



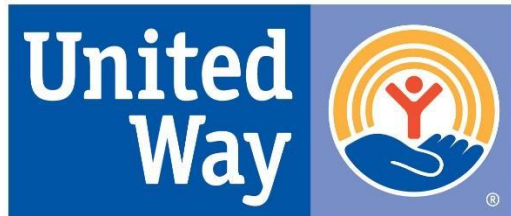
Updated 8/10/2021

Camp Fire

Light the fire within

Camp Fire Oneida & Camp Birchrock

Parent Handbook



Community Partner



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General Information

Location

Camp Birchrock: 6648 County Highway K

Rhineland, WI 54501

Camp Fire Oneida Office: 315 S. Oneida Ave. #201

Rhineland, WI 54501

Hours of Operation

Day Camp: Monday through Friday 7:30am-5:30pm (Early Drop off begins at 7:05am)

Resident Camp Weeks: 4pm Sunday-9am Saturday

****Camp will be CLOSED July 3rd-July 7th****

Important Contact Info

Camp Cell: 715-362-3513

Camp Landline: 715-282-5547

Email: campdirector@campfireoneida.org

Welcome Letter from the Camp Director

Welcome to Camp Birchrock! I thank you for taking the time to fully read this handbook as I have spent a lot of time putting together all of the important information into one place. Taking the time to read this handbook will give you a better understanding of Camp Fire and Camp Birchrock and will prepare you and your camper for a summer of fun.

Hello there! For those of you who don't already know me, my name is Nicole Reinke and I have been working at Camp Fire Oneida/Camp Birchrock since 2020. As an adult, I still enjoy spending more time outside than in. During the summer you can find me hiking, kayaking, camping, or jumping in the lake! I have two dogs that I love to bring snowshoeing with me in the winter and in my down time, I spend a lot of time reading, journaling, drinking coffee, and doing yoga. In addition to my love for the outdoors, I also have a passion for working with youth. Naturally, Camp Birchrock is a perfect fit for me. Since I have taken over the Director role, my goal has been to let youth direct the programs based on their personal interests. Whether we have new or returning campers, I am working hard to keep our programs up to date with today's youth and their interests, all while still including everyone.

This coming year has a lot of new things again! First of all, we will have new docks put in at all of our lakes thanks to Kiwanis, Hugh Jones, and Tommy Docks. We will be having a Dedication Ceremony/Community Open House at a later date and will let all Camp Fire members know via email/mail. I also designed a new logo for Camp Birchrock and we will have new merchandise for sale this Summer. Most importantly though, Camp Fire Oneida has received a large grant to expand our middle school programming efforts at Camp Birchrock. We will have exciting new leadership opportunities and teen camp for our campers 11 & up. We are actively looking for volunteers to start a new camping club with youth as well, and we also need general program volunteers so we can continue to grow and offer high-quality programs to all youth. Even though we always have something new or changing at Camp Birchrock, we are still ultimately committed to making sure all our program participants and staff find their sparks, lift their voice, and discover who they are.

I genuinely can't wait to spend another summer at Birchrock Lake surrounded by smiling faces!

Happy Trails,

Nicole Reinke

The Camp Fire Experience

Camp Fire Promise:

Young people want to shape the world.

Camp Fire provides the opportunity

To find their spark,

Lift their voice, and

Discover who they are.

In Camp Fire, it begins now.

Light the fire within

Camp Fire helps youth dig deep inside and discover their "sparks," their personally defined nuggets of potential.

Helping a young person become who they want to be takes time and encouragement. It takes paying attention to what sparks a passion. At Camp Fire, that's what we do. We listen, we encourage, and we provide the opportunity to uncover each young person's unique interests, passions, and skills. We help youth become the exceptional people they are destined to be, buoyant with potential to do anything they dream of doing.

Camp Fire Logo

The Camp Fire logo builds from the original, traditional flame and is a view of a campfire from above. The brand mark is meant to not only look like a campfire but also represent a spark that ignites the fire from within. The mark is energetic and youthful, yet appeals to adults and influential audiences. Like a well-built campfire, the overlapping paths signify the unique youth and families that help fuel our organization.

Camp Fire Commitment

Camp Fire is committed to "Give Service"; this has been our guide since 1910.

Camp Fire Watchword

The Camp Fire watchword is "Wohelo." Charlotte Gulick, one of Camp Fire's founders, originated this word using the first two letters in the words "work," "health," and "love." The word Wohelo is often used as a greeting between Camp Fire friends.

Camp Fire Core Values

- We believe that children and youth are our most precious resources.
- We believe in an approach to youth development that builds assets and empowers individuals.
- We believe that the best youth development occurs in small groups where children and youth are actively involved in creating their own learning.
- We are committed to coeducation, providing opportunities for boys, girls, and families to develop together.
- We provide caring, trained mentors to work with children and youth.
- We are inclusive, welcoming children, youth, and adults regardless of race, religion, socioeconomic status, disability, sexual orientation, or other aspect of diversity.
- We believe in the power of nature to awaken a child's senses, curiosity, and desire to learn.
- We foster leadership, engaging children and youth to give service and make decisions in a democratic society.
- We provide safe, fun, and nurturing environments for children and youth.
- We enrich parents' and other adults' lives by expanding their skills and encouraging them to share their talents and build relationships with children and youth.
- We respond to community needs with our programs and expertise.
- We advocate on behalf of children, youth, and families.

The Thriving Framework

Every Camp Fire program employs our framework for thriving, a research-based, measurable approach to youth development. Our approach, created in partnership with the Thrive Foundation for Youth, enables youth to achieve their full potential by:

- Identifying their **sparks**.
- Adopting a **growth mindset** (the belief that you can learn new skills all the time.)
- Building **goal management** skills.
- Creating the opportunity to **reflect** on activities and outcomes.

Camp Birchrock History

Camp Birchrock was first established in 1947 as a Girl Scout's pioneer camp. Between 1947 and 1949, the main camp area was cleared and cabins were brought in from the Hugo Sauer nursery down the highway. In 1961, control of Camp Birchrock changed from that of the Girl Scouts and was taken over by the Camp Fire Girls, in order for management to remain in local hands. In

1978, Camp Fire Girls became co-ed and started to allow anybody to join. The name, Camp Fire Girls, then became Camp Fire Boys & Girls. In 1991, Camp Fire Boys & Girls was shortened to just Camp Fire to be inclusive to all.

Camp Fire Oneida Program Offerings & Pricing

Camp Fire Oneida has offered a traditional camp experience through Camp Birchrock, by encouraging fun through individual and group skill advancement activities while practicing Leave No Trace guidelines, all since 1949. All camp program activities take place at Camp Birchrock's beautiful 200 wooded acre, three lake facility located west of Rhinelander at 6648 County Highway K. All activities are under the watchful eyes of an energetic, experienced, and fully CPR/First Aid certified staff.

Day Camp

Camp Birchrock Day Camp is your outdoor adventure just down the road! Each day is full of exploration and fun in a well-structured schedule. Our Day Camp program encourages campers to learn new skills, build confidence, create new friendships, and explore the natural world. Groups are kept small and led by trained counselors who are dedicated and passionate about helping youth create a week of endless adventures and fun. Membership discounts and scholarships are available for this program.

Program Times: Monday-Friday June 5th through August 18th

Drop Off: 7:30am-9am **Pick Up:** 4:00pm-5:30pm

Early Drop Off for an additional \$5 fee per instance 7:05am-7:30am

Age Requirement: Open to campers ages 6-15, however space is limited for 6 year olds

Cost: \$150 per week or \$40 per day. Fees include breakfast, lunch, afternoon snack, and all program supplies.

Leader In Training (L.I.T.)

The Leader in Training (L.I.T.) program is designed for our older campers who are ready for something more and runs alongside regular day camp days and times. The L.I.T. program is for campers who are interested in gaining more responsibility, independence, and exploring their

sparks. In this program, L.I.T.s work with our Lead Counselor to learn how to manage camper behavior in age-appropriate ways, understand best practices to encourage campers, how to lead games and activities, self and group reflection techniques and goal-setting. L.I.T.s will help direct what activities and challenges their group will take on each week. The skills learned in the L.I.T. program are skills that participants can use outside of camp in school, sports, extracurricular activities, and religious groups. Our staff is trained to create opportunities that will allow the L.I.T.s to practice their skills working with younger campers while still allowing times for them to have fun and participate in activities separate from younger campers. Membership discounts and scholarships are available for this program.

Program Times: Monday-Friday June 5th through August 18th

Drop Off: 7:30am-9am **Pick Up:** 4:00pm-5:30pm

Early Drop Off *for an additional \$5 fee per instance* 7:05am-7:30am

Age Requirement: Open to campers ages 11-15

Cost: \$135 per week or \$40 per day. Fees include breakfast, lunch, afternoon snack, and all program supplies.

After Summer School Care

Camp Birchrock invites Rhinelander School District students enrolled in the Summer School program to join us in the afternoon. Campers are bussed out to Camp Birchrock after Summer School is over around 12:30pm-1pm.

Program Times:

Drop Off: 1pm(by RSD bus) **Pick Up:** 4:00pm-5:30pm

Age Requirement: Open to campers ages 6-15, however space is limited for 6 year olds

Cost: \$80 per week or \$17 per day. Fees include afternoon snack and all program supplies.

Traditional Resident Camp

This is Camp Birchrock at its best! Classic camp activities and new adventures run all day and into the night. Our evening activities include a mixture of all-camp games, small-group

experiences, and telling stories around the campfire. Each week, campers participate in a cookout and some cabins take on an overnight tent camping challenge. Learn new skills, build new friendships, develop a deeper understanding of the natural world, and simply have fun! Scholarships are available for this program.

Program Times:

Check In: 4pm-5pm Sunday **Check Out:** 9am-10am Saturday

Age Requirements: Open to campers ages 7-15

Cost: \$350

*Parents can add additional Canteen money for their camper to purchase additional snacks/merchandise

Counselor In Training (C.I.T)

Camp Birchrock invites previous campers and youth who aspire to be a camp counselor one day, to participate in our Counselor In Training program. This program is ideal for previous campers or L.I.T.s, but is open to all. C.I.T.s will work closely with counselors and the director to develop their own leadership skills and work towards becoming a counselor one day. This program is designed to offer young people an opportunity to prepare for positions at camp as counselors or recreation leaders. Emphasis is placed upon developing leadership skills, understanding safety precautions, and inclusion of others.

Program Times: Run simultaneously with Resident Camp, C.I.T.s *must* attend a minimum of **two** sessions.

Week 1 (All Ages):

Week 2 (Teen Camp):

Week 3 (Teen Camp):

Check In: Same as Resident Camp Session **Check Out:** Same as Resident Camp Session

Age Requirement: Open to campers ages 15-17, however, space is limited

Cost: \$150 per week or \$75 per weekend. Fees include breakfast, lunch, afternoon snack, dinner, and all program supplies.

I'm Taking Care

This course prepares fifth and sixth graders to be babysitters and helps older youth develop and refine their babysitting skills. Through a combination of mini-lectures, demonstrations and hands-on exercises, young babysitters will learn basic care skills, safety measures, ways of playing with children in responsive ways, and job ethics. This course is offered in Rhinelander, Eagle River, and Minocqua in the Spring and Fall. The cost of this program is \$40 and includes lunch and certificate.

Registration, Payments, & Refunds

Registration

All registrations are to be completed online. A \$15 non-refundable application fee per camper per season along with 10% of camp fees are due at the time of registration. If you do not have the ability to register online, you may do so at Camp Birchrock.

Fees

Application Fee (once per camper per season)	\$15
Day Camp	\$145/Week \$35/Day
L.I.T. Program	\$140/Week \$30/Day
After Summer School Care	\$70/Week \$17/Day
Resident Camp Week	\$300
Teen Resident Camp Week	\$300
C.I.T. Program	\$75/weekend \$150/week
Early Drop Off Fee	\$5 <i>per instance</i>
Camp Fire Oneida Annual Family Membership	\$25

Payment Structure

Upon registering you will automatically have the option to use the deposit payment plan, pay all fees in full, or set up automatic payments with a credit card. If you choose the deposit payment plan, the remainder of fees per session are due at the start of each session. **If you choose the automatic payment plan and register for single days, you will be billed on a daily basis-not weekly.** Contact our office as soon as possible if you will be not be able to make a scheduled payment, we will do our best to work with families and their financial constraints. If your total balance due exceeds \$150, your camper will not be able to attend until fees are paid.

Accepted Forms of Payment

- Credit or Debit Card-Either pay online through Jumbula yourself or we can take cards in person.
- Personal Check or Money Order-Payable to Camp Fire Oneida Council Inc.
Send checks to: 315 S. Oneida Ave. #201 Rhinelander, WI 54501
- Cash-Please note we DO NOT keep change.

Discounts

Camp Fire Oneida offers an annual \$25 family membership option which in turn, gives you a savings on Day Camp and our L.I.T. program, as well as discounted entry fees for any Camp Fire Oneida Events. Camp Fire Oneida members save \$20 per week on full weeks of day camp & our L.I.T. program or save \$5 a day on individual day registration. After registering for your Camp Fire Oneida Membership, you will be emailed a special coupon code for you to apply to your order. For more information, please see our 'Getting Involved' brochure or visit our website.

Financial Assistance (Campership)

If you are interested in applying for financial assistance, you can apply after registration is completed and the session deposits and application fee have been paid. Financial Assistance funds are awarded on an as needed basis and available through a confidential application process. Please allow up to two weeks to process an application. Applications and more information can be found on our website or at the office. Please mail applications to 315 S. Oneida Ave. #201 Rhinelander, WI 54501.

Refund Policy

In order to receive a refund, 2-week written notice of cancellation of the session(s) must be given to the Camp Director. If proper notice is not given, there will be no refund. However, you may change sessions without penalty and with the proper written notice (see schedule changes and cancellations).

Health & Safety Policies

Health Forms

Camp Birchrock and the State of Wisconsin require that Health Forms be filled out every two years. The MD signed portion of Health forms is to be submitted yearly. All Health Forms and Immunization records must be returned by the camper's first session. Health forms are found on our website as well as emailed to you upon registration.

Health Exam

All resident campers will be expected to visit with the Camp Nurse for a health exam upon arrival. Health exam will include vital signs, brief overview of health records, and lice check.

Accidents and Emergencies

In the event of an accident, first aid will be administered, and an incident report will be completed by Camp Birchrock staff. Parent/Guardians will be notified as soon as possible after managing the child's immediate needs. In case of an emergency, the program will call 911 and contact the Parent/Guardian or emergency contacts provided with the youth's registration. Day Camp will practice regular emergency drills including fire drills, severe weather drills, and active shooter drills throughout the summer. Camp Birchrock emergency response procedures are aligned with the procedures outlined with RSD school district. Staff are First Aid, CPR, & AED trained as well as in emergency responsiveness and procedures posted on site.

Medications

Before the dispersal of medication at Camp Birchrock, the Parent/Guardian must have indicated medication and directions on Health Forms. Any unmarked medications cannot be dispersed; any other dosages outside of what is indicated on the label or on a doctor's note cannot be dispersed. Medication, prescription or over the counter, must:

- Be handed to the Camp Director or Medical Director at sign-in on the first day of camp
- Be in its original container
- Include the camper's name
- Indicate proper dosages
- Include specific written instructions for use
- Be listed and described on Health Form

Allergies

- Any camper with known allergies that could lead to severe allergic reactions must bring an appropriate treatment kit to camp.
- Any camper with asthma must bring medication for treatment. Even if the camper has not needed this medication recently, camp activities/locations, heat, and dust can aggravate symptoms.
- Food allergies or any dietary needs must be indicated during the registration process

Illness

It is your responsibility to keep your camper home if they are ill. If your camper becomes ill while at Camp, depending on the severity of the situation, they may either lay down in the Health Room or they may be sent home for the remainder of the day. Parents/guardians will be notified as soon as possible. If the situation is severe enough to require hospitalization and parents/guardians and emergency contacts are unable to be reached, the camper will be brought to the hospital.

Lice Policy & Procedures

Camp Birchrock's lice policy states that campers must be bug free in order to attend and/or stay at camp. Therefore, if signs of live bugs are found we will contact Parent/Guardian to pick the child up from camp. Staff will perform regular lice checks on campers at least once a week – generally on Monday. Staff will handle any findings with the utmost discretion and care for

confidentiality. In the case that a staff member finds lice on a camper the staff will notify the Camp Director who will in turn inform the camper's Parent/Guardian. A Parent/Guardian or authorized adult will need to pick the camper up from camp as soon as possible. Camper may return once hair has been treated and is bug-free. A Camp Fire employee will confirm this by examining child's hair upon return.

Waterfront Safety

Ratio at the Waterfront is 1 staff member for every 6 campers. While at the waterfront, all campers will be under direct supervision of a Certified Lifeguard with Waterfront Skills Training and several CPR/First Aid & AED trained staff. All campers are required to take a swim tests/boat tests to use the waterfront. If the swim test is not passed, the camper will need to wear a life jacket while at the waterfront. Everyone at the waterfront uses the buddy board to keep track of where they are and who they are with. We provide life jackets, limited fishing gear, and all watercrafts and toys.

Behavior Expectations & Bullying Policy

At Camp Birchrock we expect behavior that is **respectful, responsible** and **safe**. Staff and campers are asked to follow these 3 basic guidelines. Our goal is to provide an environment where all our campers and staff can build lasting relationships, express themselves freely, and explore various local resources to learn and grow.

Harassment and Bullying Policy

Camp Birchrock has a zero-tolerance policy for harassment or bullying behaviors and will not tolerate any types of harassment or bullying behaviors involving any campers or staff. Please express to your camper that if they feel threatened to immediately tell a camp staff member. Harassment or bullying behaviors will be handled immediately with disciplinary actions up to and potentially including dismissal from camp as determined by the Camp Director. Any expenses and transportation related to early dismissal from camp, for any reasons, are the responsibility of the parent/legal guardian.

Discipline Policy

It is the intent of Camp Birchrock to provide a safe environment for participants in our Summer Day Camp program. Our Camp Birchrock staff takes a developmental approach when dealing with unacceptable behavior. We view conflict as an opportunity to help young people learn more effective strategies for conflict resolution, communication, and management of emotions. If a participant is disrupting the program, creating an unsafe condition, or displays a disrespectful demeanor to Camp Birchrock staff or peers, the participant may be removed from the program. Typically, we follow a 3-occurrence system to determine dismissal and recognize that all behavioral issues, even if repeated, should not necessarily result in removal from program. We make every attempt to work with the child and family to support improved positive behavior.

Discipline Procedure:

1st Major Occurrence: Camp Birchrock staff will warn child and contact Parent/Guardian to discuss problem behavior.

2nd Major Occurrence: Child's second warning, Parent/Guardian notified to discuss problem behavior. A possible one-week suspension and a behavioral contract may be suggested.

3rd Major Occurrence: Parent/Guardian will be contacted and the child will be withdrawn from the program and will not be able to return.

Camp Birchrock has a zero-tolerance policy for violence. If your child engages in a violent act causing possible harm to another participant or staff person, they may be immediately suspended for at least one day of program and possibly removed from the program indefinitely. No refunds will be given for discipline related suspensions for Camp Birchrock programs. Camp Birchrock reserves the right to revoke Financial Aid to children who are suspended for discipline issues from the program.

Parent/Guardian Responsibilities and Expectations

To account for your child's safety, the most important responsibility for a Parent/Guardian is to inform Camp Birchrock staff when their child will not be a scheduled session. Please contact the Camp Director if your child will be absent due to illness or other circumstances.

Drop Off & Pick Up Policies

In order to ensure every child's safety, parents and guardians must abide by these policies:

- Sign-in/out with a staff member to drop off or pick up a camper.
- List anyone else picking up your camper on the 'Authorized Pick-up List.'
- Be able to provide photo identification to a camp staff member in order to pick up a camper.
- Follow Birchrock Road speed limit.
- Drop Off & Pick Up during scheduled times
- If you are dropping off outside of pick up or drop off times, please call the office if you can or report directly to the office.

Early Drop Off (Day Camp ONLY)

Camp officially starts at 7:30 am but early drop off between 7:05am and 7:30am is available. If you know ahead of time, you may add this to your order when registering. Otherwise, early drop off charges will be billed on Fridays. Please note: Nobody is at camp before 7am.

Late Pick Up

If you are picking up your camper late, after the program has ended, an automatic charge of \$5 will be applied to your bill. An additional \$1 per minute will be charged until your child is signed out.

Schedule Changes, Cancellations, and Absences

We ask Parents to please notify us as soon as they know their child will not be attending a session.

- Schedule Changes-If you would like to change a scheduled session to a different one, please notate this in the **RED** notebook that is always with the attendance clipboard. Please be sure to include your name, your camper's name, the scheduled session, and the session you would like to change it to, as well as the date and time of writing the note.
- Cancellations-If you are cancelling a session for any reason, please notate this in the **RED** notebook or email the Camp Director at campdirector@campfireoneida.org. Please include the date and time of your note. Review our refund policy if making a cancellation.
- Absences-If your child is sick or cannot come to camp for whatever reason, it is your responsibility to notify the Camp Director as soon as possible. You are still responsible for payment on absent days unless proper notice was given or in special cases determined by Camp Director.

Parent Contact

Parents will receive weekly emails on the last day of the session containing the weekly newsletter as well as any important reminders for the upcoming week. Parents are encouraged to reach out at any time if they have questions or concerns. Parents are also expected to inform Director regarding any change to your account or child records, including email, authorized people, allergies, etc.



Day Camp Packing List

Daily Necessities

- Backpack or duffel bag (to carry everything)
- Bathing Suit (1 piece preferred, must be activity appropriate)
- Towel
- Extra clothes
- Closed toe shoes (tennis shoes, hikers, crocs, keens, etc.)
- Windbreaker/Raincoat
- Sunscreen (Spray preferred-at least spf 15)
- Insect Repellent (Pump spray preferred)
- Water bottle

Extras (These items are not required but may enhance your camper's comfort/fun)

- Hat/Sunglasses
- Healthy Snack
- Water shoes or flip flops for lake
- Goggles/snorkel gear
- Fishing pole/tackle



Necessities

Resident Camp Packing List



- Duffel bag or suitcase that everything will fit into
- Sleeping Bag, fitted twin sheet, extra blankets (nights can get pretty chilly!)
- Pillow
- Bathing Suit (1 piece preferred, must be activity appropriate)
- 2 Towels
- Several tshirts, sweatshirts, shorts, at least one pair of long pants
- Pajamas or appropriate sleeping attire
- Several sets of socks and underwear
- Two pairs of closed toe shoes (tennis shoes, hikers, crocs, keens, etc.)
- Windbreaker/Raincoat
- Personal hygiene products (i.e. soap, shampoo, deodorant, toothbrush & toothpaste)
- Sunscreen (Spray preferred-at least spf 15)
- Insect Repellent (Pump spray preferred)
- Water bottle

Extras (These items are not required but may enhance your camper's comfort/fun)

- Hat/Sunglasses
- Healthy Snack
- Pocket knife under 3"
- Water shoes or flip flops for lake
- Goggles/snorkel gear
- Flashlight with batteries
- Stationary, preaddressed envelopes
- Disposable Camera
- Journal, book
- Hammock in a bag
- Fishing pole/tackle

DO NOT BRING TO CAMP

Candy, gum, sharpies, jewelry, electronics, aerosol sprays, mon



Personal Belongings

Children will participate in active outdoor play and should dress accordingly. All items (clothing, sunscreen, water bottle, etc.) should be marked with the child's first and last name. Camp Birchrock is not responsible for lost or damaged personal items.

Lost & Found

Please label all items that could be left behind with your child's first and last name. Labeled items can easily be returned to families throughout the summer. If you have missing items, please alert camp staff to assist you. Unclaimed items will be donated on the last day of camp.

Program Components

Day Camp & L.I.T. Program Components

Sample Daily Schedule for Day Camp

7:05am-8:00am	Free Time (Fort Building, Craft Cabin, Hanging out by the fire)
8:00am-8:20am	Opening Fire Ceremony
8:20am-8:30am	Flag Raise
8:30am-9:15am	Breakfast
9:15am-10:00am	Hike around Chickadee Lake
10:00am-10:45am	Knot Tying & Shelter Building
10:45am-11:30am	Paper Mache Mask Craft
11:30am-11:50am	Capture the Flag
11:50am-12:00pm	Bathroom Break
12:00pm-12:45pm	Lunch
12:45pm-1:15pm	Rest Time
1:15pm-1:30pm	Bathroom Break/Re-Group
1:30pm-3:00pm	Waterfront
3:00pm-3:30pm	Snack
3:30pm-4:00pm	Closing Fire Ceremony
4:00pm-5:30pm	Free Time (Fort Building, Craft Cabin, Hanging out by the fire)

Items in bold represent a period in which the scheduled event does not change

Morning/Afternoon Fire Ceremony

Inspirational talks are held every morning around the campfire. Staff members take turns sharing stories about life and the world around them. Often they are based on Camp Fire values. Afternoon reflections are done around the campfire when campers think back on the day. This is a significant time to bring meaningful integrations to the days learning.

Activities

Campers are expected to participate in all activities throughout the day. These activities include but are not limited to; presentations from local organizations/groups, hiking, swimming, boating, fishing, camp craft (shelter building, tent pitching, canoe recovery, knot tying, fire starting, etc.), arts & crafts, day canoe trips, large group games, team building exercises, archery, disc golf, kapers, and singing.

Rainy Days

We are OPEN on rainy days! Please watch the weather and dress your camper accordingly. If rain is light, we will conduct activities as scheduled. If there is severe weather, necessary precautions will be taken. Time will be spent between the Lodge, Craft Cabin, and Outpost. Typical rainy day activities include but are not limited to; baking/cooking activities, board games, charades, movies, skits, plays, science experiments, and lots of arts and crafts. If you are not sending your camper because of the rain, you are still expected to pay for the session, and to let the Camp Director know.

Resident Camp & C.I.T. Program Components

Camping Overnight Trips

Overnight camping trips are often the highlight of the week! Each full week, cabin groups will pack up one afternoon and head out to a campsite in the woods or paddle to the Peninsula for an overnight with their cabin group. Campers learn basic camping skills in addition to having an opportunity to do something new and challenging. Overnights happen rain or shine. We certainly watch the weather and bring groups in at first sign of a severe storm, but groups remain at their campsites if it's lightly raining. Campers should bring rain gear. Some of the best memories happen in the rain!

Canteen

Upon registering for Resident camp, you will have the option to add Canteen money in increments of \$10. Canteen is at between 7pm and 7:30pm Monday-Friday and allows resident campers to buy extra things. The recommended amount to add is \$10 total. All remaining

canteen balances under \$10 will be donated to our Campership fund. All remaining balances over \$10 will be credited to your account.

Canteen Snacks/ Drinks	\$1 each
Stamped Post Card	\$2 each
Sweatshirt	\$25 each
Tshirt	\$15 each
Hat	\$15 each

Sample Daily Schedule for Resident Camp

7:30am	Wake Up Bugle Sounds-Get ready
8:00am-8:20am	Opening Fire Ceremony
8:20am-8:30am	Flag Raise
8:30am-9:15am	Breakfast
9:15am-10:30am	Hike around Chickadee Lake
10:30am-11:50am	Knot Tying & Shelter Building
11:50am-12:00pm	Bathroom Break
12:00pm-12:45pm	Lunch
12:45pm-1:15pm	Rest Time in Cabins
1:15pm-1:30pm	Bathroom Break/Re-Group
1:30pm-3:00pm	Hike Mud Sweat & Trees Trail
3:00pm-3:30pm	Snack
3:30pm-5:30pm	Waterfront
5:30pm-6:15pm	Dinner
6:15-6:45pm	Cabin Bonding
6:45pm-7:30pm	Friendship Bracelet Making
7:30pm-8:00pm	Canteen
8:00pm-8:45pm	Ghost in the Graveyard
8:45pm-9:00pm	Closing Fire Ceremony
9:00pm-9:30pm	Quiet down, cabin bonding
9:30pm	Lights out

Items in bold represent a period in which the scheduled event does not change

Sending Mail/Phone Calls Home

Please send mail directly to Camp Birchrock. It often takes 2-3 days for mail to arrive at camp so please consider sending mail prior to your camper's arrival. Although we prefer letters, you

may send an email. Any email messages received after 10:00 am will get to them the next day. Camp Email is: campdirector@campfireoneida.org. If you have an emergency, call camp at any time. The Summer Office is staffed 7am to 6pm and we check for messages regularly. Campers do not have access to a phone. No cellular phones are allowed at camp. If you need to relay a message to your child or check on your camper, call camp and a staff member will get your child's counselor or pass along a message. Campers will not be permitted to call home.

Cabin Mates

Campers will have an opportunity to bunk with one or two friends if they are the same age and the request is made in advance. If the request was not made on the registration form, you may call camp at least two weeks prior to your session. Bunk mate requests are not always met as we must accommodate all campers. Children make many new friends at camp in addition to enjoying their old ones. We limit the number of friends coming together in a cabin to support strong group dynamics.

Morning/Evening Fire Ceremony

Inspirational talks are held every morning around the campfire. Staff members take turns sharing stories about life and the world around them. Often they are based on Camp Fire values. Evening reflections are done around the campfire when campers think back on the day. This is a significant time to bring meaningful integrations to the days learning.

Meals, Rest Time, & Kapers

Breakfast

Campers will be provided breakfast at 8:30am if they wish to eat it. Monthly menus are posted on site as well as online for your information. If your child has specific food allergies (IE nuts, gluten, dairy), please make sure that this information is listed on the Health Forms, registration, and that the Camp Director is notified verbally or via email about your child's needs. We recommend campers eat a healthy, balanced breakfast every morning, so please make sure they have had something to eat if you drop them off after 8:30am.

Lunch

Campers will be provided with a hot lunch every day at 12:00pm. Campers are welcome to bring their own lunch. Please keep up to date on lunch menus as there are some cold lunch days where we ask everyone to bring a cold lunch.

Snack

Snack is offered at 3pm every day. Please feel free to send healthy snacks along with your camper to eat throughout the day. Please watch the calendar as there are some sign up days for campers and counselors to bring a snack for the group.

Dinner

The dinner bell will ring at 5:30pm and all campers and staff will report to the Mess Hall for a family style meal.

Rest Time

At Camp Birchrock we believe in using a mix of high and low energy activities through the program day. During rest time, campers will have the option to nap, read, play quiet board games, day dream, write, or draw for 30 minutes.

Kapers

At Camp Birchrock, we value accountability and independence. That is why we do 'Kapers' twice per week, on Mondays and again on Thursdays. Kapers is a 15-20 minute all camp clean-up. We break up into several groups responsible for bathroom/shower sweeping and mopping, trash removal, and general tidying. All campers are supervised and wear non-latex gloves during this clean up. Counselors are responsible for using any cleaners as well as cleaning the toilets.

Contact Information

Attendance, Program, & On-Site Support

Nicole Reinke-Camp Director

715-362-3513 Camp Cell

715-282-5547 Camp Landline

campdirector@campfireoneida.org

Administrative Office

Steve Sauer-President

715.362.3513

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Billing & Financial Assistance

Jim Rice-Treasurer

treasurer@campfireoneida.org

715-362-3513