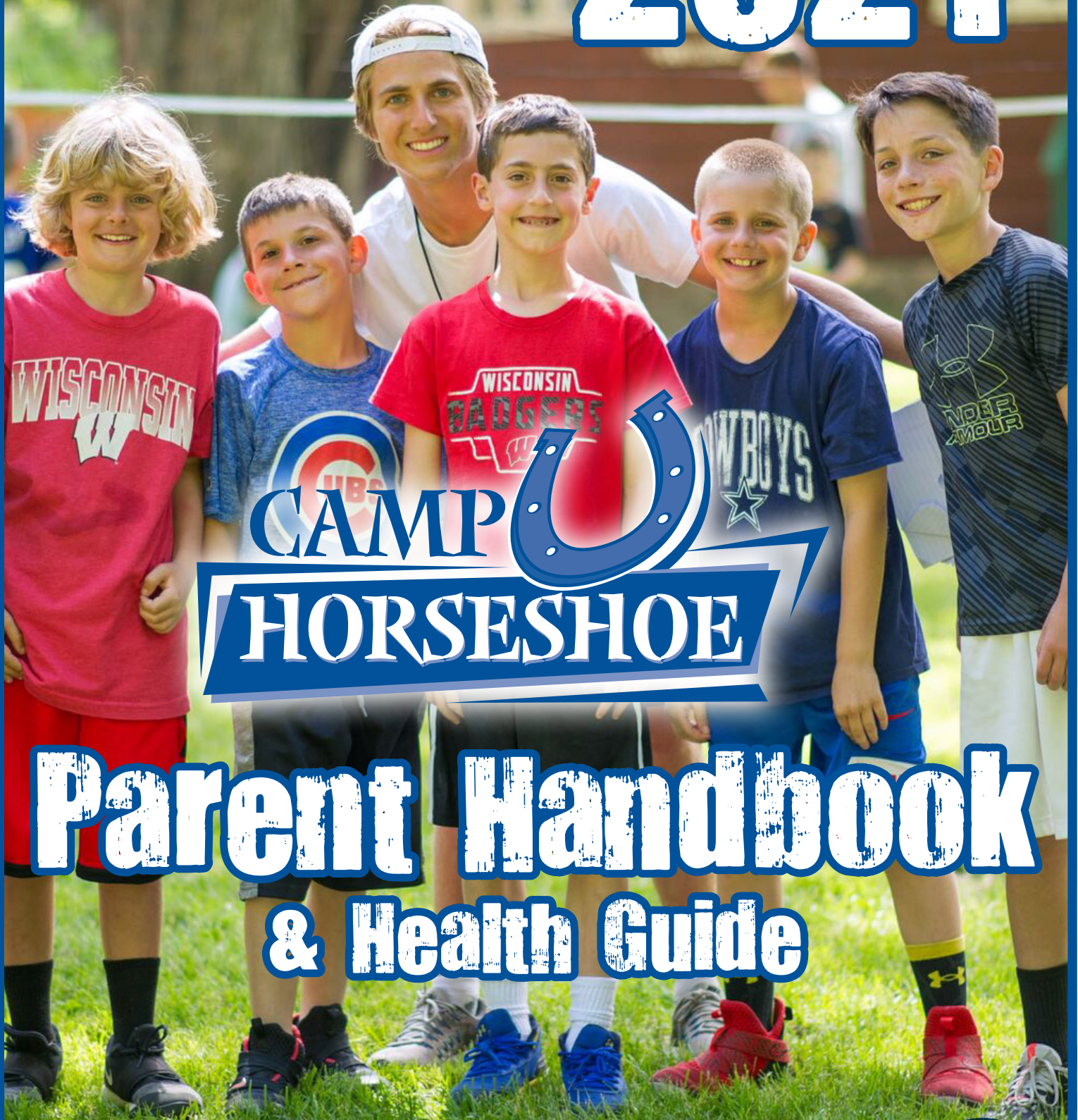


# 2021



## CAMP HORSESHOE

# Parent Handbook & Health Guide





## Dear Horseshoe Parents,

It's time to start planning for the summer of 2021! Camp is going to be ready for the most needed summer ever, and we are so excited to be reunited with our campers at Horseshoe. We are counting down the days until we're back at The Shoe!

Enclosed is the information you will need to get your son(s) ready for camp. We encourage you to read over our Parent Handbook, share it with your son(s) and keep a copy on hand throughout the summer.

In order to make this summer the best possible, we need the support of our camp parents with our camp policies. We believe that parents play an integral role in the success of their child's camp experience. Our goal is to create the best possible camp experience for your child (and for you). At Horseshoe, we strive each day to develop stronger, more caring, and more competent children. Camp Horseshoe is a special place where each child can laugh, learn, and feel a true sense of belonging.

We are partners in this camping venture and are available to speak with you at any time. Please do not hesitate to call us with any questions or concerns. Communication is a vital part of our relationship with you and your son.

For the latest news & information regarding our COVID-19 protocols/policies, visit our website and click on "2021 Health and Safety Updates"

Thank you for trusting us with your most prized possessions, your son(s) this summer.

Hail to the Forest,

*Fran & Jordan*

# 2021 Important Dates

- Now .....Place Everything Camper Order
- April 1 ..... Final Payment Processed
- May 1 .....All Forms Due\*
- May 2..... New Camper Open House
- TBD .....PediaTrust Info Session
- May 21..... 1st/Full Session  
CampMeds Registration Due
- June 18..... 2nd Session  
CampMeds Registration Due
- Postponed until 2022 ..... Father/Son Weekend
- June 21 ..... 1st Session Begins  
Postponed until 2022 .....Rookie Weekend
- July 16..... First Session Ends  
Postponed until 2022 ..... Visiting Weekend
- July 18.....2nd Session Begins
- August 12..... 2nd Session Ends  
Postponed until 2022 .....Basketball Camp



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# Communicating with Camp

You have placed a great deal of trust in our ability to care for your son. We value this trust and will do everything possible to ensure a successful summer experience for your child, as well as a harmonious relationship with you.

**Please call or email us with any detail or question regarding your son!**

During the day, we spend very little time in the office. We stay in close contact with the campers by spending time with them at activities and programs. In almost all cases, if you were to receive a sad card or note, by the time you receive it, any issue has been long resolved. We prefer to attempt to solve problems during the summer instead of hearing about difficulties after the summer has ended. If you become aware of something negative during the summer, please bring it to our attention.

**Camp Phone: 715-362-2000**

**Office Hours: 9am to 8pm**

**Health Center Phone: 715-362-2006**

**Going on Vacation?** Please be sure to leave us the dates and a phone number where you can be reached.

**Important Email Addresses:** In addition to calling, please feel free to email the addresses below.

**Fran and Jordan Shiner – Owners/Directors**  
[fun@CampHorseshoe.com](mailto:fun@CampHorseshoe.com)

**Alex Berman – Assistant Director**  
[alex@CampHorseshoe.com](mailto:alex@CampHorseshoe.com)

**Health Center**  
[healthcenter@CampHorseshoe.com](mailto:healthcenter@CampHorseshoe.com)

**Camp Office**  
[office@CampHorseshoe.com](mailto:office@CampHorseshoe.com) (after 6/13)

## Camp Contact Information

### WINTER

Camp Horseshoe  
PO Box 1938  
Highland Park, IL 60035  
847-433-9140

### SUMMER

Camp Horseshoe  
4151 Camp Bryn Afon Road  
Rhineland, WI 54501  
715-362-2000

# Camper Forms

Please follow these simple instructions for completing and submitting your camp forms

1. Go to [www.CampHorseshoe.com](http://www.CampHorseshoe.com)
2. Click **Login** at the top of the page.
3. Please login using your unique login (email address on file) and password. If you have forgotten your password or it is your first time logging in, click the **"Forgot Password"** link to have it emailed to you. You may change your password under the **"My Account"** menu after you login.
4. Once you have gained access to this secure site, click on the **"Forms & Documents"**
5. Click on the name of the form you would like to complete.

## ALL Forms are due by May 1st!

All forms will be completed online with the exception of the Parent Authorization, Physicians Examination and Immunization Forms. These forms are to be filled out and signed and should be uploaded to your account. (please print forms for each child individually, they each have a unique barcode specific for each child)

## The following forms must be completed:

- Activities Selection:** In order to help make sure each camper has the opportunity to participate in the clubs (instructional periods) of their choice, we would like to know their club preferences before the summer begins. Please complete this with your son.
- Cabin Requests:** Campers should request up to 3 cabin mates. More information can be found on **page 11**.
- Camper Profile:** The more you share about your son, the more successful his summer will be! This information will be shared with his counselors and division head and will be kept in the strictest of confidence.
- Camper Travel:** Let us know how your son and his duffels will be getting to and from camp.
- Online Health History:** Schedule your doctor's appointments now! The online health history form provides camp with an overall understanding of your child's health care needs. We ask that you fill this form out carefully as it will help us care for your child accordingly.
- Parent Authorization:** Please print and complete a copy for each camper and attach copies of your insurance cards. Each camper has a unique barcode, please make sure you print and complete one form for each camper. Please upload this form when signed and completed.
- Physicians Examination and Immunization Forms:** The physician's examination and Immunization Forms allows our health center staff to care for your son to the best of their ability. Each camper is required to have a complete physical examination performed by a licensed physician within 12 months prior to the start of camp. This form must be fully completed and signed for any child to attend camp. Please understand we cannot allow your child to participate in activities at camp unless we have a complete 2021 health form.

**Please remember – No forms should be mailed to camp. All forms should be returned as indicated on the forms menu.**

# Camper Travel

## For 1<sup>st</sup> and 2<sup>nd</sup> Sessions:

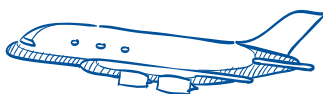
### CAMP BUSESSES

All campers must arrive to camp busses with a parent/guardian. We are modifying our regular transportation options for campers to arrive at camp. We will have more detailed information this spring.

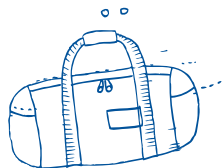


### FLYING

All campers must arrive to camp busses with a parent/guardian. For our out-of-town families, please hold off on making flight arrangements which cannot be changed. We are still working on the safest and best way to get our campers to camp. We will have more information this spring. When you are ready to book flights, we will again be partnering with Travel One Inc. Call or email Donna @ Travel One at (844) 803-9683 or [dhoiem@traveloneinc.com](mailto:dhoiem@traveloneinc.com) for more info.



## Baggage Shipment



### FOR CHICAGO AREA CAMPERS

All campers must ship their baggage to camp with Camp Baggage Express. CBE is our baggage carrier and has been in operation for more than 30 years. CBE is the most efficient and reliable way to transfer camper baggage.

Camp Baggage Express will pick up duffels a few days before the start of camp. You will be contacted a week or two in advance with pick-up information and schedules. Camp Baggage Express can be reached at 605-290-7404 or email to [campbags@abe.midco.net](mailto:campbags@abe.midco.net). There will be a \$200.00 fee each way per camper for any duffels put on the bus.

Duffels will be shipped home via Camp Baggage Express and be delivered to your door a few days after camp ends.

### FOR OUT OF CHICAGO AREA CAMPERS – USE FEDEX OR UPS

Please contact FedEx or UPS to review your shipping options, including Express or Ground services. When shipping with FedEx or UPS please secure the zippers on all duffels with a zip-tie. Once you have shipped your child's baggage, please enter your tracking information on his Camper Travel Form online.

Please pre-pay for return labels and send them to camp. As they can easily get misplaced, please do not put them in your son's duffels.

Please note: Duffels should arrive few days before your son.

### SHIPPING ADDRESS

Camper's Name  
Camp Horseshoe  
4151 Camp Bryn Afon Road  
Rhineland, WI 54501



### SENDING BAGGAGE HOME

If we do not have return labels, we will ship your son's duffels to your home via FedEx and charge his canteen for the cost. If you have an alternate address or a FedEx or UPS number for us to use, please let us know before his departure from camp.

# What to Bring and NOT to Bring

## Clothing and Equipment

**Everything Camper** is the official outfitter for all Horseshoe gear. All required logo'd items must be purchased through Everything Camper. Shop online at [www.everythingcamper.com/CampHorseshoe](http://www.everythingcamper.com/CampHorseshoe) or call Everything Camper: 516-450-5288. A copy of our packing list is enclosed and can also be found on their website.

Remember, laundry is done weekly by a laundry service and returned within 48 hours, so your son does not need a tremendous amount of clothing. The amounts specified on the packing list are sufficient.

Although we have an excellent laundry service, it is still camp laundry. Please do not send any clothes you would be concerned about if they were to get damaged in the laundry.

Please remember to label all clothing, shoes and equipment with your son's first and last name. Don't forget to label the laundry bags, hockey equipment, tennis racquet, baseball glove, and clothing worn on the bus.

Also remember to send two sets of labeled twin sheets for your son, including a fitted sheet, a flat sheet, mattress pad and a pillowcase. Bedding will be changed once a week and will be washed with your son's clothing.

# ITEMS NOT PERMITTED at Camp



## ELECTRONICS – ANY DEVICE WITH VIDEO OR WI-FI CAPACITY

- Cell Phones/iPhones of any kind including phones with the SIM card removed
- iPods or MP3 Players with Video Content
- iPads, iTouch and other tablets
- Kindle Fire
- Any Nintendo device
- DVD players
- Laptop Computers
- Apple Watch or comparable device
- Portable Email and/or Internet Devices
- Video Recorders/Expensive Cameras
- Walkie Talkies/2 Way Radios
- Sony PSP
- Televisions
- Xbox or PlayStation
- Wireless Hotspot
- Products Containing Lithium Ion or Rechargeable Batteries
- Drones
- **OTHER ITEMS**
- Skateboards
- Hot Pot
- Food
- Gum
- Bottled Water
- Knives
- Firearms
- Matches & Lighters
- Water guns
- Water balloons
- Hoverboards
- Lock boxes or safes of any kind

## NO Screen Policy

Camp Horseshoe has a strict policy on electronics at camp, no screens allowed! Any portable device that can send or receive emails, text messages, phone calls, play video content or access the Internet, is NOT permitted at camp, INCLUDING PHONES WITH THE SIM CARD REMOVED.

At camp, social interaction is done the old fashioned way - face to face. By unplugging and plugging into real life, campers gain confidence, have fun, make their own decisions, be their authentic self and most importantly, form strong memories and friendships that will last a lifetime. This allows campers to gain confidence by acting on their own and developing skills that are essential to becoming healthy, productive adults. We believe this emerging independence is one of the greatest benefits of camp.

Parental cooperation is critical and sends the right message to your son. We ask for your help in making sure that your son does not bring his cell phone or other unapproved device to camp, by asking him to give it to you before getting on the bus.

If a cell phone or other item not permitted is found in camp, we will hold it in the office and return it at the end of the summer, no exceptions. Phones will NOT be returned on Visiting Weekend for full session campers.

Remember, Camp Horseshoe is a screen-free camp. Your son may bring an inexpensive MP3 player (i.e. SanDisk Clip Sport Go), iPod Nano or iPod Shuffle if he would like to listen to music. These items may only be used in the bunks at rest hour or at night. Any iPods or MP3 players that can access the internet or have video content will be taken and held in the office.

**We are not responsible for damage and/or loss of these items. These are expensive items, so please give proper thought before packing them.**

For privacy reasons, cameras will not be allowed to be used in the cabins.

## Personal Expenses & Spending Money

Each camper has a prepaid canteen account (included in tuition) of \$250 for 8 weeks or \$150 for 4 weeks. Items provided through the Canteen Account include:

**TRIP DAYS:** Camp Horseshoe's Health and Safety Protocols will dictate any out of camp trips for Summer 2021.

**PERSONAL ITEMS:** Campers needing to restock on toothpaste, shampoo, batteries, postage or other essentials can do so in the camp office.

## SPENDING MONEY

Camp Horseshoe's Health and Safety Protocols will dictate any out of camp trips for Summer 2021.



# Health Guide

## Health and Safety

Our highest priority at camp is your son's health and safety. With this in mind, we have prepared this Health Guide to help you better understand our health and medical policies. Please carefully review information on the following pages regarding our health and medical policies and procedures.

In fairness to our counselors, health care staff, and your child(ren), we need to make informed decisions about all of the young people we invite into our community and family. "Family secrets" serve no one. Our purpose in having pertinent health information, both

physical and emotional, is to be able to better serve each child. We must expect that parents or guardians of any child sent to Camp Horseshoe have provided us with all the necessary information we need to keep all children safe.

We look forward to continuing the caring partnership we value as caretakers of your children.

If your child has been exposed to any communicable disease including lice after May 25th please be sure to communicate this information with us.

## Health Center Q&A

### HOW IS YOUR HEALTH CENTER STAFFED?

Our Health Center is staffed by 3 resident nurses. Our medical staff operates the Health Center with the utmost professionalism, providing each camper with the necessary care and compassion. Camp Horseshoe is located 15 minutes away from St. Mary's Hospital and clinic.

### WHEN WOULD MY CHILD SEE THE DOCTOR?

Our nursing staff treats most health center visits. When our nurses determine a child should see the doctor, we schedule an appointment.

### WILL MY SON NEED TO GO TO TOWN TO SEE A DOCTOR?

We are excited to be partnering with PediaTrust, a respected group of Pediatricians based in the Chicago area. Our Health Center staff will be able to set up telemedicine visits campers when needed. Through these visits and some USB diagnostic tools, the doctor will be able to access, diagnose, advise and write prescriptions as needed.

Our health center staff will continue to communicate as they have always done. If your child requires a telemedicine visit, you will be notified prior to the appointment and after with a follow up call. PediaTrust will bill your insurance directly. If the insurance company does not cover the appointment, there will be a flat fee of \$69 for the appointment charged to your son(s) canteen account.

Of course, we will continue to have access to our local hospital for emergency visits or any medical needs that aren't conducive to virtual visits. We are really excited about this partnership and look forward to working with PediaTrust for many summers to come.

We will be having an Info Session with PediaTrust in May for all our Horseshoe families.

### HOW WILL I KNOW IF MY SON IS NOT FEELING WELL OR IS SEEN BY THE DOCTOR?

We will contact you under the following circumstances:

- The day after your son spends the night in the Health Center
- When your son sees any outside medical professional

Rest assured, we will contact you when we feel you need to be involved. Our nurses do not call for routine visits that campers may make to the Health Center. Examples of such visits may include a headache, stomachache, allergies or bug bites.

### HOW MUCH OVER-THE-COUNTER (OTC) MEDICATION SHOULD I SEND TO CAMP?

None. We want our medical staff to see every scrape and bruise, no matter how small. Please don't send any OTC meds. Our Health Center is well stocked with most OTC medications.

### WHAT ABOUT PRESCRIPTION AND DAILY MEDICATIONS?

If your child will be taking medication this summer, including all prescription, non-prescription medicine taken daily or as needed, as well as vitamins, you must register online at [www.campmeds.com](http://www.campmeds.com) and return all required materials (prescription forms, health insurance information, etc.) to CampMeds 30 days before his camp session begins. See Page 8 for more information.

Any camper with daily prescription medication, non-prescription medication or vitamins who does not use CampMeds will be charged a \$250.00 fee

### WHEN ARE MEDICATIONS DISTRIBUTED?

Daily medications will be distributed at mealtimes. Medication should be timed at mealtimes with the exception of growth hormone injections, sleeping meds, and Enuresis meds. Meds ordered twice a day will be given at breakfast and dinner in the dining hall. If allergy/asthma medications are sent to camp and marked for bedtime administration, they may be administered at dinner under the discretion of the nurse and camp director per our camp policy. Medications that are necessary to be administered at bedtime will be administered in the health center after the evening program.

## WHAT ABOUT "AS NEEDED" MEDICATION?

"As Needed" medication is medicine that your child only needs to take occasionally (1-2 times per week). We ask that you do not send over the counter as needed medications for your child, unless you anticipate that they may need to take them often or possibly daily. If you decide he will need it while at camp, please follow the instructions for CampMeds on page 8.

## WHAT ABOUT INHALERS AND EPIPENS?

**EpiPens and Inhalers DO NOT need to go through CampMeds.** If applicable, please send TWO inhalers or Epi-pens for your child for the summer. One will stay in the Health Center and one will be packed when your child leaves camp on a trip. They must be in the original packaging with the original prescription label and sent to camp before your son arrives.



Our policy and procedure for dispensing and administering medicine **REQUIRES** camp families to have all of your son's medicine to be dispensed by CampMeds. This includes all prescription, non-prescription medicine taken daily or as needed, as well as vitamins.

Please be assured that all medication received from CampMeds is checked closely on arrival. We believe this is the safest way to ensure your child's medication is administered as it is ordered while at camp.

**We do expect 100% participation from families with campers who will need prescription, non-prescription medicine taken daily or as needed, as well as vitamins while at camp.** Any camper with daily prescription medication, non-prescription medication or vitamins who does not use CampMeds will result in a \$250.00 stocking fee.

**IF YOUR CHILD** will be taking prescription, non-prescription medicine taken daily or as needed, as well as vitamins while at camp this summer, you must register online at [www.campmeds.com](http://www.campmeds.com) and return all required materials (prescription forms, health insurance information, etc.) to CampMeds 30 days prior to your camper's start date.

**EXCEPTIONS:** EpiPens and Inhalers DO NOT need to go through CampMeds, or if CampMeds notifies us that they are unable to accept your insurance. If your camper does not take medication or vitamins, you do not need to register with CampMeds.

We are confident that this program continues to help us achieve our primary goal; the health, well-being and safety of your child.

## WHAT KIND OF MEDICATION CAN MY SON KEEP IN HIS CABIN?

**NONE!** All medications (prescription and non-prescription) must be kept in the Health Center according to state law. Emergency medication such as EpiPens and Rescue Inhalers may be carried if your doctor feels it is necessary if the appropriate documentation is received

## WHAT SHOULD I DO WHEN MY SON RETURNS HOME?

Upon his return home, we suggest you check in with your child and, if there are any changes in, or concerns about their health, you contact your personal medical professionals and also communicate with us.

## HOW TO REGISTER WITH CAMPMEDS

The *CampMeds* affiliated pharmacy will dispense *all prescription and non-prescription meds and vitamins taken daily or as needed.* What you need to do:

1. Register on **[www.CampMeds.com](http://www.CampMeds.com)** and print receipt—you may register prior to obtaining prescriptions
2. Obtain original written prescriptions or Electronic prescriptions (E-scripts) prescribed for 30 day increments. If your child attends camp over 30 days, Rx's must have a refill.
3. **Written Prescriptions** - Complete med list page and forward to **CampMeds** with written prescriptions.
4. **Electronic Prescriptions** - Complete med list page noting "E-scripts to follow" and forward to CampMeds. Pharmacy details regarding Electronic prescribing (E-scripts) will be printed with your registration receipt.
5. **Controlled Substances only:** If your child is staying longer than 30 days, law requires a new Rx for each 30 day supply. Two separate 30 day Rx's are required for Controlled Substances. Send all prescriptions together. We must receive the original Rx or electronic prescription from physician.
6. **IMPORTANT:** Prescriptions are filled as written. It is your responsibility to confirm the correct medication, dose and exactly how and when your child takes the medication as prescribed.
7. Write Camper ID # on top corner of prescriptions. \*Do **NOT** send us medicine, only the written Rx.
8. Include a copy of both sides of your insurance/prescription card
9. Mail written prescriptions, registration receipt and copy of insurance card directly to:

CampMeds PO Box 550698, Ft. Lauderdale, FL 33355-0698

**More information on CampMeds, their fees and other FAQ can be found in the 2021 CampMeds Information sheet on the Forms Dashboard of your CampMinder account.**



# Communicating with your son

## Letters



We believe in old-fashioned letter writing at Camp Horseshoe. Campers love to get mail, just like parents love to get mail. We try and have our campers to write home twice a week, usually on Tuesday and Saturday. We recommend sending pre-addressed, stamped envelopes for our younger campers. Remember, our rural post office is swamped in the summer and mail sometimes takes a week to arrive home.

When writing to your son, a good way to start every letter is to discuss camp activities, especially the ones your child has mentioned to you in his letters. Comments such as "How's your basketball coming along?" or "Your counselor sounds great," will help your son adjust to the newness of camp and show that you have truly listened to what your child has said.

Try and avoid phrases such as "The house seems empty without you," and "If only you were here." Although these sentiments may be true, they can only make your child miss you more. A better way to express your feelings might be to say, "We'll have to try out that great backhand when you get home," or "By August, you'll be able to teach me how to golf."

When you receive letters from your son, remember camp life has its ups and downs, just as life at home, and the child who today, "hates Steven who sleeps next to me" may tomorrow think, "Steven will be my best friend forever." Call us if you are concerned. Most of the time, the problem was resolved long before you received the letter!

Finally, save the letters your son sends you from camp. Years from now, you will be able to read them together and relive those childhood memories. We are sure you will discover that Camp Horseshoe is more than a summer camp; it is an experience of a lifetime.

## The mailing address for your son is:

**Camper's Name**  
**Camp Horseshoe**

**\*Your Son's Cabin Number**

**4151 Camp Bryn Afon Rd, Rhinelander, WI 54501**

*\*we will email his cabin after the buses arrive*

## Camper Email



Many parents prefer to email their letters. We will fold your email and distribute with the next regularly scheduled daily delivery (everyday except Sunday). To send an email:

1. Go to [www.CampHorseshoe.com](http://www.CampHorseshoe.com)
1. Click **Login** at the top of the page.
2. Please log in using your unique login (email address on file) and password. If you have forgotten your password, or it is your first time logging in, click the **Forgot Your Password** link to have it emailed to you. You may change your password under the **My Account** menu after you log in.
3. Once you have gained access to this secure site, click on **email** to email your camper.
4. If you would like other people to email your camper, click on the **My Account** menu. From there, you can create Guest Accounts for family and friends.

Please note that [fun@CampHorseshoe.com](mailto:fun@CampHorseshoe.com) is not available for camper emails.

## Phone Calls



Campers are not permitted to use the telephone, except on a camper's birthday or in an emergency.

Please do not hesitate to call Fran, Jordan or your son's counselor with any questions you may have. The number at camp is: **715-362-2000**.

## Faxes



Please do not fax letters to your son. Faxes will not be delivered to campers. Please let all relatives know of this policy.



## Online Photos, Videos and News

The camp website will be updated regularly with pictures, videos and news to give you a glimpse into life at camp.

### TO SEE YOUR ONLINE PHOTOS, VIDEOS AND NEWS:

1. Follow the directions listed under Camper Email.
2. Once you have gained access to this secure site, you may click on "PHOTO" or "VIDEO" button to view pictures or videos of your camper. Please note that we try to include as many campers as possible but cannot guarantee how often that your son will appear.
3. You may click on "NEWS" to read our summer news.

If you would like other people to view these pictures, videos or news, click on the My Account menu. From there, you can create Guest Accounts for family and friends.

Please note that through My CampMinder, you are able to purchase photos. This is not a Camp Horseshoe service and all questions should be directed to [mcm-support@campminder.com](mailto:mcm-support@campminder.com).



## Package Policy

### CAMP HORSESHOE HAS A NO-PACKAGE POLICY

Your son's gift for the summer is the privilege of going to camp. He will be coming to camp with everything he needs.

**Therefore: No "care packages" of any kind can be accepted for any camper! This includes packages, oversized envelopes, padded envelopes and boxes of any kind.** Please let your friends and relatives know about our policy. Packages can create unhealthy competition among campers and can take the emphasis away from the fun, friendships and activities at camp.

In order to ensure fairness, this rule will be strictly enforced. Packages will be refused and sent back to sender at their own expense. If the address is unavailable, contents will be donated to local charity.

We will make every effort to provide your son with anything he needs. If there is something we cannot provide (glasses, etc.) please call the office to arrange for your son to receive these items.



### The Exception: Birthdays

If your son has a birthday at camp, please feel free to send one special birthday package to the attention of Fran Shiner that does NOT include any candy, food or gum.

We celebrate birthdays with announcements, Bean Cake, a cabin Domino's Pizza Party (billed to his canteen account) and an all-camp birthday song.

You will also be able set up a special birthday phone call with your son.

***We thank you for your kind cooperation and respecting our NO-PACKAGE POLICY.***



# CAMPANION

## NEW MOBILE APP FOR 2021

We are excited to be using the Campanion mobile app to connect you with your son(s) camp experience through a personalized stream of content. We hope the Campanion app helps you feel closer to your camper's experience like never before, with Face Finder, Microposts, Photos, Forms, Letters and more.

To get started, **Download the Campanion App** and login using your CampMinder account login and password.

Make sure you upload a photo of your son(s)



# The Camp Community

## Cabin Placements

We spend a tremendous amount of time working on placing each camper in the cabin group we feel will be the best fit for him. Cabin assignments are done shortly before the campers arrive. Cabin placement is a daunting task and there are many factors that we must consider as we work through the process. We take your suggestions and requests, of course. In addition, we must consider a number of other factors, including personality, group dynamics, geography, years at camp, session and numbers per cabin.

Campers should request 3 cabin mates. We will try and honor at least one of those requests. We value your input into cabin placement, and we also ask for your understanding. Try as we might (and we really do try!), we can't make 100 percent of our campers 100 percent happy with cabin placement. We do our best to accommodate everyone's wishes.

We ask that you trust us to place your son in the cabin in which we feel he will be happiest and most successful and convey this to your children before they come to camp. We have each camper's best interest at heart and we will never knowingly place a camper in a bunk in which he will be unhappy. We do our best to accommodate everyone's wishes. **Please note that we do not accept "dis-requests."**

Your son's cabin will be sent once all campers have arrived on the 1st day of each session.

**ALL CABIN REQUESTS MUST BE SUBMITTED ELECTRONICALLY VIA MY CAMPINDER NO LATER THAN May 1st.**

## Homesickness

First of all, let us assure you that **mild homesickness is normal**. Even our older, seasoned campers will miss their parents and siblings at some point during the summer! Severe homesickness is rare, but we do expect new campers to be a little emotional about being away from home for the first time. Every child adjusts to being away from home for an extended period of time differently and experiences some degree of homesickness or missing family, friends, and familiar routines.

A parent can help by reassuring their child that they are loved, talking positively about independence and separation, and not promising them that they can call or come home if they are lonesome. Discuss camp in a positive way by discussing living in a cabin with peers or the activities that they may want to take while at camp.

Parents should prepare themselves for separation. Each summer we visit with more "child-sick" parents than we do with homesick campers! Always call us with your concerns about your child's adjustment to camp and be assured that we will call you if we feel it is necessary.

We have one very important request: when you talk with your son about camp, **please do not tell him that he can call home or you will come get him if he is unhappy**. Those promises set your son up to fail at camp. Focus on the positive, be encouraging, and let your son know you will be thinking of him, but don't compromise his summer by offering to bring him home.

You can expect a call within the first four or five days to let you know how he's adjusting, and if there are any bumps along the way we will be sure to fill you in. You can also feel free to call camp at any time to find out how he's doing. We will more than likely be out of the office interacting with campers when you call and we'll get back to you with an update as soon as possible.

Jordan or Alex will call you after the first **4 or 5** days to give you an update on your son's adjustment to camp.

## Camper Behavior

It is expected that campers will treat each other and staff with mutual respect; follow the instructions and guidance of their counselors and other staff; stay in cabins between lights-out and wake up; attend and fully participate in scheduled activities and meals; be a team player; treat camp property with respect; and respect others' belongings and personal space.

Failure to live within the expectations of the camp community or abide by the stated policies of the camp could result in immediate dismissal from camp with no tuition refund.

The following behaviors are unacceptable: bullying and other forms of hazing or harassment against campers or staff; pranks; hurting another physically or threatening violence; the use of foul language, name calling, teasing, spreading rumors or exclusionary behavior; and destroying property or stealing from others.

## Gambling

Gambling is not permitted at Camp Horseshoe.

## Drug, Alcohol and Tobacco Policy

Any camper involved with alcohol or drugs of any kind for any reason whatsoever will be sent home immediately with no tuition refund. Smoking cigarettes, e-cigarettes ("JUULS"), vaporizers, or chewing tobacco is also grounds for dismissal from camp with no tuition refund.

## Internet & Social Networking Policy

In this technological age, our concern for the safety and well-being of our campers and staff extends outside the security of camp itself. In order to prevent cyber-bullying and inappropriate posting on the Internet which may, potentially, have a negative impact on the reputation of Camp Horseshoe and/or our campers and staff, we have instituted the following policy.

Campers are expected to use good judgment when communicating on the Internet or on any other electronic device. Good judgment on the Internet, as it pertains to camp, means:

Please review our social networking policy with your son:

1. No comments may be posted about campers, staff or their family members.
2. No regular email or text communications between staff and campers. (Staff has been advised of this as well.)
3. No references may include the name or logo of Camp Horseshoe.
4. No photographs identifying Camp Horseshoe campers or staff may be posted on any website. (Staff has been advised of this as well.)
5. No chat room discussions that in any way mention Camp Horseshoe are acceptable.
6. No "cyber-bullying" will be permitted in any form.
7. Campers are expected to treat other campers and staff in a positive and respectful manner in all Internet communication vehicles including, but not limited to: instant messages, emails, video chats, blogs, webpages and social networking sites.
8. Campers may not post pictures online that would embarrass or violate anyone's privacy.
9. Campers may not pose as another camper or staff member online or spread false information or gossip about anyone.
10. Campers may not use Internet communication vehicles to bully, harass or intimidate other campers or staff of the camp. These behaviors include, but are not limited to: comments regarding race, religion, sexual orientation or disability; sexually suggestive or demeaning comments; and threats to another person.

The Directors reserve the right to exclude any camper from camp who violates this policy. By discussing this policy and issues surrounding the use of the Internet with your children, we hope there will never be an incident where we will have to exclude a child from camp for using poor judgment. If we are proactive, we can prevent our children from jeopardizing their camp career because they wrote or posted something inappropriate or hurtful towards another camper on the Internet.

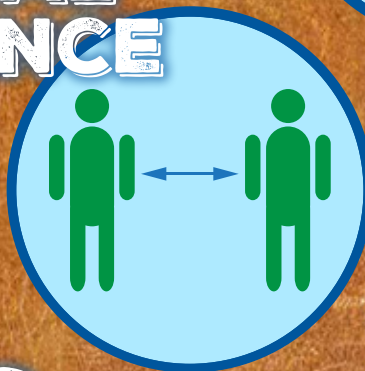
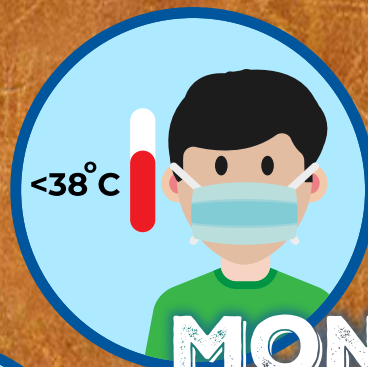


# COVID-19 GUIDING PRINCIPLES

- HOW WE'RE TACKLING THE RISKS @ CAMP -



**COMMUNICATE**



# CAMP HORSESHOE



## Winter

Camp Horseshoe  
PO Box 1938  
Highland Park, IL 60035  
847-433-9140

## Summer

Camp Horseshoe  
4151 Camp Bryn Afon Road  
Rhineland, WI 54501  
715-362-2000

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