

City of Sacramento, Department of Parks and Recreation
Access Leisure in Partnership with



OFFERS
HAWLEY LAKE CAMP 2010

Get ready for Camp at Hawley Lake! Get ready for a week of fun and excitement in the wilderness. Get ready for the world of the Sierra's...blue skies, high mountains, clear lakes, snowfields and meadows full of wildflowers. Get ready to learn wilderness camping skills, sleep under the stars, learn about nature's ways and be personally challenged.

Once they arrive at camp all activities at Hawley Lake will focus on teaching independence and social communication by working together in a wilderness environment. Campers will experience outdoor cooking, sleeping in the open, survival skills and learning about native plants and animal life. They will fish in lakes and streams, swim, go boating on Hawley Lake, learn to use nature for crafts and practical necessities, explore meadows and snowfields, camp overnight in small groups, sing, tell stories and laugh around a nightly campfire. They may even have a chance to visit an old-time mountaineers cabin still standing today. Each camper will have their own individual counselor to help them discover newfound independence and expand their own abilities as they learn to adapt to the wilderness.

We will be sharing many adventures together at Hawley Lake, so bring your enthusiasm and ideas, and LET'S GO!



TWO WEEK TRAVEL SCHEDULE

The City of Sacramento Access Leisure, CCYC Camp Nejedly at Hawley Lake consists of two, one week sessions under the direction of Access Leisure Program Director, Jenny Yarrow.

Session I (July 24 – July 31, 2010)

Session II (August 1 – 7, 2010)

Meeting Location: City of Sacramento Natomas Service Center 3291 Truxel Rd, # 26 Sacramento, CA 95833 (Across the street from Natomas High School) Inside the shopping center corner of Truxel and San Juan)

On DROP OFF days, Session I: Saturday, July 24th and Session II: Sunday, August 1st
Campers will be meeting in the back of the Natomas Service Center at 8:00 am.

Safety Procedures during drop off times: Sign your child in with the registration person and drop off your child's belongings in the designated luggage staging area. Stay with your child until your child has been seated on the bus. Before departure the driver will review the safety procedures with your child in case there's an emergency during the time they are on the bus.

The driver will load the bus after all the children are safely in their seats. The bus will depart by 8:45 am with a 12:30pm arrival in Johnsville; CA. Lunch will then be served. After lunch the children will be loaded into 4 wheel-drive vehicles to experience the beautiful and rugged road crisscrossing the Pacific Crest Trail on the mountaintops of the Northern Sierras. Arriving at Hawley Lake at approximately 3:00 pm.

On PICK UP days, Saturday, July 31st and August 7th all campers will be picked up at Hawley Lake by 11:00 am, and head out to meet the bus by 1:00 pm. Arrive in Sacramento by 4:00 pm. **PLEASE** be there to pick up your camper **AND YOU MUST SIGN YOUR CAMPER OUT AND TALK WITH THE CAMP NURSE BEFORE LEAVING WITH YOUR CHILD.** You may be charged a fee for watching your child per hour if you are more than an hour late.

If there is a change in the drop off or pick up times you will notified be by an Access Leisure employee at least one hour prior to scheduled time. In the case there is an emergency that would effect the times of arrival or departure the parent or guardian will be notified by authorized personnel such as the camp director, emergency personnel or another Access Leisure employee.

IMPORTANT THINGS TO REMEMBER

Please read carefully and follow through for your camper:

MEDICATIONS: Medications should be labeled carefully with camper's name, dosage and doctor's directions. Please send AN EXTRA PERSCRIPTION IN CASE OF EMERGENCY.

If your camper brings medications, please keep them separate from his/her gear, so the Nurse or Camp Director can collect them at the time of departure.

PLEASE BRING A SACK LUNCH WITH YOU and please mark your name on his or her lunch. Pack the lunch separately so that we can collect them at the time of departure. Drinks will be provided.

FOOD AND SNACKS: food will be stored in the kitchen at all times for the safety of the camper and others. All food must have his or her name on the bags.

CAMPERS' GEAR: Put camper's name on all gear and personal items. Please include, with the camper's gear, a list of everything that your camper brings to camp. We ask that you DO NOT send personal sports equipment or electronic devises, as we are not responsible for lost or stolen items.

Hawley Lake gets very cold at night and in the early morning. Please bring plenty of warm clothing and sleeping gear. Being out-of-doors is great fun only if you are warm and well prepared.

WHEELCHAIRS: NO POWER WHEELCHAIRS! There is no power source for recharging power wheelchairs.

ALL WHEELCHAIRS MUST HAVE SEAT BELTS!

KNIVES AND FIRE ARMS: NO knives and fire arms are allowed, including pocketknives.

If you have any questions, feel free to call Jenny Yarrow at 916-808-6017.

Should any emergency arise and a camper needs to be contacted, our contact person is the ranger at Plumas Eureka State Park at (530) 836-2380. The ranger will get the message to us as soon as they can. Please call ONLY IN AN EMERGENCY.

NOTICE TO PARENTS, GUARDIANS, AND OR CAREGIVERS:

In case of an emergency or injury, you will be notified by our Camp Nurse.

If nurse and parent determine that the camper needs to be sent home, you will be notified as to where the pick up, and transfer place and time will take place.

CAMP GEAR CHECK LIST

With Campers name on all clothing

- () Shirts, 5 long sleeved and 3-4 short sleeved
 - () Underwear, 7-9 pairs
 - () Socks, 8-9 pairs
 - () Shoes, extra pair, tennis shoe or rubber type
 - () Pants, 3-4 pairs
 - () Shorts, 3-4 pairs
 - () Swimsuit
 - () Hat, one for sun and one for cold weather
 - () Gloves and or Mittens
 - () Pajamas or long underwear (sweats work great)
 - () Jackets, one heavy and one light
 - () Towels, 3
 - () Washcloth, 2
 - () Soap
 - () Shampoo and conditioner
 - () WARM sleeping bag / small blanket (optional)
 - () Pillow
 - () Air mattress/ Foam pads (optional) cots are provided
 - () Whistle for emergencies
 - () Sanitary napkins if applicable or will be soon.
 - () Medical supplies, i.e. catheters, chux, Attends, etc.
 - () Medications including pills, injections, creams, etc.
 - () Extra prescriptions for emergencies
 - () Sunscreen lotion, 30 SFP or higher / Bug spray
 - () Lip Balm
 - () Rain gear/poncho
 - () Sunglasses
 - () Flashlight (headlamps work well)
 - () Batteries
 - () Camera / film (optional) PLEASE PUT YOUR NAME ON YOUR CAMERA
 - () Extra white tee-shirt for tie-dying, optional
 - () Padded hot water bottle, optional
- In case of inclement weather, the entire camp sleeps
in the administration building, and or designated tents.

Please remember to put your camper's name on all personal gear and equipment.

TRY TO LIMIT YOUR GEAR TO : One sleeping bag and pillow
One duffel bag or suitcase
One backpack or small bag