



**BOYS & GIRLS CLUB  
OF THE PLATEAU**

## **Summer Camp Orientation Guide**

Please read over this summer camp orientation packet carefully with your child.

### **Programming Hours:**

Monday – Friday

7:30 am - 6:00 pm

### **Important Dates:**

**Summer Camp Begins:** Monday, June 8th

#### **Club Closed:**

Monday, June 22nd

Thursday, July 2nd

Friday, July 3rd

**Summer Camp Ends:** Friday, August 7th

## Our Program

We strive to make our Club a fun, exciting environment for all our members, ensuring they have the best summer ever! Club members are placed in groups by grade level with trained counselors. During the day, members will participate in a variety of activities, including:

- **Triple Play** (*BGCA's health and wellness program to promote active lifestyles*)
- **Healthy Habits** (*emphasizes good nutrition, regular physical activity, and improved overall well-being*)
- **High-Yield Activities** (*fun with a purpose, typically group games designed to promote healthy social relationships*)
- **STEM & Art** (*educational activities aimed at fostering inquiring minds, logical reasoning, collaboration skills, & creative expression of thoughts and feelings*)
- **Imaginative Play** (*structured free play to let the imagination run wild*)
- **Reading Siesta** (*quiet time to relax with a book or just have some downtime*)

Much of our time will be spent outdoors, so campers must arrive prepared for the day! Please refer to the FAQ section for a suggested day packing list.

## Our Staff

BGCP staff specialize in youth development. Club staff participate in regular training sessions that help us provide a safe and fun atmosphere for kids. Most of our daily program counselors are university students pursuing a wide variety of degree areas that directly align with BGCP's mission (including education, parks and recreation, recreational therapy, environmental health, and psychology). For more information about our leadership team, please visit our website.

## Our Sites

**Cashiers Club**, 558 Frank Allen Road, Cashiers, NC 28717  
*Rising 1st graders - Rising 6th graders*

**Abell Teen Club**, 558 Frank Allen Road, Cashiers, NC 28717  
*Rising 7th graders - Rising 12th graders*

**Highlands Club**, 171 Hospital Drive, Highlands, NC 28741  
*Rising 1st graders - Rising 6th graders*

## Field Trips

We will be going on many field trips throughout the summer! Field trips for 1st - 6th graders are typically designed for the entire grade to participate. In some cases, campers may have the opportunity to sign up for a special trip or event independent from their grade group. In those cases, we ask that you only sign up your child for a special event/trip if they can commit to attending, as spaces are often limited. Field trips for teen members are typically sign-up trips.

You will be notified by email and through lobby signage about all field trips BGCP will run each week.

Common field trips include local area hikes such as Gorges State Park, Whiteside Mountain, art activities at the Bascom, and nature programs with Highlands-Cashiers Land Trust. We also take advantage of the wonderful summer library programs offered for youth.

## Water Days

BGCP hosts water days either at our pavilion or on an off-campus field trip to a pool or lake. On water days, it is important for your child to bring a swimsuit, towel, and closed-toed water shoes. We strongly encourage children to wear swimwear they feel comfortable in and recommend packing a cover-up and an extra pair of clothes as well. If your child does not have a swimsuit on water days, they will not be able to participate in the water activities. If your child does not have a swimsuit on pool or lake days, they may still come on the trip, but will not be allowed to get in the water. Alternatively, they may be asked to stay at the Club with another grade level. **If a child does not have closed-toe water shoes, they will have to wear the closed-toe shoes they came to Club in.** Members who refuse to wear closed-toe shoes during water activities will not be allowed to participate and will be sent home.

## Movie Days

We show movies and visit the library for movie days during the summer. Members in 1st-6th grade will watch PG-rated movies. If you are not comfortable with your child watching PG-rated movies (such as Sing or How to Train Your Dragon), please notify the office so we can make other arrangements. Members in our Teen program (7th-12th grade) will watch PG- and PG-13-rated movies. If you are not comfortable with your child watching PG-13 rated movies, please notify the office so we can make other arrangements.

## Meals

BGCP provides two snacks per day - one in the morning and one in the afternoon. You are responsible for packing your child's lunch. If possible, please refrain from packing food items that contain nut products. Please keep in mind that BGCP does not have a way to warm up food for your child's lunch. Everyone will have lunch around noon each day. Members are not allowed to share food with other members.

## Injury & Illnesses

If a camper is injured during Camp or receives first aid, staff complete an Injury Report for parents/guardians to sign at pick-up time. Many of our staff are certified in First Aid and CPR.

We will attempt to notify parents immediately of any major injuries or illnesses. Sick members will not be allowed to participate in camp activities and must be picked up from the Club to prevent the spread of contagious illnesses.

\*\*\* Any members with a fever, vomiting, or diarrhea may not return to camp until 24 hours after the fever has broken and/or symptoms are no longer present. \*\*\*

### **Safety Drills**

Throughout the summer, BGCP will conduct a safety drill at least once a month. We conduct these drills so that members and staff know what to do in case of an emergency at the Club. You will be notified of when these safety drills will occur through the weekly emails. If you prefer that your child not participate in these drills, please do not bring them to Club on the day of a scheduled drill.

### **Apparel**

Members must wear appropriate clothing and closed-toed shoes at all times. The only exception to this policy is on water days, when members may wear swim attire they feel comfortable in. **For the safety of our members and staff, everyone must wear closed-toed shoes at all times.** Members will be sent home if they are not wearing closed-toe shoes or refuse to wear them.

### **Personal Belongings**

All backpacks, lunchboxes, water bottles, and towels must be labeled with your child's first name and last initial. Parents are welcome to label their child's belongings with a luggage tag, permanent marker, or sticker.

If your child brings a personal item from home, BGCP is not responsible for it if it is lost, stolen, or damaged. Unlabeled, unclaimed personal items will be placed in the Lost and Found. If items are not claimed from the lost and found, they will be donated or thrown away on a rolling basis. Personal items include, but are not limited to:

- Water bottles
- Lunch boxes
- Towels
- Backpacks
- Clothing

We strongly encourage leaving toys, stuffed animals, games/sports cards, and similar items at home.

### **Pick up and Drop off**

Parents and guardians can drop off members between 7:30 am and 9:00 am and pick them up between 4:00 pm and 6:00 pm. Parents and guardians can only drop off and pick up their children at the location they have registered for. If you have questions regarding drop-off or pick-up, please contact the front desk of the Club where your child is registered.

Please be aware that we have many field trips scheduled over the summer. If you arrive to drop off your child after 9:00 am, your child may not be able to participate in their group's programming that day if their group has already left on a field trip. If you arrive to pick up your child before 4:00 pm, your child might be on a field trip and unable to leave.

***Please help us keep our campers and staff healthy this summer!***

## Frequently Asked Questions (FAQ)

- **What should my child bring or pack in their backpack every day?**
  - **Closed-toed shoes** suitable for movement, such as tennis shoes, sneakers, or athletic shoes! If your child shows up to Club without closed-toed shoes, they **WILL** be sent home. This is a **requirement** to attend BGCP's Summer Camp.
  - Lunch
  - Water bottle
  - Change of clothes
  - Towel
  - Bathing Suit
  - Sunscreen

*If members are not adequately prepared, they may **not** be allowed to participate in certain activities. Members' names must be marked on all personal belongings.*

- **How does drop-off and pick-up work?**

For your child's safety, you must come into the office to drop off and pick up your child. **Members must be dropped off between 7:30 am and 9:00 am and picked up between 4:00 pm and 6:00 pm.** Members are only authorized to be picked up by individuals who are listed as your child's emergency contacts.

*Adults other than parents/guardians may be authorized to pick up members; please verify your "authorized pick-up list" with our office.*

- **My child is going home with a friend after camp today. Do I need to call?**

If your child is to be picked up by someone who is not on the pick-up list, we will need to verify by phone or in person with you. We will also request photo identification for anyone picking up a child.

- **There's a field trip for my child's group, but my child needs to be picked up before the trip returns. What do I need to do?**

If your child is unable to attend Club for the entire field trip, please do not send them to Club that day. If your child is at Club, they must participate in all activities planned for that day, including field trips. We are unable to hold them back at the Club.

- **Is there a dress code for campers?**

We recommend that campers wear comfortable clothing suitable for the outdoors. We request that clothing not reference weapons, drugs, alcohol, or violence, and that it not include offensive language or other graphics. All shirts should have sleeves; we spend a lot of time in the sun! If we deem a camper's clothing as inappropriate, he/she may be asked to change. **Campers must wear closed-toe shoes suitable for movement.**

- **Do campers have to participate in every activity?**

We require members to participate in regular daily activities with a positive attitude. Each program and activity has been designed with a purpose, and our staff work hard to ensure your child's emotional and physical safety. If your child is unable to participate due to medical reasons, please present a doctor's note so that our staff may take utmost care for the safety of your child.

- **Can I drop off my child before 7:30 am?**

No, our office does not open until 7:30 am, and this is the absolute earliest members can be dropped off during the summer. *Remember, you must come into the office when you drop off your child.* Please DO NOT drop off your child and leave them outside of the Club unattended before the Club opens.

- **What happens if I am unable to pick up my child by 6:00 pm?**

Please call our office at (828) 743-2775 as soon as you know you will be late. Local authorities may be contacted for assistance if a member is not picked up after program hours and we can't reach the parent, guardian, or emergency contacts.

- **How should I notify you of my child's allergies and dietary restrictions?**

All known allergies and/or dietary restrictions should be included in your child's application. If you become aware of any that were not included, please notify the front office.

If your child requires emergency rescue medications (albuterol or epinephrine), we must have them on hand, along with the appropriate form, before your child attends camp.

- **How do I stay up to date with Club information?**

It is important that you check your emails and the front desk for updates and reminders.

# Consent Form

I, \_\_\_\_\_ (Parent/Guardian Name Print), have thoroughly read the Summer Camp Orientation Guide and Family Handbook and have reviewed them with my child, who is registered for summer camp. I understand the policies and rules outlined in the document and will adhere to them while my child is a member of BGCP's Summer Camp 2026. I understand that my child:

\_\_\_\_\_ (Child Name Print),

will be held to the policies and rules that are outlined and explained in the Summer Camp Orientation Guide.

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_