

DEPARTMENT OF PEDIATRIC REHABILITATION
PEAK Adventure Camp at Breckenridge Outdoor Education Center
Camp Criteria 2020

This group description is intended to help parents, therapists, and other staff working with children to determine the appropriateness of the camp setting for each child.

Therapists

Two therapists from the Pediatric Rehabilitation department will work with the BOEC staff to plan the camp based on the needs of the children in the group. The therapists, a course director, and two interns from BOEC staff are present for the entire week.

Location

Breckenridge Outdoor Education Center, in Breckenridge, CO. Families are responsible for providing transportation to and from the camp.

Time

Monday afternoon through Friday morning; June 29-July 3

Ages

10 to 15 years

Group Size

6 to 8 kids

Criteria

- Child has participated in a day-camp or other group program (preferably through Boulder Community Health Pediatric Rehab) within the last year. It is important for the child to be comfortable in a camp setting before traveling off-site for a week of overnight camp away from family and support systems.
- If your child has not participated in a Boulder Community Health Pediatric Rehab group before, teachers or other individuals who have worked with your child in a group setting may be contacted to determine if this camp is appropriate for your child.
- Child is comfortable being away from home overnight and has previously experienced an overnight stay at a camp or friend's house. Occasional phone conversations with parents are allowed.
- Child is independent with toileting and expected to use an **outhouse**. Pull-ups are fine for night time use if the child is able to independently manage them. Please let staff know if pull-ups will be used overnight.
- Child is independent with self-care skills such as dressing and hygiene with some external support for organizing supplies and remaining on task in a distracting setting.
- Child is comfortable with not taking a shower for the duration of camp.
- Child is able to follow 2 or 3 step directions. Directions are frequently paired with visual aids (i.e., lists, pictures).
- Child is able to independently remain with a group of 10 people (i.e., will not wander away from the group during short hikes or activities off-site).
- Child is able to manage feelings and behavior appropriately in a group setting. Social skills and sensory integration needs are the primary focus of the group. This camp is best suited for children without temper outbursts and behavior management issues, such as aggression toward peers or adults.

A Typical Day

- 7:00am Wake up and complete morning routine (i.e., washing up, dressing, clean-up sleeping area).
- 7:45am Sensory motor activities outside on the porch. We complete these sensory based activities to assist with modulation and organization.
- 8:15am Breakfast. Meals are eaten family style around a large table in the cabin. Mealtime conversation among peers is encouraged. Children participate in preparing the meal and cleaning the dishes.
- 9:00am Pack backpacks. Children are responsible for gathering the needed items for the day (e.g., jacket, water bottle, sunscreen).
- 9:15am Hike or drive to the morning activity (i.e., ropes course, canoeing, rock climbing). We typically pack food and eat lunch off site. The activities are structured to encourage team work and to challenge each child's individual skill level.
- 3:00pm Return to the cabin. Play games and complete craft projects. In addition, campers will participate in social skills games/activities with an emphasis on exploring social skill concepts.
- 5:00pm Prepare dinner and write in journals/postcards. The group is typically split into two small groups. One group participates in meal preparation and setting the table and the other group completes word puzzles or other written activities. Those participating in meal preparation work together to assemble the ingredients, set the table, and assist with cooking.
- 6:30pm Evening songs, crafts, or a game. Depending on the energy level of the group, we will sometimes take a "flashlight" hike around the lake, sit by a campfire, or do a scavenger hunt up the ski slope to provide calming sensory input.
- 7:30pm Get ready for bed. The bedtime routine is structured and completed in the same order each night, even if the group is sleeping off-site. One night during the week may be spent sleeping in the teepee or in tents.
- 8:00pm Discuss the day's experiences and read/tell a story. The group shares their experiences; this is a good time for building self esteem and developing social skills.
- 8:30pm Lights out. Deep pressure for calming is provided as needed for children needing additional calming input to fall asleep. The children all sleep in sleeping bags on large foam mats placed on the floor of the cabin.

Things To Remember About This Camp

- The days are long and physically demanding, but also full of fun and adventure!
- There are *many* transitions during the day. Even when a routine is established and a plan is made for the day, there are *always* last minute changes that develop (particularly due to weather). These changes are often challenging but also provide excellent opportunities for problem solving as a group.

Our goal is the inclusion and full participation of all children throughout the camp day. Therapists work to adapt the setting and the schedule within the confines of the camp and group abilities.

If a child's behavior inhibits his ability to participate in the group or if behavior affects group function as a whole, therapists may determine at any time that a child is no longer eligible to continue in the group.

Contact the Boulder Community Health Pediatric Rehabilitation Department at 303-415-4466 with questions or for more information.