



# Parent & Camper Guide

Dear Parents,

We are excited to have your child camping with us this summer. We hope the experience will be both enjoyable and meaningful. Attending camp can be exciting and challenging for campers and parents. It's natural for your child to be a bit anxious about leaving the comforts of home, adapting to new daily routines and meeting new people. We hope this Parent & Camper Guide will help to familiarize you and your camper with our procedures and minimize "first-day anxiety." If you have any questions or concerns, please contact us.

Our staff works hard to help campers feel comfortable and welcome. To do the best job possible, we need your assistance as well as that of the campers. Respect & Cooperation are top priorities at DuBois Center, and there are expectations for the behavior of each camper and leader. Read more about this on page 8. Thank you in advance for your assistance.

See you soon!

*The DuBois Center Staff Team*

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## Contact Information

**PROGRAM** 618.787.2202  
 dcinfo@DuBoisCenter.org  
 DuBois Center  
 2651 Quarry Road, DuBois IL 62831

**REGISTRAR** 618.357.1809  
 register@DuBoisCenter.org

Please add both of these email addresses to your contacts to avoid accidental delivery to junk and spam folders.



DuBois Center is the camp and retreat center of the Illinois South Conference of the United Church of Christ.

## DUE DATES

**Camper Profile and Health Profiles and the family share of the camp fee are due a minimum of two (2) weeks prior to the start of the camper's session.**

- **HEALTH PROFILE:** Complete ONLINE. Though not ideal or recommended, paper forms will be available upon request from the Camp Registrar or may be downloaded at [www.DuBoisCenter.org](http://www.DuBoisCenter.org). With either option a **Parent/Guardian signature is required.**
- **FAMILY SHARE of the Camp Fee:** Some churches and organizations pay a portion of the camp fee. The part of the fee to be paid by the family (Family Share) is the amount due a minimum of two weeks prior to the camp session. Please note on camper profile the church name and church share.

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## CANCELLATIONS

If a registration is cancelled at least 30 days in advance of the opening day of the camp session, the full camp fee (minus the \$50 deposit) will be refunded. **The \$50 deposit is non-refundable.**

When notification is received between 14 and 30 days, up to 75% of the total camp fee will be refunded. No refund is given with 13 or fewer days of notice. In cases of sudden illness, accident or emergency – if space is available – we can transfer your registration to another session.

If all sessions are full, a refund may be requested in writing. Details and requests can be emailed to: Register@DuBoisCenter.org or mailed to: DuBois Center, 2651 Quarry Road, DuBois IL 62831.

**If a session has 10 or fewer registrations**, DuBois Center reserves the right to cancel that session 10 days prior to the start date. In that case, parents may select a different session or receive a full refund.

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## GETTING TO DUBOIS CENTER

Families arrange for their own transportation to and from camp. Directions to DuBois Center can be found on the campers online registration dashboard or on the website.

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## START & END TIMES

### Check-In:

For sessions starting on Sunday is from 12:00 - 2:00 p.m.

For sessions starting Wednesday check in is at 11:00am.

### Pick-Up:

For sessions ending on Friday is at 2:00pm

For sessions ending on Tuesday pick up is at 7:00pm.

\*\*\*Please be prompt, but do not arrive early; staff and campers will not be ready. Thanks!!\*\*\*



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## CAMPER CHECK IN

Arrival time for MOST sessions is **12:00-2:00pm** on Sunday afternoon. **Please do not arrive early.** Gates will be closed and staff will be preparing for your child's arrival. *Hint: Lines are longest at 12:00 p.m. Consider arriving at 12:30 p.m. for less wait during check-in.*

Our #1 priority at camp is the health and safety of our campers and leaders, so the check-in process is very important. **Please allow 45-60 minutes to escort your camper through the stations.**

When you arrive, you will be directed to the Registrar to double-check registration forms and fees, then on to browse at the camp store and pick up your FREE t-shirt. Next is a health check, during which you will be asked about any updates to the Health Profile since it was submitted, then a precautionary lice check for the camper. *Note: This process is much easier and more effective if the camper's hair is not braided.*

The final step of our screening process will be a short visit with the nurse. Here you will be asked about the camper's current health and turn in any medications. Then you are off to your camper's lodging to meet the counselors and help your camper get settled. Please plan to stay with your camper throughout the entire process.

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## CAMPER PICK UP

Pick-up for MOST sessions is **2:00 p.m.** on Friday. **Please do not arrive early as your child WILL NOT be ready to leave.** The last activity of each session is usually some kind of closing circle. This is a meaningful time for many campers, so we try to keep interruptions to a minimum.

When you arrive, a greeter will provide further instructions.

**A Pick-Up Authorization Form** is required for all youth campers, even those being picked up by a parent. List **ALL** individuals who might pick up your camper – **include yourself.** Then **bring the completed form** to camp on check-in day. Campers will only be released to a person who is authorized on the form.

The pick-up person will need to present a **photo ID**, such as a driver's license, to the camper's counselor.

If plans change, and someone not listed on this form must pick up the camper, call the Program Office at 618.787.2202 and send signed **WRITTEN PERMISSION** with the person picking up the child.

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## HEALTH PROFILES

Health Profiles are required annually for ALL campers – including adults. This includes a review of current and past conditions and illnesses, allergies, confirmation of up to date immunizations and permission to treat in case of an emergency. You can help us provide a safe and healthy environment for your child by **submitting his/her Health Profile a full two weeks prior to the start of their session.** Our health care providers need time to review the forms before your child's arrival. Submitting medical forms in advance also helps to speed up the check-in process on the first day of camp. **A physical exam is not required.** Health Profiles must be completed online. It can be found on your camper's dashboard. If you are unable to access the online health profile please call the Registrar at 618.357.1809 or email: [register@duboiscenter.org](mailto:register@duboiscenter.org)

**Campers cannot be admitted to camp without a completed Health Profile including a signed permission to treat.**

## MEDICATIONS

We stock a number of over-the-counter medications, so it is not necessary to send these items. A list of stock medications can be found on the Health Profile. Please review this list and check those that can be given. Be sure to fully complete the medication section in detail. ALL medications brought to camp must be in original packaging or Prescription Container. Prescription containers must include the camper's name, dosage, frequency and times of administration. ALL MEDICATIONS, including ibuprofen, vitamins, etc., must be turned in to the Health Care Staff when checking in on the first day of camp. **Do not pre-pull medication or pack it in the camper's luggage.** Put all medications in a sturdy zip-lock bag labeled with the camper's name. All unused medications will be returned at the end of camp session. Please be sure to retrieve medication from the Nurse/Health Care Provider when picking up your camper. It is our policy that INHALERS be kept in the Health Center. However, if a parent requests in writing that the inhaler be kept with the camper, we will honor that request. Any misuse or misplacement of the inhaler during the camp session will be cause for it to be kept by a leader or in the Health Center.

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## MEDICAL CARE

We strive to provide a healthy environment and prevent the spread of contagious diseases. If, within the 24 hours prior to camp, the camper has an undiagnosed rash or open sores, a temperature at or above 101°, nausea, vomiting, diarrhea, a persistent cough or cold, he/she must remain at home until healthy. An elevated temperature must be **back to normal for 24 hours** before a child comes or returns to camp. Transferring to another session may be a possibility.

A trained health care provider is in residence at camp and arrangements for emergency care have been made with local facilities and transportation units. The camper's personal insurance provides primary coverage. The medical insurance provided by camp is an Excess (or secondary) Plan, which means any claims must first be filed through the camper's primary insurance.

### Ticks & Mosquitoes

Ticks are common in Illinois and, though rare, some may carry Lyme Disease or Rocky Mountain Spotted Fever. If your camper has unexplained symptoms such as a rash, sore throat, nausea, head or muscle aches, and you have reason to suspect a tick bite, please see your doctor. If treated early, serious issues can be avoided. Ticks are easier to spot on light-colored clothing with solid colors or simple patterns. Bringing bug spray is recommended, but please send pump spray or lotions and not aerosols. We ask campers **not** to remove their own ticks, unless they can "flick" them away. This ensures they are removed properly, the area is disinfected, and the bite is logged. We keep all "logged" ticks in our Health Center for 6-12 months, just in case they are needed for testing. Current data on mosquito-borne West Nile virus indicates that healthy children and youth are at lower risk, and, if infected, show minor or no symptoms. If the mosquito-borne infection concerns you, send your child with non-aerosol insect repellent, and talk about its use beforehand, as well as when it might be appropriate to wear long-sleeved shirts and pants. If you think the camper might be at higher risk, please indicate this on the Health Profile.



## FOOT, SPINE AND GUT HEALTH

Camp is very active! Some of our most common health problems at camp are caused by unhappy feet, backs and tummies. Please help your camper succeed with some preparation at home:

**Feet:** we ask a lot of our feet at camp, and your camper may report to the infirmary with pain if they are not prepared. Many families enjoy a night before camp with feet soaking in warm water or epsom salts and take the spa approach to foot prep! Inspect your camper's feet for little cuts, hangnails, fungal infection, dry skin or other small issues that might become more serious at camp.

- Ensure that campers are bringing loose comfortable shoes in good repair. Blisters are caused by tight shoes.
- Pack plenty of extra socks – we encourage staff and campers to change socks at mid-day. Wet socks cause blisters- and stink! Cotton blend fabrics stay comfortable longer than polyester blends.
- Your campers toenails should be trimmed short and straight across. Long toenails can cause cuts, and curved toenails easily become ingrown.

**Spine:** walking all day while wearing a backpack and sleeping in an unfamiliar bed is a recipe for back pain for many campers, especially teenagers.

- An extra pillow to be tucked under the legs or between the knees is very handy.
- Make sure that your camper is bringing a durable backpack with padded straps.
- Good spine health starts in the feet – double check your camper's shoes for proper fit, and consider supportive arch support insoles.

**Gut:** our camp diet is served cafeteria style, and offers a balance of nutrition – but it is up to your camper to select veggies and fruits each day. Many of our camp tummy troubles are caused by nervousness in bathrooms.

- Speak frankly with your camper about the public bathrooms at camp. Let them in on the open secret that it's easy to find a quiet, empty bathroom if you time it right. Many campers find it easier to have a private bowel movement during shower time or just before or after a meal.
- Please do not feed your child any heavy, rich, or new meals in the 24 hours before bringing them to camp –first day at camp nerves can be bad enough! Stick to familiar, easily-digested foods and be prepared for some carsickness on the trip to camp. We always serve our much beloved spaghetti dinner on Sunday nights – it's okay to arrive hungry! Save that special meal for a welcome-home.

## HEALTH, SAFETY, and HOMESICKNESS

Time away at camp, for the first time or the tenth, brings a lot of uncertainty. Will I see my friends again? Will the horses like me? What if the food is gross? What if I'm gross? Will I be safe? What if something bad happens?

We have policy, procedure and protocol centered around health and safety at camp. All of our staff is trained in first aid, emergency response, CPR and all skills necessary to lead at camp in a safe, fun way. We take preparation and safe conduct very seriously, and all of the many rules we have around camp serve to keep everyone safe. We have an infirmary dedicated to preventing and treating camp illness and injury. Our staff communicates site-wide via radio to announce and respond to issues big and small. We have site-wide response plans for emergencies including bad weather – and loads of special activities we only break out on rainy days!

### ON HOMESICKNESS:

If your camper is articulating anxiety about camp, there is usually a specific concern underneath general complaints. For example, “camp is dirty and full of bugs” may be a real concern about maintaining hygiene or finding a spider in the bunk. Talk out your camper's plan for packing adequate hygiene supply and assure them of the chance to shower daily. Talk about the importance of making a bed (yes, really) in a camp environment to keep critters out – maybe even practice making a bed tightly at home!

A complaint like “no one will like me” or “everyone there sucks” may be masking a real concern about fitting in, making friends, or being left out. We facilitate get-to-know-you activities and keep a close eye on bullying or exclusionary behavior. Some campers come prepared with pre-made friendship bracelets, knock-knock jokes, magic tricks or hair-braiding skills that make it even easier to connect with others. There is no clearer path to making friends than being a friend – being kind, helping others, and respect for the space and needs of others always goes a long way.

If your child manages a chronic illness or is recovering from an injury, they may be concerned about exacerbation at camp, or being left out of their favorite activities. We have welcomed campers with limited mobility, insulin-dependent diabetes, freshly installed braces and more – and seen them exceed their own expectations every time. Assure them that they'll have the support they need and the independence they crave. Take some time to supervise independent practice of the skills your camper will need to manage their own health at camp and throughout their life: including asking for help!

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## HOMESICKNESS (continued)

If your child has expressed concern for the amount of walking or “never getting enough sleep,” incorporating some walks or hikes to your routine at home may boost their confidence. Practicing sleeping with a soft eye mask or earplugs at home will make those tools far more useful at camp.

All that to say, there is no better cure for fear than preparation. If your child seems down about their time at camp, talk to them – see what’s really worrying them. Every aspect of camp is prepared for on our end – but that’s a lot to ask of a young person to believe – and we strongly encourage practicing camp skills at home. Homesickness is a word often used as a “catch-all” for these feelings. Young people don’t have all the words to describe being overwhelmed or feeling unprepared. “I want to go home” is often an easier way to express a more complex struggle. We have found that identifying and addressing the concern and facilitating a rapid return to the positive aspects of camp is always the solution. For young people who live with anxiety and trauma, we hope to assist our young friends as they grow into strong adults by walking with them through the process of identifying and solving underlying problems, rather than assuring them they’re “just homesick.”

Many campers do terribly miss their home, bed, pets, and family! We encourage these campers to write journals and letters home, and to stock up on camp stories to share when they return. We do not permit campers to call home as this usually makes things much worse. Please do not promise your camper a phone call in the case of trouble adjusting – our staff is prepared to assist your camper in adjusting to camp life.

*Dear camper, we will help you. We will keep you safe. We know what to do if something bad happens, and we will do it together.  
– your friends at DuBois Center*

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## VISITING CAMP

Families are welcome to schedule a visit prior to the camper’s session. You are also encouraged to spend time when checking in on the first day of camp to tour the facility and meet the staff. We have an open door policy for parents; however, visits during the camper’s session are highly discouraged.

Please take into consideration that a visit may promote homesickness in your child and other campers. If you have concerns about separation, please contact DuBois Center at 618.787.2202.



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## CABIN BUDDIES

For TWO children to be considered for lodging in the same cabin or cottage, they must a) be registered for the same session, b) be within one year of age and c) both indicate each other on their CAMP REGISTRATION FORMS.

All written requests are considered, but not guaranteed. It’s great to share a week at camp with friends, and it may be easier for first-time campers to come with a buddy. However, we believe that camp provides an opportunity to make new friends and build new relationships. **Note:** We avoid putting more than two friends together because it can be overwhelming for the rest of the cabin – especially for those who come without a buddy. It is our responsibility to assign campers in the way we feel is in the best interest of the total camp community.

Campers are encouraged to recruit their friends (and receive a discount for their efforts). However, if a camper recruits several friends, they will likely not all be in the same cabin. There will be numerous opportunities for friends in different cabins to spend time together.

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## CAMPER ACCOMMODATIONS

If your camper requires special accommodations for a successful camp experience, please contact DuBois Center a **minimum of three weeks in advance** of the first day of your camper’s session. This allows time for us to strategize together.

We make every effort to serve campers with special needs who are within the scope of our training and staffing capabilities. Because we are a “general” camp, as opposed to a “specialized” camp, we do not have the benefit of extra staff to serve as inclusion specialists.

Within our cabin and activity groups, we maintain a minimum of one leader per six younger campers, and one leader for each seven or eight older campers. To have a successful summer camp experience at DuBois Center, campers must be able to function within this type of staffing structure.

The more information we have about the circumstances, the better able we are to provide appropriate support.

**Again, please contact us in advance!**

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## PACKING FOR CAMP

We recommend bringing older, less expensive clothing and gear – items that your child recognizes as their own, not new ones they won't remember as theirs. It's best to LABEL EVERYTHING since found items that are identifiable are easier to return.

Please leave clothes that are too short, tight or revealing at home; they are not appropriate for church camp.

To avoid cuts and other injuries to feet and ankles, campers wear **sturdy shoes with closed-toes** at all times, except at the beach or in the cabin and shower areas. Sturdy shoes also make walking and hiking safer and more enjoyable. **See the attached packing list for details.**

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## What NOT to Bring

The items listed below detract from the camp experience and Christian community we work to build. Prohibited items brought to camp will be collected and returned at the end of the camper's stay.

**Leave sandals, wedge / platform & flimsy shoes at home.** Flip flops may be worn as shower/beach shoes only.

"Crocs" may only be worn at designated times.

**Do not bring valuable, breakable or dangerous items.**

This includes guns, knives, weapons of any kind, matches, lighters, fireworks, illegal substances, smoking and vaping products, or any items containing alcohol, cannabis or tobacco.

**Do not bring candy, soda, gum or food.** The bugs love it all. Snacks are provided each afternoon and evening, so there is no need to send additional food. The exception to this is in the case of medical and dietary issues, for which supplies will be kept in the Health Center for appropriate distribution.

**Aerosols** are not allowed at camp. Insect repellent, sunscreen and deodorant must be in the form of lotion, wipes or pump spray. Aerosols are safety hazards in faces and eyes, and around campfires and candles.



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## LOST & FOUND

Please LABEL EVERYTHING and help us defeat the "Lost & Found Monster." Items found after campers depart will be held until September 10, and will then be donated to a charitable organization. If you are missing an item, check with DuBois Center by calling 618.787.2202 or by email at [dcinfo@DuBoisCenter.org](mailto:dcinfo@DuBoisCenter.org).



**ALL ELECTRONIC DEVICES should be left at home.** This includes (but is not limited to) electronic games, cell phones, i-pods, tablets, e-readers and cameras. Bad attitudes can be left behind as well. Camp at DuBois Center is joyful, LOW-TECH fun. This is the perfect time and place to unplug from electronic technology and connect face to face with people.

**NO CELL PHONES.** At DuBois Center the safety of your child(ren) is our first priority. This is the primary reason campers are not allowed to have or use cell phones while at camp. While this might sound backward, even our insurance company recommends such a policy. Cell phones can be used as a safety tool, but they can also be used to contact potentially negative influences outside of camp (non-custodial parents, boyfriends and girlfriends, etc.). Phones can be used to take inappropriate pictures and post them on platforms such as Snapchat, which leaves little trace, but can cause significant damage.

We understand concerns about the use of cell phones for emergencies, however, when weighing all the safety factors – we have decided against campers having them at camp. If you have questions about this policy, please contact DuBois Center at 618.787.2202.

**NO CAMERAS.** Again, at DuBois Center safety is our first priority. Sometimes young people make decisions without considering the consequences. In addition, cameras can get lost or broken. Each family group will have a camp camera to capture great memories. We'll collect the pictures regularly and post the best ones to Facebook.

**NO SPENDING MONEY.** There are no additional fees for activities or snacks, so spending money is not needed. The Camp Store is only open on the FIRST DAY of each camp session during the check-in process while parents are present. It carries a variety of clothing items, stuffed animals and other logo items.

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## LODGING

DuBois Center has three distinct lodging areas for summer campers:

**Main Camp:** Four cottages near the dining hall in Oak Lodge. Each cottage has a common room between two sleeping rooms. Each sleeping room has bunk beds for 8 and a bathroom with shower.

**Rustic Unit:** Nine cabins split between two units with one centrally located shower house. Cabins have screened windows and doors, a ceiling fan, electricity, and sleep 8 in bunk beds.

**Hickory Lodge:** A lodge in main camp near the dining hall in Oak Lodge. Hickory has hotel-style sleeping rooms, bathrooms off the hallways and a meeting/activity room.

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## MEALS & DIETARY

Most meals are prepared and served in Oak Lodge. Some sessions do have cook-outs or special meals in different areas of camp as part of their program. Campers are offered three hearty meals a day, plus snacks. Fresh fruits and veggies are served daily. There is plenty of food and usually enough options for even the pickiest eater. Please do not send any extra food with your camper UNLESS arrangements have been made in advance with the Program Office. Supplemental foods will likely be stored in the Health Center and distributed by the Health Care Provider, (ie: gluten-free desserts).

**Dietary Restrictions:** We are able to accommodate SOME special dietary needs. Please contact the Program Office at 618.787.2202 or email [dcinfo@DuBoisCenter.org](mailto:dcinfo@DuBoisCenter.org) **at least three weeks in advance** of the camper's arrival, to discuss special dietary needs.

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## CAMPER MAIL HAS CHANGED!

Campers LOVE to receive mail. Please send cheerful, upbeat notes. Avoid mentioning how much you miss your child. Statements like this can cause worries and amplify some of the challenges of being away at camp. Try rephrasing "we can't wait for you to come home" into "we're looking forward to hearing all about your time at camp!" It is tempting to send notes every day of camp-or more! This can be tough on campers who receive little or no mail. One or two letters through a week is usually more than enough. Camper mail can be cards or letters in a sealed envelope or a sheet of paper folded in thirds and firmly taped shut is also acceptable.

**\*\*\*\*HAVE CARDS AND LETTERS TO YOUR  
CAMPER READY AT CAMP CHECK IN TO  
LEAVE AT THE MAIL STATION\*\*\*\***

- Please address your camper mail clearly with camper name AND session name. We have many sessions within the week.
- Letters may be left at the **"Mail Station"** while checking-in on the first day of camp. You will have the chance to place your letter in a box for delivery at lunchtime on Monday, Tuesday, Wednesday or Thursday.
- Mail for campers not deposited during check-in may not be delivered. We cannot guarantee delivery of mail sent through other methods.
- DO NOT include food, candy, money or glitter in any camper mail.

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## PLEASE--NO CARE PACKAGES!!

Packages from home are intended to be symbols of love. For DuBois Center, however, they create problems. Eating and storing food in the cabins and cottages attracts insects and critters. In addition, campers not receiving such treats can feel left out. Please send letters instead. If packages are sent, in most cases, they will be held until the end of the session and sent home with the camper.

## LETTERS HOME

Don't be alarmed if letters home are brief and sporadic, or don't arrive at all--campers are busy while at camp, and it is unlikely a letter mailed during their week at camp will make it to you before they are back home. You are more likely to receive mail if you pack pre-addressed, stamped postcards or envelopes.

Many campers feel more comfortable writing, drawing, or pasting scraps into a journal or notebook rather than feeling pressured during rest/bedtime to complete and submit an entire letter or postcard. Sending along a small blank notebook with a marker set and a roll of scotch tape can result in a charming and unique camp memento you can review together -- and add to through the years!!

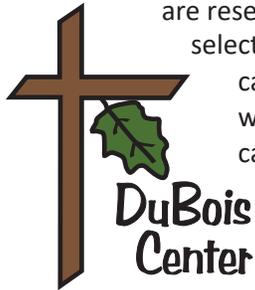
## EMAILS & SNAIL MAIL

We are no longer printing emails from parents that come into the dcinfo email as camper letters. We also cannot guarantee that we will receive snail mail either. PLEASE have letters ready to drop off during camp check in to guarantee delivery to your camper.

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## OUR PROGRAM

Days at DuBois Center are filled with fun, laughter and a variety of activities. Our camp sessions have lots in common, including many classic camp activities. A number of these can be adapted for different age groups. Some however, such as archery and canoeing, are reserved for older campers. Activities are selected to provide a progression, ensuring campers experience new challenges whether it's their first or fifth time at camp.



DuBois Center is the camp and retreat center of the Illinois South Conference of the United Church of Christ.

We serve campers from a variety of denominations and backgrounds and many who do not have a church home. We strive to be a welcoming place of faith without imposing a specific set of beliefs.

Campers participate in faith-based programming each day. B.L.A.S.T. (Bible Learning And Spirit Time) and evening vespers are centered on the summer's theme. The focus for each day is a specific Bible passage or story. We explore how each lesson relates to and impacts our lives today. The curriculum is developed by the National Council of Churches and provides an ecumenical approach.

### Classic camp activities include:

**horseback riding, crafts, archery, 9-square-in-the-air, Ga-ga, goofy songs, nature discoveries, campfires, night hikes, faith chats, teams course, cook-outs, swimming, beach fun, water mat, fishing, canoeing, creek walks, crazy skits, camp-style worship, team-building activities, B.L.A.S.T.**

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## HORSES

No doubt about it, our horses are the most popular kids in camp. Spending time with "the ponies" is a favorite activity for many. Campers receive instruction in basic barn etiquette and how to safely lead, mount, dismount and ride a horse. Our riding instruction is based on safety and recreation. It is not intended as instruction for horse shows or for competition.

Weather permitting, part-week campers have the option of riding once during their two- or three-day stay at camp. Campers attending week-long sessions have the option of riding twice during their stay. The first ride consists of time in the arena to get comfortable with the horse and practice basic skills. A short trail ride may also be included – if time permits. The second ride is usually a longer trail ride.

Rides are cancelled whenever there are heavy rains, storms, lightning or the heat index reaches 100° degrees. If rides are cancelled, we do our best to reschedule whenever possible.

Horse Campers spend significantly more time around the barn working on grooming and horse care, as well as riding daily. They also help feed the horses in the morning and muck out the stalls at the end of the day.



**What if the camper does not want to ride?** At DuBois Center, we believe in "challenge by choice" – the camper's choice. While no one is forced to participate in any activity, each is encouraged to try at least a first step. In the case of the equestrian program, this might mean petting a horse with a leader nearby. **SUCCESS!** Often small steps lead to a child being more willing to try riding.

Alternatives for those choosing not to ride include: spending time with a small group and a leader and cheering on their family group; working on a craft or other horse-related project; or perhaps joining the riding staff in the arena and "assisting" with instruction. For those with significant allergies, check with your doctor regarding appropriate options.

**SAFETY FIRST!** Our summer barn staff have significant training and experience working with horses and young people. They know our trails and our horses. The safety of your child is their first priority.

Helmets, specifically designed for horseback riding, are required for all riders, as are long pants that are not slick (preferably jeans) and proper footwear, including **SOCKS**. DuBois Center supplies helmets and boots, and we have some pants available; however, campers are encouraged to bring their own jeans. Also, pack one or two pairs of taller/crew-height (above the ankle) socks since boots can rub on bare ankles. **Horse Campers should bring extra pairs** of jeans and long socks because theirs may get quite dirty and smelly.

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## Respect & Cooperation

Each week of the summer, a primary focus for camp leaders is creating an environment in which everyone feels safe and secure – campers and leaders alike. RESPECT is Rule #1 and COOPERATION is one of our primary goals.

To help us achieve this goal, we ask each camper to:

- follow camp guidelines and rules,
- remain in supervised, designated areas,
- refrain from harmful or hurtful behavior, such as name calling, bullying, verbal or physical aggression toward self or others, using inappropriate language, sexual harassment or sexual behavior, and
- refrain from the use of alcohol, tobacco products, or any illegal substances or items, and report the use or possession by others.

Please understand that if a camper is unable to live within these guidelines and a positive resolution cannot be reached, the camper will be sent home.

Our leaders work hard to create a special place that is “removed” from many of the stressors and distractions of everyday life. Many of the items campers are asked not to bring are items that can detract from the achievement of our goals and the Christian community we work to build.

We ask for your assistance. In addition to talking to your child about Respect and Cooperation, please ensure that all items on the DO NOT BRING list are left at home.

Thank you for helping to make DuBois Center a safe and special place for all our campers – a place to unplug, slow down, laugh and enjoy being a kid.

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## FAQ Frequently Asked Questions

<b>What times are check-in and pick-up?</b>	<b>Page 2</b>
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## In Case of an Emergency:

DuBois Center      618.787.2202 Ext. 108

Should you need to contact us during your child's camp session, please use the above extension for our health and safety team. We check voice mail on a regular basis so please leave a message.

Please do not ask your child to call home. Such calls often promote homesickness. In the case of an emergency or significant issue, we will contact you.



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## Final Words of Wisdom

Your camper will likely be tired after their adventures at camp and may need additional rest after their stay. Try to ensure a lighter schedule for the next day or two after they return home.