



# CAMP ADVENTURE



Choosing a summer camp program for your child or family member involves some important research. Asking a few questions can help guide you to the best camp for your child or family member. Below are some suggestions from the American Camp Association (ACA).

Questions to ask when choosing a summer camp:

### What's the camp's philosophy?

Is it one you're comfortable with as a parent? Is it a good match for your child?

### How does the camp recruit, screen and train its staff?

Do counselors have criminal background checks? First aid training?

### What's the ratio of counselors to campers?

ACA guidelines for overnight camps call for a 1:6 ratio for ages 7 and 8, 1:8 for ages 9-14; and 1:10 for ages 15-18. Day camp guidelines call for 1:8 for children ages 6-8; 1:10 for children ages 9-14; and 1:12 for ages 15-18.

### How old are the counselors?

The ACA recommends that 80 percent of the staff be 18 or older and that all staffers be at least 16 and a minimum of two years older than the campers they supervise.

### What medical staff work at the camp and what backup facilities are nearby?

While most states have regulations for camps, there is no federal oversight of camps' health and safety. The ACA recommends that an overnight camp have a licensed physician or registered nurse on the site every day, and that day camps should have direct phone access. If your child takes medication, has food allergies or a chronic medical condition, be sure you are comfortable that the camp will be able to handle your child's needs.

### What does a typical daily schedule look like?

This will help you decide if your child will be happy with the level of physical activity or the amount of time devoted to arts and crafts. Ask how much freedom a child has to choose activities.

### What is the camp's return rate?

How many counselors are returning this year? The ACA says at most camps, 40-60 percent of the staff returns. If the number you're given is lower, ask why. How many campers return? Fifty percent is good, and more is better.

### What is the camp's approach to discipline and how does the camp handle conflicts between campers?

Find out what the camp's rules are and what breaches would result in a camper being sent home. You should be comfortable that the camp's practices are in line with your parenting practices.



Visit the following websites to find a camp in your area:

<http://www.kidscamps.com>

<http://www.easterseals.com>

<http://www.choicecamps.com>

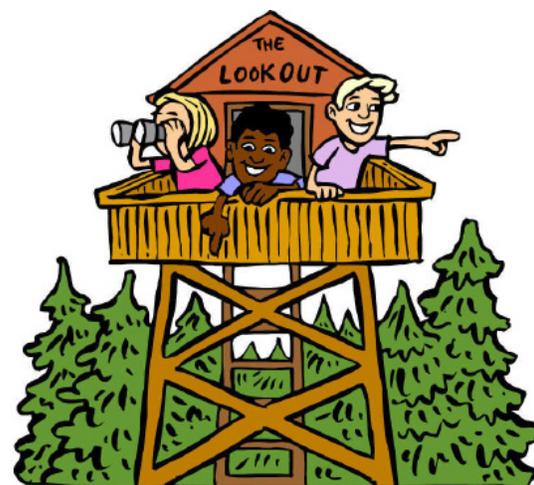
<http://www.grownupcamps.com>

<http://www.acacamps.org>

<http://www.summercamps.com>

<http://www.nscd.org>

<http://kidshealth.org>



# SUMMER CAMP LIST

## Chicago land area camps for adults



**June 26-July 2, 2011**

**Wilderness Endeavor- Adults - Overnight camp for adults with brain injuries. In partnership with the Brain Injury Association of Illinois. For more information call 302-365-8021**

**July 3-8, 2011**

**Easter Seals Camp Owl- Ages 18+ - Overnight camp for individuals whose primary diagnosis is a physical disability (Cerebral Palsy, Spina Bifida, Muscular Dystrophy, etc.) and who do not have an accompanying intellectual disability. For more information call 302-365 8021**

**July 3-8, 2011**

**Easter Seals Camp Eagle- Ages 18+ - Overnight camp for individuals age 18 and older whose primary diagnosis is a physical disability (Cerebral Palsy, Spina Bifida, Muscular Dystrophy, etc.) and who also have an accompanying intellectual disability. For more information call 302-365-8021**

**July 24-30, 2011**

**Camp Horizon- Adults - Overnight camp for adults with physical disabilities. In partnership with the Association of Horizon. For more information visit:**

**visit:://www.associationofhorizon.org**

## Chicago land area camps for children

**June 12-17, 2011**

**Easter Seals Camp Coyote- Ages 7-22 - Overnight camp for individuals whose primary diagnosis is a physical disability (Cerebral Palsy, Spina Bifida, Muscular Dystrophy, etc.) For more information call 303-365-8021.**

**June 26-30, 2011**

**Camp Fun Zone- Youth - Overnight camp for youth with brain injuries. In partnership with the Brain Injury Association of Illinois. Call 312-726-5699 or for more information visit:://www.biaill.org**

**August 1-7, 2011**

**Penguin Project Camp- Ages 7 + - Overnight camp for young artists with disabilities and their friends. Programs will be centered on singing, dancing, and traditional camp activities. Campers' families will be invited to a musical review at the end of camp. For camp registration use Timber Pointe Outdoor Center Application. For more information about the Penguin Project visit:://www.penguinproject.com**

**June 13-July 1, 2011**

**Camp Superkids- Ages 4-8 -A 3 week intensive camp for children with hemiplegia. Goals will be addressed through super hero play: dressing up like a super hero, preparing super hero foods, using super-strength to push over tall buildings, swinging from trapezes, and developing new super powers all of their own. For more Information call 847-729-6220.**

**Dates: TBA**

**Camp Schwab- Every year in August, Schwab Rehabilitation Hospital, the Chicago Park District and Dominick's Finer Foods team-up to provide a fun week of sports and recreation for children with physical disabilities. CAMP Schwab is an adapted sports camp that provides basic athletic instruction to children with disabilities. For more information call 773-522-2010.**

**Dates-TBA**

**Caring for Kids- Ages 7-17- Rehabilitation Institute of Chicago, Activities include swimming, sailing, rock climbing, kayaking, cycling, horseback riding, golf, tennis, yoga, karate, baseball and indoor court sports. The activities have adaptations for all disabilities. For more information please contact 312-238-5010.**

