



# Camper and Parent Handbook



We hope you are getting excited for another camp season! We have put together this handbook, which will hopefully answer any questions you have about the upcoming summer. The information applies to both Sibling Camps and the both Oncology camp weeks.

If you have additional questions after reading this handbook, please contact Brandon “Spot” Padgett by email at [spot@kidscanceralliance.org](mailto:spot@kidscanceralliance.org) or call the office at 502-365-1538. We are here to answer any questions or talk about any concerns you may have.



Camp is primarily about fun, but there is much more to it than just that. We believe that Indian Summer Camp provides a place where children affected by cancer will find others who truly understand the struggles they have experienced and camp is a safe place to explore and share those experiences. While camp is not designed as a “support group” or “counseling session” it does provide an opportunity for informal support and it brings some normalcy to an otherwise abnormal experience.

The experience is similar for siblings and we are proud to be one of a handful of organizations in the nation that provide a siblings-only camp program.

Some of our goals for all of our campers are:

- To recognize and utilize individual strengths
- To enhance and promote self-esteem, self-worth, and self-confidence
- To develop a sense of independence
- To foster meaningful friendships
- To help understand that the effects of cancer do not define them, but instead, add to their amazing character and personality

# Important information from the Medical Team

The medical team at Indian Summer Camp is made up of a physician and a minimum of two nurses from University of Kentucky and Norton Children's Hospital throughout the weeks of Oncology Camp. There will always be at least one nurse on-site and a physician on-call during Sibling Camp.

In order to minimize the risk of illness at camp, we will ask some additional questions about campers during the check-in process. We ask that you make sure your camper feels well the day you leave for camp and will ask how they have felt over the past couple of days. During camp, we will emphasize the importance of hand washing and good hygiene. Campers will have access to hand sanitizer or hand washing on a regular basis, and our staff will be trained to encourage good practices. If your camper appears ill during the week, our medical team will check on them and provide appropriate treatment. Should they become ill with a suspected contagious illness, we will call and ask you to pick them up so that the rest of the camp is not exposed.



Head lice is part of most communal living and does not pose a threat, but more of a nuisance. We typically don't let this disrupt the camp experience. It is our general policy to treat the camper, notify the parents of the camper, clean bedding, and personal belongings of those in the immediate sleeping area, and check the other campers in the cabin. We will also provide a letter explaining the exposure and how parents should follow up. If you do not want your child to be treated, please let the medical team know during check-in.

## Preparing Your Medications to come to camp:

- Bring all medications in their original bottles.
- Count the number of pills in every bottle to assure there will be enough for the entire week of camp with a few extra in case one is dropped. We will be dispensing medications from Sunday dinner through Saturday breakfast.
- Assure that the dose and time of medications on the bottle is correct. If it has been changed please put a label or piece of tape on the bottle to indicate the correct dose. (The nurses will be available during drop off day to help with this)

If your child has a central line, please bring the supplies in a separate container to the Medical Registration area. Remember that the kids tend to swim a lot at camp— sometimes 3 times per day. Therefore, you will need to bring extra dressing supplies. We would also appreciate it if you would bring written instructions on how your child's dressing change is done since each child tends to have specific preferences on the process used.

## Over The Counter Medications

The Med Shed is stocked with all of the over the counter medications campers may need during the week. This includes various dosages, chewable tabs, liquids, etc. Let us know what medications your child can have. If you choose to send OTC medications, we ask that you label them with the camper's name and turn them in to the medical team during check-in so that they can remain secure during the week. Campers are not permitted to keep medications in cabins unless approved by the camp Medical Director.

## Food Allergies

We also recognize that there are many children with food allergies. Please confirm during check in that we are aware of any allergies to foods. We will do our best to ensure food preparation takes place separately and make sure we have something prepared that they can eat.

# Cell Phones and Social Media

At camp, we have a No Cell Phone policy. Aside from the fact that cell phones are expensive and can get lost, stolen, or damaged at camp, there are more important challenges associated with having phones present at camp. The first is that cell phones deny campers the opportunity to reap the benefit of unplugging the TV, phone, and computer for a week.

A recent study showed that children text an average of 90 minutes each day while engaging in conversation only 30 minutes a day. Part of the camp experience includes listening to nature, not ringtones. We agree to tell you right away if your child is experiencing any major challenge at camp. You can help by talking with your child before they leave for camp and telling them that there is always someone they can reach out to, whether it is their counselor, activity leader, or a member of the Directors Team. You can also help by not sending a cell phone with your camper.

During check-in we will ask that you and your camper sign an agreement stating that you understand the no cell phone policy and that if your child is found with a cell phone, it will be handed over to the director and you will be notified.

Social networking has become a part of many lives and intertwined with our everyday activities. Indian Summer Camp feels that this medium can be both an exciting way to stay in touch with one another and at the same time it can be used in a negative manner. Should Indian Summer Camp become aware of posts that are derogatory or hurtful toward camp participants or the organization, we will immediately ask the person making the post to take it down. Should they fail to do so, their opportunity to participate in future Indian Summer Camps and Kids Cancer Alliance programs/ services may be jeopardized.

We realize that camp staff and campers develop strong bonds, and that many of our staff have connections to families before camp even begins—through siblings, living in small towns, other organizations, etc. Therefore, we neither encourage nor discourage camper staff contact outside of camp, but we cannot take responsibility for staff behavior outside of Indian Summer Camp and other Kids Cancer Alliance activities. As a parent, you are free to decide if it is appropriate for your child to maintain contact with staff after camp is over, but in doing so you take full responsibility. We know that campers and staff will have each other's contact information. We recommend that you as parents supervise your child's online activities just as you do other aspects of their life in your home, and oversee any off-season contact between our camp staff and your child.



# Camper Behavior

## Homesickness



Homesickness is a very normal thing that a camper might experience while away from home. It displays itself in many different forms and we work with our staff to be aware of the signs of homesickness. Counselors will be paying extra attention to campers' moods during the times homesickness generally occurs. These times are usually when the family would normally be together – meals, evening, and bedtime.

We will do everything we can to help the camper get past this challenge, but in the rare case when we see no improvement, a member of the staff will call home and explain the situation and ask for some advice. The last resort would be to have a parent/guardian come and pick up the camper. We want every camper to have a successful camp experience. That experience may only be a night or two, and that is okay. We want them to have a positive experience so they will want to come back.

## Bullying

Indian Summer Camp strives to be a safe and fun environment for all participants. We exercise a no physical and no emotional bullying policy. Should a camper bully another we will act in this manner:

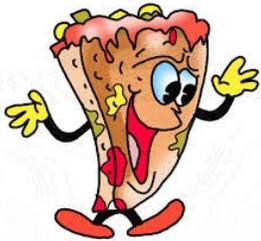
- First occurrence, the camper will have a discussion with the Program Director/Coordinator regarding the situation and what behavior is expected at camp.
- On the second occurrence, a phone call will be placed home arranging for the camper to be taken home.



## Fighting

Fighting and physical aggression will be dealt with on a case by case basis.

Depending upon the situation, age of the campers, and details leading up to the incident a camper maybe coached in appropriate ways to deal with frustration or they may be sent home. Our goal is to provide a safe environment for all campers.

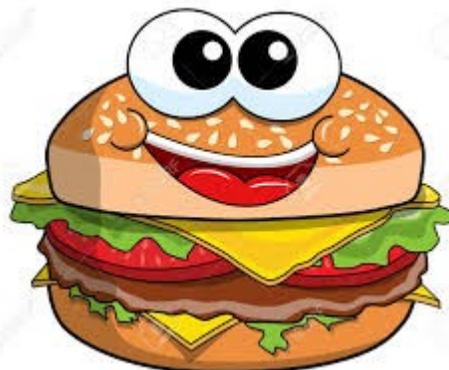


# Theme and Schedule

Each summer, we select a theme and use that as a direction when creating our decorations, activities, and other programming ideas. This summer will be the Wacky World of Food! Be ready for lots of fun and surprises!

## What a typical day at camp might look like:

7:00am—7:30am	Polar Bear Swim
7:30am—8:00am	Good Morning Songs
8:00am—8:45am	Breakfast
8:45am—9:00am	K-P Duty
9:15am—10:30am	Camper Choice
10:45am—11:45	Camper Choice
12:00pm—12:45pm	Lunch
1:00pm—2:00pm	Quiet Time
2:15pm—3:45pm	1/2 of camp at Swim Time
2:15pm—3:45pm	1/2 of camp at Arts and Crafts and Activities
3:45pm—5:15pm	1/2 of camp at Swim Time
3:45pm—5:15pm	1/2 of camp at Arts and Crafts and Activities
5:30pm—6:15p	Dinner
6:30pm—7:45pm	Evening Activity
8:00pm—8:30pm	Snack Time
10:00pm	Lights out!



# Sending Mail to camp

## Sending Letters And Postcards

Letters, postcards, and care packages from home are always exciting for your camper to receive. If you are planning to send anything via the mail please do so by Tuesday of camp week to ensure that it will arrive by Friday.

The mailing address for camp is:



**Camper's Name**  
**Indian Summer Camp**  
**c/o Camp Horsin' Around**  
**1159 Claunch Road**  
**Perryville KY, 40468**

The fastest way to get mail to your camper is by email. We have a camp mail system set up and these will be printed out and delivered daily. To use this system follow the link below. We will also have this link on our website during camp weeks:

<https://app.etapestry.com/onlineforms/KidsCancerAlliance/campmail.html>



Campers love to get letters from home. The best ones usually have really lame jokes, what kind of stuff has been going on at home, updates on pets, and pretty much any happy thing they would enjoy.

## Phone Calls

For all new campers, a member of the medical staff will contact their family within the first 36 hours of camp. It is our policy at Indian Summer not to have the campers make the phone calls home, as this has the potential of causing homesick feelings when there were none prior. Please rest assured that we will let you know if something is wrong.

If you want to keep up with what is going on at camp you can follow us on Facebook or check out the Indian Summer Camp Blog that will be updated daily at: <https://www.kidscanceralliance.org/events/blog/>

# What to Pack for Camp

- ◇ Sleeping bag or blankets and sheets
- ◇ Pillow
- ◇ Clothing for 7 days at camp (we all know the weather can be crazy so look a head for the weeks forecast)
- ◇ Baseball cap or some type of hat
- ◇ Raincoat
- ◇ Swimsuit (or 2)
- ◇ Beach towels
- ◇ Closed toed Shoes for running around in, shoes that are ok if they get wet, and sandals for in the bunkhouse/shower
- ◇ Toiletries: Toothbrush/paste, hair brush, soap, deodorant, shampoo, sunscreen, etc.
- ◇ Shower towels and washcloths/loofas
- ◇ Flashlight with extra batteries
- ◇ Bug spray
- ◇ Sunglasses
- ◇ **WATERGUN!!!!**



Many times, clothing can look a lot alike so be sure and put your child's name on their belongings. We would hate for something to get lost.

## Don't forget!!!

ALL MEDICATIONS and medical supplies must be checked in with the Med Shed and be administered by Indian Summer Medical Staff.

NO CELL PHONES- if they need to contact home we will call. The cell phones cause conflicts and disruptions among their cabin mates. If found, they will be taken and held by the Program Director/Coordinator until the end of camp.

# Camper Check-in and Pick-up

You can help us make camper check in a smooth and enjoyable process. Start by arriving during the check-in time (we will not be ready for campers any earlier). Upon arrival you will be instructed where to pull your car to unload. Volunteers will help you unload your luggage and get it tagged – we will deliver it to your camper’s cabin. If there are two parents/guardians, one will proceed with the camper into check in while the other parks the car. Next, you will visit general check-in, medical check-in (you must stop at this station even if you don’t have medicine), and then you will be able to head to your cabin to meet your counselors and choose a bunk. During camper registration, we will also host lunch, games, time for campers and parents to have a little fun, find some old friends and make new ones, and say good-bye.

## **Registration and pick up for each camp are:**

### Oncology camp (6-12 year olds):

Registration: June 9th 12:00pm—4:00pm

Pick up: June 15th 9:00am—10:30 am

### Sibling Camp: (6-12 year olds):

Registration: June 23rd 12:00pm—4:00pm

Pick up: June 29th 9:00am—10:30 am



### Oncology Camp (13-18 year olds):

Registration: July 7th 12:00pm—4:00pm

Pick up: July 13th 9:00am—10:30am

### Sibling Camp ( 13-18 year olds):

Registration: July 21st 12:00pm—4:00pm

Pick up: July 27th 9:00am—10:30am

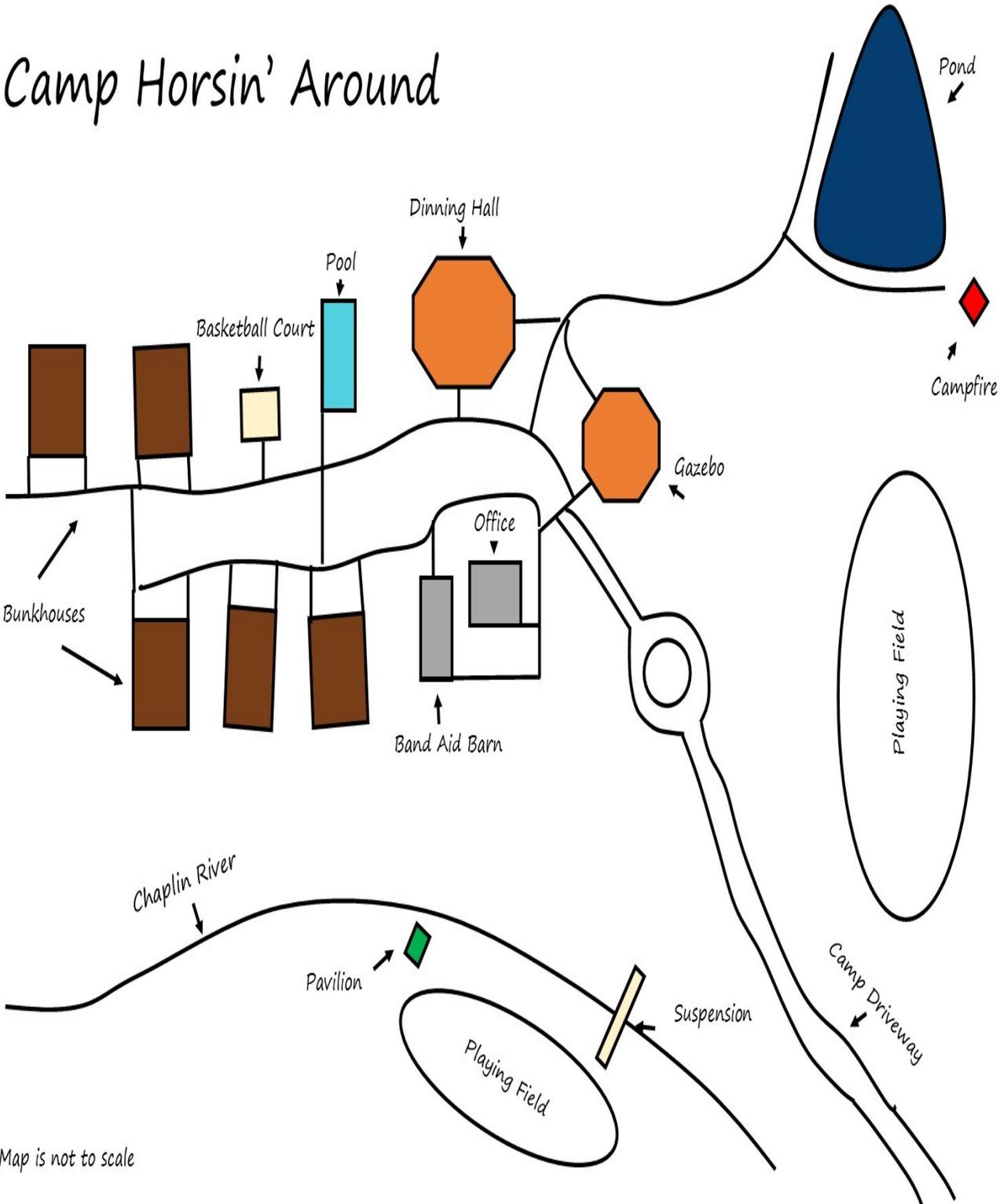
If you are arriving late or your camper is leaving early, or your plans change and your camper will not be attending camp please call the office at 502-356-1538

If you need to reach us during the camp week you can call either

Brandon “Spot” Padgett at 270-403-5595, Leah McComb at 502-649-0830 or the Camp Horsin’ Around Office at 859-332-0001

# Map of Camp

## Camp Horsin' Around



Map is not to scale

## Directions to Camp location:

**Camp Horsin' Around  
1159 Claunch Road  
Perryville, KY 40468**

### From Lexington:

Take Versailles Road (US-60) west past the airport to the **Bluegrass Parkway**. Take the parkway exit and travel west towards Elizabethtown. **Take exit 59, Route 127** (Lawrenceburg/Harrodsburg), and proceed south toward Harrodsburg. Stay on Route 127 to Harrodsburg. Go through town (**do not take the bypass**). Go through 3 stop lights. At the fourth stop light, turn right on **US-68 and KY-52** toward Perryville. Drive about 6.5 miles on US-68 until you cross the Boyle County line. Continue 0.8 miles to **Claunch Road (1204)**. You will see a small lake, red barn, and white fence on the right. Turn right on Claunch Road and continue approximately 1/2 mile. Look for the Camp Horsin' Around sign on the right.

### From Danville:

Take **US-150 west toward Perryville**. At Perryville, turn right on US-68 toward Harrodsburg. Drive about 3.5 miles until you see Claunch Road on the left. Turn left on Claunch Road and continue approximately 1/2 mile. Look for the Camp Horsin' Around sign on the right.

### From Louisville:

Follow I-65 S to KY-245 S in Bullitt County. Take exit 112 from I-65  
Turn left onto KY-245 S 23 min (18.8 mi)  
Follow US-150 E to Claunch Rd in Boyle County 38 min (33.9 mi)  
Turn left onto Claunch Rd