

Roger Pepper Adventure Camp Application Packet

Presented by:



ADAPTIVE SPORTS CENTER

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"At this camp I got to meet so many new people. The people who I can now call friends. My friends at this camp helped me in so many ways. They were all unique in their own ways and they all made me laugh and smile the whole week. The friendships I made were amazing." – RPAC Participant

I. Mission

The mission of the Roger Pepper Adventure Camps (RPAC) is to promote and provide outdoor adventure recreation to youth with severe burns. The activities offered in these camps focus on teaching young burn survivors new life skills, building self-confidence and empowering them to be more comfortable with themselves as individuals.



"I couldn't be more thrilled with the precious and enthusiastic feedback about the Roger Pepper Adventure Camp. You made a huge impression on their lives – you really made a huge impact on each of them. Thank you very much." – Allison Massari, RPAC Founder

II. History

The Adaptive Sports Center (ASC) enhances the quality of life of people with disabilities through exceptional outdoor adventure activities. The successful programs the ASC provides are inclusive to families and friends, empower our participants in their daily lives and have a positive enduring effect on self-efficacy, health, independence and overall well-being. With the support of volunteers, dedicated instructors and the local community, the ASC has grown to become one of the premiere programs for year-round adaptive outdoor recreation. The ASC is a nonprofit, 501(c)(3) organization. The ASC is a chapter of Move United and a member school of the Professional Ski Instructors of American (PSIA) and the American Association of Snowboard Instructors (AASI).

The ASC was founded in 1987 when President and Mrs. Carter joined a group of local residents to form the Physically Challenged Ski Program of Crested Butte. The ASC now provides instruction and adaptive equipment for alpine and Nordic skiing, snowboarding, ski biking, ice climbing, sit skiing and snowshoeing in the winter. In the summer, the ASC offers instruction and adaptive equipment for downhill mountain biking, handcycling, canoeing, kayaking, paddle boarding, multiday river trips, whitewater rafting, ropes challenge course, hiking, camping, mountaineering, rock climbing and photography.

The ASC provides outdoor adventure activities for people with physical disabilities, such as spinal cord injuries, multiple sclerosis, muscular dystrophy, spina bifida, amputations, traumatic brain injury, burn injuries, cerebral palsy, visual impairments and hearing impairments. The ASC also provides services for individuals with developmental and cognitive disabilities, such as developmental delays, Down's syndrome, autism spectrum disorder, ADD, ADHD, learning differences and other emotional and behavioral disorders as well as youth at-risk. Much to the credit of ASC instructors as well as strides in adaptive technology, the ASC has been able to assist every person who has come through its doors. The ASC welcomes anyone with a desire to participate.

The ASC provides over 5,000 lessons each year, enabling hundreds of people to experience the freedom and dynamic motion of outdoor sports. Our students include people who travel from as far away as Germany and Argentina and as close as downtown Crested Butte. The ASC has hosted events, such as the Disabled American Veterans Winter Sports Clinic for over 350 disabled veterans aged 18 to 80, the Colorado School for the Deaf and Blind, the Joy School from Texas for students with learning disabilities, Kennedy Krieger Institute, a rehabilitation center for young adults with spinal cord injury and the Roger Pepper Adventure Camp for teenage burn survivors. Many national and international groups and individuals return to the ASC year after year.

The Roger Pepper Adventure Camp (RPAC) originated in 1999 and was the brainchild of Allison Massari, an artist and burn survivor herself. Mr. Roger Pepper is the man who saved Allison from her burning Jeep after it was struck by another vehicle. It was appropriate to name the camps after a man who was willing to put his own life on the line for another human being that he did not even know. RPAC is organized and run by the ASC for one

week during the winter and summer seasons. At its core are the dedicated ASC instructors, whose great technical and soft skills make them well suited for teaching RPAC participants. Our summer and winter camps share the theme of helping participants not only to enjoy outdoor adventure activities in Crested Butte's mountain environment, but also to use the experiences for personal growth.

These camps are based on the idea that severe burns happen in a matter of seconds, but the physical and emotional recovery lasts a lifetime. Surviving a severe burn is an extremely painful process, is permanently disfiguring and means a lifetime of both physical and mental adjustment. In addition to physical scars, youth are vulnerable to emotional scarring. Daily, these young burn survivors must face their peers and a society that is often unwilling or afraid to accept them because they look different.

Allison Massari envisioned a camp that provided a caring and supportive environment where teenagers are given the opportunity and means to heal. RPAC is designed to renew self-confidence and empower its participants through activities that both challenge and reward. All of these activities take place with other teenagers who have survived burns, so that they can share stories and experiences while also realizing they are not alone and have support.

III. Camp Policy and Procedures

Immunization Records: The Colorado Division of Child Care requires the Adaptive Sports Center (ASC) to have written proof of each child's current immunizations. Please copy the full date (month/day/year) of each shot onto the immunization record card. The Colorado Department of Public Health strongly advises that children be immunized to help protect your child, other children and staff.

Exemptions to Immunization: Parents/guardians may claim exemptions to immunization requirements based on personal belief, religious beliefs or medical conditions. If a child without immunizations is admitted to camp, the ASC is required by law to notify all parents/guardians of that child's enrollment.

Transportation: Transportation is provided by ASC. Listed on your child's flight itinerary are travel dates and departure/arrival times. Please be on time to drop off and pick up your child. Please be prepared to cover expenses for your child's checked luggage when they check in at the airport. We will cover the expense when they depart Colorado (one bag per participant).

The ASC does not take on any special responsibility of guardianship during flights. Please make sure your child is familiar with their flight itinerary and knows how to handle possible flight delays. Please also ensure that your child carries their emergency contact information, a snack and cash to cover any incidental expenses.

Airline Escort Option: You may request airline personnel to provide an escort for your child. This service may come with an additional fee, which ASC will not be held responsible for. You may fill out a form requesting that your child be escorted from the aircraft by a flight attendant to any connecting flights and then released to the person named by you prior to departure. **If you choose to use this option, please contact our program office to ensure you have the right ASC instructor's name for pick-up.**

If your child is not present at the pick-up location, our instructors will contact family members listed on the registration form and will not leave the airport until the child has arrived or is determined safe. If changes occur with your child's travel arrangements, please notify our program office (970-349-2296) as soon as possible.

Emergency Procedures: All ASC staff are experienced professionals trained in managing risk. In the unlikely event of an emergency, ASC staff will follow these protocols:

Ill Child: If a child becomes ill and cannot participate in ASC activities, ASC staff will help manage the illness and keep the child comfortable. If advanced medical care is needed, the ASC will contact medical professionals. In the event of any communicable illnesses contracted by a staff member or child in our care, a report will be submitted to the Colorado Department of Public Health and all parents/guardians will be notified.

Missing or Lost Child: ASC staff will supervise campers at all times and will conduct head counts periodically to ensure every camper's presence. If a staff member discovers a missing child, they will immediately alert the rest of the staff and program office. The child's parents/guardians will be informed of the situation. The search will take precedence over all other activities. If necessary, the ski patrol and/or police will be contacted to assist with the search. During the search, ASC staff will ensure that all other children are supervised and safe. After the child is found, all involved staff will file a report and a copy of this will be sent to the parents/guardians and the Colorado Division of Child Care.

Accident or Injury: All of our instructors are trained in CPR and First Aid and many hold EMT or WFR (Wilderness First Responder) certifications. In the event of an accident or injury that requires advanced first aid, ASC staff will care for the child until more experienced medical professionals take over care and parents/guardians will be notified. **In the event of medical or clinical services, ASC will not be held responsible for fees.**

Severe Weather: If severe weather forces us to change program activities, we will use contingency plans and continue to provide safe and fun activities indoors. Contingency plans include using the Gunnison Recreation Center facilities, going to the local theater, and playing games in the ASC program office. Please call us with any questions regarding these plans.

Discipline: In the unlikely case of behavior that requires disciplinary action, ASC staff will discuss the behavior individually with the camper and will form a working contract to correct the behavior. If the behavior patterns continue, the camper will be asked to meet with ASC staff and the Program Director. Parents/guardians will be contacted and notified of the behavior and actions taken thus far. The camper may be asked to not return to camp if the actions continue or are excessively dangerous to the individual or other participants and staff. The ASC will not condone any discipline that subjects the camper to physical harm, fear, or humiliation. The purpose of discipline at the ASC will be to correct disrupting behaviors and develop maturity among participants. Please recognize that failure to follow and respect any rules (see camp rules) may result in early dismissal from the camp at the parent's/guardian's expense.

Camper's Personal Belongings: These items are the sole responsibility of the camper. The ASC will not be responsible for any lost or stolen items. Campers are encouraged to only bring those items required for camp activities. Carrying large amounts of money is discouraged.

Sunscreen & Medical Supplies: The ASC highly encourages the use of sunscreen and recommends that each camper comes prepared with sunscreen labeled with their first and last names for personal use. The ASC will provide sunscreen for those participants who do not bring their own supply. Each camper must come equipped with their own medical supplies for administering to burn wounds.

Meals and Snacks: The ASC will provide healthy meals and snacks during camp. Please let ASC staff know if there are any dietary restrictions or allergies.

Administering Medications: If a camper needs to administer medications during camp, the camper must hand the medication to ASC staff at pick-up. The medication must be labeled with the child's name, name of medication, dosage, expiration date; time medication is to be given and special instructions with a doctor's signature of approval. ASC staff will handle all medications carefully and ensure that medications will not be accessible to other campers. Medications will be kept in a secure and dry container. Any medication that remains at the end of camp will be returned to the camper in the original container. A medication administration sheet will be provided upon camp acceptance.

Child Abuse: The ASC requires each of its staff to read and sign a statement, which clearly defines child abuse and outlines the staff member's personal responsibility to report all incidents of child abuse or neglect. Any ASC staff member who has reasonable cause or suspects that a child has been subjected to abuse or neglect must immediately file a report with the local police department.

Reporting of Licensing Complaints or Neglect:

Any and all complaints concerning suspected licensing violations should be directed to:

The Colorado Department of Human Services, Division of Child Care 303-866-3755

For any suspected abuse or neglect, contact the local police

Gunnison Police Dispatch 970-641-8000

Mount Crested Butte Police Station 970-349-6516

For any emergencies, please call 911

Roger Pepper Adventure SAMPLE Camp Itinerary

Sunday, January 8th through Saturday, January 14th

(Activities subject to change with weather, equipment availability, and safety in mind)

Date	AM Activity	PM Activity	Evening	Overnight	Food
Sunday, January 8 th	Pick up at airport (ASC will meet you at your baggage claim) Travel to Crested Butte		Move into House Welcome, Goal Setting and Orientation	Lodge in Crested Butte	Travel with your own snacks/lunch, Dinner Delivered
Monday, January 9 th	Skiing and Snowboarding at Crested Butte Mountain Resort	Skiing and Snowboarding at Crested Butte Mountain Resort	Back to lodge, Dinner as a group	Lodge in Crested Butte	Breakfast at lodging, Lunch at ASC, Dinner as a group at the lodge
Tuesday, January 10 th	Skiing and Snowboarding at Crested Butte Mountain Resort	Skiing and Snowboarding at Crested Butte Mountain Resort	Back to lodge, Dinner out in town	Lodge in Crested Butte	Breakfast at lodge, Lunch at ASC, Dinner at Teocalli Tamale
Wednesday, January 11 th	Skiing and Snowboarding at Crested Butte Mountain Resort	Skiing and Snowboarding at Crested Butte Mountain Resort	Back to lodge, Dinner as a group	Lodge in Crested Butte	Breakfast at lodge, Lunch at ASC, Dinner as a group at the lodge
Thursday, January 12 th	Sleep in, Brunch as a group and Explore downtown Crested Butte	Skiing and Snowboarding at Crested Butte Mountain Resort	5:45pm visit to Crested Butte Fire Protection District, Back to lodge	Lodge in Crested Butte	Brunch at lodge, Dinner at Fire House
Friday, January 13 th	Skiing and Snowboarding at Crested Butte Mountain Resort	Skiing and Snowboarding at Crested Butte Mountain Resort	Group debrief and dinner	Lodge in Crested Butte	Breakfast at lodge, Lunch at ASC, Dinner as a group at the lodge
Saturday, January 14 th	Move out of lodging and depart for airport	Drop off at airport and travel home			Breakfast at lodge, Packed lunch for traveling

IV. PACKING LIST

Winter

- Ski or winter jacket
- Snow pants
- Long underwear top (non-cotton)
- Long underwear bottom (non-cotton)
- Wool sweater
- Fleece jacket/shirt
- Socks (wool or fleece)
- Winter hat (wool or fleece)
- Warm winter gloves or mittens (water resistant)
- Neck gaiter or buff
- Ski goggles
- Winter boots
- Sunglasses
- Water bottle
- Lip balm with at least SPF 15
- Sunscreen
- Personal toiletries (shampoo, condition, soap)
- Prescribed medications
- Casual attire for relaxing at lodging
- Pajamas

**Please let ASC know if you do not have a listed item. The ASC has extra items that may be borrowed during the trip.*

V. Travel Tips

For those traveling in a group, a request will be made to the airline to keep you all seated together. Please recognize that the airline is not taking on any special responsibility during flights and you will be treated as an adult passenger. If you would like to use the escort services, please go to your airline's website ahead of time to fill out the appropriate paperwork.

Upon your arrival in Colorado you will meet an ASC staff member at your luggage claim and will be shuttle with the rest of the Roger Pepper group to Crested Butte, Colorado.

Here are some tips for an efficient and smooth trip:

- Bring Layers. The Colorado mountain environment can have a chill in the morning, but gets warm in the afternoon. It is best to dress in layers that can be taken off or put on as the temperatures change.
- Pack reasonably in a bag that is easy to carry around with you during camp. Be sure to attach an identification stub to your luggage.
- Get to the airport at least 2 hours early to ensure an efficient travel experience.
- Travel with emergency information on you (emergency contacts and ASC's contact info).
- Carry money during travel as a means to cover incidental expenses
- Have your government-issued photo ID ready when you go to your airline's ticket counter to obtain your boarding pass and keep available through security checkpoints.

- Please keep in mind that you will have to pay for your checked baggage on your way to camp. ASC will cover the luggage cost of 1 bag per participant when you depart from Crested Butte.
- If possible, pack liquids in checked baggage. You will get through security fast. Any items exceeding 3 ounces will not be allowed in your carry-on. (Check with airline for up to date regulations.)

If you have any questions, concerns or need to establish a meet-up point with other participants please do not hesitate to contact me.

Hannah Lang, CTRS, MA

970-349-2296 x 102

Hannah@adaptivesports.org

VI. Get your Groove on: Tips to prepare for an active week in Colorado's High Country

Exercise

Build a plan to exercise a minimum of 3 times a week for 20-60 minutes. Warm up slowly and then get your heart working harder than a resting rate.

Ideas include:

- Walking/Running
- Riding a bike
- Walking/Running stairs
- Going to a gym and using exercise machines or lifting light weights
- Doing yoga
- Jumping rope
- Sports at school
- Any other fun exercise activity you enjoy

Eat Healthy

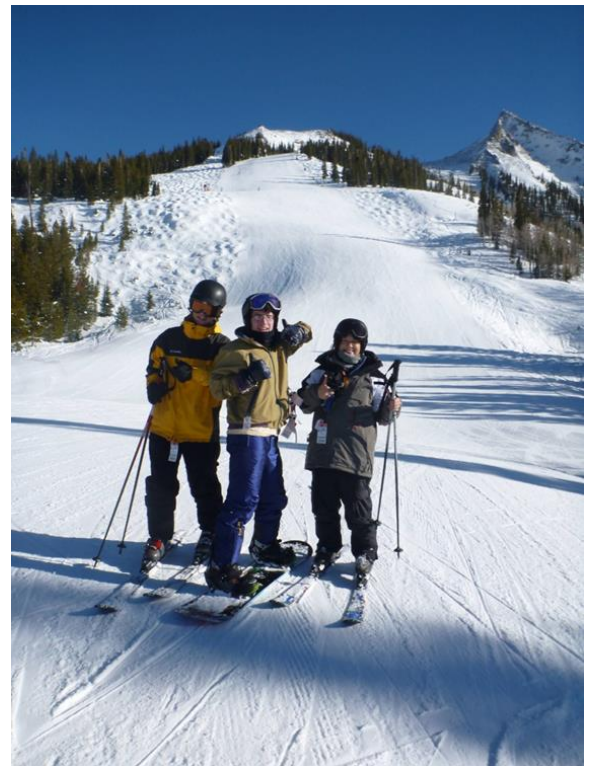
Eating foods that are good for your body is an important way to prepare for a week of activities as well as for every day.

Rest

The week at camp will be busy. Be sure to get good sleep and good rest leading up to your week in Colorado.

Hydration

You will be traveling from your home to Crested Butte, which is located 9,300-10,000 feet in elevation. Increase your water intake before you arrive to the Crested Butte area. Keeping your body hydrated with lots of water and a little Gatorade will help prevent altitude sickness. Continued hydration once you are here will be a critical part of a successful week. Reduce or stay away from caffeine, sugar and sodas.





**APPLICATIONS DUE BY
FRIDAY, SEPTEMBER 30**

Please send applications to Hannah through email or mail to:

Email: Hannah@adaptivesports.org

Mail: Adaptive Sports Center
Attn. Hannah Lang
PO Box 1639
Crested Butte, CO 81224



Due to the growing interest in the camp, we may not be able to accommodate all participants who are interested in attending. We are asking all interested participants, new and returning, to complete an application to attend this year's camp. The questions focus on the camp's history, purpose, and attributes of camp members. You may choose to provide us with a written, audio recorded, video recorded or other creative response to answer the application questions, keeping in mind that the content of your response is more important than the way you present the information.

Please have fun with this application and realize that you are applying to become part of something that is truly great! Through outdoor adventure activities, the Roger Pepper Camps provide an opportunity for you to challenge yourself, meet new people and learn new skills while having a fantastic time. We look forward to hearing from you.

- The Adaptive Sports Center Staff

"I just wanted to thank you for the experience that you gave me by letting me come to this camp! It was a once in a lifetime experience!" – RPAC Winter Participant

VII. Application Questionnaire

Please return by Friday, September 30!

1. First Name _____ Last Name _____ M.I. _____
2. Permanent Address _____ Apt/Unit _____
- City _____ State _____ Zip _____
3. Permanent Phone # _____ Best Time to Call _____
- Cell Phone # _____ Best Time to Call _____
4. Parent's Email Address _____
- Applicant's Email Address _____
5. Age _____ 6. Date of Birth _____ (MM/DD/YYYY) 7. Gender _____
8. Grade _____ 9. Date of High School Graduation _____
10. Date of burn injury: _____
11. Degree of burns: _____
12. Percentage of body burned: _____
13. Legal Name (As it appears on photo ID for travel.) _____
- *We will need your legal name to book your flights.*
- First choice airport preference: _____
- Second choice airport preference: _____
14. Have you previously participated in a Roger Pepper Adventure Camp? _____ Y _____ N
- If so, winter or summer of what year? _____

Application Questions

1. Why should you be selected for this year's Roger Pepper Adventure Winter Camp?
- _____
- _____
- _____
2. What do you hope to gain by attending the Roger Pepper Adventure Camp?
- _____
- _____
- _____

3. What is your idea of a good leader? How can you be an effective leader during camp?

4. Please describe your extracurricular activities such as employment, volunteer service, clubs, sports, or hobbies.

5. What are two strengths you will bring to camp?

6. Do you have a weakness? How could you improve on this during camp?

7. Describe an experience in which you have tried something out of your comfort zone. How did you feel before and after the experience?

8. Participating in Roger Pepper Adventure Camp involves a great deal of physical activity and teamwork. You will be busy with outdoor adventure and evening activities, cook & chore teams, and social interactions throughout the week. (A) How do you plan to prepare for the camp? (B) How do you see yourself contributing to the group during camp?



VIII. Working Together: Camp Rules

Please return signed with your paperwork by Friday, September 30!

The rules of this camp aim to provide a baseline agreement for the staff and participants to follow. These rules are in place to ensure that all participants are safe and treated with respect. All participants will be held to the following rules during the camp with no exceptions.

1. Show respect for yourself and others. Sarcasm, teasing, bullying and profanity are not allowed.
2. Use of tobacco, drugs, alcohol or possession of any related paraphernalia is strictly prohibited.
 - a. Breaking this rule will result in immediate dismissal at the parent /guardian's expense.
3. Do not leave the group without permission from an ASC staff member.
4. Take care of yourself. ASC is not responsible for medical fees or clinical costs. The ASC requires a parent /guardian's credit card information in the event of a medical emergency.
5. During outdoor recreation activities, be responsible for equipment and follow risk management rules.
6. At lodge and camp:
 - a. Respect everyone's privacy and quiet time by keeping noise at an appropriate level.
 - b. All participants must be in their own rooms or tents by 10:00pm. Remain in your room/tent (unless there is an emergency) until we meet in the common area each morning for breakfast.
7. If you are unsure about something, please ask. The ASC staff will be happy to answer all of your questions.
8. Cell phones, iPads and other electronics may be used at designated times or in the case of an emergency. We need everyone's full attention while participating in outdoor adventure programming.
9. Challenge by Choice philosophy will be present throughout camp and will be discussed prior to engaging in different activities. The key concepts are listed below.
 - a. Each individual is empowered to decide whether to participate in an activity. ASC staff and other campers are expected to respect each other's right to opt out of an activity.
 - b. Challenge by Choice creates an environment where participants are asked to find opportunities to grow during the experience.
 - c. All are asked to add value to the group experience by finding a way to contribute to the group's efforts while also discovering value in the experience for themselves.
 - d. Parents/Guardians that do not wish to have their child participate in any scheduled activity during the trip, please contact Hannah Lang at Hannah@adaptivesports.org or (970)349-2296.

Please recognize that failure to follow and respect the above rules may result in early dismissal from the camp at the parent /guardian's expense. By signing this document, I acknowledge that I have read the camp policies and procedures attached, understand its contents and agree to the above rules.

Camper Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____