



*A safe space where gender diversity is the norm.*

# Policy Handbook for Campers and their Adults

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Please email [campers@camplilac.org](mailto:campers@camplilac.org) or call 216-702-4207 with any questions or concerns.

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# Introduction

Welcome! We are so excited for another summer of Camp Lilac, and look forward to hosting you or your camper! As part of preparing for a successful and meaningful experience at Camp Lilac, we ask that campers and caregivers read the entirety of this document carefully. We encourage you to reach out to [campers@camplilac.org](mailto:campers@camplilac.org) with any questions to ensure full understanding.

Campers who have completed their interview and who have been accepted to join us at Camp Lilac this summer will have access to the [Admitted Camper Hub](#), a password-protected webpage with confidential information to know ahead of camp. This page will be referenced throughout this document. Uncertain of how to access this page? Reach out to [campers@camplilac.org](mailto:campers@camplilac.org).

## What to Expect

### **Camp Schedule:**

An overview of our camp schedule can be found on [our website](#).

### **Lodging:**

Campers will stay in open air cabins that have a foundation, roof, and bunk beds, with canvas walls that are rolled up in good weather for an open air experience. There is no electricity in the cabins, but battery powered lights are provided. Each cabin will have 8-10 campers and 2-3 staff members. Generally, cabins are arranged by age group. Cabin and roommate requests are accepted, but are not guaranteed to be honored. There are bathrooms and showers that offer privacy for maximum comfort.

### **Supervision:**

Campers are supervised throughout the day. At each interval, campers know what their options are and where they are supposed to be. There are some periods of informal socializing, but with adults close by. For safety reasons, campers are not allowed to wander without supervision. If a camper feels a need for “alone time” a staff member must be notified and aware of the location of the camper, who will remain in eyeshot.

### **Activities:**

Camp Lilac is a learner/camper-centered program. This means that we like to give the campers lots of choices for what they would like to do! Each camper will be able to choose many of their activities, some on a daily basis and some for the full duration of camp. All campers must attend all meals and the large-group activities that occur every evening. If a camper is feeling overwhelmed at such an activity, there will be a quiet area or sensory-friendly alternate activity provided nearby. If you have activity suggestions before camp begins, email us at [campers@camplilac.org](mailto:campers@camplilac.org)!

### **Food & Diet:**

- **Snack Food:** Unless pre-approved to do so (see below), DO NOT bring any food to camp or pack food for your camper! This is for everyone’s safety. Our lodging is open air, and we don’t want to have visits from friends such as raccoons, chipmunks, or bugs. Also, other campers in the cabin could be dangerously allergic to specific foods. We provide three nourishing, well-balanced meals each day, as well as snacks.

- **Dietary Restrictions/Preferences:** Most dietary needs that have been indicated in CampDoc can be accommodated as requested. Alternate or modified meals will be provided. In cases of a very limited diet, families may request permission to bring a selection of safe foods from home, to be stored in our kitchen. Contact us to discuss any additional food needs on a case-by-case basis.
- **Healthy Eating at Camp:** Camp is not the place to start a diet. Due to the potential for high physical and mental demand of camp, it is important that campers eat a bit more than they would at home, as they will be burning many more calories. Please speak with your camper about getting plenty to eat and drink during their stay at camp. Campers must attend all meals. If it becomes clear that a camper is *not* eating, we will address that directly with the camper and develop a plan. Please encourage your camper to speak with an adult at camp if food or eating concerns arise.
- **Hydration:** Due to the demands of camp, as well as the summer heat, we highly encourage all campers to pack a reusable water bottle and carry it with them throughout their day.

### **Packing:**

A complete packing list is available in the [Admitted Camper Hub](#). Please also note the [Prohibited Items](#) section of this document.

## **Camper Expectations & Conduct**

### **Culture of Consent:**

**Consent at Camp Lilac:** Consent means asking whether something you will do or say is ok with the other people you are with. This can look many ways, such as “Can I sit here?” “Can I join your game?” “Can I give you a hug?” “Is it ok if I talk about my pet that died?” and more. The response needs to be an enthusiastic “Yes” in order to proceed. If you do not have an enthusiastic yes, you do not have consent, and may not proceed. Everyone involved needs to consent.

It is also important to be mindful that participants of a conversation might have consented to the topic before you approached. If you ask to join a conversation and the content is triggering to you, you can choose to remove yourself from that setting. While it is important that everyone is mindful of each other’s boundaries, it is also necessary to be proactive about maintaining your own needs while allowing others the space they need to have difficult conversations.

**Sensitive Topics:** Campers must be mindful that certain topics, experiences, or stories may cross the boundaries of others. When discussing a topic that has potential to be uncomfortable or triggering, care should be taken to ensure everyone is okay with the conversation. If you are not sure whether talking about a personal situation will make someone uncomfortable, ask everyone within earshot. An enthusiastic “Yes” from everyone within earshot is needed to talk about the topic. Otherwise, it can be saved for others who consent to engage on the topic. Topics that always require consent include:

- **Disclosing Diagnosis:** We respect the lived experience of all campers and staff, however, sharing diagnoses, including mental health history, is a potentially sensitive topic.
- Trauma history of self or others
- Disordered eating or other relationship with food
- Other areas we cannot predict. We don’t know what else might be considered sensitive, so ASK please.

**Stoplight System:** This is a way of easily expressing boundaries in real time. Like a stoplight, there are three levels. Green means everything is fine, the conversation is good to continue. Yellow means that the conversation is approaching uncomfortable territory, and the topic should

be changed. Red means discussion must be stopped immediately. These can be expressed verbally (“Red light!”), through gestures (thumbs up, sideways thumb, thumb down), with colored cards, and more. No one is obligated to provide a rationale for their decision to express a boundary, and this boundary must always be respected. If the person calling the red or yellow light is able and willing, they may choose to educate others regarding the boundary, which can be beneficial to prevent it from happening again. It is up to the person calling the boundary, nobody else should ask or discuss it.

While the stoplight system can be a useful shortcut to expressing boundaries, any language expressing boundaries and needs (e.g., “That makes me uncomfortable,” “I’m happy to talk about that,” etc.) can be used, and must also be respected.

The stoplight system is a way for your peers to communicate their immediate needs with you if they are unable or uncomfortable with being more explicit in their expression of needs. This means it is important to take the stoplight system seriously and use it for its intended purpose (for example, disinterest in or boredom with a topic or the wish to discuss something else are not reasons to call a red light.)

### **Rule of Threes:**

When traveling around camp, campers should move in groups of three. This can be any combination of campers and staff (e.g., 1 staff 2 campers, 2 staff 1 camper), or 3+ campers, within eyesight of a nearby staff member.

### **Interacting With Nature:**

Interactions with nature, including plants, animals, insects, etc, are an inherent part of attending a summer camp. Campers should be respectful when interacting with nature, and the campsite generally. Best practices include leaving no trace - this means that campers will not intentionally damage or alter the natural environment around them, or damage animal habitats by behaviors such as digging holes, moving or transporting rocks, plants, or wildlife, and destruction of existing spaces. Campers are also expected to leave with anything that arrived with them, including appropriately disposing of trash and litter even if it did not arrive with the camper.

### **Confidentiality Policy:**

It is necessary to keep ALL names of campers, volunteers, staff, parents, guardians, family, and friends, as well as conversation and writing that happens at Camp Lilac, confidential outside of the camp setting. Please understand that not everyone is able to express gender as they would like outside of the camp setting.

It is necessary to not talk about anyone else at camp in a way that might reveal who they are (names and other identifying factors) without written permission from the person(s) involved. This is in order to be respectful of everyone’s safety and well being.

After camp is over, staff are discouraged from initiating contact with campers. Responding to requests from campers on social media is at the staff member’s discretion. Camp Lilac cannot be held liable for private conversations (in person, via phone, internet or other media) between campers and staff or between different campers after camp has ended.

### **Photo Release:**

Each camper will complete a photo release form before camp begins. This is available within your

CampDoc profile. Following camp, some photos will be shared with other campers, as well as used in social media and storytelling for marketing purposes in future camp materials. There is an option on the form to allow for release, limited release, or non-release of photos. Please note that these permissions relate to release, not the initial taking of photos.

### **Camera Policy:**

Cameras are not allowed for campers. Photography with a phone or other electronic device is additionally prohibited (see also: [Electronics Policy](#)). Staff photographers will take general pictures and those specifically requested by campers. Please allow us several months following camp to organize photos in compliance with the photo release of each camper and release them. This is a privacy and safety issue. In the virtual setting, this includes screenshots and any other type of audio or video screen captures. Campers may take photos with disposable or digital cameras provided by Camp Lilac only. All photos will be reviewed by Camp Lilac staff prior to distribution to ensure adherence to the photo release policy as well as to protect the confidentiality of our camp location.

### **Dress Code:**

We encourage self expression and creativity at camp! All attendees are free to wear makeup, costumes, rainbows, and silly outfits whenever they please. Our camp dress code is “Dress to Play”. This means if it’s too tight/baggy, short/long, or valuable to play in, don’t wear it at camp. There will be one formal/costume evening, during which campers can optionally dress up. All campers will be fully clothed during participation in camp session. “Clothed” means closed toe shoes for safety reasons, as well as something “on bottom,” such as shorts, pants, skirt, etc., and something “on top,” such as t-shirt, tank top, sweatshirt, etc. Shoes may include high-heels (especially for formal/costume evenings), but these are not recommended for daily wear due to unpaved paths and uneven terrain. If bringing high heels, the camper must also bring a pair of comfortable closed toe shoes without a heel for daily wear.

All campers will refrain from wearing see-through clothing or that features offensive language/pictures. Anyone who is unsure as to what constitutes offensive language or pictures should ask a member of the leadership team for support/clarification. Additionally, apparel or accessories that violate a Camp Lilac policy (e.g., policy on prohibited items, against discrimination, etc) or are otherwise deemed inappropriate by Camp Lilac Leadership are not permitted, and campers may be requested to change at the discretion of the Leadership Team.

We do not allow sandals or open toe shoes at camp except in the shower and at the pool for safety reasons.

**Water Dress Code:** When in or on water, all campers must wear something on top and something on bottom at all times, regardless of gender identity or expression. We do not allow going topless at any time, for sun protection. Appropriate swim bottoms include: trunks, a swimsuit bottom, lightweight shorts, etc. and appropriate swim tops include: a swimsuit top, a binder, a sports bra, a lightweight t-shirt or tank top, rashguard, or transtape (when used properly for binding), etc. Swim outfits must be camp appropriate, fit securely, and you must be able to play in it! See-through clothing, thongs, or anything that could fall or tear off easily are not permitted. This dress code applies to all attendees.

If you have any questions about any part of this dress code, including whether any specific articles of clothing are acceptable, please reach out to us at [campers@camplilac.org](mailto:campers@camplilac.org).

### **Packing Guidelines:**

All clothing, equipment, bedding, etc. is brought to camp for the camper's use and at the owner's risk. Don't send items you would be devastated to lose or destroy. While it is not a goal, we are aware that accidents can happen. Camp assumes no responsibility for damage, loss, or misuse of items brought to camp by campers.

Please ensure each item your camper brings is clearly labeled so it can be returned if lost. See [Lost & Found](#) below.

To avoid overpacking, we recommend bringing only what can realistically be carried by your camper to and from their cabin. Please ask if you are unsure whether a particular item should be brought. The suggested packing list can be found in the [Admitted Camper Hub](#).

### **Prohibited Items:**

These items are not allowed at camp and will lead to confiscation, and in some cases, dismissal from camp.

- **Food, Candy, or Snacks:** Food in the cabin could attract unwanted bugs, critters, and larger animals. In certain cases, families may request permission to bring a selection of safe foods from home, to be stored in our kitchen. See also: [Food & Diet](#)
- **Medication (not checked in with our Healthcare Team):** *All* medication (even over the counter medication) must be registered and stored with our healthcare team, who will have it readily available when needed. See also, below: [Medication at Camp](#)
- **Wallets, Cash, and/or Credit / Debit Cards:** Campers will not need money while at camp. If the camper is traveling from a distance to camp, they may turn in their wallet, cash, or cards for safekeeping, and get them back at the end of the session.
- **Expensive or Valuable Items:** Including valuable clothing, jewelry, or anything that would cause you or the camper to be upset if it became scratched, stained, battered, broken, lost, or unrecognizable.
- **Weapons, Pocket Knives/Swiss Army Knives, Scissors, Knives, Firearms, Fireworks, Matches, Lighters, or other Hazardous Materials:** If a camper chooses to do whittling or similar activities, appropriate tools will be provided. If the camper has a bow and arrows, fishing poles and tackle, or other hobby related equipment, please notify us in advance and these items can be checked in to the office and checked out for appropriate use.
- **Alcohol, Marijuana, Tobacco/Vapes, or other Illegal and Illicit Drugs:** Please contact us if you have questions about this policy.
- **Sex or Sexually Charged Paraphernalia:** Including but not limited to porn, erotic books, sexually charged images, etc.
- **Pets:** No animals can come to camp with campers. The exception to this is service animals, as required by the Americans with Disabilities Act. Please notify us if your camper will have a service animal at camp. Emotional support animals do not have the same legal standing. For a more detailed explanation of ADA requirements, [see here](#).

### **Electronics Policy:**

Electronics are generally not permitted at Camp Lilac. This includes cell phones, tablets, gaming consoles, or any other electronic device, with the following exceptions: non-internet reliant smart watches, e-ink e-readers, and basic mp3 players (i.e., *not* an iPod touch with games as well), as long as these do not have a camera.

The goal at camp is to make new friends, try new things, and grow as a person. This is more difficult if you're texting friends from home all the time or calling your parents. That said, we understand that many campers have a need to connect with an online network of which they are an important part. If you are one of those folks, please feel free to bring your phone/electronic device. They will be collected and stored by camp in a safe place, and you will be able to sign up to have access to them as an activity midweek.

Photos are not permitted during this time to protect the privacy and safety of our campers and staff. See also: [Camera Policy](#) & [Photo Release](#). We highly recommend campers bring a non-internet reliant music device and headphones if listening to music is important. Campers will not have access to wifi.

### **Musical Instruments:**

Camp Lilac will have some instruments available to use for activities or during free time. If you would like to play music at camp, feel free to bring your own instruments, but know they may get dirty or damaged unintentionally. If you like to play recorded music, that is also fine, but make sure you bring a device that has headphones, and does not have internet access or a camera (see above, [Electronics Policy](#)).

### **Lost and Found:**

While we will maintain a lost and found at camp, we remind campers and parents not to send anything to camp that would be a problem if it got lost or destroyed. We also request you label all bags and individual belongings clearly prior to arriving at camp. We will bring home anything left at camp and hold it for a month after camp. Items claimed from the lost and found following camp will be mailed at the camper's expense. Once one month has passed, items from the lost and found will be added to camp inventory or donated to another charitable organization. It is the camper or caregivers' responsibility to alert camp about the missing item.

### **Public Displays of Affection (PDA):**

PDA can make others outside those participating uncomfortable. Acceptable PDA can include hand holding and hugging. Verbal, enthusiastic consent is expected between parties engaging in PDA, and individuals must always be responsive to others' requests and respect boundaries on what is and is not acceptable for the others present. Campers must always follow the rule of threes, and two people cannot be alone together (see also: [Rule of Threes](#)). The comfort of all campers is to be respected at all times.

### **Camp Boundaries:**

There is plenty of space - hundreds of acres of it - for the campers to feel at home and safe. The boundaries of the site will be made clear during orientation. Campers must remain within the boundaries of camp.

### **Social Media:**

After camp ends, Camp Lilac is not responsible for the connection of campers on social media. It is our policy that adults are discouraged from initiating a social media connection with campers, unless through a supervised and sanctioned mentorship program or similar initiative. However, adult/camper connections may happen. We encourage parents/caregivers to be aware of, and have access to, any adult-youth direct communication after camp.

**Development of Expectations at Camp:**

Camp Lilac strives to make our summer camp an environment where all community members are kind and respectful to themselves and each other. Camp staff will take time during the first days of camp to help campers get to know each other. Together they will discuss expectations and appropriate behavior while developing cabin expectations and consequences. These expectations will be clearly stated and posted in the cabin, and staff in cabins will make sure that each camper in their cabin understands what is expected of them as well as what behavior is not acceptable.

**Progression of Responses to Camper Choices:**

If an issue arises, depending on the specific situation, counselors will talk with the campers involved in order to understand their point of view and work with them to come to an acceptable solution.

If the issue continues, we use a system of progressing consequences. Camp staff are trained to ask for assistance from more experienced staff, the leadership team, or the Director. Initially, the leadership team or Director provides guidance and additional suggestions. If the counselor feels that more involvement is needed (or if the issue continues) the Director will sit down with the camper/s involved and work on reasonable solutions to the problem.

At this stage, our Director or Assistant Director may call you, the camper's parent or guardian. Since you know your child much better than we do, any insight that you can provide is appreciated. We occasionally find it helpful to allow you to talk with the camper to reinforce the importance of what is being said at camp. This camper-parent contact will be determined on a case-by-case basis at the Director's discretion.

In more drastic (and very uncommon) cases, after we have worked through these steps, we will call parents to let them know that a decision has been made that their child's choices prohibit them from remaining at camp. If this situation arises, they will be separated from the rest of the camp community pending transportation home.

Camp Lilac has zero tolerance for alcohol, illegal substances, abuse, causing injury, attempting to cause injury or threatening to cause injury towards self or others, sexual assault or harassment, discrimination, and bullying.

If situations including those listed above occur, you will have to arrange transportation for your child away from camp within 24 hours at your expense. We will not provide refunds of any kind or pay for any transportation costs and fees associated with removing your camper from camp. Camp Lilac does not issue refunds for those who request to leave due to homesickness, mental health needs, or being dismissed from camp due to poor camper choices. If a camper is sent home for behavior reasons, that camper may not return during that camp season (See also: [Refund & Cancellation Policy](#)).

**Anti-Discrimination Policy**

Camp Lilac is committed to a policy of anti-discrimination. No attendees, employees, volunteers, representatives, or affiliates of Camp Lilac shall discriminate on account of age; citizenship; disability (See also: [Access & Accommodations](#)); ethnicity; gender, including gender expression and gender identity; genetic information; national origin, including culture, language, dialect, and accent; race; religion; sex; sexual orientation; veteran status, familial status, or otherwise as may limit our mission to provide a safe, welcoming, and respectful environment for all. This applies to the admission of campers as well as during interpersonal interactions. Camp Lilac has zero tolerance for discrimination, and discriminatory behavior will result in immediate removal from Camp Lilac (See also: [Progression of Responses to Camper](#)



[Choices](#)).

## Information for Families & Caregivers

### **Application & Acceptance:**

Applications for Camp Lilac are processed through our third-party registration manager, CampDoc. Following completion of the application, all campers will complete a brief interview with a staff member to discuss expectations and needs regarding the camp experience. In some cases, campers will be asked to complete a follow up interview with nursing staff, mental health staff, or the Camp Lilac leadership team. The Camp Lilac leadership team reserves the right to deny admission to any applicant, or to withdraw an offer of admission at any time based on new information.

After the interview, notification of acceptance (or in very rare cases, rejection) will follow. Initiation or completion of an application does not guarantee a camper a space at Camp Lilac. Acceptance is only guaranteed following the completion of the interview and receipt of a final determination notification.

### **Cost of Attendance:**

Camp tuition for 2024 is \$950. A nonrefundable application fee of \$50 per camper will be charged. Upon acceptance, the application fee will be applied to the total tuition amount. The \$50 registration fee is not covered by financial aid provided by Camp Lilac. Tuition is due by July 6, 2024 unless other arrangements have been made in writing, or in the case of a late acceptance to camp (e.g., being admitted off the waitlist). Requests for such arrangements can be made to [finance@camplilac.org](mailto:finance@camplilac.org). There is no prorated fee for campers arriving after the start of a session or leaving before its completion.

#### **Discounts:**

Returning Camper Discount: \$50 off tuition.

Sibling Discount: \$50 off tuition for each sibling.

#### **Fees:**

Change in Registration Fee (i.e., switching sessions): \$25

Bounced Check Fee: \$50

### **Financial Aid:**

We never want finances to be a barrier to attendance, and financial aid is available. Aid amounts and options, such as scholarship, installment payments, and community aid, are individualized according to need. If you are interested in receiving financial aid, there is an opportunity to indicate this in the camp application, as well as provide additional information about your financial need following admission to camp. All financial aid amounts are determined following admission to camp. Please see details on [our website](#) or reach out to [finance@camplilac.org](mailto:finance@camplilac.org) with questions.

### **Refund & Cancellation Policy:**

We carefully plan camp sessions for maximum fun! We understand that your schedule may change, but our staffing and meal arrangements are finalized well in advance based on projected attendance. With that in mind, please read our refund and payment policies carefully:

You may withdraw your camp application up to four weeks before the selected camp session for a full refund. Withdrawing from camp with less than four weeks notice will result in a cancellation fee of

\$250.

For cancellations less than 4 weeks prior to the selected camp session due to medical reasons, all funds paid toward the camp session will be offered as a credit that may be applied to another Camp Lilac program in the future. If the camper will no longer be eligible to participate in future Camp Lilac programs (e.g., aging out), a full refund will be provided at the discretion of the Director of Finance.

After the camp session has commenced, there will be no fee reductions, refunds, or reimbursement for absences from camp due to illness, homesickness, dismissal, voluntary withdrawal, family emergencies, vacation, summer school, unexpected visits from relatives, or for any other reason. There will be no fee reduction or reimbursement for changes in programming on our part. All decisions to change programming are made with the best interest of the camper's safety and experience in mind.

In the event that a camper is dismissed, removed, or leaves camp early for any reason, the camper's family is financially responsible for any cost associated with the camper's exit from camp within 24 hours, as well as arranging and paying for transportation, such as tickets and costs associated with pick-up & drop-off. If the camper is flying home early, arrangements must be made out of Columbus Airport (CMH).

**Location:**

The location of Camp Lilac is in west central Ohio. The exact address is confidential for the safety of our campers and staff. This information is available on our password protected [Admitted Camper Hub](#). Please reach out to us at [campers@camplilac.org](mailto:campers@camplilac.org) if you have difficulty accessing this page.

**Transportation:**

**Driving:**

Drop off and pick up times are available in the [Admitted Camper Hub](#). We may additionally be able to assist in connecting camper families to arrange carpools. Please complete the "Transportation for Campers" module in CampDoc to request this.

**Flying:**

If flying into camp, we ask that campers arrive at the Columbus Airport (CMH) no later than 1pm on the first day of their camp session (Sunday, July 21 or July 28). If this is not possible, notify us as soon as possible (and prior to purchasing tickets) so that we can discuss arrangements. Transportation between the airport and camp is available for an additional \$50 fee. When departing, campers will arrive at the airport no later than 12pm EST on Saturday (July 27 or August 3).

**Pickup Authorization:**

Campers will only be released to parents, guardians, emergency contacts, or those listed in the "Trusted Contacts" tab within your CampDoc profile. Adults picking up campers will need a valid ID with them at the time of pick up. Additional trusted contacts can be added to your profile at any time.

**Staff:**

The general staff body is made up of Cabin Counselors, Activity Leaders, and speciality staff members (e.g., photographers). All staff members are screened and trained by the Camp Lilac Leadership Team. Background checks are performed on all adults present at camp or otherwise working with youth. Counselors meet daily with a member of the leadership team to discuss problems and needs, and to gain any necessary support. Parents of campers are welcome to apply to join our staff, however, may not be present for the same session as their camper.

**Leadership:**

The Camp Lilac Senior Leadership Team includes the Executive Director and Co-Directors. The Camp Lilac Leadership Team encompasses two Village Leaders, a Programming Manager, Staff in Training Coordinator, Accessibility Manager, Kitchen Manager, Director of Mental Health Services, and Director of Health Services. To address requests and concerns, campers are encouraged to first engage with general staff members, who are likely equipped to meet the needs of the situation at hand. At all times, campers are additionally invited to engage directly with members of the leadership team, should they feel the need to escalate their requests or concerns.

**Staying Connected With Your Camper:**

Please **do not** tell your camper they have to contact you during camp. In this situation, no news is good news! If there is an emergency or problem with your camper, we will contact you. If you need to get in touch with your camper due to an emergency at home, please contact us directly.

If you have questions about transportation, arrival/departure dates and times, or other logistics, please contact [campers@campililac.org](mailto:campers@campililac.org) or call 216-702-4207. This voice mail will be monitored every day by Camp Lilac leadership.

**Email Your Camper:** This is the best way to communicate with your camper while they are at camp! Families may send emails to campers while at camp. You can email your camper at: [campers@campililac.org](mailto:campers@campililac.org) with the *name of your camper in the subject line*. Campers do not have access to the internet or electronics for extended time while at camp, however, our staff will check this email address, print and deliver emails to campers every day at lunch time. We request that you send emails for the following day no later than 8pm the night before to prevent delays. Please note that your camper will NOT be able to email you back except from a personal device midweek (see also: [Electronics Policy](#)).

**Snail Mail (U.S. Mail):** Due to the short duration of camp, we do not encourage snail mail for campers. The rural mail system can be very slow, so email is best.

**Care Packages:** We do NOT allow care packages of any kind at camp. If sent, they will be confiscated. If your child forgot something important at home, contact us directly.

**Telephones/Voice Mail/Computer:** There are no telephones or computers at camp available for campers to use.

**Visiting:** We do NOT allow visiting or meeting with your camper while at camp. If you have an emergency and need to come to camp, please contact us directly prior to arrival.

**Camp Lilac Responses to Legislation:**

We are aware of ongoing legislative efforts that may impact the lives of transgender and gender diverse youth in Ohio and beyond. Based on our reading of HB68, we do not believe it will impact our ability to host our full camp offerings, including the administration of prescribed gender affirming medication. We will notify all families immediately should this change.

## Health & Wellness at Camp Lilac

**Disclosure:**

It is the absolute responsibility of a caregiver to let us know everything emotionally, physically,

psychologically, or medically important or relevant regarding your child, both during the application process and in the time prior to camp. This will assist us in working with your child in a sensitive and caring manner. Please be proactive – the more information we have, the better we can respond to your child and help them get the most out of their camp experience. All of the information gathered is kept confidential, with only appropriate staff having access.

### **Health Information:**

It is mandatory that every camper sees a prescribing healthcare provider (Physician, Nurse Practitioner, or Physician Assistant) within 12 months to complete a physical examination and our Healthcare Provider Form to approve you to attend camp before arriving. If your camper has had a physical examination in the last year prior to acceptance to Camp Lilac, your provider can fill out the forms without completing a new physical exam. Without a complete Healthcare Provider Form, **the camper will not be permitted to attend camp**. Additionally, every camper that is currently or has been recently seeing a mental health professional needs to indicate so in your CampDoc profile, including the provider's contact information.

We will have full-time, licensed health care professionals on staff at all times. If a camper is feeling ill or is injured at any time, the health care team will address the need. The health center is fully equipped for first aid and routine camper needs. If deemed medically necessary, we may take the camper to a medical clinic, urgent care, or hospital. There is an opportunity to indicate your preference of local hospitals within your CampDoc profile. In the event that anything more than basic first aid is needed, the parent or guardian will be notified via email or phone by the Director, an Assistant Director, or Camp Healthcare Staff. Any costs associated with camper medical attention will be the responsibility of the camper's family.

**Health Insurance:** All campers MUST have valid health insurance coverage while at camp. You will be asked to provide a copy of the camper's health insurance card within your CampDoc profile. Campers without insurance will not be allowed to stay at camp. An acceptable alternative to traditional insurance coverage is purchase of the CampDoc Protection Plan. Details can be found [here](#), or by contacting support@campdoc.com. For all of our families, any medical expenses incurred while at camp will be the family's responsibility to pay, as stated in the "Release of Liability" the camper's legal guardian has electronically signed.

### **Medication at Camp:**

Camp Lilac's Health Center is stocked with whatever basic care your child may need, including the over the counter medication listed in the Healthcare Provider Form. There is no need to send any additional over the counter medications such as antihistamines or acetaminophen unless taken regularly on the advice of a doctor, or if specific brands are required.

All camper medications (both prescription and over the counter) will be collected at the start of camp and securely locked in the Health Center at all times. The healthcare staff will administer prescription and over-the-counter medications to campers at mealtimes or just before bed, depending on when campers must take their meds, as indicated in their CampDoc profile.

Campers are not allowed to keep medication (including prescriptive and over the counter), supplements, or vitamins on them during camp, except for inhalers and epi pens. Please note that camp is not a good time to take a "medication vacation." Campers need the support the medication gives them to enjoy participating in all camp has to offer.

Many pharmacies, especially mail-order pharmacies, dispense medications in pre-packaged, pre-sorted pouches with all necessary prescription information on each pouch. If your camper needs more than 3

medications, especially if more than twice a day, please find out if you can arrange for this. This packaging is NOT required, but is recommended so our health care staff can dispense needed medications accurately and rapidly, allowing the camper to return to having fun

*Do not pre-package medication by yourself!* By law, **all** prescription medications must come to camp in containers with the original labels from a pharmacy, with all necessary prescription information on the label. Furthermore, if you choose to bring them, all over-the-counter medications **must** be in original containers with the original labels visible.

If you have any health care questions, please contact [nurses@camplilac.org](mailto:nurses@camplilac.org) before camp.

### **Mental Health At Camp:**

Camp is an all around active and positive experience and campers should be prepared for a highly social environment and high expectation of kindness and compassion. Campers should be in a consistent, stable mental and emotional state before coming to camp, for the safety of themselves and the rest of the camp community.

Prior to acceptance to Camp Lilac, campers with significant mental health needs will be interviewed by a licensed mental health professional skilled at assessing camp readiness. In many cases, we will follow up approximately 1 month prior to camp to discuss any changes to mental health status since the initial interview, and to create a safety plan if warranted.

If the camper is showing signs of or is experiencing high levels of mental and/or emotional distress or is hospitalized before camp, please contact us right away to discuss how we can support your camper. While camp can be an uplifting experience, *it should not be used as a form of treatment for mental health disorders*. Not providing all information about a camper can result in an unsuccessful or potentially harmful stay at camp.

Campers will be screened for active mental health needs upon arrival. We reserve the right to turn campers away upon arrival if they are determined to present a safety risk to themselves or others. (See also: [Refund & Cancellation Policy](#))

At camp, we have at least one mental health professional on staff at all times. Our mental health professionals are able to provide short-term, solution-based support to campers for common and minor mental health issues that occur during camp, such as mild anxiety, depression, and homesickness. **We are not a therapy camp**, thus are unable to provide any diagnosis or treatment. If a camper shows signs of new, persistent, or more serious mental issues, we will contact the parents/guardian regarding support on next steps and whether the camper is still fit to stay at camp. **The best way to support your camper is to be 100% honest about the camper's mental health in their medical forms.** This way we can best provide support to the camper while at camp.

**Mental Health Support Limitations:** We are not equipped to address **uncontrolled** major mental health issues, such as: active disordered eating, schizophrenia, psychosis, actively suicidal thoughts or behaviors, active self harm, hospitalization for mental health issues within the last six months, etc. If your child has a well controlled serious mental health issue, such as bipolar disorder or schizophrenia, we may be able to admit the camper if and only if we can cooperatively develop a plan that includes agreements between the camper, the camper's adult caregiver, the mental health provider, and Camp Lilac. Included in this would be a plan for what we would do if the camper has an exacerbation of their mental illness. If you are not sure if camp is a good fit for your camper, please contact us to discuss.

Please contact our Director of Mental Health Services at [kasey@camplilac.org](mailto:kasey@camplilac.org) if you have questions about any of the above.

### **Access & Accommodations:**

Camp Lilac is an open and affirming community that is committed to making the summer camp experience more enjoyable for all gender diverse people. Although we are not a disability-centered camp, we acknowledge the large overlap between gender diversity, neurodiversity, and disability and seek to make camp more widely accessible each year.

Prospective campers with learning, mental health, and/or physical disabilities have the same rights to attend summer camp as their non-disabled peers, and cannot be denied admission due to their disability. The Americans with Disabilities Act requires that summer camps must provide reasonable modifications of policies, practices, and procedures when necessary to enable individuals with disabilities to participate fully in camp programs. You may see this referred to as “reasonable” or “readily achievable” accommodations throughout the application process. Parents cannot be required to pay the cost of reasonable modifications necessary for their child to participate.

Please note that while our hope and goal is to accommodate all youth, Camp Lilac remains a small nonprofit. Limiting factors, such as host camp facilities, financial resources, or available medical support may practically limit our ability to accommodate all potential campers or staff members.

There will be an opportunity within the CampDoc forms to indicate accessibility needs. More information about available accommodations, limitations, and more can be found on [our website](#).

If your needs extend beyond the accommodations listed there, or you have any questions, we encourage you to contact us so that we can learn more about you or your camper’s needs and discuss if Camp Lilac can provide a positive and safe camp experience.

Please contact our Accessibility Coordinator at [danny@camplilac.org](mailto:danny@camplilac.org) if you have questions about any of the above.

### **Vaccination Policy:**

Camp Lilac requires campers to have received all vaccines [required by the Ohio Department of Health for school attendance](#). Campers who do not already have these vaccinations but wish to come should communicate with their doctors about creating a plan to receive them prior to the camp session if possible.

Additionally, Camp Lilac requires campers to be fully vaccinated for COVID-19. In this context, “full vaccination” means two initial doses. We highly recommend any additional boosters recommended by the CDC [here](#). If time does not allow for all vaccinations to be received, please reach out to [nurses@camplilac.org](mailto:nurses@camplilac.org). Campers who are not vaccinated will not be able to participate without a valid, documented medical exemption from their medical provider.

### **COVID-19 Testing Policy:**

We believe that it is of crucial importance that all campers and staff attending Camp Lilac arrive at camp free of infection with COVID-19. All attendees should plan for at-home COVID-19 testing prior to arrival, and before traveling. Our full COVID-19 testing guidelines will be shared prior to camp.

### **Hygiene & Infection Control:**

Campers are expected to shower daily, and will have several opportunities to do so, including after

swimming or boating. Frequent handwashing or use of hand sanitizer is encouraged before meals and throughout the day. Campers who feel ill should notify a staff member, who can direct them to the health center. Campers who are ill may be sent home at the discretion of our nursing staff. We do not have facilities to isolate campers with infectious diseases or to care for campers with severe illness.

**Sunscreen & Insect Repellent:**

Sun poisoning is a cumulative effect. Campers should take wearing sunscreen every day very seriously. We encourage campers to wear hats and other protective clothing as well. We recommend campers bring and use insect repellent, especially in the evening when biting insects bite more.

## Camp Lilac Social Contract:

We thank you in advance for understanding, agreeing to, and supporting our expectations. We know they will make our camp a safe and wonderful place, and that these expectations ensure that you and all the other campers will be able to have fun.

Please read the following. Your CampDoc profile requires your signature, acknowledging to abide by these guidelines. If you do not agree to these guidelines, please contact us to discuss. Thank you!

I agree to live by the camp rules and expectations while at camp so that all campers can have a safe, happy, and successful experience.

I will use respectful language at all times. This includes using the names and pronouns on a person's name tag.

I will not drink alcoholic beverages or use drugs illegally.

I will not engage in abusive behavior or language.

I will respect the property and living space of others. I am responsible for reimbursing camp if I mark or mistreat any camp property, or any property of others at camp.

If I see or know of a camper having difficulty, I will let an adult know, so that the camper's health, happiness, and well being is best supported.

I will observe the camp "lights out" time.

I will do my best to treat everyone in the camp community with courtesy and kindness.

I will follow the outdoor code by leaving outdoor spaces better than how I found them. This includes no littering or harming the environment. I will limit human impact on the environment.

I will not keep any food, beverages, or similar items in my cabin so that I do not encourage critters large or small to enter uninvited.

I understand the Director(s) have the right to dismiss any camper whose actions, behavior, or attitude, in the Directors' judgment, is contrary to the best interests of the camp or campers.

I understand that if I do have a serious behavior problem, my parents/guardian will be asked to attend a conference with the Director(s) and me, in person or on the phone. An agreement, with stated consequences (up to and including being dismissed from camp) will be made during the conference.