



2024
Camper and
Parent Guide



WELCOME!

Dear Campers, Parents, Guardians, and Care Providers,

Thank you for choosing Mt. Hood Kiwanis Camp for yourself or your loved one's summer camp experience. We have been providing an overnight Summer Camp on our campsite along the Little Zig Zag River since 1933. We lease our 22-acre site from the US Forest Service and partner with them in the preservation of this delicate ecosystem.

The Montavilla Kiwanis Club of Portland founded the camp for the purpose of serving disadvantaged youth. The camp became an independent non-profit corporation in 1950. By 1957 the focus changed and the camp began primarily serving individuals with developmental disabilities.

In a typical year, MHKC serves over 500 campers throughout the summer and other seasonal programs.

On the following pages, you will find valuable information and everything you need to know about attending Mt. Hood Kiwanis Camp.

Thank you, once again, for selecting Mt. Hood Kiwanis Camp for yourself or your loved one(s).

Sincerely,

Kayla Plessinger
Programs Director
Kayla@mhkc.org
971-230-2931

Sarah Doty
Assist. Programs Director
Sarah@mhkc.org
971-230-2922

Kathy Werschkul
Program Administrative
Coordinator
Kathy@mhkc.org
971-230-2923

Dave McDonald
Executive Director
Dave@mhkc.org
971-230-2920



ACA ACCREDITATION

Mt. Hood Kiwanis Camp has been accredited for MANY years by the American Camp Association (ACA). MHKC goes through yearly reviews as well as the re-accreditation process every 5 years with 2023 being the most recent accreditation year. This accreditation assures our camper families that MHKC's practices have been measured against national standards and industry best practices.

2024 APPLICATION

The application window for Summer Camp will be open from **January 22nd - February 2nd**. The application will be open at **8 am on January 22nd**. You will need to submit all required paperwork within the application window (Excluding the physician's exam due May 15th).

- Applications are **not** time-stamped and **will not** be on a first-come, first-served basis.
- All Campers will all be placed on the waitlist and be enrolled into Camp at **random** through a lottery, an electronic randomizing system.
- You will receive an email notifying you of enrollment on **Feb. 15th**. If you are not enrolled you will also get an email stating you will remain on the waitlist.

STEP 1: APPLICATION

Apply online using the link on the home page of our website. MHKC uses an online registration system called **CampMinder**. Your CampMinder account is called CampInTouch.

- This system is how you will access your camper's application, forms, and financial information.
- Always remember your log-in email and password as your CampInTouch account is where all required forms will be accessible and submitted.
- Once you complete the application form, you will receive an email confirming the application was submitted*.

*Submitting the application only indicates your intent to enroll – it does **NOT** confirm enrollment.

STEP 2: WAITLIST AND FORMS

All applicants will immediately be placed on the waitlist after applying. All required forms will be visible on your CampMinder (CampInTouch) account immediately after submitting your application.

Please take this time to complete all the required forms by February 2nd. Full submission of forms does not guarantee an enrollment spot into Camp, only a place in the lottery.

STEP 3: ENROLLMENT

Eligible applicants from the previous years waitlist will be in the first lottery round. New and last years returning campers will part of the second lottery. Though MHKC Staff will make every effort to accommodate the first or second choice of weeks stated on your application, it is not guaranteed.

- If your application is randomly chosen, you will receive an email update confirming enrollment into Camp.
- If your application is not randomly chosen, you will receive an email stating you will remain on the waitlist.
 - If an enrolled camper drops out (which happens!), the empty spot will be filled at random from the waitlist.

STEP 4: FEES AND TUITION

Once you receive the enrollment confirmation email, you will be emailed a bill for your Activity Fee(s) and Tuition with the specific due dates.

- Tuition can be paid in full, broken up into a payment plan, or by an Agency or Brokerage. Campers will not be able to attend camp if there is any outstanding balance. (Agency and Brokerages pay after services are rendered.)

Due dates, payment plans, and fee schedules will be announced after campers have been enrolled.

2024 ELIGIBILITY (at a glance)

For full eligibility requirements see the **Eligibility Standards PDF** at www.mhkc.org.

Campers interested in attending Mt. Hood Kiwanis Camp must:

- Have a **diagnosed** developmental disability.
- Be program age-eligible by the first day of Camp.
- Be able to **benefit** from Camp physically, mentally, emotionally, and/or socially.
- Show a desire and willingness to participate in Camp activities.
- Be **free from an excessive history of violence** towards self, others, or property.
- Be able to participate with a **1:1 - 2:1 Camper to Counselor ratio** or more.
- Be able to participate **free of 1:1 nursing care** or 24-hour nursing care.
- Be able to participate free of life-sustaining equipment.
- Be able to participate **without** the need for constant supervision by a behaviorally (OIS) trained staff member.
- Be able to **sleep through the night** in a dorm-style setting.
- Be able to **remain with their group** and listen to the directions of volunteers/staff.
- Be **free from illness**, fever, open sores, rashes, communicable diseases, and Covid-19 symptoms when they arrive at camp.
- Have no outstanding financial balances.

In addition to the above criteria, campers interested in participating in an Off-Site Program, (Tent & Travel, or the Lakeside Program) must...

- Be approved by the Programs Director and already have participated in one year of Camp.
- Be able to walk long distances (up to 1.5 miles at one time).
- Have little to no behavioral support needs.
- Have minimal personal care needs.
- Be able to participate with a 3:1 Camper to Counselor ratio or more.
- Be able to remain with the group and follow directions.
- Have no medical conditions requiring supervision by a registered nurse.

Caregivers:

Some campers may need or require the supervision of a camper-provided caregiver. Due to the space constraints at camp, caregiver spots are limited. In some cases, MHKC may require the camper to come accompanied by a caregiver. There is no fee for the caregiver to attend with a camper. Personal care providers are expected to be with their camper at all times – including at night – and are expected to be able to take care of all aspects of their camper's needs while also following all MHKC rules.

Caregivers are housed with and near their camper often times on the top bunk.

For questions about whether your camper needs a Caregiver or for general Caregiver questions, please contact the Programs Director,

For full Eligibility Standards, visit our website www.mhkc.org



GENERAL INFORMATION

Mt. Hood Kiwanis Camp offers a traditional overnight camp experience for children and adults with developmental disabilities. Located on 22 acres on picturesque Mt. Hood between Government Camp and Rhododendron, Oregon, MHKC is committed to providing recreational opportunities through quality adaptive programming, small camper to counselor ratio groups, and highly trained and experienced staff.

Campers get to explore many activities while at camp including:

- Adaptive Biking
- Arts & Crafts
- Campfires
- Canoeing/Row Boating (TBD)
- Cookouts
- Fishing (Catch and Release)
- Geocaching
- Hiking
- Horseback Riding
- Karaoke
- Low and High Adventure Course elements
- Recreation
- Swimming
- White water rafting*
- Outdoor living skills*
- And other activities

* programs require pre-approval

SUMMER CAMP PROGRAMS

All Genders, ages 12+

MAIN CAMP

Campers sleep, eat, and spend their time at camp doing activities at our main campsite, except for one offsite trip to go canoeing at Trillium Lake. These campers are assigned to a group and cabin by gender. Main camp can accommodate individuals with personal care, minimal behavioral, or medical needs. Camper to counselor ratio: 1:1 - 2:1.

Cost: \$1,450.00 (Tuition \$1,161.25 + Main Camp Activity Fee \$288.75)

OFF- SITE PROGRAMS*

TRIP & TRAVEL and TENT & TRAVEL

Campers sleep, eat, and spend the majority of their time doing activities at our main campsite. Campers take additional trips off-site during the week to do activities like white water rafting, bowling, hiking, and canoeing. Trip & Travel Campers sleep in cabins . Tent & Travel Campers sleep on property at Upper Barlow about 1/4 mile up the road in platform tents and utilize portable toilets. We aim to maintain our camper to counselor ratio – 2:1 - 3:1. Co-ed.

Cost: \$1,600.00 (Tuition \$1,161.25 + Main Camp Activity Fee \$288.75 + Outgroup Activity Fee \$150.00)

LAKESIDE CAMP* (Available weeks 5-8)

Campers sleep, eat, and spend a majority of their activity time at Trillium Lake camping, canoeing, and hiking. They sleep in camping tents, assist with making meals, go on hikes, and spend the evenings around their campfire. These campers come to main camp to participate in some of our camp activities such as horseback riding, adventure course, and the dance once during the week. This program is geared towards campers who want a greater level of independence at camp, but who want to have a slower pace than our other Off-Site programs. We aim to maintain our camper to counselor ratio – 2:1 - 3:1. Co-ed. For campers ages 18+.

Cost: \$1,600.00 (Tuition \$1,161.25 + Main Camp Activity Fee \$288.75 + Outgroup Activity Fee \$150.00)

MAIN CAMP	TRIP & TRAVEL TENT & TRAVEL	LAKESIDE
Monday - Saturday 6 days, 5 nights	Monday - Saturday 6 days, 5 nights	Monday - Saturday 6 days, 5 nights
Weekly 6/24-8/16	Weekly 6/24-8/16	Weekly 7/22-8/16
Ages 12+	Ages 12+	Ages 18+
Sleep in Cabins	Sleep in cabins (Trip) or Platform/Camping Tents (Tent)	Sleep in Camping Tents
\$1,450 per week (Tuition \$1,161.25 + Main Camp Activity Fee \$288.75)	\$1,600 per week (Tuition \$1,161.25 + Main Camp Activity Fee \$288.75 + Outgroup Activity Fee \$150)	\$1,600 per week (Tuition \$1,161.25 + Main Camp Activity Fee \$288.75 + Outgroup Activity Fee \$150)
1:1 camper to counselor ratio	2:1 - 3:1 camper to counselor ratio	2:1 - 3:1 camper to counselor ratio
Pre-Approval Required		

*These programs require a high level of mobility, little to no behavioral needs, minimal personal care needs, and controlled medical needs. Must be able to participate in a 2:1 - 3:1 camper to counselor ratio.

CAMP IS PEOPLE



STAFF

Every summer MHKC trains and employs qualified and dedicated individuals who serve as our staff members. Many of our staff members return and offer many years of Camp experience. Our staff all have a love and desire for working with individuals with disabilities. Each camper group will consist of 2 staff members and 8 student counselors. Ratios differ depending on the Camp program. Aside from each group, additional staff will facilitate each program area to ensure safety, participation, and structure.

BEHAVIOR SUPPORT

Each week we employ a staff member for Behavior Support. Our Behavior Support staff works closely with campers who need more support transitioning into the Camp environment. Behavior Support is on hand during check-in to gather information about any support needs. They are also available through the first few days of each week. MHKC is unable to support individuals with high behavioral needs.

Please send any Behavioral Support Plans (BSP) at the time of applying to Kathy at kathy@mhkc.org.

HIGH-SCHOOL, COLLEGE, AND UNIVERSITY PARTNERS

In a typical Camp year, we have approximately 300 high school, college, and university students who serve as our Counselors. Our students come from local High Schools such as Jesuit High School, as well as students from Oregon State University, Pacific University, Portland State University, University of Oregon, and more.

While our high school students fulfill community service requirements as Jr. Counselors, our college and university students receive credits towards graduation, practicum hours, or volunteer hours. They come from all majors and backgrounds. MHKC opens the door for students to learn about disability awareness, behavior and communication methods, problem-solving, teamwork, and advocacy. In a typical year, with our student counselors, we are able to offer a 1:1 Camper to Counselor ratio in our Main Camp program and a 2:1- 3:1 ratio in our Off-site Programs.



COMMUNICATION/DINING SUPPORTS

MHKC has many communication tools available, such as:

- Written schedules
- Picture schedules
- Dry erase communication boards
- Clock timers
- Picture cards on keychains

We also see many campers each summer who need their meals adapted. The dining area is equipped with blenders, food processors, clothing protectors, etc., for as-needed meal preparation.

Please bring any other special dining accommodations (utensils, plates, cups, thickeners) with you to Camp if needed, along with any Communication Devices.

WHILE AT CAMP

TRANSPORTATION

Mt. Hood Kiwanis Camp does not provide transportation to and from Camp. Campers are required to find their own ride by an individual who knows them and their care needs.

GUESTS AND VISITORS

At this time MHKC will not be inviting guests and visitors to our Friday night BBQ.

CHECK-IN: MONDAY

Each Camper will be assigned a specific time for a drive through check-in. When you arrive at Camp at your assigned time, you will be directed through each area of check-in. Stations will consist of visiting the Nurse, Behavior/Communication Support, and reviewing specific forms.

CHECK-OUT: SATURDAY

Check-out is a fast-paced organized drive-through process. Campers will be called to the check-out area when their approved pick-up person arrives. Campers will have already packed their belongings and will be ready to go. Before leaving, double-check that all bags and bedding are in the vehicle!

Full detailed Check-In and Check-Out procedures will be emailed 2 weeks before arrival.



MAIL AND PACKAGES

Campers love hearing from home during their time at camp. Letters and packages are welcome! Mail is distributed daily. There are three easy ways to communicate with your camper during the week.

1.) Send a letter, postcard, or package through USPS* please address the mail as follows:

Mt. Hood Kiwanis Camp
Camper's Name, Group Letter (if known)
P.O. Box 206
Rhododendron, OR 97049

*Typically, mail that is sent while your camper is at Camp will NOT arrive in time for your camper to receive it. Sending mail prior to the camp week works best. Any mail received after campers attend will be returned to the sender.

2.) During Check-In, drop off your letters/postcards/packages to the Supervisor in your camper's group.

3.) Log on to your MHKC CampInTouch account, purchase "Camp Stamps" and send an email letter to your camper. A Director will print and distribute these daily.

If you send (or drop off) multiple letters/postcards please notate which days you would like your camper to receive which letter/postcard.



COMMUNICATION

Parent(s)/guardian(s) may contact Camp to get a report on how their camper is doing from the Programs Director or Assistant Programs Director at 503-272-3288. Our Directors are in and out of the office regularly providing care and support. They will get back to you as soon as they are able. If you attempt to call either the Portland or Camp Offices on weekends you will be prompted to leave a voice message and your call may not be returned until Monday. Voicemails are not checked on weekends.

Campers do not have free access to a Camp telephone. In the event a camper requests to make a phone call, permission to do so is granted at our Directors' discretion.

Cell phones can be very distracting for all individuals and take away from the Camp experience. We encourage ALL (staff and counselors included) to be present while at Camp and put their phones away. Although we ask this, we do allow phones to be out when utilizing the Camera. MHKC is not liable for lost, stolen, broken, or destroyed items.

All campers at MHKC are encouraged to complete a Camp journal during their week. This helps campers reminisce about their summer for years to come and allows parents and guardians to get a small glimpse into their camper's week.

LIVING ARRANGEMENTS

Campers are assigned groups and follow their group schedule. Main Camp and Trip & Travel Camper groups are separated by their identifying gender, stay in gender specific housing, and assigned gendered bathrooms for their Camper group. Groups are assigned specific housing areas which are marked and camper beds are labeled. Campers, Counselors, and Staff all sleep in separate living quarters, with the exception of 2 staff/counselors sleep on "Night Duty" each night near the campers room(s). The staff/counselors are **not** awake throughout the night (they need their sleep too) but are there for as needed nightly support. Campers who are not able to sleep through the night will have a camper provided caregiver attend with them.

Campers in the Tent & Travel program share platform tents divided by gender on property at Upper Barlow, ~1/4 of a mile up the road. Staff/Counselors are also assigned "night duty" but remain in their own personal tents which are located near by for campers who may need assistance. Campers in our Lakeside program share traditional tents divided by gender at Trillium Lake campground, ~10 miles away. Night duty looks the same as Tent & Travel.

All housing locations in Camp have attached bathroom facilities with multiples of sinks, showers, and toilets. Due to our busy and full camp schedule, campers may not take showers on a daily basis. All Main Camp and Off-Site programs are encouraged to take a minimum of two showers during their stay. If your camper needs showers on a more regular basis, please speak with your camper's counselor and group supervisor upon arrival.

Tent & Travel and Lakeside utilize portable toilets and shower at Camp during scheduled times.

All attempts are made to place friends in the same camper group. Please be sure to list these requests on your camper's application. We do our best but not all requests can be guaranteed.

FOOD AT CAMP

Along with three main meals, snacks will be available throughout the day.

Our kitchen team works hard to accommodate the most common dietary needs. If we are unable to accommodate your camper's dietary needs we will ask that you bring prepared food for them. If the camper is a particularly picky eater, please bring food to supplement your camper's diet.

For meals/food brought, we have a standard-size refrigerator and microwave for meal preparation. The dining area is also equipped with blenders, food processors, and clothing protectors. To best support during meals, please bring any other special dining accommodations (utensils, plates, cups, and/or liquid thickeners), if needed.

Our Camp Nurses are able to help facilitate dietary needs and carbohydrate counting for campers with diabetes. If your camper needs strict carb counting please contact us.

For questions contact our Programs Director, Kayla at Kayla@mhkc.org.

DIETARY ACCOMMODATIONS

The following are some of the dietary needs for which we can make some accommodation:

- Gluten-Free*
- Dairy-Free*
- Egg-Free*
- Pork-Free
- Vegetarian
- Vegan
- Pureed diets
- Thickened diets

* Campers with these food needs are asked to bring along food and snacks to supplement their diet.

* We are **not** a certified gluten free kitchen and cross contamination is highly possible.



PACKING FOR CAMP

Campers spend a great deal of time outside! It's important to prepare for any and all weather. Even on those 85+ degree days, it gets fairly cool at night.

Please see the "What to Bring" PDF on our website for the complete packing list!

*PACKING LIST

***ALL items MUST be labeled. All Examples below are acceptable.**

Clothing

- Underwear (6 pairs)
- Tennis Shoes (1)
- Sturdy shoes/boots for hiking
- T-Shirts (4)
- Long Sleeve Shirts (2)
- Sweatshirt/Hoodie (2)
- Socks (6)
- Jeans/Long Pants (2)
- Shorts (2)
- Swimsuit (1)
- Raincoat/Coat
- Water Shoes/Sandals
- Pajamas (2)

Toiletries

- Sunscreen!
- Insect Repellent
- Shampoo/Conditioner
- Soap or Body Wash
- Toothbrush/toothpaste
- Deodorant
- Attends (if needed)
- Hygiene Products

Linens

- Sleeping Bag
- Pillow
- Blanket
- Extra bedding (if needed)
- Bath Towel
- Swim Towel
- Wash Cloth

Adaptive Equipment (if needed)

- Communication Device
- Eating Utensils
- Hearing Aids
- Ear Plugs
- Noise-Cancelling Headphones

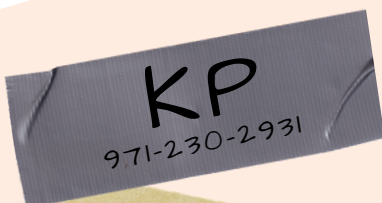
General

- Sunglasses
- Water Bottle!
- Flashlight
- Camera
- Hat
- Bag for dirty laundry

If you need assistance with any gear listed above, please contact our Programs Director, Kayla at Kayla@mhkc.org.



Kayla
Plessinger



K.P.



K. Plessinger

Personalized Labels can be purchased online (OliversLabels) through your CampInTouch Account under "Camper Clothing Label" or
online at **StickerKid.com** and be sure to use the **20% off coupon!**
<http://stickerkid.refr.cc/mthoodkiwaniscamp>

SESSION THEMES

MT. HOOD KIWANIS CAMP

SPIRIT DAYS

EVERY WEEK!



MHKC SHIRT MONDAY & SATURDAY

Wear a camp shirt!

TIE-DYE TUESDAY

Wear anything tie-dyed!



GAME DAY WEDNESDAY

Wear a jersey or sports team item!

DANCE THURSDAY

Bring a costume or onesie to wear to the dance!



FUN SHIRT FRIDAY

Wear your favorite graphic tee!

Bringing more fun to Camp this year!



LAUNDRY

Laundry at Camp is only done as needed, for soiled clothing and linens. Please be sure you are sending enough clothing for the entire week at camp. Laundry soiled Friday night or Saturday morning will not be laundered prior to pick-up due to time constraints.

ADAPTIVE EQUIPMENT

MHKC prides itself in making all of our Camp activities adaptable for all of our Campers. If your camper requires any additional specialized equipment that is used at home, please label it and bring it to Camp.

MHKC cannot support individuals in the highest degree without the use of their specific and personal adaptive equipment.

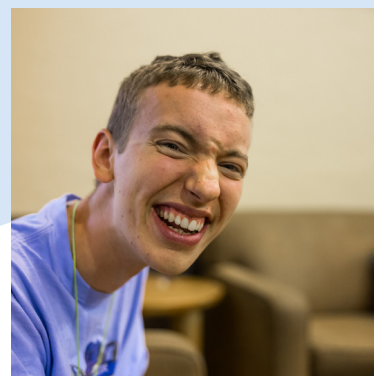
Adaptive equipment may include:

- Custom eating utensils
- C-PAP
- Hearing Aids
 - (extra batteries or charger)
- Communication Devices
 - boards, books, etc.
- earplugs
- noise-canceling
- headphones
- mobility braces, etc.

LOST AND FOUND

We make every effort to return Lost & Found items while your camper is in Camp. Please label items plainly with your camper's first and last name (or initials) to help staff identify the owner of the items.

Unclaimed items will be brought to the Camp entrance during Saturday pick up. Please check to see if any of the unclaimed items are your campers. Items that come back to the Portland office will be held for 30 days and then discarded. During that period, lost and found items can be mailed home at the camper's expense. MHKC is not responsible for lost, stolen, or damaged articles/belongings.



PHOTOS

MHKC does **not** guarantee that photos of your camper will be taken and made available. Once a summer, MHKC hires a photographer that joins us for a half day. Not all weeks, groups, or campers will be photographed during that time.

To capture memories and to guarantee photographs of your camper please bring your own camera, digital or disposable. *Phones may only be utilized for the use of the camera only.

Our Staff and Counselors are happy to use the camper's camera to take photos for them as they participate in activities and experience Camp.

HEALTH AT CAMP

Camper health is one of our top priorities. We employ several Registered Nurses (RN) and Licensed Practical Nurses (LPN) every year who are on property 24-hours a day to ensure the health and welfare of our Camp Community. Our nurses perform tasks that include, but are not limited to, administering medications, taking care of basic health and first aid needs, and serving as Camp's first professional line of care in an emergency.

On the first day of Camp, Campers will check-in with their group's assigned Nurse. This time will be used to complete the pre-screening process, review health history, and medications. For full details, refer to the Check-In information on page 8.

Our nurses stay in communication with the camper's parent(s)/guardian(s)/caregiver(s) if there is a concern about the camper's health during the week. To remain at Camp, all campers must be able to maintain a general level of health and wellness. Sometimes a camper becomes ill and must be sent home to aid in their own health and those at Camp. A camper may also be sent home if they are not eating or drinking enough or if they are refusing to take their medication. See Page 14 for more details.

In such instances, the parent(s)/guardian(s)/caregiver(s) are called and will need to pick them up early. It is important that you or the emergency contact are within 3 hours of Camp. Please inform the listed emergency contact that this could be a possibility.

HEALTH CARE PAPERWORK

Completed Health History and Physician's Exam are required for every camper, every year.

☐ The **Health History** is completed online and is filled out by the parent(s)/ guardian(s)/ caregiver(s) of the camper. The Health History form gives pertinent medical history on the camper; e.g. allergies, dietary needs, medications, prior physical health history, mental health history, and recent life changes. The Health History Form must be filled out in its entirety each year.

☐ The **Physician's Exam** must be filled out by a Licensed Medical Provider no more than 12 months prior to the camper attending camp. This form gives us information from the camper's primary Medical Provider.



All forms are available in your CampInTouch account once your camper is on the Waitlist. All paperwork is due by February 2nd, 2024 (with the exception of the Physician's Exam due May 15th), to be eligible for the lottery.

MEDICATIONS

Our Nurses only administer medication, vitamins, or supplements prescribed by a doctor. This includes ALL medications at Camp, whether prescription or over-the-counter (including vitamins and supplements):

- ☐ MUST have a current doctor's order.
- ☐ **Bubble packed medication is MHKC's preferred administration.** With 65 or more campers a week, this greatly reduces the chances of medication errors and increases efficiency. All prescription medications must be in original pharmacy packaging with the current dosage and medication information on the printed labels.
- ☐ All over-the-counter medication (including vitamins and supplements) must arrive in the original bottle and Camp Nurses must have a doctor's order to administer. Bubble packed medication is preferred. *****Please omit bringing supplements & vitamins if possible to help in the safety of med passes with limiting the amount of medications counts needed to be done by our nurses.***

Be certain ALL doctor's orders are CURRENT before bringing medication to Camp or our nurses will be UNABLE to administer the medication until a current order is received.

Important: Due to State and Federal regulations, NO MHKC staff member or volunteer (nursing or otherwise) can be delegated to administer Marijuana (Cannabis) products, either medically prescribed or recreationally.

For questions about Marijuana (Cannabis) product medications or doctor's orders prior to Camp, please contact the Programs Director, Kayla Plessinger at kayla@mhkc.org.



HEALTH POLICIES & PROCEDURES

- All staff, volunteers, and campers will complete a health screening on arrival day.
- If campers present with any of the following symptoms they will be immediately isolated, examined by nursing staff, and may be grounds for going home:
 - Headaches
 - Sore throat
 - Cough
 - Trouble breathing/shortness of breath
 - Stomach Pain/Vomiting
 - Diarrhea
 - Fever of 100 degrees (or higher)
- If anyone presents with the above symptoms throughout the week, they will be immediately isolated into one of our designated quarantine areas and examined by our nursing staff.
 - The rest of the group will be asked to wear masks indoors and outdoors (if around individuals not in their group).
 - After being examined, the nursing staff may deem it safe for the participant to return to activities.
- If the camper is deemed able to return, they may return to the group and the group can return to a normal activity schedule.
- If the camper is deemed unable to return to activities, their emergency contacts will be called and an emergency contact must pick up the camper immediately.
 - While waiting for their emergency contact, the camper will remain isolated from the rest of the camp in one of MHKC's designated quarantine areas, and supervised by designated individuals.
 - Every camper **MUST** have an emergency contact within a **maximum of three hours away from Camp** and must be available for the entirety of the camper's experience at a moment's notice.
 - The nursing staff, in cooperation with the Programs Director, will make a recommendation as to whether or not the entire group or entire Camp should be sent home.
 - MHKC may make a recommendation that the camper sent home should receive a COVID-19 test. Those results should be shared with the MHKC Programs Director for documentation.
- If a staff member, volunteer, or camper presents with any symptoms prior to their arrival to camp, they will not be permitted to enter the grounds.
 - If any of the above individuals have had symptoms immediately prior to attending camp they must be seven days from when symptoms began AND 72 hours symptom-free without intervention (i.e. managing a fever with Tylenol) before being allowed on site.
- In the event of a suspected illness outbreak (e.g. Norovirus, Pink Eye, or COVID-19) all campers, volunteers, and staff may be sent home.
- All staff, counselors, and volunteers will follow the same guidelines as listed above.
- If a staff member or volunteer is sent home due to illness, they may not return to work until after producing a negative COVID-19 test from a licensed healthcare professional.

DIVERSITY, EQUITY, AND INCLUSION AT CAMP

MHKC embraces and welcomes everyone as they are! Our counselors, staff, and campers are all diverse in their beliefs, race, gender, sexual orientation, gender identity, age, culture, and language. We all come to MHKC with one thing in common, to **empower individuals** with developmental disabilities, to be their friends, and to make sure they have the best week of their year!

It is **essential** for MHKC to provide a safe place for **ALL** where they can be their whole and true self, unapologetically. MHKC does its best to meet everyone where they are and make sure they feel safe while at Camp.

By choosing to attend MHKC in any capacity you understand that you and your camper will interact with individuals that identify with various pronouns, gender identities, sexual orientations, and individuals from diverse beliefs, races, ages, cultures, and languages.

Inclusive (Fanning) Bathrooms: In an effort to include everyone and create a safe space at MHKC our bathrooms in our dining hall have one side that is inclusive to all genders. This consists of 2 locking stalls and 2 sinks. The other side is a single-use locking bathroom. This includes a toilet, urinal, and 2 sinks. We appreciate your support in making MHKC accessible and safe for all of our campers, counselors, and staff. We pride ourselves in having a place where everyone can be unapologetically themselves and feel comfortable going to the bathroom.

TERMS TO KNOW

Gender expression* - External appearance of one's gender identity, usually expressed through behavior, clothing, body characteristics, or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.

Gender identity* - One's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

Transgender* - An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth.

Non-binary* - An adjective describing a person who does not identify exclusively as a man or a woman. Non-binary people may identify as being both a man and a woman, somewhere in between, or as falling completely outside these categories. While many also identify as transgender, not all non-binary people do.

EXAMPLES OF PRONOUNS:

- She, Her, Hers
- He, Him, His
- They, Them, Theirs (use as a singular pronoun)



OUR PROMISE

- MHKC will continue to be in contact with local, state, and federal agencies to continually evaluate ongoing trends and adhering to all guidelines.
- To provide safe, empowering, and adaptable programs for our campers.
- To embrace, welcome, and meet individuals where they are and treat everyone as human.
- We are committed to continually providing a fun, exciting, and memory filled camp experience! .

QUESTIONS?

- If you have any questions, please contact the Programs Director, Kayla Plessinger at kayla@mhkc.org or 971-230-2931



Mt. Hood Kiwanis Camp thanks you for your continued support, patience, and understanding as we navigate through the ever-changing and adventures of our world!