

FOUR WINDS * WESTWARD HO JUNIOR SESSION PARENT HANDBOOK

Welcome to Four Winds * Westward Ho. We are very excited to have you and your child become members of our camp family. It is our hope that after the summer, your home will be filled with stories of fun, song, and adventure. We have put together this handbook to answer some commonly asked questions and share some information and tips that we have learned through the years. This handbook may not answer all of your questions so feel free to contact us with any others you may have. We are eager to work with you and your child this summer.

*Four Winds was founded in 1927; Westward Ho in 1931. In 1967, at the founder's retirement, Four Winds * Westward Ho became a non-profit corporation. For 88 years, the philosophy and traditions have endured ~ to provide campers with an opportunity to live simply, learn new skills, develop a sense of independence, and to break from the pace of the city, as well as the pressures of growing up. Our belief in the need for creativity, individuality, acceptance of social and cultural diversity, and the celebration of youth remains a central part of our effort with the campers.*

We offer a wide range of experiences for the campers, from sailing to horseback riding, and arts to sports. We believe in a non-competitive atmosphere, focusing on group effort and cooperation.



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BEHAVIOR

Campers should arrive ready and able to interact positively with other campers and staff. We reserve the right to send home any camper when, in our opinion, it is in the best interest of the camp community. We do not allow intentional avoidance to counselor supervision or the use of any form of drugs/intoxicants, or smoking while in camp or during camp-sponsored activities. The person(s) involved will be sent home, and we will not refund tuition. We look forward to a fun, safe and healthy week for us all.

BIRTHDAYS

If your child's birthday falls during camp session, the Camp Birthday Song is sung to them by the whole camp community, and during the lunch meal they receives a birthday treat to share with cabinmates. If you wish you can send a **non-food** care package such as decorations for their cabin/tent and cards from family and friends.

CABIN/TENT ASSIGNMENTS

When we make cabin and tent assignments, we emphasize geographical diversity to encourage campers to make new friends. We group campers according to gender and school grade. We have found cabinmate requests often limit the camp experience for those involved, and cause disruption within the cabin age/grade group. We will attempt to place new campers with a friend their **first** year at camp, if they are of the same age grade and gender. The request must be made in writing by **both parents** at least one month before the session begins. If there is a circumstance where certain campers should not room together please let us know. This information should be provided in the Cabinmate Requests Form in your [Four Winds Parent Account](#).

CAMP STORE

An advance deposit amount provided with your tuition will establish a Camp Store Account for your child. They may charge purchases from the camp store against this amount. Our store carries some toiletry supplies, stationery, batteries, disposable cameras, film, and some clothing. We recommend \$50-75 for Junior Session. You may contact the office or log into your [Four Winds Parent Account](#) to view or add funds to the account. With this account system, no money is needed at camp.

CARE PACKAGES

Campers love to get packages! It is a good idea to send your package early, as it could take a while to get here and this session is so short. We

encourage you to send non-food items such as books, games, and accessories for special days. If you need help brainstorming ideas, please contact us and we'll provide some suggestions. Another option is to use one of the many companies that specialize in sending camp care packages, such as: Sealed with a Kiss (eswak.com), The Wrinkled Egg ([the wrinkledegg.com](http://thewrinkledegg.com)), Just 4 Camp (just4camp.com) or Camp Pacs (camppacs.com).

Please do not send food to camp! Camp food is of good quality and quantity. Packages of home-baked treats, candy or gum lure small, furry critters into the tents and cabins; can cause hurt feelings among other campers; generally leads to increased litter at camp, and has the potential to adversely affect attendees with food allergies. Please tell friends and family to send letters, and skip sending food packages to camp. **Campers open their packages with supervision, so if there is food, it will be removed.** This can be devastating to a homesick child, and is equally hard on the staff, so please just don't send any food items.

Please send a maximum of one (1) package during the session.



EQUAL OPPORTUNITY AND ACCESS

Four Winds Camp is open to campers and staff without regard to race, creed, color, national origin, sex, honorably discharged veteran or military status, sexual orientation, gender identity, or the presence of any sensory, mental, or physical disability (or the use of a trained dog guide or service animal by a person with a disability). Washington law protects individuals from discrimination in employment and in access to public accommodations (such as Four Winds Camp) on the basis of any of these characteristics. The diversity of campers and staff enriches the camping experiences for all.

FINANCIAL AID

We have established a financial aid program to assist families whose campers will bring leadership potential to camp, and gain from their experience here. We require some financial information disclosure, letters of recommendation, and a small deposit. Financial Aid is awarded for a maximum period of three consecutive years, as long as financial need is

documented for each year. A formal application process is followed each year. Forms may be requested at registration time or obtained from our website, fourwindscamp.org. Spots for financial aid are limited in number and favor diversity, children from alumni families, children with demonstrated leadership ability and financial need. The deadline for applying for financial aid is February 1.

FORMS

The forms are generally released through your Four Winds Parent Account (fourwindscamp.org/login) in late March. Please contact the office if you have difficulties accessing or completing them. It is imperative that we receive all required forms no later than **July 10** to give us the time needed to double check all the information and to allow us to make necessary plans for staffing and camper travel arrangements.

Attendance at camp depends on our receiving your tuition and forms. We usually have a long list of hopeful campers on the waiting list each year and we need to inform them as soon as possible of openings. If we do not receive your forms and tuition by the specified dates, we may remove your child from the registered roster.

There are several forms which must be filled out and some are mandatory for attendance at Four Winds * Westward Ho. Many can be completed on-line but others will need to be downloaded, printed, completed and returned to camp. For returning the forms you can scan and upload, scan/photograph and [email](#), fax to the number at the bottom of the form, or mail them to the camp office.

CAMPER PROFILE

This form is a wonderful tool to help us to get to know your child before arrival. Please fill this out frankly because knowing about issues (such as bedwetting, divorce, potential homesickness, recent death in the family, how the past school year went) will help us make the session more valuable for your child.

HEALTH HISTORY

The Health History form is a required online form which is fairly extensive, but it does not have to be completed all at once since it can be saved in progress. It covers information that is necessary for us to know about your child's health--including such topics as: medications, immunizations, allergies, recurring medical problems, and medical/dietary restrictions.

INSURANCE & PERMISSION TO TREAT (PARENT AUTHORIZATION)

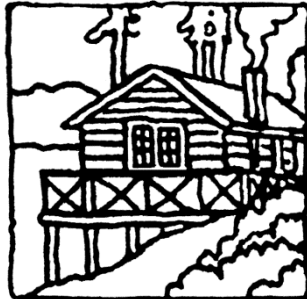
While your child is entrusted to our care, we need your written authorization to treat in a medical emergency.

PARENT PERMISSION

The American Camping Association requires that you provide permission for participation in camp activities for your child. This form also grants camp permission to transport and take photos of your child.

PHYSICIAN'S EXAMINATION

If your child has been examined for any reason within the 12 months prior to the start of Junior Session, the doctor's form just needs to be completed and signed by the physician. If an exam hasn't been performed within that time frame, a visit with your doctor will be necessary. Please schedule your visit to allow for the form to be returned before the deadline.



HEALTH AND MEDICATION

We have a Registered Nurse at camp full-time. In the event of an emergency or the need to see a doctor, we have emergency medical coverage on the island 24-hours a day, 7-days a week. You will pay no extra charges for the use of our camp infirmary; however, you are responsible for all other medical expenses incurred while your child is at camp.

It is important that we have a completed health form and copy of your insurance card on file. We will call you in case of an accident or illness if your child has to see the doctor in town, has to spend the night in the Health House, or if our judgment indicates that a call is warranted. We will care for accidents and acute illnesses immediately and consult with you by telephone as soon as possible.

Our nurse will care for minor injuries in consultation with the local physician. There is EMT and ambulance service on-island, which puts us within 20 minutes of the clinic and doctor in Eastsound. Hospitals are available by a 20-minute airlift flight to Anacortes or Bellingham on the mainland.

The health of your child is very important to us; therefore we ask that you review the following information carefully.

The Health History form is vital for us to know your camper's needs, limitations, allergies, etc. Annual completion of this form in its entirety allows us to have immediate access to important information we may need during any illness or emergency.

American Camping Association standards and state health regulations do not allow campers or staff to keep medications in their possession. The first night of camp all medicines--including over-the-counter (OTC) medicines and vitamins--are collected to be stored and distributed through the Health House.

The Health House dispenses medications as scheduled and permitted OTC medicines to children as the Camp Nurse sees fit. These can include acetaminophen, cough syrup, cold and allergy treatments and antacids among others (see the health form in your [Parent Account](#) for the complete list). It is not necessary for you to send duplicate OTC medication types to camp, unless your child requires specific brands.

In all cases, it is mandatory to send your child's medications in the original containers, with specific instructions for dispensing. We will not dispense drugs if they arrive in other packaging. If any changes occur between the completion of the health form and your child attending camp, please notify the office prior to the camper's arrival.

HOMESICKNESS

Often when a child is anxious about coming to camp a parent has the inclination to tell them to "just try it for a few days and then if you don't like it, I'll come and get you." WE STRONGLY DISCOURAGE THIS PRACTICE! It creates an artificial finish line for your children, and they will have a hard time allowing themselves to experience camp fully. Taking a child home from summer camp early may solve a short-term problem, but will teach the child that frustration and separation will be met with an instant answer from the parent. Camp can raise self-esteem and teach independence. **When children are able to get beyond their homesickness, their pride and feelings of independence increase dramatically.**

Homesickness among children at camp is a very real and scary feeling. It presents itself like a cloud over the child, limiting the child's ability to invest in camp totally. Homesickness is something that we train the staff to look for and deal with, giving the child as much positive attention as possible. We do not make promises of phone calls, visits, or going home; instead, we encourage the child to take one day at a time, keep them as busy as possible during the hard times (meals and bedtimes), and find a few things the child really loves to do.

There are a few things that you, as parents, can do to help your child through a bout of homesickness. First, we recommend that you do not make promises to the child that will, in the long-run, make it difficult for the child to get through camp. Promising a child they can go home, call home, or have daily visits makes it tough on the whole community, as well as the child--since these are not policies we endorse. Secondly, when they talk to

you about being homesick, help them to realize that they will not be alone. Work together with your child to identify what item can be brought to camp to provide comfort away from home, such as a photo, a favorite toy or stuffed animal. These transitional objects serve as physical reminders of home. Most campers (*and even some counselors*) bring something, regardless of their gender.

Lastly, letters or a package (without food) can be a tremendous help to your child, but please be careful of what is said in any letters. Refrain from telling your child how terribly you and the family/pets miss them, and how everyone cannot wait for them to come home. This will only make the longing worse. We recommend focusing on the child and their camp experience. An example would be:

"Dear Sam, I know you must be meeting many new wonderful friends. When I was a kid, I always wanted to ride horses, but could not. Please tell me all about your sailing. Have you been in the cold water yet?"



LETTERS

Letter writing between parents and their campers can be a very worthwhile process and is a happily held tradition at Four Winds Camp. Mail delivery time can vary from two-to-five days between home and camp, depending on your place of residence. You may want to send a "welcome to camp" note prior to your child's departure from home so that it will be waiting for them upon arrival. The first mail call can be important in helping your child get settled. Please do not send a letter daily as it can sometimes make homesickness worse--not only for your child, but other children in the tent/cabin who may not get as many letters.

Our rural area does not receive mail delivery service; we pick up our mail at the Deer Harbor Post Office. When mailing letters, please be sure to use our post office address:

**[Your Child's Name]
PO Box 140
Deer Harbor WA 98243**

LOST AND FOUND

Lost clothing with name tags will be washed and returned to you as soon as possible after the session. Unmarked clothing and items with an apparent value of more than \$10.00 are held until October 1st. At that time, any unclaimed items will be donated to charity. If you have lost a valuable item (camera, boots, etc.) please contact us to report the item. We make a list and can check the unmarked items quickly. Please be sure to mark your child's first and last name on everything you send to camp.

LUGGAGE

We ask that you pack your child's clothing and equipment as compactly as possible, preferably using soft-sided duffle bags. We discourage the use of footlockers, as they do not hold up well in shipping and are difficult to store. You can get your luggage to camp by one of the following methods:

1. Ship bags via **UPS or FedEx** up to 2 weeks prior to the start of your child's session to save time and energy at the airport. Please do not use the US Postal Service for shipping packages! The physical address you should ship to is:

**[Your Child's Name]
286 Four Winds Rd
Deer Harbor, WA 98243**

Note: Duffle bags may be subject to an additional handling fee by UPS, if not shipped inside a box.

International campers are not advised to ship bags as it can be very complicated to cross borders.

2. Send luggage with your camper on the plane (be sure to verify the bags are within the limits allowed by the airline).
3. Bring bags with you when you meet our staff.

PACKING

You will find the suggested list of equipment for girls and boys in your [Four Winds Parent Account](#). Please make sure that every item of clothing has your child's full name on it. **Please do not send cash or valuables with your child. Please also do not bring pets, cell phones, iPods, hairdryers, or other electrical/battery-powered devices.** We try to live simply at camp and we encourage campers to make their own music and to escape some of the noises of modern life. Tents and cabins also have no electricity! An exception to the rule of no electronic devices is digital cameras; however, we do recommend a disposable camera with your camper's name on it instead.

Summer weather here is usually mild, with day temperatures averaging 65-75°F and nights in the high 50s. Warmer clothes for the evenings, such as a

sweater, sweatshirt, and wool socks are advised. It has been known to rain for a few days in a row, so please include rain-proof clothing such as a raincoat or poncho with a hood. **Please do not send expensive or favorite clothes to camp.** We are in a rural environment with trails, dust, occasional mud, and physical activity.

While in camp, all campers sleep on cot-sized bunks. A sleeping bag is recommended for the week, as it is easy to pack and to clean. We will do laundry for children who accidentally wet the bed. If you think this may happen with your child, it could be helpful for you to send 2 sleeping bags so we can discretely rotate them. If your child would be comfortable wearing a "Pull-ups" type of undergarment, feel free to send them. Our counselors know to treat the use of these with discretion as well. Please include this type information in the Camper Profile Form and remember to mark all bedding with your camper's full name.

REST TIME

We have "rest hour" after lunch each day. This is when each group goes back to their cabin/tent and has some quiet time. The children are encouraged to read, write letters, play quietly, or join in a cabin/tent group activity. **Please pack some quiet time activities such as books (for personal reading or for the counselor to read to the group), coloring books, activity books, crafts or letter writing supplies.**

SESSION DATES

Session dates float within a 3-day window from year to year. In 2022, Junior Session begins August 22 at 3:45 PM (camp opens at 2:45 PM) and ends August 28 at 8:00 AM.

Please sign your child-in and out with the staff member in charge when you drop off and pick up your child at our various meeting locations. At your child's pick-up to return home, please remember to retrieve all the luggage and belongings sent to camp before departing the area.

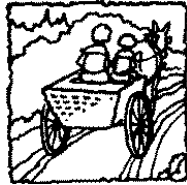
SLIDE SHOW PRESENTATIONS



Typically, during the months of January and February, we travel to camper homes to meet new and returning campers and other camp alumni, and to show pictures of the past summer. These trips generally occur in the Western United States, covering several states. We begin planning these slide shows in September and welcome any interest you may have in becoming a host family. Gatherings range in size from 10 to 30 attendees, with the presentation running for approximately one and a quarter hour.

TELEPHONE

Phone service for campers is not available. Our limited telephone service connects our office to the "outside" world and the rural location makes it important to keep this link open for business and emergency communications. We have also found that phone calls home can cause or increase homesickness and can impede your child's development of independence at camp. Of course, in the case of an emergency, a telephone call is certainly appropriate and we will work with you to arrange it. Parents are more than welcome to contact the camp office to check on their child's camp experience.



TRANSPORTATION

Our remote setting can be a challenge but we make every effort to simplify your child's travel to and from camp. You can choose to:

- 1) send your camper by plane to SeaTac Airport,
- 2) meet us at one of our rendezvous points, or
- 3) drive/boat directly to camp.

Whichever method you use, please make sure that you sign your child in and out with the staff in charge, when applicable. On arrival and departure day, our office will be staffed beginning at 6 AM (or earlier). We will be in communication with the pick-up and drop-off staff, so if you are lost, late, or confused call us at camp at 360-376-2277.

TRAVELING TO CAMP

AIRLINE TRAVEL AND CAMPER DROP OFF AT SEATAC

Seattle-Tacoma International Airport (SeaTac) will be our meeting point for campers who choose to fly to camp (and families that find SeaTac a more convenient meeting location than Woodland Park). If you wish to meet our staff at SeaTac, please schedule your arrival (especially flight arrival times) between 8:30 and 10:30 AM. **Please visit fourwindscamp.org/travel to book your camper's flight.** If they are unable to help you, please CONTACT US BEFORE YOU BOOK A FLIGHT SO WE CAN HELP YOU WITH TRAVEL ARRANGEMENTS.

If your child is flying as a paid Unaccompanied Minor, Ali will contact you 24 hours before camp with the name and phone number of the staff member picking up your camper. The airline will require this information upon check in. If possible, please also add the name of Ali Walker to your child's

reservation in case we need to contact the airline about it.

WOODLAND PARK DROP OFF, SEATTLE

Our charter buses will meet campers starting at 11:30 AM in the SW parking lot of Woodland Park in the Wallingford neighborhood of Seattle. The entrance to the parking lot is off N 50th Ave, as you head west, and before you go under Aurora Ave. It is quite a large lot, and we plan to situate our buses at the far west side of the area. **Please sign your child in with the staff on duty.**

SKYLINE MARINA DROP OFF, ANACORTES

Our charter buses will arrive from Seattle around 1:30 PM. Staff will meet you at the Marina and direct your child to the correct boat. Your child needs to be there no later than 2:00 PM. The Skyline Marina is located at 2011 Skyline Way in Anacortes, WA, on the left about 1 mile past the ferry landing. **Please sign your child in with the staff on duty.**

CAMP DROP OFF, ORCAS ISLAND

The first day of camp is exciting for both parents and campers. If you are dropping your camper off at Four Winds, you will have the opportunity to meet your child's counselor, see their cabin, and perhaps meet some of the other cabin mates.

Sign in is with Mariah Armenia, and she will connect your child with their counselor. Director Paul Sheridan and the Camp Nurse will also be available at check in.

As a lot is happening the first day to get camp ready, **we ask that you arrive no earlier than 2:45 PM**. From 2:45 to 3:30 camp is open and you can tour it with your camper. **At 3:45 PM, camp closes**, goodbyes are said, and your child is off to meet those campers arriving by boat.

TRAVEL HOME AFTER CAMP

AT CAMP: Please arrive at camp between **7:50 and 8:05 AM**. Please arrive in this window as children could feel abandoned or forgotten. **Sign your child out with Ali Walker at the office**. You will then be directed to your camper who will be by our Lodge, waving goodbye to those campers who are traveling by boat. **Please do not forget to retrieve all your child's luggage and belongings.**

AT SKYLINE MARINA: You can meet the campers as they get off the boat, as they arrive between 9:00 and 9:30 AM. **Please sign your child out with the staff in charge and do not forget to retrieve all your child's luggage and belongings.**

IN SEATTLE: You can meet the buses between 11:30 AM and noon in the western side of the Woodland Park parking lot off N 50th Ave in Seattle's

Wallingford neighborhood. Traffic and weather may cause delays sometimes so if you are concerned please call the office as we will be in contact with the bus. **Please sign your child out with the staff in charge and do not forget to retrieve all your child's luggage and belongings.**

AIRLINE TRAVEL: Campers who are flying home should reserve a flight that leaves SeaTac between 2:00 and 4:00 PM. **Please use [Sojourn Travel](#) to book all airline travel.** If they are unable to help you, PLEASE CALL US BEFORE YOU BOOK, AND WE CAN HELP YOU ARRANGE THE TRAVEL.

TRAVEL PLAN CHANGES

Due to head counts for our chartered buses/boats and our staff coverage assignments, **it is very difficult for us to accept changes in your travel plans within two weeks to camp starting.**

PLEASE DO NOT CHANGE PLANS AT THE LAST MINUTE!

TUITION

Tuition includes the camp program, transportation on chartered buses and boats between camp and our various meeting locations, and the use of uniforms. The store account is the only additional cost to a family. Junior Session tuition balance was due by February 1. Full payment may be made at the time of enrollment or at any time prior to the deadline. At the end of the summer, we will reconcile store accounts and send you a refund or bill after the end of your child's session.

TUITION REFUND

All withdrawals from camp or our wait list **must be made in writing.** Refund of your deposit/tuition will be dependent on the time of year at which you cancel:

Withdrawal Date	Cancellation Fee
Prior to December 1	\$0 (full refund of deposit)
December 1 – January 31	\$350 (full deposit)
February 1 – March 31	\$850 (half tuition)
After April 1	\$1,700 (full tuition)

If your child is on the waiting list and a space does not open, we will ask if you wish to roll your deposit over for the following year, or have it refunded.



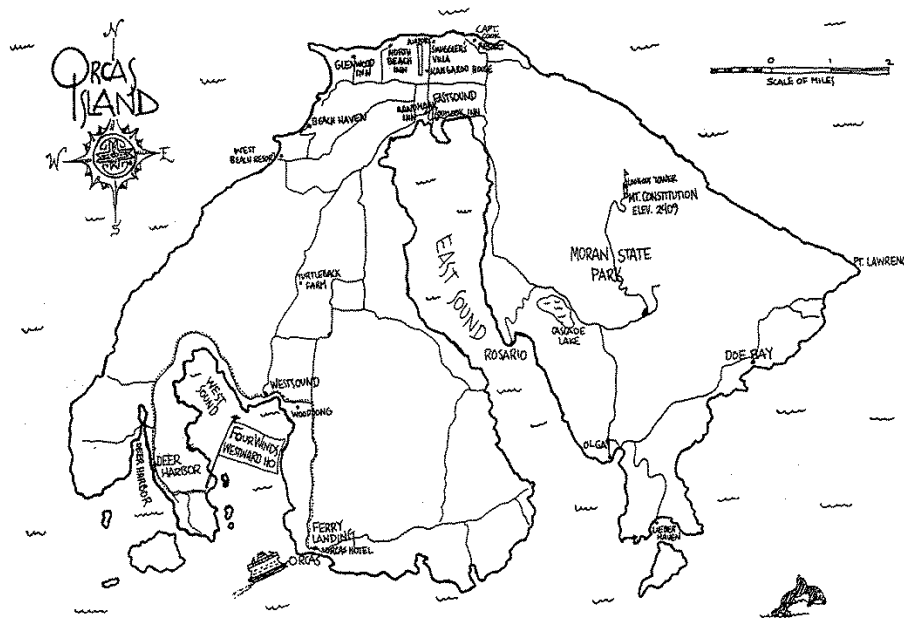
UNIFORMS

Each camper will receive two sets of uniforms for their daily use while at Four Winds * Westward Ho. Uniforms consist of tops that are either a middy (a loose-fitting sailor top) or polo shirt, and bottoms that are either bloomers or shorts. Middies and bloomers are royal blue for daily wear. Polos and shorts are navy for daily wear. Campers can bring (or purchase from our store) light-weight, plain, white T-shirts to wear during activities in hot weather. They can also wear pants of their choosing if they would not like to wear our shorts or bloomers.

VISITOR GUIDELINES

There are no visiting days for Junior Session, since it is so short. We create a fun, full schedule for the campers and any time out would interrupt your child's camping experience. If you wish to see the camp and/or meet any of our staff, please plan to drop off or pick up your child directly from camp. Some parents choose to stay on the island during this week and have a little vacation.

We cannot provide lodging, but there are numerous options on Orcas Island. We have provided a general list on the following pages and encourage you to contact the Chamber of Commerce at 360-376-8888 for more information on visiting the island.



HELPFUL INFORMATION WHILE ON ORCAS ISLAND

If you are planning a visit to Orcas Island this summer while your child is at camp, please visit the [Orcas Island Chamber of Commerce website](#) to plan your trip. Please remember that Orcas Island is a tourist destination, and thus is very popular in the summer. **We recommend making reservations for hotels, ferries, etc as soon as possible.**

[The Orcas Island Chamber of Commerce \(360-376-2273 or 360-376-8888\)](#) has information about accommodations and availability, dining, and recreational activities. Please remember that this is a rural area with limited taxi and shuttle/bus service, and few car rental options. We recommend that you reserve cars at least one month ahead of your visit. Use area code 360 for all phone numbers unless otherwise noted.

EMERGENCY – 911

CELL PHONE EMERGENCY – 378-4141

Orcas Island Medical Center – 376-2561

Moran State Park – overnight camping facilities. Reservations required. 376-2326

Washington State Ferries: wsdot.wa.gov/ferries

In State: 888-808-7977

Out of State: 360-464-6400

Orcas Taxi: 376-TAXI (8294), 24-hour service

New Orcas Taxi Tours: 298-1639

Car Rentals: 376-RIDE (7433)