



Chaperone Packet

Our Mission

Sunset Lake Camp invites you to:

Seek Adventure

Nurture Community

Discover God's Grace

Our Vision

Sunset Lake Camp will transform lives by creating a place of rest and renewal where people of all ages and backgrounds are encouraged to connect with God through His creation.

Philosophy

We believe that God is revealed through his creations. *"But ask the animals, and they will teach you, or the birds in the sky, and they will tell you. - Job 12:7* Sunset Lake camp is blessed to have over 400 acres of wilderness to explore. This environment allows us to not only teach about nature, but to explore it. We believe that experience and observation of nature is imperative to a well-rounded education.

Sunset Lake operates with the philosophy of challenge-by-choice, meaning participation in activities will be strongly encouraged, but never forced. We ask that guests respect God, themselves, and others. Sunset Lake seeks to create an environment where everyone belongs. Bullying will not be tolerated. Students, teachers or chaperones who bully or otherwise are disrespectful will be asked to leave. We do not permit pranks of any kind.

Safety

It will be very important that everyone follow all posted and verbal instruction to maintain a safe environment. All vehicles must be driven at or below 10 mph while on Sunset Lake property. Helmets are required for bikes, scooters etc.

We have several areas that are off limits to everyone. The waterfront, challenge course, shop and horse barn are off limits unless being used specifically for a class or scheduled activity. You may walk up to the fences, but should **never enter the barn, pastures, or stalls, or feed the horses.**

Weather at camp can rapidly change. Students have been instructed to bring a raincoat. We will continue classes if it is drizzling. If it is pouring rain, we may have some schedule changes and move indoors.

Health and First Aid

The *Health History and Release Form* found in both the parent and chaperone packets must be filled out by every person attending including chaperones. Chaperones are provided with an adult version of the form. We have staff certified in both First Aid and CPR. However, we don't have a nurse on staff so we do not have the ability to administer medication. We strongly encourage you to work with your school nurse or designated medical consultant to put together a first aid kit that includes medicines that teachers or chaperones are able to administer. If a child becomes ill during the event, we ask that they return home so the illness is not spread. It is also encouraged for chaperones to care for minor first aid to allow our staff to continue with the program. There is an AED located at the office by the front entrance.

In the event of an emergency, St. Elizabeth Hospital ER is 25 minutes away in Enumclaw. Chaperones are responsible for transport and care of the child. Please keep a copy of the *Health History and Release Form* for each student and adult to present to the ER.

Supervisions and Cabins

You are responsible for the supervision of the students. Students must be accompanied by an adult at all times. There must be an adult of the same gender in each cabin with a student to adult ratio of 8:1. Our cabins provide comfortable housing, each with their own bathroom, shower, and sinks. There are 10 beds (5 bunk beds) in each cabin, 9 twin and one queen. Please bring your own bedding or sleeping bags. If you have a student who wets the bed we are happy to help launder bedding. Contact a camp staff in the morning and we will wash and return the sleeping bag or sheets to you discretely. A new environment and lots of physical activity in the day makes this issue not so uncommon.

Cleaning

Students and chaperones are responsible for cleaning their cabins and Central Bath before they leave. The cafeteria tables should be wiped down and floor swept after every meal. If something breaks or you see something that seems wrong please notify camp staff. If you notice paper products in the restrooms are low or missing, let us know.

Camp Store

The camp store will have a scheduled time to be open which will be announced when you arrive. The store has clothing, toys, and educational items that students can purchase as a memento of their time here. We also have tooth brush, deodorant and soap for those who forgot theirs.

For More Information

If you have any questions about outdoor school,
please feel free to give us a call, send an email, or visit our website.
If you have questions while onsite, feel free to speak to any of our staff.

Sunset Lake Camp
www.sunsetlake.org
sunset.lake.camp@gmail.com
(360) 829-0311

Sample Schedule

Day 1	Arrive and Unpack	11:00 a.m.
	Sack Lunch <i>brought by students</i>	12:00 p.m.
	Introduction and Team Building	1:00 p.m.
	Class Period 1	2:00 p.m.
	Supper	5:30 p.m.
	Recreation <i>school facilitated</i>	6:00 p.m.
	Evening Worship	7:30 p.m.
	Night Hike	8:30 p.m.
	Bed Time	9:30 p.m.
Day 2	Wake Up! <i>school facilitated</i>	7:00 a.m.
	Breakfast	8:00 a.m.
	Morning Worship <i>school facilitated</i>	8:30 a.m.
	Class Period 2	9:00 a.m.
	Lunch and Rest Period	12:00 p.m.
	Class Period 3	2:00 p.m.
	Supper	5:30 p.m.
	Recreation <i>school facilitated</i>	6:00 p.m.
	Evening Worship	7:30 p.m.
Day 2	Campfire and S'mores	8:30 p.m.
	Bed Time	9:30 p.m.
	Wake Up! <i>school facilitated</i>	7:00 a.m.
	Breakfast	8:00 a.m.
	Morning Worship <i>school facilitated</i>	8:30 a.m.
	Class Period 2	9:00 a.m.
	Lunch	12:00 p.m.
Packing and Cleaning	12:30 p.m.	
Closing Activities	1:30 p.m.	
Leave	2:00 p.m.	

**This is a sample schedule for planning purposes.*

Health History and Release Form – Sunset Lake Camp Outdoor School

Part I – General Information

Name of Student: _____

Name of School: _____

Gender: _____ Date of Birth: _____

Parent(s) or Guardian: _____

Emergency Contact Numbers:

If unable to contact, please notify:

Home: _____

Name: _____

Cell: _____

Relationship to student: _____

Work: _____

Phone: _____

Part II – Health History

Yes No

- Does the participant have a chronic or recurring illness, a surgery, mental health concerns, or physical restrictions that could affect their participation?
- Does the participant have any medication, food, or environmental allergies, or any dietary restrictions? (Meals are vegetarian)
- Is there anything else we need to know to give your student the best possible experience?

If "Yes", or other concerns, please explain: _____
_____(Continue on back)

Chaperones will be responsible for administration of all prescription and over-the-counter medication. Please be sure to discuss any specific needs with your student's teacher and give the teacher the medication.

In the event that I cannot be reached in an emergency, I hereby give permission to the physician selected by the school teacher to hospitalize, and/or secure proper treatment for the person named above.

Signature of parent or guardian: _____

Date: _____

The information below is required by our local emergency room. Without this information, your child may not be able to receive appropriate care in a timely manner.

My child has health insurance

Name of insurance carrier: _____ Phone # of carrier: _____

Address of carrier: _____

Policy Holder's Name: _____ Relationship to student: _____

Group ID #: _____ Individual ID #: _____

My child does NOT have health insurance or I choose not to provide this information

Part III – Consent and Assumption of Risk

Activities at an outdoor school may include, but are not limited to, hiking through the forest, crossing streams and other recreational activities. Rugged terrain and natural and man-made structures can cause harm. The risks of a visit to Sunset Lake Camp, whatever the activities and whether or not supervised, can cause loss or damage to property, personal injury and, in extraordinary cases, even death. These risks are inherent in a visit to Sunset Lake Camp, and without them the visit would lose its appeal, value and purpose. Visitors are at Sunset Lake camp at their own risk, and, except for its gross negligence and intentionally wrongful conduct, Sunset Lake Camp is not responsible for any loss or harm which a visitor may suffer while at Sunset Lake Camp. We sometimes photograph campers and visitors for promotional purposes. Your presence at Sunset Lake Camp grants us permission for our use of these images. If this is a problem please contact Sunset Lake Camp prior to the event.

I am fully informed of and assume the risks of activities of this event and give consent for my child or ward to participate in these activities.

Parent or Guardian Signature: _____

Date: _____

Print Name: _____