



camp

Sonrise

# PARTICIPANT GUIDE

For Campers  
& Parents

# 1. MISSION & GOALS

## **Mission**

Camp Sonrise (CS) is dedicated to providing a Christ-centered environment that is safe, fun, and supportive, for the purpose of promoting the physical, social, intellectual, and spiritual development of our campers.

## **Goals**

1. Safety first...and always!
2. To provide an opportunity for campers to get to know Jesus Christ as their personal Savior, and develop/strengthen their relationship with Him.
3. To have a camp staff that serve as examples of Christian love and leadership.
4. To provide organized, structured and entertaining activities that will contribute to the physical, social, intellectual, and spiritual growth of our campers.
5. To promote fair play, sportsmanship, and consideration of others.
6. To promote social interactions that increase a camper's self-esteem and self-confidence. Camp Sonrise is a "No Put-Down Zone."
7. To encourage campers to develop new friendships.
8. To make memories and have lots of fun!

# 2. RULES OF CONDUCT

The following will not be tolerated at Camp Sonrise:

- No bullying, harassment, or verbal put-downs of any kind. Camp Sonrise is a "No Put-Down Zone."
- No intentional physical contact of any kind. Examples include: fighting, pushing, punching, poking, slapping, pinching, tripping, spitting, licking, kissing, full frontal hugs, holding hands, tickling, massaging, etc.
- No throwing of anything, except when it's part of an organized camp game (and even then, the object should not be thrown with the intent to harm).
- No inappropriate/indecent language, stories, songs, or jokes.
- No conduct will be permitted that may jeopardize the safety of others.
- No drugs, smoking, or any intoxicants.
- No weapons, or anything that can cause bodily harm (pocket knife, etc.)
- No altering or defacing camp/school property (indoors or outdoors).
- Do not interfere with the duties/assignments of our camp staff.
- Appropriate Displays of Affection include: Side hugs (shoulder to shoulder), handshakes, high-fives, and fist bumps.

### **3. SAFETY**

#### **Sick Camper**

- First of all, we ask that guardians not send their children to camp if they are not feeling well. Campers should not attend camp if they exhibit any of the following symptoms: fever, diarrhea, head lice, communicable diseases (chicken pox, etc.), vomiting, conjunctivitis (pink eye), or severe rash.
- Campers who are obviously sick will be sent home.
- Campers who are not feeling well (tummy ache, etc.) will be given a choice to (1) call their guardian, or (2) lay down and rest for a while in a quiet area. After the child has rested, the Camp Director will reassess the child's condition. If he/she is obviously ill and not well enough to resume camp participation, the camper's guardians will be called and the child will be sent home.

#### **Contagious Diseases**

- Any camper with fever, vomiting, diarrhea, contagious skin lesions, pink eye, or any other signs of a contagious disease will be placed in an isolated location, and must go home immediately.
- Parents must notify the Camp Director if their camper has contracted a communicable disease. When this notification occurs, the Camp Director will inform all other camper guardians that such a situation exists. If required, it will also be immediately reported to the local Board of Health. The camper will not be admitted back into camp until their guardian provides a doctor's note stating that their child is no longer contagious.

#### **Exposure to the Sun**

Campers will spend a lot of time outside, especially on field trips. Parents are asked to apply sunscreen prior to bringing their child to camp each day. Campers will be expected to provide their own sunscreen for continued use at camp.

### **4. DISCIPLINE POLICY & PROCEDURES**

Camp Sunrise staff shall implement disciplinary procedures in a Christ-like manner, with the goal of maximizing the growth and development of the campers and for protecting the group and individuals within it.

### **When Dealing with Behavior Issues, Our Staff Will...**

- Communicate clearly and concisely the expectations and rules of the camp or activity, and review rules at appropriate times (before swimming, field trips, etc.).
- Communicate the consequences if they break the rules, and be consistent when enforcing them.
- Remember to talk to campers on their level and listen to their side of the issue.
- Not yell at the campers, but use a firm authoritative voice to ask the camper to stop the behavior.
- Remember that respect goes both ways!

### **Disciplinary Procedure**

During the process of discipline, another staff member must be present and an open door policy is followed. Depending on the severity of misbehavior, the following disciplinary actions will be taken:

1. The camper will be given a gentle verbal warning.
2. The camper will be called aside and will be calmly and kindly informed that they are not following camp rules/expectations and they will face consequences if their behavior does not improve.
3. The camper will be escorted to the Camp Director, with the purpose of having to explain his/her actions. The Camp Director will get involved in addressing the misbehavior. The discipline could include "Time Out" or even "Shadow Time" for a period of time, or for the entire activity period, depending upon the severity of the misbehavior. The Camp Director will determine if the camper's guardian will be informed.
4. The camper is again escorted to the Camp Director. A member of Camp Administration will then speak with the camper's guardian about the incident and inform them that if the misbehavior continues, the camper may be suspended.
5. The camper is once again escorted to the Camp Director, and the camper will be suspended for the rest of that day, the rest of the week, or possibly even the rest of the summer...depending on the severity of the incident(s).

### **Shadow Time**

"Shadow Time" is when a misbehaving camper must stay near the Camp Director or Administrator (be their shadow) for an extended period of time. The time frame could range from 15 minutes to several hours, depending on the severity of their misbehavior.