

## **Is my child ready for camp?**

There are many factors that go into deciding if a child is ready to attend camp. Below are some of the core elements of our program that campers should meet. If there are one or more items that your child does not meet yet, please give us a call at the office (859-586-6181) to discuss the particulars and see if camp would be a good fit for them at this time.

Campers must be:

- age 6 to 15 (5 for intro programs) to participate in camp programming.
- able to function with a 6 to 1 camper-to-counselor ratio.
- able to take care of their own personal hygiene independently (getting dressed, showering, keeping track of belongings, etc).
- able to handle the physical demands of camp, including walking between activities (up to one mile at a time and including steep hills), being outside for most of the day, etc. Camp days are much more physical and longer than school days.
- willing and able to participate in a group setting (able to transition among activities with group, follow instructions from camp staff, remain with the group, take turns, ask for help).
- Able to adapt to the camp environment, which at times can be loud, time spent in large groups or people, and fast paced.
- capable of maintaining effective mental, emotional, physical and social interactions with self, campers, and staff.
- able to interact effectively with individuals and groups respecting social and cultural diversity and maintains appropriate physical and emotional boundaries.
- (For Overnight Camp): able to share personal space with at least 10 other people; able to sleep in a group setting (most cabins are open air and do not have air conditioning). Night time rituals can be done in a non-home setting.