



Family Handbook 2023

Camp Hantesa, Camp Canwita, Des Moines Based Programs

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GENERAL INFORMATION

Contact Information

| Camp Hantesa | Camp Canwita | Camp Fire HQ | Bergman Academy |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| 1450 Oriole Road | 2807 Duff Ave | 5615 Hickman Road | 100 45th St |
| Boone, IA 50036 | Ames, IA 50010 | Des Moines, IA 50310 | Des Moines, IA 50312 |
| Hours: M – F 8:30am – 4:30pm |
| Phone: 515-432-1417 | Phone: 515-232-1932 | Phone: 515-274-1501 | Phone: 515-274-1501 |

Email: campfire@campfireiowa.org

Website: www.campfireiowa.org

Online Registration, returning user account log-in:

<https://campfireiowa.campbrainregistration.com/>

Camp Fire Professional Program Staff

- **Kelly Peterson**, Executive Director – kelly@campfireiowa.org, 515-309-1482
- **Owen Ballard**, Development & Operations Director – oballard@campfireiowa.org, 515-309-1473
- **Drew Demery**, Camp Director | Camp Hantesa - drew@campfireiowa.org, 515-212-7010
- **Lauren Slinker**, Program Director | Des Moines - lauren@campfireiowa.org, 515-720-1846

Facebook: www.facebook.com/Campfireiowa & www.facebook.com/CampHantesa

Instagram: @campfireiowa; @camphantesa; @campcanwita

Mission, Values, Statement of Inclusion & About Camp Fire

OUR MISSION

Growing up is hard. That's why Camp Fire connects young people to the outdoors, to others, and to themselves.

OUR VISION

We envision a world where all young people thrive and have equitable opportunities for: Self-Discovery, Community Connection, and Engagement with Nature.

OUR VALUES

We are a values-driven organization today and since 1910. Our values are what guide us each day. They help meet each moment in time and meet each young person where they are. When we began in 1910, the values of “Work Health and Love” underpinned our journey to building up youth. It was also just the beginning. Today, we focus on what it means to be an equity-focused organization and how we can remove barriers to accessing our programs so all young people have the opportunity to experience Camp Fire’s powerful programs and thrive.

STATEMENT OF INCLUSION

Camp Fire believes in the dignity and the intrinsic worth of every human being. We welcome, affirm, and support young people and adults of all abilities and disabilities, experiences, races, ethnicities, socio-economic backgrounds, sexual orientations, gender identities and expressions, religion and non-religion, citizenship and immigration status, and any other category people use to define themselves or others. We strive to create safe and inclusive environments that celebrate diversity and foster positive relationships.

Our Staff

Kelly Peterson

Executive Director | kelly@campfireiowa.org

Kelly Joined Camp Fire staff in 2020 as the Executive Director. She has a Master’s degree from the University of California, Chico in Education. She also is certified in Excellence in Non-profit Management from the University of Nevada Reno. Prior to her time at Camp Fire, she was a Development Director for Eddy House, a homeless youth shelter in Reno Nevada, and was a Camping and Youth Development Executive Director for the United Methodist Church on the Regional and National level for 12 years. Prior to that, she was an owner/director of a private camp, an educational consultant, and a teacher.

In her role as executive director, Kelly is responsible for leading Camp Fire in a manner that supports and guides the organization’s mission as defined by the Board of Directors. She works with the board and staff to ensure the mission is fulfilled through programs, strategic planning, and community outreach. She is also responsible for developing fiscal management and resources sufficient to ensure the financial health and future of Camp Fire Heart of Iowa.

Owen Ballard

Development & Operations Director | oballard@campfireiowa.org

Owen joined the Camp Fire staff in January 2021 as the Development & Camping Programs Director. Owen is a former Hantesa camper, Apprentice, Camp Fire Club member, seasonal camp counselor, and volunteer club leader. He even met his wife, Kacie, while working at camp!

Owen holds a bachelor’s degree from Iowa State University in Child, Adult, and Family Services and another bachelor’s degree in Biology. Owen also holds a Master of Public Administration (MPA) degree

from Drake University. Prior to his time at Camp Fire, Owen worked for a variety of community causes including housing, arts and culture, and youth development.

In his role as Development & Camping Programs Director, Owen is responsible for fundraising and oversight of all Camp Fire Heart of Iowa programs. He is passionate about creating partnerships and services which make fun, enriching activities accessible to all kids and teens.

Anna Schaber

Marketing & Communications Director | anna@campfireiowa.org

Anna joined the Camp Fire staff in February 2022 as the Marketing & Communications Director. She earned her Bachelor of Science degree from the University of Wisconsin – Madison in Community & Nonprofit Leadership and Spanish with a certificate in Marketing. Prior to her time at Camp Fire, Anna planned and oversaw volunteer events as the Volunteer Engagement Specialist at United Way of Central Iowa.

In her role as the Marketing and Communications Director, Anna is responsible for developing and executing comprehensive marketing plans and campaigns, designing, and overseeing advertising and promotional activities, and maintaining a consistent corporate image and voice. She also manages all day-to-day operations of marketing including PR, media relations, social media, email communication, and website.

Lacey Adamson

Administration & Donor Relations Manager | lacey@campfireiowa.org

Lacey joined Camp Fire staff in February 2022 as the Administration and Donor Relations Manager. Lacey is an experienced Operations and Client Manager. Prior to her time at Camp Fire, she spent the past 12 years holding various roles in the insurance industry primarily focused on providing exceptional customer experiences and insurance risk management. Lacey's pride and joy is her daughter Victoria, who keeps her busy with extracurricular activities year-round.

In her role as Administration and Donor Relations Manager, Lacey is responsible for the administrative functions of the Camp Fire office. This includes communicating with clients and stakeholders as well as managing Camp Fire's donor and registration systems.

Blake Barrett

Facilities & Transportation Director | blake@campfireiowa.org

Blake joined the Camp Fire staff in March 2017 as the Facilities Director. Prior to his time at Camp Fire, Blake attended Kirkwood Community College and DMACC, worked at ACE Hardware, held a variety of construction jobs, and was a member of the seasonal staff at Camp Hantesa.

In his role as Facilities & Transportation Director, Blake is responsible for planning and managing all facility upgrades and maintenance. He also supervises seasonal maintenance staff, pool operations, and wastewater at Camp Hantesa.

Drew Demery

Camp Director | Camp Hantesa | drew@campfireiowa.org

Drew is a Boone native, who began his Camp Fire journey back in the mid-1990's as a summer day camper at Camp Hantesa. In 2022 he returned to Camp Hantesa to begin his tenure as Camp Director after nearly two decades of youth development experience across the country.

"I strongly believe in the power that camp has to make a lifelong, positive impact in the life of every camper, staff and guest who visits. As Camp Director my mission is to create safe, meaningful experiences that promote a sense of belonging, personal growth and compassion for others."

Drew holds a Bachelor of Fine Arts degree from the University of Iowa, is very active with the American Camping Association and is a veteran American Red Cross Instructor. He is joined at camp by his wife, Kendle, their son, Axel and border collie, Ranger.

Lauren Slinker

Program Director | Des Moines Programs | lauren@campfireiowa.org

Lauren joined Camp Fire staff in 2022 as Program Director for Des Moines programming. She earned a bachelor's degree from the University of Northern Iowa in Leisure, Youth and Human Services. Prior to her time at Camp Fire, she was an assistant supervisor through Beyond the Bell before and after school care.

In her role as Program Director, Lauren is responsible for the oversight of all Des Moines programs including four summer day camps. She is also in charge of designing, implementing programs, and supervising seasonal and part-time staff.

Our Commitment to Safety

Camp Fire's Policy and Practices Around Child Abuse Prevention

Camp Fire Heart of Iowa takes our responsibilities to our children, youth, and vulnerable adults very seriously. We fail in our responsibilities if we neglect to take adequate precautions against abuse in our programs. It is unlikely that we can completely prevent abuse in every situation, but it is possible for us to greatly reduce the risk by following a thorough policy of prevention that includes best practices and mandates of the law.

Purpose

It is the purpose of this policy first is to protect the children, youth and vulnerable adults that participate in our programs. The second purpose of this policy is to protect our staff, both paid and volunteer, from potential allegations of abuse.

We have developed a comprehensive plan that includes all areas of the issue: screening, training, supervision, reporting procedures and response plan. We will follow stringent safety measures in the recruitment and selection of workers; we will implement prudent operational procedures in all programs and events; we will educate and train all our children and youth staff and laws of the abuse laws set forth by the state of Iowa.

As Camp Fire Professionals We Promise To:

- Treat all children, youth, and adults with respect and consideration.
- Respect children's, youth's and adults' rights to decline being touched in ways that make them feel uncomfortable.
- Maintain an attitude of respect, patience, professionalism, courtesy, tact, and maturity as a positive role model for children, youth, and adults.

Appropriate and Inappropriate Actions with Our Campers:

- Use positive techniques of guidance, such as redirection, positive reinforcement, and encouragement rather than competition, comparison, and criticism.
- Refrain from any behavior that could be considered abusive to children, youth, or adults, including:
 1. **Physical Abuse:** This is abuse in which a person deliberately and intentionally causes bodily harm to youth or young child. This type of abuse in child or youth programming can be the result of or the perceived result of: Physical punishment (spanking, grabbing, holding down), withholding food or water, excessive exercise as punishment. Physical intervention is only allowed in the case of youth hurting themselves or another person.
 2. **Emotional Abuse:** This is abuse in which a person exposes a youth or young child to spoken and/or unspoken violence or emotional cruelty. Emotional abuse sends a message to the youth or child that they are worthless, bad, unloved, and undeserving of love and care. This type of abuse in child or youth programming can be the result of or the perceived result of: Put downs, favorites, nicknames, ignoring signs of bullying, or not giving equal attention to all participants.
 3. **Neglect:** This is abuse in which a person endangers a child's or youth's health, welfare, and safety through negligence. This type of abuse in child or youth programming can be the result of or the perceived result of: Inadequate hydration, sunscreen not applied resulting in a sunburn, not seeking medical attention when a participant is injured or ill, not assuring participants eat, shower, or change clothes.
 4. **Sexual Abuse:** This type of abuse occurs when sexual contact between a child, youth or vulnerable adult and an adult (or older, more powerful youth happens). This type of abuse in child or youth programming can be the result of or the perceived result of: Not assuring rule of 3 is followed, comments of a physical or sexual nature, physical contact such as hugging, lap sitting, shoulder rubs, lack of privacy for participants, showering or changing in front of participants.

5. **Rule of Three:** In order to reduce the possibility of abuse, the rule of three should be followed in all situations. Whenever possible, two adults should be always present with participants. When having two adults in a situation is not possible (compromising supervision or ratios) then a second preferably older non-related youth can fulfill the rule of three. Also, a floater can serve as the second adult in an activity situation with multiple participants present. With transportation, last resort would be an open phone line or video call to another adult who can be an observer of activity in the vehicle. Situations to consider: Transporting participants, going back to a vehicle for a forgotten item, going to the health provider, retuning to cabin for a forgotten item, campers going to bathroom should never be just two... (this list is just examples not all inclusive)
6. **Praise in Public BUT DO NOT isolate to correct behavior:** If you need "privacy" to correct behavior or discipline a participant, do so in open in view of another staff person. Do not take a participant for a walk or isolate yourself with a participant in other areas to correct behavior.
7. **Privacy for Participants:** Allow participants to toilet, bathe and change in private. Supervise by making your presence known, and within "earshot" of what is going on, but not in a way that the participants are feeling "watched". As well, participants should not see you use the toilet, bathe, or change.
8. **Boundary Issues:** It is important for staff and volunteers to be clear about appropriate behaviors. Staff must be attentive to appropriate dress codes, appropriate language and conversations, and appropriate correction of behavior as well as affection and encouragement.
9. **Camp Fire has established ratios** for all programs and activities to ensure proper supervision is provided. The following are individuals who cannot be counted in ratios: staff under the age of 18 unless they are working with and under the direct supervision of another staff member who is 18 years of age or older. Volunteers unless they have been background checked and trained in Child Protection policy and practices and risk management.

If you have any questions or concerns about our staff's interactions or actions with your child:

- If you think your child is a victim of abuse: Reports are made to: Child Protection Centers of Iowa: **1-800-362-2178** (Abuse Hotline, 24 Hours a Day)
- If you have questions or concerns about boundary issues or behavior/interactions between your child and our staff. Please contact the Program Director or the Executive Director to discuss your concerns.

Kelly Peterson: Executive Director kelly@campfireiowa.org

Owen Ballard: Operations Director oballard@campfireiowa.org (Camp Hantesa/Canwita Contact)

Drew Demery: Hantesa Camp Director drew@campfireiowa.org (Camp Hantesa/Canwita Contact)

Lauren Slinker: DSM Program Director lauren@campfireiowa.org

DSM Service Center/Camp Office: 515-274-1501

Camp Hantesa: 515-432-1417

Camp Canwita: 515-598-2505

Upcoming Events

Haunted Hantesa

October 21 & 22

Bring your family to Camp Fire's Free haunted forest! Brave the haunted trail for some family-friendly scariness and then enjoy a bonfire and treats. Bring your trick or treat bag for some free candy, make some s'mores on the fire, or purchase snacks and cider for the road! Free for all to attend.

Book Your Next Event with Us

Camp Hantesa is available for events, retreats, and outings of all sizes, all-year round!

Select facilities to match your needs! Camp Hantesa offers a variety of rustic and modern overnight lodging, and our dining hall is perfect for weddings, receptions, and other large gatherings. Camp Hantesa allows offers food service, team-building, and other programs, taking the hassle out of planning your next youth program or corporate retreat!

The best part – booking your event at Camp Hantesa helps bring Camp Fire programs to even more kids and teens across central Iowa! Learn more at www.campfireiowa.org

HEALTH & SAFETY

Policies

COVID-19 Policy

Screening

Pre-Screening:

Campers (with parent/guardian assistance) and staff will be asked to self-monitor for 14 days prior to arrival and self-report if they suspect they have contracted COVID-19 or come into close contact with someone who has a confirmed/suspected case. Symptoms to monitor include: Fever of 100.4 F or greater, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, and vomiting.

Initial Screening:

Screening for COVID-19 will be incorporated into existing check-in screening procedures for overnight camp programs. For day camp programs, caregivers will be asked daily to affirm that their child has not been experiencing any symptoms associated with COVID-19.

Ongoing Screening:

Campers and staff in overnight programs will participate in daily screening. Screening will take place in the morning, before campers/staff leave the cabin. Screening will include a temperature check and reporting of any COVID-related symptoms.

Preventing Spread

Hand Hygiene – Campers & General Staff:

Campers and staff will wash or sanitize hands:

- Before eating food (e.g., when entering the dining area)
- After being in contact with someone who may have been sick
- After using the restroom
- After coughing, sneezing, or blowing your nose

Hand Hygiene – Kitchen Staff:

Kitchen staff will wash hands:

- Before and after using gloves
- Before, during, and after preparing any food
- After handling raw meat, poultry, seafood, and eggs
- After touching garbage
- After using the restroom
- After wiping counters or cleaning other surfaces with chemicals
- After coughing, sneezing, or blowing your nose
- Before and after breaks

Physical Distancing:

Campers and staff will distance themselves whenever possible by utilizing a variety of techniques including increased spacing, small groups with limited mixing, and staggered scheduling.

Masks:

Masking will be required indoors and in vehicles when COVID-19 Community Level is 'Medium' or 'High' [according to CDC data](#). Camp Hantesa programs will require masks whenever Polk, Story, or Boone county are at medium or high risk as they pick up campers from those locations daily. More information on how COVID-19 Community Levels are determined [can be found here](#).

Masks must cover the mouth and nose and have a minimum of at least two layers. All staff and campers will abide by the following mask policy, regardless of vaccination status. Campers and staff will wear masks in all indoor locations other than while eating, sleeping, showering, and brushing teeth.

Campers should bring at least two masks per day at camp, one to be worn and at least one back up sealed in a plastic bag in case the first becomes wet or otherwise soiled. All programs will stock disposable masks for use by campers and staff as needed.

Vaccinations:

All staff, seasonal and professional, will be required to either be [fully vaccinated according to the CDC's current definition](#) or provide proof of a negative COVID test weekly before arriving to work.

Campers and families eligible for the vaccine are encouraged, but not required, to be vaccinated for participation in Camp Fire programs.

Activities

General Guidance:

1. Activities will be held outdoors as much as possible.

2. Campers and staff will continue to practice proper hand hygiene during all activities and wear masks when required.
3. As much as possible, staggered scheduling will be used to limit/reduce the number of campers participating in an activity at any given time.
4. All staff will be trained in First Aid/CPR procedures in compliance with the most recent recommendations from the American Red Cross.

Field Trips:

Field trips will be limited to facilities/destinations which are deemed by Camp Fire staff to have taken necessary precautions to reduce the risk of COVID exposure.

Personal Protective Equipment (PPE) and Cleaning Supplies

All necessary PPE and cleaning/disinfectant supplies (disposable gloves, masks, cleaning supplies, etc.) will be stocked in convenient locations across all camps and vehicles. All staff will be trained on how and when to use PPE and cleaning/disinfectant supplies.

Emergency Procedures

As an ACA accredited organization, all Camp Fire programs have established emergency procedures in place for situations which may reasonably be expected to occur in the course of camp programs. The safety and well-being of the campers and staff ALWAYS comes first. All Camp Fire staff are trained and prepared to respond to:

- Major injuries and accidents
- Storms
- Fires
- Earthquakes
- Waterfront emergencies
- Missing persons
- Intruders
- Active shooters
- Kidnapping
- Evacuations

Health Care Policies

Camp Fire camps are accredited by the American Camp Association. We strive to maintain high professional standards for the safety and welfare of all campers. Counselors have received First Aid and CPR training. Please coach your campers to report all accidents or illness to their camp staff. Please note that, typically, staff will not call home to report minor injuries (small cuts or burns, bumps, etc) unless there are extenuating circumstances, though, these minor injuries will be reported at check out.

Emergency care arrangements have been made for all sites and staff have been trained on proper emergency procedures. If a camper is injured, if possible, we will contact parents before taking them for treatment.

If your camper requires daily medication or special health care assistance, be sure to note this on the medical form or camper information sheet during registration.

Camper medication must be presented to staff at check-in in its original or prescription packaging along with instructions. Campers should not bring a large supply of medicine, only what they will need for the day or week, to be controlled by staff.

Swimsuit Policy

In order to create a safer and more inclusive space for our campers and staff, we have updated our swimsuit policy for all of our summer camp programs. This new swimsuit policy will ensure all campers and staff can feel comfortable in the water while also minimizing sun exposure. Camp staff will continue to assist campers, as needed, with applying sunscreen before swimming and reapplying at regular intervals. Please read below for the full policy which will take effect in the summer of 2022 program.

All staff and campers must wear swimsuits that cover their front (chest and stomach) from shoulders to hips. Shoulders may be partially or fully covered. Swimsuit attire must also fully cover private areas including bottoms. Swimsuit bottoms should be properly sized and stay on the hips, hands-free. Swimsuits with straps should have straps that do not untie, unclip, or unzip.

While not required, swim shirts will provide the most protection from sun exposure. We recommend swimmers wear a swim shirt to cover their entire torso and protect themselves from the sun. (Potentially add a point about swim shirts being provided for all scholarship participants?) Swim shirts are shirts that can be worn while swimming and are made from nylon, spandex or polyester. Normal cotton t-shirts cannot be worn in the pool as they can become a drowning hazard due to their baggy fit. Some examples of appropriate swim shirts would be rash guards and dri-fit athletic style shirts.

Camp Fire will have a limited number of swim shirts available for campers to borrow if/when they forget to bring one. Each site will also have swim shirts available for purchase, at cost.

Acceptable swim attire would include:

- *Swim trunks with swim shirt or rash guard*
- *One-piece swimsuit covering front from shoulders to hips and private areas*
- *Tankini with swim trunks or bottoms*
- *Swim shirt with swim trunks or bottoms. Campers can choose whether they wear a swim top underneath their swim shirt.*

Though any of the above options are acceptable, we recommend all swimmers choose swimwear that covers their entire torso (shoulders, back, and chest) to reduce sun exposure. We also recommend all swimsuits be orange or yellow-colored as they are proven to be more visible underwater and can make it easier for lifeguards to maintain proper visibility of swimmers.

Behavior Management Policy

CAMP FIRE PROGRAM DISCIPLINE AND DISMISSAL POLICY:

Camp Fire is interested in the welfare of all children. Participants in Camp Fire programs are expected to follow the rules of the program and direction of the staff. Disciplinary action will be taken when a child inflicts physical or emotional harm on other children or themselves, abuses staff members, requires constant one-on-one attention, or is otherwise unable to follow the rules and guidelines of the program. Camp Fire does not allow the use of any weapons at our programs or the use of illegal substances.

When a discipline problem occurs, the staff will notify the parents and/or guardians of the situation, and discuss a solution. If improvement does not occur, or a solution cannot be determined, the child may be dismissed from the program. The staff will discuss the dismissal procedure with the parents and/or guardians, should a serious discipline problem occur. All steps in the discipline process will be documented including, but not limited to incident, contact with parents, solution, and events leading to improvement not occurring or no determination of solution. However, acceptance into the program is conditional on the above policy and right to dismiss a child from the program as outlined above. A child exhibiting behavior that endangers themselves or others will have parents called and will be sent home immediately.

RULES: We want all campers to have a good time at our programs. The following rules are consistent throughout all Camp Fire programs and apply to all participants.

1. Follow 3 R's; Respect yourself, others and environment.
2. Stay with your group and your counselor. At times you may go with a buddy.
3. Stay within the boundaries set for specific activities.
4. Use appropriate language. No swearing, put-downs, or hate speech.
5. Treat others fairly. Respect others and their belongings.
6. Respect nature and living things.
7. Keep hands, feet and objects to yourself.
8. Put away personal belongings (phones, toys, etc.) when instructed.
9. Be careful with camp property. Return camp equipment to its storage space.
10. Help with clean-up of the activity and camp setting.

Site specific rules may differ between programs, but will be made clear to participants upon arrival.

Rules will be made very clear on the first day of each camp week and will be **consistently** enforced by all staff.

Disciplinary Action

Camp Fire is interested in the welfare of all participants. Participants in Camp Fire programs are expected to follow the rules of the program and the direction of the staff. A participant's failure or inability to follow rules or staff directions may result in disciplinary action.

Disciplinary action may be called for when a participant disrupts program by requiring constant one-on-one attention; inflicts physical or emotional harm on others; abuses staff or is otherwise unable to conform to the rules and guidelines of the Camp Fire program, this includes repeated cell phone usage.

When disciplinary action is called for, staff will notify the parents/caregivers of the situation and discuss a solution. If improvement does not occur, the following steps will be taken:

Camp Fire reserves the right to accelerate the disciplinary process as it sees fit and based on the severity of the incident. Parents/caregivers will be notified any time a child is exhibiting behavior that endangers themselves or others and may be sent home immediately.

- First incident: Parent/caregiver will be informed of incident by phone or at pick up.
- Second incident: Parent/caregiver will be called and informed that the participant has been suspended for the rest of the day. Parent/caregiver should make arrangements for the participant to be picked up as soon as possible.
- Third incident: Parent/caregiver will be called and informed that the participant has been suspended from camp for the rest of the week. Parent/guardian should make arrangements for the participant to be picked up as soon as possible.
- Fourth incident: Parent/caregiver will be called and informed that the participant has been suspended from camp for the rest of the summer. Parent/guardian should make arrangements for the participant to be picked up as soon as possible.
- Registration fees will not be reimbursed for the remainder of a camp session following a participant's suspension.
- If a participant is suspended for the remainder of the school year, they will not be expected to pay any registration fees for weeks they will be unable to attend.

Transportation Safety & Procedures

We will use buses, vans, and cars to transport campers, depending on number of children to be transported. Campers are given instructions on acceptable behavior, these include, remain seated and facing forward, be respectful of staff and the driver, keep all hands, arms and objects inside the vehicle, when riding in a van or car all passengers must wear a seat belt. In the instance of an emergency that requires a change to the drop site or transport to camp we will contact the parents of all campers at the designated drop site. The phone numbers used will be the numbers provided on the camp registration.

Health, Safety & Well-Being

The health and safety of our campers and staff is our top priority. All Camp Fire camps are accredited by the American Camp Association (ACA), a nationally recognized organization. Accreditation requires an on-site visit, annual reporting, and compliance with more than 150 standards.

All medical protocols and standing orders are reviewed by a physician. All medical care provided at camp is supervised and/or reviewed by a Registered Nurse and all staff, including seasonal staff, are certified by the American Red Cross in First Aid and CPR. Camp Fire staff also hold a Camp Mental Health Certification from L.E.A.D. (<https://www.leadnow.org/>).

At Camp Hantesa, the pool and waterfront are supervised by certified Lifeguards. Des Moines and Ames programs only swim at facilities staffed with certified Lifeguards. Additionally, all activities which may involve inherent risk (rock climbing, archery, canoeing, etc) are supervised by qualified, skill-verified staff.

Homesickness

Homesickness is the feelings of distress caused by an actual or anticipated separation from home and associated people or objects (parents/caregivers, pets, prized possessions, etc.).

Homesickness is a normal feeling. It is the natural result of separating from home and loved ones. Almost all children, of every age group, (as well as adults!) feel homesick when they're away from home. However, every child's feeling will vary in intensity based on their experience, maturity, age, and many other factors.

Missing home is not typically a problem until it becomes a preoccupation. When the feelings of sadness and anxiety associated with missing home become so strong that making friends, having fun, sleeping, eating, and participating in activities is difficult – our staff are trained and prepared to intervene immediately. Our counselors also do as much as they can to prevent homesickness by making camp a friendly, inviting, and fun place to be, including:

- Knowing your camper's name.
- Making each camper feel secure and wanted.
- Making sure camp staff are approachable and that campers know they can come to them if they're feeling uncomfortable, sad, lonely, etc.
- Making sure their cabin is attractive, pleasant, and clean.
- Keeping campers active with games, songs, hikes, etc. Especially during transition times between scheduled activities.
- Having everyone get acquainted on the first day with introductions and name games, helping them to make new friends and break the ice.
- Orienting campers to their environment (showing them where they will eat, sleep, go to the bathroom, shower, etc.).

Although feelings of homesickness are normal for anyone to experience, young people who are most likely to experience intense homesickness are those who:

- Have little experience away from home
- Have had prior negative experiences away from home
- Feel forced to leave home
- Have parents or caregivers that are particularly anxious about sending their child to camp

You can help your camper be successful at camp and avoid feelings of homesickness by:

- Talking with your camper about camp – how long they will be there, when you will drop them off, when you will pick them up, whether you will be sending them bunk notes or not, etc.
- Asking your camper what they're excited to do at camp – If you attended camp as a child, share what you enjoyed about your own camp experience.
- Having them practice sleeping away from home by organizing a sleepover at a friend's house, with grandparents, or even in a tent in your backyard.

- Letting them know you're excited for them to go to camp (or even jealous!) and reassuring them that their days will be filled with a lot of new, exciting activities.
- Attending an open house or scheduling a tour of camp with our staff so they can see the property before you drop off.
- Coaching your camper to self-advocate – if they feel hungry, sick, sad, etc. let them know that they should always tell their counselor, no matter how small the issue, so they can help them.
- Preparing your camper, and yourself, to be out of touch for the length of the session. Campers are not permitted to bring cell phones to camp. Parents and caregivers are encouraged to call or email the office if they'd like to be updated on how their camper is doing while at camp.
 - We discourage direct phone contact between campers and parents while at camp as even campers not experiencing homesickness can become upset when talking to parents, and those learning to cope with and overcome their homesickness can regress quickly.
 - If staff feel a phone call with a parent/caregiver would be helpful for the camper, we will reach out ahead of time to update you on the situation first and then bring the camper to the office to call.
- Exchanging bunk notes via Bunk1 is an excellent way to stay in touch with your camper while they're at camp without disrupting their activities or making them become preoccupied with being away from home.
- You may prepare letters ahead of time (collected at check in) for our staff to distribute throughout the week OR mail letters directly to camp at:

Name

C/O Camp Hantesa

1450 Oriole Road

Boone, IA 50036
- When writing letters or sending bunk notes via Bunk1, don't focus too much on how much you miss your camper (though we know you do!) or things they may be missing out on while at camp. Provide encouragement and share how excited you are to hear about their experience. If you have upsetting or urgent news for your camper (a death in the family, cancelled event, sick pet, etc.), consider waiting to share the news until they return from camp or contacting camp staff to arrange a way to break the news to the camper.

BEFORE CAMP BEGINS

Registration & Health Forms

A current medical form, participant waiver, camper profile sheet, and rules/policies agreement is required to complete your registration and secure your camper's spot in any Camp Fire program.

Registration can be completed online at www.campfireiowa.org, by phone at 515-274-1501, or in-person by appointment.

Registration Changes & Cancellation

REFUNDS & CANCELLATIONS

Refunds or camp credit, excluding deposits, will be given upon cancellation with at least 10 business days' notice. Cancellations made less than 10 days in advance, will not be refunded and fees will not be transferred to another program. **Camp Fire does not refund or pro-rate partial weeks when participants do not attend all days of a week-long or multi-day program.** If Camp Fire finds the need to cancel any program, full refunds will be given.

ABSENCES

If your child is sick or unable to attend camp, please call the Camp Fire Service Center (515) 274-1501 or email campfire@campfireiowa.org at least 24 hours before the start of the program.

Payment Policies & Financial Aid (Camp Scholarships & Tiered Pricing)

Deposits & Payments

- Deposits are 20% of the total registration fee and are required for registration in a program.
- Deposits are non-refundable and non-transferable to another program.
- A Participant's spot is not reserved until deposit has been paid and all required forms are completed.
- Payment in full is due a minimum of 10 business days before the program start date. If payment in full has not been received 10 business days prior to the program start date, you authorize Camp Fire to withdraw the remaining balance using the payment method on file plus a \$20.00 late fee. This guarantees the participant's participation in the program.
- If a payment method is not saved on file, or we are unable to withdraw full payment for any reason, and/or the full registration payment has not been made 5 business days prior to the start of the program the participant's space in the program will be forfeited.
- Payments must be made via Camp Brain or by phone at 515-274-1501. If in person payment is needed, please contact our office to make an appointment. Payments cannot be taken in person at the location of the program.

We accept cash, check, or credit card. Our programs also qualify for most flex spending accounts.

Returned eCheck payments will be assessed a \$30 returned check fee. Replacement payment must be made for your camper to participate in current or future Camp Fire programs. Future payments must be made via cash or credit card.

Refunds and Cancellations

- Cancellation requests must be made via email to campfire@campfireiowa.org.
- Refunds or camp credit, excluding deposits, will be given upon cancellation with at least 10 business days' notice.
- Cancellations made less than 10 business days in advance will not be refunded and fees will not be transferred to another program.
- If the program participant leaves camp early due to illness or injury, the registration fee may be refunded at a pro-rated rate, or the child may be able to attend a later session. If the program participant leaves camp early or arrives late due to homesickness, behavior issues, or for any other reason, there will be no refund or pro-rated fees.
- Special circumstances may be considered on a case-by-case basis with documentation of positive COVID-19 test, a family medical issue, death in the family, or other circumstances.
- Registration fees already paid will not be refunded in order to use another payment method.
- If Camp Fire finds the need to cancel any program, full refunds will be given.

Absences, Late Pick-Up, & Disciplinary Action

- If the program participant is ill or cannot attend camp for any reason, the Camp Fire Service Center should be notified prior to the program's drop-off time at 515-274-1501 or by email at campfire@campfireiowa.org.
- If the program participant is not picked up by the program's end time, a fee of \$15 will be charged. After 15 minutes, if the participant is still at the program an additional fee of \$1/minute will be added. The fee will be charged to the camper's account and paid via the payment method on file.
- If the program participant is suspended from a program during the course of disciplinary action, program fees will not be reimbursed for that program. If a participant is suspended for the remainder of the season, they will not be expected to pay any camp fees for weeks they do not attend.

Payment Methods:

Cash, check, or credit card. Our programs also qualify for most flex spending accounts.

Financial Assistance:

Financial assistance, including tiered pricing and/or scholarships, is available to qualifying families for all Camp Fire programs. Assistance is dispersed on a first come, first served basis. To receive financial assistance, families must complete a short information form and provide proof of income. Program registrations cannot be finalized until proof of income and the information are submitted. Please contact the Camp Fire office to apply for assistance:

Camp Fire Heart of Iowa

(515) 274-1501

campfire@campfireiowa.org

Discounts:

Camp Fire provides current seasonal staff with a 50% discount on all program registrations. Professional staff are eligible for free program registrations with approval of the Executive Director.

Families that receive financial assistance do not qualify for early-bird, sibling, or other discounts in addition to their scholarship or tiered-pricing price reductions.

Camp Behavior Checklist

Please review with your camper in advance.

Parents and Guardians: Please take a moment to review the following guidelines with your camper. Staff will broadly review these expectations at the start of each session and refer to them specifically to help redirect behaviors.

- I will arrive and remain at camp with a positive attitude, open to meeting new people and trying new activities.
- I will work with my counselors and fellow campers towards creating a environment that is safe and welcoming for all.
- I will always give other campers and staff members another chance to grow and start fresh. I will not hold grudges.
- I will work with my counselors and fellow campers to set expectations for our behavior and will adhere to these expectations.
- I understand that doing intentional harm or bullying another camper, either physically or emotionally, is grounds for dismissal from camp.
- I understand that although I may be able to solve some conflicts on my own, my counselors are always ready to listen and assist if there is a problem. I understand that my counselors and all the camp staff need and want to help but can only do so if I am willing to share any concerns that I have with them.
- I will remain with my counselor or activity group as required.
- I will use appropriate language and understand that the use of excessive, deliberate, profane language will not be accepted.
- I will leave my cell phone at home understanding that if there is an emergency, I should notify a camp staff member.
- I will be respectful of the property and personal space of other campers. I will use my camera in appropriate areas only and will not bring any video recording devices to camp.
- I will not possess smoking materials, lighters, matches, illegal drugs, alcohol, or weapons of any kind on the campgrounds.

Failure to follow these guidelines may result in dismissal from Camp Fire Heart of Iowa programs for the session or the remainder of the summer.

ATTENDING CAMPS

Camp Hantesa Programs

Day Camps

Hantesa Day Camp (Ages 5-9)

Price: \$250/week | Drop Off: 7:00 am – 8:00 am | Pick Up: 4:30 pm – 5:30 pm

Drop-Off & Pick-Up Locations:

- Camp Fire Service Center, 5615 Hickman Road, Des Moines, IA 50310
- Camp Canwita, 2807 Duff Ave, Ames, IA 50010
- Camp Hantesa, 1450 Oriole Road, Boone, IA 50036

Dates and Themes for 2022

- June 6-10 – Summer Celebration
- June 13-17 – Hydrolympics
- June 20-24 – Magic & Mystery
- June 27-July 1 – Xtreme Sports
- July 5-8 – Mash-Up **No camp Monday, July 4th*
- July 11-15 – Mad Science
- July 18-22 – Around the World
- July 25-29 – Nature Unleashed
- August 1-5 – Adventure Awaits
- August 8-12 – Wild & Wonderful
- August 15-19 – Best of the Best

Hantesa Day Camp offers new, unique experiences for kids of all ages. Our younger campers spend the week in a tight-knit group led by a dedicated counselor that helps them explore new activities and skills centered around a weekly theme. Each week is specifically designed to engage, challenge, and excite with a variety of outdoor-focused activities. Transportation to and from one of our drop sites, lunch, a morning snack, and an afternoon snack are included in the price of registration.

Hantesa Day Camp (Ages 10-13)

Ages: 10-13 | Price: \$250/week | Drop Off: 7:00 am – 8:00 am | Pick Up: 4:30 pm – 5:30 pm

Drop Locations:

- Camp Fire Service Center, 5615 Hickman Road, Des Moines, IA 50310
- Camp Canwita, 2807 Duff Ave, Ames, IA 50010
- Camp Hantesa, 1450 Oriole Road, Boone, IA 50036

Dates and Themes for 2022:

- June 6-10 – Summer Celebration
- June 13-17 – Magic & Mayhem

- June 20-24 – H2Overboard
- June 27-July 1 – Mash-Up
- July 5-8 – Xtreme Sports *No camp Monday, July 4th
- July 11-15 – Mud Madness
- July 18-22 – Around the World
- July 25-29 – High Adventure
- August 1-5 – Hantesa Lore
- August 8-12 – Survivor Challenge
- August 15-19 – End of Summer Jam

At Camp Hantesa, our older campers have the opportunity to create their own unique summer experience! Hantesa day campers (10-13) **choose their own activities** every week from a set of options aligned with the week's theme. Whether they are interested in art, sports, or other outdoor pursuits, we have something for everyone! Campers attend their chosen activities in the morning and swim every afternoon! Each week includes transportation to and from one of our drop sites, a hot lunch, a morning snack, an afternoon snack, and weekly swim lessons. Give your child the opportunity to find their spark, make their own schedule, and make new friends along the way!

Mini & Traditional Overnight Camp

Overnight Camp

Ages: 6-17 | Price: \$575/week | Drop Off: Sundays 2:00 pm – 4:00 pm | Pick Up: Saturdays 10:00 am

Drop Locations: Camp Hantesa

Add-ons: *Optional Saturday overnights (\$85)*

- June 25-26
- July 16-17
- July 23-24
- July 30-31

Dates/Themes (Maybe add-in "Visit <https://www.campfireiowa.org/programs/day-camp/> for theme details") – or could include QR scan code to limit extra text/URL links:

- June 19-25 – Reality TV: Camp Edition
- June 26-July 2 – Summer Camp Cup
- July 10-16 – Mash-Up
- July 17-23 – Around the World
- July 24-30 – Destination: Imagination
- July 31-August 6 – WoHa Week

The overnight camp experience is truly lifechanging. Overnighters spend their days' building skills in traditional camp activities like archery, outdoor living, arts and crafts, paddle sports, swimming, rock climbing, nature, and much more! Evenings are spent enjoying special theme-based programs and campfires. Every day brings new experiences, new friends, personal growth, and lifelong memories. Don't miss out on everything summer has to offer at Camp Hantesa!

Mini Camp

Ages: 6-9 | Price: \$300 | Drop Off: Wednesdays 2:00 pm – 4:00 pm | Pick Up: Saturdays 10:00 am

Drop Locations: Camp Hantesa

Dates:

- June 15-18
- July 6-9

Mini Camp is the perfect option for new campers who want to experience overnight camp for the first time or gain a little more experience before attending a full week. During each 4-day, 3-night session, campers will explore Hantesa traditions and participate in all of the fun activities camp has to offer, including climbing, swimming, outdoor living, sports, and more!

Camp Brave

Camp Brave

Ages: 8-17 | Price: \$35 | Drop Off: Sunday 2:00 pm – 4:00 pm | Pick Up: Saturday 10:00 am

Drop Locations: Camp Hantesa

Dates/Themes:

- August 7-13 – The Great Hantesa Space Race

Camp Brave is a week-long overnight camp for youth ages 8-17 whose life has been impacted by crime. This may include being a direct victim of a crime or being the child of an adult who has been a victim of a crime. During their week at camp, campers will have the opportunity to experience all summer camp has to offer including swimming, sports, games, crafts, hiking, canoeing, rock climbing, and much more! Campers will also participate in a variety of activities developed to help them heal, grow, and develop coping skills.

All Camp Brave participants must be nominated by an adult in their life (family member, teacher, advocate, etc.) with knowledge of their experiences. All accepted campers will attend on scholarship.

Youth Service Coalition

Youth Service Coalition

Ages: 14-17 | Price: \$215/week | Drop Off: 7:00 am – 8:00 am | Pick Up: 4:30 pm – 5:30 pm

Drop Locations:

- Camp Fire Service Center, 5615 Hickman Road, Des Moines, IA 50310
- Camp Canwita, 2807 Duff Ave, Ames, IA 50010
- Camp Hantesa, 1450 Oriole Road, Boone, IA 50036

Dates for 2022:

- June 6-10
- June 13-17
- June 20-24
- June 27-July 1
- July 5-8 *No camp Monday, July 4th
- July 11-15
- July 18-22
- July 25-29
- August 1-5
- August 8-12
- August 15-19

Calling all Camp Fire teens – be a part of our inaugural Youth Service Coalition! In this brand new, youth-led program, Camp Fire teens explore community issues such as homelessness, food insecurity, conservation, climate change, mental health, and much more. Guided by our trained staff, teens will learn about the issues and work together to advocate for change, complete service projects, and improve our community for everyone! Teens will also participate in all of the most anticipated summer activities and field trips. Make a difference in your community, earn volunteer hours, and have a blast the whole time!

Leadership Challenge & Apprentice

Leadership Challenge

Ages: 14-16 | Price: \$650 | Drop Off: Sundays 2:00 pm – 4:00 pm | Pick Up: 10:00 am

Drop Locations: Camp Hantesa

Add-Ons: *Optional Saturday Overnight (\$85) June 18-19*

Dates:

- June 12-25

During this two-week overnight camp session, campers begin to develop themselves as leaders at camp and in life. Activities include team challenges, studying mentorship and leadership styles, developing citizenship through service learning, and interacting as role models with younger campers.

Apprentice

Ages: 16-18 | Price: \$700 | Drop Off: Sundays 2:00 pm – 4:00 pm | Pick Up: Saturdays 10:00 am

Drop Locations: Camp Hantesa

Add-Ons: Optional Saturday Overnights (\$85):

- First Year Session:
 - June 18-19
 - June 25-26
- Second Year Session:
 - July 16-17
 - July 23-24
 - July 30-31

Dates and Themes for 2022

- June 12-July 9: First-Year Apprentices **No camp Sunday, July 3rd & Monday, July 4th*
- July 10-August 6: Second-Year Apprentices

The Apprentice program at Camp Hantesa is a service-oriented, four-week program that prepares high school students for leadership roles. Typical apprenticeships are two summers in length. This program helps teens develop leadership, communication, and program delivery skills. Apprentices also complete a week-long live-in experience to learn directly from our exceptional staff and take a week-long outpost trip.

Canoe Outpost Camp

Outpost Camp

Ages: 13-17 | Price: \$650 | Drop Off: Sundays 2:00 pm – 4:00 pm | Pick Up: Saturdays 10:00 am

Drop Locations: Camp Hantesa

Add-Ons: *Optional Saturday Overnight (\$85) August 13-14*

Dates/Themes:

- August 7-20 – Canoe Outpost

Have you ever wanted to spend a week living with camp friends in the woods while canoeing the day away? Now is your chance. This summer's outpost is a four-day, three-night canoeing trip spent on the water with your camp friends! Learn how to travel waterways by boat, spend your days soaking up the sun from your canoe, or while resting river or lakeside! Spend your nights cooking over the campfire, telling stories, making memories, and having the outdoor experience of a lifetime!

Camp Canwita Programs

Day Camp

Canwita Day Camp

Ages: 5-9 | Price: \$230/week | Drop-Off: 7:00 am – 8:30 am | Pick-up: 4:00 pm – 5:30 pm

Drop Locations:

- Camp Canwita, 2807 Duff Ave, Ames, IA 50010

Dates and Themes for 2022:

- June 6-10 – Passport to Fun
- June 13-17 – Mysteries and Riddles
- June 20-24 – A Drop of Kindness (*Optional Overnight June 24-25, \$40.00*)
- June 27-July 1 – Corn Fed
- July 5-8 – Forbidden Island **No camp on Monday, July 4*
- July 11-15 – Beyond the Board
- July 18-22 – Symphony of the Senses
- July 25-29 – Wacky and Wonderful (*Optional Overnight July 29-30, \$40.00*)
- August 1-5 – Greek Greatness (Additional Adventureland Fee, \$30.00)
- August 8-12 – Beyond the Sea
- August 15-19 – End of Summer Bash

This secluded day camp provides a wonderful natural setting for youth, offering exciting field trips, including trips to the local pool, and active team games throughout the week. This program also features a literacy and STEM program to help reduce summer learning loss. At Canwita, campers will participate in fun activities planned and facilitated by our trained staff, all based around the weekly theme.

Outrageous

Canwita Outrageous

Ages: 10-13 | Price: \$240/week | Drop-Off: 7:00 am – 8:30 am | Pick-up: 4:00 pm – 5:30 pm

Drop Locations:

- Camp Canwita, 2807 Duff Ave, Ames, IA 50010

Dates and Themes of 2022:

- June 6-10 – Spy Academy (Optional Paintball Fee, \$30.00)
- June 13-17 – Game Changers

- June 20-24 – Ready Player Fun (Additional Laser Tag fee, \$10.00; *Optional Overnight 24-25, \$40.00*)
- June 27- July 1 – Community Heroes
- July 5-8 – Water Rides and Waterslides **No camp on Monday, July 4*
- July 11-15 – Legends of the Ancient World
- July 18-22 – Sharks Versus Lifeguards (Additional Lost Island Fee, \$25.00)
- July 25-29 – BIG (Adulting 101) (*Optional Overnight July 29-30, \$40.00*)
- August 1-5 – Choose Your Challenge (Additional Adventureland Fee, \$30.00)
- August 8-12 – Outwit-Outplay-Outrageous (*Optional Paintball Fee, \$30.00*)
- August 15-19, Summer Send-Off

Canwita Outrageous offers new experiences and challenges for older campers by making the most of their summer with exciting activities and action-packed days. Campers spend time with experienced staff members swimming, climbing, hiking, completing ropes courses, and participating in team-building activities. They also get the opportunity to encounter things such as paintballing, orienteering, archery, canoeing, and so much more. Get “outrageous” with us and make it a summer to remember!

Des Moines Programs

Outrageous

Des Moines Outrageous Day Camp

Ages: 10-13 | Price: \$240/week | Drop Off: 7:00 am – 8:00 am | Pick Up: 4:30 pm – 5:30 pm

Drop Location:

- Camp Fire Service Center, 5615 Hickman Road, Des Moines, IA 50310

Dates and Themes for 2022:

- June 6-10 – Spy Academy (\$30 *optional* paintball fee)
- June 13-17 – Game Changers
- June 20-24 – Ready Player Fun (\$10 laser tag fee)
- June 27 – July 1 – Community Heroes
- July 5-8 – Water Rides and Waterslides **No camp Monday, July 4th*
- July 11-15 – Legends of the Ancient World
- July 18-22 – Sharks VS. Lifeguards (\$25 Lost Island fee)
- July 25-29 – BIG (Adulting 101)
- August 1- 5 – Choose Your Challenge (\$30 Adventureland fee)
- August 8-12 – Outwit-Outplay-Outrageous (*\$30 optional paintball fee*)
- August 15 – 19 – Summer Send Off

Des Moines Outrageous offers new experiences and challenges for older campers by making the most of their summer with exciting activities and action-packed days. Campers spend time with experienced staff members swimming, climbing, hiking, completing ropes courses, and doing team-building activities. They also get the opportunity to encounter things such as paintballing, orienteering, archery, canoeing, and so much more. Get “outrageous” with us and make it a summer to remember!

Southwoods Day Camp

Southwoods Day Camp

Ages: 5-9 | Drop Off: 7:00 am – 8:30 am | Pick Up: 4:00 pm – 5:30 pm

Tiered Pricing:

- Full Price: \$220/week
- Qualifying for Reduced Lunch: \$110/week
- Qualifying for Free Lunch: \$80/week

Drop Location:

- Pioneer Columbus Community Center, 2100 SE 5th Street, Des Moines, IA 50315
- Eastview Community Center, 4101 E 42nd St, Des Moines, IA 50317

Dates and Themes in 2022:

- June 6-10 – Passport to Fun
- June 13-17 – Campers VS Counselors
- June 20-24 – CSI: Camp Scene Investigation
- June 27 – July 1 – Pay It Forward
- July 5-8 – Anything Goes **No camp Monday, July 4th*
- July 11-15 – Beyond the Board
- July 18-22 – Fantastic Beasts
- July 25-29 – Downside Up
- August 1- 5 – Challenge Accepted (\$30 Adventureland fee)
- August 8-12 – I-Spy
- August 15 – 19 – Greek Games

Southwoods Day Camp is available to youth and families on the south side of Des Moines. This day camp provides a positive and engaging environment for younger youth. Campers get the opportunity to participate in a variety of activities, including trips to the local pool, playing group games, creating craft projects, and going on exciting field trips. This program also includes breakfast, lunch, STEM-based activities, and a literacy program funded by the United Way of Central Iowa that has been proven to help youth retain reading skills throughout the summer.

Skate Camp

Skate Camp

Ages: 7-13 | Price: \$300/week | Drop Off: 7:00 am – 8:30 am | Pick Up: Saturdays 4:00 pm – 5:30 pm

Drop Location:

- Camp Fire Service Center, 5615 Hickman Road, Des Moines, IA 50310

Dates and Themes in 2022:

- June 6 - 10 - Beginner Skate Camp (Ages 7-9)
- June 13 - 17 - Beginner Skate Camp (Ages 7-9)
- June 20 - 24 - Beginner Skate Camp (Ages 7-9)
- June 27 - July 1 - Beginner Skate Camp (Ages 7-9)
- July 4 - 8 - NO SKATE CAMP
- July 11 - 15 - Beginner Skate Camp (Ages 10-13)
- July 18 - 22 - Beginner Skate Camp (Ages 10-13)
- July 25 - 29 - Beginner Skate Camp (Ages 10-13)
- August 1 - 5 - Beginner Skate Camp (Ages 10-13)
- August 8-12 - Intermediate Skate Camp (Ages 7-13)
- August 15-19 - Intermediate Skate Camp (Ages 7-13)

Camp Fire and Skate DSM are excited to offer this brand-new program for Des Moines youth! If it is your first time stepping on a skateboard, Beginner Skate Camp is the perfect place to practice kicking, pushing, and even locking your first ollie. Campers will receive skating tips and instruction from our awesome coaches, and then show off their skills at world-class Lauridsen Skatepark. When they aren't skating, campers will participate in all the fun activities that camp has to offer, including sports, games, crafts, swimming, and field trips.

If you have already perfected your ollie and are hoping to learn some more advanced tricks, Intermediate Skate Camp is a great way to improve your skate skills. Campers will skate with their peers and practice with coaches to challenge themselves safely and progress their skills. Come roll with us!

Camp Store & Trading Post

Camp Hantesa has a camp canteen and a camp trading post. Campers will have the opportunity to purchase snacks and drinks at the canteen. Campers will not be allowed to spend any more than \$2.50 each day on snack food. Campers will also have the opportunity to purchase items at the camp's trading post (t-shirts, water bottles, sweaters, etc.). Items in the trading post vary from \$1 to \$40. Hantesa day campers may bring cash to purchase items from the canteen or trading post, but they are responsible for keeping track of their money. Overnight campers are not permitted to keep cash but may deposit

cash at check-in to be tracked via a 'Canteen Card' by staff. Any unspent funds will be refunded at check out. Alternatively, funds can also be added to the camper's store balance during registration via CampWise.

Typical Day Schedule at Camp

Camp Canwita Day Camp

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|--|--------------------|--------------------|-----------------------|--------------------|
| 7:00-8:30 | Drop sites open, breakfast, outdoor free time | | | | |
| 8:00 | Hantesa campers depart | | | | |
| 8:30 | Camper Orientation, SPARK, Bathroom & Water bottle Reminders | | | | |
| 8:45 | Divide into groups, morning circles | | | | |
| 9:00-9:50 | Icebreakers | Scheduled Activity | Scheduled Activity | Scheduled Activity | Scheduled Activity |
| 10:00-10:50 | Clubs | ISU STEM Time | Clubs | | |
| 11:00-11:30 | Reading Time | | Reading Time | | |
| 11:30-12:15 | Lunch & Songs | | | | |
| 12:15-12:30 | Clean up, bathroom and water reminders, change for pool | | | | |
| 12:30 | Divide into groups | All Camp Game | Depart for pool | Depart for field trip | Depart for pool |
| 1:00-3:00 | Scheduled Activities | | Swimming | Field Trip | Swimming |
| 3:00 | Afternoon circle | | Depart for camp | | Depart for camp |
| 3:30-4:00 | Snack | Snack | Change and snack | Change and snack | |
| 4:30 | Hantesa campers arrive | | | | |

| | |
|-----------|--------------------------------|
| 4:00-5:30 | Free choice stations & pick-up |
|-----------|--------------------------------|

Camp Hantesa Day Camp

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|---|-------------------|------------|------------------------------|------------|
| 7:00-8:00 | Drop sites open | | | | |
| 8:00 | Campers depart for Hantesa | | | | |
| 8:30-9:00 | Ames & Des Moines campers arrive | | | | |
| 9:20 | Camper Orientation, SPARK | | | | |
| 9:30 | Sunscreen, snacks, small group circle check in | | | | |
| 10:00-10:50 | Activity 1 | Activity 1 | Activity 1 | Activity 1 | Activity 1 |
| 11:00-11:50 | Activity 2 | Activity 2 | Activity 2 | Activity 2 | Activity 2 |
| 12:00-1:00 | Lunch & Songs | | | | |
| 1:00-1:25 | Campers change into swim suits, sunscreen, review pool rules, divide into swim groups | | | | |
| 1:30-2:15 | Swim Checks | Red Swim Lessons | | | |
| | | Blue Swim Lessons | | Yellow Swim Lessons | |
| 2:15-3:00 | Des Moines: Free Swim/Canteen | | | Ames/Boone: Free Swim | |
| 3:00 | Des Moines departs | | | | |
| 3:00-3:30 | Ames/Boone Canteen | | | | |
| 3:30-4:00 | Free Time | | | | |
| 4:00 | Ames Departs | | | | |
| 4:30-5:30 | Pick up from drop sites | | | | |

Outrageous Day Camp

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|--|------------|------------|------------|------------|
| 7:00-8:30 | Drop off and free time | | | | |
| 8:30-9:30 | Roll Call, Camper Orientation, SPARK, Snack | | | | |
| 9:00 | Depart or Start Morning Activities @ Site | | | | |
| 9:30-10:30 | Activity 1 | Activity 1 | Activity 1 | Activity 1 | Activity 1 |
| 10:30-11:30 | Activity 2 | Activity 2 | Activity 2 | Activity 2 | Activity 2 |
| 11:30-12:15 | Lunch | | | | |
| 12:30 | Depart for afternoon activity (field trip or swimming) | | | | |
| 1:00-3:30 | Afternoon Program (typically swimming or field trip) | | | | |
| 3:30 | Depart for drop site | | | | |
| 4:00-5:30 | Structured Free Time & Pick Up | | | | |

Southwoods Day Camp

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|---|---------|-----------|----------|--------|
| 7:00-8:30 | Drop sites open | | | | |
| 8:30 | Eastview campers depart for camp | | | | |
| 8:45-9:45 | Camper Orientation, SPARK, Breakfast, and Outdoor Free Time | | | | |
| 9:45 | Bathroom and waterbottle reminders | | | | |

| | | | | | |
|-------------|--|-----------------------|--------------------|-------------------|------------------------|
| 9:55 | Divide into groups | | | | |
| 10:00-10:50 | Icebreakers & Club Choices | Clubs (camper choice) | | | |
| 11:00-11:30 | Scheduled Activity | Literacy Activity | Scheduled Activity | Literacy Activity | Scheduled Activity |
| 11:30-12:15 | Lunch & Songs | | | | |
| 12:15-12:30 | Clean up, bathroom and water reminders | | | | |
| 12:30-1:00 | Reading Time | Change for Pool | Reading Time | Change for Pool | Prepare for Field Trip |
| 1:00-1:30 | Outdoor Games | Swimming | Outdoor Games | Swimming | Field Trip |
| 1:30-2:30 | Scheduled Activity | | Scheduled Activity | | |
| 2:30-3:00 | Outdoor Free Time | | | | |
| 3:00-3:30 | Afternoon Snack | | | | |
| 3:30 | Eastview campers depart for drop site | | | | |
| 4:00-5:30 | Pick up and Free Choice Stations | | | | |

Hantesa Overnight Camp

| TIME | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|--------|----------------|---------------------|----------------|----------|--------|--------------------------|
| 7:30 | | Reville | | | | | |
| 7:45 | | First Call | | | | | |
| 8:00 | | Breakfast | | | | | |
| 8:45 | | Flag Raising | | | | | Cabin Clean-Up, Move Out |
| 9:00 - 9:50 | | Cabin Clean-Up | Lake Day Cabin Prep | Cabin Clean-Up | | | |

| | | | | | | | |
|-------------|----------------------------------|--------------|---------------|-----------|---------------|--------------|--------------------------------|
| 10:00-10:50 | | Craft 1 | | | Craft 1 | | Flag Raising, Camper Check-Out |
| 11:00-11:50 | | Craft 2 | | Lake Day | Craft 2 | | Cabin & Department Clean-Up |
| 12:00 | Staff Report | Lunch | | | Lunch | | |
| 1:00 - 1:50 | Check-In Prep | Rest Hour | | | Rest Hour | | |
| 2:00 - 2:50 | Camp Check-In, Move-In | Craft 3 | | | Craft 3 | | |
| 3:00 - 3:50 | | Craft 4 | | Rest Hour | Craft 4 | | |
| 4:00 - 4:30 | Swim Tests, Activity Marketplace | Canteen | | | | | |
| 4:45 - 5:35 | | Hantesa Hour | | | Hantesa Hour | | |
| 5:45 | Flag Lowering | | | Packout | Flag Lowering | | |
| 6:00 | Dinner | | | | Dinner | | |
| 7:15 - 8:30 | Magic Hill | Unit Night | All-Camp Game | | Party Night | Council Fire | |
| 8:30 - 9:30 | Cabin Time | | | | | | |
| 10:00 | Lights Out | | | | | | |

| TIME | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|--------|----------------|---------|---------------------|----------------|--------|--------------------------------|
| 7:30 | | Reville | | | | | |
| 7:45 | | First Call | | | | | |
| 8:00 | | Breakfast | | | | | |
| 8:45 | | Flag Raising | | | | | Cabin Clean-Up, Move Out |
| 9:00 - 9:50 | | Cabin Clean-Up | | Lake Day Cabin Prep | Cabin Clean-Up | | |
| 10:00-10:50 | | Craft 1 | | Lake Day | Craft 1 | | Flag Raising, Camper Check-Out |

| | | | | | | |
|---------------|----------------------------------|--------------|---------------|-----------|--------------|-----------------------------|
| 11:00 - 11:50 | | Craft 2 | | | Craft 2 | Cabin & Department Clean-Up |
| 12:00 | Staff Report | Lunch | | | Lunch | |
| 1:00 - 1:50 | Check-In Prep | Rest Hour | | | Rest Hour | |
| 2:00 - 2:50 | Camp Check-In, Move-In | Craft 3 | | | Craft 3 | |
| 3:00 - 3:50 | | Craft 4 | | Rest Hour | Craft 4 | |
| 4:00 - 4:30 | Swim Tests, Activity Marketplace | Canteen | | | | |
| 4:45 - 5:35 | | Hantesa Hour | | Packout | Hantesa Hour | |
| 5:45 | Flag Lowering | | Flag Lowering | | | |
| 6:00 | Dinner | | Dinner | | | |
| 7:15 - 8:30 | Magic Hill | Unit Night | All-Camp Game | | Party Night | |
| 8:30 - 9:30 | Cabin Time | | | | | |
| 10:00 | Lights Out | | | | | |

Check-In & Check-Out

Parents and campers need to check in with staff immediately upon arrival and parents and campers need to check out before leaving. Camp Fire is not responsible for late campers. To drop off or pick up campers outside of the established drop times, please make arrangements with staff at check in or contact the camp office (515) 274-1501.

Please note that anyone picking up campers (including parents!) will be required to show their ID during pick up.

If your camper needs to leave with a person other than the parent/guardian listed in the CampWise system, please bring a note with the name(s) and number(s) of the approved adults prior to alternate pick up. Alternatively, you can add approved adults to your camper's CampWise profile or call/email the camp office ahead of time to add an adult to the approved pick-up list.

Packing Lists

Summer Day Camp Packing List

- Water bottle

- Swimsuit/towel/sunscreen
- Bug spray
- Closed toe shoes/extra socks
- Non-refrigerated lunch (*Outrageous and Skate Camps ONLY*)
- One week's worth of medication in the original prescription bottle (if needed)
- Backpack/durable bag
- Knee/elbow pads (optional – helmets and skateboards provided by camp) (*Skate Camp ONLY*)

Camp Hantesa Overnight Camp Packing List

Clothing:

- Shorts
- T-shirts
- Sweatshirt/ Jacket
- Pants
- Pajamas
- Undergarments
- Swimsuit
- Shoes-no flip flops/sandals except in pool area or showers
- Socks
- Hat
- Sunglasses

Toiletries

- Shampoo/conditioner
- Soap/body wash
- Toothbrush/toothpaste
- A shower caddy to hold everything in
- Other hygiene items as desired
- Sunscreen
- Bug spray

Other

- Towel/washcloth
- Swim towel
- Medications
- Sleeping bag/Blanket
- Twin size fitted sheet for mattress
- Pillow

Misc

- Spending money for trading post/canteen (optional)
- Books
- Disposable camera
- Flashlight
- Water Bottle
- Bag for dirty clothes

Please do not pack valuables. **Make sure to label all items to help with any lost and found.** Food, drinks, weapons, electronics, and cell phones are NOT allowed.

Bunk1

Bunk1 (<https://www.bunk1.com/>) is an online service Camp Fire uses to safely share photos of your camper from their camp program! Bunk1 can also be used to send messages, or 'Bunk Notes', to your overnight camper while they're at camp in place of traditional snail mail.

You will receive instructions and an access code with your camp confirmation. If you do not receive the instruction page and access code, please contact Camp Fire by email (campfire@campfireiowa.org) or by phone (515-274-1501) for assistance.