

Camp Ocean Pines

2018 Summer Programs



**Everything You Wanted
To Know About Camp**

A Parent's Guide

A Note from the Director

Hello Camp Ocean Pines Family!

Currently I am writing this letter while looking out onto a beautiful Monterey Pine forest with deer meandering about just as the marine layer starts to break open into blue skies. The hint of summer is just around the corner and I am excited to soon be surrounded by the noises and sights of summer camp! I look forward to campfires, the chatter of new friends to be and laughter. Lots and lots of laughter.

I would like to take this time to introduce myself. My name is Erin "Fizzler" Moses and I am the Summer Camp Director at Camp Ocean Pines! I am so grateful that I get to join the Ocean Pines family and continue all the wonderful camp traditions that have been created over many years. I am a true believer in the power of name games, singing camp songs and laughing so hard that your belly hurts. Summer camp is a place where kids are given a safe, enriching space where they are encouraged to grow, learn how to be independent and create memories that last a lifetime.

I was born and raised in San Diego and attended Sonoma State University earning a degree in B.A. in Human Development. I have spent almost a decade working at different camps. I started as a camp counselor at Girl Scout San Diego and have served in many different roles from Unit Leader, Lifeguard and Assistant Camp Director. Over the years I have gotten the wonderful opportunity to refine my leadership skills by attending camp conferences, working at a variety of camps and having excellent mentors. I have led staff of 25 instructors, help run an Outdoor Education program serving 200 kids weekly and worked with countless parents to ensure the best experience for their kids. I am consistently continuing my education to help campers and staff grow to reach their full potential!

This summer I hope to create positive, enriching memories for all campers. The leadership team will be working hard to train our staff to the highest standard to make sure that we give the best quality experience. I understand that this is an important time for you and your family. The following pages should answer most of your questions about who we are and how we will work with your child. Of course, if you have any specific questions, we're here to ensure that you and your camper have a positive experience at Camp Ocean Pines! You can reach me at erinm@campoceanpines.org or 805-924-4019.

My staff and I are here for you and your camper. I hope we can foster an important partnership as your camper grows. Thanks for choosing Camp Ocean Pines for your summer plans!

Hope to hear from you soon,

Erin Moses

The Basics

Counselors and Staff

Camp Ocean Pines is an American Camp Association (ACA) accredited camp that carefully selects young men and women for their interest and commitment to working with children in the outdoors. Each staff member must meet a high standard of dedication and skill. Interviews are given and references are checked. Staff members attend staff training designed by the ACA, which emphasizes counseling skills, group dynamics, safety procedures and activity skills. Our counselors are a strong, committed team with a single focus: a safe summer filled with fun, learning and growth opportunities for all.



Community of Camp

Camp Ocean Pines offers a secure and welcoming community. We place each camper in a same-sex, similar-age cabin/tent group. Our cabins have bathrooms and showers, contain 10 bunks and are supervised at all times. Campers try new activities, broaden interests, make friends, express themselves and feel a special sense of belonging. Living in close quarters allows for an experience of group cohesion, which promotes life skills in sharing, cooperation and compromise. Campers gain the pride of being supportive members of their cabin group. We ask that you offer encouragement to your child around issues concerning the camp community, adjustments and conflicts, should they develop. A cabin mate request can be made on the Camper Information form. If you have any questions or concerns, please contact the Camp Director for assistance.



Electronics Policy

Camp Ocean Pines is a place to celebrate and enjoy the great outdoors—to take a break from everyday life and electronics. For this reason, don't send your camper with a tablet, computer, or iPod! (We do however encourage reading and e-readers are welcome.)

Everyone has a cell phone today, but we request that you don't send one with your child. We want your child to make new friends, not spend camp time talking to friends back home. Also, the "photo" option on phones today poses a privacy risk to kids who are living together in a cabin setting. Cell phones also tend to make the traditional "home sickness" problem worse. We welcome communication in the camp office, and if there is any significant problem, we will call you. However, cell phones and other electronics brought by students will immediately be collected and returned at week's end.

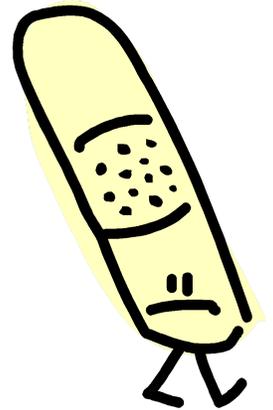
Care Packages

If you would like to send your child a treat or small gifts from home, we encourage you to do so. However, we ask that you please follow some simple guidelines:

- Limit **"junk food"** or candy. Home baked treats are a great idea if your child has a sweet tooth, but please do not send boxes full of candy. No gum, and no nuts please!
- **One package per week** is more than enough. We know you love your camper, but multiple packages can become a distraction to the camper's overall experience.
- **Be POSITIVE!** Anytime you communicate with your camper, especially if they may be homesick, it is important to encourage them to be independent.
- Send extra. Your camper will be the star of the moment by sharing with friends!

Medical

All staff at camp are trained in First Aid & CPR. Campers are supervised 24 hours a day and all health care and medication administration is overseen by the camp physician who has a practice in Cambria. General care and first aid is always given. If your child requires more detailed medical treatment, you will be notified and your wishes carried out. In the event of an emergency, your child will be transported by a Camp Ocean Pines emergency vehicle or ambulance to the nearest hospital. At the hospital, a senior staff member will stay with your child and act as their advocate until you are notified and can arrive to proceed with treatment decisions. Camp Ocean Pines strives to provide a safe and positive environment for campers, but accidents and emergencies do occur, and the camp is prepared to deal with them as they arise.



Medication Management

All medications brought or sent to camp must be kept in the Health Center and will be administered by our staff. Medications must be in the original prescription container, complete with doctor's instructions. We ask that you send only essential medications. Camp Ocean Pines has plenty of Over-The-Counter (OTC) medications and can provide those to your child with written authorization.

Medical Costs

In some emergency situations, there may be costs incurred for the proper care of your child. Physician care, hospitalization fees, emergency transportation and other related expenses are your sole responsibility and you will be billed by either Camp Ocean Pines or the treating organization.

Medical Forms

We require that all campers have up-to-date medical records on file. Basic medical forms must be filled out each year.

Routine Health / Medical Treatment

The Camp Nurse (RN) treats campers under the authority of the Camp Doctor, according to the "Standing Orders" – the procedures for treatment of reasonably anticipated illnesses and injuries. The US FDA approved over-the-counter medications are given based on the Standing Orders which include, but are not limited, to the list provided in the Health Form.

Parents may request a copy of these Standing Orders at any time, if they so wish. If a parent feels that there are specific medications that they do not want their camper to receive, they must provide a list of medications, with the legal guardian's signature, to be kept with the camper's health forms. All health forms are reviewed by the Camp Nurse prior to administration of any over-the-counter medications to confirm parent permission.

Dining Hall

All of our campers eat in our Ocean Lodge together. They will be eating their three meals at a table they share with their cabin mates and their counselors. We pride ourselves in our quality of food and variety of options. Our menu is designed to make sure that all the meals are well balanced, so yes, your camper will be eating fruits and vegetables while at camp! We also train our staff to keep an eye out for those picky eaters to make sure that everyone is getting the food that they need.

Dietary Needs

If your camper has a specific dietary need or allergy we can accommodate that to ensure your camper is getting the proper food. Please indicate these needs on the health form that you can access through your Parent Dashboard. Your camper's needs will be known to the kitchen, nurse and their counselor so there are multiple eyes making sure they are eating and enjoying their food. You can also contact our Summer Camp Director if you have any further concerns.

Sample Menu

Breakfast:

Pancakes, Bacon & Eggs with sides of freshly cut fruit. Option of Cold Cereal with Milk and Yogurt.

Lunch:

Pizza, Chicken Tenders. Salad with rotating options of toppings with their own choice of dressing. Fruit bowl also available during lunch.

Dinner:

Roast beef, Mashed Potatoes and Roasted Vegetables. Salad with rotating options of toppings with their own choice of dressing. Fruit bowl also available during dinner. And of course, dessert ;).

Every day campers will get snack. One in the morning and one in the afternoon to help everyone make it between meals.

Food is important! Our kitchen works hard to ensure that everyone is well fed and happy here at Camp Ocean Pines. Every year they create new menu items, buy the highest-quality ingredients and cook their food with love.

Arrival and Departure from Camp

If your camper is registered for a session, but does NOT show up on the first day, the Camp Director will call to insure that they are safely in your custody.

Dropping off at camp:

Campers are to arrive between 3:00 and 4:00 pm on the first day of their session.

If you arrive early at camp please wait on the paved road on the way into Camp Ocean Pines. If you are very early, call the office for some ideas of things to do around town. Please do not block the camp driveway as vehicles may need to exit.

Once you arrive at Camp Ocean Pines please follow all signs and posted speed limits. We need your help keeping our property safe. Once parked, the director will greet you and take you to the first check-in station. Once you have officially checked in your camper, take a tour of the camp, then say a quick goodbye. It is normal for some children (and parents) to have difficulty parting, but don't worry, everyone will have a great week!

Picking up from camp:

Check out for all sessions is between 11:30 am– 12:30pm

Please try not to arrive at camp too early as program is still running. We encourage all parents to arrive at 11:30, so that they can watch our picture slideshow with their camper. Following the slideshow, lunch will be served for all at 12:00.

You must have a photo ID to pick-up your child. If someone other than a parent/guardian is picking up your child, you must notify the camp and that person must have a photo ID.

Travel by Plane, Train or Bus

Many of our campers fly in from out-of-state and all over the world! We are happy to pick-up and drop off your camper at the airport or train station in San Luis Obispo (SBP) and in Los Angeles (LAX).

Please contact the summer camp director prior to booking flights! Special arrangements are sometimes required for unaccompanied minors, and paperwork must be filled out before booking flights.

San Luis Obispo Airport, Train, and Bus

We offer a free pickup and drop-off service at the airport or train station in San Luis Obispo.

Arrival window: 12:30 – 3:30

Departure window: 12:30 – 3:30

LAX Airport

Our pick-up and drop-off service to LAX is the first stop of our LA shuttle service and we charge a fee of \$50 each way.

Arrival window: 8:00 – 11:00 am

Departure window: 2:00 – 5:00 pm

Special Arrangements

Need pick-up or drop-off to somewhere else, or need a time outside of our arrival and departure windows? Contact the summer camp director and we'll do our best to work with your needs! We want your camp experience to be as smooth as possible!

Los Angeles Pick-up and Drop-off

The cost for this service will be \$50 each way. Pick-up and drop-off times will vary depending on session date and the number of campers using the service. You will be contacted the week before camp with exact times. To guarantee a spot, please make sure to sign up for transportation by May 20th.

We offer pickup or dropoff at the beginning and end of each session.

We will begin by picking up out-of-state campers at LAX, after which we will have 5 convenient locations:

1. LAX: In-N-Out

9149 S Sepulveda Blvd
Los Angeles, CA 90045

2. McDonald's near The REEF

201 W Washington Blvd
Los Angeles, CA 90007

3. Sherman Oaks: CVS Parking Lot

14735 Ventura BLVD
Los Angeles, CA 91403

4. Newbury Park: In-N-Out

1550 Newbury Rd
Newbury Park, CA 91320

5. Ventura: Ventura Chevron

920 S Seaward Ave
Ventura, CA 93001

Safety at the Pick-up/Drop-off Parents, don't leave your child alone or in the care of another parent, but wait at the pick-up point until they are signed in by the driver. At drop-off, our staff will never leave the child alone, but will sign out the camper to the parent who shows proper photo ID. If a parent does not show up, the driver will phone the office and all the contact numbers and wait with the child. If no one shows up, the driver will take the child back to camp. Parents will be responsible for costs associated with additional transportation.

Two Way Communication We all have cell phones – let's agree to call each other if emergencies affect drop-off/pick-up times/locations. The office may use an automated "Call-em-all" system for quick updates to many people at once.

Camp rules for safe travel Campers are transported by a driver with help from a "Passenger Supervisor" who is trained in group management and safety responsibilities. The Passenger Supervisor will account for all passengers, insure the use of seat belts, assist in loading and unloading, and engage campers with activities appropriate to their age, mental ability and physical condition. Our ratio is 1 supervisor to 13 campers in a van. Campers are required to wear seat belts and remain seated while driving. No campers may ride in the front seat for air bag safety reasons. One person on all trips has, at minimum, a first-aid certification. Camp Ocean Pines maintains a 1:13 supervisor to camper ratio whenever transporting campers in a 15 passenger van and an adult to camper ratio of 1:8 when using a bus. Except in an emergency, one driver would not be alone with one student.

Daily Schedule

This sample schedule is a basic format around which programs are designed. You will get a detailed schedule for your own information when you drop off your child, but we do want to keep a few surprises! This will give you a general idea of your child's daily routine while at Camp Ocean Pines.

A Typical Day at Camp

7:20am	Wake up
7:50am	Morning Inspiration
8:00am	Breakfast
9:00am	Activity Elective #1
10:20am	Morning Snack
10:40am	Activity Elective #2
12:00pm	Free time/ Camp Store
12:30pm	Lunch
1:30pm	Off Site Adventure
5:00pm	Cabin Time
6:00pm	Dinner
7:00pm	Evening Activity
8:00pm	Closing Campfire
9:00pm	Cabin Time
10:00pm	Lights Out!

What to Bring to Camp?

Suggested Packing List

(Reminder - camp provides laundry for 2-week sessions)

- Long pants (3)
- Laundry bag (multi-week only)
- T-shirts (4)
- Bath towel
- Shorts (3)
- Comb / Brush
- Sweatshirt (2)
- Toothbrush / Paste
- Warm sweater
- Insect repellent
- Warm jacket
- Sunglasses
- Swimsuit / Towel
- Shampoo / Soap / Lotion
- Pajamas
- Sunscreen
- Shoes & sandals
- Flashlight & Batteries
- Sun/ baseball cap
- Underwear (7)
- Reading material
- Socks (7)
- Notebook & pen
- Sleeping bag
- Hard plastic/Metal water bottle
- Twin fitted sheet
- Pillow
- Money for camp store
- Daypack
- Water shoes (or old tennis shoes, or sandals that wraps around the heel)
- Winter/ Wool hat

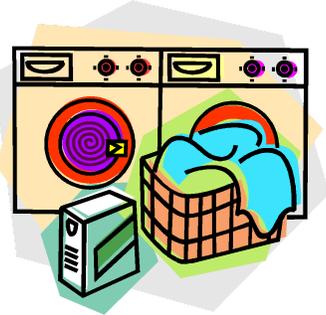
Clothes to Have Fun In

Send clothes to play in! Campers will get involved in a hands-on way and their clothing may show wear and tear. Camp is not responsible for lost or damaged articles. Mark clothing and equipment sent with your child.

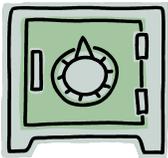
Children lose things. Clothes or items that are not labeled will be placed in our Lost and Found, which is donated to Goodwill at the end of the summer. If we find a lost item that does have a label, we will happily ship it out to you. Parents will be responsible for shipping fees of returned items.

Laundry

We will provide laundry services for campers attending 2-week sessions. We ask that you label ALL clothes and send a laundry bag with your child.



Money and Valuables



Campers will be living in a group environment and are asked to be careful with money and valuables brought to camp. Please speak to your child about putting their valuables in a special compartment of their duffle or they may ask that a staff member keep it for them in an envelope with the child's name.

DO NOT SEND ELECTRONICS TO CAMP! Items like cell phones, mp3 players, or video games are both a distraction and a potential cause of serious issues. If you would like your child to have any of these items during their travel time, they may check them in with the director upon arrival and be checked out when they leave. Camp Ocean Pines is not responsible for lost or stolen items at camp.



Camp Store

Camp Ocean Pines has a camp store that is open in the afternoons for your child. Supplies can include sweatshirts (\$25), T-shirts (\$12-\$20), flashlights (\$5), stuffed animals (\$5-15), postcards, stamps, and souvenirs.

A Few Common Sense Points

You know these things already, but our ACA standards require that we let you know that: 1) Campers are NOT allowed to use drugs or alcohol when at camp. 2) Sports equipment is provided, so campers do not need to bring anything, like a boogie board, for example. 3) Use of vehicles at camp is restricted to roads and parking areas - Please go slowly. No one is allowed to ride in the back of a truck, or anywhere without a seat with a seatbelt. 4) Pets are not allowed at camp (unless it is a really cool hawk or falcon). "Lucy" is the camp dog, and if you need some animal time, you can pet her. 5) Weapons are not allowed at camp. I know, pretty silly, but we just wanted to say it. Archery, tomahawks, slingshots, and any woodworking tools will be provided by camp.

Contact

How we contact you

We will communicate with you in several different ways, but we can only do that if we have accurate contact info for you and your family, as well as your emergency contacts.

Email:

We use several services to help us communicate better with our parents. For email we use a service called Constant Contact, please make sure that you do not have our email blocked as important information is often sent through our emails.

Phone:

In some situations we use a service called "call-em-all". It allows us to call all of our parents and give a brief message about what is happening at Camp. We use this for non-emergency situations that we think parents should be informed about.

Emergency contact to parents is essential for the camp. Please make sure you include all numbers where you and your secondary contact may be reached day and night. Home, work, cell, and e-mail are all important in the event of an emergency.

How you contact us and your camper

Contact us

Camp Office: (805) 927-0254

Email: info@campoceanpines.org

Contact your camper

Send letters or packages to:

Your Camper's name

Camp Ocean Pines

1473 Randall Dr.

Cambria, CA 93428

Camper Mail!

For a quick and easy way to communicate with your camper, send an email to:

campermail@campoceanpines.org

We'll print it and pass it out like a letter at mail call. Put your camper's name as the subject.

Directions

In short, despite what Google Maps may lead you to believe, reaching camp from Highway 1 is simple: left on Ardath, left on Randall and you can't miss us!

Need a bit more detail?

From the 101 N -

1. Exit the 101 in San Luis Obispo onto Highway 1 North (Exit for Morro Bay)
2. Drive north past Morro Bay and Cayucos
3. Turn Left at the Ardath Dr. and take it until you reach a 4-way stop. Continue straight on Ardath veering slightly to the left once the ocean is in view. Turn left onto Randall Dr. after reaching the next stop sign. From here you will travel up a hill and the sign for Camp Ocean Pines will be on your right.

From The 101 S -

1. Exit the 101 in Paso Robles onto Highway 46 West (Towards Cambria)
2. Exit the 46 onto Highway 1 North (right turn)
3. Turn Left at the Ardath Dr. and take it until you reach a 4-way stop. Continue straight on Ardath veering slightly to the left once the ocean is in view. Turn left onto Randall Dr. after reaching the next stop sign. From here you will travel up a hill and the sign for Camp Ocean Pines will be on your right.

Easily lost or just directionally challenged?

Just give us a call (805)927-0254 and anyone on staff will give you the easiest way to get here. We're here to help!

**Camp Ocean Pines
1473 Randall Drive
Cambria, CA 93428**

Phone: 805-927-0254

www.campoceanpines.org

Summer Camp Director, Erin Moses, 805-924-4019
Director of Finance and HR, Rosemay Cameron, 805-924-4014
Executive Director, Chris Cameron, 805-924-4013