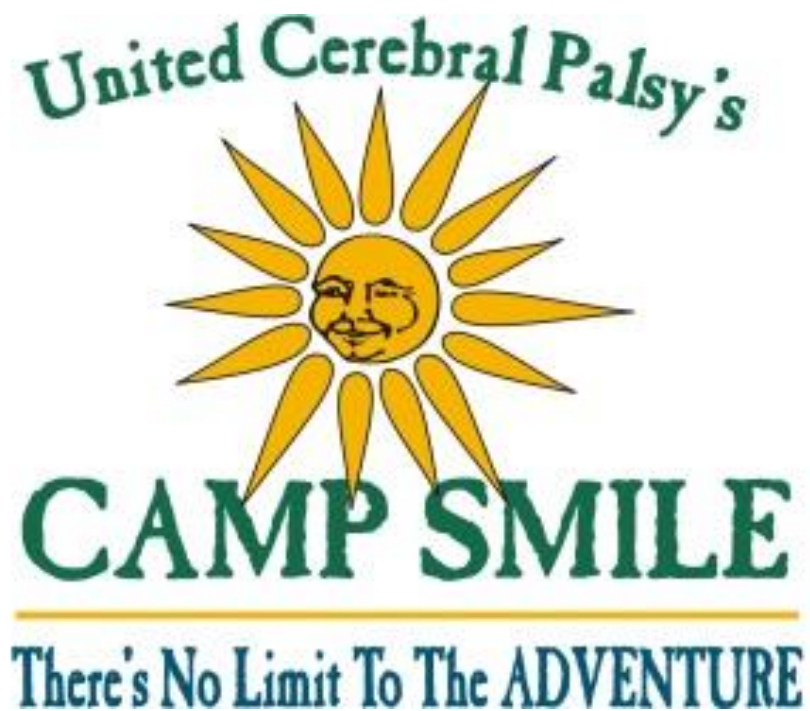
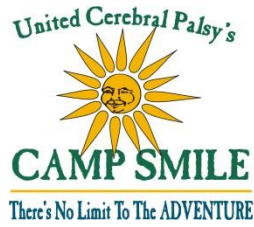


# Camp SMILE

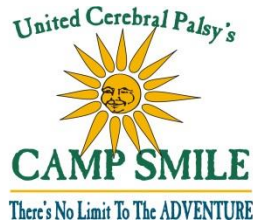
# Parent Handbook





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## Welcome to UCP's Camp SMILE!

We are excited to welcome you into our Camp SMILE family this summer! Your camper must arrive on the Tuesday of their session between 8:00 & 11:00 a.m. Please read below for the exact time. Check-out time will be on Saturday at 11:15 a.m. The campers will perform in a talent show from 9:30-11:00. Please plan to attend the show; the campers look forward to this all week.

### Check-in:

Check-in times have been staggered to prevent long wait periods. Please try to adhere to them.

Camper last name beginning with letters **A - I**.....Check in time: **8:00-9:00 a.m.**

Camper last name beginning with letters **J - R**.....Check in time: **9:00-10:00 a.m.**

Camper last name beginning with letters **S – Z**.....Check in time: **10:00-10:30 am.**

Campers coming with a **group home**.....Check in time: **10:30-11:00 am.**

*The Camp gates will not be open before 8:00 a.m. to ensure that we are ready for check-in.*

### Packing:

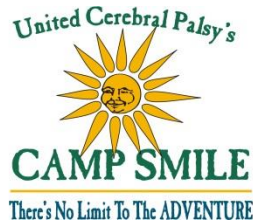
Camp is very hot and messy. You should send at least 7 outfits for the week. Remember to include swimsuits, tennis shoes, linens and toiletries. *Be sure that all clothing, pillows, linens, and luggage are marked with proper identification to ensure safe return.* Included in this handbook is an inventory sheet for you to inventory the clothing items sent with your child. Please make every attempt to fill this out; as it is very helpful to your child's counselor. We have also included a packing list for your convenience.

### Medications:

*ALL MEDICATIONS MUST BE PROPERLY IDENTIFIED WITH COMPLETE DIRECTIONS FOR USE. PRESCRIPTION MEDICATIONS MUST BE IN CURRENT CONTAINERS. Please send only enough medicine for the week with a few extra dosages- just in case.* Place all medication bottles in a Ziploc bag and give to the nurse at registration. **Do not pack medicines in suitcase.** Upon arrival you will be required to fill out a medicine card with the nurse, indicating medicines, times & dosages.

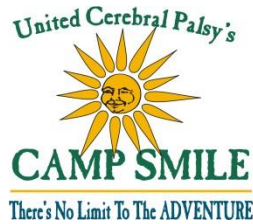
*If you have any questions, please feel free to call us at 251-479-4900 or email [malvarez@ucpmobile.org](mailto:malvarez@ucpmobile.org)*

***We look forward to a great summer with you and your camper!***



## Parent Guidelines

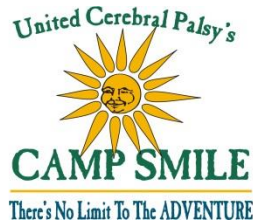
1. Our counselors are trained to treat their responsibilities at Camp SMILE as a job. The relationships they hold with your child and family will be professional. We ask that you please work with us to respect these boundaries. Camp SMILE is not responsible for any relationships formed between staff and families outside of camp, including babysitting and caregiving arrangements.
2. For the health and safety of our campers and staff, if you are not feeling well the day you are scheduled to be at camp, please call and cancel. We respect, appreciate, and need your cooperation in this matter.
3. Camp SMILE does not provide **pick-up/drop-off** services for our campers. If someone other than the parent or guardian on file will be picking up or dropping off your camper, please call the Director to make arrangements. In case of unusual circumstance, parents/guardians may arrange for an alternate person to pick up or drop off their child by submitting a request in writing to the Director no less than 24 hours before the camper's arrival/departure.
4. No **pets or non-service animals** are allowed on site without prior permission from the Director. The health and safety of our horses is monitored and maintained by the professional discretion of our Equine Director.
5. The camp **speed limit** is 9.5 mph.
6. No **weapons or firearms** will be allowed at Camp except those brought in and approved by the Director and/or Security Personnel for programming and/or security purposes.
7. Please **park** your car in the designated parking lot and walk to your destination unless you're given permission to drive. Fewer cars at camp and past the horses mean less chance of an accident.
8. No **alcohol, drugs, or smoking** is allowed on the premises.
9. Camp SMILE is not responsible for the **damage** of any items. Camp has no way of securing, locking or guaranteeing a special protection of any property. Please be aware that you are responsible for your own property.
10. Take care of our camp and the wonderful surroundings nature has provided us. Please stay on trails and abide by all rules at each area. **Please do not litter.**



## Goals and Objectives

The mission of Camp SMILE is to *empower children and adults with disabilities to live their lives without limits by providing an inclusive summer camp experience where there is no limit to the adventure.* We offer a typical camp program with the medical support and trained staff needed to enable these children to participate as fully as possible.

1. **To develop in each camper an enjoyment and appreciation of the natural surroundings they experience at camp.**
  - *Staff will foster discussion that will result in a heightened awareness of our setting and the impact of our environment. This is accomplished in a variety of activities including horseback riding, arts and crafts, and swimming.*
2. **To give campers an opportunity for growth and development of self-confidence.**
  - *Campers will gain self-confidence as they participate in all activities to the extent of their physical capacity and listen to the encouragement offered by counselors and staff. Camp SMILE operates on a "Challenge by Choice" principle and counselors are trained to foster independence by focusing on campers' abilities and by encouraging campers to make their own choices.*
  - *NOTE: For some campers, just being away from home and family is an opportunity for growth and development of self-esteem, especially considering that these children live with disabilities.*
3. **To give campers opportunities to have new experiences and acquire new skills.**
  - *Participation in the variety of activities provided by Camp SMILE will allow campers to achieve a basic familiarity with new sports, art, and various activities that enhance some elementary skills.*
4. **To allow campers to improve their social skills by forming new friendships with campers and counselors.**
  - *Camp will provide a supportive, inclusive environment where campers will feel free to reach out to others and form new, long-lasting friendships by sharing in camp experiences together. Holiday parties, fundraisers, and weekend respite camps help to maintain these friendships throughout the year.*



## **Camp Activities**

Camp SMILE boasts a variety of fun camp activities. We are committed to encouraging campers to participate in new activities and gain new skills and life experiences while at camp. Below are detailed descriptions of some of our most popular camp activities:

### **High Ropes Course**

Camp Grace boasts a state-of-the-art high ropes course complete with a zip line and adaptive equipment so that we can maximize participation. The High Ropes course is chiefly operated by experienced, high ropes-certified Camp Grace staff, with support from high ropes-certified Camp SMILE staff, to ensure the safety of our campers.

### **Horseback Riding**

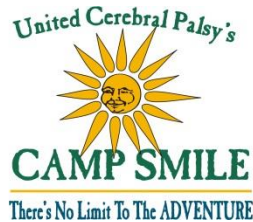
Three times a week, campers are given the opportunity to participate in horseback riding activities with Camp SMILE's horseback riding team. These activities may include trail rides around the lake, painting the horse to build comfort and trust between campers and their horses, and various games and exercises. The Horseback Riding Program is operated by Celisse's School of the Equestrian Arts. Owners Krystin Barrett, Certified Therapeutic Riding Instructor, and Jason Barrett, oversee a team of trained volunteers to ensure the safety of our campers.

### **Talent Show**

Each week, campers prepare for the Camp SMILE Talent Show, a years-long tradition. Parents, guardians, and friends are welcome to this event, which shows off musical, dance, and other talents of our many campers. Please plan to attend this awesome event!

In addition to the above activities, campers have the opportunity to enjoy arts and crafts, archery, swimming, boating, fishing, science projects, and a wide variety of other activities.

*Please review the Camp Grace Release and Disclosure Form for details on the risks involved with camp activities. Campers with severe, recent medical complications may require a doctor's note in order to participate in certain activities.*



## PACKING LIST

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> All prescription medication (in current prescription bottle)</li> <li><input type="checkbox"/> Any over-the-counter PRN medication (with prescription from doctor indicating dosage)</li> <li><input type="checkbox"/> Underclothing</li> <li><input type="checkbox"/> Shirts</li> <li><input type="checkbox"/> Shorts</li> <li><input type="checkbox"/> Pants (1 pair of long pants is recommended for horseback riding)</li> <li><input type="checkbox"/> Pajamas</li> <li><input type="checkbox"/> Sandals or flip flops</li> <li><input type="checkbox"/> Tennis shoes (You must bring at least one pair of "closed toe shoes".)</li> <li><input type="checkbox"/> Socks</li> <li><input type="checkbox"/> Swimsuit (We ask that girls bring one-piece swimsuits)</li> <li><input type="checkbox"/> Rain jacket/poncho</li> <li><input type="checkbox"/> Shampoo/conditioner</li> <li><input type="checkbox"/> Toothpaste &amp; toothbrush</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Brush/comb</li> <li><input type="checkbox"/> Deodorant</li> <li><input type="checkbox"/> Soap/body wash</li> <li><input type="checkbox"/> 4 towels (bath &amp; beach)</li> <li><input type="checkbox"/> 2 wash cloths</li> <li><input type="checkbox"/> Set of twin sheets (2 sets if camper is prone to wetting the bed)</li> <li><input type="checkbox"/> 1 blanket or sleeping bag</li> <li><input type="checkbox"/> 1 pillow and pillow case</li> <li><input type="checkbox"/> Tote bag or shower caddy (to carry bath supplies to bathroom)</li> <li><input type="checkbox"/> Flashlight</li> <li><input type="checkbox"/> Night light (if camper needs to sleep)</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Bug spray</li> <li><input type="checkbox"/> Dirty clothes bag</li> <li><input type="checkbox"/> Any adaptive equipment used on a daily basis (DAFO's, communication device, special plates, silverware, cups, etc...)</li> </ul> |
|---|---|

It is necessary to bring enough clothing for a change each day. We recommend seven (7) outfits for the week-long sessions or four (4) outfits for a weekend session. We only wash "soiled" linens and clothes. You must also bring your own supply of wipes, diapers, swim diapers and pediasure/ensure, if used by your camper.

### What Not to Bring:

Please do not bring anything with peanut butter (this includes items that may contain peanuts). Electronic devices are highly discouraged unless used for daily communication, rewards or successful night time routines. Please do not bring personal sports equipment or other valuables, as camp cannot be held responsible for their upkeep. Please label everything well! No money is necessary for food; three meals and two snacks per day are provided. However, there will be camp items available for purchase at check in.

### Please Note:

Campers are expected to bring sufficient supplies of their medication(s), properly identified, with complete directions for usage. Send enough for the camper's entire stay, plus several extras. Remaining medication will be returned. Please do not send the ENTIRE prescription. ALL medications must be sent in current prescription bottles. Over-the-counter medications must be in original containers and we can longer give campers over-the-counter medications without a prescription. This includes Motrin, Tylenol, Benadryl, Sudafed, Pepto-Bismol, Maalox, Tums, vitamins, nutritional supplements and natural sleep aides, such as melatonin.

## CAMP SMILE INVENTORY LIST

Camp: \_\_\_\_\_  
 I.D. Mark Used: \_\_\_\_\_

Counselor: \_\_\_\_\_  
 Cabin: \_\_\_\_\_

Item	Description, Color, Size	
Hat ____  Qty: ____	1.  2.	3.  4.
Socks ____  Qty: ____	1.  2.  3.  4.	5.  6.  7.  8.
Pants/Shorts/Dresses ____  Qty: ____	1.  2.  3.	4.  5.
Shorts ____  Qty: ____	1.  2.  3.  4.	5.  6.  7.
Shirts/Blouses ____  Qty: ____	1.  2.  3.  4.	5.  6.  7.
Undershirt ____  Qty: ____	1.  2.  3.  4.	5.  6.  7.



## CAMP SMILE INVENTORY LIST

Item	Description, Color, Size
Blanket/Sleeping Bag ____  Qty: ____	1. _____  2. _____  3. _____
Sheet ____  Qty: ____	1. _____ 3.  2. _____ 4.
Pillow ____  Qty: ____	1. _____  2. _____  3. _____
Towels ____  Qty: ____	1. _____ 4.  2. _____ 5.  3. _____ 6.
Wash Cloths ____  Qty: ____	1. _____ 4.  2. _____ 5.  3. _____
Swimsuit ____  Qty: ____	1. _____  2. _____  3. _____
Shoes ____  Qty: ____	1. _____ 3.  2. _____ 4.

**TOILETRY ITEMS**

Toothbrush                    Yes \_\_\_\_ No \_\_\_\_  
 Toothpaste                    Yes \_\_\_\_ No \_\_\_\_  
 Razor                            Yes \_\_\_\_ No \_\_\_\_  
 Soap                              Yes \_\_\_\_ No \_\_\_\_  
 Shampoo/Conditioner        Yes \_\_\_\_ No \_\_\_\_  
 Comb/Brush                    Yes \_\_\_\_ No \_\_\_\_

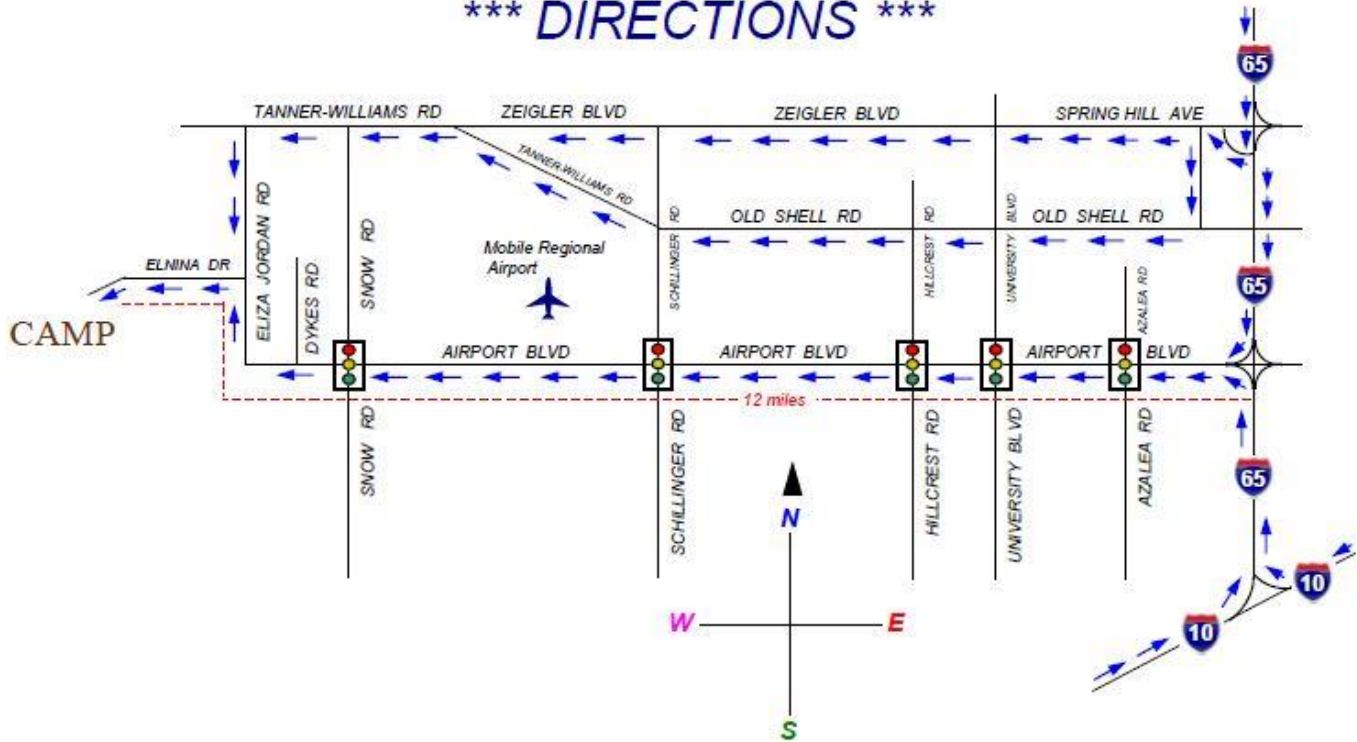
Deodorant                    Yes \_\_\_\_ No \_\_\_\_  
 Sunscreen                    Yes \_\_\_\_ No \_\_\_\_  
 Bug spray                    Yes \_\_\_\_ No \_\_\_\_  
 Lotion                            Yes \_\_\_\_ No \_\_\_\_  
 Other                            Yes \_\_\_\_ No \_\_\_\_

**OTHER ITEMS:**

# CAMP SMILE

11081 Wanda Drive  
Mobile, Alabama 36608

## \*\*\* DIRECTIONS \*\*\*



## FAMILY SURVEY

Thank you for being a part of the Camp SMILE family! Please complete this survey (**front** and **back**) to help us make next summer our best one yet.

*Please circle the number that most closely describes how you feel:*

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neutral</b>	<b>Agree</b>	<b>Strongly Agree</b>
My child enjoyed his/her experience at Camp SMILE.	1	2	3	4	5
My child felt welcomed and included at Camp SMILE.	1	2	3	4	5
I felt comfortable with the overall supervision at Camp SMILE.	1	2	3	4	5
The cost of Camp SMILE is reasonable.	1	2	3	4	5

*Since my child attended Camp SMILE...*

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neutral</b>	<b>Agree</b>	<b>Strongly Agree</b>
My child is more willing to try new things.	1	2	3	4	5
My child has improved social skills.	1	2	3	4	5
My child's behavior has improved.	1	2	3	4	5
My child is more independent.	1	2	3	4	5
I feel more secure about my child's future.	1	2	3	4	5
I feel less stressed.	1	2	3	4	5

**What did your child recount as his/her most memorable experience?**

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**Do you feel your child interacted well with his/her counselor?**

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**Were you/your child satisfied with the quality and quantity of camp activities offered during the camp session?**

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**Did you feel there was adequate exchange of information concerning your child and his/her stay at camp prior to, as well as after the camp session?**

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**As a parent/caregiver, what would you like to see changed or added to camp next year?**

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**Please add any additional comments that might be helpful to me so that we can make Camp SMILE a great camping experience for your child. Thank you for your input and support.**

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*Thank you for your participation and your thoughtful comments and suggestions. Please send your completed survey to [Imelikechi@ucpmobile.com](mailto:Imelikechi@ucpmobile.com). Anonymous submissions can be mailed to: Camp SMILE, 3058 Dauphin Square Connector, Mobile, AL 36607.*

## Refund Policy

All fees will be refunded when notification of cancellation is received in writing **thirty (30) days** prior to the beginning of the camp session that camper has applied for. Closures due to weather and/or mass sickness will be dealt with on an individual basis for those paying in full.

The \$70 registration fee that holds a camper's spot is non-refundable.