

# **SKI CAMP FREQUENTLY ASKED QUESTIONS**

## **1.) What items, not on the packing list, do seasoned campers know to bring?**

Campers often bring the following: books/homework, playing cards or small board games, a water bottle, a small throw blanket, drawing/journaling supplies, disposable hand/toe warmers, extra gloves, rain gear and boots suitable for walking in the mud, session specific supplies (e.g party hats for New Years, grass skirts for beach party). Please do not send snacks to camp.

## **2.) Can my child charge snacks from the canteen to my credit card?**

No. The credit card charges are only for items purchased at the ski shop. Sometimes parents choose to send campers with \$5-20 in cash or a gift card to buy food at the canteen. Fresh fruit, cereal, bagels, and various other snacks are available at all times at camp. Hot Chocolate or water is provided at the ski area during lessons. All other food/beverage items must be purchased with cash or a card. Any cash or card sent with a camper is his/her own responsibility.

## **3.) My child has never been away from home before what will happen if he/she gets home sick?**

Missing home is a natural part of developing into an independent confident child. Our staff have experience with helping children through these challenging moments. Often the children who have the hardest first night of camp end up being the ones who return year after year. You can help by talking to your child about a plan ahead of time. Focus on giving something positive to think about and let them bring a comfort item with them. Your child is welcome to use the camp phone if needed - however sometimes frequent communication makes things worse. Be sure to communicate with camp if you have any concerns before or during your child's session.

## **4.) Will my child have the opportunity to shower while at camp?**

Every child will be given the opportunity to shower each day. All children staying longer than two nights will be strongly encouraged to shower at least once - however we do not force campers to shower unless a parent requests otherwise.

## **5.) Where do the counselors and campers sleep?**

Campers sleep in bunk beds in groups of 3-4 campers per cubicle. There are designated staff cubicles and rooms in each of the 4 gender-separated bunk areas. Campers are assigned to their cubicles before arriving at camp. Bunk requests listed on your application at least one week before the session start date will be honored whenever possible.

**6.) What do you do in extreme weather conditions?**

Especially over the past few seasons we have had variable weather. The camp director regularly checks the radar and weather to determine our daily plan. We teach the children how to dress for the weather and will go out in inclement weather as long as it is safe to do so. We have a dryer on site to help with wet gear. On the rare occasion that we cannot go outside, organized activities are held in the camp buildings.

**7.) My child is not super coordinated what will happen if he/she does not make progress?**

Sharing these concerns with a staff member up front would be very helpful. We have experienced instructors who can teach most children the basics in a three day session. We teach our campers that everyone learns at different rates and focus on continued effort. Snowboarders become especially frustrated in the first couple of days. If a child needs to change disciplines mid-session this can sometimes be accommodated. However, once the child changes he cannot change back to the original sport until the next session.

**8.) If my child typically takes medication to help his/her focus am I able to send it to camp with him/her?**

Our camp staff are able to administer medication as prescribed by their doctor. This medication must be in its original packaging, must be logged into Camp.doc and must be turned in to the counselor checking in campers (with limited exceptions such as epipens and inhalers). Keep in mind that skiing requires a lot out of your child both mentally and physically. Providing your child with the tools needed to feel their best will make the experience at camp more enjoyable.

**9.) What is the camp's policy on electronics and cell phones? How can I contact my camper?**

We do not restrict children from bringing electronics - however they do so at their own risk. There is no wi-fi and no general internet access at ski camp. Cell phones are not allowed during ski lessons, during meals or after lights out. Other technology free time periods vary depending on the session and activities planned that day. We discourage parents from calling their children on their cell phone during camp sessions. If you need to reach your child in an emergency, or your child needs to reach you, the camp phone (413-269-4085) should be used. You also may call the area (413/269-4444) between 8A and 9P – we will not have specific information about your camper but can take a message and have somebody get back to you.

**10.) I'll be skiing at the Ridge while my child is at camp. Is it ok for me to ski with my child?**

In general, no. Your child will be assigned to a group and is required to ski with that group while he/she is at ski camp. There may occasionally be some opportunities to take a few runs with your child during designated free time, especially at night. However, your child's overall camp experience will be better if he/she has the opportunity to interact and ski/ride with his/her friends from ski camp. Due to child safety concerns you may not ski/ride with your child in a group with other non-related campers without a staff member present. We ask that you refrain from interacting with your camper during lesson blocks as it is distracting to the lesson.

**11.) What should I do if I feel that my child is not placed in the proper group?**

A great deal of consideration and factors go into designing daily lesson groups. Campers are regularly observed by the director and changes are made as needed. We try to keep each child's ability, stamina, learning style and social-emotional needs in mind as well. There may also be foundational elements missing in the camper's current skiing style which we feel we need to address for the safety of your child. Our counselors are trained to take campers down terrain that is safe and appropriate under the current conditions for their ability level. This means occasionally a child may be allowed to ski a trail mid-season on a heavy powder day or while skiing with family that he/she may not be allowed to ski on the following week at camp after a thaw and flash freeze. During free ski campers may ski/ride only on terrain they have used during class time.

**12.) What do campers eat at camp? What if my child has food allergies?** The food at camp is kid friendly. We eat our meals family style three times a day. For breakfast, we serve things like pancakes, waffles or French toast. Cereal, bagels and fruit are always available at breakfast also. Lunch favorites include things like grilled cheese & tomato soup, hot dogs, baked potato bar and tacos. Dinners are usually kid meals such as pasta, chicken, nuggets, pizza or burgers. There is always salad available for lunch and dinner. When there are vegetarian campers/staff there is a vegetarian option at every meal. While we can also accommodate many food allergies or restrictions, we cannot do kosher or severe gluten allergies. When you register on camp.doc there is a food section. If you have any questions about whether we can accommodate your child's needs, please feel free to call. While camp is a great place to try new foods, we always provide an option of cereal and bagels/jelly sandwiches for those with extra particular eating habits.

**13.) What happens if my child is injured while at camp?**

If your child is injured on the hill he will be cared for first by members of the Otis Ridge Ski Patrol who will apply appropriate first aid and evaluate the injury. If ski patrol determines that additional care is needed, your child will be transported by ski camp staff - or by ambulance if needed - to the nearest urgent care facility. Every effort will be made to contact you before transport begins but since time is often critical we will not wait for you to respond to voice messages. Injuries that do not warrant trips to the emergency room will be cared for by camp staff on the premises. Several members of our staff are certified in first aid and outdoor winter emergency care.

**14.) What if my child leaves belongings at camp?**

Lost items – please label your camper’s belongings. We will return – at your expense – items left behind.

**15. At what time do I drop off/pick up my camper?**

Campers not coming by bus can be dropped off at camp any time after 6P on the first day of camp. On the last day of camp there is an awards ceremony right after the skiing day ends (usually around 4:15) which you are welcome to attend. Campers are ready to leave directly following the ceremony. The bus leaves at 5P so you will have a much easier time getting out of camp if you leave before then.