



Welcome to the Rocky River Family!

We are excited to have your daughter at Rocky River Ranch this summer!

Our *Pointers to Parents* is designed to help your daughter better prepare for life at Rocky River. During our many years of camping, we have found that certain procedures are essential for a smooth transition to camp life. The following information and suggestions have come from our campers, parents, and staff that have shared their insights with us.

For those attending Rocky River for the first time:

Information about all aspects of Rocky River life can be found in this guide. However, if you still have questions, please contact us and speak with a director - we want to make this first camp experience as easy as possible for your daughter and family.

For our returning campers:

Please take the time to review this guide. We've made changes from past summers that affect both our campers and parents. While the transition to summer camp is easier for those returning to Rocky River, it is still important to prepare for your daughter for the changes she can expect while here.

We want the best camping experience possible for your daughter - if you have any questions or suggestions, please share them with us.

Here's to another great summer at Rocky River!

Mary Anderson, Owner

Rue Hatfield, Executive Director

Shanna Watson, Summer Camp Director

Liz Sierra, Summer Camp Director



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Daily Schedule

7:15	Wake Up Call
7:45	Flag Ceremony
8:00	Breakfast Morning Announcements
8:30	Cabin Capers
9:00	Class
10:00	Class
11:00	Class
12:15	Mail Call
12:30	Lunch Afternoon Announcements Inspection Report Care Packages
1:30	Rest Period Afternoon Canteen (by cabins)
3:30	Free Swim at River or Pool
5:00	Class
6:15	Supper Sing-Song Practice
7:30	Evening Program
8:45	Cabin Time - showers, meetings, get ready for bed
9:30	Lights Out - bedtimes differ by cabin



Classes & Activities

Upon registration, your daughter will receive a Class Sign-Up form for her to rank her top three choices for each morning class. We will do everything we can to ensure that each girl gets the classes she chooses. Please have your daughter contact her friends before sending in her class choices - it is easier for us to schedule their classes together if they have ranked their classes in the same order.

Please note:

1. In order to ensure that the focus of our program remains on your daughter and her camp experience, it is imperative that you allow your daughter to rank her class choices. While you may think you are helping by choosing classes for her, you are actually undermining the independence that our campers value while here. Please, let your daughter choose the classes she will experience while at RRR.
2. The first step is for the camper to decide if she wants to participate in the Horseback Program. This program lasts all morning; therefore, she will not have any other morning classes. If she does want to participate in the Horseback Program, fill out the Horseback Program Sign Up Form. Because there is limited space in the program, please fill out the General Class Sign Up Form as well (in case she is put on a waiting list for the Horseback Program). Send in both Sign Up Forms as soon as possible.
3. If your daughter chooses not to participate in the Horseback Program, please fill out the General Class Sign Up Form and send it back right away. Remember, she will still have an opportunity to ride a horse once during her camp session.
4. As you fill out the General Class Sign Up Form, please review the class descriptions and note the limitations and restrictions on some of the classes (i.e. Climbing wall, rappelling, and stagecraft).
5. If your daughter chooses to take swimming or synchronized swimming, we will assign the class that is most suitable for her skill level. These classes replace any choices ranked during the assigned hour(s). For example, if your daughter needs to be in the beginning swimming class that meets at 9:00, she will not have the cheer-leading class she ranked as her first choice at 9:00.
6. The class schedule form is for all sessions regardless of the length. Campers attending a two week session will choose only their first week's schedule before camp begins. These campers will choose their second week's schedule while at camp (some classes meet for both weeks; these are noted on the schedule). During the ten-day session, only one set of classes will be assigned.
7. Class schedules are entered on a first come, first served basis.
8. Campers will have the opportunity to change their class schedule while at camp (until Tuesday afternoon).
9. Campers will sign up for their 5:00 class on the first day of camp. These classes will be different from the morning classes and may include riflery, dramatic dance, creative writing, random acts of kindness and other staff designed classes. All campers will take free swim at 4:00.

Upon receiving your forms, we will assign the camper's schedule and send her a postcard listing her classes. Once your daughter receives her schedule, please review it to make sure that everything looks correct. If your daughter has changed her mind, or would like to take another class instead, please send an e-mail with your daughter's name, her current schedule, and what she would like her schedule to be. **All class change requests will be processed in the order they are received and will be accepted until May 1, 2007.** Please note that no changes will be accepted over the phone.

Campers will still have an opportunity to change their schedules once they arrive at camp. But please remember that any changes to schedules before your daughter arrives at camp must be made before May 1, 2007.



Check-In Procedures

The first day of camp is important for everyone - especially for campers and their families. We have a streamlined check-in process in order to help relieve the anxiety of the first day and shorten or eliminate standing in lines.

All balances (tuition and canteendeposit) and paperwork must be in our office no later than May 1, 2007. Cabins will be assigned on May 15th. All information (cabin assignments, final receipt balance, official check in time, and paperwork received) will be mailed after that date.

The required paperwork (medical recommendation, health history, general permission, and camper profile) can be downloaded from our website. When arriving at Rocky River, take your daughter directly to her assigned cabin. Due to our narrow entry and road, we have spaced out our campers' arrival times. Please do not bring your daughter before her scheduled arrival time. We have scheduled cabins specifically to prevent unnecessary congestion - please help us by arriving at your assigned time.

Beds are preassigned according to the buddy request on the registration form. There is no need to arrive early to save beds. **Please do not arrive before your scheduled time.** Our staff are often busy preparing for the session and are not even in their cabins until approximately 15 minutes before their cabins' scheduled arrival time. In order to make a positive, caring impression, we ask that you honor our arrival times. If you're checking in siblings, please wait to bring your other daughter to her cabin until her actual check-in time. Feel free to stop at the Canteen Store, visit the River, or shop on the Wimberley Square, while waiting for your check in time to begin.

Our counselors will be at the cabins to greet you, check your daughter into her cabin, and perform a basic health screening. They will also have a checklist of paperwork to ensure that all paperwork has arrived and been filed. If you have medications or other special instructions, please visit the nurse in the Forty Niner.

After you have checked in at your daughter's cabin, helped her settle, and dropped off any medications, you have completed the check in process and are free to leave.

Arrival Times

please note: the front gate will be locked until the first arrival time

- 1:30 Staff-In-Training (first and second years)
- 2:00 Western Empress
- 2:30 Circle B and Wagons
- 3:00 Lazy D
- 3:30 Bar K
- 4:00 Bar Nada



Rocky River Policies

Admission as a camper carries many privileges and responsibilities. We expect campers to participate in the total life of camp -- to work, play, and live together. The camper's signature on the application signifies understanding and acceptance of these responsibilities. We reserve the right to dismiss a camper without refund if a behavior problem affects their ability to work with other campers or if a camper becomes a risk to themselves or others.

Please supervise what your child brings to camp. We have no tolerance for and do not allow tobacco, alcohol, illegal drugs, cell phones, or weapons to be brought on the campsite.

TRANSPORTATION

We will pick up campers at the airport in Austin. **We MUST be notified in writing or by fax at least 48 hours in advance.** Please confirm arrival of written notification by phone. There is a \$25.00 fee per person for each trip to the airport. If your child is underage, please call us in advance to secure the name of the person picking her up. Due to increased security and changing transportation rulings, **please check with your airline about unaccompanied minors.**

PACKING FOR CAMP

A suggested list of clothing and supplies to pack for camp is on our website. We suggest packing in a trunk, old suitcase, or a duffle bag. If you wish, you may send a small chest of plastic drawers. Luggage is placed under or at the foot of the child's bunk (13.5" high). Please send a list with your camper so that she can check it when packing to return home.

Involve your child in selecting clothes. Do the packing together so that she is aware of what is in the suitcase. Many parents spend a lot of money on new clothes for camp; we suggest sending the old stuff and saving the money for new clothes for school. Allow your daughter to help mark her clothing with her name with a laundry marker or labels.

Gang related attire and paraphernalia are not allowed. Do not bring shirts with questionable graphics or words printed on them. **Campers are not allowed to bring pocket knives, large camping knives, or weapons of any kind.**

If your child wishes to ride horses, jeans or long pants are required. Cowboy boots with a smooth hard sole and at least 1 inch heel are also required. **We have cowboy boots to loan;** please do not feel the need to purchase a pair for your daughter. If you want her to have her own boots, Payless and Goodwill have inexpensive ones. **Due to safety issues, no lace up boots or thick rubber sole hiking boots are allowed for horseback.**

We do not assume liability for any camper's personal property. If a camper wishes to bring a musical instrument, it must be turned into the office for safekeeping. It will be for your child's use only, and not shared with anyone else.

Articles of value should be left at home. There is no need for special jewelry at camp.

Campers may NOT bring a cellular phone or pager. (This includes everyone!) We will pick up any cell phones or pagers and keep them in the office until the end of her session.



Rocky River Policies, cont.

ELECTRONIC ITEMS

Electronic items such as electronic games that are run on batteries, small, portable tape or CD players, and iPods or MP3 players with headphones may be brought, but they are not allowed outside the cabin. We do not allow portable DVD players or movies to be brought to camp. All players, tapes, and CDs should be marked with the camper's name. Your camper is responsible for any item she brings to camp.

We must restrict the use of **any plug-in electronic appliance** in the cabin. We have clocks, ceiling fans, and air conditioners in each cabin. Compact personal battery operated fans are allowed.

LAUNDRY

Please send a laundry bag with the child's name printed in large letters on the outside of the bag. Please label all items with your child's name.

One week campers should bring the amount of clothes needed for that week.

Two week campers will be able to have laundry once while at camp. Laundry is \$7.00 per bag and will be applied to the canteen charges.

CAMP PICTURES

During each session, a photographer will take each camper's picture and a group picture of the cabin and counselors. The photos are matted with a portrait and a cabin picture together. Purchasing the photo is optional, but they bring back many memories in years to come. The picture may be purchased at checkout time. The cost is \$13.00. Also, sending an inexpensive disposable camera is a great way to allow your daughter to record her own special memories of camp.

LOST AND FOUND

Please label all items with your child's name. We will make every attempt to reunite lost items with the rightful owner before campers depart. If items are left at camp, please write and describe (in detail) the missing item and we will try to locate it. Please include postage money or ask for a large items to be sent via UPS, cash delivery.

Part of camp life is trying to teach your child to be responsible for her belongings. It helps her to be involved in labeling and packing her own clothes, towels, and bedding so that she will be aware that they belong to her if they show up in the lost and found. If items are not claimed by September 1, they will be donated to the local woman's shelter.

STAYOVER

If your daughter is combining sessions and staying at camp in between sessions, a \$25 fee will be added to her tuition. However, if you choose to pick up and bring back your daughter at her next session's check in time, no fee will be charged. Please let us know in writing if you want to bring your daughter home after the Friday shows and return her at normal check in time on Sunday. We have planned activities for which we need to have accurate counts, and your cooperation is greatly appreciated.

Please note: Sessions Three and Four cannot be combined.



Rocky River Policies, cont.

VISITING

For the safety of all our campers, we do not allow any visitors during our sessions. We do not have a parent's day during sessions - campgrounds are open to parents on opening and closing days only.

Experience has proven that campers respond more easily to camp routine without the emotion interruption of visits. We do not allow visitors due to the disruption of the flow of camp, the loss of independence, and the feelings of homesickness and anxiety experience by other campers. For campers staying more than one session, we ask that, if you visit, you visit during the break between the actual sessions.

We will not allow any camper to leave the campgrounds with anyone except with her parents and camp personnel, except with written permission from a parent or guardian.

HOMESICKNESS

Sometimes a camper has a touch of homesickness for the first night or two. Almost all children have some mild homesick feeling when they are away. You may receive a "come and get me" letter, but usually this feeling has passed by the time you receive it. Please resist that tug at the heart, as well as the parental urge to rush to Wimberley. Campers soon understand that they have the sympathy, respect, and friendship of the entire staff. If we are unable to help a child adjust to camp life, be assured -- we will be in touch with you.

Including your child in decisions about camp and classes will give them some control. Help younger campers understand the length of a camp session by comparing a week to something she can relate to. Assure your child that you know when to pick them up, and that you will be there. Making a calendar for their week of camp is great with beginning and ending time marked.

Practice being away from home. Talk through some strategies for dealing with their feelings while they are here. What works for some (pictures, letters, etc.) does not work for all. If you're anxious about camp, talk to the director. Please don't expose your daughter to your own anxiety.

Please do not allow your child to bring a cell phone to camp. She will not be permitted to use or even keep it in her cabin. A phone call might reassure you of their well being, but it could easily bring on a twinge of homesickness in the child, as well as in the cabin. Most campers, given the opportunity, will want to call home, too, and will want to use the available cell phone. One of the reasons they are in camp is to learn to live independently for just a little while. Tell your child that you are proud that she is becoming more independent and able to take care of herself. If you are concerned about something or your child writes you about something we should know, feel free to call the camp directors.

Do not suggest to your child that she can call home if she gets homesick. That is a statement that she will never forget. Camp policy states that no child is allowed to use a phone; only the director and staff. Discuss this with your child and help her understand that she will not be able to call home. Please keep in mind that we will contact you if there is a problem with your daughter.

Finally, please don't make any deals with your child about early pickup. Do not say to her "If you don't like it, I will come get you."; it sets them up for disappointment and keeps them from focusing on solutions at camp. After discussing the many possibilities, if you decide to take your child home because of homesickness, the camp fee cannot be refunded. However, most campers adjust and enjoy their summer camp experience.



Rocky River Policies, cont.

MAIL

Mail is one of the most important times of each day. It is wonderful to see smiles on campers' faces when they receive a letter. Stamps and stationary are sold in the canteen, but (especially for younger campers) we suggest self-addressed, stamped envelopes be sent with your child. (Place them in a zip-lock bag to prevent moisture from getting to them.) If you do not send self-addressed envelopes, or teach your child how to write your address, you may never receive your precious letter!

The lack of letters home indicates your child is having a good time and is too busy to write. The first few letters home may be hard to bear; most are written shortly after you leave, before the child makes friends and gets busy. Call the directors and talk to one of them if you have concerns, but write back positively about your confidence in your child and excitement about her session. We urge campers to write often and suggest that you and other relatives write often to your camper. Please leave out the *we miss you unbearably* variety and avoid telling the child what they are missing while they are away at camp. Sometimes parents write that they cannot get along without their daughter. We understand this feeling, **but it is not what your child needs to hear.**

If you have any negative news that must be shared with your child (such as the death of a pet, or something happening to a friend), please call the directors so that they can help the camper deal with it. Better yet, consider saving such news for when you are **with** your child. Parents, this is very important-- **please think about how your words will affect your child.** If you are unsure about news, please call the director and she will be glad to discuss it with you.

The first day (Monday) is an excellent day for mail because not everyone gets a letter that day, and mail is a relatively new activity. It gives special attention to your child, and makes her feel good because you wrote on the first day. Letters and packages may be left in the Forty Niner on opening Sunday and will be delivered upon the requested day of the week.

Our address for letters is:
<insert camper's name>
<insert cabin>
PO Box 109
Wimberley, TX 78676

E-MAIL

Rocky River will print and deliver e-mails to your daughter during mail call; however, all e-mail must be sent through Bunk1.com, a camp e-mail program. Please read the Bunk1.com information (on page 13) for more details, including the necessary steps for sending your daughter e-mail while she is at camp.

PLEASE NOTE: Your daughter will not be able to write any e-mails to you while she attends camp.



Rocky River Policies, cont.

CARE PACKAGES

Care packages are available in our Canteen Store this year! There are several to choose from and each one is filled with exclusive Rocky River Ranch goodies. You can easily purchase them in our store on check-in day or through our website at www.rockyriverranch.com. If purchased by 2pm, the package will be delivered to your camper the next day.

If you decide to send a care package from home, please place candy or food in an airtight container such as tin or plastic to discourage ants and other bugs. Campers are asked to share their ‘bounty’ so that food does not go back to the cabin. Please do not send gum; keep the candy and food to amounts that can be eaten in one sitting.

Just a suggestion -- send a small package the first day or two and save a special one for the last couple of days at camp. For a child experiencing a little homesickness, a letter suggesting a surprise at the end of the stay gives them something to look forward to.

PLEASE SEND YOUR DAUGHTER’S CARE PACKAGE TO THE CORRECT ADDRESS.

Anything sent by the post office (or US Postal Service) must be sent to our post office box. If you use another delivery service (such as UPS, FedEx, etc.), you must use our physical address. Rocky River is not responsible for missing packages.

(Mailing Address)
**For the USPS
(Post Office):**

<insert name>
<insert cabin>
P.O. Box 109
Wimberley, TX 78676

(Physical Address)
**For UPS, FedEx, etc.
(Ground or Air services):**

<insert name>
<insert cabin>
100 Flite Acres Road
Wimberley, TX 78676

CANTEEN

We have canteen time each day. After rest period, the canteen is open for campers (by cabin) to purchase a cold drink, an ice cream, frozen fruit bar, candy, or a non-candy item. Each cabin is able to shop for T-shirts, gifts, and toiletries once a week.

Talk to your daughter about her spending limit so that she has realistic expectations. Her canteen account is set up as a debit system, and we will be able to give her an accurate accounting of her money should she ask. In addition to canteen purchases, laundry and camp pictures will come out of her canteen account. Campers are not allowed to keep cash in their cabins.

If your daughter has any unspent money, you will have the option of spending it in our store at check out, receiving a refund check at the end of the summer, or donating that amount to the Rocky River Campership Fund. If your child goes over her deposit, you may settle that account at check out time.

REFUND POLICY

All cancellations must be submitted in writing to our office no later than May 1st, 2007. At that time, all money (minus the original deposit) will be returned. After May 1st, only the canteen deposit will be refundable.



Climbing Wall and High Ropes Course

CLIMBING WALL (for campers 12 and older)

Combining the skills of rock climbing and rappelling, our climbing wall allows our older girls a chance to better their rappelling skills and prepare for the High Ropes Course. Due to time and program constraints, participation is limited to those campers who are 12 or older. We still offer rappelling at our river cliff for those over 70 lbs. Please read the following legal information concerning the climbing wall and sign the appropriate portion on the general permission form.

Rocky River Ranch's 40 foot climbing tower and zip line is a component to our summer programming and will allow campers to experience both the challenge and success of a high ropes element. This course is only for our older campers and has limited space.

The involved heart venues, and other risks that may or may not be noted by participants and staff.

Safety is an important priority in the facilitation and management of all levels of programming; however, even with the adherence to recognized risk management practices in adventure programming, accidents do occur. **Participation in this activity and element may result in injury, fatigue, psychological stress, or even death, not totally unlike other physically and emotionally demanding activities of various natures. The level of participation in our programs is entirely voluntary and under individual choice at all times and of ALL aspects of the program.** As with any program of this nature, there is a risk which must be assumed by each participant in the event that she may experience any emotional or physical injury or death.

If I do voluntarily choose to allow my daughter to participate in Rocky River Ranch, Inc.'s challenge course, I recognize that there is a significant element of risk in any adventure, sport, or activity associated with outdoors. Knowing of the inherent and other risks, I

HIGH ROPES COURSE (for campers 14 and older)

During each session, our trainees (those campers who are 14 and entering the 9th grade in the fall) and depending on the session, our SITs, are given an opportunity to go to a high ropes course. Through Texas State University's GOAL program, each camper learns more about individual challenges, as well as working as part of a team. Held just a few miles down the road, this course is great component of our trainee program.

The course is \$30 for those campers wishing to participate; the money will be charged to their canteen account. Please read the following legal information concerning this course and sign the appropriate portion on the general permission form.

I understand that Rocky River Ranch uses Texas State's GOAL course as part of its leadership program. I understand that parts of the program may be physically demanding. I affirm that my child does not have any medical physical limitations, disclosed or undisclosed that might endanger her health or that of other participants. I recognize the inherent risk of injury in such activities. I understand and acknowledge that Rocky River Ranch and Texas State University does not offer any medical insurance to protect against such risks, makes not claim to do so, and has no responsibility for any medical expenses that might incur. I choose to assume such risks and such financial responsibility.



Horseback Riding - Legal Information

Please read carefully before signing. Serious injury may result from your participation in this activity. Rocky River Ranch does not guarantee your safety.

This agreement shall be legally binding upon, me the registered rider, and the parents or legal guardians thereof if a minor, my heirs, estate, assigns, including all minor children and personal representatives. The term “stable” herein shall refer to Rocky River Ranch. The term “horse” herein shall refer to all equine species. The term “horseback riding” shall refer to riding or otherwise handling of horses whether from the ground or mounted. The terms “I”, “me”, “my” herein shall refer to the above registered rider and the parents or legal guardians thereof if a minor.

I understand that this stable chooses their horses for their calm disposition and sound basic training and that this stable follows a rigid risk reduction program. Yet no horse is a completely safe horse. Any horse can, at any moment revert from its training and act on its natural instincts. These could include but are not limited to bucking, shying, rearing, biting and/or bolting back to the barn. Horseback riding is classified as a “rugged adventure sports activity”, and there are numerous obvious and non-obvious risks always present in such activities despite all safety precautions. Horseback Riding is defined as the only sport where one much smaller predator type animal attempts to exert its will and control over one much larger prey type animal each with a very limited understanding of the other. Horses are 4-5 times faster and 10 – 15 times stronger than a human. A fall from a horse could be at a distance of 4 – 6 feet and could result in serious injury or even death to a participant. Your participation in this activity may expose you to some of the following situations plus others too numerous to list: Rough, slippery or wet terrain, Public and private roadways, other riders, walkers or bikers, areas of heavy traffic motorized and non-motorized vehicle, trees and bushes, domestic and wild animals and sudden weather changes. Arena rides will be conducted in an enclosed 100’ by 200’ enclosed area with sand footing.

I agree that in consideration of this stable allowing my participation in this activity, under the terms set forth herein, I, the rider, for myself and on behalf of my child and/or legal ward, heirs, administrators, personal representatives, or assigns, do agree to hold harmless, release and discharge this stable, its owners, agents, employees, officers, directors, representatives, assigns, members, owners of premises, owners of trails, affiliated organizations, and insurers, and others acting on its behalf (hereinafter, collectively referred to as “Associates”), or and from all claims, demands, causes of action, legal liability, whether the same be known or unknown, anticipated or unanticipated, due to this stables and/or its associates ordinary negligence; and I do further agree that except in the event of this stables gross negligence and willful and wanton misconduct, I shall not bring any claims, demands, legal actions and causes of action, against this stable and its associates as stated above in this clause, for any economic and non-economic losses due to bodily injury, death, property damage, sustained by me and/or my minor child or legal ward in relation to the premises and operations of this stable, to include while riding, handling or otherwise being near horses owned by or in the care, custody and control of this stable whether on or off the premises of this stable.

Note: Under Texas code (chapter 87, civil practice and remedies code) An equine professional is not liable for any injury to or death of a participant in equine activities resulting from the inherent risks of equine activities.



Bunknotes

Stay in touch this summer with One-Way Camper E-mail!

We are excited to tell you about our partnership with Bunk1.com!

Bunk1's secure, easy to use, summer website services let you stay in touch with your camper all summer!

RETURNING PARENTS

If you had a Bunk1 account at Rocky River last summer, you can continue to use your old username and password. Simply sign in at the link below. The first time you visit the site you will be prompted to update your contact information and re-activate your account.

NEW PARENTS: GET STARTED TODAY!

To set up a new account and visit our Online Community:

1. Go to our website at www.rockyriverranch.com
2. Click the "Summer Camp" box to enter our summer camp home.
3. Click the "Parents Center" link and then click the "Camper E-mail" button*
4. Click the "Register Now" link
5. Enter your Pre-Approved Registration Code: RRR84747
6. Fill out all the required information
7. Purchase Bunk Note credits (you will need a credit card)
8. Send an e-mail to your camper!

*If you cannot find this button, go to www.rockyriverranch.bunk1.com and continue on to the next step

** For your camper's safety, please do not share the Pre-Approved Registration code above.

FREQUENTLY ASKED QUESTIONS

How do I send a Bunk Note (one-way e-mail) to my camper?

Follow the instructions above except, after registering, simply sign in and click on the Bunk Notes button. Enter your camper's name, select the correct cabin, type your message, and hit the "Send" button.

Why do I have to pay to send Bunk Notes (one-way e-mail)?

Each morning, the Bunk Notes system bundles and sorts the messages for us to print out and distribute to campers. It also protects us from computer viruses and allows us to easily manage these e-mails. Your payment helps us cover the cost of the system, paper, ink, and labor and, more importantly, frees us to do what we do best – be with your kids! Bunk Note credits cost \$1 each and are purchased in packs of various sizes.

Can other relatives use these services?

Certainly. Once you have set up your account, you will be able to invite other people to access these services.

What do I do if I lost my username and password?

You can get it online by going to www.Bunk1.com and clicking on the link "Lost Your Password?" (to the left of the page below the sign in button). You will receive an e-mail with your username and password within a few minutes.

QUESTIONS OR PROBLEMS?

Please call Bunk1 at 1-800-216-9472 or go to www.bunk1.com/contact.asp.



Check-Out Procedures

**All Sessions end with our Parent/Camper Cookout and Water and Horse Shows.
All Sessions (except Session Three) end on the last Friday afternoon of each session.
Session Three ends on Tuesday, July 3.**

Check out will begin at the POOL at 4:30 p.m. with dinner for the family. We know this will be a great opportunity for parents to interact with the RRR staff and enjoy performances by their daughters. The Water Show will begin at 5:00 and the Horse Show will begin between 6:00 and 6:30.

Check out consists of closing your daughter's canteen account, picking up her camp pictures, picking up any medications, and officially signing your daughter out of camp.

Please park your car on the campsite and head directly to the pool. You will be able to pack your daughter's things after she has finished with her parts in the Water and Horse Shows. Parking will be tight; please be considerate of other cars as you park.

After the Water Show, check out will move to the canteen.



Frequently Asked Questions

What do the cabins look like?

All cabins are air-conditioned bunkhouses. Cabin placements are determined by age and grade and Rocky River honors bunkmate requests as much as possible. Housekeeping duties in each cabin are shared by campers and staff.

What does the camp fee cover?

The camp fee covers room, board, and camp activities (including horseback). It does not cover laundry (two week campers only), camp pictures, or canteen store purchases.

What happens if my daughter gets sick?

Rocky River takes health care very seriously. Our wellness center is well equipped, staffed, and maintained for our campers who need special care, and our camp doctor is on-call throughout the camping season. Our counselors are trained in CPR and First Aid and our directors have an Emergency Response certificate. Should a serious emergency arise, Rocky River Ranch will contact the parents.

My daughter has never been to camp before. What should I do to help her prepare for camp life?

The best thing to do is to talk to your daughter about what life will be like. Explain to her that she will not be able to see or talk to you while at camp and that you know that she will do great while here. Call to set up a time to visit the camp and speak with a director - we'll be able to show you where her cabin is, where her classes are, where she'll eat meals, etc. Pack for camp with your daughter - allow her to write her name on her clothing, choose a special stuffed animal to bring, and which books she'd like to read during down time. By allowing her to see the camp and know what she'll be doing and bringing, her anxiety level will go down, enabling her to have the best time possible while here.

I have two daughters that are going to Rocky River. Can I drop them off at the same time?

Only if they are in the same cabin. Please follow our check-in schedule as our summer staff are often on the campsite until just before your scheduled arrival time and we want to make the best first impression we can.

Our summer plans changed. Can I get a refund for camp?

Rocky River will refund the tuition (minus the original deposit) until May 1. After that time, only the canteen deposit is refundable. Please submit your cancellation in writing so that we can process your refund as quickly as possible.

My daughter wants to change her class schedule. Can she do that?

Absolutely. Campers can change their schedule until May 1 by sending an e-mail to rockyriverranch@austin.rr.com with their class change request. After May 1, campers must wait to change their schedule until they arrive at camp - they will have several opportunities to do so during the first days here.

Can I visit my daughter while she's at camp?

For your daughter's safety, Rocky River does not allow visitors on the campsite while camp is in session.

Can I call my daughter while she's at camp?

Rocky River campers do not have access to phones while here. If you have a question, or would just like to check in, feel free to call the office. One of our directors will be happy to call you back to answer any questions you may have.

2007 MEDICAL RECOMMENDATION



Parents: Have your physician or nurse practitioner complete this form. This information from your medical provider gives our program a better understanding of your daughter's health need(s). This form is required for all participants at Rocky River Ranch - even if you have had a physical.

To Physicians and Nurse Practitioners:

This child has enrolled in a summer residential program at Rocky River Ranch. This program includes physical activity (i.e. swimming, horseback riding, canoeing, rappelling) and takes place in central Texas. Our healthcare staff will use your information to help meet the health needs of the person described. Note that not all healthcare staff are registered nurses; some have only basic first aid skills.

Print MD/NP

Name: _____

Office Phone: (____) _____

Address: _____

Date this form was completed: _____

Name: _____

Session: 1 2 3 4 5 6 7

This child is under the care of a physician for the following reason(s):

Describe the treatment(s) to be continued at Rocky River Ranch for this child.

List

This person is allergic to: _____

Should exposure occur, how should the allergy be treated? If this is an anaphylactic response, will this child bring an epinephrine device? _____

Describe significant physical findings regarding this camper and/or describe any limitations which may impact the child's participation in our program. _____

We may have neglected to ask something you feel is needed to adequately address the health needs of this camper. If that is the case, please add your comments. Thank you for helping provide a successful Rocky River experience for this child!

.....
_____ (campers name) was examined on _____ (date) and is physically able to participate in camp activities.

Restrictions/Recommendations (if any): _____

Signed: _____

Rocky River Ranch

P.O. Box 109 Wimberley, Texas 78676

2007 SUMMER HEALTH HISTORY FOR ROCKY RIVER RANCH



Return by May 1, 2007 to:
 Rocky River Ranch
 PO Box 109
 Wimberley, Texas 78676

Name: _____

Session: 1 2 3 4 5 6 7

Age: _____ Birthdate: _____

Social Security No.: _____

Custodial Parent(s): _____

Day Phone Number: (____) _____

Evening Phone Number: (____) _____

Cellular Phone: (____) _____

Street Address: _____

City, State, ZIP: _____

We use this information to: (a) Brief kitchen staff about diet needs; (b) Educate counseling staff about camper needs; and (c) Provide healthcare staff with background about your child. *Receiving adequate information by May 1, 2007 is crucial to our ability to provide a supportive environment.*

Health History: To be completed and signed by parent. Return this form by **May 1** (immediately for late registrations). Keep a copy for your records and to record changes in your child's health status. Notify Rocky River in writing if there are changes.

Allergies: Check those that apply to your daughter.

- My daughter has no known allergies.
- My daughter has an allergy to the following food(s): _____ This causes anaphylaxis? Yes No
 Describe the reaction if this food is eaten and what is done to manage it:

- My daughter is allergic to the following medication(s): _____ This causes anaphylaxis? Yes No
 Describe the reaction and how it has been managed:

- My daughter is allergic to the following substance(s): _____ This causes anaphylaxis? Yes No
 Describe the reaction and what is done to manage it (attach additional information if needed):

Diet: Check those that apply to your daughter. Our kitchens prepare a variety of food, and while we can work with some medically prescribed diets, we cannot cater to individual food preferences. Please call if you have questions about diet management.

- My daughter eats a regular, varied diet.
- My daughter is a vegetarian.
- My daughter is lactose-intolerant. NOTE: Our expectation is that your daughter self-manages using products such as lactaid and/or brings lactose free products (such as milk).

Immunization History: Provide the month and year for each immunization. Starred (★) immunizations must be current.

Immunization	Dose 1	Dose 2	Dose 3	Dose 4
<i>DTP: Diphtheria, Tetanus, Pertussis</i>	★	★	★	★
<i>Td: Tetanus Booster</i>	★	Must be current within past 10 years		
<i>MMR: Mumps, Measles, Rubella</i>	★	★		
<i>IVP/OPV: Polio</i>	★	★	★	★
<i>HepB: Hepatitis B</i>				
<i>Hib: H.influenzae, type b</i>				
<i>Varicella (Chicken Pox)</i>				

Chronic Concerns: Check all that pertain to your daughter and provide information about supportive health care.

- My daughter has no chronic health concerns and is capable of full participation in this program.
- My daughter has the following health concern(s):

<input type="checkbox"/> Asthma*	<input type="checkbox"/> Headaches	<input type="checkbox"/> Sleepwalking	<input type="checkbox"/> Diabetes
<input type="checkbox"/> Menstrual Cramps	<input type="checkbox"/> Frequent ear infections	<input type="checkbox"/> Frequent Colds	<input type="checkbox"/> Bed-wetting
<input type="checkbox"/> Seizure Disorder	<input type="checkbox"/> Surgical History	<input type="checkbox"/> Fainting	<input type="checkbox"/> Other (please describe)

Provide information about supportive health care needed for each checked item:

* Call (800) 863-2267 to request an additional form if your child has asthma.
 Complete the appropriate additional form(s) and attach it to this health history form.
 You may also download the form at www.rockyriveranch.com.

Medication: Provide complete information. Bring enough medication to last the entire session. ALL medications MUST be in pharmacy containers and appropriately labeled (see Pointers to Parents). **Campers should be taking the same medication at the same dose for at least three months prior to arrival;** call the Directors at (800) 863-2267 about changes.

- My daughter does not take any medication.
- My daughter takes daily medication (include vitamins) as follows (attach more information if needed):

Name of Medication: _____
 Reason for taking: _____
 Dose taken: _____
 How often each day? _____

Name of Medication: _____
 Reason for taking: _____
 Dose taken: _____
 How often each day? _____

Name of Medication: _____
 Reason for taking: _____
 Dose taken: _____
 How often each day? _____

Name of Medication: _____
 Reason for taking: _____
 Dose taken: _____
 How often each day? _____

These medications, stocked in our Health Center, are used to manage illness or injury and dispensed as directed by our medical protocols. Cross out those which your daughter should not be given:

- | | | | |
|--|-----------------------------|----------|-------------------------|
| Acetaminophen (Tylenol) | Diphenhydramine (Benadryl) | Ivy Dry | Triple Antibiotic Cream |
| Calamine Lotion | Guaifenesin DM (Cough Med.) | Immodium | Pseudophedrine |
| Chlorpheniramine Maleate
(Allergy Med.) | Ibuprofen | Nix | Bismuth chew tablets |
| Generic cough drops/
Throat Spray | Milk of Magnesia | Tinactin | Vitamin C |
| | Aloe | | |

General History: Check "Yes" or "No" for each statement.

- My daug Yes No
- My daughter has been free of mononucleosis for the past 12 months..... Yes No
- My daughter's Yes No
- My daughter has appropriate vision or uses corrective lens to remedy vision..... Yes No
 What should we do if there is loss or damage? _____
- My daughter has dental equipment (braces, retainer, etc.)..... Yes No
 What should we do if there is loss or damage? _____
- My daughter is free of illness, injury, or surgery which would affect program participation..... Yes No
- My daughter knows about menstruation and/or has a normal menstrual history..... Yes No

Mental, Emotional, and Social Health: Check "Yes" or "No" for each statement.

- 1. My daughter has been diagnosed with Attention Deficit Disorder (ADD) or AD/HD..... Yes No
- 2. My daughter has been diagnosed with an eating disorder (ex. bulimia, anorexia)..... Yes No
- 3. My daughter has a psychiatric diagnosis such as depression, OCD, panic/anxiety disorder..... Yes No
- 4. My daughter has an emotional health concern (specify: _____)..... Yes No
- 5. During the past academic year, my daughter has seen or is currently seeing a professional to address mental/emotional concerns..... Yes No

If "yes" was the answer to any of the five statements above, attach a statement from your child's professional (e.g. physician, psychiatric) that addresses the following three elements:

- (a) Describes the concern and your daughter's management plan (including medications) while in our program;
- (b) Describes the behaviors which will indicate to our staff that your daughter needs professional referral. And;
- (c) Provides a recommendation for your daughter's participation at Rocky River Ranch.

- 6. My daughter has been in countries other than the United States in the past nine months..... Yes No
- If "yes", list the countries and the length of time spent in them.

Country: _____ Dates: _____
Country: _____ Dates: _____
Country: _____ Dates: _____

What have we forgotten to ask? Provide additional information about your child's health which may have been neglected on this form or additional explanations for any question already on this form. We are particularly interested in information which has impact upon your child's ability to fully participate in our program.

Provide additional information about your child's health, if needed, by attaching a written page to this form.

Billing information for Health Care: Parents/guardians are financially responsible for health care given by an out-of-camp provider. To whom should this provider route charges for your daughter's health care? **Include a copy of an insurance card if appropriate. Copy both sides of the card so addresses and telephone numbers are readable.** Please arrange pre-authorization for your child's medical care if your insurance requires this.

Name: _____ Health Insurance Carrier: _____
Address: _____ Customer Service/Claims Phone No.: (____) _____
Policy/Group #: _____
Member #: _____

Parent Contact Information: We will call in an emergency or if we have questions about your daughter. Provide contact information for other people who know your child and with whom we can consult if we cannot reach you. We assume you have spoken with these individuals and they are willing to assist should the need arise.

Custodial Parent(s)/Guardian(s)

Name: _____ Daytime telephone: (____) _____ Evening telephone: (____) _____
Address: _____

Alternate contact: _____ Telephone: (____) _____ Relationship to camper: _____
Alternate contact: _____ Telephone: (____) _____ Relationship to camper: _____

Name of Medical Professionals: List the name and contact information for your daughter's physician, orthodontist, and any other

he _____
gency or question; this is in order to better assess your daughter's needs should any problem arise.

Name of your daughter's physician: _____ Office Phone: (____) _____
Name of your daughter's orthodontist: _____ Office Phone: (____) _____
Other _____: _____ Office Phone: (____) _____

Parent/Guardian Authorization for Health Care: This health history is correct, and the person described has permission to par□ selected by Rocky River Ranch to order X-rays, routine tests, and treatment for the health care of my daughter. If I cannot be reached in an emergency, I give my permission to the physician to hospitalize, secure proper treatment for, and order injection, anesthesia, or surgery for the child. This form may be photocopied. Rocky River Ranch has permission to obtain a copy of my daughter’s health record from the providers who treat my child. I understand that information about my child’s health will be shared on a “need to know” basis with other Rocky River staff.

Signature of Custodial Parent/Guardian: _____ Date: _____

Send this Health Form to our office **NOW**. Remember to keep a copy to record changes in your daughter’s health status. We are interested in providing good health care to your daughter. Please have your physician complete the enclosed **Medical Recommendation** and return it to our office no later than May 1, 2007.
Questions? Contact us at (800) 863-2267 or rockyriverranch@austin.rr.com.

~~~~~for office use only~~~~~

| Rocky River Ranch Health Notes | Date/Time | Initial |
|--------------------------------|-----------|---------|
|                                |           |         |
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|                                |           |         |

**EXIT NOTE** -- *Check one of the following:*  
 Left Rocky River this day with no reported illness or injury symptoms. Date: \_\_\_\_\_  
 Left Rocky River this day with the following problem/concern: Initial: \_\_\_\_\_  
This problem was referred to (name of responsible person): \_\_\_\_\_

# 2007 SUMMER ASTHMA FORM FOR ROCKY RIVER RANCH

We want your daughter to receive appropriate health care and support for her asthma while attending our program. Please complete this in consultation with your physician and return it to the address found at the end of this form. Contact Shanna Watson at 800.863.2267 with any questions. Please attach additional information as needed, including physician medication orders or greater detail about your daughter's asthma history.

CAMPER: \_\_\_\_\_

SESSION: 1 2 3 4 5 6 7

## About Rocky River Ranch...

1. Rocky River Ranch has a variety of activities that take place outdoors. Your daughter will be exposed to trees, grasses, dust pollens, molds, insect bites, and a host of other environmental factors.
2. While we have a nurse visit the campsite daily, she may not always be in residence. At a minimum, an American Red Cross First responder is always available.
3. All campers have access to a local physician and clinic should the need arise. The hospital is 17 miles away from the campsite and our local EMS is within 5 minutes of our site.
4. Rocky River stocks injectable epinephrine for emergency use. There is no supporting oxygen available onsite.
5. Staff are told that children with asthma are capable self-managers and that these campers know when to use medication or amend activity to complement their health status.

## \* ABOUT TRIGGERS...

What triggers your child's asthma?

- Exercise
- Fatigue
- Dehydration
- Stress
- Food Item
- Animal(s) (eg. horses, cats...)
- Smoke
- Allergen \_\_\_\_\_
- Respiratory infections/common cold
- Other \_\_\_\_\_

Please provide details about the triggers, including things which staff should be told.

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**\* ABOUT MEDICATIONS**

Medications are supervised by Rocky River’s healthcare team and kept in the Health Care Center. Medications are usually dispensed at mealtime and brought to the dining room so your daughter doesn’t have to interrupt her activity to go get them. While we’d like to use mealtime as much as possible to give routine medications, we can arrange a different time if needed (eg. mid-morning, mid-afternoon).

**These medications are used daily to manage your daughter’s asthma.**

| Name of Medication | Dose Given | When | Reason for Using this Med |
|--------------------|------------|------|---------------------------|
|                    |            |      |                           |
|                    |            |      |                           |
|                    |            |      |                           |

**These medications are taken “as needed” to prevent an asthma flare.**

| Name of Medication | Dose Given | When | Reason for Using this Med |
|--------------------|------------|------|---------------------------|
|                    |            |      |                           |
|                    |            |      |                           |
|                    |            |      |                           |

**These medications are used when this child’s asthma flares.**

| Name of Medication | Dose Given | When | Reason for Using this Med |
|--------------------|------------|------|---------------------------|
|                    |            |      |                           |
|                    |            |      |                           |
|                    |            |      |                           |

**\* NEBULIZER TREATMENT AND USE**

Will this child bring a nebulizer to Rocky River? .....  Yes  No

IF YES ..... We expect your daughter to know when she needs a nebulizer treatment and how to use the machine.

What medication is used via nebulizer? \_\_\_\_\_

Nebulizers are not supplied by Rocky River; if your daughter may need a nebulizer, please bring it with you and give it to the nurse during check in.

**\* WHEN WE HAVE QUESTIONS, WHO SHOULD BE CONTACT?**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**\* AT WHAT POINT SHOULD WE NOTIFY YOU ABOUT AN ASTHMA FLARE?**

\_\_\_\_\_

\_\_\_\_\_

**\* AT WHAT POINT SHOULD YOUR DAUGHTER BE TAKEN TO A PHYSICIAN OR HOSPITAL?**

\_\_\_\_\_

\_\_\_\_\_

Please return to: Rocky River Ranch  
 PO Box 109  
 Wimberley, Texas 78676

Your signature: \_\_\_\_\_

Date: \_\_\_\_\_

Relationship to Camper: \_\_\_\_\_

# SUMMER 2007 PERMISSION FORM

*please return to Rocky River Ranch no later than May 1, 2007.*

CAMPER NAME: \_\_\_\_\_ SESSION: 1 2 3 4 5 6 7

PARENT/GUARDIAN NAME: \_\_\_\_\_

## GENERAL PERMISSION:

(everyone must sign)

By signing below, I give my daughter permission to participate in all general activities including, but not limited to, archery, arts and crafts, campcraft, canoeing, cheerleading, cooking, dance, drama, fishing, fitness, health and beauty, nature crafts, photography, rappelling, scrapbooking, sport-a-day, tennis, and any other general and/or daily activity as part of the program at Rocky River Ranch. I also give my daughter permission to leave the campsite under the supervision of camp staff for out of camp trips (such as Blue Hole, Tropical Sno, Canyon Lake, the VFW Rodeo Grounds, and Dairy Queen).

PARENT SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

## HORSEBACK PERMISSION:

(only sign if your daughter is taking or might take horseback)

By signing below, I give permission for my daughter to take horseback riding at Rocky River Ranch. I have read and understood the agreements, warnings, release, and assumption of risk with horseback riding as listed on page 12 of the Summer 2007 Pointers to Parents booklet.

PARENT SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

## CLIMBING WALL PERMISSION:

(only sign if your daughter is 12 or older and is taking or might take climbing wall)

By signing below, I give permission for my daughter to take the climbing wall activity at Rocky River Ranch. I have read and understood the agreements, warnings, release, and assumption of risk with the climbing wall as listed on page 11 of the Summer 2007 Pointers to Parents booklet.

PARENT SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

## HIGH ROPES PERMISSION:

(only sign if your daughter is going into the 9th grade, or is a SIT)

By signing below, I give permission for my daughter to participate in Texas State University's GOAL program as part of the leadership program at Rocky River Ranch. I have read and understood the agreements, warnings, release, and assumption of risk with the high ropes course as listed on page 11 of the Summer 2007 Pointers to Parents booklet. I understand that this program is \$30 and will be charged to my daughter's account.

PARENT SIGNATURE \_\_\_\_\_ DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

# 2007 SUMMER CAMPER PROFILE

Parents: Please fill out this form with as much detail as possible to help us better work with your daughter. This form will be reviewed by your daughter's counselors before her session arrives in order to better understand your daughter and her needs.

Name: \_\_\_\_\_ Nickname: \_\_\_\_\_

Grade Next Fall: \_\_\_\_\_ Age: \_\_\_\_\_ School: \_\_\_\_\_

Siblings and Ages: \_\_\_\_\_

Previous Camping Experience: \_\_\_\_\_

Hobbies, Interests, Extra Curriculum Activities (Groups, Clubs, etc.): \_\_\_\_\_

Personal Fears: \_\_\_\_\_

Allergies: \_\_\_\_\_

What makes your daughter angry? \_\_\_\_\_

How is that anger expressed? \_\_\_\_\_

## Please check "Yes" or "No" for each statement.

My daughter has stayed aw  Yes  No

My daughter has been homesick b  Yes  No

If yes, how was it handled? \_\_\_\_\_

My daughter makes friends easily...  Yes  No

My daughter has a history of  Yes  No

If yes, how often? \_\_\_\_\_ How was it handled? \_\_\_\_\_

My daughter is prepared to fall asleep at night without supports such as reading or listening to music.....  Yes  No

If no, please explain. \_\_\_\_\_

My daugh  Yes  No

If no, please explain. \_\_\_\_\_

My daughter has had a significant life event that continues to affect her life.....  Yes  No

If yes, please provide information about the event (death of a loved one, family change, adoption, new sibling, survived a disaster, etc.), its impact upon your daughter's life, and care tips for your daughter's cabin counselor to reference.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*for office use only*

Session \_\_\_\_\_ Cabin \_\_\_\_\_

Staff Initials \_\_\_\_\_





# Rocky River Packing List

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This is a suggested checklist for a one week camper.  
Adjustments may be made for a two, three, or four week camper.

5 to 7 pairs of shorts  
6 to 8 shirts (wash and wear)  
1 light sweatshirt / jacket  
2 swimsuits (old ones are fine)  
1 pair river shoes (old tennis shoes  
OR river shoes with a backstrap)  
1 pair tennis shoes  
5 pairs of socks  
2 pairs of jeans (for horseback)  
2 pairs of PJs  
undergarments  
1 pillow / pillowcase  
1 set of twin sheets  
1 blanket / bedcover  
3 towels  
3 beach towels  
5 wash cloths  
toothbrush / toothpaste  
favorite stuffed animal  
shampoo / conditioner  
hair brush  
hair ties (long hair must be pulled back to swim in our pool)  
flashlight (with extra batteries)  
sunscreen  
laundry bag (with camper's name on the outside)  
water bottle (with camper's name)

## **OPTIONAL**

2 disposal cameras  
hat / cap  
stationary  
pre-addressed, stamped envelopes  
bug spray  
pens / pencils  
goggles  
costume or musical instrument for talent show