

## 2021 Adventure Camp: Camper Handbook

Thank you for choosing Adventure Camp at Lake McMurtry. We are busy getting ready for all our summer outdoor adventures! Please review the following information to prepare for camp and do not hesitate to contact me with questions at:

[conner@lakemcmurtry.org](mailto:conner@lakemcmurtry.org) or cellphone (405) 880-2463.

**About Camp.** Adventure Camp will be held entirely outdoors at the East Side Pavilion at Lake McMurtry. Each week-long session includes a brand-new adventure with daily themed activities. Depending on the weather conditions, campers will have opportunities to learn about and use the lake facilities, including:

- Guided hikes with counselors on well-maintained trails and recreation areas
- Basics of fishing and practice skills such as casting, knot tying, and fish ID
- Roped swimming/boating area with certified lifeguards and life jackets available
- Disc golf (gripping, driving, and putting), basic rules, and scorekeeping
- Creating art from the local environment and recycled materials

### When and Where:

Camp will be Week 1: June 7<sup>th</sup>-June 11<sup>th</sup>, Week 2: June 14<sup>th</sup>-June 18<sup>th</sup>, Week 3: June 21<sup>st</sup>-June 25<sup>th</sup>, Week 4: June 28<sup>th</sup>-July 2<sup>nd</sup>, Monday-Friday: 8am-3:30pm.

Camp will be held at the East side Pavilion at Lake McMurtry.

### COVID-19 Policy:

Lake McMurtry Friends is proud to be able to camp this 2021 season despite COVID-19 still affecting our state. Campers will be split into groups and asked to social distance when possible. Campers are asked to bring a face mask so that when in close proximity, they can be worn for the camper's safety. Campers will also have their temperature taken daily when checking in and will be provided hand sanitizer throughout the day. Campers that are feeling ill and showing potential symptoms of COVID-19, are asked to stay home and to get tested before returning to camp.

### Daily Schedule:

Adventure Camp will follow the same format all 4 weeks with each day being a unique theme incorporated with various STEAM activities that will change weekly.

**Daily Themes:**

**Monday: Leave No Trace**

Monday activities will teach campers the importance of taking care of our environment and how to interact with wildlife and nature safely/properly.

**Tuesday: Aquatic Adventure**

On Tuesdays, campers will get the opportunity to explore the benefits of camp at the lake and learn skills such as fishing, kayaking, and water related stem activities.

**Wednesday: Wild Survival**

Can your camper survive in the wild??? On Wednesdays, campers will practice survival techniques such as purifying water, building a fire, cooking their own meal, map skills, and shelter building.

**Thursday: STEM in Nature**

Interested in science and nature? Campers who do will love Thursdays as we learn about our environment and how much of a role science, technology, engineering, and math play through a variety of educational activities/resources.

**Friday: Exploration Through Art**

Is your camper artistic and fan of the great outdoors? On Fridays, campers will get to explore their artistic abilities while doing projects outdoors related to Lake McMurtry and our local environment.

8-8:30	Drop off/Check in
8:30-9	Morning Warmup
9-10	Daily Hike
10-10:30	Snack
10:30-12	STEAM Activity
12-12:45	Lunch/Lawn Games
12:45-1:45	Outdoor Activity #1
1:45-2:45	Outdoor Activity #2
2:45-3:30	Free time/Open Rec
3:30-4pm	Pickup

**What to wear:** We urge campers to dress comfortably at camp and in the kinds of clothes they would wear for play at home. Do not buy new clothes--instead, wear clothes you can get dirty or will not care if you damage. Please do not wear perfumes, hair sprays, lotions, or other scented items that might attract insects. We also recommend

dull, rather than bright, colors to avoid attracting bugs or scaring away birds.

We require that campers wear closed toed shoes and their swimsuit under their normal clothes, every day. Every day we will begin camp with a hike and we require

campers to wear long pants to protect your child from insects and grass burrs.

Changing tents will be provided to assist the campers in changing before going home at the end of the day. We highly recommend campers bring sandals or swim shoes for the water, but they will need closed-toed shoes for other camper activities.

**What to bring:** Campers should not bring cellphones, knives, or toys from home. We recommend that you label your camper's name on their water bottles, clothes, and backpacks. We recommend a water bottle with a shoulder strap or handle for easier carrying during hikes. Please bring one backpack per camper with the following items:

- Towel
- Water bottle
- Sunscreen/Bug Repellent
- Hat and/or sunglasses
- Sandals or swim shoes
- Raincoat or poncho (as needed)
- Life jacket (optional)

**Snacks, Drinks, and Lunch:** We will provide a healthy snack each day, as well as water for refillable bottles. Lunch will be provided and based on the day's themes. Please notify [conner@lakemcmurtry.org](mailto:conner@lakemcmurtry.org) if your camper has any special dietary needs or allergies. Please do not pack additional snacks and drinks unless your camper has special dietary needs.

**Let's work together to keep campers safe:** We recommend generously applying sunscreen and insect repellent every day. We will be exploring fields, playing in water, and hiking on trails, so please check your campers thoroughly for ticks and chiggers each day. If your children are allergic to stings, please provide an appropriate medication in case your child is stung. At registration we will ask you to confirm/update your contact information in case of emergency.

**Our Counselors and Guest Speakers:** All our camp counselors complete an outdoor program safety course and are certified in First Aid/CPR/AED by the American Red Cross. All guest speakers, interns, and camp counselors complete an OSBI Background Check.

**Camp Photos:** You can find pictures of your camper in action on our camp social media accounts. We will share the link with parents/guardians via the email address provided during registration. While all campers have signed photo release forms, we appreciate your discretion when sharing photos of camp on social media and request that you only share photos of your own camper(s).

**Camp Vision and Parent Feedback.** This is our third year of camp and we want your feedback! We are looking to establish relationships with parents and community members who have a passion for outdoor and environmental education. Please do not hesitate to contact me at [conner@lakemcmurtry.org](mailto:conner@lakemcmurtry.org) or my cellphone (405) 880-2463. Our mission is to provide a fun and safe camp experience based on four core values:

**Outdoor Adventure:** Active play in outdoor spaces provides rich opportunities for young people to develop social skills and gain appreciation for nature. Many life-changing experiences at summer camp come from trying new things, meeting new friends, and solving problems together.

**STEAM in Nature:** Nature explorations provide authentic and engaging experiences for learning about science, technology, engineering, art, and math (STEAM). Lake McMurtry Natural Resource and Recreation Area provides an ideal landscape to learn about wildlife and aquatic conservation in Oklahoma.

**Ethic of Care:** An ethic of care promotes respect for self, others, and natural world and its inhabitants. Outdoor Adventure Camp is an inclusive community with counselors who model respect for people of various sizes, abilities, ethnicities, and ages.

**Health and Safety:** Spending time outdoors is good for physical and emotional health. The safety of every camper is our priority.

Thank you for supporting Adventure Camp! I look forward to meeting you and your camper.

Conner King

Outdoor Recreation and Education Director

**Cell:** (405) 880-2463

**Email:** [conner@lakemcmurtry.org](mailto:conner@lakemcmurtry.org)

**Find us online and social media:**

**Website:** <https://www.lakemcmurtry.org/adventure-camp.html>

**Facebook:**

[https://www.facebook.com/LMadventurecamp/?eid=ARCxchppUWvZcKAM1\\_pf1t1BHlvdQOpU4X\\_aFTa-8k4AN-8E5tgd-XD\\_p3qehEA1lky94A3p3gQ0WHe0](https://www.facebook.com/LMadventurecamp/?eid=ARCxchppUWvZcKAM1_pf1t1BHlvdQOpU4X_aFTa-8k4AN-8E5tgd-XD_p3qehEA1lky94A3p3gQ0WHe0)

**Instagram:** <https://www.instagram.com/adventurecampmcmurtry/>