



Parent & Camper Guide

Dear Parents & Guardians,

We are excited to have your child camping with us this summer. We hope the experience will be both enjoyable and meaningful. Attending camp can be exciting and challenging for campers and parents. It is natural for your child to be a bit anxious about leaving the comforts of home, adapting to new daily routines, and meeting new people. We hope this Parent & Camper Guide will help to familiarize you and your camper with our procedures and minimize "first-day anxiety." If you have any questions or concerns, please contact us.

Our staff works hard to help campers feel comfortable and welcome. To do the best job possible, we need your assistance as well as that of the campers. Respect & Cooperation are top priorities at N-Sid-Sen, and there are expectations for the behavior of each camper and leader. Read more about this on page 8. Thank you in advance for your assistance.

See you soon!

*Mark Boyd, Managing Director
and the N-Sid-Sen Team*

Contact Information

OFFICE: 208.689.3489

office@n-sid-sen.org

N-Sid-Sen Camp & Retreat Center
36395 S Hwy 97
Harrison, ID 83833

ONLINE REGISTRATION: www.n-sid-sen.org



N-Sid-Sen is a camp and retreat center of the Pacific Northwest Conference of the United Church of Christ.

Easy Index

Cabin Buddies..... 4	Homesickness..... 4
Camper Accommodations.....5	Lodging..... 5
Camper Check-In.... 3	Lost & Found.....5
Camper Pick-Up.....3	Mail..... 7
Cancellations..... 2	Meals & Dietary Concerns..... 5
Cell Phones..... 6	Medical Care..... 4
Contact Information..1	Medications.....3
Covid Update..... 2	Packing for Camp....5
Due Dates..... 1	Program..... 6
Emergencies..... 8	Respect & Cooperation..... 8
FAQ..... 8	Spending Money..... 6
Float Trips..... 7	Start & End Times.... 2
Food Packages..... 7	Visiting Camp..... 4
Getting to Camp.....2	What NOT to Bring... 6
Health Forms.....3	Words of Wisdom.....8

Due Dates

Three Weeks Prior to Camp:

Info about dietary and other special needs is due.

Two Weeks Prior to Camp:

The **Family Share** of the camp fee is due a minimum of **fourteen days prior** to the start of the camp session. Early payments are welcome.

NOTE: Some churches and organizations pay a portion of the camp fee. If this is the case, we will bill them for the **Church/Organization Share**.

One Week Prior to Camp:

The Health Form, which is a part of the online registration packet, must be fully completed a minimum of **7 days before** the start of a camper's session. If completed earlier, please review the Health Form 7-14 days before camp and update the medication and health concern sections.

COVID Considerations

Protocols for Summer 2022 may change as the situation evolves. Updates will be shared as they become available. Current information is posted on our website at www.n-sid-sen.org.

- All staff and campers are required to be fully vaccinated. The only exceptions will be for those with a medical exemption.
- Masking will be required in specific situations.
- Testing protocols will be in place.

Cancellations

The \$50 deposit is non-refundable.

If a registration is cancelled in writing at least 30 days in advance of the start of the camp session, the full camp fee (minus the \$50 deposit) will be refunded.

When written notification is received between 14 and 29 days, up to 75% of the total camp fee will be refunded. When less than 14 days of notice is received, no refund is given.

If case of sudden illness, accident, or emergency, parents may opt to hold over the amount paid to next summer or receive a full refund.

Request refunds in writing. Details and requests can be emailed to office@n-sid-sen.org or mailed to N-Sid-Sen, 36395 S Hwy 97, Harrison ID 83833.

If a session has 10 or fewer registrations,

N-Sid-Sen reserves the right to cancel the session 10 days prior to the start date. If this happens, parents may opt to hold over the amount paid to next summer or receive a full refund.

Start & End Times

Check-in for MOST sessions:

Sunday, from 4:00 - 5:00 pm

Pick-up for FULL-WEEK YOUTH sessions:

Saturday at 11:00 am

Pick-up for Kids Camp:

Wednesday at 2:00 pm

Emerging Young Adults:

Check-in - Thursday, 4:00 pm

Departure - Sunday at 10:00 am

Departure for Family Camps:

Saturday at 10:00 am

Getting to N-Sid-Sen

Families are responsible for making arrangements for transportation to and from camp.

We recognize that N-Sid-Sen is a 5-6 hour drive from the Greater Seattle-Tacoma area, but it's worth it! And there are some intriguing options.

- Carpool with friends and family.
- Encourage your congregation to organize carpools.
- Plan a getaway to Coeur d'Alene, Spokane or any of the many inviting towns and nearby recreational areas before, during or after your camper's session.
- Leave the driving to us! (See section below.)

DIRECTIONS: N-Sid-Sen is located south of Coeur d'Alene on the eastern shore of the lake. Once on I-90, depending on your starting point, head east or west to Exit 22 for State Highway 97 (SH 97) toward Harrison. Follow Hwy 97 around the tip of the lake. In approximately 5 miles, there is shortcut over the foothills. You may either turn left onto Burma Road or follow the shoreline route. If you take Burma Road, once you reach the stop sign at the base of the hill, turn left back onto Hwy 97. N-Sid-Sen is on the lake side of the road, approximately 5 miles from this second Burma Road/Hwy 97 intersection. Watch for signs. If you reach mile marker 79 or the town of Harrison, you have gone too far.

VAN TRANSPORTATION to and from N-Sid-Sen is available for our full-week youth camps. For Kids Camp, 1-way transport to N-Sid-Sen is available. The primary van departs and returns to First Congregational Church in Bellevue. Additional vans may be added based on need.

- **Van space is limited.**
- **Reservations are taken on a first come, first served basis.**
- **Payment is due at time of reservation.**
- **Sign-up and pay online in your UltraCamp account.**
- **Fee: \$75 one-way
\$150 roundtrip**
- **Transportation Reservation Deadline is two weeks prior to the session date.**

Ten days prior to the start of your camp session, you will be sent an email with further details about transportation.

Camper Check-In

Arrival time for MOST sessions is 4:00 - 5:00 pm on Sunday afternoon. **Please do not arrive early**, as staff will be preparing for your child's arrival.

Hint: Lines are longest at 4:00 pm. Arriving at 4:30 pm may result in less time in line.

The health and safety of campers and leaders is our #1 priority, and the check-in process is a key piece of our safety plan. **Please allow 30-45 minutes to escort your camper through the stations.**

When you arrive, you will be directed to the Registrar to double-check registration forms and fees, then on to browse at the camp store.

Next is a health check, during which you will be asked about any updates to the Health Form within the week prior to camp and about the camper's current health. You will also turn in all medications. Then you are off to meet the cabin leaders and help your camper get settled.

Please plan to stay with your camper throughout the entire process.

Camper Pick-Up

Please arrive at the designated time (see page 2) so your camper can enjoy the closing rituals and end-of-session good-byes. This is a meaningful time for many campers, so we try to keep interruptions to a minimum.

When you arrive, a greeter will provide further instructions.

The online **Pick-Up Authorization Form** is required for all youth campers, even those being picked up by a parent. List ALL individuals who might pick up your camper – include yourself. Campers will only be released to a person who is authorized on the form.

The pick-up person will need to present **Photo ID**, such as a driver's license, to the camper's cabin leader.

If plans change, and someone not listed on this form must pick up the camper:

- 1) Update the online Pick-Up Authorization in your UltraCamp account.
- 2) Call our office at 208.689.3489.

If you do not have access to a computer to complete the Health Form or Pick-Up Authorization online, contact our office for assistance.

Health Forms

Health Forms are required annually for ALL campers – including adults. This includes a review of current and past conditions and illnesses, an immunization record, and permission to treat.

Help us provide a safe and healthy environment for your child by **completing/reviewing the Health Form 7-14 days prior to the start of their session.** Our health care providers need time to review the forms before your child's arrival. Submitting health forms in advance also helps to speed up the check-in process on the first day of camp.

A physical exam is not required. Instead, a **parent/guardian signature and insurance details are mandatory** parts of the Health Form.

Health Forms are completed online. Find them in your UltraCamp registration account.

Campers cannot be admitted to camp without a completed Health Form including a signed permission to treat.

Medications

Be sure to fully complete the medication section of the Health Form. **ALL medications brought to camp must be in ORIGINAL PACKAGING or PRESCRIPTION CONTAINER.** Prescription containers must include the camper's name, dosage, frequency, and times of administration.

For Youth Camps, ALL MEDICATIONS, including ibuprofen, vitamins, etc., must be turned in to the Health Care Staff when checking in on the first day of camp. **Do not pre-pull medication or pack it in the camper's luggage.** Put all medications in a sturdy zip-lock bag labeled with the camper's name.

It is our policy that INHALERS be kept in the Health Center. However, if a parent requests in writing that the inhaler be kept with the camper, we will honor that request, provided the camper demonstrates responsibility for the use and possession of the inhaler. Any misuse or misplacement of the inhaler during the camp session will be cause for it to be kept by a leader or in the Health Center.

All unused medications will be returned at the end of camp session. Be sure to retrieve medication from the **Nurse/Health Care Provider when picking up your camper.**

Medical Care

We strive to provide a healthy environment and prevent the spread of contagious diseases. If, within the 24 hours prior to camp, the camper has an undiagnosed rash or open sores, a temperature at or above 101°, nausea, vomiting, diarrhea, a persistent cough or cold, they must remain at home until healthy. An elevated temperature must **be back to normal for 24 hours** before a child comes or returns to camp.

Additional restrictions will be in place related to actual/potential COVID exposure. Watch for updates.

A trained health care provider is in residence at camp and arrangements for emergency care have been made with local facilities and transportation units. The camper's personal insurance provides primary coverage. The medical payment insurance provided by camp is an Excess (or secondary) Plan, which means any claims must first be filed through the camper's primary insurance.

Homesickness

Homesickness can be a typical reaction, especially for first-time campers and those with little experience being away from home overnight. Our staff is trained to handle these types of situations in loving and constructive ways.

You can help before your child's camp session even begins. Please DO NOT SUGGEST to your child that they may call home or return home early if homesick. Many children never forget such statements, and – in all honesty – they often lead to a child becoming more homesick, rather than less. It can discourage them from fully engaging, which is key to a successful week at camp. This is one of many reasons campers are not allowed to have cell phones at camp.

It can be helpful to have a pre-camp conversation about homesickness, but it is important not to dwell on the subject. Encourage and support your child; let them know that you are CONFIDENT that they will do just fine. Send encouraging letters; ask about the activities and your camper's new friends, without dwelling on how much you miss them. For example, avoid phrases such as, "We are SO SAD here without you." or "Your cat misses you so much, she isn't eating and just wanders the hallway all night." Campers who are able to work through a case of homesickness often develop a new sense of independence and self-confidence.

We have received many calls and cards from parents thanking us for the patient nurturing that helped their child overcome this hurdle.

We have also seen children who have left camp too soon, without having the opportunity to work through their homesickness.

Please know that in the case of an emergency or even significant homesickness, you will be contacted. If you have questions or concerns, please call N-Sid-Sen at 208.689.3489.

Visiting Camp

Families are welcome and encouraged to schedule a visit prior to the camper's session. We hope you will chat with staff on the first day of camp, when accompanying your child through the check-in process. We have an open-door policy for parents; however, visits during the camper's session are highly discouraged.

Such visits **may actually promote homesickness** in your child and other campers. If you have concerns about separation, please contact N-Sid-Sen at 208.689.3489.

Cabin Buddies

For TWO children to be considered for lodging in the same cabin, they must (a) be registered for the same session, (b) be within one year of age and (c) both indicate each other on their online CAMP REGISTRATION FORMS.

All written requests are considered, but not guaranteed. It's great to share a week at camp with friends, and it may be easier for first-time campers to come with a buddy. However, remember that camp provides an opportunity to make new friends and build new relationships.

NOTE: We try to avoid putting more than two friends together because it can be overwhelming for the rest of the cabin – especially for those who come without a buddy. It is our responsibility to assign campers in the way we feel is in the best interest of the total camp community.

Campers are encouraged to recruit their friends. However, if a camper recruits several friends, they will likely not all be in the same cabin. There will be numerous opportunities for friends in different cabins to spend time together.

Camper Accommodations

We make every effort to serve campers with special needs that are within the scope of our training and staffing capabilities. Because we are a “general” camp, as opposed to a “special needs” camp, we do not have the benefit of extra staff to serve as inclusion specialists.

If your camper requires special accommodations for a successful camp experience, please contact N-Sid-Sen a **minimum of three weeks in advance** of the first day of your camper’s session. This allows time for us to strategize together.

We maintain the following minimum ratios within our activity groups:

Kids Camp & Intermediate Camp 1:5

Jr High Camp 1:6

Sr High Camp 1:7

Note: All cabins will have two adult leaders and will meet or exceed the ratios listed above.

To have a successful summer camp experience at N-Sid-Sen, campers must be able to function within this type of staffing structure.

The more information we have about the camper and their needs, the better able we are to provide appropriate support. **Again, please contact us in advance!**

Meals & Dietary Concerns

Our meals are camper-friendly with lots of fruits and vegetables. Many of our entrees and breads are lovingly made from scratch. We serve three nutritious meals and one snack daily. In addition to our regular meal offerings, a breakfast bar is available in the morning, and a salad bar at lunch and dinner.

Partnering with parents, **and with advance notice**, we strive to accommodate special dietary needs whenever possible. We provide gluten-free, dairy-free, vegetarian, vegan and any combination of these options. We can also provide options for serious allergies such as those to nuts, shellfish, etc. However, we are unable to offer specific options related to other dietary choices.

Please complete the dietary section of the online Health Form in detail. If additional assistance is needed, contact our office at 208.689.3489 or mark@n-sid-sen.org **at least three weeks in advance to the camper’s arrival.**

Lodging

N-Sid-Sen has three distinct styles of lodging. Our youth camps stay in our traditional cabins. Our family camps stay in all three styles:

CABINS: Twelve cabins with a centrally located shower house. Each has bunkbeds for 8-12, windows and heat.

The shower house has private toilet and shower stalls. A gender-neutral bathroom with shower is located in the Welcome Center/Stillwater Lodge.

FORD CABIN: Built in the 1926, this building has beds for 4-5 (one twin, one double, one bunkbed), a great room, small kitchen and restroom.

SPIRIT LODGE: With 12 sleeping rooms, this lodge accommodates up to 32 in single and double beds. Single-use restrooms are located in the hallways. The first floor of Spirit Lodge is wheelchair accessible.



Packing for Camp

We recommend bringing older, less expensive clothing and gear – items that your child recognizes as their own, not new ones they won’t remember as theirs. It is best to LABEL EVERYTHING. This makes it much easier to identify and return items.

To avoid cuts and other injuries to feet and ankles, youth campers and leaders always wear sturdy shoes with closed-toes, except at the beach or in the cabin and shower areas. Sturdy shoes also make walking and hiking safer and more enjoyable. **See the appropriate packing list for details.**

Lost & Found

Please LABEL EVERYTHING and help us defeat the “Lost & Found Monster.” Items found after campers depart will be held until September 10 and will then be donated to a charitable organization. If you are missing an item, check with N-Sid-Sen by calling 208.689.3489 or by email at office@n-sid-sen.org.

YOUTH CAMPS – What NOT to Bring

The items listed here detract from the camp experience and the sense of community we work to build. Prohibited items, which are brought to camp, will be collected and returned at the end of the camper's stay.

Do not bring valuable, breakable or dangerous items. This includes guns, knives, weapons of any kind, matches, lighters, fireworks, illegal substances, smoking and vaping products, or any items containing alcohol, cannabis or tobacco.

Do not bring candy, soda, gum or food. The bugs love it all. Snacks are provided each afternoon, so there is no need to send additional food. The exception to this is in the case of medical and dietary issues; supplies for which will be kept in the Health Center for appropriate distribution.

Aerosols are not allowed at camp. Insect repellent, sunscreen and deodorant must be in the form of lotion, wipes or pump spray. Aerosols are safety hazards in faces and eyes, and around campfires and candles.

ALL ELECTRONIC DEVICES should be left at home. This includes (but is not limited to) electronic games, cell phones, iPods, tablets, e-readers and cameras. Camp at N-Sid-Sen is joyful, LOW-TECH fun. This is the perfect time and place to unplug from electronic technology and connect face to face with people.

NO CELL PHONES. The safety of your child(ren) is our priority. This is one reason campers are not allowed to have or use cell phones while at camp. While this might sound counter-intuitive, even our insurance company recommends such a policy. Cell phones can be used as a safety tool, but they can also be used to contact potentially negative influences outside of camp. Phones can be used to take inappropriate pictures and post them on platforms such as Snapchat, which leaves little trace, but can cause significant harm.

We understand concerns about the use of cell phones for emergencies, however, when weighing all the safety factors – we have decided against allowing campers to have them at camp. If you have questions about this policy, please contact our office at 208.689.3489 or office@n-sid-sen.org.

NO CAMERAS. Again, safety is our priority. Sometimes young people make decisions without considering the consequences. In addition, cameras can get lost or broken.

NO SPENDING MONEY. There are no additional fees for activities or snacks, so spending money is not needed. The Camp Store is only open on the FIRST & LAST days of each camp session during the check-in and pick-up process while parents are present. The Camp Store carries a variety of clothing items, water bottles and other logo items.

Our Program

Days at N-Sid-Sen are filled with fun, laughter and a variety of activities. Our camp sessions have lots in common, including many classic camp favorites. A number of these can be adapted for different age groups. Some however, such as float trips, are reserved for older campers.

Activities are selected to provide a progression, ensuring campers experience new challenges whether it's their first or fifth time at N-Sid-Sen.

CLASSIC CAMP ACTIVITIES include:

large group games, canoeing, crafts, 9-square basketball, beach fun, silly skits, nature discoveries, volleyball, goofy songs, team building activities, campfires, camp-style worship, Picnic BBQ, swimming, faith chats, water games, hiking, river floats

N-Sid-Sen is a ministry of the Pacific Northwest Conference of the United Church of Christ.

Campers participate in faith-based programming each day. The morning exploration and evening vesper times are centered around the summer theme. The focus for each day is a specific Bible passage or story. We explore how each lesson relates to and impacts our lives today. The curriculum provides an ecumenical approach.

We serve campers from a variety of denominations and backgrounds and many who do not have a church home. We strive to be a welcoming place of faith without imposing a specific set of beliefs.

A week or two prior to your camper's time at camp, you will receive a letter from the director(s) of their session with special details. This letter will also be posted on our website.

www.n-sid-sen.org

Float Trips

Optional Wednesday float trips are a popular part of the program for our Jr High, Sr High and Family Camps. Weather permitting, we load up and head to the north fork of the Coeur d'Alene River. It is a slow, lazy float.

Safety is our first priority. Campers receive instruction in basic river safety and float trips are cancelled or postponed till Thursday – if possible, whenever there are heavy rains, storms or thunder and lightning.

What if a camper does not want to float? We believe in “challenge by choice” – the camper’s choice. While no one is forced to participate in any activity, they are encouraged, but the choice is theirs. Alternative activities are provided for those choosing not to float.



Mail

Campers LOVE to receive mail and it is important for them to receive letters from home. Please send cheerful, upbeat notes. Avoid mentioning how much you miss your child. Statements like this can encourage homesickness.

Avoid writing about all the fun you might be having on vacation or at home while your child is at camp, and don't dwell on negative happenings either. You can discuss real problems in person with your camper when they return home.

It is tempting to send lots and lots of notes. This can be tough on campers who receive little or no mail. A letter per day is a great compromise. Mail is generally distributed in cabins at the end of the day.

Letters may be left at the “Mail Station” while checking-in on the first day of camp. This method works well and is preferred by many parents. Letters are distributed throughout the week. You can even write the day of distribution on the envelope, for example – “Monday.”

If you plan to mail your letters via the USPS, send your first letter a day or two before your camper's session begins to ensure delivery, and your last letter no later than Tuesday for full week sessions. Mail can sometimes take 3 to 4 days to be delivered. If mail is received after the camper leaves, it will be forwarded when possible.

Address Mail To: Camper's Full Name
Session Name
N-Sid-Sen
36395 S Hwy 97
Harrison, ID 83833

NOTE: The postal service charges extra postage for letters that are not flat – even if they are the proper weight for the amount of postage. **Please do not send treats such as pieces of candy or gum in your letters.** They are not allowed and slow down the delivery process.

NO FOOD PACKAGES? Food packages from home are intended to be symbols of love. For N-Sid-Sen, however, they create problems. Eating and storing food in the cabins attracts insects and critters. In addition, campers not receiving such treats can feel left out.

LETTERS HOME: Campers stay busy at N-Sid-Sen. Don't be alarmed if any letters you receive from camp are brief and sporadic at best. Be aware that a letter you receive early in the week could sound somewhat negative, but usually by the time you receive it, the camper has adjusted and has often even forgotten what they wrote. If you are concerned, please call our office at 208.689.3489.

Hint: You are more likely to receive mail from your camper if you pack pre-addressed, stamped postcards or envelopes.

Respect & Cooperation

Each week of the summer, a primary focus for camp leaders is creating an environment in which everyone feels safe and secure – campers and leaders alike. RESPECT is Rule #1 and COOPERATION is one of our primary goals.

To help achieve this goal, we ask each camper to:

- follow camp guidelines and rules,
- remain in supervised, designated areas,
- refrain from harmful or hurtful behavior, such as name calling, bullying, verbal or physical aggression toward self or others, use of inappropriate language, sexual harassment or sexual behavior, and
- refrain from the use of alcohol, tobacco products, or any illegal substances or items, and report the use or possession by others.

Youth and family campers are all asked to sign a covenant as part of the online registration process.

Please understand that if a camper is unable to live within our guidelines and a positive resolution cannot be reached, the camper will be sent home.

Our leaders work hard to create a special place that is “removed” from many of the stressors and distractions of everyday life. Many of the items campers are asked not to bring are items that can detract from the achievement of our goals and the Christian community we work to build.

Your support and assistance are needed. In addition to talking to your child about Respect and Cooperation, please ensure that all items on the DO NOT BRING list are left at home. Thank you for helping to make N-Sid-Sen a safe and special place for all our campers – a place to unplug, slow down, laugh and enjoy being a kid.

FAQ Frequently Asked Questions

What times are check-in and pick-up?	Page 2
Can a friend pick up my child?	Page 3
When is our final payment due?	Page 1
Can my daughter bring her phone?	Page 6
What is the deadline for completing the Health Form?	Page 1
Is a physical exam required?	Page 3
Can my child room with friends?	Page 4
Can my 14-year-old room with her 10-year-old sister?	Page 4
How much cash should be son bring?	Page 6
What about my picky eater?	Page 5
How do I get to camp?	Page 2
What about his medication?	Page 3

In Case of an Emergency

N-Sid-Sen Office 208.689.3489

Emergency Text 360.349.1946

(The text number is for significant after-hours emergencies.)

**In case of a life-threatening emergency,
call 9-1-1**

We check **voice mail** in the office on a regular basis, so if we are out, please leave a message.

Please do not ask your child to call home. Such calls often promote homesickness. In the case of an emergency or significant issue, we will contact you. If you have concerns, please contact us.

Final Words of Wisdom

Your camper will likely be tired after their adventures at camp and may need additional rest after their stay. Try to ensure a lighter schedule for the next day or two after they return home.

