or messaging capabilities. Simple activity tracking devices are permitted.

E-Readers are not allowed at camp. We have an ample supply of library books for camper reading. We discourage campers from bringing any other expensive devices that may be broken, dropped in the lake, or lost while at camp. Many campers use disposable cameras, which we sell in the camp store.

What if my child needs to take medications at camp?

All medications (including over-the-counter medications, vitamins, and homeopathic medications) must be stored at our Wellness Center and distributed by our camp nurses. Our nurses can only administer medications that come in their original container and at the dosage prescribed by the doctor.

We highly recommend no changes to your child's routine prescription medication or dosage prior to their camp stay. We also suggest discontinuing vitamins and supplements that are not critical to your child's health during their camp stay. This will help streamline medication distribution.



If your child will be taking medication while at camp, **PACK YOUR CHILD'S MEDICATION IN A LARGE ZIPLOCK BAG WITH THE MEDICATION AND PINK DOSAGE CARD AND YOUR CHILD'S FULL NAME IN PERMANENT MARKER ON THE BAG. MEDICATIONS MUST BE IN THE ORIGINAL CONTAINER.** Turn in the medications and card at health check-in.



Do not send over-the-counter medications unless your camper takes them daily.



IMPORTANT: MAKE SURE ALL MEDICATION ALLERGIES ARE CLEARLY LISTED!

CAMP POLICIES

In order to maintain a wholesome, fun, child-focused environment free of social pressures and negative influences, Gold Arrow Camp has Camp Policies in place to protect our campers and staff both physically and emotionally. Please read our Camp Policies and review applicable ones with your camper before signing the online Camp Policies form. If you have any questions or concerns about meeting a policy, contact us.

Read through the details of all our policies at goldarrowcamp.com/camp-policies.

- Camper Mail Policy
- Camper Standards of Behavior and Appearance
- Contact with Camp Staff Outside of Camp
- Dismissal from Camp
- Electronics, Music, and Media
- Parent Behavior
- Providing Camp with Information
- Late Arrival/Early Departure

NEED SOMETHING? FIND LINKS TO ALL OF THIS INFORMATION AND MORE AT goldarrowcamp.com/resources.

Phone:
1-800-554-2267

Email:
mail@goldarrowcamp.com

Fax:
559-664-3875

We're here
to help!

2021 EVENTS



SESSION 1

- 6/28 Pajama Breakfast
- 7/3 Big Campfire (Bears/Tigers)
- 7/4 Independence Day
- 7/4 Carnival
- 7/5 Big Campfire (Lions/Eagles)
- 7/8 Pirate Dance
(Aaarrh! Don't forget your eye patch!)
- 7/9 Banquet & Appreciation Campfire

SESSION 2

- 7/12 Pajama Breakfast
- 7/17 Big Campfire (Bears/Tigers)
- 7/18 Carnival
- 7/19 Big Campfire (Lions/Eagles)
- 7/22 Groovy Hippies & Tie-Dye Dance
- 7/23 Banquet & Appreciation Campfire

SESSION 3

- 7/26 Pajama Breakfast
- 7/31 Big Campfire (Bears/Tigers)
- 8/1 Carnival
- 8/2 Big Campfire (Lions/Eagles)
- 8/5 Halloween Dance
(Wear just about anything!)
- 8/6 Banquet & Appreciation Campfire

SESSION 4

- 8/9 Pajama Breakfast
- 8/14 Big Campfire (Bears/Tigers)
- 8/15 Carnival
- 8/16 Big Campfire (Lions/Eagles)
- 8/19 Winter Wonderland Dance
(Dress like anything cold & wintry)
- 8/20 Banquet & Appreciation Campfire

SHAVER WEEK 2

- 6/17 Big Campfire at Shaver
- 6/18 Appreciation Campfire & Ice Cream Social

SESSION 5 (SHAVER WEEK 3)

- 6/25 Big Campfire at Shaver
- 6/26 The Hollywood Dance & Appreciation Campfire

SESSION 6 (SHAVER WEEK) & MINI CAMP

- 8/24 Pajama Breakfast
- 8/27 Big Campfire
- 8/28 Appreciation Campfire & Candy Land Dance
(Dress like your favorite treat!)

THINGS TO BRING

Comfy PJs for Pajama Breakfast

Favorite team sports jersey for "Jers-day Thursdays"

Inexpensive costume or shirt to match the theme of the dance