

DEPARTMENT OF PEDIATRIC REHABILITATION
SOAR Adventure Day Camp
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 Boulder Community Health (BCH) Pediatric Rehabilitation Services will work with the Avid4 Adventure staff to plan the camp based on the needs of the children in the group. BCH staff and two counselors from Avid4 will be present for the entire week.

Location

SOAR Adventure Day Camp meets at (*TBD*)

Time/Dates

July 6 - 10

Monday through Friday 9:00 AM – 3:00 PM

Ages

8 to 12 years

Group Size

6 to 8 kids

Criteria

- Child is able to manage feelings and behavior appropriately in a group setting. This camp is best suited for children without temper outbursts and behavior management issues, such as aggression toward peers or adults.
- Child is able to independently remain with a group of 12 people (i.e., will not wander away from the group during activities).
- Child is able to follow 3 or 4 step directions. Directions are frequently paired with visual aids (i.e., lists, pictures).
- Child is independent with toileting and comfortable using outdoor toilets when necessary.
- Child is able to tolerate riding in a large passenger van to the off-site activities.
- Child has the endurance required to participate in a full day of camp.
- Child has experience riding a two wheeled bike. One day will be designated for mountain biking on a trail that is appropriate for the ability level of the group. The group may be divided if there is great variation in ability levels of the campers. It may also be possible for a child who is new to bike riding to work on their skills off-trail in a small group. Bikes and helmets will be provided by Avid4 as needed.
- Child is not afraid of the water and is willing to wear a life vest during canoeing and kayaking activities.
- It is not expected that campers have previous experience or skill in the daily activities (hiking, rock climbing, mountain biking, kayaking, canoeing), however your child should be physically capable of trying the activities and willing to participate to the best of their ability level.
- Family must be willing to go through a screening process which may include: parent interview, in person meeting with the child, interview with the child's teacher or other individuals who have worked with your child.

A Typical Day

- 9:00am * Campers arrive at *(TBD)*
* Meet up with our group for icebreaker/teambuilding games
* Bathroom break
* Load vans to go to the day's off-site activity
* Snack and safety demonstration
* Activity begins (rock climbing, kayaking, mountain biking, hiking, and canoeing)
- 12:00pm * Lunch- campers bring their own lunch or can purchase a GoPicnic lunch ahead of time through Avid4
* Continue activity and work on advancing skills
- 2:00pm * Load vans to go back to *(TBD)*
* Debrief- discuss goals, highs/lows of the day, etc.
- 3:00pm * Campers depart unless they have signed up for after-care through Avid4

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

If a child's behavior inhibits his/her 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 Pediatric Rehabilitation Department at 303-415-4466 with questions or for more information.