

# The Colorado Mountain Ranch Summer Day Camp

*Licensed by the Colorado State Department of Social Services  
Division of early Care and Learning*



Complete General Information for Children's Summer Day Camp 2021

**Summer Outdoor Adventure Programs**

**June 1 through August 13, 2021**

Boys and Girls – Grades 2-12 – Ages 7-17

Explorers, Mountaineers, Western Riders, Teen Leaders

Operating in 2021 with Covid-19 Protocols as outlined by the Centers for Disease Control, Colorado State, and the Boulder County Health Department

*Let's Get Outside this Summer!*

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# Welcome to the Summer of 2021!

## Philosophy and Purpose of the Colorado Mountain Ranch Summer Day Camp

**The Relevance of Summer Camp Now...** After over a year without many chances to be with friends and play and learn outdoors, Summer Camp is more important than ever! Research studies show time after time that these connections and outdoor free play contribute to young people's healthy emotional and physical development, ability to get along with others, and even academic success in school. Children need to appreciate their place in nature in order to move into the future with an understanding of living sustainably. Friendship and community are essential for working together with others to develop compassion and meaning in young lives. Let's get the kids back outside!

**Philosophy...** The Colorado Mountain Ranch believes in the value of confidence-building outdoor summer activity for children. The Outdoor Adventure experience is an opportunity to learn, grow, make friends, be active outdoors, and have fun.



**Goals...** The Colorado Mountain Ranch offers outdoor activities with qualified instruction emphasizing enjoyment and personal skill development. We strive to provide occasions for children to build skills physically, mentally, and socially; to gain understanding and build relationships with self, others and nature; to connect simply with **Place, People and Programs**.

**The Walker Family...** Mike, Lynn, and Gail are second-generation owners and administrators of the Colorado Mountain Ranch. Each of them is a lifetime youth worker and educator. Kate, Jojo, Josie, and Rosie are now the next generation work team actively moving CMR into the future.

**A Sense of Place...** A feature of The Colorado Mountain Ranch Summer Camp is that it is really a Camp in every way. Not only are there Camp Songs, Camp Spirit, Camp Traditions, and Camp Staff in residence for the summer, but there is also a true sense of Camp being a Special Place. The land. Outdoors. In the mountains. With forests and wildflower meadows, the historic log Lodge as its heart, Weather Hill, the Amphitheatre, Campfire Ring, Corrals and the Barn, Mountainboarding Course, Arts & Crafts Shop, Disc Golf Course, Garden, Archery Range, Leather Shop, Harmony Hut, the Fort (a shared structure built and maintained by campers year after year), Council Fire. Connection to this beautiful mountain home-base gives children a comfortable sense of belonging, a foundation from which to build skills and relationships, a place to call their own.

**Our Amazing Staff...** All staff members live at the Ranch and create a home-away-from-home atmosphere for themselves and each child. Many are teachers or students specializing in education and recreation. Counselors are selected on the basis of personality, abilities, enthusiasm, creativity, sincerity, sensitivity, and commitment to guiding children toward their full potential. Applicants are each interviewed initially and then again in depth by the directors. Sterling references are required from past employers and others who are knowledgeable as to character, qualifications and ability to work with children. Background checks are thorough.



**Staff Training...** Before the summer camp programs begin, staff members participate in an intensive weeklong-day-and-evening orientation covering the Colorado Mountain Ranch philosophy, policies, procedures, and methods, team-building, child abuse laws, specific skill trainings, first aid, discipline, and child development. They are thoroughly briefed in the importance and practice of Covid protocols. In addition to this pre-camp staff time, we also provide ongoing in-service trainings and weekly meetings for planning and feedback. Over half the staff members are returnees each summer. The Staff and Campers all become Ranch Family.

**Staff to Child Ratio...** Our overall program staff ratio is 1 to 6, providing each child with a high level of individual attention. Each group has their own group counselor who is always with them. Specialized instructors present progressive curriculum in each program area with the counselor assisting. All staff give encouragement, inspiration, friendship, and guidance. Safety comes first!

## Programs

Since 1947, the Walker Family has provided quality summer camping experiences for children in grades 2-12. Day Camp highlights full-variety Explorers Camp for grades 2-8, Mountaineers Camp for grades 7-11, Western Riders Camp for grades 6-12, and Teen Leaders with for grades 8-12. CMR offers confidence-building activities with a positive approach, supervision and instruction aimed toward successful skill-building, passionate learning, and FUN!

**Fun Activities...** Team-building games are the foundation for all Camp Programs. Also: Western riding, horse and animal care, mountainboarding, gymnastics & trampoline, arts & crafts, archery, fort-building, Native American Indian Lore, dramatics, music, leatherwork, disc golf, nature, outdoor living skills, hiking, tracking, children's yoga, sports and games, teen leadership, environmental appreciation and experiences in sustainable living, farm-to-table organic gardening, goat tending and milking.

**Adventure!...** The Colorado Mountain Ranch offers one of the most extensive and well-rounded Day Camp programs available anywhere. The entire staff lives at The Ranch, creating a community of enthusiastic, qualified, caring people dedicated to making your child part of the Colorado Mountain Ranch Camp Community. Children in the Day Camp have the opportunity for outdoor fun, education, and recreation in the Colorado Rockies. We are at an elevation of 8,500', ten miles west of Boulder and a quarter-mile west of Gold Hill. Bus transportation is included to and from Boulder.

**Friends!...** A cohort of ten campers has its own Camp counselor who is always with the group, giving encouragement, friendship, inspiration, and guidance. There is emphasis on building friendship skills and making lasting friends. Specialized activity directors present a program of progressive instruction in each area. Campers who participate for more weeks have the chance to explore and practice each activity more fully, as they continue to develop skills, and build strong, meaningful relationships.

### Explorers

Explorers Camp for grades 2-8 is the perfect choice to introduce your child to our whole array of [camp activities](#) and to build specific skills through time. Activity instruction and equipment are geared to individual ability levels. Regular highlights include Horseback Riding, Animal Care, Roping, Western Art, Mountainboarding, Team-building Games and Challenges, Arts & Crafts, Dramatics, Native American Indian Lore, Gymnastics & Trampoline, Archery, Nature, Outdoor Living Skills, Yoga, experiences in Sustainability and Gardening, and Traditional Games and Sports. To opt out of any activity, you may indicate restrictions on the registration form.

### Mountaineers

Mountaineers Camp for grades 7-11 offers the chance to participate in our whole array of [camp activities](#) as well as special adventures designed especially for these older campers. Activity times of 1 hour and 15 minutes allow for 2 ½ hour intensives, allowing the time to really get into nature experiences and focus on outdoor and woods living skills and crafts. These older campers will journey out on Excursions to local features, streams and lakes, and have options to get out on high-country trails for hiking and peaking. Mountaineers stay longer on Thursday afternoons for special activity choices and a Campfire Dinner with a memorable Evening Event.



### Western Riders

Western Riders Camp for grades 6-12 is for horse lovers. Western Riders' horseback ride times are three hours 4-5 days per week. It's a chance to ride a lot and spend most of the rest of the time around the horses and the barn. Riders will learn all about horses, how to care for the animals, tack and untack, rope, and how to draw pictures of horses. They may even catch a few of the other [camp activities](#), too.

### Teen Leaders

Teenagers may register to help as assistant counselors with a group of Explorers, Mountaineers, or Western Riders Level 1. High-school-age Teen Leaders are matched in advance with a group of elementary school-age campers or middle-school-age campers who are generally at least two-three years younger than they are. The Teen Leader will be mentored by the counselor for that group as they learn to assist with the younger children. The Teen leaders act as a junior counselor while also participating in all the fun activities.

## Transportation

All of our buses are regularly maintained and equipped with the proper safety equipment, including back-up braking systems. Each vehicle meets the safety standards set by the Colorado Department of Revenue, Motor Vehicle Division. Our drivers are mountain-trained and licensed in accordance with Colorado state law. Every bus is staffed with its driver and an entertainer/supervisor. Every staff member has a current American Heart or Red Cross First Aid Safety Certificate with infant and child CPR and Standard Precautions.



**Bus Ride Entertainment.** During the bus rides up and down the mountain, our staff supervisors lead Camp Songs and tell stories appropriate for young people. We also recommend books, pencil and paper puzzles or games, origami, etc. For the older groups, staff may play appropriate music mixes or music on the radio.

**Cell Phones and Music Players.** Our request is to please leave cell phones and electronics at home. Music or game players are allowed only on the bus ride and at the Park. Use is limited to only “Camp-appropriate” all-age lyrics and games, no violence ever!

**Vehicle Organization.** Our vehicles have animal names to help distinguish them. Over the weekend before your camper’s week, you will receive an email informing you which bus your camper will ride. Your camper will have a designated seat on the bus to ride in and to keep their personal belongings.

**Important Bus Safety.** Please ask your child to: 1) Remain seated, face forward, keep the aisles clear. 2) Not throw any objects. 3) Use inside voices; don’t distract the driver. 4) Keep head, arms and trash inside the bus. 5) Be courteous – keep hands and feet to yourself. 6) Be alert to traffic when leaving the bus. 7) Raise hand for help from a supervisor when needed.

## Bus Schedule

**WHERE...** Pick-ups and Drop-offs are at Foothills Community Park at the first parking lot on the left, 800 Cherry Avenue in North Boulder.

**Directions to [Foothills Community Park](#):** From North Broadway in North Boulder, turn west (toward the mountains) on Violet Avenue. Turn right on 10th Street and then left on Cherry Avenue to 800 Cherry. Look for the buses at the first parking lot on the left at the Community Gardens.

### MORNING CAMPER DROP-OFF

8:00-8:15am (Buses depart once its campers are accounted for. Please call the office if your camper will be absent.)

### AFTERNOON CAMPER PICK-UP

4:45pm-5:00pm (Departure from Camp 4:00pm)

### MOUNTAINEERS (ONLY) THURSDAY EVENING (ONLY) PICK-UP

8:30pm at Foothills Community Park

## 2021 FOOTHILLS COMMUNITY PARK Check-in and Check-out Procedures in time of COVID

- 1.) Before leaving home in the morning, it's a must to complete your online health and temperature check form and submit it to us for your child. Camp staff members will double check your submission of this form when you check your child on the bus.
- 2.) At Foothills Community Park, you will find Camp buses parked on the road at the first parking lot at 800 Cherry Avenue near the Community Gardens.
- 3.) Park in the parking lot (not on the road) and walk with your child to the bus for check-in. Have your child's mask ready and use hand sanitizer every morning before they get on the bus.
- 4.) To check out, park your car and walk to your child's bus to check out your child with the staff. **Remember to check out!**

### 2021 BUS SAFETY in time of COVID

- 1.) Each camper always rides on the same bus only with others from their group plus another group in the same program and close in age.
- 2.) To maintain social distancing on the buses, campers each have their own seat on their own bus or with an authorized seat buddy.
- 3.) Camper groups will ride on their bus with another group of campers also in their same program. These campers form a "Bus Pod."
- 4.) Once in Camp, buses will be centrally parked and accessible throughout the day. Each camper's bus seat will be their "personal cubby" for keeping their belongings separate from others.
- 5.) Masking is necessary on the bus, and the windows will be down for air circulation, so be sure your camper brings a comfortable mask (and an extra!) and layers to wear for warmth. Everyone needs a warm jacket every day, no matter how hot it is in Boulder!

**\*IMPORTANT: PLEASE LEAVE THE PARK SIDE OF CHERRY AVENUE OPEN FOR THE BUSES!**

### Attention: First-time CMR Campers and Families!

Welcome! On Monday morning of your first week, please let the check-in staff know that it's Day One for you and your Camper. We want to meet you and let you know what to expect at the Park, on the bus ride, and upon arrival at the Ranch!

**Thanks!** For the benefit of everyone involved, thanks for your part in making the time at Foothills Community Park safe and easy for all of the kids, other parents, Ranch personnel, other public park users, and the neighborhood.



## The End of the Day at Foothills Community Park

The Colorado Mountain Ranch must have an authorization in our office for your child sign out on their own or to be left unsupervised at the park after 5:00 PM. We will try to phone parents of any children who have not been picked up by 5:00 PM.

Our staff members are unable to stay longer at the Park to supervise because they need to return to the Ranch for dinner and evening meetings and workshops. If we still have your child(ren) when staff are ready to depart from the Park and we are unable to reach you, they will be taken back to the Ranch for supervision at the Camp Office until a parent or authorized person picks them up there.

If no contact can be made, the police will be notified at dark. There is a fee for supervision after 5:00 PM.

## Arrival or Pick-up at the Ranch

**For those providing their own transport to and/or from the Ranch.** Park in the lot across the road, and wear your masks to walk over to check in at the Office. Main camp is a pedestrian-only zone auto-free zone.

**Arrival: 9:00 am. Departure: 4:00 pm.** Check in and out at the Office or with the staff member with the clipboard near the basketball area just inside the front gate. Remember, during this time of Covid, we cannot welcome you as a visitor before or after checking in or out.

**Monday Morning Orientation.** Except for the first day of the summer when everyone hears Orientation at Camp, please try to bring campers who are attending for the first time this season to Foothills Community Park on Monday morning to hear the full orientation on the bus ride to Camp.



**Late Arrival at the Ranch:** Call us if your child will be arriving late and you are bringing them to the Ranch. Park in the lot across the road and walk back across the road into Main Camp. Go left to the Office to check in with your name, your child's name, and the time of arrival. We will take your child(ren) to their current activity. Remember, during this time of Covid, we cannot welcome you as a visitor before or after checking in or out.

**Early Pick-up at The Ranch.** Call us if you would like to pick up your child at the Ranch so we can try to have your child at the Office when you arrive to check out for the day. Please confer with the Office or look at the Camp Day schedule at the end of this Parent Handbook to plan your pick-up for a transition time between activities.

## What to Bring and Lost & Found

Every Camper needs daily: **necessary clothing, backpack, lunch, water bottle, and sunscreen.** Every day, every camper in every program **needs** to bring or wear: Long pants, socks, and closed-toe shoes (no crocs or sandals!), a jacket or sweatshirt every day - no matter how hot it is in Boulder, rain jacket, water bottle, lunch. Sunscreen can no longer be provided by the Camp. **Be sure to pack a small plastic container of sunscreen with your child's name on it, no sprays.** If you choose to send insect repellent for Mountaineers' Excursions, send only liquid or stick, no sprays. Day packs help children keep their things together. Remember that days are much cooler at this altitude, the weather can change quickly, and activities happen out in the cold rain, so please pack accordingly.



**Campers' Personal Belongings...** are kept in their own bus seat. While teaching respect for others' property, we ask for you and your child to discuss and take responsibility for deciding whether to bring pocket cash or expensive items such as cell phones or other electronic devices. Electronics (**NEVER** any violent games) including cell phones (no service or internet on the bus ride or at the Ranch) may be used **only** on the bus or in the park. **We are NOT responsible or liable for lost, misplaced, or stolen items.** Please label everything that comes to the Ranch.

**More about lunches, snacks, and water bottles.** Provide a nutritious, non-perishable lunch, and two snacks for your child for morning and afternoon snack times. Include a frozen juice or freezer pack. If your child needs regular snacks, pack a fanny pack (separate from the lunch) for snacking throughout the day. Drinking water is always available. Send a full water bottle with your child to support water intake.

**Western Riders...** should bring everything listed above, remember a rain jacket and also pants (not a poncho) and a water bottle that attaches around the waist or can be tied to the saddle with the leather saddle strings. Also, long pants, socks, and boots or closed-toe shoes that fasten securely. These can be packed in the backpack if camper is not wearing them in the morning. Helmets are provided, although some riders prefer to bring their own. All our stirrups have covers, so heeled riding boots are not necessary. **No** hiking boots with heavy soles.

**Mountaineers Excursions...** Remember a rain jacket or poncho, long pants, comfortable walking shoes, packable lunch, full water bottle, all in a day backpack. For Excursions to water, send a bathing suit and towel for swimming, \*extra shoes, water shoes, or sandals with back straps for wading. When you signed the registration form, you authorized your campers' participation in all Camp activities including the Mountaineer's Excursion and Thursday Evening Campfire (with 8:30pm Boulder pickup).

**Payments for Trading Post.** If you want to purchase a Camp T-shirt, hat, bandanna, Frisbee®, or stuffie, let the office know so you can send a check for the appropriate amount or we can charge your card.

**Lost and Found...** You may come to the Ranch at any time to view the total accumulated Lost and Found. It will be displayed at the Ranch for two weeks after the last day of the Camp season and then donated to charity.

**\*\*CLEARLY MARK EVERYTHING THAT YOUR CHILD BRINGS \***

## **Payments, Rates, and Refunds 2021**

**Fees for the 2021 Summer Season Programs**  
(No additional Registration Fee for 2021)

<b>Explorers</b> – rising Grades 2-6.....	\$595 per 5-day week
<b>Mountaineers</b> – rising Grades 7-11.....	\$645 per 5-day week
<b>Western Riders</b> – rising Grades 6-12.....	\$745 per 5-day week
<b>Teen Explorer Leaders</b> – rising Grades 8-12.....	\$445 per 5-day week
<b>Teen Mountaineer Leaders</b> –rising Grades 9-12.....	\$495 per 5-day week
<b>Riding Teen Leaders</b> – rising Grades 9-12 (with Level 1 Riders only).....	\$645 per 5-day week



**How to Enroll:** Registration is online through the [Register Now](http://www.coloradomountainranch.com) buttons on our website: [www.coloradomountainranch.com](http://www.coloradomountainranch.com) Sessions are a minimum of one week Monday through Friday. Children may enroll for a week or more (no daily rates or make-up days.) At the time of enrollment, a \$100 deposit is required to hold each week. The deposit is applied to the tuition fee for each week and is non-refundable, yet is transferable to a different week or age-appropriate program and subject to availability.

**How to Pay:** Partial and full payment balances may be paid online by logging into your account. If paying by check, note name of child(ren) and date of Camp week(s) on the check. All regular program fees are due in full two weeks prior to the Monday of each week your child attends. When there is still a balance to pay two weeks before your scheduled week, your account will be charged. Cash, Visa, MasterCard, and American Express are accepted. For your balance, log into your account or call the Office.

**How to add weeks:** If you are already registered and would like to add another week, please use your online account or give us a call! We can make additions and changes by phone. Cancellations may only be made by phone! **Questions?** Call us!

**If your schedule changes:** If you need to cancel a week or change to a different week, please call us. There are no extra fees for changes or cancellations, and your payments are transferable subject to availability.

**Payment Insurance for Refunds:** Should you need to cancel your registration, no refunds will be made through our office for deposits or payments. If you would like to insure your payments to be able to receive a full refund – look at [“A+ Program Insurance”](#).

## Health

**Absences and Illness.** Programs are in session Monday through Friday. If you need to keep your child home for any reason during the time of enrollment, it is important to call the office to let us know.

**Daily Health and Temperature check.** You will have access to a short digital form for you to complete each morning before you check in your child to complete and return to us. This form will document your daily health and temperature check of your child.

**What if my child is ill?** If in the morning, your child has a temperature or any symptoms of a cold, flu, or Covid, including loss of taste or smell, do not send them to the Ranch. If your child becomes ill while at Camp, we will care for them in isolation and call you immediately to come pick them up.

**Emergency Contacts.** A parent or authorized adult should always be available in case an emergency arises. Two emergency contacts **must** be listed. If you and your contacts are unavailable, the Police Department and/or Child Protective Services may be notified in the event of an emergency.

**Camp Refunds.** There are no refunds made through our office or make up days for those missed due to illness or any other absence.

**Payment Insurance for Refunds:** If you need to cancel or interrupt enrollment due to your child's sickness (including Covid), with a doctor's order your insured payment can be refunded if you have purchased ["A+ Program Insurance"](#).

**Sunscreen.** Please apply sunscreen before your child gets on the bus every morning. Also, send sunscreen in a small unbreakable container for another application during the day, marked with your child's first and last name. We do our best to have children reapply after lunch daily, but please keep in mind that studies show that even reapplying sunscreen does not necessarily work all of the time. If your child is fair, include a hat, and please instruct your child to WEAR IT!

## Medications and Medical Forms

**Immunization Record.** Colorado State Child Care Licensing requires that each camper's [Certificate of Immunization \(Required\)](#) uploaded to your online account on a Colorado State Form before your child's attendance. It does NOT need to be included right away with your original registration, yet needs to be uploaded to your account before your child attends.

**Medications.** Prescription medications for eyes, ears, all oral medications, topical medications, inhaled medications, & certain emergency injections are locked and stored at the Camp Office/Healthcare Center and can be administered only by a documented trained and certified Medication Administrator and only with written order of a person with prescriptive authority **and** with written parental consent.

**Personally-provided Medication Form** applies to prescription medications sent from home. For prescription medications, please request an “extended dose” from your doctor so that you can give the medication in the morning before your child comes to Camp and at home in the afternoon. If it is necessary to send prescription medications (including an epi-pen) for your child, these must be sent in the original container and may only be dispensed by authorized office staff and only if accompanied by the [Self-Provided Medication Form \(Optional\)](#), which has been signed by both a parent and doctor, as mandated by Colorado State Public Health.

**Self-Carry Medication Form.** If your child has a prescribed inhaler which you would like them to carry with them, the completed [Self-Carry Medication Form \(Optional\)](#) must be in our files signed by both you and the prescribing physician.

**Daily Health and Temperature Check Form.** A daily submission of this form completed by you will be required for your child to attend Camp. You will receive access to this form after registration.

## Behavior Expectations and Discipline

**Discipline.** Discipline is gentle, starting with clear understandings of rules and expectations in regard to safety and cooperation. The Colorado Mountain Ranch models, teaches and encourages good communication skills, mutual respect, problem-solving skills and positive social interactions between peers and with staff members. This approach creates an atmosphere which decreases behavioral concerns and provides a strong support system for children who are having difficulties. We also find positive reinforcement, conflict resolution or a brief recovery period to be effective. If more serious problems arise, we problem-solve directly with the children and staff members who are involved regarding the situation. Our goal is to provide a safe and comfortable social environment for everyone.



**Response to Disruptive Behavior and Steps for Withdrawal from Program.** We will call the parents if we feel there is a circumstance that would benefit from parental support or intervention. An early childhood mental health consultant may be accessed through the Colorado Office of Early Childhood in regard to other unacceptable behavior, such as verbal or physical abuse, destruction of property, ignoring safety rules, and disrespecting or ignoring staff. We reserve the right to discontinue a child’s enrollment for behavior that is unsafe for self or others.

## Campers with Special Needs

The Colorado Mountain Ranch offers outdoors programs that are extremely active and physically demanding. Many children with special needs participate successfully. Before enrolling your special needs child, please call to talk with one of the directors and plan to observe our program to see if it looks like a good fit. We seek to be in compliance with the Americans with Disabilities Act.

The Mapleton Pediatric Rehabilitation Center offers summer programs for special needs children. Contact 303-441-0526 for further information.

## Parent Communication

**Let's talk!** If you would like to chat about your child's progress, don't hesitate to call us at any time and speak with one of the directors. We strive for honest and direct communication with the children and their parents, and we always welcome your input. We do not have cell or texting service. Internet may be unreliable. You may wish to call to confirm that we received your messages.

**Concerns.** Please let us know as soon as possible if you have concerns of any kind. Our trouble-shooting is a positive process which improves your child's experience as well as the quality of our programs and operations. When alerted to a problem, we immediately research the situation, report back with details, and discuss and implement a plan for improvement.



**Locating Your Child at the Ranch.** The Office keeps group lists and daily schedules identifying exactly who is supervising your child and where your child is at all times.

## Visitors

In this time of Covid, we ask that parents only visit when necessary. Only those who are enrolled in camp or hired as staff – and parents with prior arrangement - can be on the property. Our allegiance is to the families we serve and the staff we have hired to keep everyone safe.

## Emergency Procedures

**Disaster Procedures.** In the case of an emergency evacuation, CMR staff will transport campers and personnel to the Boulder Reservoir for the day and return to Foothills Community Park at the usual time. Our staff is trained to handle both external and internal threats.

In case of evacuation, information will be emailed to camper families, and/or by telephone or voice greeting through the Camp Office.

**Fire.** All our staff members are well-trained in emergency procedures. A continuous ringing of the Camp bell signals an emergency. All staff and children will move in an orderly fashion to the center flagpole circle for further specific directions to follow the disaster procedures.

**Danger or Active Shooter in Main Camp.** Continuous blasts from the air horn signal to staff members to have their campers quietly scatter and hide together as a group within hearing distance of each other. With the staff member as leader, they would move away from main Camp toward checkpoints to await further instruction. All counselors have radio communication with the Office. Vehicles would be dispatched for transport away from danger and to follow the disaster procedures.

**Excessively Hot Weather.** We will provide indoor activities or gather in shaded areas outdoors. Children have access to water at all times, and they are encouraged to drink fluids throughout the day. Everyone is expected to bring a water bottle, keep it full and carry it always. Western Riders need a water bottle that attaches to the body or a “Camelbak” water canteen made only for water, not belongings which could affect balance while riding.

**Severe Weather Conditions/Lightning.** All groups will immediately move out of open areas to seek shelter and remain sheltered until the weather moves out of the area.

**Medical Emergency.** We will administer first aid and make every effort to contact the parent or guardian. All CMR staff members are trained and certified in First Aid, CPR, and Standard Precautions. If emergency medical treatment is required, we will contact a doctor or hospital, provide transportation, or call an ambulance or Flight for Life, depending on the First Aid assessment of the severity of the injury or illness. The Colorado Mountain Ranch does not provide health insurance. Any medical or transportation expenses incurred will be the responsibility of the parent or guardian. To insure for these expenses, please review [“A+ Program Insurance”](#).

**Communicable Illness.** Please alert us if you know that your child has been exposed to any communicable illness. If exposed to Covid, please keep your child home. If your child is currently being treated with antibiotics, they must be on the medication for at least 24 hours before coming to the Ranch.

**Vehicle Mechanical Failure.** The driver will park the vehicle away from traffic if possible. If safe, staff members entertain campers on the vehicle until a back-up vehicle arrives. Otherwise, closely supervised campers will walk single file away from the vehicle. When the alternative vehicle arrives, campers will walk single file with close supervision to board that vehicle as directed.

**Vehicular Accident.** All of our vehicles are supplied with first aid kits and staffed by people certified in First Aid, CPR, and Standard Precautions. We will administer first aid as needed and notify the authorities.

**If a Child Becomes Lost.** We will make every effort to notify the parent immediately. Our staff will begin searching for the child and/or may contact the police department or Rocky Mountain Rescue, if and when necessary.

**Reporting Child Abuse.** Colorado requires that child care providers report all known or suspected cases of child abuse or neglect. A report should be seen as a cause for concern, not an accusation. You also have the right to report any suspicions or incidents. You may seek assistance from the Colorado Mountain Ranch and also the Boulder County Department of Social Services at: 3400 Broadway, Boulder, CO 80304, 303-441-1240 or 1-844-CO-4-KIDS (1-844-264-5437).

**Formal Complaint Procedure.** To report a formal complaint about child care, contact Colorado Department of Human Services, Division of Child Care, 1575 Sherman Street, 1<sup>st</sup> Floor, Denver, CO 80203-1714, phone 303-866-5958.

## What to Expect!

**Mountaineer's Wednesday Day Excursions...** are part of the program each week only for the Mountaineers. There is no extra fee or special permission required. Most Wednesday Excursions go to streams and lakes, and there are high-country hike options, too.

**Use of technology** - such as television, computers, cameras, internet - is not part of the programs at CMR. Educational videos may occasionally be used as part of rainy-day curriculum. Some campers may use electronics for games or music on the bus ride. Others choose to participate in the entertainment presented by the staff supervisors or read books or do puzzles with paper and pencils.

**Camper Orientation.** On Monday of each week, campers receive an orientation to Camp, the mountain area, the staff and each other.

**Weekly Themes.** At the beginning of each week, there will be a weekly theme, such as friendship, nature, responsibility, respect. Campers and staff will share examples and explorations of the theme throughout the week.

**The Day begins** with morning songs, warm-ups, and flag-raising, and then a gathering with their own group to get ready for the day before the daily activities begin.

**Daily Afternoon Meeting.** At the end of each day, everyone sings more Camp Songs, and activity instructors present a recap of the day's "Epic" accomplishments at their activity area, generally received by cheers, hoots, and applause before lowering the flags.



**Afternoon Honorings.** At the end of each day, groups gather together in a special place to talk about their day. At the end of each week,

the whole Camp gathers at the flag circle for an "Honoring Ceremony," full of Camp songs, jokes, and stories. All campers are acknowledged for their efforts and accomplishments. The afternoon is accented with humor, silly awards, reflection, camaraderie, and FUN! After the summer season, Teen Leaders receive documents for volunteer community service by US mail or email.



## **THE CAMP DAY SCHEDULE**

### **The 2021 Camp Day at the Colorado Mountain Ranch**

On the first Monday of each week, campers listen to the Camp Orientation on the bus ride to Camp. If you are late on any day and your camper's bus has departed, please bring your child up to the Ranch and check in at the Office, the first building inside the gate on the left.

- 8:00-8:15am Check-in at Foothills Community Park
- 9:15 Camp songs and Flag Raising
- 9:30 Small Group Gatherings for Goal-setting and snacks
- 9:45 First Activity
- 10:55 Second Activity
- 12:05 Lunch outdoors with group
- 12:50 Third Activity
- 2:00 Fourth Activity
- 3:10 Small Group Gatherings for talking about the Day and snacks
- 3:25 Camp Songs and All-Camp sharing of "Epic Moments"
- 3:45 Flag Lowering
- 4:00 Bus departs for Boulder
- 4:45-5:00pm Check-out at Foothills Community Park

### **Thursday Evening Campfire for Mountaineers**

- 4:00 Special Activity
- 6:00 Campfire Dinner
- 6:30 Campfire Program/Games
- 7:45 Bus Departs for Boulder
- 8:30 Pick up Mountaineers at 800 Cherry in Boulder at Foothills Community Park



Please let us know if you have comments or questions.  
**We're looking forward to seeing you this summer!**

The Colorado Mountain Ranch Children's Summer Day Camp  
*"The Best in All the World!"*

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