



CAMP GRACE

IGNITE YOUR DREAMS

CAMPGRACEAZ.COM

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THE FUN STARTS HERE

ABOUT CAMP GRACE

Since 1953 the prestigious Camp Grace has been number one for summer adventure and sport camps. Camp Grace is a 20-acre getaway situated in the tall pines of Lakeside, Arizona. With a richness in history and adventure, Camp Grace celebrates youth of varied abilities, cultures, beliefs, and backgrounds and inspires creativity at peak performance, and leadership. Camp Directors and Sport Directors use the most current methodology to arm campers with the tools they need to have mindful, engaging, and exciting moments at camp. These memories and friendships will last campers a lifetime and is what brings them back year after year. Create, explore, and become at Camp Grace.

FACILITIES

There is always something to do at Camp Grace! From our low ropes course to our new obstacle course, huge basketball courts to our main field, we have something for everyone. If you prefer to meander through Jaden Forest and have a moment of meditation or gather together for crafts in Grace Hall, you will never be bored! And don't forget to visit our library and snack shack!

2024 THEME:IGNITE YOUR DREAMS

Last years theme GRIT was the perfect premise for this years theme. Not only do we want to reach inside and find out what our dreams are, we want to learn what our fuel is - what ignites these dreams? What makes us excited, passionate, and willing to work hard?

We believe in helping every camper discover traits that make them unique. Are they a charismatic leader or are people drawn to their quiet consistency? We use several experiential activities to bring out their natural traits and personalities while coaching them to reach their highest potential.

PROGRAMS FOCUSED ON PROGRESSION

Perfected through experience, Camp Grace's program instruction focuses on the progression of each camper. We welcome campers of all skill level, from beginner to advanced, to come work on their goals with our amazing staff.

THE MOST PASSIONATE PEOPLE

Camp Grace is driven by a passion for the activities we love and a desire to create unforgettable experiences for all. Incredible facilities combined with a wildly fun and positive culture attract the best coaches, staff, and visiting pros from all over the world.



THE CAMP GRACE WAY

Camp Grace expects all campers to engage in positive behaviors that support a safe, inclusive, and fun camp community.

- ▶ Be kind to others and treat others as you want to be treated. Always show respect and keep all interactions positive.
- ▶ Reduce, reuse and recycle. Compost, conserve and clean up.
- ▶ Always listen to your counselor and other Camp Grace staff. Go to them for help and ask lots of questions.
- ▶ Respect property and treat others' belongings as you'd want yours to be treated. Always show respect by touching, using, and marking only your own possessions.
- ▶ Stay within camp boundaries at all times and remain inside your cabin or room at night.
- ▶ Leave weapons and other hazards or combustible materials at home.

This includes firearms, knives, mace, fireworks, and anything that is dangerous.

- ▶ Camp Grace is a smoke-, drug-, and alcohol-free zone. This includes marijuana, tobacco, Juuls, e-cigs, paraphernalia and any other substances that are inappropriate at camp.

We appreciate you understanding the Camp Grace Way and look forward to ensuring that each camper develop and contribute to a positive camp environment.



DROP-OFF AND PICK-UP (DAY CAMP)

DROP-OFF

Drop-off is at 8:00AM. Parents are NOT required to drop off their campers as all forms can be submitted online so feel free to carpool to camp! Counselors will be placed around camp helping campers learn their way around. All medications will be given to the health professional upon drop-off. Please remember, no phones or tablets are allowed at Camp Grace. If your child will be picked up by a different adult at the end of the day, please let us know prior to or at drop-off. On the last day, drop-off and pick-up may be at a nearby park for our water day. We will provide more information via email as well as a flier on the first day. Make sure to send your child to camp with a water bottle, applied sunscreen, and a snack lunch.

PICK-UP

Pick-up is at 1PM.

TO MAKE CHECK-IN A BREEZE

- All campers must be registered online.
- Balance due must be paid 6 weeks prior.
- Health form and Registration Form must be completed. The required documents *must* be submitted online.



DROP-OFF AND PICK-UP (INTENSIVE CAMP)

DROP-OFF

Drop-off on the first day will be at 11:00AM. Parents are NOT required to drop off their campers as all forms can be submitted online so feel free to carpool to camp! Each camper will be given a t-shirt upon check-in. Counselors will be placed around camp helping campers learn their way around. All medications will be given to the health professional upon drop-off. Please remember, no phones or tablets are allowed at Camp Grace! If your child will be picked up by a different adult at the end of the day, please let us know prior to or at drop-off.

On the second and third day, drop off is at 8:00AM.

PICK-UP

Pick-up will be at 8PM on days 1 and 2, and 1PM on day 3.

TO MAKE CHECK-IN A BREEZE

- All campers must be registered online.
- Balance due must be paid 6 weeks prior.
- Health form and Registration Form must be completed. The required documents *must* be submitted online.

DROP-OFF AND PICK-UP (OVERNIGHT CAMP)

DROP-OFF

Drop off is at 11AM. Please make sure your camper has bedding, and a duffel (roller bags do not fare well on our rocky paths). Have your overnight camper bring a sack lunch for the first day.

Please see Intensive Camp Drop-Off for med details.

PICK-UP

Pick-up will be at 1PM

***Campers will be permitted to leave only with their registered parent or legal guardian unless prior arrangements are made. Exceptions can be made if the parent/legal guardian provides permission for their child to leave with an approved adult.**

WHAT TO BRING

- Day and intensive Campers must wear their camp t-shirt each day with closed toed shoes.
- Sunscreen should be applied before drop-off.
- Please have a clearly marked water bottle filled with water.
- A knapsack is an encouraged option as well as a hat.

****No aerosols are permitted****

(Hair spray, sunscreen, mosquito repellent, etc.)



BIG NO-NO'S TO KEEP CAMP SAFE

Do not bring alcohol, drugs, tobacco, E-cigarettes, any other illegal or inappropriate substance, hazardous or combustible materials.

Do not bring items including but not limited to weapons of any kind. Firearms, knives, mace, lighters, matches, candles, fireworks, incense, animals, etc. are not permitted under any circumstances.

Bunk checks occur daily and if there is reasonable suspicion, bags/dressers will be searched. Any items that are found will be confiscated and result in calls to parents/legal guardians and appropriate law enforcement officials

****CAMP GRACE IS NOT RESPONSIBLE
FOR LOST OR STOLEN ITEMS****

PLEASE FORGET TO BRING

WE RECOMMEND TO SAVE SPACE IN PACKING

In the camp atmosphere, where there are so many folks, campers tend to forget, lose track of or misplace many things. Therefore, personal valuables should be safely left at home.

THIS INCLUDES

Jewelry, electronic devices, cameras and any good clothing. We suggest putting your campers name on all belongings prior to arrival to camp.

Medications, including all over-the-counter medications, vitamins, and topical creams **must** be kept with the health professional. Refer to the Medical section of this packet for more information.

MEDICAL REQUIREMENTS AND PROCEDURES

WHEN AN INJURY HAPPENS AT CAMP

Certified health officials are on-site and available for any injuries that may arise at camp. They are trained and proficient in recognizing and evaluating injuries and providing first aid or emergency care when needed.

EQUIPMENT AVAILABLE ON SITE

- AED
- Ice
- First-aid materials (peroxide, alcohol, Band-Aids, Neosporin, etc.)
- Spine Board
- C-collar
- Minimal rehab equipment (bands, cords, etc.)



WE KNOW INJURIES CAN HAPPEN AT ANY TIME AND ANYWHERE. THIS IS WHY EVERY STAFF MEMBER IS TAUGHT TO HANDLE A MEDICAL EMERGENCY CONSISTENT WITH OUR INJURY PROTOCOL:

- 1) Stop activity in the area
- 2) Radio for a health official
- 3) Stay with camper until a health official arrives

ONCE THE HEALTH OFFICIAL ARRIVES TO THE SITUATION, THEY ASSESS AND EITHER:

- 1) Bring a camper back to the health lounge for a thorough assessment
- 2) Activate our camp transportation team for minor emergencies
- 3) Activate EMS for emergencies requiring advanced care

WHEN AN ILLNESS HAPPENS AT CAMP

Our health officials are available for any illness that may occur during your campers stay at Camp Grace.

EQUIPMENT IN HEALTH LOUNGE

- AED
- Stethoscope and blood pressure cuff
- Bunk beds for sick
- Basic over-the-counter meds (acetaminophen, ibuprofen, cough syrup, cough drops, pseudoephedrine)
- Thermometer
- Basic first-aid essentials
- Campers with inhalers must keep one inhaler in the health lounge
- All EpiPens must be kept in the health lounge

ALL medications are dropped off at check-in and stored in the health lounge to protect all campers.

(No medications may be kept in cabins.)

Prescription medication must be in original container



THINGS TO KNOW

- There is one hospital, one urgent care, and an orthopedic care center located within 5 miles of camp
- There are several pharmacies available for immediate needs
- Our medical nurses, certified athletic trainers and transportation teams are available 24/7

EVERY CAMPER'S PARENT/LEGAL GUARDIAN COMPLETES AND SIGNS THE PARTICIPANT RELEASE DURING REGISTRATION

- This acknowledges the "consent to treat"
- Agrees to pay any medical expenses in the event of injury
- Participation is not allowed without document signed

THESE REQUIRED DOCS HELP US TO HELP YOUR CAMPER:

- Health Form: completing and updating this in its entirety assists the camp in handling your camper with proper care
- Medical insurance card

ALLERGIES

If your camper has been prescribed an EpiPen for anaphylactic shock, the following steps will occur:

- 1) EpiPen to be checked in at arrival
- 2) The medical team will be made aware of all campers with checked-in EpiPen

INJURY

If a camper sustains an injury or illness during their stay at camp, Camp Grace has Registered Nurses and Certified Health Officials to assess and treat the condition. We will notify parents if any of the following occur:

- Any camper that has been or will be held from participation for 4 hours
- Any camper missing instruction/mandatory time
- Any camper placed on crutches
- Any camper spending the night in the health lounge
- Any and all head injuries
- Any camper receiving medical treatment off-campus

PREVENTION

Communicable illness is something that can be spread to others at camp. We take this very seriously. Every camper will go through a health screening with the medical team at check-in. This will help the medical team identify any communicable illnesses that your camper may have or been exposed to at the time of arrival. When we feel a child has a contagious illness or condition, in order to maintain the good health of the campers, we will notify the parent and ask them to remove the camper.

MEDICAL CONTINUED

CAMPER ILLNESS POLICY

Camp Grace believes that individuals thrive at camp when they're healthy and happy. Illness is a time for resting safely and comfortably at home. Staying home when you're sick protects you from more significant health issues. It also protects others from a potentially communicable disease by eliminating exposure.

If your child feels ill or has been exposed to a communicable disease contact your physician for guidance and then notify the camp office to reschedule your camp stay. It's in your best interest to stay home when you're sick. It provides you with the best opportunity to rest and recover without risking more serious complications away from home and local physicians. It also protects the camp community from the spread of illness.

IF YOUR CHILD IS EXPERIENCING ANY OF THESE SYMPTOMS, PLEASE CALL YOUR PHYSICIAN FOR GUIDANCE AND THEN CONTACT US AT THE CAMP OFFICE

FEVER: Individuals should remain at home with a fever above 100.4 degrees. Return to camp can be rescheduled after the camper has been fever-free for 24 hours (without fever-reducing medicine such as acetaminophen or ibuprofen). **Note:** Temperature checks will take place during the health intake portion of camper and staff check-in. If an individual has a fever greater than 100.4 degrees, they will be asked to return home and reschedule their stay.

COLDS: Colds can be harmless but are communicable and can pose a threat to individual safety and camp community. If your child (or you as a staff member) displays cold symptoms and/or is generally not feeling well, please stay home. Return to camp can be scheduled when the individual is symptom-free and feels well. Individuals showing symptoms of a cold (runny or stuffy nose, coughing, chills, nasal discharge or sputum) will be assessed during health intake at check-in and may be asked to return home and reschedule their stay.

COUGHING/WHEEZING: Individuals coughing, wheezing, or exhibiting other respiratory symptoms should consider staying home. Individuals experiencing respiratory symptoms combined with fever or other cold symptoms will be asked to return home and reschedule their stay.



VOMITING: If your child has vomitted within 24 hours of camp arrival, do not come to camp. After individual has been symptom-free for a minimum of 24 hours a return to camp can be rescheduled. Individuals with an upset stomach or other signs of impending gastrointestinal illness are asked to stay home to protect themselves and the camp community.

DIARRHEA: If your child is experiencing diarrhea (multiple loose stools in the last 24 hours), the individual should stay home until the illness passes. After 24 hours symptom-free, a return to camp can be scheduled.

CONJUNCTIVITIS (PINK EYE): If an individual has pink or red conjunctivitis with white or yellow eye discharge, they will not be admitted into camp. After diagnosis by a doctor, individuals who have been taking antibiotics for at least 24 hours may return to camp with their doctor's permission. Individuals who exhibit signs of pink eye will be assessed during health intake at check-in and may be asked to return home for care.

HEAD LICE: All individuals coming to camp should conduct a home check for head lice before they travel. If any signs of lice are seen, stay home and treat immediately. Once treatment is complete and the individual is nit-free, return to camp can be scheduled.

Note: Head lice checks will take place during the health intake portion of camper and staff check-in. If an individual has any lice, they will be asked to return home and reschedule their stay.

OTHER COMMUNICABLE ILLNESSES: All individuals should be illness free when coming to camp. If campers health is in question, stay home and contact the office to reschedule your stay.

During the health intake of camper and staff check-in, individuals will be checked for symptoms of communicable diseases and sent home if necessary. Return to camp can be scheduled when appropriate periods of symptom-free time have passed and individual is energized, nourished and hydrated.

This Illness Policy protects individuals and the camp community by reducing the spread of disease. It enables all of us to enjoy camp by keeping health and safety as our top priority. We trust our camp families to follow this policy and contact us anytime there's a question. When in doubt, stay home and stay safe.



HOME SICKNESS

Many campers, both young and old, experience homesickness when faced with a new set of living conditions. Like many emotional expressions, homesickness is very contagious and must be recognized as such. Our staff is trained to handle these challenges.

Sleep-away camp offers an excellent opportunity for campers to learn how to manage without their parents and other adults that care about them. It has been our experience that it is more often the parents that are having a difficult time adjusting to their campers absence or being overreactive to a camper's early anxiety at being away

from home. Please check your own feelings about having a camper gone for an extended period of time. If you are not ready yourself, you may unwittingly make it difficult for your child to be away from you, consequently spurring feelings of guilt or feelings that he or she doesn't have permission to enjoy him or herself outside your view.

Understandably, parents may feel helpless when they hear their child upset over the phone. Resist the urge to make promises about picking your child up or visiting. A visit from home interrupts their day, takes their attention from new friends and fun activities, and often spawns or exasperates homesickness. Our team is equipped, trained and ready to help your camper.

For more information on homesickness, we recommend reviewing an article from the American Camps Association about homesickness. << <https://www.acacamps.org/campers-families/planning-camp/preparing-camp/coping-homesickness-camp>



CONTACTING CAMPERS

A landline in the camp office is available to make phone calls home. Please keep conversations upbeat and positive by focusing on instruction sessions and recreational activities. In the event of an emergency, Camp Grace may be reached on the following phone numbers:

PARENT VISITS:

For the safety of our campers, there are no visitors allowed on campgrounds except for emergencies that must be scheduled by calling our camp office.

CAMP SUMMER OFFICE HOURS

Daily 8:00 AM - 11:00 PM

Phone Number: 833.534.7223



SPENDING MONEY

Make sure to think about spending money prior to camp. Campers typically spend approximately \$50 sometimes more on snacks and souvenirs like Camp Grace t-shirts, hats, hoodies, sunglasses, and a lot more. Remember, if your camper is flying in and/or out, make sure to set aside cash for travel.

THE SNACK SHACK

Camp Grace has a snack and souvenir shop for campers. The Snack Shack takes cash only. Your camper is able to open a spending account with us on the first day so they don't have to worry about holding on to their cash. There are a variety of snacks and drinks and it is open throughout the day. Please keep in mind that food and drinks (besides water) are not allowed in the cabins. The Snack Shack also comes equipped with souvenirs as well as sports equipment (frisbees, balls, etc.) for purchase.



REFUND POLICY

Refunds will be given over 6 weeks prior to the campers session start date.



FREQUENTLY ASKED QUESTIONS

WHAT IS SOLD IN THE CAMP SNACK SHACK?

The Snack Shack sells necessities such as toothpaste, batteries, and socks. We also carry items such as stickers, hats, t-shirts and sweatshirts as well as snacks and drinks.

WHAT DO CAMPERS EAT?

Breakfast for our overnight campers usually includes fruit and a breakfast burrito. Lunch is typically something like sub sandwiches and dinner is a hot entree option, such as pizza, tacos, or pasta. Vegetarian and gf options are available but we must have advance notice. All meals are included in overnight and intensive camp registration, snacks are included in the day camp registration; extra snacks in the Snack Shack are available for purchase. If your child has allergies or requires some special dietary needs, please make sure to notate it on their registration form.

WHO ARE THE COACHES AND INSTRUCTORS?

We are dedicated to every camper, and to providing a staff of experienced, enthusiastic and talented individuals. Our staff members come from around the country. Some are actively competing athletes; others are former competitors, professionals, X-Gamers, etc. On average, there are eight campers in each group with one instructor. Class sizes vary according to the number of campers by age and skill level.

I FILLED OUT THE HEALTH FORM LAST YEAR, DO I HAVE TO FILL ONE OUT AGAIN?

Yes. All health documents, among other things, must be updated by parent/legal guardian annually.

HOW SOON DO I NEED TO COMPLETE MY CAMPERS REGISTRATION FORMS?

Camper forms need to be completed online two weeks prior to the arrival day (Sunday) of your camper's week, as well as all balances paid in full.

WHAT IS CAMP DOING TO KEEP MY CAMPER AS SAFE AS POSSIBLE FROM COVID-19?

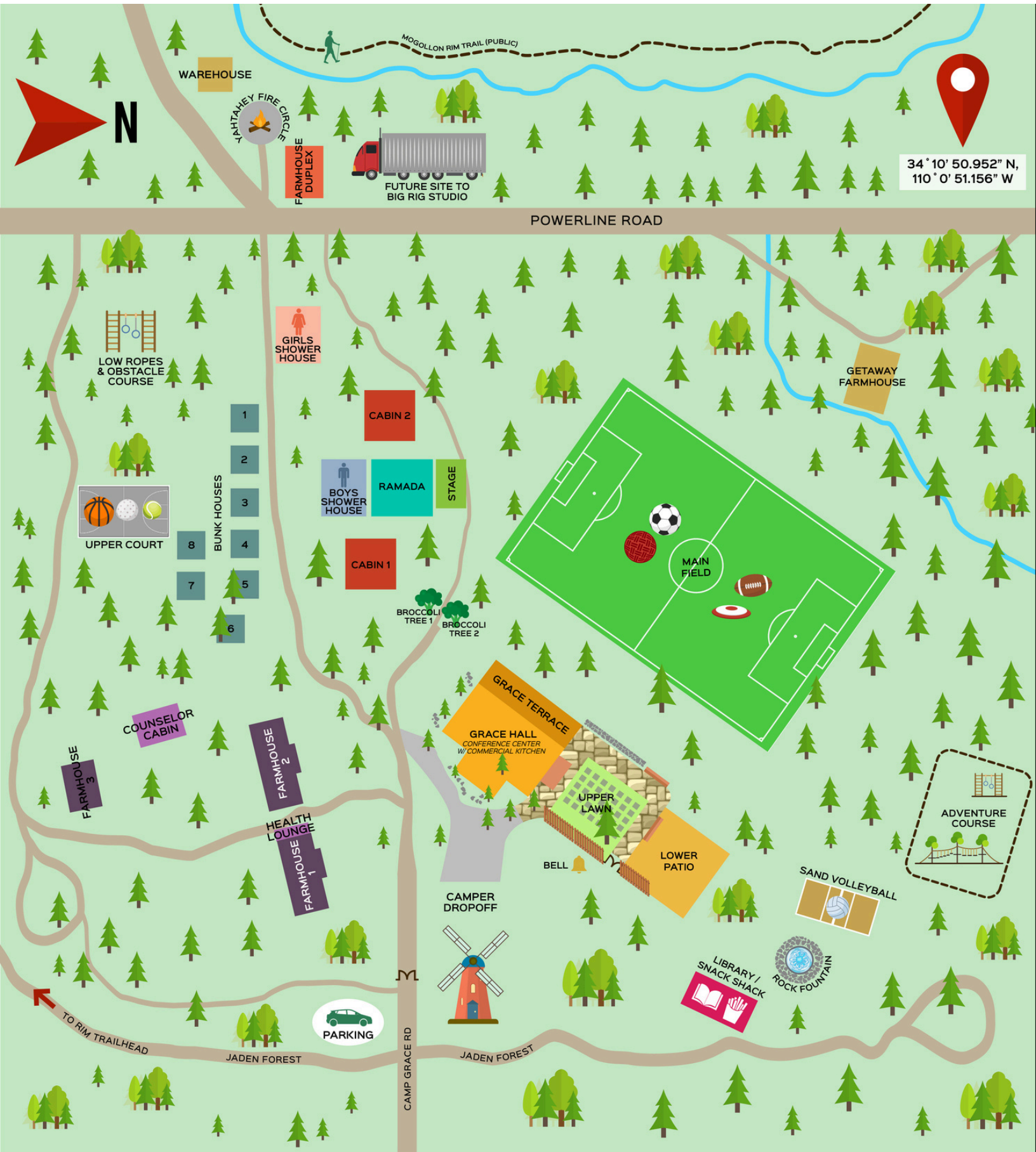
The health and safety of our campers, employees and community is our top priority. We will continue to monitor the situation, follow all health and regulatory recommendations and take actions so that we may safely offer the camp experience this summer.

WHAT IF I HAVE MORE QUESTIONS?

Feel free to contact us at 833.534.7223 or via email at hello@campgraceaz.com



CAMP MAP



CAMP GRACE 6385 WEST WHITE MOUNTAIN BLVD, LAKESIDE, ARIZONA 85929