

# Summer Day Camp Frequently Asked Questions

## **What do the youth do during Summer Day Camp?**

We offer multiple camps with different themes so every camp track is different! Some focus on gardening and growing food. Others focus on cooking a variety of meals with various farm fresh ingredients or connecting with the natural world. Most camps use play and creativity to build connection to the gardens and ecosystems around the American River Ranch. Little Sprouts session is geared towards little ones exploring the farm and engaging with all of their senses. All camp sessions are immersive and hands on, guiding campers naturally towards learning and growth. Camp curriculum is flexible and educators may adapt plans based on the interests and desires of a camp group.

## **How do I sign up for Summer Day Camp?**

We prefer that participants register and pay on Soil Born Farms website. You will receive a confirmation email when you have registered. You must complete an online Registration Packet in order to finalize your registration. It is necessary that all campers complete Registration Packet as soon as possible in order to complete the registration process. Campers cannot attend camp if they do not have one on file at least one week in advance.

## **What if I need to cancel?**

If you must cancel your registration you will be eligible for a full refund (minus a \$25 processing fee) if the cancellation is made at least 3 weeks before the camp starting date. Cancellations received with less than 1 weeks' notice will not be eligible for any refund unless a replacement is available to take your camper's spot.

## **Do you offer financial assistance?**

Yes. For those hoping to receive financial assistance we require a completed Scholarship Application along with a completed Registration Packet. Please submit necessary paperwork as soon as possible. Your financial information will be kept confidential. As a non-profit we have limited amounts of scholarship funds so please consider paying any amount you can, it all helps! Soil Born Farms works hard to make sure that each family's needs are met as best as we can and staff will contact applicants as soon as possible to let them know what we can award.

## **Where does Summer Day Camp take place?**

All Summer Day Camp sessions take place at the American River Ranch. Some camp sessions will venture to Cordova Creek or the American River Parkway but drop off and pick up is still at the American River Ranch.

## **Where is the American River Ranch?**

The address is 2140 Chase Drive, Rancho Cordova, CA 95670. There is a visitor parking lot to the right of the driveway. Please park in the lot and walk your camper up to the check in table to sign them in every morning.

## **What time is Summer Day Camp?**

All Summer Day Camp sessions are from 8am to noon except for the Little Sprouts session which is from 9 – 11am.

## **Do you have before and after care?**

No, at this time we are unable to offer before or after care for campers. Please drop off your camper no earlier than 7:45am and pick up your camper no later than 12:15pm.

## **How many campers are in a session?**

There are 16 spots available for each camp session offered other than Little Sprouts which is limited to 12. These numbers allow us to maintain a high camper to staff ratio to ensure safety and high quality programming.

## **Can siblings be in the same camp?**

Yes, as long they are in the same age group session we are happy to have siblings in the same camp.

## **Can a camper attend a camp if they are outside of the designated age range?**

No. Camps are geared specifically for different age groups, and in order to deliver high quality, age appropriate experiences we cannot make acceptations or accommodations. We also offer multiple camp sessions a week that span different age brackets.

**How does my camper become a Junior Camp Counselor?**

Our Counselors in Training camp is both fun and educational while also serving as a training for Junior Camp Counselors. In order to be considered for a Junior Camp Counselor position, youth must attend this camp. Since youth are offering a service as a Junior Camp Counselor, they do not pay for any camps they will be helping out with. Campers will learn more about this opportunity during the Counselors in Training camp.

**Do you let campers swim while at the American River?**

No we do not. It is the law that children under 13 years old wear a life jacket, so we provide life jackets even when only putting our feet in the water or playing near the water's edge. We do not let kids swim but will bring water blasters down to the river and spray campers who want to get wet. We will also visit Cordova Creek and let campers wade in the safe, shallow waters of the creek.

**Is there a snack offered during camp?**

Yes, we offer a farm fresh, seasonal snack every day of camp. Introducing students to healthy fruits and vegetables is very important and we source as much food from the farm as possible. Some snacks include watermelon, peaches, cucumbers, carrots and hummus, salads and trail mix. Please pay extra attention to the dietary needs section of the Registration Packet so we can make accommodations if necessary.

**Can I send my camper with their own snack?**

We encourage students to eat the snack we provide so as long as their personal snack doesn't distract or detract from the experience of trying new things and eating healthy, fresh, seasonal produce. If your camper has any special needs and cannot eat the snacks we provide they are welcome to bring their own snacks. We will only eat at designated snack times determined by Soil Born Farms staff. Please provide peanut-free snacks!

**What should my camper bring with them?**

Campers should come wearing sunscreen and should bring a hat, water bottle and any other clothing required to be comfortable in the heat. Campers must wear close toed shoes as well. Whether cooking or gardening or hiking, campers may get messy, so they should wear clothes that are okay to get dirty.

**How should youth prepare for Summer Day Camp?**

No experience or prior knowledge about gardening, cooking or hiking is required for any of our camps. We ask is that youth come with an open mind, curious spirit and willingness to engage in new and potentially challenging experiences.

**What is the overnight option?**

This year we are offering an overnight option for the Survival Skills camp. On Friday night campers will have the option of spending the night sleeping under the stars at the American River Ranch. We will have normal camp hours on Friday (8am to noon) and then extend our camp day into the afternoon, evening and the next morning. Pickup on Saturday will be at 9am. The afternoon and evening will include harvesting of fruit and vegetables, cooking and sharing a farm fresh dinner together and other various night activities (star gazing, games, night hike, fire if possible, etc.). Campers will sleep under the stars, with multiple staff present for supervision. Tents are not required but campers will need a sleeping bag, pillow and an extra blankets they will want. We will provide multiple tarps to lay out for underneath sleeping bags if it is wet. Lights out will be by 9:30pm. We will provide breakfast the next morning as well. If your camper does not want to spend the night on Friday they can be picked up at regular camp ending time (12pm). Additional fees are required for those campers wanting to stay overnight and is required when registering for camp. We need a minimum of 5 campers to sign up for the overnight option in order to run it.