



2023 Parent Handbook



FALCON
CAMP
Fun for Now. Skills for Life.



www.falconcamp.com

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Dear Parents,

Welcome and thank you for choosing Falcon Camp for your child's summer camp experience! Overnight camp can be one of the most important experiences in a young person's life. Your child will meet new friends, gain valuable life skills, participate in new activities and experiences, and grow in responsible and healthy ways. They will also learn acceptance and appreciation of all people while interacting and living with children and staff from diverse backgrounds. Most of all, they will have FUN!

We have designed this handbook to help you prepare your child for camp and to answer a wide range of frequently asked questions. Please take the time to read this handbook and become familiar with camp. You are always welcome to contact us with questions or concerns at any time.

Your encouragement will be most important in supporting our efforts to provide your child with a safe, memorable and enjoyable camping experience.

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Summer Address:

(May 15 – September 15)
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(330) 627-4269

Winter Address:

(September 15 – May 15)
22232 Rye Rd.
Shaker Heights, Ohio 44122
(330) 627-4269

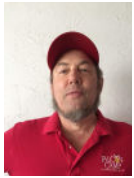
Email: Office@FalconCamp.com

(Personal or confidential correspondence may be sent to Dave@FalconCamp.com)

Website: www.FalconCamp.com

MEET THE ADMINISTRATION

We begin with a qualified and skilled administration. A major part of a good camp experience is the quality of the staff. Our year round staff includes a director and assistant directors with more than 100 years of combined camping experience.



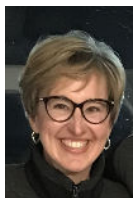
Director Dave Devey started as a camper at Falcon in 1964 and stayed through as a counselor, program director and associate director by the early 80s. After graduating from the University of Pittsburgh and working in the 'real world' for several years, Dave returned to Falcon to become the director/owner in 1984. He is a long time member of the American Camp Association and is an ACA Visitor to accredit other camps. In between maintaining camp facilities and promoting Falcon in the off-season, Dave spends much of his time educating parents on the value of a camping experience, helping families choose the right camp, the importance of the ACA camp accreditation program, and also mentoring younger camp directors in several states. Dave is happily married to wife Emily, father of two children and delighted to be a grandfather of two beautiful granddaughters, Sloan and Peyton.



Assistant Director Nici Buzza Mahen began her Falcon career in 1985! As she progressed through the ranks of camper and staff, she earned her Elementary Education degree with a minor in Childhood Development from Westminster College. Nici then spent five years as an award-winning third grade teacher in Charlotte, North Carolina. She currently lives in Denver, Colorado with her husband, Jay, and three children, Sophia, Izzie, and Henry. Nici spends much of the off-season hiring staff for the upcoming summer, researching new program and training ideas, and preparing the Falcon Leadership Program that includes the Junior Counselors, Counselors In Training (CIT), and Leaders in Training (LIT). She is also a certified CPR/First Aid and Babysitting Instructor through the American Red Cross. In the off season, Nici also volunteers as a Destination Imagination team manager. She combines all of her experiences as a camper, counselor, teacher, and mother to create a positive camping experience for all.



Assistant Director Tali Cornblath (MA) started as a camper at Falcon in 2000. While holding a variety of staff roles, she earned a BA, double majoring in Child Development and Drama from Tufts University. After spending a few years working full time for camp, Tali wanted to give "the real world" a look. After deciding camp was way more fun, she is back working for camp year-round while pursuing a Ph.D. in school psychology from The Ohio State University. During the off-season, Tali maintains Falcon's online presence, travels to camp fairs, meets with prospective families, prepares the summer programs, and collaborates on training plans. Tali lives in Columbus, OH with her husband, Paul, and daughter, Noa.



Health Director Lynne Rodrigues (RN, BSN, CSN) started as camper at one of Falcon's sister camps, Firebird, in 1976, since Falcon was a boys' camp at the time. Her family, however, would pitch a tent on Falcon property at least twice a month and camp out to have fun family time together. Camp has always been important to Nurse Lynne. All of her four children have spent time each summer learning and growing at Falcon. Nurse Lynne graduated with her bachelor's degree in nursing in May of 1990, and has spent her nursing career caring for children. She worked for 25 years in the ICUs of major pediatric hospitals in Washington DC and Pittsburgh, Pennsylvania. For the last seven years she has worked as a Certified School Nurse with the Seneca Valley School District in Cranberry Township, Pennsylvania. Lynne started working as a nurse at Falcon in the summer of 2012. She is a board member of the Alliance of Camp Health and has been active with that organization since 2012 as well. Keeping the entire camp population healthy and out having fun is a priority for Lynne all year long!



Assistant Health Director Jackie Finch (RN, BSN, CEN, TCRN) started as a young camper at Falcon in 1988. After several summers as a camper, she became a counselor and enjoyed working at the stables and as a lifeguard at the Waterfront. Jackie has two children, Kiedis and Dylan, who have also spent many summers at camp. Her husband, Ryan, is active duty Coast Guard and has provided their family with many adventurous places to live. Their family is currently stationed on the island of Oahu in Honolulu, Hawaii. Jackie has been a nurse since 2006 and has been at Falcon as the nurse since 2009. She spent her career in acute care on a variety of units and has been an Emergency Room Trauma Nurse since 2016. Currently, Jackie is working at the only Level 1 Trauma ER in the Pacific. She has been a member of Alliance for Camp Health since 2018. Jackie enjoys the change of scenery at camp and incorporates her experience with Emergency Medicine at Falcon.

WHY ARE WE HERE? WHAT ARE WE TRYING TO ACCOMPLISH AS A TEAM?

FALCON CAMP'S MISSION STATEMENT

Falcon Camp provides campers and staff the opportunity to learn and grow physically, mentally, socially, and emotionally. Our camp goals serve as the foundation that helps us achieve this objective.

Camp Goals

1) Physical Growth

- a) Maintain and improve our health with balanced meals, moderate exercise, and adequate rest.
 - i) Campers will have the opportunity to take part in deciding on a healthy balance of foods for each meal combining options from the salad bar and main meal.
 - ii) Campers will have the opportunity to actively participate in a full day of camp programming including physical as well as quiet activities during rest hour.
- b) Protect our physical well-being by wearing appropriate attire and equipment (sunscreen, bug spray, flashlights, tennis shoes, hiking boots, etc.) and following the established safety and emergency procedures.

2) Mental Growth

- a) Provide situations for each camper to set personal goals/challenges and take healthy risks while discovering his or her own skills/abilities.
 - i) Campers will have the opportunity to choose an activity during each activity period to learn and practice skills and earn an award based on the completion of these skills. Staff evaluations will help staff members achieve this goal.
 - ii) Campers and staff will have the opportunity to step outside of his/her comfort zone to try new activities at Falcon and challenge preconceived notions about themselves.
 - iii) Campers will have the opportunity to bring home at least one award that demonstrates the new skills he/she learned at Falcon.

3) Social Growth

- a) Communicate with positive, specific, and supportable words.
 - i) Campers and staff will have the opportunity to process activities in which they participate to determine strengths, weaknesses, and lessons learned from the specific activity.
 - ii) Campers and staff will have the opportunity to participate in unit activities such as cabin meetings and evening activities with themselves as well as other units.
- b) Solve disagreements constructively with respect for the other person(s) involved.
 - i) Campers and staff will have the opportunity to use the cabin meeting to help solve disagreements.
 - ii) Campers and staff will have the opportunity to use constructive words to solve disagreements when working through a conflict.
 - iii) Campers and staff will have the opportunity to learn how to interact directly with the person whom they have a conflict with the help of a counselor or director(s) as a mediator.
- c) Allow each camper to experience group living.
 - i) Campers and staff will have the opportunity to participate in meals served family style.
 - ii) Campers will have the opportunity to live in a group with others in the cabin. Within these groups, everyone will take part in community-making decisions such as unit expectations and keeping the unit clean.

4) Emotional Growth

- a) Provide opportunities that stimulate the development of self-esteem.
 - i) Each camper will have the opportunity to participate in at least one activity to promote self-esteem which can include cabin meetings, Camper Choice, and earning of awards in self-selected activity areas. Staff will encourage this participation with positive and specific feedback.
 - ii) Campers and staff will have the opportunity to participate in getting to know you games and activities within the first twenty-four hours of camp.
 - iii) Campers and staff will have the opportunity to practice using positive and specific comments as well as reflection (using Awareness of Process) during his/her stay at Falcon.
 - iv) Campers will have the opportunity to take home awards and projects to his/her parents to demonstrate the skills they have learned at Falcon.

FINDING AND PREPARING QUALITY STAFF

1. **We choose our staff carefully.** Falcon starts with a thorough interview and screening process to hire potential staff members. Staff members are carefully selected for their character, commitment to youth development, and skills. All staff and administration are subject to yearly background checks, fingerprinting and reference checks, regardless of tenure. There is an overall ratio of one staff member to every four campers in the living areas. All campers are under the supervision of camp staff 24 hours a day.
2. **We prepare staff to excel in all aspects of his/her role as a counselor. We accomplish this through:**
 - **Expert Online Training-** Expert Online Training provides educational videos from renowned professionals before the camp season begins.
 - **Leadership Week-** Unit Leaders arrive at camp a week earlier than the program staff to receive extra training on how to be a supervisor in the camp setting. The skills in training include providing effective feedback, writing supportive evaluations, and creating a positive environment within the unit.
 - **Staff Orientation-** Training week allows us to teach the kind of role models we expect our staff to be, to refine their teaching skills in activity areas as well as participate in scenarios to deal with the issues facing campers today. The staff handbook is covered front to back so that the staff are well versed in the expectations of running an excellent camp. Many of our staff are former Falcon campers, helping carry tradition and continuity of our program. Falcon staff members have an average of 5 years of experience at Falcon, both as a camper and staff member. To balance our returning staff, we bring in many new staff members each year from around the world. We draw upon their new enthusiasm, perspective and ideas, combined with the experience, to create a well-rounded group of counselors. For our staff, camp is not just a summer job; it is a part of who they are.
 - **CPR and First Aid Certification-** All staff members who are not currently certified will receive onsite training and certification in CPR/First Aid.
3. **We commit to the individual growth of each staff member throughout the summer. We accomplish this through:**
 - Weekly staff meetings with continued training focuses
 - Setting personal goals that grow and evolve throughout the summer
 - Periodic formal evaluations
 - Hands on supervision with the opportunity for one-on-one discussions

HOW CAN YOU HELP OUR STAFF BE SUCCESSFUL?

Our entire staff is dedicated to ensuring that every camper and staff member feels a part of the Falcon family. Please review the following information with your child. We will do the same with our staff and campers the first day of camp.

Tell your child to seek out a staff member they trust if they ever feel sad, frustrated or excluded. We think we are proactive, but we are even better problem solvers when children can express themselves to us.

Please be specific and honest about your camper on the application. Prior knowledge about your child helps us to be sensitive to his/her needs, particularly to the initial adjustment at camp. This is true for campers who have experienced a significant life event in the past year, any mental or physical health situations, updates from the previous summer, and more. Children often use their behavior rather than words to tell us how they feel. Having accurate information about your camper and your concerns helps us to understand the message in his/her actions. This private information will only be shared with the administration, camp nurse and appropriate staff. We use it to give direction to the staff who are responsible for your child. Our commitment and policy is to use such information only to help your child have a positive experience at camp.

If you have not done so already, please fill out/update the Camper Information Form. The Camper Information Form gives you the opportunity to tell us more about your camper. This form helps us to ease the transition to camp by following similar routines and patterns that have proved successful at home. Things that may seem small, like bedtime routines, can help us ensure your child feels safe and secure on that first night at camp. As stated above, this information will only be shared to give direction to our Unit Leaders and specific counselors who are responsible for your child. It also gives you the opportunity to update us on your returning camper.

To complete this form:

1. Log into your Ultracamp account and fill in the form:
<https://www.ultracamp.com/forms.aspx?idCamp=1007&campCode=lcu&idF=15961>

Provide Falcon with feedback through letters, phone calls, emails and the end of the season survey. We value all of your feedback and use your comments and concerns to help us grow into an even better place.

A SPECIAL NOTE REGARDING PERSONAL INFORMATION ABOUT YOUR CHILD

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You will notice that on our health form and again in our application we ask you for certain specific, personal information about your child. In some cases it may be about allergies, medications or medical conditions, and in other cases it may be about your child's hobbies, interests and temperament. We ask for this information for one reason only—to make sure we are prepared for your child in every way so he/she has the smoothest transition to camp possible.

Some parents are reluctant to share certain information with us because of a concern about confidentiality or stigmatizing their child. After all, camp can be a "fresh start," and some parents worry that by disclosing

personal information, it may bias us against their child or lead us to misinterpret the information and refuse to accept their child. In some cases parents have told us their child has sworn them to secrecy because they are too embarrassed and don't want anyone to know about things like bed wetting, a tic disorder, ADHD, an IEP (individualized educational plan) they are on at school or a history of trauma or abuse. We understand and respect that concern. Having said that, let us tell you why we think it is better to share that concern with us.

Our Partnership and Our Promise

When you entrust your child to our care, we are sure you do it with one thing uppermost in your mind—that your son or daughter have the safest, happiest experience with us possible. We have the same goal. We want you to think of us as your partner in your child's well-being. We can keep our end of the partnership only if we have the information to prepare our medical staff or leadership team to ensure your child is well cared for and free to have the best summer of their life! There have been times when, because we didn't know about a particular child's needs, we could not respond to their behavior properly and they were unable to remain at camp. The better prepared we are before camp the better we can help your child be successful once they are here.

Once you share information with us, our promise is to share it only with the people who will have direct contact with your child. This may be our medical staff, the Head Counselor and perhaps your child's cabin or group counselor. If you have any special concerns about confidentiality, please let us know so we can sort them out together. If your child is worried about privacy, reassure them that other campers will not know and only the adults who can help them will know. It would be a shame if decisions about confidential information were based on your child's fears. It is the adults who need to make these decisions based on what will be best for the child.

Stimulant Medication and IEPs

An increasing number of children are on medication for ADD/ADHD (Concerta, Ritalin, Dexedrine, Adderall, and Strattera), depression or other psychological condition(s). These medications allow a child to take advantage of all that a school environment has to offer. Camp is no different in this regard, but many prescribing physicians are not familiar with camp and may take a child off medication without knowing the full implications. If your child is on psychotropic medication and you are planning to or have made a change in that medication any time up to six weeks before camp, please discuss it with us. While we would never make a decision without your doctor's input, we believe working together and planning ahead will ensure that your child will make a more successful transition to camp. Many times children at camp need their usual dosage or more, given that stimulants, for example, are often metabolized more quickly in warm weather or active children. Likewise, if your child is on an IEP, let us know so we can decide together whether having some kind of behavioral plan here at camp would benefit your child.

Remember, working together is the best chance we have of helping your child have a safe, happy, memorable time with us. Call us if you would like to discuss anything in greater detail or if you would feel more comfortable talking to us rather than putting it on paper.

Written by Bob Ditter



PREPARING FOR CAMP

As you prepare for a great summer at Falcon, take some time to read over a few more policies and procedures we use to keep your child safe and happy at camp.

HOW DO YOU PREPARE YOUR CHILD FOR CAMP?

Parents and first-time campers experience a wide range of feelings as the first day of camp approaches. Along with the excitement and anticipation of all the wonderful new experiences ahead, there may also be anxiety about these new, unfamiliar experiences. The following suggestions for first time campers will help you and your child make the most of this important transition.

Read the Parent Handbook. Great job! You're off to an excellent start. We've spent a lot of time putting together this book to contain information you'll need to prepare you and your child for a successful camp experience. There are important forms, policies, as well as suggestions from many years of experience to make your transition easier. As a thank you for reading, we'd like to offer you a camp store discount. Please mention code "PH2023" when ordering clothes.

Visit Camp. Seeing camp prior to arrival is a great opportunity to become familiar with the camp setting, program areas, and meet some of the camp staff. Our drop-off policies are such that you will not have a chance to see camp on Opening Day. Please contact office@falconcamp.com to schedule a time to visit.

Pack and label everything for camp together. When campers help pack for camp, they know what they are bringing to camp and where everything is packed. Packing also makes your child feel responsible and capable—a feeling they will experience a lot at Falcon. This is also a great time to talk about all of the wonderful opportunities ahead—for example, "Where do you think your hiking boots will take you?"

Pack pre-addressed and stamped envelopes in a Ziploc bag for your campers to send letters home. Discuss possible topics and encourage them to write to you. Additionally, some parents like sending a letter to their camper a couple days in advance so it's waiting for them on Opening Day.

On Opening Day, keep goodbyes short. The transition from home to camp can be awkward. The sooner campers can jump into camp life, the easier the transition. This year, parents will be completing drop-off at the Lodge and counselors will bring campers to their cabin and help them get set up. Frequently, parents feel guilty about leaving so quickly but our experience shows that short and sweet goodbyes are the easiest on everyone. Use positive messages about camp such as, "You're going to have such a great time!" or "What a great opportunity to meet new friends!" Our highly qualified staff is trained to ease your child into the group with games, camper buddies and much more.



Camp Checklist

Do you have everything you need?
Use the list below to make a final check.

Health Forms



- Medical form complete with physician's signature, including full, up-to-date list of medications and immunizations (Upload to the Document's Center)
- Consent to Treatment signed
- Prescription and non-prescription medication in original packaging, enough for duration of camp including Opening and Closing Days
- Color copy of Insurance Card (front and back)

Clothing and Supplies



- Clothing form filled out and mailed if needed.
- Packing list double checked and posted on inside lid of camper's trunk.
- Camper's name labeled on all clothing and personal belongings.
- Double check: no cell phones, iPads, smartwatches or other prohibited items were inadvertently packed.

Financials



- Balance paid by April 1st
(if registration occurs after April 1st, balance paid in full upon registration)
- Camp Store account paid

Information Review



- Complete the Camper Information Form
- Read this handbook
- Directions to Falcon

Need help? Call us at 330.627.4269

CLOTHING AND PERSONAL ITEMS

Campers and staff dress informally at Falcon. Your child will be very active in an outdoor setting so we suggest clothes and shoes that he/she would wear for play at home. In general, we wear closed-toed shoes, while flip-flops or sandals are needed for the beach and shower. We would recommend packing clothes and shoes that can get dirty. All clothing, shoes, and personal belongings should be marked with your camper's full name in either a permanent marking pen, name tape, or a rubber stamp with permanent ink. These labels will help the camper keep his/her belongings organized in the cabin and assist the counselors on final packing. This is particularly important as laundry is sent out.

Campers are welcome to bring additional sports equipment but do so at their own risk. Falcon Camp has all the necessary items (other than clothing and bedding), so these items are not necessary. Falcon Camp is not responsible for lost or damaged personal items. We ask that you leave expensive or irreplaceable sentimental items at home. A recommended and optional packing list is linked [here](#) (also included in the Appendix).

Please note: cut off T-shirt tops or clothing that reveals undergarments and midriffs are not suitable for camp. Falcon Camp prohibits clothing with lewd or suggestive language, political messages, or references to alcohol or drugs. At Falcon, we ask that our female campers wear one-piece bathing suits, and male campers wear swim trunks or board shorts. As role models, Falcon staff practice the same dress code.

Camper's personal pets, weapons, drugs and alcohol are not allowed at Falcon. Cell phones and other electronics for campers are not permitted and will be returned home at camper expense.

***Please see the [packing list](#) for a suggested list of items needed at camp. Our cabins are large enough to hold all campers and staff comfortably, providing everyone brings a reasonable amount of stuff. When you have finished packing with your camper, we suggest attaching this list to the inside of the trunk or suitcase to help with final day packing.

CAMP DRESS

Campers and staff will wear camp dress each Sunday and for special in-camp events. We recommend each camper have 2 - 3 Falcon Camp shirts, including at least two blue shirts, for these special events. Clothing order forms will be emailed separately and should be sent in prior to camp arrival date.

LAUNDRY

Laundry will be done at the end of the first week for two week campers. Campers staying longer will have their laundry done at the end of the week every week except when they are going home. Please make sure to label your camper's laundry bag as well as the clothes inside.

LOST AND FOUND

Falcon Camp cannot and does not assume liability for the loss or damage of any items brought to camp. Since items can get lost during our busy camp activities, please mark all of your belongings and leave things of value at home. We return lost and found items regularly during each camp session. We make every effort to have your camper return with everything they brought. After camp, we will attempt to identify clothing and personal items left behind if the names appear clearly on these items. You are welcome to contact us if an item of value is left behind.

CABIN ASSIGNMENTS OR CABINMATE REQUESTS

A camper's cabin group is very important to both the camper and the parents. We know that the success of the camping experience can be directly related to cabin groupings. At Falcon, we make every effort to group campers based on the information provided in the application. As a general rule, we place campers in cabins by grade. Within this grade category, we also take age into consideration. If you have a specific cabin request, please email tali@falconcamp.com. Requests for cabinmates must be mutual and **may only include a maximum of two requested bunk-mates**. All requests will be reviewed and given serious consideration. **However, the final determination of all cabin groups rests with the administration.**

PAYMENT OF CAMP FEES

A deposit of \$500.00 per two week session for Traditional Camp must accompany your application. A deposit of \$300.00 per week for Young Adventure Camp must accompany your application. Deposit fee will be applied to the total tuition. Balance of the tuition is due April 1. After April 1, full tuition must accompany application. Please make all checks payable to **FALCON CAMP**.

REFUND POLICY

Refund of deposit (minus \$250 office fee) and all payments will be made for cancellation before April 1. **After April 1, there are NO refunds for any reason.** There are no tuition adjustments for late arrivals or early departures. Parents are advised to consider purchasing program cancellation insurance. All campers are expected to follow camp rules and policies. There will be no refund for dismissal due to behavioral, emotional, or psychological situations that are disruptive to the camp program or harmful to the camper. Possession of alcohol, illegal drugs or weapons will result in immediate removal from camp with no refund.

Parents are advised to consider purchasing cancellation insurance in case your camper is not be able to attend Falcon during their scheduled session. Archer Insurance is available through the Ultracamp database, or you may purchase through a vendor of your choosing.

SPENDING ACCOUNT

An additional \$35.00 per two weeks will be added to the total cost of tuition for your child's spending account. This money will be used at the Camp Store, where campers purchase drinks, snacks, toiletries, and small toys. The Camp Store is opened 3 to 4 times per week. The spending account money will also be used on special field trips.

We are mindful of how much each camper spends and do not encourage anyone to go over their account total. At the end of camp, you will be given the option to have any leftover funds refunded to you, or donate it to our Scholarship Fund. If your camper did go over the allotted amount, we will send a bill.

Extra cash is not needed and cannot be used on the campgrounds. Falcon Camp takes no responsibility for extra cash brought to camp. There is nothing at camp to buy with cash money.

ELECTRONICS AND INTERNET POLICY

Part of the value of overnight camp is creating lifelong friendships, appreciating the outdoors, and reaching out of your comfort zone. One of the ways this happens is by removing campers from behind their electronics, and encouraging actual face-to-face interactions with peers.

To support these values, Falcon Camp will not allow any device that plays video, and/or has internet or cellular data capability. MP3 players (that meet these criteria), digital cameras, eReaders (that meet these criteria), etc are acceptable. If other electronics, such as cell phones, iPads, Kindle Fire or others, are brought to camp they will be taken and sent home at your expense.

Campers who are traveling alone by plane to camp are encouraged to travel with a cell phone. After communicating their safe arrival to their parents, the cell phone will remain in the office, where it will be charged and returned for the trip home.

USING THE INTERNET TO KEEP IN TOUCH

The Internet has become the medium all of us use more and more to communicate with each other. Indeed, much of our promotional communication as a camp this year has been to direct families to our website for information. While all of us applaud the wonders of new technology, we are also aware of the potential dangers in the misuse of the Internet.

The warm and safe environment of Falcon Camp involves personal and supervised communication. Falcon Camp is offering the next few pages in an effort to be proactive and in front of potential issues regarding campers, parents and staff.

We also invite you and your camper to look together at our social media, FalconCamp1959 (on Instagram and Facebook). Both are administered by Falcon staff. These are good ways to keep in touch with camp people and keep up with camp news during the year.

FALCON CAMP POLICIES REGARDING THE INTERNET AND OTHER TECHNOLOGIES

A Letter by Bob Ditter

Dear Parents,

We have always taken the safety and well-being of our campers—your children—very seriously. After all, giving your children over to the care of other people is perhaps the greatest act of trust you as a parent can engage in. We aim to do everything we humanly can to earn and keep that trust. We also know we cannot do this without your help. With more and more children using the Internet, cell phones and other technologies at younger ages, we appeal to you as parents to partner with us to ensure that your children continue to have the safest, most wholesome experience with us at camp as possible.

Please read our letter carefully. It will help you understand the challenges some technologies pose to the continued health and safety of our camp community. Please also review and then read to your child the enclosed policies regarding the Internet, social networking sites and exchanging contact information with their counselors. As always we invite you to call us if you have any questions or concerns about any of these issues.

CELL PHONES

As you know we have a “no-cell phone” policy at camp. Aside from the fact that cell phones are expensive and can get lost or stolen and that the physical camp environment is not kind to such items, there is a fundamental problem with campers having cell phones at camp, and that is trust. When children come to camp they—and you—are making a leap of faith, temporarily transferring their primary care from you as their parents to us and their counselors. This is one of the growth- producing, yet challenging aspects of camp. As children learn to trust other caring adults, they grow and learn, little by little, to solve some of their own challenges. We believe this emerging independence is one of the greatest benefits of camp. It is one important way your child develops greater resilience. Contacting you by phone essentially means they have not made this transition. It prevents us from getting to problems that may arise and addressing them quickly. Sending a cell phone to camp is like saying to your child that you as the parent haven’t truly come to peace with the notion of them being away from you and in our care.

We agree to tell you if your child is experiencing a challenge in their adjustment to camp. You can help by talking with your child before they leave for camp and telling them that there is always someone they can reach out to, whether it be their counselor, a trusted activity leader, the Head Counselor, the Director or camp nurse or health care provider. We are all here to help, but if you don’t trust us, your children certainly won’t!

DIGITAL PHOTOGRAPHS

We suggest sending a disposable camera rather than a digital camera. Digital cameras could get lost, broken, left behind, or dropped in the lake (which happens every summer). If you do send a digital camera, it must be a simple one that does NOT have access to the internet. Make sure the camera and the camera case is labeled with both first and last name. Please understand -- there is a huge amount of liability that is introduced into our lives - and your child’s life - if she/he has the ability to upload images or videos to the internet straight from their camera. To protect us and your camper, remind them to be vigilant of their camera and to respect everyone’s privacy when taking photos at camp. Taking videos is NOT allowed at camp.

Falcon offers frequent photos through Bunk1. You will be able to freely view and/or purchase hundreds of photos taken at camp. Please see the information on the page about Bunk1 access.

Any camper that takes a compromising photograph of another camper or staff member and uploads it on the Internet or makes it public in any way may be subject to dismissal from camp or may not be allowed to return. If the law is broken, the appropriate authorities will be notified.

MUSIC PLAYERS AND OTHER ELECTRONIC DEVICES

We love to sing and dance at Falcon so music is important to us. Unlike most camps, we still allow campers to bring a music player to camp as long as it does NOT PLAY MOVIES/VIDEOS and does NOT HAVE ACCESS TO THE INTERNET. We suggest packing an iPod Shuffle or burning CDs and buying a cheap CD headset to play them on. Remember, cell phones cannot be kept in a camper’s possession even if their music is on it and that is all they want to keep it for - same goes for camera use. All music players and electronic devices like E-readers must be kept in the cabin and are to be used only during individual bunk time (like before bed). If speakers are brought to play music for everyone, only appropriate, non-explicit tunes approved by the counselor are allowed. Make

sure your music player & headphones are labeled with your camper's first and last name. Falcon will not accept any responsibility for any personal belongings.

CYBER-BULLYING AND HARASSMENT

It has happened at camps around the country that a few campers have sent rude, demeaning, intimidating or vulgar emails or IMs to other campers or have created false screen names to harass members of the camp community or spread false and damaging information about them. To be sure most Internet communication is fun, positive and one important way campers stay in touch with their friends. Our "Camp Policy for Campers and the Internet," which we are asking you to read over and then read with your child, covers our response to this problem. In addition, we have outlined the steps you or your child should take should they receive an abusive, demeaning or otherwise threatening or inappropriate Internet communication. Being familiar with these steps is part of the overall safety and healthy practice you should have in place with your child if they are online, regardless of whether they attend camp or not. Sharing them with you is one way we felt we could support your effort to protect your children whether they are at camp or not.

YOUR KIDS, OUR STAFF AFTER CAMP

Our pledge is to put your children in the company of the most trustworthy and capable young adults we can hire—counselors who are well suited to the task of caring for campers. The effort we put into screening and selecting our staff is part of that pledge. Our staff work with your children in the context of a visible, well scrutinized environment that has many built-in checks and balances. Our counselors are supervised by senior staff and are guided by clear, firm policies regarding behavior. Their actions are highly visible to co-workers and campers alike. By hiring them we do not recommend them as baby-sitters, nannies or child companions outside of camp. We discourage our staff from having contact with your children after camp since we cannot supervise it. We hire our staff for the camp season. We do not take responsibility for their behavior off-season. As a parent you are, of course, free to make your own choice in this matter. While we cannot keep you from allowing your child to visit with one of our staff members, in so doing you take full responsibility. We also know that children may exchange contact information (e.g., email address, profile names, cell phone numbers) with counselors although we do not condone this. We recommend that you as the parent supervise your child's online activities just as you do other aspects of their life in your home, and oversee any off- season contact our staff members and your child. You take full responsibility to oversee any contact that results.

While we train our staff in appropriate communication after camp (i.e. only with complete transparency and parental awareness and permission), we also feel it is important to help campers understand their role. Our staff have a right to privacy after camp, in addition to ensuring your child remains safe online. This means they will likely block or not friend any campers who reach out. In this day and age it is fairly easy to work around this, through fake profiles and other means. We ask that you help your campers understand that it is inappropriate to attempt to contact staff after camp, and we do not condone these actions.

WORKING TOGETHER TO KEEP YOUR CHILDREN SAFE

We see many positive, exciting ways for youngsters to enjoy the healthy benefits of the Internet and other technologies. As advocates for children we want to work with you to keep those experiences safe, healthy and positive. That is why we have taken the time to write these policies, include some resources for you and urge you to talk with your children—both about camp and their online activity in general.

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FALCON CAMP POLICY FOR CAMPERS AND THE INTERNET

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We have asked your parents to go over some policies we have developed about the Internet and other important issues so that everyone has the best experience at camp as possible.

- 1) We view email, texts, and social networking sites, like Facebook.com, Instagram, and Snapchat, as positive ways for you to express yourself and keep in touch with your friends. As a camper you have the right to exchange emails or IMs with other campers and invite other campers to be on your “friends” list in any way that you and your parents see fit.
- 2) When it comes to exchanging contact with anyone on our staff, however, your parents must take full responsibility for you to do that. This includes giving or getting an email or IM address, cell phone number, social networking profile, weblog or any other Internet contact. (We tell this to the staff during orientation). It’s not that we don’t think your relationships with your counselors are important. They are! It’s just that, once they leave camp, we can’t take responsibility for what happens between you and them—only your parents can. We want to ensure that both you and our staff are safe and have the opportunity for privacy after camp.
- 3) Regarding emails, texts, and comments you might make to other campers on their social networking site, we ask you:
 - a) to keep what you say positive and respectful of staff and campers alike;
 - b) to only communicate with those who have given permission;
 - c) not to use obscenities, vulgar or sexual language;
 - d) not to say mean or threatening things to or about other campers or staff;
 - e) not to post pictures online that would embarrass or violate anyone’s privacy;
 - f) not to pose as another camper online or spread false information about anyone or say damaging or threatening things to or about anyone;
 - g) not to use a website or blog or email to talk about things that are against camp policy, like using drugs or alcohol or bullying or sexual things.
- 4) Most Internet communication is positive, and that’s great! In the rare case where there might be any negative messages to other campers or staff, our policy is to call the parents of campers who send those messages and share the content with them.
- 5) We will use any legal means available, including contacting the police and the FBI, to track the source of any offending or threatening Internet communication if we need to.
- 6) **Any camper who violates any of our policies regarding the Internet or other communication might have to leave camp, might not be able to come back to camp and might even have to answer to the police or other law enforcement authorities.**
- 7) We want you to be safe on the Internet. **If you receive a threatening email, IM or message on your personal website—one that is mocking, uses vulgar or harassing language—here is what you should do:**
 - a) Do not respond to the message or retaliate, because it might encourage the sender or get you into trouble.
 - b) If possible, record the message onto your hard drive.
 - c) Print out a copy of the message, then close it but **do not delete it**.
 - d) Tell your parents about it and have them notify the local police or, if necessary, contact your Internet service provider (like yahoo, gmail, etc.)
 - e) If you suspect that the sender is from camp, call us immediately.
 - f) You or your parents can also contact Pedowatch (www.pedowatch.com) or the National Center for Missing and Exploited Children (www.nemec.org).
 - g) Camp is meant to be a fun, safe and happy place for all of us. We need your help to keep the way people from camp communicate with one another positive and in the spirit of camp—a way that makes everyone feel safe.

HEALTH HISTORY AND EXAMINATION FORMS

1. Falcon Camp requires [ACA Camper Health History Form](#) as well as the [Recommendations for Licensed Medical Personnel](#) complete with a physician's signature for all campers, due June 1. Both forms must be completed and signed by the parent and the report of a physical examination signed by the physician. Your physician should indicate on this form any special medical attention or medication needed at camp. The Falcon doctors and nurses will follow these instructions while your child attends camp. A registered nurse is on duty at camp and campers have access to his/her services as needed.

A special note about medication: The Falcon healthcare staff would like to note that an RN is not allowed to administer ANY medication, even over-the-counter medications such as vitamins, melatonin, or Tylenol, without written direction from an MD in addition to parent permission. **Please make sure the physician includes a COMPLETE list of all meds (including over the counter medication) on the physician signed copy of the health form.** If it is not on the list, it cannot be administered. Should a question arise about a medication, the Falcon healthcare staff will contact the parent/guardian and seek additional expert consultants.

2. **Parent/Guardian Authorization – Consent to Treatment, due June 1**

On the ACA Camper Health History Form, please pay careful attention to the boxes on the front page. Your signature will give us permission to treat your child for any necessary medical care while at camp. Falcon Camp is approximately 20 - 30 minutes away from Mercy and Aultman Urgent Care centers and approximately 60 minutes away from Mercy and Aultman Hospitals. Please note that if your child becomes ill, injured, or needs medical or dental care requiring a doctor's attention outside of camp, we will make every effort to contact you by phone beforehand. If the situation does not require an ambulance, the child will travel in a camp vehicle with a camp staff member. The staff member will remain with the camper and accompany him/her back to camp. The hospital and/or Camp Administration will keep in contact with the parent/guardian during the time the camper is at the hospital. **The hospital will directly bill the parent/guardian or medical insurance for any charges.**

*****Please make sure to photocopy the front and back of your insurance card and upload it to Ultracamp with your medical forms. This will help us provide care for your child's needs quickly and effectively.*****

3. **All camper medications should be brought to camp in the original bottle with the child's name and clear dosage instructions, and can be grouped together in a clear plastic bag.** All medications (including vitamins) will be kept under lock and key in the infirmary. The medications will be dispensed at mealtimes and bedtime throughout the summer. If your child takes a medication that requires a different time, please talk to the nurse prior to camp so we can make arrangements to meet your child's medical needs. We stock routine medications such as Tylenol, Benadryl, Hydrocortisone Cream, etc. If your child needs any of these items, they can request it from the infirmary. If your child takes one of these as a regular, daily medication, please provide your own.

Should your child require a new prescription medication at camp, the camp doctor or nurse will call to advise you of the illness and the medication to be prescribed. The information provided on your insurance cards will be submitted to the pharmacy. If we do not have any insurance information, the cost of the prescription will be billed to the child's spending account. Falcon Camp does not submit medication costs for prescription drugs to insurance companies. We are happy to provide you with receipts.

WELCOME TO FALCON

Now that you are all packed and ready for an exciting summer at Falcon, let's talk about what to expect when you arrive.

TRANSPORTATION

As always, parents are encouraged to drive their own children to camp. Per our drop-off policy, you will be dropping off your child and their luggage at the Dining Hall, and parents will remain in their cars. Trunks and luggage can be shipped to Falcon via UPS or FedEx if space is an issue, or save some of your resources and consider carpooling!

TRANSPORTATION PROVIDED BY FALCON

Falcon embraces the opportunity to provide the camp experience for campers all across the country and world. We are happy to provide transportation at a reasonable cost for airport arrivals and departures upon request under the following guidelines.

1. All international flights should be booked through the Pittsburgh International Airport. Once your flights are confirmed, please add all of the information to the [Falcon Airport Transportation Form](#). Please make sure to indicate if your camper is traveling as an unaccompanied minor. This allows us to meet/wait with your camper at the gate.
2. Please call the main camp office (330)627-4269 if you become aware of any flight changes/delays en route to Falcon. We will get in touch with the staff driver.
3. With the number provided on the google form, the driver will communicate via text or phone all pick up and drop off times.
 - a. **Arrival:** When a camper arrives in Pittsburgh, the staff driver will have your camper call to check in and then you will receive another text/call upon arrival at Falcon. After checking in from camp, your camper's phone will be safely stored in the office until closing day. The staff member picking up your camper will be wearing a red staff shirt with a Falcon logo.
 - b. **Departure:** The staff driver will send a text when leaving Falcon and upon arrival at the airport.
4. The number provided in the Google form will also be used to communicate any changes or emergencies. If the first number cannot be reached, the staff driver will call the second contact on the list.
5. Please review the following safety rules with your camper before the trip:

Falcon Transportation Safety Rules

- 1) Passengers should remain seated at all times with hands and arms inside the vehicle.
- 2) Seatbelts should be fastened – one person per seatbelt.
- 3) Noise level should be such as to not distract the driver. There should be no throwing of objects or other disruptive behavior.
- 4) All passengers under 80 pounds must sit in the back seat to avoid airbag injury.
- 5) Passengers should enter and leave the vehicle under the direction of a staff member and/or driver. If the vehicle makes an emergency stop, passengers should follow directions of staff member and/or driver and use the buddy system if leaving the vehicle.

THE CAMP ROAD

Falcon is very proud of our rustic atmosphere. It gives your child the unique opportunity to enjoy nature in a relatively untouched setting. But this setting is not conducive to the busy city traveling many of us experience in our everyday lives. **Please take your time when traveling on our camp road.** Cars will be moving in and out so be aware of oncoming traffic and the weather conditions that affect our dirt road. Thank you for your patience and DRIVE SLOWLY!

ARRIVAL PROCEDURES

All campers and parents will be assigned a drop-off time between 12:00pm-3:00pm. This allows us to greet all campers without causing traffic jams. We will send time slots two weeks prior to your scheduled arrival. If you require a specific timeslot, please contact tali@falconcamp.com.

After driving carefully down the camp road, you will be directed to wait in the Lower Riding Ring if needed. Staff will confirm receipt of your med form and any other required items. Cars will be admitted in small groups to prevent traffic jams. Staff will help you unload your camper's belongings and head around the circle to the Lodge. The nurse and administrators will be waiting to greet you, collect any medications, and answer last minute questions. Ordered clothing will be delivered to campers' cabins prior to arrival. We will complete any clothing/size exchanges if needed, and help campers label all new items.

THE FIRST FEW DAYS AT CAMP-HOMESICKNESS

There's a lot that happens during the first 48 hours at camp--you can learn some of what goes on [here](#). Many children jump into camp and embrace new opportunities and relationships. They are comfortable and at home from the first day. Other campers take a little bit longer to warm up to the new situation. These transitions are completely normal and our well-trained staff is prepared for either. Both you as a parent and our staff can help support campers that take longer to acclimate in different ways.

While many campers easily make the transition from home to camp, homesickness is a natural feeling experienced by some campers. We train our staff to be aware of each camper's emotional adjustment. Your child's counselor will help the camper talk about any concerns or fears they may experience and help them get involved in camp activities. Experience shows that within the first several days of camp most campers are busy having fun and feeling secure with their counselors, new friends and the outdoor environment. Please do not be alarmed if you receive a "homesick letter" the first few days they are at camp. By the time you might receive a letter like that, your child will have further adjusted to the camp and is likely to be having a great time. If, however, you are concerned, please call the camp office and they will personally handle the matter.

As a parent, here are some tips to help you support your child through this transition:

Letters, postcards and email are the primary methods of communication with your camper. Write letters with reassuring notes to help ease the adjustment into camp life. Ask about some of the positive camp experiences so far. Campers love getting mail and it is a special feeling to get a handwritten note from mom or dad. When writing letters to your camper, there is an important balance to maintain between letting them know they are missed, and making them feel like they are missing out on all the fun you are having without them, or feel guilty for choosing to go to camp and have fun without you.

Dos and Don'ts of Camper-Parent Communication:

Dos:

- Ask about fun/new things your camper is doing
- Ask about new friends your camper is making
- Focus on positive experiences
- Acknowledge how brave your camper is for taking on new adventures
- Focus on opportunities provided at camp that aren't at home
- Write creative, funny letters (in code, cut into puzzle pieces, etc)

Don'ts:

- "Our house feels so empty without you"
- "The dog has not stopped crying since you left"
- "We are having so much fun in Paris without you!"
- "We ate at your favorite restaurant last night and then went to your favorite ice cream shop!"
- "I am so lonely without you"
- "I bet you're homesick"

Camper-to-parent phone calls are not allowed, and parent-to-camper calls are strongly discouraged, especially in cases of homesickness. We realize that even though this separation is hard on you too, it is a wonderful opportunity for your child to build confidence and a sense of self-reliance with the support of our staff. Children should, and can, learn to overcome seemingly difficult situations. Falcon strongly believes we can prepare children to make tough decisions on their own within the safe and supportive environment of our camp. It may be difficult for parents to accept, but our experience teaches us that phone calls create more homesickness than they solve. We will notify you in the event of a challenging situation.

Avoid promises to come pick them up if it doesn't go well. When you promise to pick up your camper, it eliminates the need for them to try and have fun or get over their homesickness. It handicaps their initiative to be successful at camp. However, when going home is not on the table, your child will overcome the initial awkwardness of a new situation and thrive.





Daily Schedule

7:00 Horse Care (optional)
7:45 a.m. First Bell/ Rise & Shine
8:00 Second Bell/ Announcements
8:15 Breakfast
9:00 Block Period
10:30 Block Period
12:00 p.m. First Bell
12:15 Second Bell/ Announcements
12:30 Lunch
1:00 Rest Hour
2:00 Block Period
3:30 Block Period
5:00 First Bell
5:15 Second Bell/ Announcements
5:30 Dinner
6:45 Evening Activity
8:15 Snack
9:00 Blue Jays/Robins in Cabins
9:15 Kestrels/Cardinals in Cabins
9:30 Blue Jays/Robins Lights Out
Eagles/Hawks in Cabins
9:45 Kestrels/Cardinals Lights Out
10:00 Eagles/Hawks Lights Out

Potential Block Periods

Field Sports
Riflery
Tennis

Swimming
Sailing
Canoeing

Drama
Court Sports
Archery

Woodslore
Horseback Riding/
Horsemanship
Crafts
Fishing

Additional activities:
Creative Arts
Music

SAFETY

Both parents and campers understand that Falcon Camp takes reasonable precautions to insure that programs and activities at Falcon Camp are supervised by qualified personnel in a safe and responsible manner. However, parents and campers understand that these activities involve certain risks and include, but are not limited to, horseback riding, mountain biking, water sports, land sports, archery, riflery, canoeing, sailing or hiking. Parents and campers recognize these risks and agree to assume these risks by attending or allowing the camper to attend Falcon Camp and participate in these programs.

FOOD

Shirley Voich has been our head cook for over 15 years. She and her hard working staff prepare plenty of wholesome, delicious food for each camper. Camp meals include daily breakfast, lunch, dinner, and evening snack. Each meal is served family style where campers eat as a cabin with their staff members. If a camper does not like the main selection of the day's meal, there is always a salad bar with some alternatives. For breakfast, the salad bar will be full of fresh fruit, yogurt, and cereals. The lunch and dinner salad bar contains lots of vegetables, small meal options, and peanut butter with jelly. If your child has any special dietary needs, please note them on the medical form and speak to us prior to arrival.

COMMUNICATION

MAIL AND EMAIL

As Falcon is a traditional overnight camp, we encourage all campers to communicate with family and friends by writing letters. Many parents anxiously await the first letter home as campers wait for the first letter at camp. To assist in the prompt delivery of your mail, please address each letter as follows:

Camper's Name
c/o Falcon Camp
4251 Delta Rd SW
Carrollton, OH 44615

All email to campers must go through Bunk1.com. On the next page, you will find an email registration form complete with a password that will direct you to an email package of your choice. You are welcome to send inquiries and questions to the office. Our office email address is Office@FalconCamp.com. Any camper emails sent to the office will not be forwarded to the camper.

We will continue to use the Bunk1 website to post pictures. The photos are updated approximately three times a week and can be downloaded from the website. Professional copies of all of these photographs are available to purchase through Bunk1.com. Please know that you can access photos and news through Bunk1 at no cost and you are not obligated to purchase bunk notes.

It is understood by parents and campers that any photographs, videos, and quotes taken at camp may be used by Falcon Camp and the American Camp Association for art, advertising and promotional materials. If you have an objection to this, you must do so in writing before your child attends.

Camper rosters are printed at the conclusion of the summer so families interested in the next season will have the opportunity to speak with experienced camp families about what Falcon is like. If you have an objection to this, you must do so in writing by the end of the summer.

This page intentionally left blank. If you have a child at camp
and need the Bunk1 information, please email
tali@falconcamp.com

PACKAGES

Campers anxiously await “care packages” from home while they enjoy their experiences at Falcon. Sometimes nothing tastes better than cookies a parent baked while they were thinking of you. However, food in the cabin can also present difficulties for your child and their cabinmates. An overabundance of snacks, dealing with the need to share equally and “misplaced candy” are all problems that can be easily avoided.

We know you love your children and like to show it. Write often! If you want to send a package, please be creative and consider sending something without food.

If you do plan on sending food we ask that you observe the following rules:

- No cans or glass containers.
- Packages should contain no more than what your child and their cabinmates can consume in ONE snack time.
- Campers will be expected to share equally with each member of their cabin. Please note that an increasing number of children have an increasing variety of allergies. We ask that you be cautious in what you send, and avoid items containing tree nuts and similar things.

Please know that we serve good food and plenty of it. Despite what your children may write you... we have no rule saying that you must send a care package, that you must send several care packages, that every living relative they have ever met should send a care package, etc.! You are welcome to call us with any questions. Your good judgment and observance of these rules will make life in the cabin smoother and easier for every camper.

TELEPHONE CALLS

The camp telephone number is 330-627-4269. Please use the telephone only for special occasions, birthdays, or emergencies. It can be a disappointment to campers if someone must be gone from activities to answer an unexpected call. Please do not ask your camper to call home. **Campers are not permitted to call from camp.** When calls from parents are needed, plan for meal times at 8:15, 12:30, or 5:30. **With our remote location, cell phones do not work and campers are not permitted to have them at camp.**

BIRTHDAYS

Every child celebrating a birthday at camp will receive recognition from the entire camp and a birthday cake to share with his/her cabinmates at evening snack.

VISITORS DAY

Visitors Days are planned for Saturday, July 1st and July 29th. This is an opportunity for the families of campers staying longer than two weeks to visit their camper. We will be sending more information as the dates approach, including times and activities.

OVERNIGHTS

Weather permitting, every camper experiences the adventure of an overnight campout on Falcon property. Cabin groups cook dinner over the fire, sleep out under the stars, and enjoy an evening campfire. It is helpful if each camper has a sleeping bag for the overnight.

AWARDS AND HIGHFLYERS

No prior experience is necessary to participate in any activity area in camp. In fact, we encourage campers to try lots of new activities.

In each activity area, Falcon utilizes an established award system to identify the essential skills necessary to learn and grow in the particular activity. These skills are divided into Beginner, Intermediate, Advanced, Master, Expert, and Falconer levels. Our competent and talented staff plan, provide instruction, and offer feedback at all levels.

Campers can also progress through award levels from a previous summer as long as they can still demonstrate the skills effectively.

At the end of each two-week period, Falcon hosts an Awards Night for our departing campers. If a camper earns an award in an activity area, they will receive a patch to add to their Award Banner. Your camper will bring their awards home in a gold envelope.

Each four weeks, Falcon announces our Highflyer awards. The Highflyer is the highest award given at camp for up to three campers in each unit. In order to be nominated for a Highflyer, a camper must demonstrate a high level of skill, recognizable effort/enthusiasm, or demonstrate the most improved skill level in this area of camp. This award is created on a wooden plaque and remains in the Lodge at Falcon.



CLOSING DAY

We will help pry your child away from all of the goodbye hugs on the road and begin your ride home full of Falcon stories.

DEPARTURE PROCEDURES

1. **Please drive carefully!** As on Opening Day, our road is not equipped for lots of people and vehicle traffic. Thanks again for your patience.
2. **Parents should plan to arrive at Falcon between 9:30-11:00 on Closing Saturdays.** Parents will be directed to a pick-up area where you will find all of your child's belongings as well as your child. After collecting this, you will drive to the Lodge where you will receive any leftover medication or camp store monies.
3. **If you need to pick up your child at a different time, please contact tali@falconcamp.com prior to Closing Day.**

TIPPING

The staff members at Falcon Camp are dedicated counselors who treat each camper in an equal and fair manner. To ensure this policy continues, monetary tipping is not permitted at Falcon Camp. Gifts in the counselor's name may be made to the Decker Scholarship Fund. We give recognition to the staff that are honored in this way. More information on how to donate and the fund is below.

FALCON SCHOLARSHIP OPPORTUNITIES

Each year, several campers attend Falcon through a scholarship fund. The Richard Miles Decker Memorial Scholarship Funds were founded soon after cancer ended Rich's life in 1983. It was established by the Decker Family because of their belief that Rich Decker's experiences at Falcon Camp as a camper in the 1960s and then as a staff member in the early 1970s contributed in a meaningful and important way to his growth and development as a person.

The specific purpose of this scholarship program is to provide the Falcon experience to children who would most benefit from their time at Falcon Camp, but who may lack the tuition necessary to attend. The scholarship program is administered by a board of trustees all of whom are former Falcon campers or staff members. The Decker Funds are used only to provide a specific summer program for one or more campers. Monies are not used for new equipment or daily camp operations.

The program has been granted "tax exempt" status by the IRS as a 501(c) (3) corporation, and because all administrative and mailing expenses are paid by the trustees, **100% of contributions go directly to the endowment and to benefit children sponsored by the scholarships.**

If you would like to make a donation, please visit www.deckerscholarshipfunds.org.

Appendix A: Packing List



Falcon Clothing and Equipment List

Use this list as a guide for your packing. Clothing should be simple and comfortable. Laundry is done once a week for 4 week or longer campers and once for 2 weekers. **All clothing must be clearly labeled.** There is an option to label clothing enclosed in this mailing or choose your own. Falcon will not be responsible for lost items. Attach this to the inside of a trunk or a suitcase. It will assist you in checking items as you pack and assist us in helping campers pack to return home. Please remember to label things like tennis shoes, jackets, and the clothes they wear to camp, etc. We make every effort to have campers return home with everything they brought.

Clothing:

- ☐ 3 Falcon T-shirts (camp dress)
- ☐ 7 other T-shirts
- ☐ 2 sweatshirts (Falcon ones available)
- ☐ 1 poncho or raincoat
- ☐ 6 prs. of shorts
- ☐ 4 prs. of jeans/long pants
- ☐ 2 bathing suits (conservative style only)
- ☐ 10 prs. of underwear
- ☐ 2 prs. of pajamas or sleepwear
- ☐ 12 prs. of socks
- ☐ 2 pr. of tennis shoes
- ☐ 1 pr. of sturdy shoes with a heel
(for riding and hiking)
- ☐ 1 pr. of beach or shower shoes
- ☐ 1 medium weight jacket

Optional Items:

- ☐ simple fishing gear
- ☐ knapsack
- ☐ ground cloth
- ☐ ball glove
- ☐ tennis racket
- ☐ casual clothes for dance
- ☐ 1 throw away outfit for messy activities
- ☐ several good books
- ☐ camera/film (recommend disposable)
- ☐ lacrosse stick/mouth guard
- ☐ skateboard/rollerblades with
safety equipment and pads.

Bedding:

- ☐ 2 blankets
- ☐ 2 sets of sheets
- ☐ 1 sleeping bag
- ☐ 1 pillow
- ☐ 2 pillow cases
- ☐ 2 beach towels
- ☐ 2 bath towels
- ☐ 2 washcloths
- ☐ 2 laundry bags (Falcon ones available)

Other Equipment:

- ☐ flashlight
- ☐ all toilet articles
- ☐ soap dish/soap
- ☐ sunscreen
- ☐ insect repellent
- ☐ shower caddy
- ☐ home addressed, stamped envelopes
(in a zip lock bag)
- ☐ water bottle

Do Not Bring :

- expensive electronic/computer games,
devices and accessories
- electric fans or clocks
- valuable jewelry
- irreplaceable sentimental items
- pets
- expensive cameras
- cell phones

Please leave valuable personal items at home. Falcon Camp cannot be responsible for lost or damaged personal items. Portable media players are permitted for limited use during rest hour and bedtime only. Camp is a place for social interaction and personal listening devices take a person out of the group. T- Shirts, printed materials and music with questionable content/language as determined by the camp directors will be mailed home. We welcome all of you to Falcon and look forward to making this a memorable summer for every camper.

Appendix B: Medical Forms

<p>Recommendations for Licensed Medical Personnel FORM 2</p> <p><i>Developed and reviewed by: American Camp Association, American Academy of Pediatrics Council on School Health, & Association of Camp Nurses</i></p> <p style="text-align: center;">american association®</p> <p><i>Mail this form to the address below by _____ (date)</i></p>	<p>To Parent(s)/Guardian(s): Complete this section and give this form (FORM 2) and a copy of your completed CAMPER HEALTH HISTORY FORM (FORM 1) to your child's health-care provider for review.</p> <p>Dates will attend camp: from _____ to _____ Month/Day/Year Month/Day/Year</p> <p>Camper Name: _____ First Middle Last</p> <p><input type="checkbox"/> Male <input type="checkbox"/> Female Birth Date _____ Age on arrival at camp _____ Month/Day/Year</p> <p>Camper home address: _____</p> <p>City _____ State _____ Zip Code _____</p> <p>Custodial parent(s)/guardian(s) phone: (____) _____ (____) _____</p> <p>Parent(s)/guardian(s) stop here. Rest of form to be completed by medical personnel.</p>		
<p>CONVENIENT PHYSICALS AVAILABLE AT:</p> <div style="display: flex; align-items: center;"> <div> <p>healthcare clinic at select <i>Walgreens</i></p> <p>Proud Partner of American Camp Association</p> </div> </div>			
<p>The following non-prescription medications are commonly stocked in camp Health Centers and are used on an as-needed basis to manage illness and injury. Medical personnel: Cross out those items the camper should not be given.</p> <table style="width: 100%; border: none;"> <tr> <td style="vertical-align: top;"> Acetaminophen (Tylenol) Ibuprofen (Advil, Motrin) Phenylephrine (Sudafed PE) Pseudoephedrine (Sudafed) Chlorpheniramine maleate Guaifenesin Dextromethorphan Diphenhydramine (Benadryl) Generic cough drops Chloraseptic (Sore throat spray) </td> <td style="vertical-align: top;"> Lice shampoo or scabies cream (Nix or Elimite) Calamine lotion Bismuth subsalicylate (Pepto-Bismol) Laxatives for constipation (Ex-Lax) Hydrocortisone 1% cream Topical antibiotic cream Calamine lotion Aloe </td> </tr> </table>	Acetaminophen (Tylenol) Ibuprofen (Advil, Motrin) Phenylephrine (Sudafed PE) Pseudoephedrine (Sudafed) Chlorpheniramine maleate Guaifenesin Dextromethorphan Diphenhydramine (Benadryl) Generic cough drops Chloraseptic (Sore throat spray)	Lice shampoo or scabies cream (Nix or Elimite) Calamine lotion Bismuth subsalicylate (Pepto-Bismol) Laxatives for constipation (Ex-Lax) Hydrocortisone 1% cream Topical antibiotic cream Calamine lotion Aloe	<p>Medical Personnel: Please review the CAMPER HEALTH HISTORY FORM (FORM 1) and complete all remaining sections of this form (FORM 2). Attach additional information if needed.</p> <p>Physical exam done today: <input type="checkbox"/> Yes <input type="checkbox"/> No (If "No," date of last physical: _____) Month/Day/Year</p> <p>ACA accreditation standards specify physical exam within the last 12 months.</p> <p>Weight: _____ lbs Height: _____ ft _____ in Blood Pressure _____ / _____</p> <p>Allergies: <input type="checkbox"/> No Known Allergies</p> <p><input type="checkbox"/> To foods (<i>list</i>): _____</p> <p><input type="checkbox"/> To medications (<i>list</i>): _____</p> <p><input type="checkbox"/> To the environment (<i>insect stings, hay fever, etc.—list</i>): _____</p> <p><input type="checkbox"/> Other allergies (<i>list</i>): _____</p> <p>Describe previous reactions: _____</p>
Acetaminophen (Tylenol) Ibuprofen (Advil, Motrin) Phenylephrine (Sudafed PE) Pseudoephedrine (Sudafed) Chlorpheniramine maleate Guaifenesin Dextromethorphan Diphenhydramine (Benadryl) Generic cough drops Chloraseptic (Sore throat spray)	Lice shampoo or scabies cream (Nix or Elimite) Calamine lotion Bismuth subsalicylate (Pepto-Bismol) Laxatives for constipation (Ex-Lax) Hydrocortisone 1% cream Topical antibiotic cream Calamine lotion Aloe		
<p>Diet, Nutrition: <input type="checkbox"/> Eats a regular diet. <input type="checkbox"/> Has a medically prescribed meal plan or dietary restrictions: (describe below)</p>			
<p>The camper is undergoing treatment at this time for the following conditions: (describe below) <input type="checkbox"/> None.</p>			
<p>Medication: <input type="checkbox"/> No daily medications. <input type="checkbox"/> Will take the following prescribed medication(s) while at camp: (<i>name, dose, frequency—describe below</i>)</p>			
<p>Other treatments/therapies to be continued at camp: (describe below) <input type="checkbox"/> None needed.</p>			
<p>Do you feel that the camper will require limitations or restrictions to activity while at camp? <input type="checkbox"/> No <input type="checkbox"/> Yes</p> <p><i>If you answered "Yes" to the question above, what do you recommend? (describe below—attach additional information if needed)</i></p> <div style="border: 1px dashed black; height: 40px; margin-top: 5px;"></div>			
<p>"I have reviewed the CAMPER HEALTH HISTORY FORM (FORM 1), and have discussed the camp program with the camper's parent(s)/guardian(s). It is my opinion that the camper is physically and emotionally fit to participate in an active camp program (except as noted above.)"</p> <p>Name of licensed provider (please print): _____ Signature: _____ Title: _____</p> <p>Office Address _____ Street City State Zip Code</p> <p>Telephone: (____) _____ Date: _____</p>			
<p>Copyright 2014 by American Camping Association, Inc. Rev. 1/14 LEE/EAW</p>			

Camper Name _____
First _____ Middle _____ Last _____
(For Camp Use) Cabin or Group _____
(For Camp Use) Session Code(s): _____

CAMPER HEALTH HISTORY FORM1

Developed and reviewed by: American Camp Association,
American Academy of Pediatrics Council on School Health, &
Association of Camp Nurses

american **CAMP** association®

Mail this form to the address below by _____ (date)

Dates will attend camp: from _____ to _____
Month/Day/Year Month/Day/Year

Camper Name: _____
First Middle Last

☐ Male ☐ Female Birth Date _____ Age on arrival at camp: _____
Month/Day/Year

To Parent(s)/Guardian(s): Please follow the instructions below. Attach additional information if needed.

- 1) Complete pages 1, 2 and 3 of this form (FORM 1) and make a copy.
- 2) Send the original, signed FORM 1 to camp by the requested date.
- 3) Complete the top of FORM 2 (CAMPER HEALTH-CARE RECOMMENDATIONS) and provide the copy of FORM 1 with FORM 2 to your child's health-care provider for review and completion.
- 4) After it has been completed and signed by your child's health-care provider, return FORM 2 to camp by the requested date.

Camper Home Address: _____
Street Address City State Zip Code

Parent/guardian with legal custody to be contacted in case of illness or injury:

Name: _____ Relationship to Camper: _____ Preferred Phones: (____) (____)
Email: _____

Home Address: _____
(If different from above) Street Address City State Zip Code

Second parent/guardian or other emergency contact:

Name: _____ Relationship to Camper: _____ Preferred Phones: (____) (____)
Email: _____

Additional contact in event parent(s)/guardian(s) can not be reached:

Name: _____ Relationship to Camper: _____ Preferred Phones: (____) (____)

Allergies: ☐ No known allergies. ☐ This camper is allergic to: ☐ Food ☐ Medicine ☐ The environment (insect stings, hay fever, etc.) ☐ Other
(Please describe below what the camper is allergic to and the reaction seen.)

Diet, Nutrition: ☐ This camper eats a regular diet. ☐ This camper eats a regular vegetarian diet. ☐ This camper is lactose intolerant. ☐ This camper is gluten intolerant.
☐ Other, please explain in space.

Restrictions: ☐ I have reviewed the program and activities of the camp and feel the camper can participate without restrictions.
☐ I have reviewed the program and activities of the camp and feel the camper can participate with the following restrictions or adaptations.
(Please describe below.)

Medical Insurance Information:

This camper is covered by family medical/hospital insurance ☐ Yes ☐ No

Include a copy of your insurance card if appropriate; copy both sides of the card so information is readable.

Insurance Company _____ Policy Number _____
Subscriber _____ Insurance Company Phone Number (____) _____

Parent/Guardian Authorization for Health Care:

This health history is correct and accurately reflects the health status of the camper to whom it pertains. The person described has permission to participate in all camp activities except as noted by me and/or an examining physician. I give permission to the physician selected by the camp to order x-rays, routine tests, and treatment related to the health of my child for both routine health care and in emergency situations. If I cannot be reached in an emergency, I give my permission to the physician to hospitalize, secure proper treatment for, and order injection, anesthesia, or surgery for this child. I understand the information on this form will be shared on a "need to know" basis with camp staff. I give permission to photocopy this form. In addition, the camp has permission to obtain a copy of my child's health record from providers who treat my child and these providers may talk with the program's staff about my child's health status.

Signature of Custodial Parent/Guardian _____ Date: _____ Relationship to Camper: _____

If for religious or other reasons you cannot sign this, contact the camp for a legal waiver which must be signed for attendance.

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Camper Name

First

Middle

Last

(For Camp Use) Cabin or Group

(For Camp Use) Session Code(s):

CAMPER HEALTH HISTORY FORM 1

Developed and reviewed by: American Camp Association, American Academy of Pediatrics Council on School Health, & Association of Camp Nurses

Camper Name: _____
 First Middle Last
 Birth Date: _____
 Month/Day/Year

Immunization History: Provide the month and year for each immunization. Starred (*) immunizations must include date to meet ACA Standard. Copies of immunization forms from health-care providers or state or local government are acceptable; please attach to this form.

Immunization	Dose 1 Month/Year	Dose 2 Month/Year	Dose 3 Month/Year	Dose 4 Month/Year	Dose 5 Month/Year	Most Recent Dose Month/Year
Diphtheria, tetanus, pertussis (DTaP) or (TdaP)						
Tetanus booster* (dT) or (TdaP)						
Mumps, measles, rubella (MMR)						
Polio (IPV)						
Haemophilus influenzae type B (HIB)						
Pneumococcal (PCV)						
Hepatitis B						
Hepatitis A						
Varicella (chicken pox)						
<input type="checkbox"/> Had chicken pox Date: _____						
Meningococcal meningitis (MCV4)						

Tuberculosis (TB) test Date: _____ ☐ Negative ☐ Positive

If your camper has not been fully immunized, please sign the following statement: I understand and accept the risks to my child from not being fully immunized.

Signature of Custodial Parent/Guardian: _____ Date: _____ Relationship to Camper: _____

Medication: ☐ This camper will not take any daily medications while attending camp.
☐ This camper will take the following daily medication(s) while at camp:

"Medication" is any substance a person takes to maintain and/or improve their health. This includes vitamins & natural remedies. ***Please review camp instructions about required packaging/containers. Many states require original pharmacy containers with labels which show the camper's name and how the medication should be given. Provide enough of each medication to last the entire time the camper will be at camp.***

Name of medication	Date started	Reason for taking it	When it is given	Amount or dose given	How it is given
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time: _____		

The following non-prescription medications may be stocked in the camp Health Center and are used on an as-needed basis to manage illness and injury. ***Cross out those the camper should not be given.***

Acetaminophen (Tylenol)	Ibuprofen (Advil, Motrin)
Phenylephrine decongestant (Sudafed PE)	Pseudoephedrine decongestant (Sudafed)
Antihistamine/allergy medicine	Guaifenesin cough syrup (Robitussin)
Diphenhydramine antihistamine/allergy medicine (Benadryl)	Dextromethorphan cough syrup (Robitussin DM)
Sore throat spray	Generic cough drops
Lice shampoo or cream (Nix or Elimite)	Antibiotic cream
Calamine lotion	Aloe
Laxatives for constipation (Ex-Lax)	Bismuth subsalicylate for diarrhea (Kaopectate, Pepto-Bismol)

Appendix C: Contact Information

If you have any questions, concerns, comments, etc, please don't hesitate to contact us using the following methods:

Phone:

330-627-4269

Mail:

Winter Address

22232 Rye Rd

Shaker Heights, OH 44122

Summer Address

4251 Delta Rd SW

Carrollton, OH 44615

Email:

General: office@falconcamp.com

Dave: dave@falconcamp.com

Nici: nici@falconcamp.com

Tali: tali@falconcamp.com

Lynne: nurselynne@falconcamp.com

Jackie: nursejackie@falconcamp.com

Pam: pam@falconcamp.com