



ROUGHING IT HORSE PROGRAM POLICIES

Hobie and Ann Woods, Directors/Owners www.roughingit.com
Phone: 925/283-3795 • Fax: 925/283-1619 • Email: camp@roughingit.com

Welcome to Roughing It Horse Programs!

At Roughing It, we believe in encouraging each camper to grow as an individual in an atmosphere that is both challenging and fun.

"A complete horsemanship program for riders of all levels designed to develop skills, coordination and self-confidence."

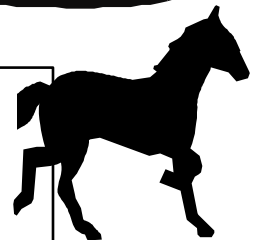
General Camp Rules

1. *Be considerate of others in what you say and do.*
2. *Cooperate with other campers and be supportive of one another.*
3. *Follow the instructions and directions of the Staff.*
4. *Stay with your camper group and do not wander off.*
5. *Gum is a safety hazard and is not allowed at camp.*
6. *Leave sticks and rocks on the ground where they belong.*
7. *Tread lightly upon the earth - Be considerate of the environment.*
8. *Leave your shoes on except when your counselor says you may go barefoot.*
9. *We do not allow campers to bring guests to camp.*
10. *Campers should dress to be outdoors all day. Expensive designer clothes, dangling or heavy earrings, jewelry, and make-up are not needed or appropriate at camp.*
11. *Firearms, dangerous weapons of any kind, illegal **drugs**, tobacco, and alcohol are prohibited at camp.*

Possession or use of any of the above items will result in immediate dismissal from camp.

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Locations

Horse Day Camp is located in Moraga at our riding site, the same location we use for riding at our regular Day Camp. The site is located near St. Mary's College. Our facilities include a cross country course, trail obstacle course, outdoor arenas, tack rooms, covered picnic areas, and trails. The program is outdoors ALL DAY. Campers are under the supervision of our adult counselors and staff.

Because the site is on a private road, our use permit allows only authorized Roughing It vehicles to drive to the site. Parents will have a chance to see the site and their camper ride at our **Horse Shows**.

Parents and family are invited to attend the horse shows, which take place the second to last Thursday of each session for Horse Day Camp. More information will be provided during the first week of camp.

Communication Between Parents and Camp

We encourage parents to call the camp office at (925) 283-3795 with any of their questions, concerns, or suggestions. At Roughing It, we welcome the opportunity to talk with parents and get to know our camper families better so we can work as a team to make camp the most positive experience possible.

Absence

A parent or caretaker needs to inform the camp by 7:00 a.m. if a camper is unable to attend camp that day. This way, we can inform the bus driver not to wait at the bus stop. If a camper is absent without a prior call or note from you, our office will contact you to check on the unexpected absence. Please help our organization by informing us if your camper will be absent from camp.

Illness

If your child has a cold but is well enough to be outside with other youngsters, you may send him/her to camp, but please inform the office of your child's condition. Your child must be fever free for 24 hours in order to be sent to camp. We will contact you if we determine that your child is too sick or ill to be at camp. There is no refund for days of camp missed due to illness.

Emergency

In the event that we are unable to take your child to your own physician, we have made prior arrangements to take him/her to: Dr. Peter Sheaff in Lafayette or Dr. Tracy Trotter in Danville.

1. *Our camp phone is staffed from 7:00 am-6:30 pm. The directors of Horse Day Camp, who are responsible parent relations for their Horse Program activities, are happy to speak with you as are any of the counselors or staff members.*
2. *Ann and Hobie are always available should you wish to speak directly with them.*
3. *If you call after camp hours, we have voice mail and will relay your message to the proper administrator.*





Bus Information

Locations and Times

For **Horse Day Camp**, bus service is provided from central locations in San Francisco, the East Bay, and Contra Costa County. The bus picks up between 8:00 and 9:00 and drops off 3:00 to 4:00. Exact times will be emailed to families the week before the start of the session. Please be on time, as the bus is unable to make a second run for late campers.

Designated Person

The camp requires that a designated person be at the pick-up spot at the time of delivery of your camper. Campers eight years and older whose

parents have checked the "Permission for an Unsupervised Drop-Off" box on the camper application may be dropped off unattended.

Changing Buses

It is not possible for campers to switch buses and go home with a friend on a different bus because of the difficulty of scheduling and safely supervising such changes. Each camper is assigned one bus stop and one bus. Campers may change buses or bus-stops prior to a session beginning, but not during a session. It is possible for campers to change bus stops in the p.m. by

attending CampPlus. CampPlus campers can designate a different bus stop from their regular schedule. This choice can be made on the CampPlus registration forms.

Communication

In the event a bus is running more than 10 minutes late, we will try to reach you by phone. In an emergency, we will contact you by phone immediately. Please understand that we may delay in reaching you if there is a major traffic delay affecting more than one of our bus routes. You can call our office at (925) 283-3795 at any time to get the status of your bus.

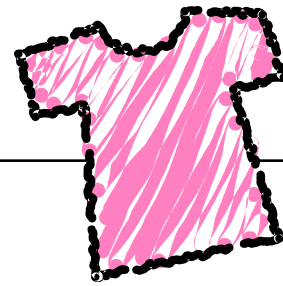
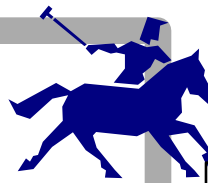
General Bus Rules

1. *Sit facing the front with your feet on the ground.*
2. *Wear a seat belt at all times.*
3. *Keep your hands to yourself and be helpful to others.*
4. *Use considerate language.*
5. *Be an enthusiastic and active participant.*
6. *Use low voices in the bus.*
7. *Follow the staff's instructions.*
8. *No eating or drinking on the bus.*
9. *Sharp objects like pencils are not appropriate to have out on the bus.*
10. *Radios are not allowed at camp.*
11. *Failure to follow the bus rules could result in a camper losing the privilege to ride the bus.*
12. *Lock your seat belt buckles together after you get up from your seat to exit.*



What to Wear to Camp

- 1) Pack a sweatshirt in your day pack as mornings can be cold.
- 2) Campers at Horse Day Camp and Campers doing English Riding should wear t-shirts, long pants and shoes or boots with a 1/2" heel for riding in saddles.
- 3) Campers who are wearing shorts or tennis shoes will only be able to ride in bareback pad (no saddle or stirrups)
- 4) Chaps or jodphurs are not needed, but may be worn if students have them .



Items That Can Be Purchased from Roughing It

<u>T-Shirts</u>	\$10.00
Children's Sizes:	
S (6-8), M (10-12), L (14-16)	
Adult Sizes:	
S(34-36), M(38-40), L (42-44)	

<u>Sweatshirts</u>	\$20.00
(hooded) Same sizes as above	

Hats

One size fits all

Baseball style Navy Blue
Dark Green,
Khaki \$15.00



All items may be obtained at the Camp Open House on the Thursday before the first Session begins, or you can call, mail or fax your order into the office. We recommend that families make their purchases before the start of their camper's first day because we occasionally run out of popular items.

Snack & Lunch Tips

We appreciate parents keeping snacks and lunches nutritious. Include enough lunch so that your youngster has something extra for a mid-morning snack. Natural juices that come in containers or boxes are the easiest beverage to bring. We also recommend a refillable water bottle!

Managing Food Allergies

Every year we have campers with a wide range of allergies dietary preferences. In order to best manage these conditions, our counselors receive training on food allergies, check campers' lunches daily and are always there to supervise the groups' lunch time. Campers are required to eat only their own lunches and there is no food sharing at camp. Please let us know if your child has any food allergies and/or will have an epipen so our staff can manage these at camp.

What to Bring to Camp

- 1) **Lunch and beverage and a healthy snack** in a paper bag for full day campers. A **healthy snack** in a paper sack for half day campers.
- 2) **Day Pack** to carry the above items and anything else needed.
- 3) **Sweatshirt** on cool mornings — Coat, gloves and/or raingear on colder mornings.
- 4) **A hat** for protection from the sun. Include a bottle of sunscreen if your camper sunburns easily.
- 5) **Small plastic water bottle IS A MUST FOR ALL CAMPERS.**
- 6) **Helmets** are provided. However, campers may bring their own if the helmet is ASTM and SEI certified.

What NOT to Bring to Camp

Please do NOT bring any personal items such as watches, stuffed animals, toys, electronic games, tape/CD players/MP3 players/smart phones/ tablets. **Campers will have a great time just bringing themselves!**

