

The Colorado Mountain Ranch
Summer Day Camp
*Licensed by the Colorado State Department of Human Services
Division of Early Care and Learning*



Complete General Information for Children's Summer Day Camp 2023

Summer Outdoor Adventure Programs
May 30 through August 11, 2023
Boys and Girls – Grades 2-12 – Ages 7-17
Explorers, Mountaineers, Western Riders, Counselors-in-Training

Operating in 2023 with Covid-19 Protocols as outlined by Colorado State,
The Centers for Disease Control (CDC), Boulder County Health Department,
and the American Camp Association

Let's Be Outside this Summer!

The Colorado Mountain Ranch * 10063 Gold Hill Rd. * Boulder, CO 80302
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Welcome to the Summer of 2023!

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

The Relevance of Summer Camp Today... As children now o play and learn outdoors with friends, Summer Camp continues to be hugely important! Research studies show time after time that connections with others and outdoor free play contribute to young people's healthy emotional and physical development, ability to get along with all ages, 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 what it can be to live sustainably. Friendship and community are essential for working together to develop compassion and meaning in young lives. Let's get the kids back outside this summer!

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



Goals... The Colorado Mountain Ranch offers outdoor activities with qualified progressive instruction emphasizing enjoyment and personal skill development. We strive to provide opportunities 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 a big part of the next generation actively moving CMR into the future.

A Sense of Place... A feature of the Colorado Mountain Ranch Summer Day 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, the Challenge Course, 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, experience, 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 12-day-and-evening orientation covering the Colorado Mountain Ranch philosophy, policies, procedures, and methods, team-building, child abuse laws, specific skill trainings, first aid & CPR, discipline, and child development. They are thoroughly briefed in the importance and practice of

Health 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. Activity specialists present progressive curriculum in each program area with the counselor assisting. All staff members give encouragement, inspiration, friendship, and guidance. Safety comes first!

Programs

Since 1947, the Walker Family has provided quality summer camping experiences for children going into grades 2-12. Day Camp highlights full-variety the Explorers Program for grades 2-7, the Mountaineers Program for grades 7-11, the Western Riders Program for grades 6-12, and the Counselors-in-Training Program for grades 9-12. 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 and sports 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 and baby kid 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 qualified, enthusiastic, 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 10-12 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. Activity specialists 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

The Explorers Program 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, Personal Story-telling, 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 special adventures designed especially for these older campers as well as choices from our whole array of [camp activities](#). Activity times of 1 hour and 10 minutes allow for 2 hour 20 minute intensives, enough 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. They have options to get out on high-country trails for hiking and peaking.



Overnight in-Camp Campouts... Mountaineers and CITs have first option to put their camping skills to the test and use the tents to camp out on Ranch property during the Thursday Overnights.

Western Riders

The Western Riders program for grades 6-12 is for horse lovers. Western Riders' horseback ride times include taking and untacking and are up to 3 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, work with the horses and goats from the ground, groom, tack and untack, rope, and how to draw pictures of horses. They may even choose to catch a few of the other [camp activities](#), too.

Counselors-in-Training (CITs)

CITs... Teenagers may register to help as assistant counselors with a group of younger campers. Each CIT will have their own senior staff mentor. CITs act as junior counselors while also participating in all the fun activities. Those who attend for two weeks or more may choose to focus on learning to teach at an activity area. Time with the other teens includes casual social interaction with the other teens, exploring leadership goals and values during their lunch hour together, and leading an activity with their own group each week.

WITs... Longer-term CITs who mentor wranglers become Wranglers-in-Training (WITs) for that week. This option does not include extra ride time. For lots of riding, sign up for Western Riders.

Thursday Optional Overnights for 3rd-12th graders who are enrolled in camp each week

- Campers who are rising 3rd graders and older have the option to spend Thursday night at the Ranch during the week(s) that they are attending Camp.
- Weekly themes for the after-dinner activity vary week to week and will be communicated earlier in the week. Campers are encouraged to make or bring costumes, props, or musical instruments. Campers often work on these early in the week at the Arts & Crafts Shop.
- Includes an extra choice of the instructed camp activities before dinner and an open play time after breakfast
- Plus great camp food! Thursday Dinner, Friday Breakfast, and Friday Lunch.
- Staff-managed bedtime wind down and overnight supervision
- The Overnight fee is \$110.

WHAT TO BRING:

1. BACKPACK

- 1) Backpack with all the usual daily items
- 2) Lunch as usual for Thursday in camper's backpack (other meals are provided)

AND SEPARATE FROM THEIR DAILY BACKPACK, PACK A BEDROLL WITH OVERNIGHT ITEMS (to be unpacked after dinner)

2. BEDROLL

- 1) A **WARM** bedroll or sleeping bag and pillow
- 2) Toothbrush and toothpaste
- 3) Pajamas and/or a clean change of clothes to sleep in and wear on Friday (Thursday's clothes will not be clean enough to sleep in or wear again on Friday.)

OVERNIGHT ACCOMMODATIONS

Boys and girls are organized separately along with the others in their group. Sleeping arrangements are in cabins, the Lodge, on the covered deck, under the Gymnastics Pavilion, or in "Tent City" by the Family Tree. Everyone is provided with either a bed, a gymnastics mat, or a camping pad for sleeping "slumber-party style" on the floor, deck, or ground. Counselors supervise each group continuously.

OVERNIGHT MEALS

Camp food is good! Hearty, nutritious, kid-friendly meals are served for Thursday night dinner, and Friday breakfast & lunch. (With prior notice, vegetarians can be accommodated. However, if your child has food allergies or other dietary restrictions, please send special food(s) for your child.)

SPECIAL EVENTS

The after-dinner event includes costuming, making props and decorations, food and activities in theme. The theme is announced early in the week for that week. Some exciting ones are: Capture-the-flag, Disney Characters, Pirates and Ninjas, Camp Olympics, Super Heroes, Harry Potter, Predator v. Prey, Clue the Game, Happy Birthday America, Around the World ... Cast your vote, we'll make it happen!

REGISTRATION

Early registration is not necessary. You authorized your camper's participation in all Camp programs including the Overnights when you completed and signed the online camp registration form. Just send your child with their overnight things and check in at the sign-in table at North Boulder Park. You may send a check, or your card or bank account will automatically be charged if your camper spends the night.

PREPARE AND PLAN FOR OVERNIGHT SUCCESS!

As professional child caretakers, we want your child's overnight at camp to be a successful stepping stone in their quest to grow up and to look toward the possibility of a good outcome of a future resident camp experience, too. Trusting that this is your desire as well, we ask you to partner with us. Here are a few points to seriously consider before agreeing to an overnight with us at the Colorado Mountain Ranch:

- 1) Only consider the Camp Overnight if your child has successfully spent the night away from home previously.
- 2) We have raised the grade level requirement for the Overnight to rising 3rd graders. After the years of COVID separation from peers, the increased social maturity of third graders today supports a better chance for a successful overnight away from home.
- 3) "Because my friend is staying" is not a good criteria for basing a prediction of a good overnight experience.
- 4) Discuss with your child beforehand their expectations for an overnight away and consider and communicate your expectations as well.

- 5) Only make a plan if both you and your child believe completely that they can succeed in staying at Camp overnight and have the energy to enjoy Camp activities all day on Friday, too.
- 6) Let them know that they can do this and that you will support them to follow through with doing this even when it may seem hard, and don't plan to let them give up.
- 7) However, if during the Camp Day on Thursday, your child decides that they are not committed to staying overnight and it is before 3:45pm when the afternoon bus prepares to leave, we will call you to pick up your child at the usual time. . Please have them return in the morning to end the week of camp on a good note. You will need to wait until Friday to pick up their overnight things.
- 8) **IMPORTANT:** If after the afternoon bus leaves camp your child shows signs of "homesickness," we will coach them about the benefits of deciding to stay. If your child insists that they need to call home, we will have your child call you to talk. Listen to your child's problem, empathize with their feelings, share your own stories of feeling homesick when you were younger. Yet, try as hard as you can not to rescue them. **PLEASE** encourage them to do this "hard thing" that you have talked about earlier. Tell them to power through their upset as this will help them to grow up. Ask your child to focus ahead on how good they will feel tomorrow after they have succeeded at doing something difficult. Suggest that they "tough it out," because the accomplishment will feel "over-the-top good," relatively much better than the discomfort they feel at the moment. Suggest that they relax into sleep in whatever way you think may work for them. If you swoop in to save the day for your child, you may miss an opportunity to support them to finish what they begin, grow as a person, and develop **Grit**, a character trait that will certainly serve them in the long run. Think long-term and envision the bigger picture. In time, they will thank you for this, guaranteed!
- 9) If you cannot convince your child to go to their sleeping place in Camp and fall asleep, then be prepared to immediately come to the Ranch to pick them up for the night. Please have them return in the morning to end the week of camp on a good note.

Transportation

Buses and Bus Staff... 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 and CMR's high standards. Every bus is staffed with its driver and an entertainer and additional supervisor. Every Camp staff member holds a current Certificate in American Heart or Red Cross First Aid Safety 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 the different bus age groups. We also recommend sending your camper with a book, pencil and paper puzzles or games, origami, etc. With the older groups, staff may play appropriate music mixes.

Cell Phones, Game Players, and Music Players... Our request is to leave cell phones and other electronics safe at home. The Camp is not responsible for electronics! However, they are allowed solely on the bus ride. Use is limited to only "Camp-appropriate" all-age lyrics and games, no violence or profanity ever! Only staff members may manage play lists. Leave personal speakers at home.

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

Important Bus Safety... Please ask your child to: 1) Remain seated. 2) Face forward 3) Keep the aisles clear. 4) Not throw any objects. 5) Use inside voices; don't distract the driver. 6) Keep head, arms, trash, and hats inside the bus. 7) Be courteous – keep hands and feet to yourself. 8) Be alert to traffic when leaving the bus. 9) Raise hand for help from a supervisor when needed.

Bus Schedule

WHERE

Pick-ups and Drop-offs are at [Calvary Bible Church](#), 3245 Kalmia Ave. in NE Boulder. Use the parking lot at the west side of the church. Our buses stop along the far west wall.

MORNING CAMPER DROP-OFF

8:00-8:15am Buses depart in the morning once its campers are all checked in and/or accounted for. **Call or email the office before 8:00am if your camper will be absent.**

AFTERNOON CAMPER PICK-UP

4:45pm-5:00pm Departure from Camp is at 4:00pm. Notify the Ranch Office before 3:00pm if you will be picking your camper up at the Ranch.

THURSDAY OVERNIGHT

Buses run on the regular schedule both Thursday evening and Friday morning for campers who are not spending the night.

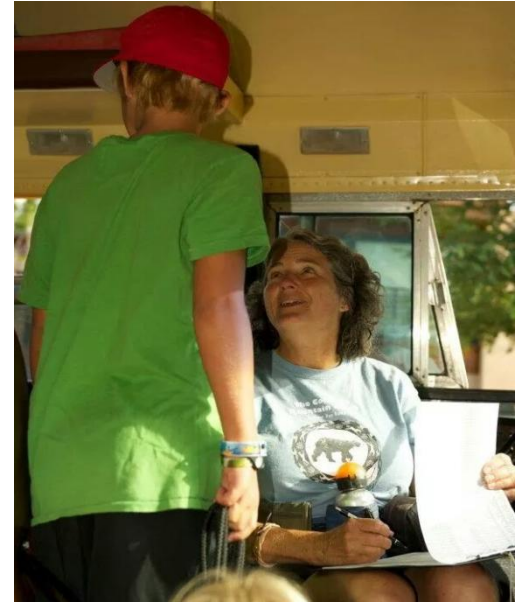
CHECK-IN & CHECK-OUT PROCEDURES – Be safe and healthy

1.) Before leaving home in the morning, check your child's health and temperature. If your child has a fever of 100.4 F. or above, has any symptoms of sickness, or you have any concerns, please keep your child home and call or email the Camp Office right away.

2.) At [Calvary Bible Church](#), 3245 Kalmia Ave. in NE Boulder, you will find Camp buses parked in a line along the west wall of the first parking lot on the west.

3.) Park in the parking lot and walk with your child to the bus for check-in at their bus. Bus staff members confirm attendance via a document on their phones that is shared with our office. Your child will be asked how they are feeling today as you check them in. Our bus staff have hand sanitizer for each child to use every morning as they get on the bus.

4.) To check out, park your car and walk to your child's bus to have them disembark. **Remember, you must check out directly with a staff member at your camper's bus!**



2023 BUS SAFETY WITH HEALTH PRECAUTIONS

1.) Each camper always rides in the same seat and on the same bus in a cluster with others from their group plus 1-2 more groups in the same program and close in age, forming their “bus pod.”

2.) Campers each sit with an authorized seat buddy or have their own seat on their own bus if not authorized to share.

3.) Once in Camp, buses are centrally parked and accessible throughout the day. Each camper's bus seat is their “personal cubby” for keeping their belongings separate from others.

4.) The windows will be down for air circulation, so be sure your camper brings layers to wear for warmth. **Everyone needs a warm jacket every day, no matter how hot it is in Boulder!**

***IMPORTANT:** PLEASE LEAVE the lane at the west wall of the Calvary Church Parking Lot 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, welcome you, and answer your questions!



Keep Traffic Safe! For the benefit of everyone involved, thanks for your part in making the time at the bus stop safe and easy for all of the kids, other parents, Ranch personnel, others at Calvary Church, and the neighborhood.

If a child is not picked up:

We 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, 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.

DROP-OFF OR PICK-UP AT THE RANCH

For those providing their own transport to and/or from the Ranch... Main camp is a pedestrian-only auto-free zone. Park in the lot across the road, and walk over to check in at the Basketball court or at the Office. There is no reserved bus seat for campers who regularly provide their own transportation.

Arrive at Camp: 9:00am. Pickup: 4:00pm

Check in and out with the staff member with the clipboard near the Basketball court just inside the front gate or at the Office.

Monday Morning Orientation... Except for the first day of the summer when everyone hears Orientation at Camp, all campers listen to the orientation on the bus ride to Camp on Monday mornings.

Late Arrival at the Ranch... Call or email us if you are bringing your child to the Ranch late for any reason. If you are emailing, please be sure you get a confirmation response. 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.

Early Pick-up at the Ranch... Call or email 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. If you are emailing, please be sure you get a confirmation response. 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... all 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, full water bottle (refills are available), lunch, two snacks, a small plastic container of sunscreen with your child's name on it, no sprays. Remember that days are much cooler at this altitude, the weather can change quickly, and activities continue outdoors in the cold rain, so please pack accordingly. Day packs help children keep their things together.

IMPORTANT Words on Sunscreen... Before bus check-in, you **MUST** generously apply sunscreen to your camper's face and all exposed body parts. We try to re-apply between activities throughout the day. The Camp also provides **Banana Boat 30 spf or higher**.

Bug Repellant... Insect repellant is **NOT needed** around Camp, but if you choose to send it for Mountaineers' Excursions, send only liquid or stick, no sprays.



Campers' Personal Belongings... are kept in their own or shared 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 (there is minimal service or internet on the bus ride or at the Ranch) may be used **only** on the bus or in Boulder. **We are NOT responsible or liable for lost, misplaced, or stolen items. Mark your child's name on**

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) to wear for snacking throughout the day. No food items may be shared. Send a full water bottle with your child to support water intake. Drinking water refills are always available.

Western Riders... should bring everything listed above, remember a rain jacket (not a poncho) and also rain pants. Rides go out in the rain. Bring 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 your 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 a stream or lake, send a bathing suit and towel for swimming, and 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 weekly Excursion and the optional Overnight.

What to Bring for Overnights...

1. **BACKPACK** with all the usual daily items, including Lunch as usual for Thursday. (Other meals are provided.)

And SEPARATELY send:

- 2.) **BEDROLL, A WARM** bedroll or sleeping bag and pillow, toothbrush and toothpaste, pajamas and/or a clean change of clothes to sleep in Thursday and wear on Friday (Thursday's camp clothes won't be clean enough to sleep in or wear again Friday.)

Trading Post Spirit Bags... Watch for a Trading Post order form to complete and return to us if you wish to purchase a Camp Spirit Bag. The bag includes a camp T-shirt, a stuffie wearing a CMR bandana, and another surprise! Payment is charged to your online account.

Lost and Found... A name marked in your child's belongings definitely helps lost items find their way back to your child. If there is an missing item you wish for us to try to locate, please call or email the office with details - description, size, color, and last know location. The Office will try to coordinate to send it down to Boulder on the Camp Buses. After summer, all remaining Lost and Found items will be donated to charity.

****Clearly Mark Everything that Your Child Brings! ****

PAYMENTS, RATES, AND REFUNDS 2023

Fees for the 2023 Summer Season Programs
(No additional Registration Fee for 2023)

Explorers – rising Grades 2-8 _____	\$685 per 5-day week
Mountaineers – rising Grades 7-11 _____	\$742 per 5-day week
Western Riders – rising Grades 6-12 _____	\$857 per 5-day week
Counselors-in-Training – rising Grade 9 _____	\$544 per 5-day week
Counselors-in-Training – rising Grade 10 _____	\$435 per 5-day week
Counselors-in-Training – rising Grade 11 _____	\$326 per 5-day week
Counselors-in-Training – rising Grade 12 _____	\$217 per 5-day week

Only the 4-day Holiday weeks – Memorial Day & 4th of July - are prorated.



How to Enroll... Registration is online through the [Register Now](#) button on our website. Sessions are a minimum of one week Monday through Friday. **Only** the Holiday weeks are 4 days, which are prorated. 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 by credit card or ACH Bank draft to hold your spot for each week. The deposit is applied to the tuition fee for each week. No payments are refundable through our Office, yet they are transferable to a different week or age-appropriate program this summer or next, subject to availability.

How to Pay... Partial and full payment balances may be paid online by logging into your account. If paying a balance by check or cash, enclose a note with the name(s) of your child(ren) and date of Camp week(s) and deliver to our Office by US mail or by hand. All program fees are due in full one week prior to the Monday of each week your child attends. If there is an outstanding balance one week before your scheduled week, your account will automatically be charged. Cash, Visa, MasterCard, American Express, and ACH bank drafts are accepted. To check your balance, log into your account or call or email our Office.

How to add weeks... If you are already registered and would like to add another week, please use your online account or email us or give us a call!

If your schedule changes... We can make additions, changes, and cancellations by phone or email. We prefer talking with you by phone so that you and we can confirm immediately.

Changes or cancellations... may **only** be made through our Office! If you need to cancel a week or change to a different week, please call or email us. Be sure that you receive a confirmation by phone or email. There are no additional fees for changes or cancellations, and your payments are always transferable, subject to availability. In the case of cancellation, remember to notify our Office at least one full week prior to the scheduled week in order to avoid automatic charging of the balance due. **Questions?** Let us know!

Camp Refunds and Make Up days.. There can be no refunds made through our office. Bus pods and Group cohorts make it impossible for there to be make-up days for those missed due to illness or for any other absence.

Insurance for Payment Refunds... You can insure your payments in advance to be able to receive a refund if you need to cancel your registration or interrupt participation due to covered reasons. If your child cannot attend camp due to sickness (including with Covid) or injury and the reason is documented by a doctor, your insured payment can be refunded along with some medical expenses if you have purchased [Activity Coverage Insurance](#) up to two days before attendance. The "Cancel for Any Reason" prior to attendance is an extra option for which the premium must be paid on or before the Camp fee balance is paid in full. Be sure to review the Colorado policy online before purchasing.

HEALTH

2023 Health Protocols... Please review the [2023 Health Protocols](#) on our website now and again before your camper's time of enrollment. These may be continually updated.

Absences and Illness... If your child will not be in camp for any reason during the time of enrollment, it is important to call or email the Camp Office to let us know **before 8:00am** on the day of absence. Programs are in session Monday through Friday, except for the Holiday week of Memorial Day and the 4th of July. Week 1) is Tuesday thru Friday, May 30-June 3.. Week 6) is Monday, July 3, and Wednesday-Friday, July 5-8, 2023.

Daily Health and Temperature check... Check your child's health and temperature every morning before you leave home. Verify with our staff at bus check-in that your child is healthy and has no symptoms.

What if my child is ill? If your child has a temperature of 100.4 or higher, a cough, chills, headache, sore throat, upset stomach, loss of taste or smell, or any symptoms of a cold, flu, Covid, or any sickness, do not send them to the Ranch. If you have any concerns at all, immediately notify the Camp Office at 303-442-4557 or office@coloradomountainranch.com

What if my child becomes sick while at Camp? We will care for them in isolation and call you immediately to come pick them up.

TWO Emergency Contacts... A parent or authorized adult should always be available in case an emergency arises. It is **necessary** to list two **additional** emergency contacts. If you and your contacts are unavailable, the Police Department and/or Child Protective Services may be notified in the event of an emergency.

More Info on Sunscreen... Please apply sunscreen before your child gets on the bus every morning. For more applications during the day, be sure to send your camper with their own sunscreen in a small unbreakable container (NO sprays) and marked with your child's first and last name. The Camp also provides **Banana Boat® 30 spf or higher**. We do our best to have children reapply between activities daily. Yet, please keep in mind that studies show that even with reapplication, 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!

MEDICAL FORMS AND MEDICATIONS

Certificate of Immunization... Colorado State Child Care Licensing requires that a copy of each camper's [Certificate of Immunization \(Required\)](#) be uploaded into your parent account. The Certificate of Immunization may be from the following states: Colorado, Alabama, Arizona, California, District of Columbia, Florida, Georgia, Illinois, Iowa, Kansas, Kentucky, Maryland, Montana, North Dakota, Oregon, Pennsylvania, South Dakota, Tennessee, Texas, Virginia, or Washington. These forms also include documentation of your child's Covid vaccines. Once completed by your health care professional, upload to your online account. It does NOT need to be included right away with your original registration, yet needs to be uploaded to your account at least one week before your child's first day of enrollment. Upload documentation if your child has a Medical or Religious Exemption.

Prescription Medications... Only Prescription medications provided by you may be administered at Camp and exclusively by written order of a person with prescriptive authority and on file in our Office. They may only be administered by our on-staff certified Medication Administrator. Prescription medications that you have sent for eyes, ears, all oral medications, topical medications, inhaled medications, & certain emergency injections are locked and stored at the Camp Office/ Healthcare Center.

Prescription Medication Consent Form... This is required for prescription medications sent from home. If it is necessary to send prescription medications (including an epi-pen) for your child, these must be sent in the original container and the [Prescription Medication Consent Form \(Optional\) - \(Required only for prescription medication to be administered at Camp\)](#) must be on file in our Office, signed by both you and the prescribing physician. Instead, it is better to request an “extended dose” from your doctor so that you can give the medication in the morning before your child comes to Camp and again at home in the afternoon.

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 \(Optional\) – \(Required for Self-Carry\)](#) must be in our files signed by both you and the prescribing physician.

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. The whole group may be engaged to help problem-solve. 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 outdoor 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 City of Boulder offers the EXPAND programs. Contact 303-413-7256.

Children's Hospital Colorado offers help for special needs children. Contact 720-777-6895.

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. In the mountains, we do not have cell or texting service, and the internet may be unreliable. You may wish to email us or call our landline 303-442-4557 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 research the situation as soon as possible, report back with details, and discuss, coordinate, and implement a plan for improvement.

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

VISITORS

Due to security precautions, only parents with prior arrangement and those who are enrolled in camp or hired as staff may be on the property. Our allegiance is to the children, the families we serve, and the residential staff community 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 the bus stop at the [Calvary Bible Church](#) at the usual time. Our staff is trained to handle both external and internal threats.

Evacuation Information... In case of evacuation, information will be emailed to currently enrolled camper families and/or communicated by 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 about following 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. 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 gather in shaded areas outdoors or provide indoor activities. 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 has a loop so it can be attached to the saddle by the saddle strings.

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, pediatric 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. For insurance to help with these expenses, please review ["Activity Coverage Insurance."](#)

Communicable Illness... Please alert us if you know that your child has been exposed or has a fever or symptoms of any communicable illness. If your child is currently being treated with antibiotics, they must be on the medication and symptom-free 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 appropriate 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, 1st Floor, Denver, CO 80203-1714, phone 303-866-5958.

WHAT TO EXPECT

Use of Technology - such as television, computers, cameras, internet - is not part any of the programs at CMR. However, educational videos may occasionally be used in special circumstances. On the bus ride, some campers may use electronics for children's games or music. Others choose to participate in entertainment presented by the staff supervisors or read books or do paper and pencil puzzles.

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

Weekly Themes... such as Superheroes, Harry Potter, Star Wars, Pirates vs. Ninjas – are explored in relation to values such as friendship, responsibility, nature, and respect. Campers and staff share perspectives on the theme throughout the week.

The Day Begins by gathering with their group at the Flag Circle for morning songs, warm-ups, flag-raising, snacks, and to get ready for the day before the Camp activities begin.

Daily Afternoon Gathering at the Flagpole Circle. At the end of each day, groups gather separately around the flagpole circle for a debrief of their day, snacks, and singing Camp Songs. Activity instructors present a recap of the day's "Epic" moments from each activity area, received by cheers, hoots, and applause before lowering the flags.



Honorings. To culminate each week, counselors present silly or serious awards to each camper in their group. Then all Campers gather at the Flagpole Circle for an "Honoring Ceremony," where the activity instructors acknowledge campers' outstanding efforts and accomplishments. The weekly theme rounds up with a skit or respectful moment. The afternoon is accented by humor, reflection, Camp songs, jokes, stories, camaraderie, and FUN! After the summer season, Teen Leaders receive documents for volunteer community service by US mail or email.

Mountaineer's Wednesday Day Excursions... are part of the program each week reserved 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



THE CAMP DAY SCHEDULE

The 2023 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 the Boulder Bus Stop
- 9:00 Camp songs and morning warm-ups
- 9:15 Group roll call and flag raising
- 9:30 Individual group gatherings for goal-setting and snacks First Activity
- 9:45 First group activity
- 10:55 Second group activity
- 12:05 Lunch outdoors with group
- 12:25 Open play time with Instructor supervisors; Group counselor break
- 12:50 Third group activity
- 2:00 Fourth group activity
- 3:10 Group talk about the day
- 3:25 Whole camp shares "Epic Moments" at Flag Circle
- 3:50 Flag Lowering
- 4:00 Bus departs for Boulder
- 4:45-5:00pm Check-out at the Boulder Bus Stop

THURSDAY OVERNIGHT

- 4:00 Bus leaves as usual on its regular schedule and Activity-choice time for Overnighters
- 6:00 Dinner
- 6:30 Move into Sleeping Places
- 7:00 Meet at Campfire for Special Evening Event
- 9:00 Lights Out
- 7:00 Get up
- 7:20 Breakfast and then pack up
- 8:00 Open play time
- 9:00 Flag Circle for camp songs and morning warm-ups when the buses arrive



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!"

10063 Gold Hill Road, Boulder, CO 80302
Phone: 303-442-4557 Email: office@coloradomountainranch.com