



2024

Parent Handbook

Welcome to Camp Aldersgate!

This handbook is intended to be a resource for the parents and guardians of campers and as an introduction to Camp Aldersgate.

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Mission, Vision, Values

OUR MISSION

Camp Aldersgate creates life-changing experiences for individuals with special needs.

OUR VISION

Inspiring a barrier-free future.

Our Values

Love and acceptance • Inclusion • Collaboration • Excellence • Innovation

Program Goals & Objectives

Goal 1: Strengthen Personal and Social Development – Participants will further their personal and social development through active participation in Camp Aldersgate’s programs.

OBJECTIVES:

- 1.1 Participants will maintain or increase independence through learning and practicing activities of daily living.
- 1.2 Participants will engage in activities designed to increase social and interpersonal skills.
- 1.3 Participants will increase self-esteem and confidence through exposure to unique experiences and the acquisition of new skills.

Goal 2: Promote Healthy Lifestyles – Participants will practice healthy lifestyle habits and explore leisure activities and skills.

OBJECTIVES:

- 2.1 Participants will gain knowledge and skills necessary for successful management of medical conditions and/or diagnoses.
- 2.2 Participants will engage in active recreation and leisure pursuits.

Goal 3: Enrich Communities – Families and communities will be strengthened through interactions and engagement with Camp Aldersgate staff, volunteers, and other campers.

OBJECTIVES:

- 3.1 Participants will increase knowledge and awareness of strengths, abilities and challenges faced by others through interacting with individuals of all abilities.
- 3.2 Participants will develop a sense of social responsibility through engaging in opportunities that positively impact communities.
- 3.3 Participants will interact with individuals who can develop meaningful relationships and build a support system.

Goal 4: Foster Environmental Awareness – Participants will increase their awareness of and connection to the natural world.

OBJECTIVES:

- 4.1 Participants will explore native ecosystems through interactions with Camp Aldersgate’s grounds.
- 4.2 Participants will increase awareness of environmental issues and their role in conservation and protection of natural resources.
- 4.3 Participants will learn basics of outdoor ethics based "Leave No Trace" principles.
- 4.4 Participants will engage in at least one nature activity/session while at Camp Aldersgate.

OUR PROGRAMS

Camp Aldersgate's programs provide a unique opportunity for campers to meet peers who share similar experiences and/or diagnoses while also having fun and experiencing new adventures. Activities may include nature hikes, archery, fishing, campfires, canoeing, swimming, art, and crafts. These outdoors experiences empower campers by celebrating them, respecting them and engaging them at a place and in activities built just for them.

Summer Medical Camps

Medical Camps are week-long residential camping experiences for campers with specific medical diagnoses. These medical camps include Muscular Dystrophy Camp, Spinal Disorders Camp, Cardiac, Arthritis, Kidney, Bleeding Disorders & Oncology (CAKBO) Camp, Audiology (AIM-HI) Camp and Diabetes Camp. Ages for these camps vary from 6-18.

Participating Health Agencies help provide educational programs, staff training and some funding for camper scholarships. This year's partnering agencies include the Muscular Dystrophy Association, Arkansas Spinal Cord Commission, American Diabetes Association, and the Audiology Clinic at Arkansas Children's Hospital.

Kota Camps

Kota Camps are inclusive camping experiences for campers with and without medical conditions and/or disabilities. These camps are available for children ages 6-18, and we encourage campers to attend with a friend or a sibling. These camps are designed to serve individuals with intellectual, developmental, and/or physical disabilities. Kota Camp was started in 2000 in partnership with the Junior League of Little Rock.

Young Adult Camps

Young Adult Camps are designed to serve individuals ages 19-35 with intellectual, developmental, and/or physical disabilities.

Weekend Camps

Camp Aldersgate's Weekend Camps provide developmentally appropriate opportunities for our campers that promote cognitive, physical, social and emotional growth in a fun, engaging camp setting. Activity planning for each weekend includes a mix of physical activities, art, outdoor activities and structured and free play. Sessions run from Friday at 6:00pm until Sunday at 10:15am and are available once a month during the school year.

GENERAL INFORMATION

Arrival and Check-in - Camp Aldersgate will begin check-in on Sundays at 2:00 p.m. for summer sessions and Fridays at 6:00 p.m. for weekend sessions. More information, including your specific arrival time will be sent via email and text message prior to each camp session. Each camper and parent/guardian will meet with the cabin counselors and one of the camp nurses to review the specific medical needs of your camper.

Departure - Please plan to arrive at 10:15 a.m. on Friday morning (summer sessions) or 10:15 a.m. on Sunday (weekend sessions) to begin the checkout process. During summer camps, the Closing Ceremony, which should last about an hour, will begin shortly thereafter, and will highlight your camper's activities and accomplishments at camp. We encourage parents and guardians to attend the Closing Ceremony! It is very important that you or a pre-authorized person are here to pick up your camper on time and check out with the camp nurse before leaving. No camper supervision is available after checkout.

Please note: Only the custodial parent/guardian or pre-authorized persons may sign your camper out and must have a valid form of identification with them at the time of checkout. Changes in pick-up person must be communicated with the Director of Programs and/or Program Manager ahead of time.

Communication with Parents - Parents will be notified by a program staff member or camp nurse by telephone if the camper becomes injured, ill or if information from the parent is necessary to assist with the care or program participation of the camper.

Housing - Campers will live in cabins with an assigned cabin group during their stay. Each cabin group is made up of four to eight campers, two to four counselor staff, and two to four Counselors-in-Training (CIT). The cabins have central heating and air conditioning, indoor plumbing, and bunk beds.

Clothing and Medical Equipment - All clothing, towels, shoes, linens, and medical equipment (braces, wheelchairs, nebulizers, etc.) brought to camp **must** be labeled with your camper's name. Campers will need to bring a six-day (three-day for weekends) supply of undergarments, socks, shorts, and shirts. Also, pack sturdy shoes, raincoat or poncho, a bathing suit, long pants, towels, wash cloths, and toiletries. Please bring linens or a sleeping bag and a pillow. Laundry facilities are available for staff to wash clothes when accidents occur. Due to safety concerns, all shoes must cover your camper's entire foot. Open-toed shoes, sandals, and flip-flops are not allowed except for swimming pool use. Please refer to the complete packing list at the end of your packet.

Telephone Calls - Calls to camp from parents and calls to home from campers are strongly discouraged. With approximately 56 (summer) and 30 (weekend) campers each session it is not possible to allow phone time for every camper. Phone calls may result in campers having feelings of homesickness. If you must call, please ask to speak with the program staff member

running the session. **Campers are not allowed to have cell phones while at camp (unless required for medical purposes).**

Katie Hall, Program Manager (June 9-July 12): 501-301-4073
Emma Blotsfelds, Program Coordinator (July 14-August 2): 501-301-0991

Homesickness - For many campers, Camp Aldersgate will be the first time away from home. It may also be the first-time people other than you or other family members have cared for your camper's specific needs. Often, being away from home may result in homesickness. Camp Aldersgate's counselors are trained to address homesickness individually and help campers take advantage of the opportunities available to them. If needed, the parents/guardians will be contacted by a program staff member.

Lost and Found - When checking out, it is the parent/guardian's responsibility to check your camper's luggage to make sure everything is packed to go home. If something is missing, staff will be available to look for it. If requested, Camp Aldersgate will mail forgotten or found items. After two weeks, all unclaimed items will be donated to charity or discarded.

Mail - (summer session only) Parents, family, and friends are encouraged to write campers at the following address:

Camper's Name
Camp Aldersgate
2000 Aldersgate Road
Little Rock, AR 72205

Camp Aldersgate encourages all mail to be sent before the session to ensure your letters arrive in time! When sending mail, we encourage letter writers to focus on the camp experience. Write things such as: "We hope you are having a wonderful time at camp. I look forward to hearing all about the camp on Friday. Have a great time, and we'll see you soon." These types of messages reassure campers that you are thinking about them, but also keep campers focused on the camp experience. Avoid letters which contain the following: "We miss you so much and can't wait to see you. I don't know what to do at home without you here!" Such phrases in a letter can initiate homesickness or cause campers to experience feelings of guilt because they are not at home. Camp Aldersgate discourages care packages sent to camp. Gifts to campers may cause uncomfortable situations or hurt feelings in a cabin group.

If parents/guardians choose to send a care package, Camp Aldersgate asks that the contents be enough to be shared with the child's entire cabin group, approximately 16 people.

Meals - Campers are served three meals each day in the Camp Aldersgate dining hall. In addition to regular meals, campers receive a mid-morning and evening snack. Menus are reviewed and prepared by licensed food services personnel. All meals are pork free. If there is beef, substitutions are available. Gluten free and vegetarian options are available for campers with dietary restrictions. If your camper has multiple food allergies, severe food allergies, and

requires a special diet, please reach out to the Camp Aldersgate office. You may bring any food substitutions (in marked containers) with you for the camp session.

Spending Money - No spending money is needed by campers. All activities, special programs, refreshments, and a T-shirt are provided. Camp Aldersgate will not be responsible for money that is lost or stolen.

Staff - Camp Aldersgate's staff of counselors and supervisors are recruited from universities and colleges throughout Arkansas and other states. Counselors must be at least 17 years old. All counselors participate in a week-long training program that focuses on disability awareness and the needs of the campers. The CIT program is an integral component of Camp Aldersgate. Over 140 CITs, who are at least 15 years old, are recruited and trained to assist the counselors. In addition, Camp Aldersgate has five full-time program staff members, two of which are Certified Therapeutic Recreation Specialists (CTRS).

POLICIES

Visitors - To allow the campers to fully participate in all camp activities, Camp Aldersgate asks that families and friends do not visit during camp sessions. Should there be a reason that a visit to camp is necessary, prior arrangements must be made at the time of check in. For safety and security purposes, all visitors must register at the Camp Aldersgate office.

Illegal substances, alcohol, tobacco, weapons, and animals - Illegal substances, alcohol, and tobacco products are prohibited at Camp Aldersgate. Possession of such substances will result in sending the camper home. Weapons of any kind, including knives, are prohibited at Camp Aldersgate. Campers are not allowed to bring pets to camp. Exceptions may be made regarding service animals.

Inappropriate Behavior - Campers are expected to respect fellow campers, counselors, counselors-in-training, and staff. Campers are expected to treat others in a way they would like to be treated and respect others' belongings. Campers are expected to follow all camp rules. Failure to follow rules will result in a verbal explanation of how to manage behavior. If behavior does not improve, it may result in a conference with parents/guardians or being sent home.

Mistreatment of Campers

Prohibition of Corporal Punishment

Camp Aldersgate strictly prohibits any form of corporal punishment.

Reporting Suspected Abuse

In accordance with Arkansas State law, all suspected incidents of abuse must be reported. Camp Aldersgate staff are mandated reporters and are required to report any suspected abuse.

Training and Compliance

All staff members at Camp Aldersgate will:

- Receive comprehensive training on Mandated Reporting Laws and the proper procedures for reporting suspected abuse.
- Be trained in Camp Aldersgate's specific documentation procedures for incidents that occur at camp.

Background Checks and Screenings

Before employment, all staff will undergo:

- State and federal background checks.
- Department of Human Services checks for adult and child maltreatment.
- Drug screenings.

Camper Code of Conduct

The Camper Code of Conduct can be found on the last page of the packet.

Tippling - Staff members are not allowed to accept gratuities or tips. Gifts to counselors are also discouraged.

HEALTH CARE

Personnel - Camp Aldersgate ensures that Registered Nurses are onsite for all programs. These nurses are responsible for dispensing prescribed medications and ensure that all campers' medical needs are being met. Additionally, Camp Aldersgate's Nursing Supervisors are always on call, and each camping session is supervised by a designated physician and is available at any time.

Medication - If your camper will need medication at camp, it is required that it be contained in the *original* bottle. Medication will not be given unless under a physician's prescription and only dispensed as directed by the prescribing physician. Please be sure to bring enough medication for the entire session of camp and remember to pick up the medication from the nurse at the end of your camper's session.

Communicable Disease - At Camp Aldersgate, we look to our Medical Directors for medical safety guidance described in our standing medical orders. Our Medical Directors still strongly recommend that all campers be fully vaccinated against COVID-19. However, based on available research and the decrease in active cases, COVID-19 vaccination is no longer required to attend in-person camps. We will continue to monitor the evolving health standards and recommendations from the medical community and adjust protocols as needed. Camp Aldersgate practices universal precautions during all camp activities. Staff are trained in appropriate first aid, infection control, and sanitary procedures.

ADDITIONAL INFORMATION

Additional information about Camp Aldersgate's Camping Programs may be received by visiting our website: campaldersgate.net

The programs at Camp Aldersgate are open to all persons without regard to race, color, creed, sex, national origin, and religious or political affiliation.

Map and Directions

Camp Aldersgate is in the heart of west Little Rock just off Kanis Road near the Baptist Medical Center. If you are approaching Little Rock from the North (Interstate 40), exit Interstate 430 and continue south. Take Exit 6B and turn left on Shackleford Road. Take Shackleford Road to Kanis Road. Turn left onto Kanis Road. Go approximately 1/4 mile, then turn right onto Aldersgate Road. Camp Aldersgate is 1/2 mile on Aldersgate Road on the right.

If you are coming from the South (Interstate 30), exit Interstate 430 and continue north. Take Exit 5 and turn left on Shackleford Road. Take Shackleford Road to Kanis Road. Turn right onto Kanis Road. Go approximately 1/4 mile, then turn right onto Aldersgate Road. Camp Aldersgate is 1/2 mile down Aldersgate Road on the right.



CAMPER CODE OF CONDUCT

(Please review with your camper)

We strive to ensure that every camper has a positive and memorable experience at Camp Aldersgate. To support this goal, we have established a set of ground rules to help parents and campers understand our expectations. Recognizing the unique needs of our campers, we will tailor these rules as much as possible to fit each individual's abilities.

Camp Aldersgate has four basic rules that we explain to the campers and also post in the cabins. We have these rules, so that everyone can be assured of a positive experience.

- 1. Respect yourself, others and property.** Self-respect involves keeping personal belongings tidy, maintaining personal hygiene, and taking medication on time. Treating others with respect means no abusive behavior, inappropriate language, fighting, or stealing. Respect for property includes avoiding damage, graffiti, or vandalism.
- 2. Participate in camp activities.** It is essential for camp staff to know where all campers are at all times. Campers are expected to be at all activities unless excused by staff. Campers will be supervised and not allowed to be alone.
- 3. Follow directions.** Each activity has specific rules to ensure safety and enjoyment. Campers are expected to follow the directions of the staff during these activities.
- 4. No put-downs.** This includes teasing, name-calling, racial slurs, or inappropriate practical jokes.

If a camper exhibits inappropriate behavior, we follow a structured response policy:

- **Initial Response:** The counselor will give the camper a warning and, if necessary, a time-out with an explanation and discussion about the behavior.
- **Escalation:** If the behavior persists, a supervisor or coordinator will step in to assist the camper in avoiding further issues.
- **Parental Involvement:** A member of the Program Team staff will contact the camper's parents or guardians to seek suggestions for addressing the behavior.
- **Last Resort:** If necessary, a camper may be sent home. In cases of severe homesickness or behavior that poses immediate harm to the camper or others, Camp Aldersgate reserves the right to require the camper's immediate removal from camp.

Our goal is for each camper to leave with wonderful memories. These rules are designed to ensure everyone's safety and enjoyment. If you have any questions or comments, please feel free to contact us. We aim to provide a quality experience for all participants.

I understand and accept that my child must abide by the Camper Code of Conduct

Parent's Signature _____

Date _____

I agree to abide by the Camper Code of Conduct

Camper's Signature _____

Date _____



SUMMER CAMP PACKING LIST



CLOTHING/SHOES

- Shorts and shirts for six (6) days
- Lightweight jacket and long pants for cooler evenings
- Underwear and socks for six (6) days
- Pajamas
- Tennis shoes or any sturdy shoes for walking and hiking
(*Open-toed shoes may only be worn at swimming pool.*)



SWIMMING & OUTDOOR GEAR

- Swimsuit (one-piece preferred)
- Open-toed shoes for the pool
- Bug spray and sunscreen (SPF 30 or above)
- Rain jacket

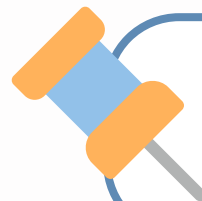
MEDICAL SUPPLIES

- Prescribed medications in original bottle with doctor's instructions
- One week supply of all medical and personal care supplies needed for daily care



ESSENTIALS

- Towels (for shower and pool time) and washcloths
- Soap, shampoo, conditioner, toothbrush, toothpaste, deodorant, etc.
- Pillow, sleeping bag and/or blankets and sheets to fit a twin-sized mattress



REMEMBER

Mark all your camper's clothing and belonging with their initials.

WHAT NOT TO BRING TO CAMP:

Campers will not be allowed to use cell phones (unless required for medical purposes), iPods, personal video game players, TVs, electrical appliances (except for hair dryers or electrical shavers). Please do not bring personal gaming or sports equipment.

Weekly Menu For Camp Aldersgate 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
	Milk	Milk	Milk	Milk	Milk
	Pancake	Waffle	Morning Sausage Roll	Biscuits	French Toast Sticks
	Turkey Sausage	Baked Chicken Waffle Bites	Yogurt	Turkey Sausage	Eggs
	Fruit of the Day	Syrup	Fruit of the Day	Gravy	Syrup
		Fruit of the Day		Fruit of the Day	Fruit of the Day
	Baked Chips	Mini Chips Ahoy	Cheese-Itz	Oreo	
	Mac & Cheese	Turkey & Cheese Wrap	Chicken Fajitas	Burger/Veggie Burger	
	Breaded Chicken Tenders	Salad	Black Beans	Tomato/Lettuce/Cheese	
	Strawberries	Mandarin Orange	Tomato/Lettuce/Cheese	Baked Sweet Potato Fries	
	Tea/Punch/Lemonade	Tea/Punch/Lemonade	Sour Cream	Watermelon	
			Sliced Peaches	Tea/Punch/Lemonade	
			Tea/Punch/Lemonade		
Camp Aldersgate Provided:	Quesadilla Chicken & Cheese	Lasagna	Baked Chicken Breast	Cheese Ravioli	
Papa John's Pizza	Mexican Rice	Peas and Carrots	Mashed Potatoes	Red Sauce	
Celery Sticks or Carrot Sticks	Corn	Garlic Bread	Mixed Vegetables	Dinner Roll	
Ranch	Salsa	Tea/Punch/Lemonade	Tea/Punch/Lemonade	Green Beans	
Apple Slices	Tea/Punch/Lemonade			Tea/Punch/Lemonade	
	Mini Vanilla Cream Cookies	Smartfood White Cheddar	Ice Cream Sundaes	Cheese Chex Mix	