

# **The Colorado Mountain Ranch Summer Day Camp**

*Licensed by the Colorado State Department of Social Services*



Complete General Information for Children's Summer Day Camp 2020

## **Summer Outdoor Adventure Programs**

**June 1 through August 14, 2020**

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

Adventure Camp

*Focus Camps: Horses! Mountainboarding! Gymnastics! Trail Blazers! Disc Golf! Water!*

*Counselors-in-Training*

The Colorado Mountain Ranch \* 10063 Gold Hill Rd. \* Boulder, CO 80302

Phone: 303-442-4557

Email: [Office@ColoradoMountainRanch.com](mailto:Office@ColoradoMountainRanch.com) FAX: 303-417-9114

## **Welcome to the Summer of 2020!**

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

**The Relevance of Summer Camp Now...** In today's fast-paced and sometimes crazy world, we see the need continuing to grow for children to connect with the natural world and with other people in a positive community. 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. And community is essential for working together with others to develop compassion and meaning in young lives.

**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, 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 Walker 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 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, Challenge Course, Corrals and the Barn, the Lodge, Mountainboarding Course, Arts & Crafts Shop, Tipi, 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, Tent City and the Cabins for overnights: Ponderosa, Blue Spruce, Columbine and Arapahoe... 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...** Many on our summer staff come from different states and some from other countries, too! 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. 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. Groups number 8-12 with their own group counselor 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 Adventure Camp for grades 2-8, Horse and other Specialty Focus Camps for grades 5-11, Water Focus for grades 2-11, and the teen leadership Counselor-in-Training program. CMR offers confidence-building activities supervised and instructed positively and aimed toward successful skill-building, passionate learning, and FUN!

**Fun Activities...** Team-building challenges on the low ropes course are the foundation for all Camp Programs. Also: Western riding, horse and animal care, mountainboarding, swimming, gymnastics & trampoline, arts & crafts, archery, fort-building, Native American Indian Lore, dramatics, music, leatherwork, disc golf, nature, outdoor living skills, hiking, camping, tracking, environmental appreciation, experiences in sustainable living, "Eat Real!" – farm-to-table organic gardening, goat tending and milking, children's yoga, sports and games, teen leadership. Optional weekly overnights and campouts round out each week. Bus transportation is included to and from Boulder.

**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.

**Friends!...** Groups number eight to twelve campers with a group 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, continue to develop skills, and build strong, meaningful relationships.



### Adventure Camp

The Adventure 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 Ropes Course 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.

### Focus Camps

As the children grow and wish to develop their special interests, Focus Camps give the chance for those in grades 5-11 (plus grades 2, 3, & 4 in Water Focus) to specialize every day in their chosen focus area for half of the activity day. The other half of the day includes team-building challenges and choices from all the other activities. Focus Camps for those in grades 5-11 include: *Horse Focus! Gymnastics & Trampoline! Mountainboarding! Trailblazers! Disc Golf!* The *Water Focus!* program extends to grades 2-10 and includes wading and swimming in pools, lakes, and streams, lake kayaking, water ecology and explorations. The *CIT Program* offers Leadership and Counselor-in-Training for teenagers in grades 8-12.

## 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, an entertainer, and at least one more additional 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. On the smaller vehicles - for the older campers and CITs – staff play appropriate music mixes or music on the radio.

**Vehicle Organization.** Our vehicles have animal names to help distinguish them. On Monday mornings, children organize onto buses by age, with continuing campers separate from those who are new for the season. New campers each summer receive general camp orientation each week on their first morning's ride to Camp. Thereafter throughout each week, organization is by age and by group as designated by their counselor's name. Signs at the check-in table and on the busses tell which groups are on which bus.

**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 North Boulder Park, near the parking lot at 7<sup>th</sup> & Dellwood.

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

**WHEN...**

**Morning:** Supervising staff arrive at 7:45 AM. Please plan to arrive and sign in your child(ren) before 8:10 when the call goes out for "last chance for bathroom and load the busses." The bus aims to leave for The Ranch at 8:30 AM after cross-referencing sign-ins and bus check-ons.

**Afternoon:** The bus aims to arrive at North Boulder Park at 4:30 PM. Staff members supervise until 5:15 PM each evening. **Please be sure to sign out and have your child with you** when you do, or if authorized, your child must sign out. We try to call all families who don't sign out to be sure that your child is in the right place.

**Safety at the Park:** Our staff members form a "Circle of Safety" in order to supervise the designated area around the northwest area of the Park. This includes the playground, basketball court, greeting (sign-in/out) table, sidewalk chalk near the pavilion, the ball tag game in the middle of the Circle, and the bathrooms. We watch, talk, and play with the children, while keeping them within the Circle, and monitoring those in the bathrooms. In case of rain, sign-in and sign-out are under the pavilion.

### Park Sign-in and Sign-out

**Mornings.** At the Greeting Table, please sign in your child(ren), and indicate the time. The last call for Bathroom and Bus Loading begins at 8:10 AM. Once children are checked on the bus, they must stay there. Sign-ins before 8:10 AM are cross-referenced. Parents or guardians who sign in a child after 8:10 are responsible for being sure the child is on the bus. Parents or guardians who bring children to the Park after the 8:30 AM departure of Camp Vehicles are responsible for the care and supervision of these children.



**Afternoons.** SIGN YOUR CHILD OUT on the same sheet as the sign-in. Have your child with you when you sign out. Only those authorized to sign out your child may do so. Children may sign themselves in or out with written permission from the parent or guardian, as indicated on the registration form or with specific written authorization, dated and signed by parent or guardian. If you have last minute emergency changes in plans, call the Camp office at 303-442-4557 no later than 3:30pm so that we can let your child and the park staff know before the afternoon departure from the Ranch.

### **North Boulder Park**

***\*Important, Please read\****

Concerned folks who live around the North Boulder Park neighborhood and the City of Boulder have requested that we ask you to please:

1. Arrive early to alleviate congestion.
2. Carpool – it will bring less traffic to this area.
3. Please approach the park from the West whenever possible.
4. Park in the parking lot or around the corner on 7<sup>th</sup> St. **Never park on the Park's north curb along Dellwood where the buses park!**
5. Do not park (even for a moment) where there are "No Parking" signs.
6. Drive slowly as you come to pick up and drop off your children.
7. Allow residents to get out of their driveways.
8. Of course, please never block a driveway or drive on sidewalks.
9. **\*Again, keep the park-side of Dellwood open for our buses to pull in.**

### **The End of the Day at North Boulder Park**

The Colorado Mountain Ranch must have a signed authorization for your child to be left unsupervised at the park after 5:15 PM. We will try to phone parents of any children who have not been picked up by 5:15 PM. Our staff members cannot stay at the Park to supervise because they need to return to The Ranch for evening meetings and workshops. A late charge will be assessed at the rate of \$1 per minute past 5:15. This fee should be paid to the supervising staff as you pick up your child. If we still have your child(ren) when staff are ready to depart from the Park and 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.



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

On Monday morning of your first week, please sign in at the Greeting Table and let the staff know that it's Day One for you and your Camper. The table staff will point you to special greeters who would like 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 North Boulder Park safe and easy for all of the kids, other parents, Ranch personnel, other public park users, and the neighborhood.

**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. On the smaller vehicles - for the older campers and CITs – staff 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!

### **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. Main camp is an auto-free pedestrian-friendly zone. **Arrival: 9:15 am. Departure: 4:00 pm.** Sign in and out at the Office or with the staff member with the clipboard near the basketball area just inside the front gate.

**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 North Boulder 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. Park in the lot across the road, walk back across the road into Main Camp, and go left to the Office to sign 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 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 sign out for the day. Transition times are on the hour each hour. If you plan to pick up your child at the Ranch the day after an overnight or campout, let us and your child know the day before so their things will be retrievable and not packed deep in the gear van the following morning. Otherwise, plan to pick up their gear later at North Boulder Park.

## **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 sandals!), a light jacket or sweatshirt every day - no matter how hot it is in Boulder, water bottle, lunch, and sunscreen, no sprays. If you choose to send insect repellent for hikes or campouts, send only liquid or stick, no sprays. Day packs help children keep their things together. Remember that days are much cooler at this altitude and the weather can change quickly, so please pack accordingly.



**More about lunches, snacks, and water bottles.** Provide a nutritious, non-perishable lunch for your child. 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. Eating on our buses is okay. We provide a light snack on the bus in the afternoon. Drinking water is always available. Send a full water bottle with your child to support water intake.

**Horse Focus Campers...** should bring everything listed above, plus a rain jacket and pants (not a poncho) and a water bottle that attaches around the waist or a Camelbak. 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 bring their own. All our stirrups have covers, so heeled riding boots are not necessary. **No** hiking boots with heavy soles.

**Mountainboard Focus Campers...** need everything listed above for every camper, plus long pants, socks, and closed toe shoes that fasten securely to wear while mountainboarding every day. These can be packed in their backpack if camper is not wearing them in the morning.

**Water Focus Campers...** need everything listed above for every camper, plus a bathing suit and towel.

**Optional Wednesday Excursions...** also require a rain jacket or poncho, long pants, comfortable walking shoes, \*extra shoes or sandals with back straps for wading, packable lunch, full water bottle, bathing suit and towel for swimming, all in a day backpack.

**Campers' Personal Belongings...** are kept in cubbies that are not lockable. 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.

**Cash or check for Trading Post.** The Camp Store "Trading Post" is open daily after lunch for cash purchases of limited sweets and other snacks, Camp t-shirts, stuffies, and sundries.

**Lost and Found...** from each week is taken to the Park on Friday of that week. 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 Camp and then donated to charity.

## **Optional Thursday Overnights and Wednesday Campouts**

The Thursday-night Overnights are optional for ALL campers in ALL programs, and the Wednesday-night Campouts are optional for *Trailblazers* and *CITs*.

**What to Bring:** Overnights need to be fairly independent and able to carry and take responsibility for their overnight things. Pack two (2) separate bags on the morning of the Overnight:

1) **Your child's daily backpack** – Packed-as usual for the day - with a lunch for that day, a full water bottle, sweatshirt, long pants, and sunscreen. **Also**, pack an extra pair of shoes for the possibility of choosing a trip to the stream during the activity choice time before dinner.

2) **The other bag should have all of your child's overnight things** – A warm sleeping bag (or blankets), a pillow, usual toilet articles, a warm jacket, and a change of clothes. Campers often sleep in tents or outdoor shelters; nights are cold in the mountains! Remember extra socks in case of rain. This bag goes on the "gear van" and is unpacked later, after dinner for the Thursday Overnight.

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

**Optional Thursday Overnights...** feature themed evening events, three Camp meals, individual choice of all the Camp Activities for an extra-long activity time before dinner, and sleeping “camp-slumber-party-style” with staff supervision. Stream outings are offered as one of many activity options before dinner, so send extra shoes for wading. The overnight fee covers all activities, supplies, supervision and three meals. Overnight campers bring their lunch as usual for Thursday. Then it’s kid-friendly camp food in the Lodge dining room for Thursday dinner, and breakfast and lunch on Friday!



**“Overnight” Meals.** Send a lunch for Thursday as usual. We provide great Camp meals for Thursday dinner and Friday breakfast and lunch. REMEMBER - We provide three meals. If your child has special dietary needs, you may call on Wednesday to find out the menu and decide if you want to supplement. To send special foods for your child, pack a small cooler with your child's name and "deliver to the office" on top. Give it to the staff at the check-in table on Thursday morning to be refrigerated and available to your child at every meal.

**Overnight Accommodations.** Boys and girls are organized separately with the others in their group for sleeping arrangements 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 or ground. Counselors supervise each group continuously throughout the night and day.

**Homesickness.** Plan to be available to pick your child up at the Ranch in case your child gets homesick. We will call you if there is a concern.

**Authorization.** You authorized your camper(s) participation in all Camp programs including the Overnights and Campouts when you completed and signed the online camp registration form for your child(ren). To confirm attendance, just send your camper(s) with their overnight things!

**Regular Bus Schedule.** For campers who do not attend the campout or overnight, the bus will run on its regular schedule Wednesday, Thursday, and Friday. All campers and overnight gear will be delivered to North Boulder Park the next day after the Overnight and Campout. Expect the buses to be a little later than usual on Fridays due to the end-of-the week Honoring Ceremony, awards, and gathering of overnight gear, and Lost and Found.

## **Extra Info**

**Optional Wednesday Day Excursions...** are offered each week. Information is emailed weekly. We organize Excursion staffing with a ratio of 1 to 5. There is no extra fee or special permission required for those choosing to go on the outings. Most Wednesday Excursions go to streams and lakes. In-Camp activities proceed as usual for those choosing to stay in Camp.

**Use of technology** - such as television, computers, cameras, internet - is not part of the programs at CMR, except in some special teen projects. Educational videos may occasionally be used as part of rainy-day curriculum.

## **Rates and Refunds 2020**



**Registration Policies:** 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.) There is a non-refundable Family Registration fee of \$50.00 paid once per summer, once per family. A deposit of \$150 is required for each week you indicate and will be credited toward the weekly rate. The deposit is 50% refundable at any time before attendance and 100% transferrable,

subject to availability. **Balances Due:** 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) or Overnight on the check. All regular program fees are due in full on the Monday of each week your child attends. Checks, cash, Visa, MasterCard, and American Express are accepted. For your balance, log into your account [hyperlink] or call the Office. **Additions:** 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 is a \$20 office “change fee” charged for changes in weeks of registration (subject to availability). There will also be a \$20 office fee for any other registration adjustments. If you have paid in full and you need to cancel, we will refund everything except the registration fee and ½ of the deposit(s).

**Overnight fees.** The optional Thursday overnight fee is \$75 and is **not included** in the weekly tuition. It is not due until overnight attendance is confirmed. CITs and Trailblazers also may participate in the additional optional Wednesday-night camp out for a \$75 fee, also not due attendance is confirmed.

### **Fees for the 2020 Summer Season**

#### **2020 Registration Fee - Required One-time Per Family**

**Adventure Day Camp** – rising Grades 2-8.....\$495 per week

#### **Focus Day Camps:**

***Horse Focus Camp*** – rising Grades 5-11.....\$645 per week

***Mountainboarding Focus Camp***– rising Grades 5-11.....\$555 per week

***Trailblazers Focus Camp*** – rising Grades 5-11.....\$555 per week

***Gymnastics Focus Camp***– rising Grades 5-11.....\$555 per week

***Disc Golf Focus Camp*** – rising Grades 5-11.....\$555 per week

***Water Focus Camp*** – rising Grades 2-11.....\$555 per week

**Counselors-in-Training (CITs)/Teen Leadership Program** – rising Grades 8-12

Grade 8 - \$555, Grade 9 - \$495, Grade 10 - \$435, Grade 11 - \$375, Grade 12 – Tuition Free

## 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.

If your child is ill, please do not send him/her to The Ranch. If your child becomes ill while at the Ranch, we will call you. 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. There are no refunds or make up days for those missed due to illness or any other absence once the child is in attendance.

**Sunscreen.** Please apply sunscreen before your child gets on the bus every morning. Also, send sunscreen for another application during the day, marked with your child's first and last name. We do our best to 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 (please instruct your child to WEAR IT) and a dark colored t-shirt for swimming. If your child does not bring personal sunscreen, we may apply a 30 SPF Hypo-Allergenic (non-paba) sunscreen.

### Medications and Medical Forms

**Immunization Record.** Colorado State Child Care Licensing requires that each camper's Immunization Record be 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. [Hyperlink to form]

**Medications.** Prescription & non-prescription (over-the-counter) medications for eyes, ears, all oral medications, topical medications, inhaled medications, & certain emergency injections can be administered only at the Camp Office and only with written order of a person with prescriptive authority **and** with written parental consent.

**CMR-Provided Medication Form** authorizes over-the-counter medication which is provided by the Camp when a health issue arises while your child is at the Ranch. For example, your child may come to the Office with an upset stomach, an allergic reaction, a cut, scrape, or splinter, or could be in pain from constipation. Colorado State Public Health has mandated that without the uploaded **CMR-Provided Medication Form**, initialed, and signed by both a parent and doctor, we can only offer rest and a damp cloth. In such a situation, we also try to report to you by phone for your verbal direction.

**Personally-provided Medication Form** applies to both prescription and over-the-counter 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 (i.e. for an overnight) to send prescription or over-the-counter medications 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 **Medication Consent Form II, which has been signed by both a parent and doctor**, as mandated by Colorado State Public Health.

## **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 who are involved regarding the situation. We will call the parents if we feel there is a circumstance that would benefit from parental support. Our goal is to provide a safe and comfortable social environment for everyone.



**Disruptive Behavior.** We reserve the right to discontinue a child's enrollment for unacceptable behavior, which could include, but is not limited to, verbal or physical abuse, destruction of property, ignoring safety rules, and disrespecting or ignoring staff.

## **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. If you use email or fax, please call to confirm that we received your message.

**Concerns.** Please let us know as soon as possible if you have concerns of any kind. Our troubleshooting 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 who is supervising your child and where your child is at all times.

## Visitors

You and your family may observe our program at any time, but plan to provide your own transportation. Please use the directions on our website. When you arrive, park in the lot across the road to the north, go back across the road and to the left to the Office to sign in on the Visitor Log. We require all visitors to show identification and to sign in and out with full name, date, time and reason for visit. We will give you a "Visitor" button and let you know which activity your child is participating in and where. All dogs must be on a leash and cleaned up after or left in your car with access to water. The Camp Dogs know and love the kids, yet sometimes bark when visitors arrive.

## 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 North Boulder Park at the usual time. If an evacuation must occur during an overnight, CMR staff will transport campers and personnel to Union Reservoir, a Longmont City Park. Return to North Boulder Park will be 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 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. **Horse** Focus Campers 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 in buildings 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.

**Communicable Illness.** Please alert us if you know that your child has been exposed to any communicable illness. 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

**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 303-232-3807.

## **What to Expect!**

**Camper Orientation.** On the first Camp Day of each summer when all campers are new, Camper Orientation is presented upon arrival at the Ranch. On subsequent Monday mornings, all campers who are coming to Camp for their first time of the summer ride up to the Ranch in the same vehicle for Camper Orientation in route. If possible, new campers from the local mountain area should ride the bus from Boulder on Monday morning in order to receive the full Camper Orientation.

**Weekly Themes.** At the beginning of each week, campers and staff will receive wrist bands, pins, or stickers with the week's theme, such as friendship, nature, responsibility, respect. Campers and staff will share examples and explorations of the theme throughout the week.

**Daily Morning Meeting.** After morning songs, warm-ups, and flag-raising, all campers and staff proceed to their tables at the Peak of the Lodge for group attendance, announcements, and gathering with their groups for activities.

**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.



**Friday Afternoon Honoring.** At the end of each week, groups gather together in a special place for a debrief of their week. Then, the whole Camp gathers at the Amphitheatre 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, Counselors-in-Training (CITs) receive documents for volunteer community service by US mail.

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

- 7:45-8:10 Check-in and supervised play at North Boulder Park
- 8:30 Bus departs for the Ranch
- 9:15 Camper Drop-off time at the Ranch by parents
- 9:15 Bus arrives at the Ranch, Flag-raising, Songs, and Morning Exercises
- 9:30 Morning meeting for Announcements, Group Organization, and Scheduling
- 10:00 First Camp Activity
- 11:00 Second Camp Activity
- 12:00 Lunch, followed by reapplication of sunscreen
- 12:30 Open time for gymnastics, stories, music, games, Frisbee Tag, Trading Post
- 1:00 Third Camp Activity
- 2:00 Fourth Camp Activity
- 3:00 Afternoon meeting for Announcements, Acknowledgements, Performances, Sharing, and Singing
- 3:30 Flag Lowering
- 3:45 Bus departs for Boulder
- 4:00 Horse Focus Afternoon Riders' Van departs for Boulder
- 4:00 Camper Pick-up time at the Ranch by parents
- 4:30-5:15 Supervised play and check-out at North Boulder Park

### **Thursday Optional Overnight Schedule:**

- 3:30 Bus loading for Campers who are not staying the night and returning to N. Boulder Park
- 3:30 Meeting for Overnights for activity sign-ups and snacks
- 4:00 Individual free choice of all activities
- 6:00 Flag lowering and Dinner
- 7:00 Move into sleeping areas in the cabins, Lodge, Pavilion, and tents
- 7:30 Evening Special Event and snacks
- Cabin Storytime
- 9:30 Lights out

**Friday Morning:**

- 7:00 Overnights Wake-up and get dressed
- 7:20 Flag-raising for overnights campers
- 7:30 Breakfast for overnights campers
- 7:45 Overnight Water Focus Campers leave the Ranch to meet others at North Boulder Park
- 7:45-8:10 Check-in and supervised play at North Boulder Park for non-overnights
- 8:30 Bus departs for The Ranch
- 8:00 Overnights pack-up and clean cabins
- 8:30 Overnights' Open Play Time for gymnastics, stories, games, music, Frisbee Tag
- 9:15 Buses arrive and Campers join Open Play Time in Camp
- 9:30 Morning meeting at the Peak of the Lodge followed by regular Activity Day
- 12:00 Noon Lunch for All, Camp lunch for overnights

**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 Fax: 303-417-9114 Email: [office@coloradomountainranch.com](mailto:office@coloradomountainranch.com)