



Camp HONOR 2023 Parent Manual

A Program Of:





Parent/Caregiver,

Thank you for entrusting us with your children. We take this responsibility very seriously and use every precaution to ensure their safety and well-being while working hard to ensure your camper has great adventures, make life-long friendships, and have the week of a lifetime!

Camp HONOR is made possible by generous donations from individuals and corporations Thanks to those who have supported us and made this week a reality!

The Camp HONOR Program

H.O.N.O.R. is an acronym that stands for **Hemophiliacs Overcoming New Obstacles Resourcefully**. Our camp is designed to allow children with medical needs the opportunity to experience camp activities such as canoeing, camping, sports, team building games, and arts and crafts, in a loving environment that can meet the special needs of each child.

Established in 1994, Camp HONOR is open to children ages 8-17 in the inherited bleeding disorder community. This includes those who have hemophilia, von Willebrand disease, and inherited platelet disorders. We also partner with the Bill Holt clinic to better help serve the HIV portion of our community.

There are over 100 standards with which we comply. These standards cover everything from safety practices to administrative policies, from cabin bunk arrangements to program quality.

Mission

The mission of Camp HONOR is to enrich the lives of children affected by an inherited bleeding disorder by providing life-changing camp experiences that are exciting, empowering, and educational, in a physically safe and medically sound environment.

Vision

At Camp HONOR, our vision is for campers to embrace camp values and one day take personal responsibility for their own lives and become strong advocates for their own care.

Values

Honesty, Respect, Responsibility, Community, Independence

Summer Camp Goals

Through a camper-centered program that focuses on the premise of keeping campers and staff safe, respected, and loved, we intend to empower our staff and campers to achieve these goals.

At Camp HONOR we strive to:

1. Develop medical independence.
2. Teach life skills.
3. Enhance self-worth and self-confidence.
4. Foster memorable friendships.
5. Create a community of peers facing similar situations.
6. Provide mentoring and leadership opportunities.
7. Empower campers to gain acceptance of their medical condition.
8. Educate campers to become self-advocates for medical care.
9. To provide the highest quality of medical care that is non-intrusive to camp life.

Philosophy

You may often hear us refer to Camp HONOR as a “legacy camp”. This means once you are a part of the Camp HONOR family, you are always a part of the Camp HONOR family, and we want you to come back year after year. If it were not for Camp HONOR, most children with inherited bleeding disorders in Arizona would not know another child with a bleeding disorder. We believe that a chronic condition affects the entire family. We invite siblings to attend as well. Camp also provides a great opportunity for siblings and other children from our unique community to learn more about inherited bleeding disorders and how to help. Our philosophy is to provide our campers with a normal camping experience by providing them with traditional camping activities in a safe environment.

Camp HONOR Leadership

Camp HONOR is planned and organized by the Camp Committee comprised of volunteers and staff from Arizona Bleeding Disorders. Many have several years of experience working at Camp HONOR and have a strong commitment to ensuring your child has a memorial experience! Many hours of work go into making Camp HONOR a fun and safe environment for everyone.

Partnership with You

At Camp HONOR we work in partnership with you, the parent. Our goal is to optimize your child's experience at camp. We believe that to set the camper up for the greatest success, we need your help in preparing your child for camp. It is important for you to let us know if there are any specific concerns or issues we should know about before your child arrives at camp. We please ask you to talk with your child about the contents of this manual and to get them excited about camp. We also ask that you support the requirements set forth in this manual. Please do not allow your child to bring **electronic devices, particularly cell phones**. You are entrusting us with your child and giving your child a cell phone creates a perception of mistrust in our camp leadership and staff. We take our responsibility very seriously and you can rest assured that all the campers are in good hands.

The campers will learn independence and self-infusion at camp. We ask that you support our efforts and reaffirm this independence at home. Most of the campers are excited and proud of their accomplishments. Ask your child about what they learned at camp and have them show you how they self-infuse. Encourage them to continue their efforts at home. Not every child will be independently self-infusing, but each year they come to camp, they come closer in managing their own care. Please continue to encourage and promote this independence. This is critical for success in managing their chronic condition over their lifetime.

Missing Home

The American Camp Association (ACA) suggests the following tips for parents to help their child deal with homesickness at camp:

1. Encourage your child's independence throughout the year. Practice separations, such as sleepovers at a friend's house, can simulate the camp environment.
2. Involve your child in the process of deciding to go to camp. The more that the child owns the decision, the more comfortable the child will feel being at camp.
3. Discuss what camp will be like before your child leaves. Consider role-playing anticipated situations, such as using a flashlight to find the bathroom.
4. Prepare your child ahead of time that there will be no phone calls to set the expectations.
5. Send a note ahead of time to arrive the first day of camp. Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have a good time at camp."
6. Don't bribe. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new-found confidence and independence.
7. Pack a personal item from home, such as a stuffed animal.
8. Talk candidly with your child before camp that he/she may miss home, that this is normal, and that they should let their counselor know if they are having difficulties.
9. Don't feel guilty about encouraging your child to stay at camp. For many children, camp is a first step toward independence and plays an important role in their growth and development.
10. While most incidents of homesickness will pass in a day or two, approximately seven percent of the cases are severe. If your child is not eating or sleeping because of anxiety or depression, it is time to go home. Camp staff in collaboration with you will determine if your child needs to come home. Don't make your child feel like a failure if their stay at camp is cut short. Focus on the positive and encourage your child to try camp again next year.

Camp HONOR Staff

The staff at Camp HONOR is comprised of individuals who have a love for kids and a dedication to our Camp! We are staffed by volunteer counselors, activity leaders, and medical staff. The medical staff includes volunteer physicians and nurses from the Hemophilia Treatment Centers in Phoenix and Tucson as well as the Bill Holt Clinic at Phoenix Children's Hospital. Camp HONOR staff members are specially trained in the areas of camp counseling, child development, hemophilia, vWD, HIV, Hepatitis, universal precautions, and confidentiality.

Camp staff members are screened, interviewed, and complete a full background check before they attend an orientation training designed to guarantee a fulfilling and safe experience for your camper.

Some of the staff have a bleeding disorder and act as role models of living with a bleeding disorder and giving back. All are volunteers who give of their time and talents to make this week memorable for your child. Approximately 85% of each year's staff are return staff members. Cabins have counselors and some may have a C.I.T. (counselor in training).

The Counselor-In-Training (CIT) Program

There is a CIT program for campers who are age 16 and over. The goal of the program is to train CITs in leadership skills, counseling techniques, outdoor skills, and to prepare them to work in a cabin with younger campers. Combining the fun of summer camp with the responsibilities of being a counselor is the best of both worlds. CIT's receive training that will teach them teamwork, healthy communication, and problem-solving skills.

The Camp Facility

The Arizona Bleeding Disorders will be returning to Camp Wamatochick near Prescott, AZ to hold its summer session of Camp HONOR 2023. The facility is well-equipped with activities such as the typical arts and crafts, sports, archery, and a ropes course. With so much to do, it is sure to be a great year at Camp HONOR.

Camper Cabin Assignments

Grouped together by age and school grade, campers are assigned to boys or girls cabins where their camp counselors guide them through the routine and non-routine way of camp life. As a general rule, siblings are not assigned to the same cabins. We create ample opportunities throughout the day for campers to foster friendships with other campers in the other cabins. The ratio of staff to campers in each cabin is 1:4.

Theme of the Week

The theme this year is Pokemon. The theme will be represented with light-hearted elements such as spirit/dress up days and a bonfire. Please feel free to send your child to camp with items that will help enforce the theme, though it's not necessary.

As always though, we are sticking with the Camp HONOR fundamentals. Since summer camp is an ideal place to teach children about living together as a community, we work to incorporate positive messages and experiences that help them to grow and develop.

Camp Routine/Typical Day

Cabins follow a daily schedule designed specifically for their age group. The morning begins with breakfast, followed by cabin cleanup and then it's off to your morning sessions. A typical morning might begin with archery, followed by arts and crafts. After lunch and singing, there is rest hour followed by afternoon sessions. The afternoon may consist of low ropes followed by sports.

The evenings are all-camp programs like a carnival, game, or scavenger hunt. In the middle of the week, the camp in designated age-appropriate groups may have an overnight. Below is a typical schedule, keep in mind, the schedule may change and look different when you get to camp.

AM	PM
6:00 Wake-up	12:00 Lunch
7:00 Morning Infusions	1:00 Rest hour
8:00 Breakfast	2:00 Session III
8:30 Cabin Clean Up	3:30 Session IV
9:00 Session I	5:00 Shower Hour
10:30 Session II	6:00 Dinner
	7:00 Evening Program
	9:00 Cabin Chat/Camper lights out

Camper Behavior and Participation

There are three Camp Rules for all campers to follow:

- 1) No Physical Violence – Hugs and High Fives are the way to go.
- 2) No Killer Statements – Hurtful words can ruin a camp experience, so we always use Builder Statements.
- 3) No Unsupervised Activities – Camp is always more fun when we are together.

Campers are expected to act in accordance with the Camp HONOR's mission and in compliance to the five core Camp HONOR values: Honesty, Respect, Responsibility, Community, and Independence.

We strive to create a caring community that fosters friendships, respect, and acceptance of the differences they may have with their peers. Camp HONOR will not accept campers who are unable or unwilling to abide by the camp rules. If behavior problems arise at camp, parents will be contacted. **Parents must be available to pick up their child from camp with-in 6 hours of being notified**, should the decision to leave be made by the camp administrative staff.

Please make sure you have read and completed the **Camper Code of Honor** form that is attached to this manual. That form needs to be turned in prior to camp. It is important to go over this with your child to make sure he/she understands the rules of camp and understands that we have the right to send a camper home.

Non-Discrimination Policy

Camp HONOR is an equal opportunity program and prohibits discrimination based on race, color, religion, sex, national origin, age, disability, handicap, and any other basis prohibited by law.

Our commitment to establish a summer camp free from discrimination and harassment is one that must be shared by all who attend.

Non-Denominational Policy

Camp HONOR is a non-denominational camp and staff members are asked to refrain from sharing their personal religious beliefs with campers.

Meals

Nutritious meals are provided three times a day with healthy snacks also available during the day. Special dietary requests are also honored. Please notify Camp HONOR of special dietary needs on your child's application form. We need to inform the camp staff 2 weeks prior to the start of camp with any special food needs.

Wellness Center

Camp HONOR maintains a 24-hour, modern Wellness Center, staffed by physicians and nurses from the Phoenix and Tucson Hemophilia Treatment Centers and Phoenix Children's Hospital. The Wellness Center is stocked with standard first aid and medical supplies (Tylenol, Advil, Throat Lozenges, Band-Aids, etc.). You DO NOT need to send those types of medical supplies with your child to camp. If you are unsure of whether certain medications will be available, call the Phoenix Children's Hospital's Hemophilia Treatment Center at 602-933-0186 or The Arizona Hemophilia and Thrombosis Center in Tucson at 520-626-7556. Parents will be contacted in the case of a medical emergency by a Wellness Center staff member.

Medications at Camp

Your child should bring an ample supply of all prescription medications that he/she will need to take while at camp. **Medications should not be packed in your child's luggage.** We will collect and review your child's medications, doses and schedule with you at the check-in table prior to boarding the bus for camp. The medical staff on hand will pack your child's medication and bring it to camp.

Factor

Please bring an ample supply with you to the check-in table for your child's stay at camp. Campers on prophylaxis should have the doses needed for camp plus two additional doses. Campers on demand treatment should bring four to five doses to camp. Please do not pack the factor in your child's suitcase. The factor should be given the medical staff at check-in. Do **NOT** pack infusion supplies as they will be provided by camp.

Transportation to and from Camp

Campers from the Phoenix Metropolitan and Tucson area will be transported on chartered, air-conditioned buses to and from camp in Prescott, AZ.

Parents of campers from Northern Arizona—Please plan on driving your child to and from camp. Please contact the Arizona Bleeding Disorders for a map and driving directions.

Parents of campers from any other part of Arizona not mentioned above, please contact the Arizona Bleeding Disorders at 602-955-3947 to make special arrangements.

Departure to Camp is Tuesday, June 6, 2023

From Phoenix— Campers are meeting at the Arizona Bleeding Disorders office: 826 North 5th Avenue Phoenix, AZ 85003. Please Park on 5th Avenue. Do NOT Park behind our office as the buses will be using our back-parking lot.

Because of the tight space, we are asking parents to arrive at your designated time which will be provided to you by phone and over email so that we can eliminate congestion during check-in. Check-in takes approximately 30 minutes as you and your child will go through numerous stations to get cleared and loaded onto the bus.

From Tucson— Meeting times and locations will be provided by email. You must stay with your child until they get on the bus.

Northern Arizona— Please plan to have your child at camp by 2:00p.m.

Return Home is Saturday, June 10, 2023

Phoenix— We will arrive back at approximately 12:00p.m. Camper pick-up will be at The Arizona Bleeding Disorders office. Please park in the front of the building, campers will be released in to the back yard where you can sign them out.

Tucson— the bus will return by 2:00pm.

Northern Arizona— Please pick up your child from camp at 10:00 a.m. on June 10, 2023

Directions to Camp HONOR at Camp Wamatochick

5101 S Senator Hwy

Prescott, AZ 86303

Travelling from the North:

- Continue onto I-17 S
- Take exit 278 for State Hwy 169 toward Prescott
- Turn right onto AZ-169 S/State Hwy 169 S
- Turn right onto AZ-69 N/E State Rte 69
- Slight left onto AZ-69 N
- Slight right onto E Gurley St
- Turn left onto S Mt Vernon Ave
- S Mt Vernon Ave turns slightly left and becomes S Senator Hwy
- Camp Wamatochick will be on the left

Travelling from the South:

- Merge onto I-10 W
- Keep left to stay on I-10 W
- Keep right at the fork to continue on I-17 N/US-60 W, follow signs for Flagstaff/I-10 Truck Rte
- Use the right 2 lanes to take exit 262 for AZ-69 N toward Cordes Lake Rd/Prescott
- Keep left to continue toward AZ-69 N/E State Rte 69
- Continue onto AZ-69 N/E State Rte 69
- Slight left onto AZ-69 N
- Slight right onto E Gurley St
- Turn left onto S Mt Vernon Ave
- S Mt Vernon Ave turns slightly left and becomes S Senator Hwy
- Camp Wamatochick will be on your left

Check-In Process

In your acceptance letter received with the manual, you should have a time for your registration arrival. It is staggered to minimize the wait time and congestion. Upon arrival there will be several stations that you must go through prior to being ready to get on the bus. All paperwork will be reviewed and confirmed. Your child's luggage will be tagged and loaded after completing all check-in stations. Parents will need to stay until campers are on the bus.

During camper check-in, we will be performing a health screening that includes checking the heads of all campers for head lice. If your child is found to have lice, they will be unable to board the bus for camp. We recommend parents check their children's heads 1 week prior to camp and if the lice are present, please call the Arizona Bleeding Disorders at 602-955-3947 in Phoenix to obtain the proper shampoo and instructions for cleansing the household.

Mail

Campers will be encouraged to write home during camp. It is suggested that you write to your camper using the following address:

Your Child's Name—Camp HONOR
c/o Camp Wamatochick
5101 S. Senator Hwy
Prescott, AZ 86303

Since we only have four days at camp, we suggest you mail letters to your child the day before they leave for camp to allow ample time for delivery in Prescott. When writing your child, please do not tell them that you miss them or about how sad you are that they are gone. They will want to come home to make you feel better. Instead, write about how you are hoping that they are having fun.

Phone, Email, and Internet

The phone number at camp is (580) 252-9105. This number should **only** be used to reach us in an emergency. Campers will not be accepting or making phone calls while at camp. If an emergency arises, please call Vickie at 480-489-4098 and then the main camp number.

Please do not send your child with a cell phone to camp. We strongly believe that camp is a refuge from our 'connected' world. It is an opportunity to forge friendships and gain new and meaningful experiences, away from technology. We do not want our campers using any electronic devices during camp. **They will be taken away and returned at the end of camp.** Campers will not have access to a computer for email or the Internet.

What NOT to Bring to Camp HONOR

The Arizona Bleeding Disorders will confiscate all items below upon arrival at Camp. All luggage will be checked. Safety of all our campers is our top priority. We are not responsible for lost, damaged or stolen items while at camp. Therefore, any valuables should be left at home. The list below is not comprehensive. Camp HONOR reserves the right to confiscate anything deemed not to be appropriate for camp.

Knives— Knives, pocketknife, hunting knife or any other kind of knife.

Weapons— NO weapons of any kind are allowed at camp.

Money— There is no opportunity for your child to spend any money during camp.

Valuables— Expensive clothing, jewelry, watches, or electronics (cell phones, computers, iPods, game systems, etc.) are better left at home for the purpose of keeping them from being misplaced or damaged.

Food/Snacks— There is plenty to eat at camp; food in the cabins is an invitation to unwanted critters. We also ask that you do not send food items containing peanuts on the bus ride up to camp to provide a safe environment to our campers with allergies.

Other Items NOT allowed—

Cell Phones

All electronic devices, including but not limited to Nintendo DS, iPod, iTouch, iPad

Alcohol, cigarettes, or illegal substances

Squirt Guns

TV's

Toys

Lighters/Matches

Recommended Items to Bring to Camp HONOR

PLEASE LABEL CLOTHING AND PERSONAL POSSESSIONS—ITEMS LOOK ALIKE, WE WANT CAMPERS TO RETURN HOME WITH THEIR BELONGINGS.

The Arizona Bleeding Disorders is not responsible for lost, stolen or damaged items.

The average temperatures in Prescott in June are lows in the 50s and highs in the 80s. Campers may spend one-night camping outside under the stars. Please keep in mind that they will need to dress warm for the evenings.

2-3 pairs of shorts	Warm Sleep wear
2-3 pairs of long pants or sweats	1 modest swimsuit
3 T-shirts	2 sweatshirts
2 long sleeve shirts	1 warm jacket
7 pairs of underwear	1 sun hat (i.e., baseball hat)
7 pairs of socks	Flashlight
2 pairs of tennis shoes	Sunscreen and chap stick with sunscreen
1 pair of shower shoes or flip flops	Sleeping bag and pillow
1 raincoat or poncho	
1 towel and washcloth for bath facilities	Optional:

Personal Hygiene Items:

Toothbrush and toothpaste

Soap and shampoo

Deodorant

Hairbrush/comb

Camera

Books

Stationary/Postcards

Hiking Boots

Feedback

Ensuring your child has a positive experience is our utmost concern. At the conclusion of camp, we will send a survey to you for you and your child to complete regarding their camp experience. Please take the time to complete this survey so that we know what went well and what areas may need improvement. Only by receiving your feedback, both positive and constructive, can we continue to improve Camp HONOR.

Complaints or Grievances

Campers— At camp, there is a designated camper advocate that campers can go to if they have a problem that they feel is going unresolved. We strive to make every camper comfortable and make every experience enjoyable. If for any reason, a camper has a problem with a counselor, an activity, another camper, or an uncomfortable situation, they can turn to their camper advocate for immediate assistance. Please inform your child that these resources are available. We let campers know that these people are available and make sure each camper knows they can go directly to their counselor or camper advocate.

Parents— If for any reason you feel the need to question or register a complaint about your child's experience at camp, please contact Leigh Goldstein, Executive Director of the Arizona Bleeding Disorders by phone or writing. If the Executive Director is unable to provide you a resolution, you may further contact the Board of Directors of the Arizona Bleeding Disorders in writing to:

William J Kirschner

President, Board of Directors

Arizona Bleeding Disorders

826 N. 5th Avenue

Phoenix, AZ 85003

Want to see more of our camp facility?

Visit the website at:

<http://www.teenroundup.org/index.html>

If you still have questions or concerns regarding your child's experience at Camp HONOR, please do not hesitate to contact the Arizona Bleeding Disorders for assistance.

Arizona Bleeding Disorders

826 N. 5th Avenue

Phoenix, AZ 85003

Phone: 602-955-3947

Fax: 602-955-1962

Web: www.ArizonaHemophilia.org

CAMP HONOR - Camper Code of Honor

We are glad you have chosen to attend Camp HONOR this year! Camp HONOR stands for Hemophiliacs Overcoming New Obstacles Resourcefully. Camp life offers many unique opportunities and experiences for you and your fellow campers. We hope you make new friends, learn a lot, and have a great time!

At Camp HONOR we expect campers to encourage, support, and show respect toward one another. Each person at camp has a responsibility to make camp life positive and enjoyable. We expect all campers to follow the behavior expectations outlined below.

BEHAVIOR EXPECTATIONS

1. I understand that everyone at Camp HONOR needs to be treated with respect and I need to show respect for others' personal belongings, privacy, and feelings. Any inappropriate touching between campers or counselors is not allowed. I understand that **I can be sent home** for this reason.
2. I understand that it is against camp rules to be involved with smoking, alcohol use, illegal drugs, weapons, vandalism, theft, or any other illegal behavior. I know and understand that **I will be sent home** if I have brought any of these items to camp or use them.
3. Camp HONOR does not allow the use of knives (including pocketknives), guns or weapons of any kind and I promise to keep this rule.
4. I understand that it is against camp rules to leave camp *unless* I am on a special escorted approved camp activity or for a medical emergency that requires transportation to an outside medical facility.
5. I understand that I need to respect the camp facility and its equipment. I understand that my parents and I will have to pay for any damage I intentionally cause.
6. I understand that I must sleep in my assigned cabin each night. I understand it is against camp rules to "*sneak out*" of my cabin after curfew and **that I can be sent home** for this behavior.
7. I understand that at any time if any staff member or another camper feels that I am a danger to myself or anyone else because of my behavior or something that I have said I will be required to talk to the camper advocate. I understand **that I can be sent home** if Camp HONOR staff feels that it is necessary for my safety or the safety of others.
8. If I have any problems at camp, I know and understand that I can go to my counselor, camper advocate, or any of the nurses or doctors at camp.

CONSEQUENCES

Depending on the severity (how bad) the situation is one or more of the following consequences will be taken.

1. I understand that my camp counselor or the camper advocate will discuss the behavior with me.
2. I may be given a "time out" or not allowed to participate in an upcoming activity.
3. The camp director may call my parents and discuss the behavior with them.
4. Depending on the severity (how bad) of the situation I may have to sit down with the camper advocate and or counselor to come up with **my own personal behavior contract**.
5. I understand that **I can be sent home immediately** and **possibly not be allowed to return to Camp HONOR** with or without a behavior plan in place *even* if it is my first time not following any of the behavior expectations.
6. I understand that if I am sent home for any reason **my parents will be responsible for coming to pick me up at camp**. This will be at my parent's expense. They will not be reimbursed for travel time, time taken off work, gas etc.

I have read and understand the Camp HONOR Behavior Expectations and have read, understand, and agree to the Consequences.

Camper Signature

Parent/Guardian Signature

Date Signed