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# ABOUT AVID4 ADVENTURE

## PHILOSOPHY

The mission of Avid4 Adventure is to inspire life-long active outdoor lifestyles and environmental stewardship through experiences that provide personal development.

To deliver this mission we engage kids in active outdoor pursuits in a safety-oriented, environmentally responsible manner. Avid4 Adventure programs provide age-appropriate outdoor activities that encourage learning, develop self-esteem and build friendships. Given that outdoor activities have inherent risks, we focus on promoting safety through camper awareness and high quality staff. All of our staff are life experienced, proficient and tested in their area of instruction, certified in first aid and CPR, trained in defensive driving, background checked and carefully referenced, as well as being great role models.

## BACKGROUND


Over the past decade, parents have become more and more concerned as they realize the increasingly sedentary lifestyle their children are leading:

- One in five kids is clinically obese.
- Two thirds of kids gaze at a TV or computer screen more than two hours a day.
- 60% of kids drop out of team sports by the time they are thirteen years of age.

Schools see these trends, but are challenged to take action as a result of:

- Increased testing and core curriculum emphasis squeezes physical education time to a bare minimum.
- As school budgets are reduced, physical education suffers first. Most elementary schools, for example, provide a maximum of three 30-minute sessions per week.

It was with these concerns in mind that Avid4 Adventure was founded in 2003 by David Secunda, a 20+ year veteran of the outdoor recreation industry. Throughout his



career, Secunda made it a priority to recreate and travel extensively with his wife and two daughters. Yet at home, he realized that the schools had few, if any, outdoor recreation opportunities. When looking outside the schools, he found that the local outdoor education options for young kids were limited and not designed for busy parents.

Secunda's background is ideally suited for this endeavor. He worked for Outward Bound in the UK and US before becoming the Director of Outdoor Education at the University of Colorado. During his tenure, he helped found the Association for Outdoor Recreation and Education, as well as the Outdoor Network, a leading outdoor trade publication. Subsequently, he became the executive director of the Outdoor Industry Association, where his accomplishments included launching a DC lobbying operation, creating the first industry census of sales, pioneering the first accreditation program for climbing gyms and designing some of the first comprehensive outdoor recreation participation studies. Additionally, he served as a founding board member for the Leave No Trace Center for Outdoor Ethics, as well as a board member for the American Hiking Society, American Camp Association RMS and the Student Conservation Association (SCA). Later, David founded PlanetOutdoors, an online retailer of outdoor recreation products, and was awarded the designation of Small Business CEO of the Year by the Denver Post. After selling the company in 2001, he switched tracks and began working with Sequel Venture Partners and Mobius Venture Capital as an Entrepreneur in Residence. David felt distant from his outdoor roots, so he moved on to found Avid4 Adventure in 2004. He is the recipient of the Jim Rennee Outdoor Industry Leadership Award as well as the Woodchuck Award. He has served as the Governor Appointed Chairman of the Licensing Advisory Committee of the Colorado Department of Human Services which focuses on licensing and standards for youth programs in Colorado. After being away from Avid4 Adventure for a decade leading another company, he returned as CEO in 2023.



# PROGRAMMING

Avid4 wants nothing more than to keep our campers and families safe throughout the Covid-19 pandemic. We also recognize the importance of outdoor pursuits and learning, and that camp could be more beneficial than ever before. We have updated and designed our programming with Covid-19 and your camper's safety in mind.

## Day Camps

Avid4 Day Camps provide an incredible, action-packed experience for campers working in a variety of activities. Campers operate in small groups of 13 or less and participate in 1-week single sport sessions or multisport sessions, remaining in a stable cohort throughout camp. For Day Camp, campers meet at a central facility and are transported by Avid4 Adventure to their group's recreation location for the day. Once there, they will participate in one of our core sports.

Learn to Bike half-day camps remain at the facility and bike on site, or in the surrounding neighborhood for their AM or PM session.

Learn to Paddle half day camps will meet at a local reservoir daily for their AM or PM camp session.

Learn to Paddle full day camps will meet at local reservoirs for their full-day camp session.

## Valmont Bike Park Camps

Campers in our Valmont Bike Park Summer Camps, and girls in our Girls Shred Camp experience a biking adventure like no other, tackling the trails, jumps and features of Boulder's world-renowned Valmont Bike Park. Throughout the week, campers roam the park on two wheels, taking on increasingly challenging activities and exploring exciting new terrain.



## **Overnight Camp**


Avid4 Adventure's Overnight Resident Camps at Windy Peak (Bailey, CO) and Camp Blue Sky (Evergreen, CO) are outdoor adventure resident camps, offering campers entering grades 1<sup>st</sup>-12<sup>th</sup> incredible, immersive, independent experiences.

- 1st- 2nd Grade – 1 Week
- 3rd-4th Grade – 2 Weeks
- 5th Grade-1 or 2 Weeks
- 6th-8th Grade – 2 Weeks
- Teen Leader (9th-12th Grade) – 2 Weeks
- 6th-8th Grade- 3 Weeks
- Teen Leader (9th-12th Grade)- 3 Weeks

Campers can truly enjoy summer in the beautiful Colorado outdoors while learning new activities, making new friends and developing independence away from home. All activities are age appropriate, rock climbing, mountain biking, hiking, whitewater rafting, horseback riding, kayaking, canoeing, stand-up paddleboarding, backcountry trips and much more! Avid4's Leadership-in-Training Program for 9<sup>th</sup>-12<sup>th</sup> graders has great opportunities to combine skill development and leadership training through a tailored experiential education program filled with rewarding work, hands-on experience, and the chance to learn from great people. All of our programs give campers an amazing experience to join a supportive and safe community where they can be themselves and learn about all they can be.

## **Expeditions:**

Our weeklong Expedition Camps transport 5th-12th graders to some of the most stunning, secluded natural spaces in California, Colorado, and Wyoming for an authentic, transformative experience. Expedition campers sleep in tents every night and adventure every day, choosing to focus on a multi-sport, mountain biking, rock climbing, paddling or backpacking experience. In addition to exploring their spectacular surroundings and logging lots of practice in their sport of choice, they learn lasting skills in everything from gear management and cooking outdoors to



problem solving and teamwork.

## PROGRAM INFORMATION

### QUESTIONS?

Please contact Avid4 Adventure:

Web: [www.Avid4.com](http://www.Avid4.com)

Office Phone: 720-249-2412      Emergency: 1-720-249-2412 x 9

Email: [info@Avid4.com](mailto:info@Avid4.com)

### WHAT TO BRING TO DAY CAMP

Personal outdoor equipment: Avid4 Adventure will provide all outdoor equipment for all camps **except single-sport mountain biking (see below)**. If a camper has their own bike and helmet, please bring it! We STRONGLY encourage campers to use their own bikes when possible. Bikes will be safety checked by a staff member and must be approved by staff before use at camp. If the camper's bike is not suitable for use at camp, then the participant will use Avid4 biking equipment at camp.

**For campers enrolled in a single-sport mountain biking camp**, campers are strongly encouraged to bring their own bike (it should be tuned, fit child well and be appropriate for riding on dirt trails with hand brakes and wide tires). If a single-sport mountain biking camper needs a bike, you may rent one from Avid4 Adventure; please select this option during registration.

While at day camp, children will store their personal belongings in their backpack. See [Pre-Camp Guides](#) online for specific packing lists for overnight camps. Space for camper belongings is limited, so please limit the number of items brought from home. All items must be clearly labeled with the child's first and last name. Parents are asked to provide their child with the following items everyday while attending camp:

- A backpack, sized to fit your child, that can hold all personal belongings
- Clothing for any weather, including at least one warm layer (fleece jacket, etc.). More specifically, if rain is in the forecast, campers should have an outer waterproof layer (rain jacket or poncho that will not soak through in heavy rain), and a warm layer (not cotton because it gets cold when wet), in addition to the clothes that they wear. If the high for the day is 60 degrees or below, please also include a second warm layer, long pants, and a hat.
- Closed toe shoes at all times! Please make sure shoes are appropriate for the activity (hiking shoes or boots for hiking, biking, and climbing; closed-toed water shoes or old sneakers for water days).
- At least a t-shirt shoulder length top for sun protection and a towel on days the child goes kayaking, canoeing or stand up paddleboarding.
- A full, non-breakable, non-leaking, one liter water bottle labeled
- Hat and sunscreen (15+ SPF) with child's name clearly labeled
- Rain gear (poncho/jacket)
- Lunch & snack (no refrigeration necessary and creating the minimum amount of trash which the camper will need to carry out on hiking and biking days).
- Please send a morning snack as part of your camper's packed lunch.
- Extra clothes (full set) in large Ziplock
- Sunglasses & Bandana (optional)
- Due to local health regulations that restrict sharing items whenever feasible, PLEASE send your child (under age 8) with their labeled booster seat whenever group transportation is provided.

\*Campers attending Expeditions or Residential Camps will receive a detailed packing list prior to camp.

## MEETING LOCATIONS AND/OR CAMP HEADQUARTERS

### Colorado Day Camps

#### **Boulder Day Camp**

*Atonement Lutheran Church, 685 Inca Parkway, Boulder, CO 80303*

#### **Valmont Bike Park**

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*Valmont Bike Park: Valmont Road, Boulder, CO 80301; Turn north into the dirt parking lot on Valmont Road ¼ mile east of Airport Road*

**Lafayette Day Camp**

*First United Methodist Church of Lafayette, 1255 Centaur Village Drive, Lafayette, CO 80026*

**Golden Day Camp**

*Golden High School: 701 24th St., Golden, CO 80401*

**Washington Park Day Camp Location, 6/10–8/2**

*Stephen Knight Center for Early Education, 3245 E. Exposition Ave., Dener, CO 80209*

**Wash Park Day Camp–Celebration Church, Weeks starting 8/5 & 8/12**

*Celebration Community Church, 1650 S Birch St., Denver, CO 80222*

**Central Park Day Camp**

*Swigert International School, 3480 Syracuse St., Denver, CO 80238*

**Highlands Ranch Day Camp Headquarters**

*Connections Church, 2121 Dad Clark Dr, Littleton, CO 80126*

**Greenwood Village Day Camp**

*Lutheran Church of the Holy Spirit: 6400 S. University Blvd, Centennial, CO 80121*

**California Day Camps Headquarters**

**Menlo Park Day Camp**

*Menlo College, 1000 El Camino Real, Atherton, CA 94027*

**Oakland Day Camp**

*tbd*

**Burlingame Day Camp**

*tbd*

**Oregon Day Camps**

**Portland Day Camp**

*Catlin Gabel School, 8825 SW Barnes Rd, Portland, OR 97225*

**Bend Day Camp**

*Seven Peaks School, 19660 Mountaineer Way, Bend, OR 97702*

**Washington Day Camps**

**Bellevue Day Camp**

*Forest Ridge School of the Sacred Heart 4800 139th Ave SE, Bellevue, WA 98006*





## **Minnesota Day Camps**

### **Edina Day Camp**

*Avail Academy, 4015 Inglewood Ave S, Edina, MN 55416*

## **Overnight Camps:**

### **Camp Windy Peak**

*Windy Peak Outdoor Lab: 20973 Wellington Lake Road, Bailey, CO 80421*

### **Camp Blue Sky**

*Mt. Blue Sky Outdoor Lab: 201 Evans Ranch Road, Evergreen, CO 80439*

## **Expedition Camps:**

### **CO Expedition Camps—pickup and dropoff location**

*Avid 4 Adventure Warehouse, 1501 Empire Rd, Louisville, CO 80027*

### **CA Expedition Camps—pickup and dropoff location**

*tbd*

## **AGES, DATES, HOURS, & DROP-OFF PROCEDURES**

Avid4 Adventure Explorer and Multisport Day Camps serve campers ages 5–12 years old.

Overnight Camps (Resident Camp & Expeditions) serves campers ages 6–17.


Avid4 Adventure Explorer, Multisport and Overnight Camps are licensed by the CO Dept of Early Childhood.

Avid4 Adventure Single-Sport Camps serve campers ages 7–12 years old. Avid4 Adventure Learn to Bike and Learn to Paddle Day Camps serve campers ages 3–6. These programs are exempt from CO Child Care Licensing.

Day Camp runs Monday through Friday from late May to mid-August. Dates vary based on location and can be found on our website. Most Day Camps run 9:00 AM –

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3:00 PM, Monday through Friday. Select Single Sport Day Camps in some locations run from 8:00AM–3:00PM Monday–Friday (check your pre-camp guide for details). Although we make every effort to be timely, arrival times can't be guaranteed.

Some day camp locations offer extended care starting at 8:00am and running until 5:30pm or 6:00pm. Campers must be at least 5 years old to attend extended care. Check our website for more details about availability at specific camp locations. Where available, parents can select aftercare during the registration process, or add at anytime before or during the camp session.

Currently, we are proud to offer two Overnight Camps here in Colorado serving ages 5–11 at Camp Blue Sky and ages 12–17 at Camp Windy Peak. Our Overnight Camps operate different length sessions at both Blue Sky and Windy Peak. Camp Blue Sky offers one-week sessions for all ages 1st grade through 5th grade, and offers two-week sessions for 3rd through 5th graders. At Windy Peak, we offer both two-week and three-week sessions for 6th–12th graders. All sessions start on Sunday mornings and end on their respective Fridays. The eight-week season starts early June and ends early August.

Expeditions also operate Sunday to Friday in one-week programs, with a season that lasts anywhere from 8–10 weeks starting end of May through early-August. We currently offer Expeditions in Colorado and California.

When entering the parking lot at camp, please slow to 5 MPH and watch for kids. Park in a designated spot and accompany your camper to sign them in with their instructor. When picking up, please park in designated spaces then proceed to your child's instructor to sign them out.

## FEES

- CO Day Camp Fees:

- Dec 1–31, 2023: \$599–\$649 per Full-day one-week session; \$349 per session for Half-day, one-week sessions.
- Jan 1–31, 2024: \$649–\$699 per Full-day one-week session; \$349 per session for Half-day, one-week sessions.
- Starting Feb 1, 2024: \$699–\$749 per Full-day one-week session; \$349–\$449 per session for Half-day, one-week sessions.
- CO Overnight Overnight Camp Fees:
  - Dec 1, 2023 – Feb 29, 2024: \$1,349 per 6-day Resident Camp session; \$2,499 per 13-day Resident Camp session; \$3,499 per 20-day Resident Camp session.
  - Starting March 1, 2024: \$1,399 per 6-day Resident Camp session; \$2,549 per 13-day Resident Camp session; \$3,549 per 20-day Resident Camp session.
- CO Overnight Expedition Fees:
  - Dec 1, 2023 – Feb 29, 2024: \$1,199 per 6-day Backpacking Expedition; \$1,599–\$1,999 per 6-day Single- or Multi-Sport Expedition; \$2,899 per 11-day Multi-Sport Expedition; \$2,999.00 per 13-day Staff in Training session.
  - Starting March 1, 2024: \$1,249 per 6-day Backpacking Expedition; \$1,649–\$1,999 per 6-day Single- or Multi-Sport Expedition; \$2,949 per 11-day Multi-Sport Expedition; \$2,999.00 per 13-day Staff in Training session.
- CA Overnight Expedition Fees:
  - Dec 1, 2023 – Feb 29, 2024: \$1,299 per 6-day Backpacking Expedition; \$1,699–\$1,999 per 6-day Single- or Multi-Sport Expedition.
  - Starting March 1, 2024: \$1,349 per 6-day Backpacking Expedition; \$1,749–\$1,999 per 6-day Single- or Multi-Sport Expedition.
- CA Day Camp Fees:
  - Dec 1–31, 2023: \$699–\$749 per Full-day one-week session; \$449 per session for Half-day, one-week sessions.

- Jan 1–31, 2024: \$749–\$799 per Full-day one-week session; \$449 per session for Half-day, one-week sessions.
- Starting Feb 1, 2024: \$799–\$849 per Full-day one-week session; \$449 per session for Half-day, one-week sessions.
- OR Day Camp Fees:
  - Dec 1–31, 2023: \$599–\$649 per Full-day one-week session.
  - Jan 1–31, 2024: \$649–\$699 per Full-day one-week session.
  - Starting Feb 1, 2024: \$699–\$749 per Full-day one-week session.
- WA Day Camp Fees: \$849 per one-week session.
  - Dec 1–31, 2023: \$599 per Full-day one-week session.
  - Jan 1–31, 2024: \$649 per Full-day one-week session.
  - Starting Feb 1, 2024: \$699 per Full-day one-week session.
- MN Day Camp Fees: \$749 per one-week session.
  - Dec 1–31, 2023: \$599 per Full-day one-week session.
  - Jan 1–31, 2024: \$649 per Full-day one-week session.
  - Starting Feb 1, 2024: \$699 per Full-day one-week session.
- Registration Fee: \$20 per camper per year

## REFUNDS, TRANSFERS AND CANCELLATIONS:

### Day & Overnight Camp Cancellations:

If you need to cancel your registration

- Within 24 hours of purchase: Cancel for any reason within 24 hours of registering and receive a full refund, no questions asked.
- Before Jan 31: we offer a 95% refund or 100% credit. Credits must be redeemed within the same calendar year, either for the current camp season, or for next summer by registering before 12/31/2024.
- Between 2/1–3/31: we offer a 80% refund or 90% credit. Credits must be redeemed within the same calendar year, either for the current camp season, or for next summer by registering before 12/31/2024.

- Between 4/1–4/30: we offer a 50% refund or 75% credit. Credits must be redeemed within the same calendar year, either for the current camp season, or for next summer by registering before 12/31/2024.
- After 5/1: If you choose to cancel, no refund or credit will be provided.

Day & Overnight Camp Transfers:

Prior to May 1, 2024 we'll make Transfers for free! **On or after May 1, and up to two weeks before the first day of your camp, you will be charged a Transfer Free of \$100 for Day Camp or \$250 for Expeditions or Overnight Camp.** All transfers are subject to availability and must be in the same calendar year. Unfortunately, we cannot accommodate transfers less than two weeks before your camp starts. For all transfer requests, please email [info@avid4.com](mailto:info@avid4.com).


Day & Overnight Camp Last Minute Medical Cancellation: If you must cancel due to illness or injury that prevents your camper from attending, we can transfer them to any other available session or provide a partial credit for this summer or for next summer if you register by 12/31/2024. Last minute cancellations due to illness or injury must be accompanied by a doctor's note or proof of positive diagnosis for infectious illness. Please contact us to discuss your situation.

Missed days due to sickness: **If a camper plans to return to the remainder of their camp session,** we're sorry but no refunds or credits are possible as we're continuing to hold a space for your camper.

**If a camper will not be able to return for the remainder of their camp session,** we will offer a prorated account credit for the remainder of the week starting with the day after we were notified of not returning to camp. All credits must be utilized within the same calendar year.

## PARENT AND STAFF COMMUNICATION

Due to the brief nature of our camp sessions (one to two weeks) formal parent conferences are not conducted. However, Avid4 staff makes all efforts to



communicate with parents during drop off and pick up times. This communication to parents includes, but is not limited to: feedback on how their child is adjusting to camp, highlights of their day, approximate time of their rest period (if applicable), interactions with their peers, and the child's behavior. If someone other than a parent is the main point of communication (i.e. a babysitter), Camp Leadership are available via phone to speak with the parent or guardian regarding their child.


## VISITING CAMP

Due to the mobile nature of our operations, parent visits are not a regular part of our programming. If you wish to visit a program in the field, please discuss this with the Camp Director to make arrangements. If a special circumstance permits your visit to camp, all visitors are required to show identification and must sign in and sign out on the Visitor Log posted at the front door, or with Avid4 staff if visiting programs in the field. Visitors will not be included in the staff count for childcare ratios.

## REGISTRATION AND ADMISSION REQUIREMENTS

Before attending camp, all campers must have on file a completed registration form, Medical and Health History form, an Acknowledgment & Assumption of Risks, current record of immunizations (CO and ME only) or an immunization exemption form, and a Release & Indemnity Agreement. Upon arrival, parents must complete a daily health screening for each child. All forms are available on our website at [www.Avid4.com](http://www.Avid4.com). Program acceptance is conditional on Avid4's review of forms.

If attending camp in CO, Immunization Records must be submitted prior to the first day of camp. Immunization forms can be submitted via our online registration system. If a child needs medication administered throughout the camp day (ALL medications including Rx and over-the-counter, inhalers or epi-pens) they will need to provide a form signed by a doctor. If a parent completed a phone registration, forms will be emailed to you before camp and you can bring them with you on the first day.



For Resident Camp & Expeditions, all forms will be available and collected through CampDoc, which you will automatically receive a link upon registration. If you have any specific concerns, please contact the Camp Director to discuss.


Non-immunized/under-immunized children are invited to enroll in Avid4 Adventure. If there is an outbreak of any kind, non-immunized/under-immunized children would be asked to not attend camp, according to guidance from CDPHE.

## SERVICES TO CAMPERS WITH DISABILITIES & SPECIAL NEEDS

Avid4 will make every effort to provide reasonable accommodations necessary to ensure that the program is accessible and available to persons with disabilities. Avid4 employees will be sensitive to the needs and requirements of an individual's disabilities and will seek assistance if needed. If your child has a disability or any special needs, please note this during registration, or notify staff in advance of the session so that we can properly accommodate your child and put you in touch with the Camper Inclusion Specialist. All children will be assessed on a case-by-case basis. Avid4 Adventure complies with the Americans with Disabilities Act and Nurse Practice Act.

## RELEASING CHILDREN

To ensure the safety of each child and compliance with child-care licensing regulations, parents must ensure their child has been signed in and out daily. Please make each person on your child's pick-up list aware of this. If a different person is picking a camper up (versus who dropped the camper off in the AM), they will be asked to show ID verification, and our instructors will verify this person is authorized to pick up the child, before releasing the child to them. In order to ensure all children are picked up at the end of each day, staff will check sign-out sheets at the end of each camp day to ensure all children have been picked up and signed out. If an adult does not sign their camper out, Avid4 staff may contact them by phone to confirm the child was picked up.



If someone new is picking up that is not a parent (babysitter, friend's parents, grandparent, etc.), they MUST be listed on the approved pick up list and an ID will be required upon pick-up. If that person is not on the approved pick up list, a phone call to a parent by a Camp Director is required to verify they are approved to pick up the camper.


Only persons designated by the parent/guardian on the registration form may pick up the children. If anyone other than those listed are to pick the child up, then Avid4 must have written notice from the parent/guardian before the child can be released. In an emergency, the child may also be released to an adult for whom the child's parent or guardian has given verbal authorization. If the staff member who releases the child does not know the adult, identification must be required to assure the adult is authorized to pick up the child. If the person is not listed, the staff member will not release the child to that person. Any person(s) attempting to pick up a child will be asked to provide a photo ID. In the event an unauthorized person attempts to pick up a child they will be asked to leave the facility. If the person does not leave the property the local law enforcement will be contacted. At the conclusion of camp, staff will verify that all campers have been signed out and that no one remains in the building.

## AFTER HOURS PICK-UP & LATE ARRIVALS

Extended care is available at some day camp locations. It ends at 5:30 PM in Colorado and 6:00 PM in all other states of operation. The late fee rate is \$1.00/minute for every minute after 5:35 PM or 6:05 PM that the child/children remain at the camp. This rate is assessed per child. Extended care options are not available at Resident Camp programs.

In the event a child is not picked up and Avid4 is not contacted by the parent, the Avid4 staff will notify each person on the authorized pick-up list until someone contacted can pick-up the child. When none listed are available, a guardian cannot be reached, and it is past 7:00 p.m. the police department and child protective services must be contacted. It is our hope that the Avid4 staff would be contacted in an





emergency situation that prevents a parent/guardian from promptly picking up a child to avoid the final step of contacting police. Parents who are consistently late may be asked to withdraw their child/children from the program. When the after-care staff has officially signed out all children, they will close the facility.

In the occurrence that a child arrives late and the children and camp staff are away from the building, parents will need to make arrangements for their child/children to meet up with the group. All weekly activities, exact locations, Camp Director and emergency phone numbers will be posted on the door of the camp location. A Camp Director can put parents in touch with instructors in the field. Given the nature of our activities, after groups leave the meeting location, Avid4 cannot guarantee that campers can be reunited with their group. Our staff will make efforts to facilitate a meeting with the group, but we will not compromise the experience for the rest of the campers nor sacrifice safety in any way.

## TRANSPORTING CHILDREN

Avid4 takes its transportation procedures very seriously and all drivers, especially those transporting participants, will be held to a very high standard in order to help prevent and reduce the chances of accidents occurring during Avid4 programs. Avid4 15 Passenger Vans will not use roof racks or make any modifications that go against the recommendations of the vehicle manufacturer.

All campers are transported in 15 passenger vans EXCEPT CA Multisport and CA Explorer camps.

New in 2024, CA Multisport and CA Explorer campers will be transported by school bus. School buses are driven and operated by a local school bus operator. All drivers are hired and trained to meet the standards for transporting children in the state of California.

All single sport campers in California will be transported in 15 passenger vans with Avid4 drivers.

#### Avid4 Van Driver Qualifications

- Drivers must be a minimum of 21 years old to drive participants.
- Drivers must have a valid driver's license for a minimum of three years.
- Drivers must have an approved Motor Vehicle Record (MVR) on file.
- All field staff and contracted staff must have a driving record free from Driving Under the Influence or Driving While Intoxicated violations or any pattern of moving violations within the past 5 years.
- Staff must have successfully completed either an external (i.e., government) driving training or Avid4's Vehicle Orientation and Defensive Driver Training in order to transport Avid4 participants or staff.
- Each van will always have a cellular phone, first aid kit, and emergency equipment aboard.
- Avid4 will meet state regulated childcare ratios at all times in the vehicle.

#### Transportation rules:

- No child will be allowed to ride in the front seat.
- Children will remain seated and wearing a seat belt at all times.
- Children will not be left unattended in the vehicle.
- Children will not be permitted to stand or sit on the floor of a moving vehicle and their arms, legs, and heads will remain inside the vehicle at all times.
- As required by each state's respective laws, all children will be transported in the appropriate safety seat for their age (e.g., booster seats).

#### **Emergency Procedures on the Road:**

In the event of a vehicle accident, drivers will follow Avid4 Adventure Vehicle Accident Procedures:

1. Stop, make sure the scene is safe, make sure participants are supervised by an adult and not in danger of becoming victims of a secondary accident.
2. Call 911 if any injuries or other circumstances dictate
3. Render first aid if necessary.

4. Place reflectors or emergency flashers as appropriate. If a vehicle must be moved, mark location (from the back tire) with chalk if possible.
5. Group uninjured passengers in an area safe from oncoming traffic to await instructions and/or new pick-up. Campers must be supervised by an adult at all times.
6. Activate the Avid4 Emergency Communication System.
7. Notify the police and get a police report.
8. Exchange information (pictures are helpful) with other drivers involved in the accident
9. Identify witnesses and obtain their contact information.
10. Photograph all vehicles and the scene.
11. Group uninjured passengers in an area safe from oncoming traffic to await instructions and/or alternate pick-up. Campers must be supervised by an adult at all times.

## NOTICE OF DELAYS

From time to time, a group may be late in returning to the camp after a day in the field. If a group is delayed more than five minutes after the 3:00pm end time, a staff member will be available at the camp location or a notice will be posted on the door with information on their estimated time of arrival. If it is known that a group will be delayed more than 30 minutes, parents will be called by an Avid4 staff member as soon as possible.

## IDENTIFYING WHERE CHILDREN ARE AT ALL TIMES

This weekly schedule is an **example** of how we typically schedule our week. Specific areas and activity order may change due to use by other groups, weather, closures, etc.

Monday	Tuesday	Wednesday	Thursday	Friday
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Group 1	Hiking: Shanahan Ridge	Kayaking: Boulder Reservoir	Canoeing: Boulder Reservoir	Biking: Marshall Mesa	Climbing: Eldorado Canyon
Group 2	Kayaking: Boulder Reservoir	Hiking: Shanahan Ridge	Biking: Marshall Mesa	Canoeing: Boulder Reservoir	Climbing: Eldorado Canyon

If you must pick-up your camper early, please make prior arrangements with the Camp Director. Please note that ½ day Learn to Bike program campers are on-site for the entire week.

If you must reach a camper or arrange for an emergency pick-up during camp, use the main camp number: 1-720-249-2412 and they will connect you to the Camp Director. If for some reason you are unable to reach anyone through the main line, we will always post the exact locations of all groups that are in the field on the door of our meeting place along with additional emergency contact numbers.


Children are supervised at all times at camp. While at camp, we utilize active supervision, the buddy system, walkie-talkies, and frequent roll calls to make sure that all participants are accounted for.

## STAFF-CHILD RATIOS

Our staff-child ratios meet or exceed the required CDEC licensing and American Camp Association accreditation requirements. While in the field, we will have a minimum of one staff person for every 4-7 campers, depending on the age of the campers and the activity pursued. Campers must be under active supervision by staff at all times.

## FIELD TRIPS, TELEVISION, VIDEO, AND SPECIAL ACTIVITIES

Field Trips: Field trips refer to any time that we are not at our base meeting location. Parents/ Guardians must sign the Release & Indemnity Agreement (which contains a Field Trip permission) to participate in Avid4 field trips. Whenever the children are not



at the base building or the nearby surrounding area a note will be posted on the door that describes the route taken, where the group is, when they left, and return time.


Television and Video Viewing: Children will be engaged in developmentally appropriate activities that will normally exclude the viewing of television and videos. The use of media will be limited to the potential use of short educational videos about the outdoor activities that campers will be participating in. These activities will not contain violence or inappropriate content. All children will be provided an alternative activity if they lose interest in the media activity.

Special Events or Birthdays: If a child will be celebrating his/her birthday during camp, the parent/guardian may arrange celebration activities with the staff.

## DISCIPLINE

Avid4 staff uses the positive techniques of guidance, including logical or natural consequences applied in problem situations, redirection of children to more acceptable behavior, anticipation of and elimination of potential problems and encouragement of appropriate behavior rather than comparison, competition or criticism. Consistent and clear rules are established. Staff members encourage the children to solve problems and prefer mediation over imposing a solution. They help children to recognize and respect each other's feelings. The staff members encourage pro-social behavior such as cooperation, helping, taking turns, and constructive verbal communication to solve problems. The goal is to help children internalize rules and become self-directed in their behavior.

Avid4 will take reasonable steps to work with parents/guardians and Camp Leadership to correct any disciplinary issues as they are identified. If needed, an individualized plan will be developed with input from the camper to help them positively approach situations they may find behaviourally challenging. This plan may include actions such as: safety/code words to communicate with staff, the ability of the camper to remove themselves from activities for brief periods of time while remaining under proper



supervision, regular check-ins with the camper and/or parents or guardians and agreed upon consequences. Avid4 reserves the right to dismiss any child due to circumstances that indicate the child's needs can no longer be met or if it is deemed that their behavior poses a physical or emotional threat to other campers. This will occur only after a parent/staff discussion and a written incident report will be completed.

If a camper exhibits physical violence to another camper with the perceived intent to harm that camper as determined by the staff and/or leadership of the camp, then their camp day is over. Instructors will call their Camp Director to make an appropriate plan, which may include a parent/guardian picking the child up (either from camp or the activity location) or the camper spending the rest of the day away from the group under supervision. Camp Directors (or in certain cases instructors) will call as soon as possible the parents of any campers who were victims of physical violence.


Avid4 will provide access to an early childhood mental health consultant or other specialist as needed. If additional outside resources are required, staff or parents may contact the following organizations:

- CO: Mental Health Partners to request services at (303) 443-8500
- CA: Children's Health Council at (650) 326-5530
- OR: Trillium Family Services at (888) 295-6996
- WA: Bellevue Behavioral Health Child & Family Services (Sea Mar) (425) 460-7125
- MN: Zero to Three (202) 638-1144
- ME: NAMI Maine 800-464-5767

## HEALTH & WELLNESS

### MEALS AND SNACKS

Avid4 asks that children bring a nutritious snack and sack-lunch to the program every day for their own personal consumption. Campers will be given time to eat their snacks



at around 10:00 a.m. The children will be provided time to eat their sack lunches around 11:30. We request that gum, candy and soda be left at home. If a child does not bring a snack or a nutritious lunch from home the staff will arrange for a well-balanced lunch to be provided for the child. Resident Camps and Expeditions Camps provide snacks during the day in addition to three nutritious meals per day while the child is enrolled in a current session.


Special dietary request: Children with food allergies or needing special diets must submit this information on their child's Medical and Health History form or submit written notice from a healthcare provider. At Resident Camp and Expeditions, we will do our best to accommodate most dietary restrictions and if we are unable, we will work with your family to make arrangements.

## SUNSCREEN

Parents are asked to apply sunscreen to their children before they arrive each day and send children with physical sun protection clothing such as long-sleeve sun shirts and a wide-brim hat. Staff will encourage children to apply their own sunscreen under supervision multiple times throughout the day and assist in application when needed. If sunscreen is needed and a child has not provided their own, the camp will provide sunscreen to be applied. Children in the program may apply sunscreen to themselves under direct supervision of a staff member. Sunscreen brought from home must be labeled with the child's first and last name. Avid4 Adventure uses Rocky Mountain Sunscreen. For more information, please see [www.rmsunscreen.com](http://www.rmsunscreen.com).

## NOTIFICATION OF ILLNESSES, ACCIDENTS AND/OR INJURIES

Avid4 staff are present at all times and hold First Aid and CPR certifications. For Avid4 programs, staff will maintain copies of camper medical information and authorizations, and duplicate copies will remain at the program base. For serious accidents, incidents and emergencies, all camp staff activates the emergency procedures outlined below:

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- For accidents that are not life threatening, but require medical attention, the Avid4 staff will immediately notify a parent/guardian. If the parent/guardian(s) cannot be reached, designated persons on the injured child's emergency notification card will be notified. If the staff cannot reach any of the emergency sources, the injured child's physician will be contacted and appropriate actions taken.
  - Should a life-threatening accident occur, Avid4 staff will immediately contact 911. After emergency assistance has been requested, the parent/guardian will be notified of the situation. If necessary, the child will be transported by ambulance to the nearest hospital or other medical center specified by a parent. Avid4 maintains a parental consent form that gives permission for medical care in an emergency situation.
  - An incident/accident report will be completed and filed.


#### For Minor Injuries:

- Avid4 staff will handle the everyday bumps and bruises that occur. Parents are notified when they pick up their child of any minor incidents.

#### Notification of Illness:

- Please note that in 2024 the guidelines below may be subject to change based on the current recommendations of the CDC, CDPHE, local health departments and community illness levels.
- Caregivers and staff will be asked to monitor the health of their children or themselves prior to and during camp. A child or staff with any signs of illness should not attend camp.
- A child or staff with any signs of illness will be sent home, including the following Covid-19 symptoms: a fever of 100.4 degrees or higher, new or worsening cough, shortness of breath or difficulty breathing, sore throat, runny nose or congestion, muscle aches, headache, fatigue, diarrhea, nausea, vomiting, or new loss of taste or smell. The ill child or staff may return to the





Avid4 Adventure program when they are fever free for 24 hours and their symptoms are improving AND a negative Covid-19 test.

- o If a child or staff tests positive for Covid-19, they may return after 5 days if they are fever free for 24 hours and their symptoms are improving. If they are asymptomatic and test positive, the child or staff must be symptom free for 5 days from their positive test result. All campers and staff returning to program after 5 days will be expected to wear a mask at camp for an additional 5 days, or the equivalent of 10 days of mask wearing from the positive test date.
- o Avid4 will be following Return to Learn guidelines in counties that we operate in; Due to the changing nature of the Covid-19 pandemic, these guidelines may be updated throughout the summer or change based on community levels.
- For more information from the CDPHE, click here: '[How Sick is Too Sick?](#)'
- If a child or staff member becomes ill during the day, he/she is immediately separated from the other children and a parent or other authorized person is notified. Items used by the child or staff will be disinfected before use by another person. It is expected that the ill child or staff will be picked up and/or leave the program as soon as possible. If the ill child or staff is not picked up within one hour of notification, staff will begin to notify the emergency contact list.
- When communicable illnesses occur, parents will be advised by Avid4 staff what protective measures are available and the county health officer will be notified if required by local governance.
- If a child or staff is exposed to a communicable illness outside of camp, parents or the staff should report the exposure to Avid4. The child or staff should be excluded from camp for the period of time prescribed by their health care provider or by the local health department.

Absences Due to Illness:

- Avid4 should be notified by phone (1-720-249-2412) or email (info@Avid4.com) if a child or staff is ill, especially if the illness is communicable or is a confirmed or suspected case of Covid-19. In cases of Covid-19 exposure, Avid4 Adventure will follow guidance from local Public Health Departments for appropriate notifications to families. Parents are still responsible for paying tuition for the day of the absence.


## ADMINISTERING MEDICATIONS

If possible, we encourage parents to administer medications to their children outside of camp time.

If your child requires the administration of routine medication(s), either prescription or non-prescription, during camp, you must provide a signed Medication Administration Permission form available from our website. This form requires a Physician's Signature.

Staff who administer medications at camp are required to have a current Medication Administration Certification and a current Medication Administration delegation which allows them to administer medication under the nursing license of our camp nurse-consultant.

In order for your camper to carry emergency medications (such as an inhaler or Epi-Pen), we require a Respiratory Issues Health Care Plan or Severe Allergic Reaction Health Care Plan to be submitted instead of the Medication Administration Permission form. These forms require both a physician and parent signature. We would like to have the forms uploaded to the camper's registration file within your account in Active (for day camp), CampDoc (for Resident Camp & Expeditions), or emailed to our office at info@avid4.com as soon as you have them completed so that we have time to review them before the program. Please bring the original with you on the first day of camp. These forms can be found on our website in the help center.



Medications must be kept in the original labeled bottle or container. Prescription medications must contain the original pharmacy label that lists:

- Child's name
- Prescribing practitioner's name
- Pharmacy name and telephone number
- Date prescription was filled
- Expiration date of the medication
- Name of the medication
- Dosage
- How often to give the medication
- Length of time the medication is to be given


Over-the-counter medication must be kept in the originally labeled container and be labeled with the child's first and last name.

Staff will carry camper medications in the field unless otherwise specified in writing on a Health Care Plan, signed by a healthcare provider, in the case of inhalers or EpiPens. In the event of self-carry, staff will maintain the Health Care Plan on their person at all times. These medications will be either returned to the parents/guardians each day at the end of camp or clearly labeled and stored in a locked and secure manner that only Avid4 staff can access.

All medication administration is undertaken in compliance with the Nurse Practice Act.

## DIAPERING AND TOILET TRAINING

Children eligible for the Pre-K Learn to Bike and Learn to Paddle Camp must be toilet trained unless there is a medical or developmental reason as to why training has not been completed. If the child is not completely toilet trained, the parents must disclose this information to the Camp Director prior to the first day of camp. Diapers are checked regularly and will be changed when soiled or wet. Diapering would be done in



a designated diapering area, which will be cleaned before and after each change with a bleach solution.

## MANAGING RISKS

### INCLEMENT WEATHER AND/OR EXCESSIVELY HOT WEATHER

We will make every effort to conduct camp even in inclement weather. Weather is a very real part of every outdoor experience and thus can provide great learning opportunities. We have activity modifications, tents and other shelters available for group activities, as well as the option of returning to our base for indoor activities in an emergency. Avid4 staff, on a day-to-day basis, will make decisions on whether or not activities will take place outside. If camp needs to be delayed or canceled due to severe weather, we will have a recorded message indicating such at 1-720-249-2412 and/or posted on our website at [www.Avid4.com](http://www.Avid4.com), beginning at 7:30 AM local time.

The vast majority of activities at Avid4 Adventure take place outside and our instructors will need to be cognizant of the changing weather and temperatures. There may be times where temperatures are deemed much higher than those normally expected. When an area is experiencing extreme heat for that area, program decisions are emailed to families daily by 8am for Day Camps and as-needed for Overnight Camps. Camp Directors & Managers will assess predicted temperatures prior to the start of the camp week and by 7am the morning of the program and ongoing as needed. Programmatic decisions will be made in coordination with the Camp Director, Manager and VP/COO/CEO.

Below is our plan for extreme heat:

- Campers will continue with their outdoor activities. Times, locations and activities may be modified in order to keep campers cool, prioritize shade and to participate in less strenuous activities.


- For example, can a biking group be switched to hiking? Can all groups paddle?
- As recommended by local authorities, outdoor activity time may be limited to reduce the overall time that campers spend in the heat. When possible, Avid4 Adventure may move groups indoors. Indoor camp programming will be a combination of games, team building activities, art, etc. For Expedition Camps, indoor programming could involve transporting campers to indoor rec options, such as a rec center, bowling alley, etc.
- Where applicable, groups will be outfitted with shade tarps, spray bottles and large water containers for water bottle refills. Water play will be encouraged.
- Parents should ensure children are well hydrated prior to camp. Campers should come to camp with a sun hat, sunglasses, sunscreen, sun protective clothing (light colors, lightweight & loose fitting clothing), at least 2 water bottles with ice, extra snacks & electrolytes.
- Instructors will modify the day's activities and will not expect the same level of activity output from campers. Instructors will prioritize keeping kids cool and hydrated. There will be extra breaks during the day to hydrate, eat & rest.
- Instructors are trained to monitor all group members for the signs and symptoms of heat illness.


Avid4 Adventure does not offer a refund or credit if a day of camp needs to be altered or a camper opts out due to excessively high temperatures

### Risks Involved in Outdoor Activities

The following describes some, but not all, of the inherent and other risks, hazards and dangers associated with engaging in Avid4 activities.

- Risks involved in physical activity: Activities vary, but can include hiking, bicycling, climbing (including top-roping, ascending, lowering and belaying) and kayaking and sustained use of a participant's arms and legs, in variable weather.

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- Risks present in outdoor environments: These risks include travel on and off trail in mountainous terrain, potentially at high altitude in remote areas which could require significant evacuation time to get to medical care in the event of illness or injury. Travel may be subject to lightning, cold, strong winds, extremely cold water, rain, snow and other adverse weather conditions, falling or fallen timber, stinging or disease-carrying insects, wild animals and other natural or man-made hazards. Hazards may not be marked and weather is unpredictable.
  - Paddle Sports risks: Kayaking, canoeing, and/or stand-up paddle boarding will take place at Reservoirs or similar locations. Risks include: slipping while entering or exiting the water, getting caught under a boat, or impacting the reservoir bottom or other underwater hazard. Participants must exercise caution in entering and exiting boats.
  - Bicycling risks: Bicycling will take place on public and private lands. Risks of bicycling include losing control or balance and falling from the bike.
  - Rock Climbing risks: Climbing activities will take place on natural rock on public and private lands. Climbing includes risks such as the possibility of slipping and falling, rope burns, impact from falling rocks, pinches, jolts and injury from pulling off a hand or foothold on the rock.
  - Camping activity risks: Camping activities take place on public and private lands in and around the State of Colorado, California and Wyoming and include setting up tents, and instruction on minimizing impacts, equipment, precautions, preparations and meals. Participants may cook over a camp stove and are subject to the risk of scalding.
  - Risks in decision making: There are risks involved in decision making and conduct, including, without limitation, the risk that an Avid4 representative, co-participant or contractor may misjudge a participant's capabilities, health or physical condition, or misjudge some aspect of instruction or medical treatment.
  - Personal health and participation risks: The risk that participant's mental, physical or emotional condition or limitation (known or unknown, disclosed or



undisclosed) combined with participation in these activities could result in injury, damage, death or other loss.


- Equipment risks: Although equipment is inspected regularly, there is the risk that equipment used in an activity may be misused or may break, fail or malfunction.
- Risks regarding conduct: Risks include the potential that the participant, or other participants or third parties may act carelessly or recklessly.
- Risks regarding free time: Participants may have free time before and after the start of the program and at various other times while they are with Avid4. During both supervised and unsupervised activities, all participants share in the responsibility for their own safety.
- Other risks, hazards and dangers: In addition to those mentioned above, there are other risks that are generally associated with instructional or adventure activities.

These and other risks, hazards and dangers may result in participants: falling partway or falling to the ground; impacting objects, the rock face, people or the bottom of a reservoir or other underwater hazard; capsizing a boat; reacting negatively to weather conditions or increased exertion or experiencing other problems. These and other circumstances may cause dehydration, sunburn, broken bones, paralysis, drowning, heart or lung complications, mental or emotional trauma, concussions, abrasions, wounds or other injury, damage, death or loss.

Avid4 reserves the right to dismiss any participant from the program that staff believes, in their discretion, presents a safety concern or medical risk, is unduly disruptive, or otherwise conducts themselves in a manner detrimental to the program. Examples include but are not limited to: fighting, bullying, drug-use, etc.

## EMERGENCY PROCEDURES

All children are under direct supervision at all times.



If a child is lost or separated from the group, instructor will initiate the following procedures immediately:

1. Make sure the scene is secure and note the time.

2. Gather information:

- Find out who is missing
- Get a description of what they were wearing and carrying
- Ask other participants about their whereabouts
- Where & when were they last seen?
- What direction were they headed?
- Hypothesize about where they are likely to be


3. Give a shout:

- Have everyone stand in a circle facing outward
- Have them create a megaphone with hands & shout “[Participant Name] where are you?”
- Stop and listen for at least 30 seconds. Repeat 4 more times.

4. Conduct a Hasty search:

- If shouting does not generate response, adults pair up with one wristwatch per team.
- At least one adult should remain with other participants at all times.
- Teams will spend 30 minutes checking all obvious places around camp & in the immediate area looking for signs of the missing participant (footprints, trash, clothing fibers, etc.).
- They will then check nearby roads, trails, streams and lakes, lookout points, etc.
- DO NOT SEARCH LONGER THAN 30 MINUTES
- After 30 minutes, hasty teams stop and gather at base camp to share information found. *If participant(s) is still not found, or if there are not enough adults to conduct a hasty search, staff should initiate the Emergency Communication System in the staff manual to alert administrators, family, local authorities and to dispatch a professional search and rescue team to find the lost, missing, or runaway participants.*







In the event of a natural disaster the Avid4 staff will adhere to the following procedures:

In all cases Avid4 staff will take the sign-in sheet and attendance in order to make sure that all children are accounted for. Parents will be notified as to the location of campers and staff will stay with campers until they can be picked-up. Avid 4 will release campers only to the adult(s) for whom written authorization has been given. Authorized pick up individuals are denoted on the Medical & Health History form. In an emergency, the child may also be released to an adult for whom the child's parent or guardian has given verbal authorization. If the staff member who releases the child does not know the adult, identification must be required to assure that the adult is authorized to pick up the child.

- **In case of building fire:** Staff members will evacuate children to an area well away from the building by recognizing the evacuation procedures posted by the doors. Avid4 staff will take the sign-in sheet and attendance will be taken in order to make sure that all children are accounted for.
- **In case of flood:** Staff members need to evacuate children to a high area well away from the flood area. Avid4 staff will take the sign-in sheet and attendance in order to make sure that all children are accounted for. Parents will be notified by telephone as to the location of campers and Avid4 staff will stay with campers until they can be picked-up.
- **In case of extreme weather:** If extreme weather conditions exist to the degree that parents cannot pick up their children, Avid4 staff will continue to provide services and program operation until conditions make pick up possible.
- **In case of tornado:** Staff will ensure that all campers are escorted to the designated tornado area. In the designated area, all will assume the protective position. As many people as possible will shelter against a wall, or under heavy furniture. Once the tornado has passed, staff will inspect the building for downed power lines and other hazards, and injuries. At least one staff member must stay in the designated area with participants until the "All Clear" is given. Parents will be notified.


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- **In case of wildfire:** If there is wildfire or smoke is smelled, staff members will lead their groups away from the potentially dangerous area. Staff members will contact the Camp Director to communicate any change of plans and help assess the situation. If necessary, parents will be contacted.
    - In case of severe poor air quality – When the AQI is above 150, program decisions are emailed to families daily by 8am for Day Camps and as-needed for Overnight Camps. Camp Directors & Managers will assess AQI at 7pm the night before camp and by 7am the morning of the program and ongoing as needed. Since AQI can change frequently throughout a day and is location-based, programmatic decisions will be made in coordination with the Camp Director, Manager, and VP/COO/CEO. Indoor camp programming may be implemented.
  - **In case of earthquake:** During an earthquake, campers will be instructed to move away from windows and large objects that could tilt over. They will then be instructed to drop, cover and hold on. This means that each camper should crouch low to the ground and curl into a ball under a sturdy desk or other strong structure that is not likely to collapse. The campers stay there until the earthquake ceases, then use the buddy system to exit the building.

**If campers are outdoors at the time of an earthquake:** If campers and staff are outside in an earthquake, all should stay outside. Find an open area away from buildings, trees, streetlights, and power lines. Campers and staff should crouch down and cover their heads. Many injuries occur within 10 feet of the entrance to buildings. Bricks, roofing, and other materials can fall from buildings, injuring persons nearby. Trees, streetlights, and power lines may also fall, causing damage or injury.
  - **In case of tsunami:** Tsunami protection starts with being aware of warning signs: There is an earthquake or the ground rumbles a lot. The sea suddenly pulls back and leaves bare sand, making the beach seem a lot larger. Animals may behave strangely – they may suddenly leave, gather in groups, or try to get into places they normally would not go. Warnings from the media if a tsunami warning system is in place in your country.



**If staff or campers notice any of these warning signs, the group will leave the beach or low-lying areas and go to higher ground.** *Keep away from the beach.* Avid staff and participants will be instructed not to go anywhere near the beach or into buildings near the beach. Leave the area immediately, even if just a small tsunami is observed. Tsunami waves grow bigger and continue to hit, so the next giant wave may be on the way. *Go to higher ground.* In event of Tsunami, staff will lead groups up a hill or to a higher area. *Leave all gear and personal items.* Life is more important than any equipment or supplies. Instructors should leave gear behind and get to safety in the event of true emergency

- **In case of animal encounter:** Report the sighting of any atypical wildlife to the local Animal Control in your location. As soon as an animal is sighted, gather your campers together and encourage them to: stay together, stay calm, and back away from the animal slowly.
- **In case of lightning:** If struck by lightning, call 911 immediately & activate the Emergency Communication System. There is no truly safe place outdoors during a lightning storm. Lightning is as unpredictable as it is powerful, but we can manage the risk by reducing our exposure. Most injuries from lightning occur from a “splash,” whereby a lightning strikes an object and splashes to nearby objects, and “ground current,” whereby electrical current dissipates from the hit object. Some tips:
  - Observe local weather patterns
    - Pick campsites with prevention in mind – uniform tree cover and/or low hills
  - Know when to seek safe location
    - Monitor approaching storms – lightning can strike well ahead/behind storm fronts. Approx. 1 mile per 5 seconds.
    - Time visits to high risk areas with weather patterns
  - Avoid dangerous locations
    - E.g. places higher than surrounding terrain: peaks, ridges, isolated hills, isolated tall objects, open terrain, large bodies of



water and saturated ground, shallow overhangs and caves, previous strike site, and conductors (pipes, wires, fences, wet rope, etc.)

- Seek uniform cover for approaching fronts where there is perceived risk
  - Uniform height trees and/or rolling hills
  - Insulate yourself from ground current & assume lightening position
  - Disperse a group by spacing several body lengths apart to reduce chances of multiple injuries.
- In case of lockdown, shelter in place or active shooter on premises: These are temporary sheltering techniques utilized to limit civilian exposure to imminent threat of violence. A lockdown, shelter in place or active shooter on premises procedure will be implemented only if there is a serious risk of danger to staff, parents and campers. The decision to initiate these procedures may be at the discretion of the Camp Director, building administration or in response to a request by local law enforcement officials. Parents will be notified as soon as possible with info.
- If the camp location is deemed unsafe: If it is safe to get to camp but camp is deemed unsafe, then all groups will proceed to a second meeting location. Parents will be notified of the alternative drop off and/or pick-up location.
- In the event that a camper has been identified as having a functional or ambulatory disability, the staff, Camp Director, and if necessary, the parents, will determine what additional assistance or considerations would be required in the event of an emergency. Due to the varied needs that any person with a disability may have, an individualized plan will be agreed upon to best serve the unique circumstances of each camper for whom this would be required. This will be completed prior to the start of camp so long as notice is provided to Avid4 Adventure in advance.
- During an emergency event determined by local law enforcement, fire department, or other emergency management agency, Avid4 will release

children to parents and legal guardians of children in care or their designee when directed to do so by local authorities.

- Within 24 hours Avid4 will submit a report to the relevant Department of Human Services as needed for the above emergency situations.

## Emergency Meeting Locations

### COLORADO:

*Emergency Camp meeting locations if the primary camp location is deemed unsafe:*

<b>Boulder:</b>	Crestview Church	3665 Madison Ave	(303) 444-5780
<b>Valmont:</b>	High Peaks/ BCSIS	3995 Aurora Ave	(720) 561-6500
<b>Wash Park:</b>	Washington Park Rec Center	701 S Franklin	(720) 865-3400
<b>Golden:</b>	First United Methodist Church	1500 Ford St	(303) 279-3484
<b>Highlands Ranch:</b>	Thunder Ridge High School	1991 W Wildcat Pkwy	(303) 387-2000
<b>Central Park:</b>	Central Park Rec Center	9651 MLK Jr. Blvd	(720) 865-0750
<b>Lafayette:</b>	Ryan Elementary	1405 Centaur Village	(720) 561-7000
<b>Greenwood Village:</b>	Franklin Elementary School	1603 E Euclid Ave	(303) 347-4500

<b>Avid4 Warehouse:</b>	Louisville Sports Complex	1200 Courtesy Rd	(303) 335-4735
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Overnight Camps

**Windy Peak**

- ✓ **In an emergency situation:** Instructors will bring campers to the meeting point at camp, the on-site pond and wait for transport to a safe area if needed.
- ✓ **If camp is deemed unsafe:** Campers & staff will be transported to Castle Rock Recreation Area at Lake Wellington, 21843 Stoney Pass Road, Bailey, CO 80421; (303) 838-5496; (Nancy Adams is the manager).
- ✓ **In case of wildfire:** the Camp Director will contact Fire Chief, Curt Rogers at 303-838-2270, evacuate campers & staff to a safe location. If necessary, activate the emergency communication system so that parents can be contacted if deemed appropriate.

**Blue Sky**

- ✓ **In an emergency situation:** Instructors will bring campers to the meeting point at camp, the on-site pond and wait for transport to a safe area if needed.
- ✓ **If camp is deemed unsafe:** Campers & staff will be transported to Elk Meadows Park 2855 Bergen Peak Dr, Evergreen, CO 80439;
- ✓ **In case of wildfire:** the Camp Director will contact Fire Dispatch, 303-674-3411 or at 911, evacuate campers & staff to a safe location. If necessary, activate the emergency communication system so that parents can be contacted if deemed appropriate.



CALIFORNIA EMERGENCY MEETING LOCATIONS:

*Day Camp meeting locations if the camp location is deemed unsafe.*

<b>Oakland:</b>	Montclair Elementary	1757 Mountain Blvd.	(720) 424-5380
<b>Menlo Park:</b>	Menlo School	50 Valparaiso Ave.	(650) 330-2001
<b>Burlingame:</b>	Lincoln Elementary School	1801 Devereux Blvd.	(650) 259-3860

OREGON/WASHINGTON:

*Day Camp meeting locations if the camp location is deemed unsafe:*

<b>Portland:</b>	Upper Lot of the Oregon Zoo	4001 SW Canyon Rd	(503) 226-1561
<b>Bend:</b>	Oregon State University Cascades	1500 SW Chandler Ave	(541) 322-3100
<b>Bellevue:</b>	Somerset Elementary School	14100 Somerset Blvd SE	(425) 456-5800

MINNESOTA:

*Day Camp meeting locations if the camp location is deemed unsafe:*



<b>Edina, MN:</b>	Golden Years Montessorri	4100 W 42nd St, Edina	(952) 929-4211
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MAINE:

*Day Camp meeting locations if the camp location is deemed unsafe:*

<b>Falmouth, ME</b>	Falmouth Elementary School	58 Woodville Rd. Falmouth, ME 04105	207-781-3988
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EXPEDITIONS

All Expedition programs are backcountry-based and fully mobile to evacuate any location deemed unsafe. Staff are trained on what to do in various environmental and medical situations and have satellite communicators readily available to get in touch with their Camp Leadership anytime.

**DISCONTINUATION OF SERVICES**

If, for some unforeseen reason, the services from Avid4 Adventure are discontinued or withdrawn, all participants will be given written notice. In addition, it is your responsibility to notify the Camp Director if you would like to withdraw your child from the program for any reason.

## FILING A COMPLAINT

If a parent has a complaint about an action taken by a staff member, or about an incident observed, you are invited to talk to:

The CO Regional Managers:

- **Nate Thoreson** at 720-637-9923 (Boulder, Lafayette, Golden)
- **Katie Morton** at 720-637-9932 (Washington Park, Central Park, Greenwood Village & Highlands Ranch).

The CA/PNW Regional Manager:

- **Daniel Fluharty** at 650-434-7835 (Oakland, Burlingame, Menlo Park, Portland OR, Bend OR & Bellvue WA)

The MN Regional Manager:

- **Nate Thoreson** at 720-637-9923 (Edina, MN)

The ME Regional Manager:

- **Katie Morton** at insert number (Falmouth, ME)

Avid4 Adventure Overnight Camp Directors:

- **Garrett Shilling** at 720-702-3839 (Blue Sky)
- **Claire Dunlap** at 720-637-9902 (Windy Peak)
- **Aimee Gunn** at 720-637-9931 (Expeditions)

**Vanessa Olivieri** at 1-720-249-2412 x108 (VP of Day Camps)

**Sarah Pekala** at 1-720-249-2412 x110 (COO)

To file a complaint in Colorado with the CO Dept of Early Childhood call 303-866-5958 or contact in writing at 710 S. Ash St. Denver, CO 80246



## REPORTING CHILD ABUSE


Child care providers are required by law to report suspected child abuse. If child abuse is suspected, the Camp Director and Avid4 Program Director will be notified and will report to the appropriate authorities:

- Main Colorado Child Abuse Hotline: 1-844-CO4-KIDS
- Boulder County Social Services (303) 441-3131
- Clear Creek County Social Services (303) 679-2365
- Denver County Social Services (720) 944-2960
- Jefferson County Social Services (303) 271-4357
- Douglas County Social Services (303) 688-4825
- Park County Social Services (303) 816-5939
- El Paso County Child Protective Services (719) 444-5700
- Arapahoe County Child Protective Services (303) 636-1750
- Marin County Child Protective Services (415) 473-7153
- Alameda County Child Protective Services (510) 259-1800
- Santa Clara County Child Protective Services – Palo Alto (650) 493-1186
- San Mateo County Child Protective Services (650) 599-3826
- Contra Costa County Child Protective Services (887) 881-1116
- Multnomah County Child Protective Services (503) 731-3100
- Deschutes County Family Support (541) 388-6526
- King Eastside Community Services (Bellevue, WA) (425) 590-3000
- Hennepin County (Minneapolis, MN) CPS (612) 348-4111
- Maine Office of Child & Family Services 1-800-452-1999

If at any time a parent/guardian suspects child abuse they have the right to report this with the appropriate authorities.

## OTHER POLICIES


One of the goals of our summer camp is to provide a program free from video games, cell phones, and i-products. Please don't allow any of these distractions into camp. We promise that your camper will be busy enough without them. If you choose to send



a phone with your camper for emergency communication purposes, please support our camp policy in advance by informing your child that the device will not be allowed out during camp hours. Additionally, Avid4 Adventure does not assume responsibility for any damage or loss of electronic devices. Furthermore, please do not send money, toys or other personal items (with the exception that Pre-K campers can bring a sleep aid for rest time), or pets to camp.

The following rules are ones which, when broken, carry the possibility that the camper will be suspended from camp, either temporarily or permanently.

- Due to the acknowledged hazards of tobacco smoke and vaping, especially to children, it is the policy of the Avid4 Adventure to provide a smoke- and vape-free environment for all children and staff. Please do not dispose of cigarettes or use vaping devices at any of the Avid4 program locations.
- No weapons of any kind, including firearms, either actual or likenesses thereof, are allowed at camp. This applies to staff, campers, and parents.
- No alcohol or illegal drugs allowed at camp.
- No sexual behavior is allowed at camp.
- No physical violence is permitted at camp.



## Licensing and Accreditation

- **Avid4 Adventure is licensed by the State of CO (CO Dept of Early Childhood), and by the Maine Dept of Health & Human Services.**

Avid4 Adventure, Inc. is a licensed child care provider in the State of CO and maintains the following licenses: School Age Child Care Center, Resident Camp.

In Maine, Avid4 Adventure's Falmouth day camp is licensed as a youth camp by the DHHS.

In short, these child care licenses ensure the high standards set by the state regarding the qualifications of our staff, implementation of best practices regarding health and wellness, and the safety and security of all of our sites. For more information regarding state licensure, contact your Regional Manager.


- **Avid4 Adventure day camps are exempt from child care licensing in MN. In CA, WA, and OR there is no state licensure for our type of camp programming.**

- **Avid4 Adventure is accredited by the American Camp Association (ACA):**

Avid4 Adventure, Inc. maintains active accreditation with the American Camp Association. Nationwide, Avid4 Adventure exceeds industry and state standards to ensure the safety of its participants and the quality of its programs. For more information regarding ACA Accreditation, contact your Regional Manager or visit [acacamps.org](http://acacamps.org).


- **Avid4 Adventure is a Leave No Trace Gold Standard Youth Program**

The Leave No Trace Gold Standard Youth Program designation is a process that provides staff and campers with essential tools to recreate responsibly in the outdoors. These standards allow youth-serving programs to enhance the impacts of Leave No Trace education using guidelines and best practices from



the Leave No Trace Organization.

- **Avid4 Adventure is a B Corp!** We are proud to be one of the only Certified B Corp summer camps in the world! Our B Corp Certification distinguishes us as a purpose-driven company, as we are assessed on some of the highest social and environmental standards worldwide and held accountable to our stakeholders.



## NOTICE FROM THE CO DEPT. OF HUMAN SERVICES, CHILD CARE DIVISION:

Your child was recently enrolled in a child care program that is licensed by the Colorado Department of Human Services. The license indicates that the program has met the required standards for the operation of a child care facility. If you have not done so please ask to see the license and the last facility inspection.

Most licensed facilities make every effort to provide a safe and healthy environment for children. Unfortunately on rare occasion, an incident of physical or sexual abuse may occur. If you believe that your child has been abused, you should seek immediate assistance from your county department of social services. The telephone number to report child abuse in your county is:

Boulder County Department of Social Services

3400 Broadway  
Boulder, CO 80304  
303-441-1240

Park County Human Services

824 Castello Avenue  
Fairplay, CO 80440  
303-816-5939

Denver Human Services

1200 Federal Boulevard  
Denver, CO 80204  
720-944-3000

El Paso County Human Services

1675 West Garden of the Gods Road  
Colorado Springs, CO 80907  
719-636-0000

Jefferson County Human Services

900 Jefferson County Parkway  
Golden, CO 80401  
303-271-1388

Arapahoe County Human Services

14980 E Alameda Dr.,  
Aurora, CO 80012  
(303) 636-1750

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confidential and proprietary



Douglas County Human Services  
4400 Castleton Court  
Castle Rock, CO 80109  
303-688-4825

Colorado Law requires that child care providers report all known or suspected cases of child abuse or neglect.

Child care services play an important role in supporting families, and strong families are the basis of a thriving community. Your child's education, physical, emotional, and social development will be nurtured in a well-planned and run program. Remember to observe the program regularly, especially with regards to children's health and safety, equipment and play materials, and staff. For additional information regarding licensing, or if you have concerns about a child care facility, please consult:

Colorado Department of Early Childhood  
710 Ash St. Denver, CO 80246  
1-800-799-5876

Parent Immunization Letter from the State of Colorado (on following page):





Advancing Colorado's health and protecting the places we live, learn, work and play

**Dear parents/guardians of students attending Colorado kindergarten - 12<sup>th</sup> grade schools for the 2024-25 school year:**

We know there's nothing more important than making sure your children stay healthy and learning all year long. Getting vaccinated is an important part of keeping kids in school, as it prevents them from catching and spreading diseases that can make them sick. This letter includes important information about Colorado's school vaccine requirements, as well as other resources.

**Required and recommended vaccines**

Colorado law requires students who attend a public, private, or parochial kindergarten - 12th grade school to be vaccinated against many of the diseases vaccines can prevent, unless a Certificate of Exemption is filed. For more information, visit [cdphe.colorado.gov/schoolrequiredvaccines](https://cdphe.colorado.gov/schoolrequiredvaccines).

To attend school, your child must be vaccinated against:

- Diphtheria, tetanus, and pertussis (DTaP, Tdap)
- Hepatitis B (HepB)
- Measles, mumps, and rubella (MMR)
- Polio (IPV)
- Varicella (chickenpox)

Colorado follows recommendations set by the Centers for Disease Control and Prevention's [Advisory Committee on Immunization Practices](#). This committee is a group of medical and public health experts who study vaccines and recommend them for the public. **Before starting kindergarten**, students must receive their final doses of DTaP, IPV, MMR, and varicella. **Before starting sixth grade**, students must receive one dose of Tdap vaccine, even if the student is age 10. View recommended vaccine schedules at: [www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html](https://www.cdc.gov/vaccines/schedules/easy-to-read/child-easyread.html) (birth through 6 years) or [www.cdc.gov/vaccines/schedules/easy-to-read/adolescent-easyread.html](https://www.cdc.gov/vaccines/schedules/easy-to-read/adolescent-easyread.html) (7 to 18 years).

CDC also recommends vaccines for COVID-19, hepatitis A (HepA), human papillomavirus (HPV), influenza (flu), and meningococcal disease (MenACWY and MenB) for the K-12 population, but these are not required for school entry in Colorado.

This recommended schedule is safe and effective. It's based on how your child's immune system responds to vaccines at various ages, and how likely your child is to be exposed to a particular disease.

**Exclusion from school**

Your child may be excluded if their school does not have an up-to-date Certificate of Immunization, Certificate of Exemption, or an in-process plan on file for your child.

If someone is sick or there is an outbreak of a vaccine-preventable disease at your child's school, and your child has not received the vaccine for that disease, they may be excluded from school activities. That could mean lost learning time for them and lost work and wages for you. For example, if your child has not received a MMR vaccine, they may need to stay home from school for 21 days after someone gets sick with measles.

**Have questions?**

Talk with a health care provider or your local public health agency to ask questions and find out which vaccines your child needs. Find a vaccine provider at [cdphe.colorado.gov/get-vaccinated](https://cdphe.colorado.gov/get-vaccinated). Read about the safety and importance of vaccines at [www.cdc.gov/vaccines/parents/FAQs.html](https://www.cdc.gov/vaccines/parents/FAQs.html), [childvaccineco.org](https://childvaccineco.org), [ImmunizeForGood.com](https://immunizeforgood.com), and [cdphe.colorado.gov/immunization-education](https://cdphe.colorado.gov/immunization-education).

Staying up to date on routine immunizations is important for adults as well as children. It's never too late for families to get back on track! Learn more at [www.cdc.gov/vaccines/adults/rec-vac/index.html](https://www.cdc.gov/vaccines/adults/rec-vac/index.html).

**Paying for vaccinations**

If you need help finding free or low-cost vaccines, go to [COVax4Kids.org](https://COVax4Kids.org), contact your local public health agency ([cdphe.colorado.gov/find-your-local-public-health-agency](https://cdphe.colorado.gov/find-your-local-public-health-agency)), or dial [2-1-1](https://2-1-1) for information on Health First Colorado (Medicaid) and vaccine clinics in your area.

**Vaccination records**

Share your child's updated Certificate of Immunization with their school every time they receive a vaccine.

Need to find your student's vaccine record? It may be available from the [Colorado Immunization Information System \(CIIS\)](#). Visit [COVaxRecords.org](#) for more information, including directions on how to view and print your student's vaccine record.

**Exemptions**

If your student cannot get vaccines for [medical reasons](#), you must submit a Certificate of Medical Exemption to your school, signed by an advanced practice nurse (APN), physician (MD, DO), or physician assistant (PA) licensed to practice in any state or territory in the United States. You only need to submit this certificate once, unless your student's school or information changes. Get the form at [cdphe.colorado.gov/vaccine-exemptions](#).

If you choose not to have your student vaccinated according to Colorado's school vaccine requirements for nonmedical reasons, you must submit a Certificate of Nonmedical Exemption to your school. Nonmedical exemptions must be submitted on an annual basis. There are two ways to obtain a nonmedical exemption.

1. Submit the Certificate of Nonmedical Exemption *signed* by an advanced practice nurse (APN), pharmacist, physician (MD, DO), physician assistant (PA), or registered nurse (RN), licensed in Colorado, or
2. Submit the Certificate of Nonmedical Exemption you will be able to access upon completion of the state's Online Immunization Education Module.

Find certificates and the Online Immunization Education Module at [cdphe.colorado.gov/vaccine-exemptions](#).

**How's your school doing on vaccinations?**

Annually, schools must report immunization and exemption numbers (but not student names or birthdates) to the state health department. Schools do not control their specific immunization and exemption rates or establish the Vaccinated Children Standard described in [§25-4-911, CRS](#).

Your child's school's immunization rates from the 2022-23 school year. Find previous years' data at <a href="#">COVaxRates.org</a> .		
School name	2022-23 MMR immunization rate (required)	2022-23 MMR exemption rate (required)
Schools may choose to include rates for other school-required vaccines		
Vaccinated Children Standard 95% immunization rate for all school-required vaccines	2022-23 DTaP immunization rate	2022-23 DTaP exemption rate
	2022-23 Tdap immunization rate (for grades 6-12)	2022-23 Tdap exemption rate (for grades 6-12)
	2022-23 HepB immunization rate	2022-23 HepB exemption rate
	2022-23 Polio immunization rate	2022-23 Polio exemption rate
	2022-23 varicella immunization rate	2022-23 varicella exemption rate