

Teen Adventure Camp

Parent / Guardian Packet

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Schedule of Sessions

The following are the currently scheduled sessions:

June 26th - June 28th, 2023

July 5th - July 7th, 2023

July 10th - July 12th, 2023

July 17th - July 19th, 2023

July 24th - July 26th, 2023

July 31st - August 2nd, 2023

August 7th - August 9th, 2023

August 14th - August 16th, 2023

The list of scheduled sessions is subject to change. Click “Purchase Tickets” on the Teen Adventure Camp page to be taken to the most up to date availability.

Intro to Small Group Camping

High Trek Camps run on a small group camping model. In small group camping, campers are divided into smaller groups for most of the day. Each group is assigned a staff member or “counselor” to help guide them through the day, engage the group socially, and support campers.

We utilize small group camping for a few main reasons:

- (1) Each teen has a staff member they are most familiar with.
- (2) Each staff member has visibility on just a few campers that they are responsible for. This way no teen “slips through the cracks.”
- (3) It makes moving large groups of teens easier.

To help campers remember what group they are in, and to identify what groups are at an activity, we give each camper a piece of duct tape to attach to their shirt or shorts that matches the color of their group.

There are still times during the day when all campers are engaged in an activity together or when groups have an opportunity to mix. Your camper can make friends outside of their group.

Frequently Asked Questions

What ages can attend Teen Adventure Camp?

Teen Adventure Camp is for ages 12-15. If your child is younger, they can join the Youth Adventure Camp which is for ages 7-11.

What happens during the day at camp?

To put it shortly, fun. The seven hours of programming is split among four main activities - ropes course + ziplines, laser tag, mini golf, and electives. Electives include time at the fun tower, games designed by our staff, and some camper choice activities. Teen Adventure Campers also tackle High Trek's low ropes course, axe throwing, and archery. Mixed in with these anchor activities are time for gaga ball, lunch, and a snack time.

Different lengths of time are spent at each activity and the order in which attendees visit the activities may vary, so an exact itinerary is not provided. This is done so that staff have the ability to adapt programming in the best interest of the campers.

What is the price?

Pricing information can be found at hightrekeverett.com/youth-camps/teen-adventure-camps.

Do I need to register in advance?

Yes! So that our staff has time to review registration paperwork and best prepare for the participants coming, we do not accept "walk-up" participants.

Registration

Registration has three steps:

- 1. Purchase a Teen Adventure Camp ticket**

This can be done under the "Camps & Events" section of the "Cart" on hightrekeverett.com.

- 2. Check your email**

You will find an email with links to complete your child's registration paperwork and waiver. This may take up to 30 minutes to be received. Be sure to check your spam if it is not found in your inbox.

- 3. Complete the paperwork and waiver, then you're done!**

Completing the paperwork and waiver should take less than 20 minutes and helps us be best prepared to help your teen have a fun and successful time at camp.

Is Teen Adventure Camp a Good Fit for My Child?

This is a great question, and the answer is "it depends". Here are things to consider when answering this question:

- Teen Adventure Camp is highly active
- Teen Adventure Camp takes place 100% outside
- High Trek can be a high stimulus environment
- Teen Adventure Camp is a social activity

Drop-off

Drop-off for Teen Adventure Camp is from 8:40am to 9:15am. During this time, staff will be stationed at a table outside, near the office building. The following steps will be accomplished during drop-off:

- Staff will confirm that your teen is registered for the session and that all paperwork is complete
- Staff will ask any questions that they have from the paperwork
- Staff will confirm your teen has what they need for a positive experience
- Parents will confirm the anticipated pick-up person and any additional approved pick-ups
- Parents will have the opportunity to have any last-minute questions answered
- Parents will present photo ID and sign the sign-in sheet

At this point, your teen is ready to go and can join the fun!

Late drop-off

If your camper is arriving after 9:15am, please notify High Trek in advance by emailing info@hightrekeverett.com or calling (425) 382-2966, option 7. When you arrive, you will bring your teen to the office to be checked in. Be aware that a late drop off may result in your teen missing out on activities. If possible, late drop-offs should be avoided.

Pick-up

Pick up for Teen Adventure Camp is from 3:45pm-4:15pm. During this time, staff will be stationed at a table outside, near the office building. The following steps will be accomplished during pick-up:

- Staff will confirm the teen being picked up
- The person picking up will present photo ID
- Staff will confirm this person is on the approved pick-up list
- The person picking up will sign the sign-out sheet
- Staff will place a walkie call for the teen to collect their belongings and meet their pick-up near the pick-up table.

Early pick-up

When possible, parents are encouraged to avoid early pick-up. This is primarily due to the involved nature of High Trek's activities - it may take a while to return your teen to you if you arrive while your teen is 50 feet in the air on a zip line.

However, early pickups happen. If you need to pick up your teen up early, please inform staff at drop-off so that they can best partner in having your teen ready to go when you arrive.

If you intend to pick-up before 1:00 pm, consider rescheduling your session so that your teen enjoys all that Teen Adventure Camp has to offer.

Rescheduling / Cancellations & Refunds / No-shows / Prorating

Rescheduling

If there is a conflict that arises and your teen is unable to attend Teen Adventure Camp, it is highly recommended that you contact High Trek to reschedule as soon as possible. If given at least 24 hours notice, we are happy to reschedule your teen for another Teen Adventure Camp session in which we have availability. Emailing info@hightrekevertt.com or calling (425) 382-2966, option 7 is the best way to reschedule.

Cancellations & Refunds

- You may cancel a reservation by contacting info@hightrekevertt.com or calling (425) 382-2966, option 7.
- You may cancel your reservation within the first 24 hours after booking for a full refund to your original payment method.
- After the first 24 hours after booking, you may cancel your reservation for a 90% refund if refunded to your original payment method, or a 100% refund if refunded to High Trek account credit.
- If you believe extenuating circumstances merit a waiver of any part of this policy, you may contact the program manager at info@hightrekevertt.com to request an exemption. Exemptions are given on a case-by-case basis and are not guaranteed.

No-shows

If a Teen Adventure Camp camper does not check-in for their session and no communication is made before the session to reschedule or cancel, the reservation is considered a “no-show”. High Trek retains all payments made on no-show reservations and the reservation holder is not entitled to a refund or having the session of Teen Adventure Camp rescheduled. **It is to your advantage to notify High Trek as soon as possible if conflicts arise.**

Prorating

High Trek does not prorate the cost of Teen camps based on time spent on site. If your camper cannot attend the entire Teen Adventure Camp, consider rescheduling for a different day on which your teen can enjoy the full experience.

Food

Your camper will be active with us for most of the day so staying well fed is important. All campers should bring food with them. Because food allergies are a real concern, we do not allow campers to trade food - please pack food just for your camper!

Lunch

We have time scheduled for lunch. All campers should bring a lunch that **does not require refrigeration or microwaving.**

Snack

Campers have time at transitions to snack if they are hungry. We also have a designated mid-afternoon snack time during which campers can use a snack token to purchase a snack pack. Some parents pack specific snacks, some pack big lunches that can be snacked on, and others purchase a snack token.

Snack Tokens and Snack Packs

Campers have the opportunity to purchase snacks from a selection each day. These snacks usually include ice creams, refrigerated sodas, etc.

We want to keep cash out of the camp area as it can be easily misplaced. Campers can use snack tokens to purchase snack packs instead.

Snack tokens are \$5 and buy 1 snack pack. A snack pack is \$5 of snacks made from the options of the day. Snack tokens can be purchased with cash or card at check-in. Unused tokens can be refunded.

We do keep track of who purchases a snack token just in case they also get misplaced :).

What to bring, what to leave at home

Here's a list of things we advise every camper will want to bring to Teen Adventure Camp.

- Water bottle
- Lunch
- Snacks
- Jacket (for cooler mornings)
- Hair ties for long hair
- Sun screen
- Rub on insect repellent
- Medications (if needed, see "Medications" below)
- We also ask parents to send a spare change of clothes (shorts, shirt, undergarments, socks), as campers could get wet or dirty.

Here's what should be left at home:

- Personal sports equipment (archery, lacrosse stick, etc.)
- Money
- Valuables
- Weapons, knives, or guns
- Cigarettes, chewing tobacco, alcohol, drugs
- Pets
- Excess fidgets (let's all bring no more than 1 please)

What to wear

Here are the things to consider when helping your camper dress for Teen Adventure Camp:

- **Shoes that enclose the toes and heel are required for all of our activities.**
- Your teen will be outside and active the whole time at High Trek. Clothes that allow flexibility are ideal.
- Layers help as the temperature changes throughout the day.
- High Trek is a family friendly venue. Please do not wear clothes depicting profanity or explicit material.

Cell phones / electronics

We understand that cell phones are a part of life in the modern world. We also understand that many parents will send their teens to Teen Adventure Camp with cell phones. We ask that parents help their teens abide by the following best-practices for cell phones:

- In the interest of the privacy of our staff and other attendees, we ask that cell phones only be used to capture pictures or video with the consent of everyone in the picture of video and with a staff member being made aware. If there is a privacy concern, it will be requested that phones are put away.
- Phones may not be used to share or display media (video, audio, etc.) while at camp. In the interest of keeping our program outdoor focused and family friendly, Teen Adventure Camp is not a time to watch YouTube, TikTok, etc.
- Being fully engaged to receive instruction or participate in activities is key to having the most fun at Teen Adventure Camp. All attendees are encouraged to keep their phones stashed and stay engaged throughout the evening. Teen Adventure Camp only lasts 4 hours, a cell phone will be there at the end.
- Campers may use their personal device to communicate with parents if needed. We ask that campers keep our staff in the loop so that staff can best help with anything arranged between teen and parent (e.g. early pick-ups, food being dropped off).
- We do not allow cell phones into the ropes course as they could fall, break, and potentially injure people below. There is a secure space for phones to be stored when campers enter the ropes course.

So that they are not broken, we discourage bringing any other electronic devices to Teen Adventure Camp.

If there is a pattern of phone or other device use that raises concerns over privacy or creates an environment that is disruptive or not family friendly, parents will be contacted and appropriate action will be taken up to and including dismissal from the Teen Adventure Camp session and barring registration for future High Trek Youth Camps sessions.

Tips for a successful Teen Adventure Camp

Teen camps at High Trek can be a wonderful experience for teens; many return year after year. In order to provide the best experience for your teen that we can, there are a few things that you, as guardians, can help us with.

1. Please encourage your teen to set realistic expectations for the evening – making new friends, trying new activities, and learning new things are all part of Teen Adventure Camp and we hope that campers come ready and open to new experiences.
2. Please let your teen know that we expect everyone (campers, staff, and volunteers) to respect others, themselves, and their surroundings while at High Trek. We do not tolerate bullying and intentional endangerment. Both are grounds for consequential action up to and including dismissal from the program and barring registration for future High Trek Youth Camps sessions. Guardians will be notified if any unacceptable behaviors occur during Teen Adventure Camp.
3. Please inform our staff of any particular behaviors we might see from your teen and share any tips or strategies that you've noticed work well. We recognize that you know your teen better than anyone and we'd love to use strategies at High Trek that help them experience the most success in their time here!

Camper Conduct & Code of Conduct

Expectations of Camper Conduct

High Trek Adventures is dedicated to providing outstanding Teen camps. To collaborate in creating an amazing experience for all, campers are expected to behave appropriately and promote a safe, fun, and healthy environment through productive participation. We aim to promote character values of confidence, caring, honesty, respect, and responsibility in all aspects of our camp program. We ask that all campers and parents/guardians review this code together before arriving at camp.

Everyone needs some coaching and will fail to adhere to the code of conduct at some point. Our staff are happy to help your teen find better courses of action to take in these cases. However, if a pattern of behavior significantly impedes the program or endangers others physically, socially, or emotionally, consequential action will be taken. This action begins with a conversation between the teen and the most senior program staff on site. Action can escalate up to and including dismissal from the session and barring registration for future High Trek Youth Camps sessions. Parents will be notified of behaviors resulting in consequential action.

High Trek Teen Programs Code of Conduct:

“As a camper, I will hold myself to the standards and expectations set for Respect, Behavior, Safety, and General Conduct:

RESPECT

- Strive to be respectful, cooperative, and to contribute positively to the experience of fellow campers.
- Strive to be careful and considerate that my actions - whether intentional or accidental - will not hurt another camper physically, socially, or emotionally.
- Show respect to the camp staff, and cooperate fully with their instructions.
- Respect the rights and beliefs of others, and treat others with courtesy and consideration.
- Respect the property of others. This includes personal property, camp property and equipment/supplies.
- Never mark, deface or destroy camp or personal property or nature.

BEHAVIOR

- Conduct myself responsibly. I understand that horseplay, inappropriate physical contact, unwelcome teasing, bullying, or other unkind behaviors are not allowed and will not be tolerated.
- Communicate in an appropriate manner, which means I will not use foul language or gestures, harsh words, or raise my voice.
- Refrain from deliberately causing bodily harm to the campers or staff. I understand that pushing, kicking, hitting or fighting are not acceptable behavior and will not be tolerated and will be grounds for suspension/dismissal from the camp program.

SAFETY

- Campers must wear closed-toe/closed-heel shoes at all times.
- Campers need to pay attention to their surroundings and use care in all activities.
- Campers will adhere to all safety rules and regulations given for each activity they participate in while at camp.

GENERAL CONDUCT

- Campers are expected to wear appropriate clothing to camp each day.
- Campers must inform the camp staff if they are experiencing a problem with another camper or other issues. If the staff are not informed about a problem, they cannot stop the problem or assist the camper.
- We expect all campers to have FUN, but not at the expense of others.
- Campers are encouraged to participate in all activities to the best of their ability.
- Violation of the Code of Conduct can be grounds for automatic dismissal. Refunds are not given when a camper is dismissed from a camp program.
- Weapons, look-alike weapons, or objects that may be used to threaten, intimidate, or harm others or to damage property may not be brought to camp.

Emergencies and Illness during High Trek Teen Camps

Emergencies, general

In the event of evacuation, fire, or other natural disaster, parents will be notified after staff remove campers from immediate harm. For a medical emergency, serious incident, or illness

while at High Trek, we will contact you by phone. Please make sure our numbers for you and any emergency contacts are correct and up-to-date.

Medical Concerns and Emergencies

Normally, we will not contact you for routine health care problems (i.e., skinned knees, insect bites, upset stomach, etc.) that are not severe or do not require the additional attention of an out-of-camp health care provider. In these instances, basic sanitation and relief practices will be followed, including the following:

- Washing with soap and water
- Applying a cold compress
- Providing adhesive bandages for your teen to apply
- Providing water and shade.

High Trek does not administer any over-the-counter medications that are not provided by a child's parent.

If symptoms do not resolve or if your teen is struggling with discomfort, we will contact you.

In the event that out-of-camp health care is needed, we will contact you to pick up your camper as soon as possible. If the care needed is immediate we will call EMS to pick up your child. We will call you immediately and provide the following information:

- Nature of illness or health concern
- Hospital to which your teen is being transported and Estimated Time of Arrival
- Timeline of events leading up to emergency response

If your teen leaves site

If your teen decides to leave site without being checked out by an approved pick-up, High Trek staff will notify emergency services and will relay the following information:

- Description of child
- Last known location and direction of movement
- Events leading up to teen leaving site
- Contact information for parents and emergency contacts

Staff will then notify parents and emergency contacts until someone is successfully reached.

We follow this procedure in the best interest of the teens in our Teen camps and the well-being of our staff. Emergency services have the best resources to reconnect you with your teen once they are off site.

Medications

High Trek does not administer any over-the-counter medications that are not provided by a child's parent.

General policy. In order to ensure the health and safety of all program participants, we do not allow teens to carry medications in their backpacks throughout the day. Instead, medications

must be checked in at drop-off and checked-out at pick-up, with the exception of EpiPens and inhalers.

EpiPens and inhalers. Parents and guardians may elect for teens to self-carry Epi Pens or inhalers or may check them in like other medications. If parents choose to allow teens to self-carry, High Trek is not responsible for the loss or damage of the EpiPen or inhaler.

Administration. Any medication that a teen will take during their time at High Trek will be administered by the program manager or most senior program staff on site, or these persons will assist the teen in administration. Administration will match the dosage, timing, and method of administration prescribed in the child's registration paperwork.

Limits to scope of administration. High Trek reserves the right to not administer any medication if staff do not possess adequate skill or knowledge (e.g. giving injections without the child's assistance). In this case, the parent will be contacted in advance of the Teen Adventure Camp session to discuss options of how to move forward.

Mid-Session Communication with High Trek

If you would like to contact staff while your teen is attending a program at High Trek, you may call (425) 382-2966, option 7. This is a busy number. Please leave a voicemail if you are not connected to a staff member on your first attempt. We will call you back. Due to the volume of calls we receive, we only return calls that leave a voicemail.