



# Rock Point Camp

## FAQ

### 1. What are your camp hours?

Rock Point Camp is both a day and overnight camp. Our camp hours are as follows:

- Day Camp, Monday- Friday, 8:30-4:30pm.
- Overnight Camp, Sunday- Friday. Sunday drop off begins at 4:30pm and ends Friday at 4pm.

### 2. My child is nervous to attend somewhere new.

We understand! A new environment with new people can be intimidating. We welcome you to visit our property (open to the public) and go for a hike to familiarize yourself OR reach out to learn more. You can feel assured that we take special care to ensure that everyone is cared for and treated as a friend while at Rock Point.

### 3. What can I expect on my first day?

On the first day of camp, you'll be greeted by our full staff team and see where you'll be hanging for the week! Parents will be asked to sign in and accompany their children to the Health and Wellness Coordinator who will complete a quick wellness check and discuss any/all medical needs. Once complete, parents are free to leave! Overnight campers will be taken as a group alongside their counselors to the cabins as part of their orientation process. No matter the camp, children can expect to take part in lots of icebreakers and "getting to know you games."

### 4. Is this the right camp for my child based on their needs?

We do our best to accommodate most children at Rock Point Camp and our 1 to 5 staff ratio allows us to provide extra attention to campers so we can get to know you throughout the week. If your child has a differing ability or requires a special accommodation, we encourage you to reach out to our Camp Director to discuss if this is the right fit for you!

### 5. What meals are served at camp? Allergies/Dietary Restrictions?

Both day and overnight campers are welcomed to join us for meals at Rock Point Camp. All day campers are served lunch daily. All overnight campers are provided breakfast, lunch, and dinner as part of their stay. Meals

change daily and at least one fruit/vegetable is served with each meal in addition to water for drinks. Menus are provided at the beginning of the camp week for parents to review.

We do our best to accommodate most allergies and dietary restrictions while at camp. It is important to note that our kitchen is not gluten free certified and cross-contamination may be a risk for those with more severe allergies. Our chef is available for consult during registration day to discuss any accommodations. We encourage those with allergies/dietary restrictions to email the camp director prior to attending. Note, peanuts and other tree nuts are served in our kitchen.

## **6. Tell me more about Spirituality at Rock Point Camp.**

In keeping with our mission, we wish to ensure that all campers feel welcome and accepted at Rock Point Camp. Our vision has evolved over the last several years, however, we remain guided by the principles of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Spirituality at camp includes elements such as morning meditation, expressing gratitude for the earth and one another, and acts of service.

## **7. Who is assigned to be with my children while at camp?**

All staff at Rock Point Camp are required to be CPR/First Aid Certified. They have all undergone a criminal background check, a basic swim test to ensure strong competency in the water, as well as a week long's orientation covering safety and child protocols. A lifeguard is also present anytime children are visiting the waterfront. As part of our strict safety precautions, no staff (apart from our Health and Wellness Coordinator) are left alone with a child at any point.

## **8. How do I get to Rock Point Conference Center and Camp?**

Rock Point Center and Camp is located at 20 Rock Point Road, Burlington, VT 05408. When entering our property, please drive down the lane (.5 miles) until you hit a bridge. After the bridge, make a right to find the conference center where our camp meets.

## **9. What activities can my child expect to participate in?**

Rock Point Camp takes place largely outside (weather dependent). Campers enjoy activities such as hiking, soccer, lawn games, volleyball, archery, swimming, kayaking, arts and crafts, etc. Children do swim daily.

After lunch, children are ushered back to the cabins or an indoor area for rest hour, where they may choose to lay down or play quiet games/crafts in our craft cabin.

## **10. What should I pack?**

You will receive a suggested packing list the week prior to your child's attendance. This will include items such as a sunscreen, bug spray, water bottle, water shoes (for swimming), bathing suit/towel, and an extra pair of clothes for day campers. We ask that all students leave any/all devices at home.

## **11. Does my child have to know how to swim to attend?**

No. At the beginning of each week, children are required to undergo a basic swim test where they are assigned a competency level by our lifeguard. Based on their assignment, they will be told whether they must wear a life

jacket while in the water. Because we are swimming in open waters, we take extra precautions to ensure the safety of all those in the water.

**12. How do I register?**

To register, please visit us online at <https://www.rockpointvt.org/camp>. Note, deposit is due at time of registration.

**13. Are scholarships available?**

Yes, scholarships are available for interested registrants. To learn more, please complete our scholarship assistance request form, found on our website. We also provide a three-tier payment system for parents to pay based on their income.

To learn more, we encourage you to visit us online or email us today!

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