



## CYO CAMP RANCHO FRAMASA

### PARTICIPANT GUIDE

WELCOME! On behalf of our camp staff, we want to take this opportunity to tell you how excited we are that you will be joining us at camp! The camp setting in the woods of Brown County is the ideal place to experience the wonder of nature. We will be spending time outdoors canoeing, climbing, hiking, playing games, making art, shooting archery, and exploring the woods, pond, and creek. Meals are shared in our dining hall and participants will be staying in cabins. In the evenings, we will be exploring the night and enjoying a campfire filled with songs, skits, and stories. There are opportunities throughout these programs to have fun and learn. We're glad you'll be joining us, and we look forward to welcoming you to Camp Rancho Framasa!

This handy sheet should tell you everything you need to know. Please read through it carefully and make sure we've answered your questions. We have included information to orient you to the practices we have added due to COVID-19. Our goal is to keep everyone safe. We are grateful for your compliance. If you need more information, please contact Lauren, Camp Registrar, at 812-988-2839, x122 or [registrar@campranchoframasa.org](mailto:registrar@campranchoframasa.org).

Peace,

Kevin & Angi Sullivan

Camp Co-Directors

**Please note:**

- **Weekend:** Check in: 7-7:45 pm FRIDAY; Check out: 2:00 pm SUNDAY.
- **Saturday Only:** Check in: 8:45-9:15 am SATURDAY; Check out: after Campfire around 8:00pm SATURDAY.
- All families will check-in at Outdoor Programming Center (OPC)/Dining Hall. A staff member will direct you from camp's entrance. Please, park and check-in with camp staff on the outdoor porch. Each person will be screened for COVID-19.
- If you will be arriving after check-in hours, please contact Pete, [pete@campranchoframasa.org](mailto:pete@campranchoframasa.org). If you must arrive after 9pm, we ask that you wait to join us on Saturday morning between 8:45 and 9am.
- Cell phone reception is somewhat limited at camp; ask a staff member for best reception areas.
- Children under the age of 10 should be accompanied by an adult at all activities.
- Nashville is our nearby town (5 miles from camp). It has basic amenities and other tourist interests. Brown County State Park is 3 miles away.

## Activities

CLIMBING WALL  
ARCHERY  
HANDICRAFTS  
CANOEING/KAYAKING/PADDLE BOATING  
SPORTS & GAMES  
EVENING PROGRAM  
NATURE HIKE  
SWIMMING  
HORSES—ROUND PEN RIDE



*A detailed schedule of the weekend will be given to you upon arrival.*

## Packing List

### Must haves:

- Clothes that can get dirty and match the weather report (rain gear).
- Comfortable, lace-up shoes- it's always safer to bring two pairs! Closed toe shoes (tennis shoes) are required for rock climbing & horses.
- Warm sweatshirt or jacket.
- Sleeping bag or bedding & pillow (twin).
- Toiletries (toothbrush & paste, etc.).
- Towels and shower supplies.
- Flashlight.
- Bug spray and sunscreen.

### Optional items:

- Camera.
- Water bottle.
- Watch.
- Medication (prescription and O-T-C).
- Backpack to carry personal items around camp.
- Snacks and drinks for in-between meals. Fruit is available for afternoon snacks. We will have a snack at the campfire. If you know your family will need further sustenance, please label all items, and store them in the OPC as directed.
- Mask.

### Please do NOT bring:

- Illegal drugs, alcohol, weapons, flammable materials, firearms, fireworks, or pets.
- Valuables or things to which you have great emotional attachment.
- CD player, iPod, Video Game— remember, this is a short stay and there will be a lot to keep you busy!



### Cancellation/Refund Policy

We understand that cancellations will happen. If you need to cancel, please communicate this to Lauren at [registrar@campranchoframasa.org](mailto:registrar@campranchoframasa.org) as soon as possible. We will work with you on a refund, credit or if you are willing and able, a donation. If the participant(s) coming to camp, has been exposed to COVID-19, has had a temperature, or has exhibited any COVID-19 symptoms within 14 days of coming to camp we ask you to cancel their registration.

## Helping People Stay Safe at Camp

We want everyone who visits CYO Camp to feel safe. Therefore, we are committed to providing high levels of safety and disinfection during the COVID-19 pandemic. We continue to monitor guidelines from the American Camp Association, the Indiana State Dept. of Health, and the CDC and make changes as needed. Although we cannot create a completely sterile environment, our facility is prepared so that all who visit will remain as safe as possible. Let's work together to minimize the risk of a COVID-19 spread at camp.

OUR STAFF WILL:	WE ASK OUR GUESTS TO:
<p>Receive and implement ongoing training on COVID-19 and disinfection protocols.</p> <p>Self-screen for COVID-19 daily.</p> <p>Not attend work if ill.</p> <p>Adhere to frequent handwashing for 20 seconds with soap and water or utilize hand sanitizer.</p> <p>Report COVID-19 cases and notify guests of confirmed cases.</p> <p>Include and reinforce policies of agencies, parishes, and schools as requested.</p>	<p>Wear masks at their own discretion.</p> <p>Wash hands frequently at camp or utilize hand sanitizer.</p> <p>Not attend camp if ill.</p> <p>Notify us of confirmed cases of COVID-19 at camp or within 48 hours of leaving camp.</p>

## Health Care & First Aid

- Camp Rancho Framasa does NOT have a medical professional on site for family programming. This means you will be responsible for the health and safety of your family during your stay at camp.
- All prescription and over-the-counter medications that are brought to camp should be stored in a safe location away from children.
- If the need arises for further health care supplies, staff will provide directions to our local CVS pharmacy in Nashville.
- In the case of a participant needing first aid, many of our staff members have CPR and First Aid certifications. They can provide Band-Aids, topical ointments, and ice packs.
- If the need arises for further assistance, staff will provide directions to our local doctor and regional hospitals.

## Participant Policies

These policies are designed to preserve camp and to keep our participants safe. Compliance by all participants is appreciated. If you have any questions or concerns, please contact us.

- ABSOLUTELY no alcohol is allowed on property. Anyone found in possession of alcohol at camp will be asked to leave.
- All buildings, structures, shelters, and gathering areas at camp are non-smoking. Smoking is not permitted by youth or in proximity to youth. We have a designated smoking location outside the OPC (dining hall) – please ask a staff member for details.
- Weapons, firearms, fireworks, or flammable materials are NOT allowed on camp property.
- Fires are permitted only in designated fire circles at campsites. An adult must be always present when a fire is burning. Please make sure the fire is completely extinguished before leaving the site.
- Participant's pets are NOT allowed at camp.
- Please be on time to all meals. Food Service staff members are expecting all participants to arrive at the scheduled time.
- Snacks/drinks brought to camp should be stored in the designated location in the OPC or in your car; not in the cabins.
- While at camp, please be sure that you are dressed comfortably and appropriately. You will be spending time in the great outdoors, where the weather changes and terrain is uneven. Be prepared to walk everywhere at camp. If you will be bringing babies, toddlers, or preschoolers you will need carriers or sturdy strollers to move about camp. It is an option to carry children but some of the activities are far apart so this may not be practical or comfortable.
- Vehicles are NOT allowed to drive around camp property except during check-in, check-out, and trips to town. If you have mobility support needs; we have a single golf cart available for all those at camp. Participants will not be permitted to drive the camp golf carts. A staff member will provide rides as needed from one area to another in a shuttle fashion. This may require some wait time. Contact Lauren at [registrar@campranchoframasa.org](mailto:registrar@campranchoframasa.org) or 812-988-2839, x122 at least 2 days prior to your camp session to discuss your needs. Due to limited resources, we may not be able to meet all requests.
- At camp, we are stewards of the Earth. Please stay on paths, do not litter, do not pick any plants, and be conservative in your use of electricity and water. Thanks for helping us protect God's creation!

CYO Camp Rancho Framasa 2230 N Clay Lick Rd, Nashville, IN 47448

1-812-988-2839, x122; [registrar@campranchoframasa.org](mailto:registrar@campranchoframasa.org)

