Mountain Adventures Summer Program
& Mountain Sports Team
2021 Parent's Manual

Dear Parents:

Welcome to the Mountain Adventures and Mountain Sports Team Summer Program!

Each parent and/or guardian is responsible for reading this parent handbook and any supplements which we may give you from time to time. The Mountain Adventures and Mountain Sports Team (MST) Summer Program will attempt to notify you in writing of significant changes in services, policies, or procedures listed in this handbook. We encourage you to offer suggestions, comments, and constructive criticism as well as provide your moral support.

Our Purpose Statement:

Mountain Adventures/Mountain Sports Team is a day recreation program for boys and girls ages seven to seventeen. Facilitated by Crested Butte Mountain Resort, we provide quality outdoor adventure experiences at an affordable cost for residents of the Crested Butte area as well as for second-homeowners and summer visitors. *It is our mission to provide opportunities for personal growth and connection to our community through safe, educational, and fun adventure-based activities. We believe that children grow and learn best in a supportive, nurturing environment in which participants feel safe to take on personal challenges.* Mountain Adventures practices Leave-No-Trace ethics and Challenge-By-Choice learning. Mountain Adventures is an equal opportunity service provider.

Mountain Adventures/MST Phone Numbers:

David Hartman, Program Director:	970.349.2265
Woody Lindenmeyr, Biking Director:	970.349.4111
Rosa Greeley, Program Manager:	970.349.4285
Amanda Bade, Resort Services Admin:	970.349.2309

Registration Procedures:

In order for your child to participate in Mountain Adventures, signed copies of the following forms must be submitted to cbmtnadventures@vailresorts.com or completed and turned in prior to dropping your kid off for their first day of camp

1. A completed Mountain Adventures/MST Registration and Authorization packet.
2. A filled out copy of child's immunization records.
3. For children bringing medications to camp- Pertinent medical documentation such as Medication Administration forms and action plans.

******If required paperwork is not complete by the first day of the child's attendance, your child will not be permitted to attend until all required paperwork is completed and returned to the Center******

Hours of Operation:

Mountain Adventures/MST runs for ten weeks from June 14th, through August 20th. The mobile day camp operates from 9:00 am to 4:00pm Monday thru Friday. All activities start and end at the designated time at CBMR's Whetstone/Camp CB Building in Mount Crested Butte.

Ages of Children Accepted:

Mountain Adventures accepts participants between the ages of 7 to 17.

Pricing:

Employee discounts available for dependents of summer Vail Resorts employees. Summer employment must be verified at time of registration.

- Archery & Disc Golf, Mountain Biking, Mountain Adventure Day $75
- Ropes Course: $90

Fees & Payment:

Payment can be paid in full at time of registration or in 3 monthly increments. To qualify for the monthly payment plan option, you must have a current card on file and register your child/children for at least 8 days. Payment plan schedule is charged June 7th for June programming, June 29th for July programming and July 27th for August programming.

Cancellations:

Due to the complexity of scheduling multiple activities per day for hundreds of children per week and providing staff with timely work schedules, we provide these opportunities for cancellation:

- You may cancel with more than one week's notice (8 calendar days) to receive a full refund. Additional notice, whenever possible, is always appreciated.
- Cancellations within one week (7 calendar days) will receive a 50% refund. No exceptions except medical or family emergencies.
- Cancelling within 48 hours of the activity will result in no refund.
- COVID Cancellation Policy TBD

Special Needs:

Services will be available for children with special needs in compliance with the Americans Disabilities Act.

To be protected by the ADA, one must have a disability, which is defined by the ADA as a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment. The ADA does not specifically name all of the impairments that are covered. The American Camp Association works with experts to provide information to camps regarding the applicability of the law in the camp environment.

We strive to meet the needs of all campers including campers with disabilities. Please contact us to determine the best activity fit for you child based on their disability. If our activities do not fit your child's disability, we recommend the **Crested Butte Adaptive Sports Center** (970) 349-2296.

- Centers cannot exclude children with disabilities from their programs unless their presence would pose a *direct threat* to the health or safety of others or require a *fundamental alteration* of the program.
- Centers have to make *reasonable modifications* to their policies and practices to integrate children, parents, and guardians with disabilities into their programs unless doing so would constitute a *fundamental alteration*.
- Centers must provide appropriate auxiliary aids and services needed for *effective communication* with children or adults with disabilities, when doing so would not constitute an *undue burden*.
- Centers must generally make their facilities accessible to persons with disabilities. Existing facilities are subject to the *readily achievable* standard for barrier removal, while newly constructed facilities and any altered portions of existing facilities must be *fully accessible*

What to Bring:

The following are lists of items you need to bring for your child:

- Backpack
- Lunch
- Closed Toe Shoes
- Hat
- Sunglasses
- Appropriate Clothes for the activity and the weather.
- Waterproof coat/jacket
- Sunscreen
- Water bottle
- Please NO electronics (phones are acceptable as long as they are not a distraction)

Please send your child in clothes that can get messy and stained. Also do not send jewelry and/or other items that are of value with your child to camp.

***** Individuals assume all responsibility for their own personal belongings and money. Personal money is never needed on Mountain Adventures activities, and bringing it is discouraged. Children should keep their personal belongings in their backpack, which they should have with them at all times. *****

Lost and Found:

Although staff at Mountain Adventures/MST cannot be responsible for lost items, there will be a lost and found located in the Camp CB building.

Meals and Snacks:

Children must provide their own lunch. Parents are encouraged to pack a healthy lunch for their child, keeping in mind that we are active and build a big appetite. If packing perishables, please pack an ice pack in your lunch box. No food is provided.
Each child needs to arrive with at least one full liter of water that they will use for the day. Counselors will provide opportunity throughout the day to refill bottles. Children and their parents are responsible for keeping clean.

Sign in & Sign Out:

It is necessary that all children be signed in and out each day that they are in attendance. The sign in forms are located in the lobby of Camp CB by the registration desk. The sign out forms will be in the possession of the coach/instructor/counselor for end of day pick up.
Mountain Adventures will release children only to the adult(s) for whom written authorization has been given and is maintained in the child's record. In an emergency, the child may also be released to an adult for whom the child's parent or guardian has given verbal authorization. If the staff member who releases the child does not know the adult, identification must be required to assure that the adult is authorized to pick up the child.

Late Arrival:

Children arriving later than 9:30 may not be admitted into the day's program. There will be no refund given if a child is not admitted into the day's activity due to late arrival. *This will be handled on a case-by-case basis.*

Late Pick Up:

Staff will not leave until all children are picked up. If a child is not picked up, they will stay under the supervision of two staff members until a parent is contacted and the child is picked up. If child is not picked up by 4:15pm, there is a **$1/minute charge for each minute past 4:15pm**. If by 5:00pm, the child is still not picked up, local authorities will be contacted

Children Transportation:

During the summer season of 2021, Mountain Adventures will not be providing vehicle transportation of children due to the COVID-19 Pandemic. There will be a van available for emergency use located at the resort.

Visitor Policy:

In an effort to provide the best camp experience possible, in the safest environment possible, Mountain Adventures/MST has a **No Visitor Policy**. All of us need to remember that camp ultimately is for and all about our campers. As a result, visiting time is restricted and we do not allow parents, relatives, or friends to visit our campers during camp. This allows time for the campers to develop the independence, camp friendship, and life skills that are so essential to a great camp experience and their futures.

Mountain Adventures/MST reserves the right to temporarily waive this policy if given prior notice and leadership team deems the visit appropriate.

Inclement Weather Policy:

In the event of dangerously inclement or hot weather, the day's activity may be adjusted in regards to participants and staff safety. If the scheduled activity is cancelled, program may continue indoors or under shelter.

We err on the side of caution, as mountain weather is notoriously unpredictable.
If group is engaged in an activity and the weather becomes inclement staff will be responsible for deciding when to choose an alternative activity. Weather to watch is wind, rain, and in particular lightning and thunder. Lightning is to be monitored by on mountain professionals. During the event of a lightning storm on the mountain, groups are to find shelter in doors. If safety structures are not available, staff are required to find shelter for the group away from 1) exposed areas such as fields, roads, or lakes, 2) high ground, 3) tall and lone trees, 4) overhanging dead branches, 5) large root systems 6) cracks and overhangs of rock. Staff may monitor the activity from a place of shelter before deciding to cancel the activity for the remainder of the day. When in doubt, always err on the side of safety.

In the event camp is cancelled for the day due to inclement weather, refunds will be issued.

Illness and Medication Administration:

In the event a child becomes sick with a fever (101 degrees or above), vomiting, diarrhea, etc., parents will be notified and the child will be removed from the group and cared for until parents arrive to pick them up. In the event of an emergency, every effort will be made to contact parents before emergency (911) or doctor is called if the safety of the child is not in danger. We are required by the State of Colorado to report any child with a community disease to the Colorado State Health Department.

No personnel may at any time, give any kind of medication to a student without written consent of a physician; personnel also must have undergone a public health medication administration class. Medication that is approved to be given must be brought in a container appropriately labeled by the pharmacy or physician and should contain the child's dosage and time of medication, and the anticipated number of days it needs to be given. The medication is to be kept securely with the staff.

In the event that your child is believed to have a contagious virus or disease, they will be removed from the group and kept in a secluded room (the rainbow room) under supervision of a staff member until their parent or guardian picks up their child. The State Health Department will be notified upon diagnosis and the enrolled families will be notified that their child has been exposed.

Injuries and Accidents:

For accidents that require more attention than the common scrape, cut, bump or bruise, you will be notified immediately, and an incident report form will be completed.

In the event of a serious accident, medical professionals such as ski/bike patrol or paramedics will be called and the parents will be notified. It is to your child's benefit that you keep the camp up-to-date on phone numbers, emergency numbers and other pertinent information.

In the case of an accident which results in damage to personal property, possible future problems or injuries of the clients, the instructors will handle the situation immediately. The instructor who is first on the scene will take control of the situation and be aware of the individuals that are involved and not step over any personal boundaries. After calling for assistance and assisting the injured party the instructor will fill out an incident form to document the mishap. These forms are kept for at least 7 years after the incident for liability purposes.

Minor accidents will be discussed between the instructors and the guardians at the end of the day. Major accidents will be discussed between management and guardians either immediately after the accident occurred or at end of the day.

Children's Whereabouts:

Whenever a group is out of the facility on a hike, excursion, or to lunch, a list of students assigned to each counselor will be kept at Camp CB. Each counselor will carry a list of students assigned to them at all times. Each counselor will carry a radio/cell phone to allow for immediate contact with the Mountain Adventures/MST.

Emergencies:

In the event of a lost child, all mountain authorities as well as all local authorities will be notified.

In the event of a fire on resort, children will be taken to the nearest safe building located at the base area. In the event of a forest fire off resort, trips will not go to destinations that are quarantined by the Forest Service. If a trip is already in the region of the fire, they will be called by the program director, and leave immediately.

In the event of a shooter on site, children will be taken to the nearest safe building located at the base area. If children can be safely taken to the bottom floor of the Whetstone building (Camp CB), that is the first priority to shelter in place due to there being no windows and each entrance automatically locks.

Parent/Counselor Communication:

We encourage parents to talk to their child's counselor(s) on a daily basis.

Discipline Policy:

The goal of Mountain Adventures is to nurture a safe and friendly environment for all children. We teach students self-discipline, problem-solving, and decision-making skills.

We have a "no tolerance" policy on physical violence or verbal abuse. If a problem does occur:

1. Student is given a verbal reminder of the rules and given other choices to improve behavior.
2. If a problem is repeated, student is separated from the problem. There is a loss of privileges.
3. If inappropriate behavior continues, the student receives an appropriate time-out to think of a solution and to cool down. Parents are notified at this "third strike" stage, and other strategies will be discussed.
4. Further inappropriate behavior will result in the child being removed from the program.

Withdrawal Notification:

If you need to withdraw your child from Mountain Adventures/MST, we require advance notice. Children must be checked out with a counselor and adhere to our check out procedures.

Parental Notification:

Mountain Adventures/MST will notify parents/guardians if the program is no longer able to serve children. Mountain Adventures/MST will notify parents or guardians in writing of significant changes in its services, policies, or procedures so that they can decide whether the camp continues to meet the needs of the child.

If a child is withdrawn from a Mountain Adventures/MST program for any reason, the parent/guardian is responsible for notifying the Director.

Complaints:

In the event that personnel observe any inappropriate behaviors or policy violations on the part of other personnel, it is their personal responsibility to immediately report their observations. Examples of inappropriate behaviors or policy violations include but are not limited to poor role-modeling, seeking private time with minors, taking minors on over-night trips without other adults, swearing or making suggestive comments to minors.

Inappropriate behaviors or policy violations that relate to interactions with children or youth should be reported in one of the following ways:

- A telephone call or meeting with the immediate supervisor;
- A telephone call or meeting with the program director;
- A telephone call or meeting with another administrator if the program director is the target of the complaint;
- Complete a confidential *Notice of Concern* (Appendix C) and submit it to the appropriate administrator, signed or unsigned.

All reports of inappropriate behavior or policy violations with minors will be taken seriously. If the offense warrants, it will be reported to the police and/or child protective services.

Procedure for filing a complaint about child care: If there are any concerns or if you would like to file a complaint regarding our child care program, please contact: Office of Early Childhood, Division of Early Care and Learning, Licensing, 1575 Sherman St, Denver, CO 80203. (303)866-5948.

Reporting Child Abuse and Neglect:

Each staff member is required to read and sign a statement clearly defining child abuse and neglect pursuant to state law and outlining the staff member's personal responsibility to report all incidents of child abuse or neglect according to state law.

Any caregiver or staff member in a child care facility who has reasonable cause to know or suspect that a child has been subjected to abuse or neglect or who has observed the child being subjected to circumstances or conditions that would reasonably result in abuse or neglect must immediately report or cause a report to be made of such fact to the county department of social services or local law enforcement agency.

If the suspected child abuse occurred at the child care facility, the report of suspected child abuse must be made to the county department of social services, police department, or other law enforcement agency in the community or county in which the child care facility is located.

If the suspected child abuse did not occur at the child care facility, the report of suspected child abuse must be made to the county department of social services in the county in which the child resides or to the local law enforcement agency in the community in which the incident is believed to have occurred.

In addition to reporting to the state authorities, personnel are required to report any suspected or known abuse of minors that may have been perpetrated by other personnel directly to the administration of the municipality so that immediate and proper steps may be taken to ensure the safety of alleged victims.

Reports of suspected or known abuse that involve personnel may be reported in the following ways:

- A telephone call, meeting or fax to the program director;
- A telephone call or meeting with another administrator if the program director is under suspicion;
- Complete a confidential *Notice of Concern* (sample below) and submit it to the appropriate administrator, signed or unsigned.

The municipality will fully cooperate with any investigation by state authorities and inform authorities that a concurrent internal investigation will be directed by the municipality.

Procedure for reporting suspected or known abuse and/or neglect: If child abuse or neglect is suspected within our program, please contact our local County Child Protective Services Department: 555 S. Example St, Example, CO, 80203. (303)555-5555. Or you can call the Colorado Child Abuse and Neglect Hotline at 1-844-CO-4-KIDS (1-844- 264-5437).

Health Guidelines for Excluding Children from Camp:

Additional health guideline or changes to the standard guidelines may be suggested by our public health nurse at any time. Any changes will be communicated to parents via e-mail. There are three reasons to keep sick children at home:

1. The child does not feel well enough to participate comfortably in usual activities, (such as; extreme signs of tiredness, unexplained irritability or persistent crying).
2. The child requires more care than program staff is able to provide because of the group environment. This also impacts the health and safety of the other children if a teacher's time is consumed by one child.
3. The illness or symptom is on the following list and exclusion is recommended.

ILLNESS	CHILD EXCLUSION?
DIARRHEA- frequent, loose watery stools compared to the child's normal pattern; not caused by diet or medication	**YES-** if child looks or acts ill; if child has diarrhea with fever and behavior change; if child has diarrhea with vomiting; if child has diarrhea that is not contained in the diaper or in the toilet.
FEVER with behavior changes or illness. *Note: an unexplained temperature of 100°F or above is significant in infants 4 months of age or younger and required immediate medical attention.	**YES-** when fever is accompanied by behavior changes or other symptoms of illness such as rash, sore throat, vomiting, etc.
FLU SYMPTOMS- Fever over 100°F with a cough or sore throat. Other symptoms of flu can include fatigue, body aches, vomiting, and diarrhea.	**YES-** for at least 24 hours after there is no longer a fever, without the use of fever reducing medicine.
COUGHING- severe, uncontrolled coughing or wheezing, rapid or difficulty breathing. ***Note:** children with asthma can be cared for in school with a written health care plan and authorization for medication/ treatment.	**YES-** medical attention is necessary.
Mild RESPIRATORY OR COLD SYMPTOMS- stuffy nose with clear drainage, sneezing, mild cough.	**NO- may attend if able to participate in school activities**
RASH with FEVER- *Note: Body rash without fever or behavior changes usually does not require exclusion from school, seek medical advice.	**YES-** seek medical advice. Any rash that spreads quickly, has open, weeping wounds, and/ or is not healing should be evaluated.
VOMITING- 2 or more episodes of vomiting in the past 24 hours	**YES-** until vomiting resolves or a health care provider decides it is not contagious. Observe other signs of illness or dehydration
CHICKEN POX	**YES-** until blisters have dried and crusted (usually 6 days) If blisters occur after vaccination refer to Health Dept. guidelines.
CONJUNCTIVITIS (PINK EYE) OR- pink color of eye and thick yellow/green discharge	**YES-** until 24 hours after treatment. If your health care provider decides not to treat your child, a note is needed.
CROUP (see coughing)- *Note: May not need to be excluded unless child is not well enough to participate in usual activities.	Seek medical advice
FIFTH'S DISEASE	**NO- child is no longer contagious once rash appears**
HAND FOOT AND MOUTH DISEASE (coxsackie virus)	**NO-** may attend if able to participate in usual activities, unless the child has mouth sores and is drooling
HEADLICE OR SCABIES	May return after treatment starts
HEPATITIS A	**YES-** until 1 week after onset of illness or jaundice and when able to participate in normal activities
HERPES	**YES-** if area is oozing and cannot be covered, such as mouth sores
IMPETIGO	**YES-** for 24 hours after treatment starts
RINGWORM	May return after treatment starts. Keep area covered for the first 48 hours of treatment
ROSEOLA- ***Note:** a child with rash and no fever may return to school	**YES-** seek medical advice
RSV- (Respiratory Syncytial Virus) ***Note:** a child does not always need to be excluded unless he/she is not able to participate in usual activities	Seek medical advice. Once a child in the group has been infected, spread of illness is rapid.
STREP THROAT	**YES-** for 24 hours after treatment and the child is able to participate in usual activities
VACCINE PREVENTABLE DISEASES- Measles, Mumps, Rubella (German Measles), Pertussis (whooping cough)	**YES-** until determined not infectious by the health care provider
YEAST INFECTIONS-including thrush or candida diaper rash	**NO-** may attend if able to participate in school activities, follow good hand washing and hygiene practices.

COLORADO
Department of Public Health & Environment

Advancing Colorado's health and protecting the places we live, learn, work, and play

Dear parents/guardians of students in Colorado child cares, preschools and Head Start programs for the 2021-22 school year:

We know you're thinking of all the things you need to do to make sure your student is ready for school. Getting vaccinated is an important part of their school readiness and keeps children from catching and spreading diseases that can make them sick. We wish you and your student a healthy school year!

Required and recommended vaccines

- Colorado law requires students who attend a licensed child care, preschool, or Head Start program to be vaccinated against many of the diseases vaccines can prevent, unless an exemption is filed. For more information, visit cdphe.colorado.gov/schoolrequiredvaccines. Your student must be vaccinated against:
  - Diphtheria, tetanus and pertussis (DTaP, DTP)
  - Haemophilus influenzae type b (Hib)
  - Hepatitis B (HepB)
  - Measles, mumps and rubella (MMR)
  - Polio (IPV)
  - Pneumococcal (PCV13)
  - Varicella (chickenpox)

- Colorado follows recommendations set by the Advisory Committee on Immunization Practices. You can view the recommended vaccine schedule for children 0 - 6 years of age at cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf.
- Vaccines are recommended for rotavirus, hepatitis A, and influenza, but are not required.

Exclusion from school

- Your student may be excluded from school if your school does not have an up-to-date vaccine record, certificate of exemption, or in-process plan for your student on file.
- If someone gets sick with a vaccine-preventable disease or there is an outbreak at your student's school and your student has not received the vaccine for that disease, they may be excluded from school activities. That could mean lost learning time for them and lost work and wages for you. For example, if your student has not received a MMR vaccine, they may be excluded from school for 21 days after someone gets sick with measles.

Have questions?

- You may want to talk to a healthcare provider licensed to give vaccines or your local public health agency about which vaccines your student needs or if you have questions. You can read about the safety and importance of vaccines at SpreadTheVaxFacts.com, ImmunizeForGood.com, and cdphe.colorado.gov/immunization-education.

Paying for vaccinations

- If you need help finding free or low-cost vaccines and providers who give them, go to COVax4Kids.org, contact your local public health agency, or call the state health department's Family Health Line at 1-303-692-2229 or 1-800-688-7777. You can find your local public health agency at cdphe.colorado.gov/find-your-local-public-health-agency.

Vaccination records

- Please take your student's updated vaccine record to school every time they receive a vaccine.
- Need to find your student's vaccine record? It may be available from the Colorado Immunization Information System. Visit COVaxRecords.org for more information.

Exemptions

- If your student cannot get vaccines because of medical reasons, you must submit a *Certificate of Medical Exemption* to your school, signed by a health care provider licensed to give vaccines. You only need to submit this certificate once, unless your student's information or school changes. You can get the certificate at cdphe.colorado.gov/vaccine-exemptions.
- If you choose not to have your student vaccinated according to the current recommended schedule because

of personal belief or religious reasons, you must submit a *Certificate of Nonmedical Exemption* to your school. Nonmedical exemptions must be submitted at ages 2 months, 4 months, 6 months, 12 months and 18 months. There are two ways to file a nonmedical exemption.

- File the *Certificate of Nonmedical Exemption* WITH a signature from an immunizing provider, OR
- File the *Certificate of Nonmedical Exemption* received upon the completion of our online education module.

Downloadable certificates and our online education module are available at cdphe.colorado.gov/vaccine-exemptions.

How's your school doing on vaccinations?

- Some parents, especially those with students who have weakened immune systems, may want to know which child cares, preschools, and Head Start programs have the highest percent of vaccinated students. Schools must report immunization and exemption numbers (but not student names or birth dates) to the state health department annually. Schools do not control their specific immunization and exemption rates or establish the Vaccinated Children Standard described in C.R.S. 25-4-911. Schools must include their MMR immunization and exemption rates from the most recently completed school year in this letter. Schools may choose to also include immunization and exemption rates for other school-required vaccines. Additional immunization and exemption rates can be found at COVaxRates.org.

Child Care/Preschool/Head Start Name	2019-2020 MMR Immunization Rate REQUIRED IN LETTER	2019-2020 MMR Exemption Rate REQUIRED IN LETTER
Schools may also include the rates for the school-required vaccines shown below in this annual letter to parents/guardians		
Vaccinated Children Standard 95% Immunization Rate for All School-Required Vaccines	2019-2020 DTaP Immunization Rate	2019-2020 DTaP Exemption Rate
	2019-2020 Hib Immunization Rate	2019-2020 Hib Exemption Rate
	2019-2020 HepB Immunization Rate	2019-2020 HepB Exemption Rate
	2019-2020 IPV Immunization Rate	2019-2020 IPV Exemption Rate
	2019-2020 PCV13 Immunization Rate	2019-2020 PCV13 Exemption Rate
	2019-2020 Varicella Immunization Rate	2019-2020 Varicella Exemption Rate