



# GUARDIAN-CAMPER GUIDEBOOK SUMMER 2023



# Welcome!

Thank you for choosing Touch of Nature Outdoor Education Center's Camp Little Giant for your camper's camping experience. There are many wonderful summer camp options out there, but what sets Camp Little Giant apart is our 70 year history of providing the ultimate camping experience to your beloved campers. We deeply understand the courage it takes to leave your camper with us, and we *promise* to create a nurturing and safe environment where your child can grow and feel loved. We also understand you don't just want your camper to learn how to canoe, fish or roast the perfect marshmallow, but that you want them to learn about themselves and about others, returning home better because of attending camp. The deep history, compassionate souls of staff, celebration of individuality and unconditional love woven into Touch of Nature's Camp Little Giant allows courage, confidence, and connection to flourish.

Our 3 year hiatus does not go unrecognized. During our time apart we have put countless hours into new program development, research, and acquisition of assistive and adaptive technology. We are eager to share all of our new opportunities for campers now and in the future. Yes, our adaptive programming and equipment will provide limitless adventure, but what truly creates a space of 100% inclusivity and empowerment is the hearts and minds that fill it. As we welcome a team full of new staff, we have your campers as our guiding compass. We have selected only those that won't just watch your camper, but will raise them up, cheer them on as they both stumble and succeed, and hold them in their hearts long after they have left our woods.

Camp is more than rock climbing and zip lining- it's a sense of bravery and accomplishment, it's the chance to fly. Camp is more than songs and cheers, it's being part of a community where you are loved and accepted for exactly who you are. Camp is more than mosquito bites, s'mores and bunk beds, it's living life to the fullest, gaining independence, and giving parents/caregivers a very well-deserved break. Camp is more than the woods and trails, it's freedom to breathe, freedom to be, freedom to become. Camp is more than campfires, it's an experience that helps individuals burn bright, that instills flames of confidence and hope that glow far past that summer. **Without a doubt, people need camp now more than ever before.**

In this handbook, we've tried to answer questions often asked of our staff, and directly address our policies and procedures for our overnight camp program. We have worked diligently to find creative solutions that keep everyone safe, while keeping the spirit and magic of camp at the center of our programs. Please use this as a reference guide in preparing for your camper to attend Camp Little Giant. By familiarizing yourself with various topics, it will make the transition easier for you as well as your camper. If you have further questions, please don't hesitate to ask. We look forward to creating a magical summer experience with your camper!

# Happy Camping!

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## ABOUT US

Camp Little Giant is hosted by Southern Illinois University Carbondale's Touch of Nature Outdoor Education Center. Touch of Nature's 3400 acres sits quietly on the shores of Little Grassy Lake in Makanda, Illinois.

The mission of Touch of Nature Outdoor Education Center is to enhance the lives of all people through outdoor experiences. We value:

- Experiential learning
- Environmental stewardship
- Health and wellness
- Equity, inclusion, and diversity

Camp Little Giant is a University affiliated residential summer camp serving adults and children with disabilities. Camp Little Giant was established in 1952, was the first camp accredited by ACA, paved the way for special Olympics and as been serving campers ever since.

## CAMP LITTLE GIANT VISION

Our vision at Camp Little Giant is to provide a safe and inclusive environment where campers can participate freely, be accepted for who they are, and challenge themselves to try new things. We believe in fostering a sense of community, where every camper is valued and supported, and where differences are celebrated. Through a range of fun and engaging activities, we aim to inspire our campers to develop their physical, social, and emotional skills, and build confidence and resilience that they can carry with them beyond camp. We are committed to creating an experience that is accessible and empowering for all campers regardless of ability, prior experience, background or other differences.





## OUR STAFF

Camp Little Giant hires seasonal staff for the summer camp program, and also welcomes volunteers to provide additional support. All staff and volunteers complete an application process that includes a background check prior to their hiring or acceptance. Most staff and volunteers are seeking degrees in relevant fields and range in age from 18-25 years old.

Counselors are in charge of leading camp activities, and learn how to adapt each activity to meet each camper's specific needs. Counselors supervise campers, facilitate peer-to-peer connections, provide personal support, and cultivate positive camp culture. Counselors attend an intensive 3 week training to become certified in ropes course, zip-line, lifeguarding, archery, and aquatic activities. Other training topics include:

- Emergency procedures
- Behavior management
- Safety and supervision policies
- Transitional activities
- Child abuse prevention and reporting
- Homesickness support and interventions
- Specific disability overviews
- Sensory needs and integration strategies
- Diversity, inclusion, and adaptation
- Personal care and ADL supports
- Communication techniques
- And More

## GOALS AND OUTCOMES

Camp is a ton of fun, and we can't wait for you to read about all the fun activities listed in the next section! However, camp is so much more than a fun time (or as we like to say, so much s'more)—camp influences the way a camper feels about themselves and the world around them, and teaches or builds upon life-long skills. Camp Little Giant is intentional about designing programming and creating a camp culture/community that produce the following goals and outcomes:

**Appreciation:** Exposed to the wonders of nature and the enjoyment of belonging. Campers have opportunities to discover new interests and skills, to relate to others with new openness, and to be valued for who they are in an atmosphere that fosters success.

**Cooperation:** Campers live and play together in an environment of mutual respect and support. Activities emphasize cooperation over competition.

**Independence:** For many campers it is a chance to develop living skills and gain experiences that enhance their sense of personal ability and autonomy.

**Accomplishment:** By facing the challenges of living in the camp community, everyone will have opportunities to experience and learn new skills.

**Awareness:** Learning by doing is the way of experiential education. A diverse and exciting schedule of daily activities encourages active curiosity, exploration, and discovery.

**FUN:** Swimming, fishing, boating, climbing, horses, games, crafts, campfires...all contribute to a unique, enjoyable experience campers will remember for years to come.

## ACTIVITIES

The camp experience and environment facilitates inclusivity, curiosity, wonder, and empowers campers to try new things and develop new skills. At Camp Little Giant, all activities are designed so that every camper can participate, regardless of individual needs and abilities.

You and your camper(s) will be thrilled with all the amazing adventures they'll have at camp! Engaging in such a wide range of activities will build confidence and self-esteem, as we focus on their strengths and abilities, and celebrate individual successes.

### All activities are accessible and include:

- High Ropes Course
- Zip Lining
- Rock Climbing
- Horseback riding
- Canoeing
- Paddle Boarding
- Kayaking
- Pedal boating
- Fishing
- Pontoon boating
- Arts and crafts
- Outdoor Living Skills
- Sports and Games
- Archery
- Science
- Music
- Dance
- Outdoor Cooking
- Nature
- Campfire
- Scavenger hunts
- Talent show/performances
- Sensory play

*\*All activities are subject to change based on weather and staffing.*



## ACTIVITY CONSIDERATIONS/POLICIES SPECIFIC TO COVID-19

With respect and care towards our mission and camper population served, Camp Little Giant continues to monitor COVID-19 Community Levels and employ practices to ensure we are doing our very best to keep all of our campers, staff, and guests safe at camp.

- In situations where a large group (> 30 people) is joined together indoors, seating will be arranged to encourage physical distancing
- Hand sanitizer and/or water and antibacterial soap will be available at or near the entrance to all buildings. All participants will be encouraged to clean/sanitize their hands each time they enter a building, as well as before and after they eat/touch their faces.
- Any high-touch surfaces or equipment will be sanitized daily

### Grouping/Ratios

- Group sizes will range from 10-20 campers, plus proper staffing ratios
- Camp Little Giant will maintain a 4:1 camper: counselor ratio or better and have additional “floaters” to be assigned to groups where added support may be needed.
- Groups will be static, with no changing of counselors or participants throughout the week

## CAMP REGISTRATION AND FEES

Registration for camp is easy! Apply online at <https://ton.siu.edu/programs/camps-and-retreats>. The full camp tuition must be paid at least two weeks prior to the start of camp. Failure to complete payment will result in a cancellation of the registration and the advancement of another camper from the waiting list. A \$225 deposit will be applied for each overnight session and camper registered. Deposits are due upon registration, are refundable by Touch of Nature discretion, and will be deducted from your total camp fee.

**Payments:** The easiest way to make a payment is by returning to the online application portal! Any payments being sent in the mail can be sent to 1206 Touch of Nature Road, ATTN: Camp Little Giant, Makanda, IL 62958. Please make any checks out to Touch of Nature Outdoor Education Center with camper’s first and last name in the memo.

**Cancellation/Refund:** Cancellations must be made at least 2 weeks prior to the camper’s arrival, with exceptions being made on a case-by-case emergency basis, in order to receive a full refund. Deposits are refundable on a case by case basis.

**Camper Dismissal Policy:** If a camper is sent home, session fees will be refunded *only* when campers are unable to complete their stay due to medical reasons (in which case refund amount will be determined based on amount of days attended). Homesickness, failure to meet EEC, or inaccurate ratio/behavioral information submitted during the application process resulting in insufficient staff support are not conditions for refunds.

## FINANCIAL ASSISTANCE

**Camperships:** Camp Little Giant relies on funding from multiple sources to be able to provide financial assistance for families. **The “CAMBERSHIP QUESTIONNAIRE” must be completed during the online camp application process for those requesting any level of assistance. We request payment of the \$225 deposit as a placeholder. This is refundable if campership is not able to be awarded. Honest, accurate answers on this form will help us determine which funding source you qualify for.** Please know that income is not the only determining factor for assistance; we realize there is often more to the story, and encourage you to apply if cost is a barrier keeping your family from accessing camp.

## MEDICAL AND EMERGENCIES

**Health/Wellness in relation to COVID-19:** Given the ongoing COVID-19 pandemic, Camp Little Giant is sharing the following plan to help guide us into the summer of 2023. It is our intention to provide a clear outline for those planning to attend camp this summer, however, the following policies and procedures are subject to change at any time and will be reviewed/modified as needed based on authoritative sources. Our campers' health and safety has always been and will continue to be our highest priority. Please contact your Healthcare Provider to determine if overnight camp is a good fit for your camper at this time (please note you will need a Physician Release Form, just like past years).

Camp Little Giant will provide a space to indicate vaccination status during the online application process. This information will help medical staff determine next steps if there is a positive case or exposure to COVID-19. At this time, COVID-19 vaccination is not mandatory to attend camp, but may affect how soon your camper is able to return to camp if they have tested positive for COVID-19 or come into close contact with someone who has tested positive for COVID-19.

### What we are monitoring and following:

- Centers for Disease Control and Prevention (CDC) guidelines
- Illinois Department of Public Health (IDPH) guidelines
- Occupational Safety and Health Administration (OSHA) guidelines
- [American Camp Association's \(ACA\) "Field Guide for Camps on Implementation of CDC Guidance"](#)

### Policies/Procedures in relation to COVID-19: (Subject to change)

#### Camper/Guest Expectations

- In situations where a large group (> 30 people) is joined together indoors, seating will be arranged to encourage physical distancing
- Camp Little Giant will provide a "packing list" for campers and will include supplies that minimize sharing between campers/staff (i.e. bug spray, sunscreen, hygiene supplies etc.)
- Camp Little Giant will conduct screening protocols during check-in (see "Check-In" section for details)
- If a camper is presenting multiple symptoms consistent with COVID-19 at any point during the camp week, Camp Little Giant will administer a rapid test and monitor camper to determine course of action (see next section)
- Camp Little Giant will enforce appropriate handwashing, sanitation, and cough etiquette protocols
- Beds are spaced the recommended distance apart
- All staff and volunteers will be required to complete the same screening protocols as campers

#### Check In / Check Out

- Campers and their parent/guardian will receive a number and will remain in their car until told their number may enter the building for check-in. We will use our Remind text message system for this process (please see Communication section in this handbook).
- During check-in, luggage will be dropped off outside (weather permitting) or in the main lodge, then brought to cabins by staff and camper. During departure, luggage will be brought to pickup area. This ensures no parents/guardians enter cabins. (Don't worry – we will take plenty of pictures).
- An attendance log will record the individual checking the camper in/out, as well as check-in/-out times. Campers will only be released to parents/guardians and emergency contacts listed during the online registration process. *If someone else will be picking the camper up, Camp Little Giant must receive their name and verification from the parent/guardian either during check-in or via Remind.*
- To check-out, parents/guardians will park in the lot, sign out their camper with designated staff member (outside if weather permits), and load their luggage while a counselor walks the camper out to the car.



**Emergencies:** If there is a family emergency, please text Remind (see Communication section) to make arrangements and/or call the Camp Director at 618-453-3954.

**Injury:** Our medical staff will treat routine scrapes, cuts and minor illnesses. It is our policy to inform parents/guardians of any injury that is more serious than a minor cut or scrape. In the case of serious illness or accident, the Nurse or Camp Director will contact you immediately. In the event you cannot be reached, we will attempt to call your designated emergency contact. Your signed authorization on the "Assumption of Risk" allows us to secure prompt medical treatment. Parents/guardians are responsible for charges incurred for outside medical treatment of their child if treatment is required while in attendance at Camp Little Giant.

**Illness:** It is our policy to inform parents/guardians of any serious symptoms of illness (for example: persistent vomiting, sudden/unexpected onset of severe pain, new and different skin rash, etc.), and to not keep campers with any persistent symptoms lasting more than 24 hours. We ask parents/guardians of these campers to care for their child at home and to see their primary care physician. If symptoms are consistent with COVID-19, we will administer a rapid test and ask the parent/guardian to pick the camper up immediately upon a positive result. If your child is registered to come to camp and becomes ill, please do not bring them to camp.

**Communicable Disease:** In the event that a staff member or camper is displaying symptoms of any communicable disease (i.e. chicken pox, influenza, COVID-19), Camp Little Giant will administer appropriate testing and follow best practices outlined by the Association of Camp Nursing's "Communicable Disease Management in the Camp Setting." For detailed information click [here](#).



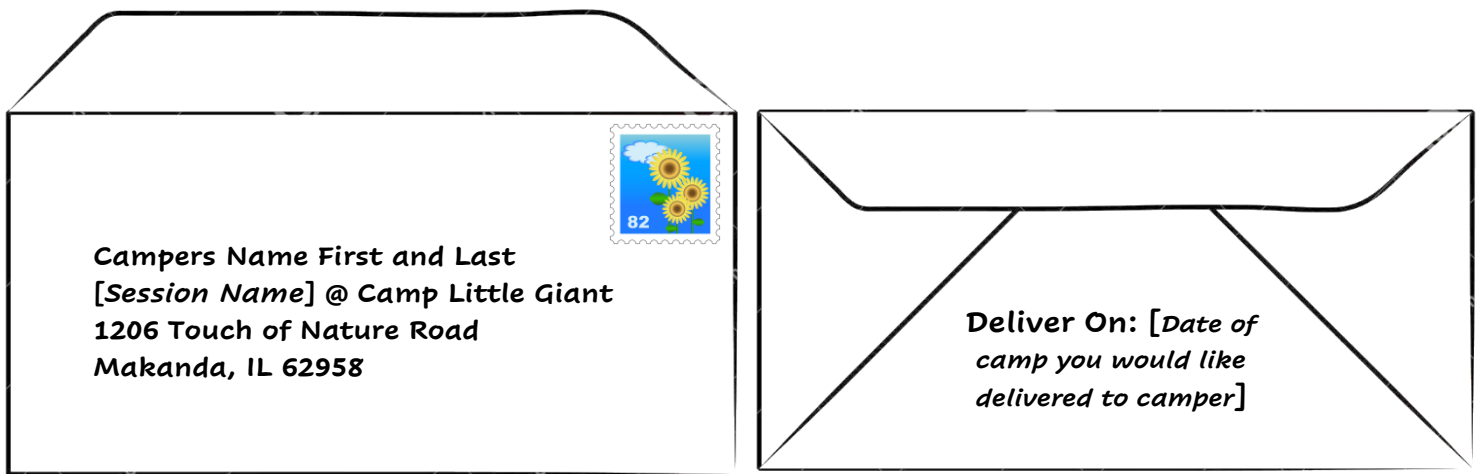
## CAMPER LIFE

Attending camp at Camp Little Giant is an unforgettable adventure for campers and their parents/guardians. We know both parties may be a bit anxious about the camper leaving the comforts of home, trying new camp activities and meeting friends. Here are some helpful tips:

- ♥ Talk to your child about camp ahead of time and what camp activities might look like for them. Showing pictures or videos of camp via this handbook, our website, and our YouTube is a great way for them to visualize themselves here! Encourage them to be themselves, and get them excited to make new friendships and experience new adventures!
- ♥ Avoid focusing on anything that makes your child anxious. Instead of asking leading questions like, “Are you nervous about canoeing?” ask open-ended questions like, “How are you feeling about canoeing?”
- ♥ If your child does show concerns, don’t trivialize them or offer generic reassurances like “There’s nothing to worry about!” or “Everyone loves camp!” These may discourage your child. Instead, show empathy and acknowledge any concerns.
- ♥ If there is a certain coping/calm-down mechanism or strategy that will not be available or as readily available to your child at camp (ex: a certain space at home, technology/movies/TV shows, a blanket that may be farther away at their cabin depending on their activity location), practice and talk to them ahead of time about other ways they can access positive emotions in challenging moments (breathing/grounding techniques, portable fidgets/sensory tools they or their counselor can carry with them, asking for a break, squeezes/deep pressure, etc.). Please know that our staff are trained in strategies and methods to utilize to support your camper, and that they will be there to help through any challenges or discomfort!
- ♥ Praise the accomplishments your camper has made each day at camp, no matter how “small” they may seem. Your camper will try lots of new things while at camp, which can inspire new interests, hobbies, etc. and foster bravery in other areas! Recognize any new positive things that have emerged in them because of camp.
- ♥ Do not send valuables, family heirlooms, or expensive items to camp. Pack with your camper and make a list of what they bring so that they or staff members know what they should bring home.
- ♥ Do not send cell phones/technology devices with your camper, unless it is being used as an AAC device or you have pre-approved it with the Camp Director in an established behavior plan. Ensure your camper knows ahead of time that these devices are not coming with them.
- ♥ Remember: label EVERYTHING and pack light! Camp is not responsible for lost or stolen items.

**Homesickness and Camp Mail:** Homesickness is not an unusual emotion, especially for first-time campers. Our staff are trained in constructive and caring strategies that will help overcome this feeling and get back to the fun activities happening at camp. Overcoming homesickness is an important learning experience and helps your camper grow stronger and more independent. When staff and parents/guardians handle these situations properly, a homesick camper can make huge strides!

Messages and mail can make an impact on a homesick camper. Please do not tell your camper that you can't get along without them or stress how much they are missed at home. Instead, please send pre-written letters talking about how excited you are for them, how proud you are, or about the photos you have seen of them online. **We recommend you plan ahead to "send" letters so that they have something at the beginning of the week.** You can bring this with you when you drop your camper off to avoid any post office delays, **OR** you can mail ahead of the session to make sure it arrives in time (allow 7-10 business days from day sent to arrive at Camp Little Giant). Please address all mail as follows:



**\*\*We will begin accepting mail for campers immediately after camper is registered. Send early to ensure your camper has mail to open!\*\***

**Phone Calls:** Phone calls between parents and campers are not recommended at camp; they typically escalate homesickness and can restrict both parties' ability to experience and savor independence. One of the reasons camp is so magical is because it's about getting away from day-to-day routine and the overwhelming amount of technology that surrounds us. At Camp Little Giant, campers are encouraged to get to know their new friends face-to-face!

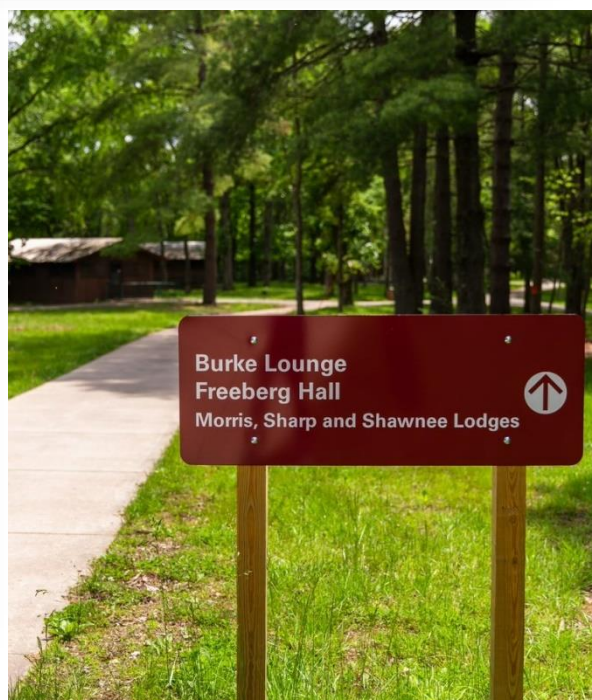




**Meals:** Our main lodge, Freeberg Hall, is air conditioned and spacious. Camp Little Giant has well-balanced meals served by professional food service staff. Camp Little Giant will provide breakfast, lunch, and dinner, and 2 snacks throughout the day. If your camper has any special dietary needs or food allergies, please indicate them when registering online AND in camper health forms so that we are aware and can make accommodations.

Alternatives to meals will be provided on a case-by-case basis and will include cereal, oatmeal, sandwiches, etc. If your camper is an extremely selective eater, please send supplemental food items so that they can have adequate nutrition and energy for camp activities.

Water is provided during meals, and at every activity, and we encourage all campers to stay hydrated throughout the day. **Please send your camper with a reusable water bottle to fill up throughout the day.**

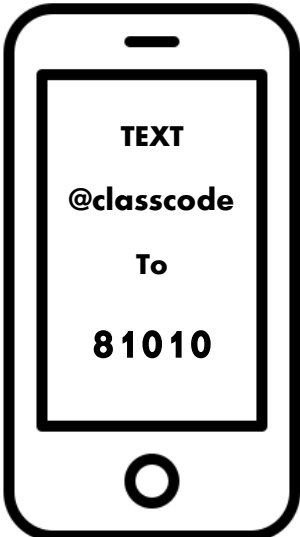




## COMMUNICATION WITH CAMP - (REMIND®):

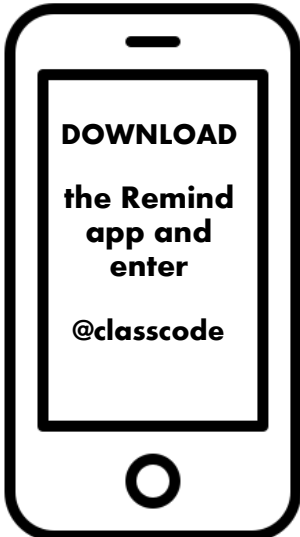
We ask all families to sign up for “Remind,” which is the communication system we’ll be using this summer! **You do not need to download the app.** It will function as texts on your phone’s normal text messaging. Camp will use this to relay information AND camper photos. You will use this to communicate late arrival, early pick-up, alternative pick-up person, or any other time-sensitive information. It will notify our leadership team immediately. If we have any time-sensitive announcements, we will send them out via Remind. To sign up, you will **follow the instructions below:**

Please keep in mind that this is a secure app. You will not receive spam texts and your phone number will remain private. You can also choose to opt out at any time! The goal of the Remind communication system is to speed up the communication time frame between parents/guardians at home and camp.




TEXT  
@classcode  
To  
81010

OR



DOWNLOAD  
the Remind  
app and  
enter  
@classcode

 remind

**CLASSCODES:**

Dyna Camp:	@dynacamp
Lilypads:	@lilypads8
Duos! Adults (6/25-6/30):	@duos11
Duos! Adults (7/9-7/14):	@duos22
Duos! Teens:	@duos13

*\*Make sure you are including the @ in front of the code! This is the most common error.*

**Family Contact:** If your camper has any issues you should know about, we will notify you of the situation by reaching out via Remind or a phone call, depending on the situation (please note that camper-parent phone calls are not recommended at camp, and escalate homesickness). Our staff members are trained and well-equipped to head off potential problems before they escalate. To foster independence, family/friends are welcome to visit camp only during check-in and check-out. If your camper has forgotten items that they need, such as glasses, swimsuit, etc. please contact us via Remind to alert us and to schedule a drop-off to admin.

**Lost and Found:** We will make every effort to return lost and found items while your camper is at camp. Please label all items with your camper’s name in a permanent marker or label for easy identification. Items found after the camp session will be put in our lost and found area and may be claimed by description. If you find out something is missing upon returning home, please call our office as soon as possible. Arrangements can be made to pick up the item(s) at Touch of Nature. Two weeks after the last summer camp session, all remaining items will be donated to a local nonprofit. Undergarments and socks left at camp will be thrown away. ***Touch of Nature Outdoor Education Center is not responsible for lost, stolen, or damaged items.***

**Community Living:** Personal responsibility and group cooperation are elements of the camp experience. Trained and caring staff members work with campers on the importance of maintaining one's personal space and belongings, assisting in daily clean-up, and pitching in with shared responsibilities around camp (picking up garbage, cleaning up after meals, etc.). We strive to teach honesty, respect, compassion, inclusion, and responsibility in our camp community and hope to develop these attributes in our campers' lives outside of camp as well!



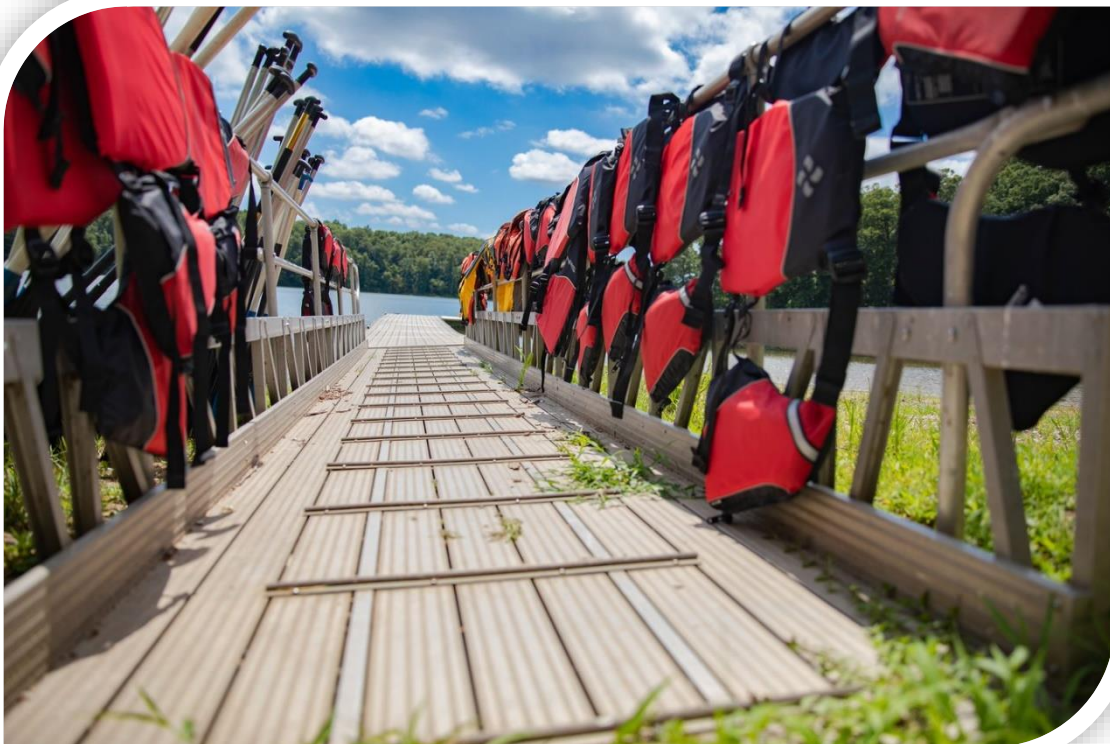
## HEALTH AND SAFETY:

Camp Little Giant is proud to be the first camp in the world accredited by the **American Camp Association**. Developed exclusively for the camp industry, this nationally-recognized program focuses on program quality, health and safety issues, and requires review of every facet of our operations. Camp Little Giant has voluntarily submitted to this independent appraisal done by camp experts and has earned this mark of distinction. Camp Little Giant also meets the Illinois Department of Public Health Regulations.

**Medications:** All prescription medication brought to camp must be in original and current prescription bottles/containers that include the camper's name, dosage, and medication times. The "*Camper Health History Form*" provided during the registration process, signed by a physician, and uploaded to your camper's profile **at least** 2 weeks prior to the session start date. If the camper has more medications than spaces allowed, please copy the form and attach it to the original.

ALL medications, including over-the-counter vitamins, creams, lotions, etc. must be turned in during the check-in process to be dispensed by medical staff. These medications must also remain in the original bottle/container. Camp Little Giant stocks most over-the-counter medications needed at camp, so it is not necessary for you to pack these. If there are any over-the-counter medications that your child cannot take, please specify on the supplemental form "*Recommendations for Licensed Personnel*" on the Active portal.

Make sure your camper's name is on all items. We recommend that all campers stay on regular daily medication during their stay at camp. Daily medications will be dispensed at mealtimes or when otherwise indicated. Our medical staff are readily available so emergency medication can be obtained at a moment's notice.





## CHECK-IN / CHECK-OUT:

**Check-In:** Check-In will open at **2:00pm** on Sunday, and check-in will begin no earlier than this time. If you will be arriving later than 5:00pm, please text us via the Remind system to let us know, as we will begin dinner a little after this time. There are two checkpoints when checking-in-- **Please remain in your car throughout the check-in process until your number is “called” via our Remind text message system.**

**Check Point #1-** Touch of Nature Road: After entering camp, proceed to the “Check Point #1” and stop. A staff member will approach your car to sign your camper in, give you a number, and inform you which cabin they will be in. Please display the number on your dashboard and proceed in your vehicle slowly towards Check Point #2.

**Check Point #2-** Camp 2 Parking Lot: Follow the road signs to proceed to the Parking Lot. For safety, please follow the instructions of our staff and keep your speed under **5mph** at all times when on property. Please park your car in the lot, and unload your camper’s luggage in the designated space as directed by staff to be moved to their cabin. **Make sure you remove ALL medications from their luggage to bring to the nurse, including lotions, creams, vitamins, etc.** Then return to your vehicle and await a text notification saying your number has been called.

Once you have received notification that your number has been called, you may proceed with your camper inside the Freeberg Hall. You will meet your camper’s counselor, receive their schedule for the week so you can see all the fun things they’ll be doing, and check-in with medical staff to hand over any medication your camper needs for that week, and to speak about your camper’s medical needs. At this time, a health screening will also be completed.

Camp Little Giant conducts screening protocols during camper check-in including checks for observable evidence of illness, injury, and communicable disease/conditions. If screening indicates communicable disease/conditions are present, the camper will not be allowed access to Camp Little Giant. The family will be advised to return home and follow up with their primary care physician.

To keep check-in as efficient as possible, if you need to provide in-depth details concerning your camper’s behaviors, needs, or have any concerns, we ask that you schedule a time to speak with our Camp Director ahead of check-in, and they will share this information with appropriate personnel.

**Check-Out:** Check-out will be no later than 12:00pm on Friday – lunch will NOT be served, but snack will be provided prior to check-out. If you will be picking up your camper earlier than 11:30am, please notify us at check-in or text us via the Remind system at least 2 hours earlier so that we can be prepared and have your camper ready to go. After entering camp, proceed to “Check Point #2” and park your car in the lot. Please remain in your vehicle until 11:45am. A check-out table will be outside Freeberg Hall, where guardian will provide name and photo ID, and the name of the camper to be picked up. If the names match that which was recorded at drop off, we will call your camper’s counselor to walk them out. While you are waiting, you may load your camper’s luggage into your vehicle, sign them out, and pick up your camper’s medication from the nurse.

We will not release a camper to anyone other than a parent, guardian, or emergency contact listed in your camper’s profile, unless notified of the individual’s name by a parent/guardian during check-in or in writing later in the week via Remind. If this has not been communicated, we will call the parent/guardian on file to make arrangements for the camper to be picked up. Text using the Remind system to alert staff of any changes related to pick-up. For safety, please do not exceed 5mph when in the Camp area.



## BEHAVIOR AND GUIDANCE PROCESS:

Self-regulation skills and positive social interactions among campers and staff are highly valued and enhance everyone's experience at camp! At Camp Little Giant, we use positive guidance methods including reminders, prompts, praise, and redirection. Our behavior management is based on the Love & Logic model and PBIS, which is built upon concepts of unconditional regard, shared control, empathy, and logical consequences. We firmly believe in respecting the rights and dignities of all individuals (regardless of their abilities, gender identity, race/ethnicity, culture, religion, etc.) and validating every individual's personhood. We also believe that by promoting a positive self-concept, and offering opportunities to solve their own problems with support and mentorship, campers will leave camp feeling more empowered, independent, confident, and capable. Self-regulation skills are practiced using the following strategies:

- Consistent rules are clearly stated and communicated. Counselors and staff facilitate these rules across all camp activities and reinforce positive behavior with praise and affirmations.
- An atmosphere of trust is established in order for campers to know that they will not be hurt nor be allowed to hurt others. Staff members will treat campers with respect always, so that campers know how to treat them, each other, and people in their own world after camp.
- Staff work with campers to help them become more aware of themselves and their feelings. This will help them learn to cope with their feelings in a healthy manner and control them responsibly.
- Staff members frequently observe and communicate with campers to take proactive action to avoid potential problems (breaks, acknowledging feelings, utilizing sensory solutions, etc.) and come up with positive and healthy alternatives to negative behavioral choices. Camper's input is highly valued when coming up with alternatives and solutions!

Camper safety is the most important concern; therefore, campers whose behavior is dangerous to themselves or others will be discussed with their parent/guardian and will result in logical consequences (ex: missing an activity that would present further risk if they are not able to make safe choices), and if it cannot be managed with appropriate staff support, potential dismissal from camp. Parents/guardians are financially responsible for intentional damage to equipment/facilities caused by their camper. Parents/guardians are also responsible for picking up any child that has been removed from a session.



## CAMP LITTLE GIANT

# PACKING LIST



### GEAR

Suitcase/Duffel Bag  
Twin Sheets  
Pillow  
Sleeping Bag  
Flashlight and Batteries  
Backpack  
Beach Towel  
Shower Towel  
24oz (or larger) water bottle  
Bunk Decorations  
1 Pair Water Shoes  
2 Pair Gym Shoes

### CLOTHING

1 Warm Jacket  
8 t-Shirts  
8 Shorts  
2 Pants  
2 Pajamas  
1 Raincoat or  
Poncho  
10 Pairs of Socks  
8 Underwear  
2 Swimsuits

### TOILETRIES

Toothbrush  
Toothpaste  
Shampoo  
Conditioner  
Body Soap  
Deodorant  
Feminine Hygiene Products  
Brush  
Shower Caddy

### MISCELLANEOUS

Mini Personal Fan (optional)  
Preferred Sunblock  
Bug Spray  
Favorite Book  
Stuffed Animal  
Wrist Watch  
Disposable Camera (optional)  
Sunglasses  
Hat

### LEAVE AT HOME

CELL PHONES  
ANY SMART DEVICES  
VALUABLE OR SPECIAL ITEMS

ANY ITEMS (TOYS, GAMES, COLLECTIONS, ETC.) THAT COULD EXCLUDE OTHER CAMPERS OR DISTRACT FROM THE OVERALL FOCUS OF CAMP

### MEDICATIONS

Medications should be contained in CURRENT prescription bottle sealed in Ziplock bag with camper's first and last name clearly written in print.

PLEASE LABEL EVERYTHING  
WITH FIRST AND LAST NAME  
OR 3 INITIALS

MINI FAN EXAMPLE



\*Cell phones NOT utilized as an AAC (augmentative alternative communication) device or pre-approved regulated behavioral tool are not allowed at camp to **A)** protect camper & staff privacy, **B)** foster camper independence & engagement in camp, and **C)** maximize parent/caregiver respite time.

## **DIRECTIONS:**

The easiest way to get to Touch of Nature is to plug our address into your GPS navigation.

**GPS Address:** 1206 Touch of Nature Road, Makanda, IL 62958

### **From the North:**

Take Interstate 57 South to the Route 13 exit (Carbondale - Exit #54B), turn west (right) onto Route 13 toward Carbondale, go approximately 15 miles. Look for Wal-Mart on your right once you enter Carbondale. Turn left (south) at this light, Giant City Road. Continue 8 miles south on Giant City Road. Touch of Nature Road will be on your left (east). Turn left and continue straight on Touch of Nature Road. Administration building is the first left.

### **From the South:**

Follow I-24 to I-57 North, or stay on I-57, to the Route 148 exit (Exit #45), head northwest on 148 for approximately 2 miles. Turn left on Grassy Road. There is a convenience store on this corner. Follow Grassy Road for about 7 miles. Stay left when you come to a Y. Continue southwest on Grassy Road. Grassy Road will come to a T at Giant City Road. Turn south (left) on Giant City Road. Continue on Giant City Road approximately 1 mile. Touch of Nature Road will be on your left. Turn left and continue straight on Touch of Nature Road. Administration building is the first left.

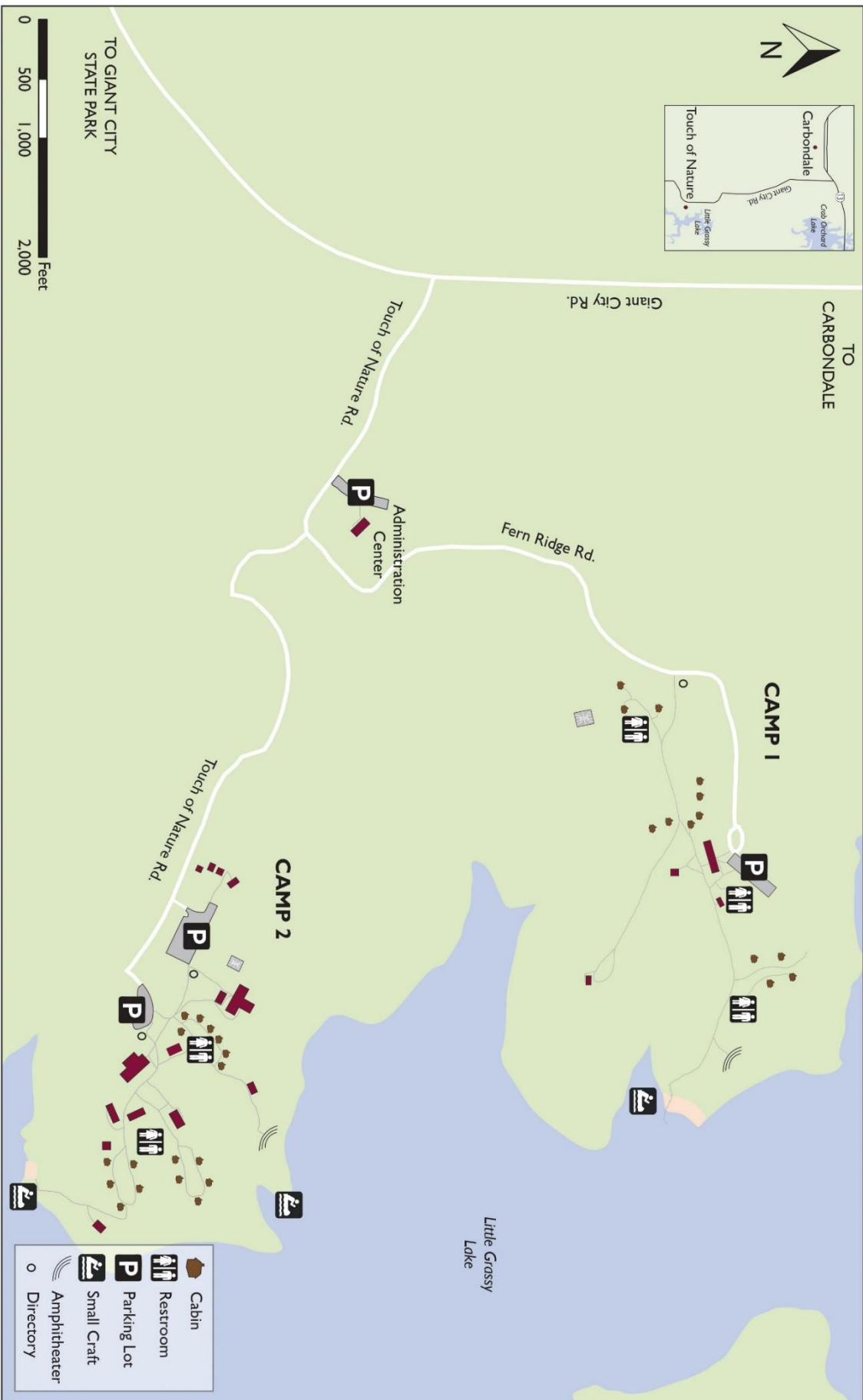
### **From the East:**

Head west on I-70 or, if you are further south, take I-64 to I-57 South. Continue approximately 50 miles south from I-64 to the Route 13 exit (Marion - Exit #54B), head west on Route 13 toward Carbondale, go approximately 15 miles. Look for Wal-Mart on your right once you enter Carbondale. Turn left (south) at this light, Giant City Road. Continue 8 miles south on Giant City Road. Touch of Nature Road will be on your left (east). Turn left and continue straight on Touch of Nature Road. Administration building is the first left.

### **From the West:**

Head east on I-64 approximately 50 miles from St. Louis. Take the Route 127 (Nashville) exit south. Continue south for approximately 50 miles to Murphysboro. At Murphysboro, go left (east) for approximately 10 miles. You will pass through the town of Carbondale. Watch for the mall on your right. When you see Wal-Mart on your left, this is your light. Turn right (south) at this light, Giant City Road. Continue 8 miles south on Giant City Road. Touch of Nature Road will be on your left (east). Turn left and continue straight on Touch of Nature Road. Administration building is the first left.

# CAMP 1 AND CAMP 2

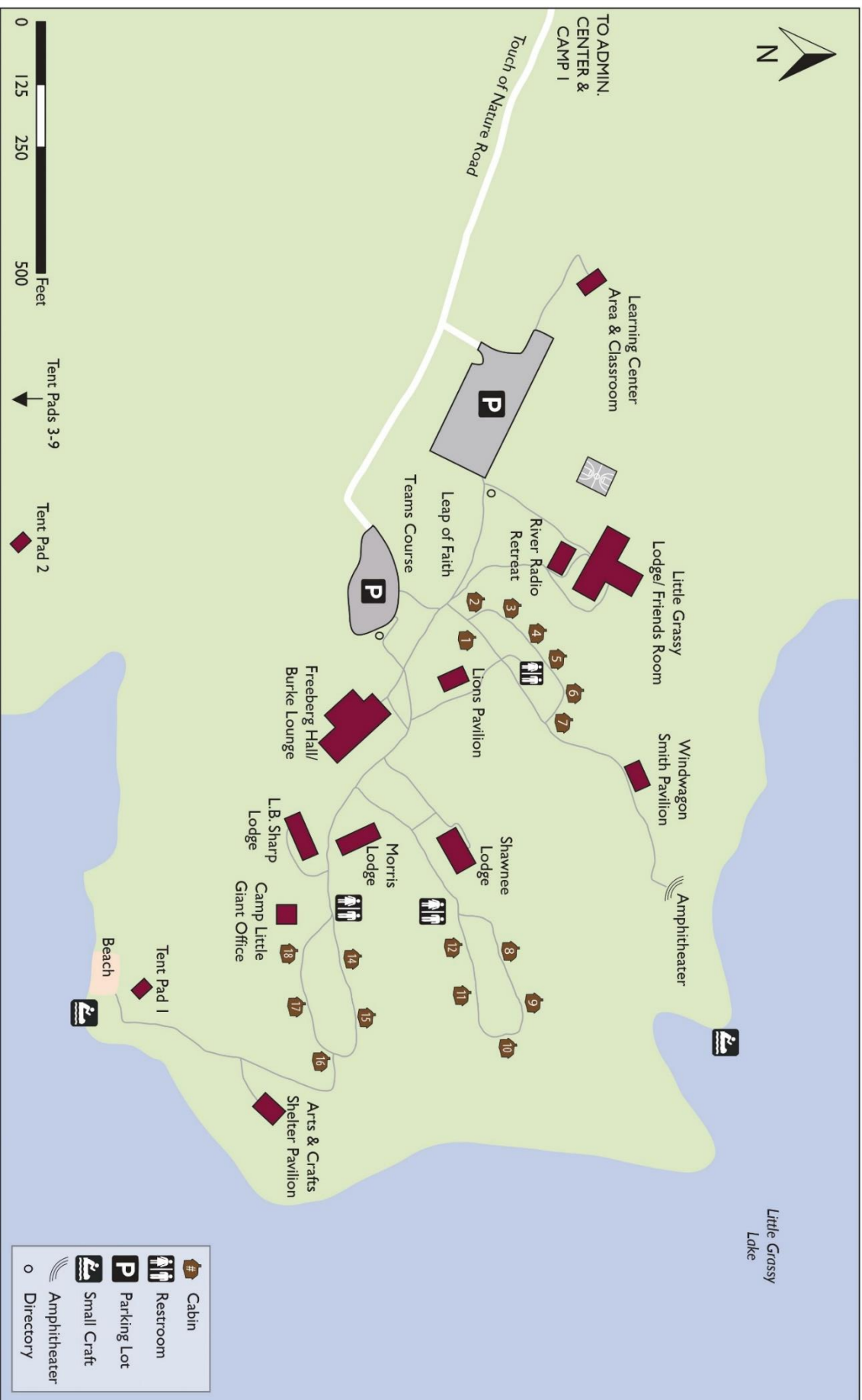


Last Updated: March 10, 2020

Christopher Peters & Genevieve Glaser



# CAMP 2



Last Updated: March 10, 2020

Christopher Peters & Genevieve Gieser