



Family Camp 2019 May 3—May 5

Lazy F Campground, Ellensburg, WA



Parent Activities

Friday, May 3 (Optional Activity)

1pm—5:30pm

Spend an afternoon of **ASL Immersion!** This will be a great activity for the whole family. For those children who are too young to participate or don't want to, childcare will be provided.

To register for this portion of the weekend, choose package A, and then add the ASL Immersion option which includes dinner on Friday.

Saturday, May 4

9am-8:30 pm

(breakfast at 8am for package A, registration is open at 8am for packages B and C)

While your children participate in the children's program enjoy an opportunity to meet other families, attend a parent/child panel, and participate in a facilitated parent small group based on your child's age. After a day of learning and connecting, enjoy outdoor camp activities with your children and campfire story time!

Sunday, May 5

9am—12pm

(breakfast at 8am)

Following breakfast, parents will have an opportunity to catch up on what has been happening at the State and National level with Rick Hauan. After this discussion, conclude the camp experience by watching the children share their drama and art activities from the weekend.

Children's Program

Saturday 10 a.m.-12 p.m. & 1-5 p.m.

Sunday 8:50 a.m. - 12:00 p.m.

Deaf, hard of hearing and hearing children are welcome.

Ages Birth up to 3

Children will enjoy participating in language rich and developmentally appropriate activities.

Adult to child ratio is 1:1.

Ages 3 - 12

Drama: Children will have the opportunity to develop performance pieces for the Sunday morning program.

Arts & Crafts: Children will have the opportunity to work on art and craft projects and showcase them at the Sunday morning program.

Science: Children will have the opportunity to experience hands on science learning.

Outdoor Recreation: Outdoor fun & games including fishing. Many volunteers will be helping with these activities.

Ages 13 to 18

Teen Challenge Program: A fun and challenging program with physical activities designed for the development of interpersonal skills, problem solving and self-esteem is offered for teens.

Return registration to: Christy Camarata, WSDS/CWU - 7409, 400 E. University Way, Ellensburg, WA 98926

Directions and confirmation of registration will be mailed to you.

Questions—Christy.camarata@cwu.edu, 509.963.1670



Please return this form with your registration

Family Camp 2019 -Rules and Responsibilities for Participants

- Everyone is to remain in the Camp boundaries from the time of arrival to the time of departure.
- The conduct of all participants in the Deaf Family Retreat is expected to be courteous and respectful of everyone’s property and space.
- There will be frequent monitoring of all the children with a check-in system for all activities and in the cabins for sleeping.
- Lights out in the Cabins for sleeping will be 10:00 PM.
- All meals will be provided at the Lodge. Snacks can be brought for free time in the cabins, etc. Please throw all trash in the receptacles provided.
- No alcohol or drugs are allowed at Lazy F Camp. Any prescription drugs must be the responsibility of the parent or guardian.
- If you are responsible for providing transportation for someone else’s child/teen, you are assuming all liability with your insurance. Washington Sensory Disabilities Services Project does not have the insurance to cover transportation issues.
- If a situation arises where a child/teen creates a danger to him/herself or others, as determined by the WSDS Project staff, then an adult throughout the remainder of his time in the camp will shadow the child. If there are additional problems, the child’s family will be asked to leave the Deaf Family Retreat site.

I have read and reviewed the above rules and agree to comply with these stipulations during the Spring Family Retreat at Lazy F Camp and Retreat Center on May 3 – May 5, 2019. **(Each parent/teen attending please sign)**



_____	_____
Parent/Guardian or Teen	Date
_____	_____
Parent/Guardian or Teen	Date
_____	_____
Parent/Guardian or Teen	Date

Permission for photographing and/or videotaping

I, _____ give permission for my children and myself to be photographed and/or videotaped during the Spring Family Retreat. These photos may be used in brochures, on the WSDS website or for a presentation by WSDS staff. I give my permission for these photos to be used by WSDS.



Signature _____

****If you do not give permission to be photographed (you or your child), please email christy.camarata@cwu.edu**

Please return this form (1 for each child) with your registration

Health Information and AUTHORIZATION/CONSENT FOR EMERGENCY MEDICAL TREATMENT

We would appreciate your help in obtaining your child's health and emergency information so that we can take the best possible care of him/her during the 2019 Family Retreat. Please fill out this information sheet (**a separate sheet for each child**), sign and return it with the registration form.

Student's Name _____ Birthdate: _____ Age _____ Gender _____

Phone: (____) _____

Parent's or Legal Guardian's Name and Address _____

Family Physician/Phone Number _____

Family Dentist/Phone Number _____

Medical Insurance Company/Phone Number _____

Group/Policy Number _____

*****PLEASE ATTACH COPY OF INSURANCE CARD*****

STUDENT MEDICAL HISTORY:

In order to help the staff serve your child better, please explain special health and/or behavior issues:

ALLERGIES:

Plants Drugs Foods Animals Bees or insects stings/bites requiring medication Other

Please describe the allergic reaction and treatment: _____

Do your child's health/behavior issues affect his/her daily living or school participation? YES NO

If yes, please explain: _____

Please list any significant injuries or physical limitations: _____

Is the child required to take medication or treatments regularly? YES NO

If yes, please explain: _____

Does your child wear contact lenses? _____ Glasses? _____ Hearing Aids? _____

Does your child have a cochlear implant? _____

Please list special transportation needs: _____

Please check one and sign at the bottom of the form

I authorize WSDS staff and/or volunteers to transport and seek emergency medical and/or dental treatment, when the need for such treatment is immediate and when efforts to contact me are unsuccessful. This authorization shall be in effect from May 3 to May 5, 2019 unless revoked in writing and delivered to WSDS staff located at 400 E. University Way, Ellensburg, WA 98926. I understand that WSDS, its employees and volunteers assume no liability of any nature in relationship to the transportation or treatment of the said minor. I further understand that all costs of paramedic transportation, hospitalization, examination, X-ray or treatment provided in relation to this authorization shall be my responsibility.

I DO NOT authorize or consent to emergency medical or dental treatment for my child. Please describe procedure to follow if child has problems, and parent cannot be contacted: _____

Signature of Parent/Guardian Date

I understand that the medical information provided above would be shared, when indicated, with those who need to know in order to provide a safe environment for my child. I understand that WSDS, its staff and/or volunteers do NOT provide accident medical insurance for children attending the Family Retreat.

Return this form for each teen

Lazy F Challenge Course Release of Liability

Disclosure

The Challenge Course experience at Lazy F Camp & Retreat Center involves the following activities:

Orientation/Introduction – goal setting, safety briefing, learning names, and physical warm-ups.

Initiative Games – group activities that use little or no props, are low to the ground, and emphasize group decision-making and problem-solving skills, cooperation, awareness of individual’s effect on the group, leadership styles, etc.

Spotting & Trust Activities – activities that teach proper spotting techniques used for safety in trust and low element events, development of trust among group members, and emphasize looking out for another’s physical and emotional safety. May include the “trust fall”, where participants fall back into the arms of group member from a height of 4 feet.

Team Challenge Elements – the group will use permanent structures, cables, etc. built among the trees including: a whale watch, a spiders web, a 12 ft. wall up to get over, “tight rope” walking, or trust fall activities and more.

Summit Adventure Elements– these elements are built in trees, are up to 65ft. high, and include: Pirates Crossing, Climbing Tree, Vertical Playpen, Multivine, Climbing Tower, and Zip Line. Participants wear helmets and are belayed at all times with a climbing rope and harness.

Some of the above activities are physically rigorous. The level of participation in a challenge course activity is at all times completely up to the individual’s choice. Yet there is a risk, which must be assumed by each participant that he or she may suffer an emotional or physical injury or disability. Injuries can include, but are not limited to; cable burns, rope burns, sprains, skin abrasions, and pulled/strained muscles. In the unlikely event of a failure of a helmet, belay, or other safety precautions, more serious injuries or even death could result.

The number and choice of element your group be participating on will depend on the length of time your group spends in our challenge course program and the goals of your group

Policy for participation in the Lazy F Challenge Course experience requires that every participant must make certain health/medical information known to the course facilitator(s) prior to participation so that they are prepared to respond appropriately if the need arises. This information will be held confidential. Please be sure to complete the Participant Data form on the reverse side prior to your scheduled course visit.

No one will be able to participate in Challenge Course activities without a signed “Participant’s Data Form” and a “Release of Liability Form”!

Release of Liability

I, the undersigned, understand that parts of the Challenge course experience at Lazy F may be physically or emotionally demanding. I affirm my (or my child’s) health is good, and that I (or my child’s) am (is) not under a physician’s care for any undisclosed conditions that might endanger my (or my child’s) health or that of other participants. I recognize the inherent risk of injury or disability in challenge course activities.

I hereby agree to release the United Methodist Church, the Conference Camping Commission, Lazy F Camp & Retreat Center, and any of their directors, officers, staff members, or volunteers, from any liability, claims, demands, legal suit, or causes of action arising out of, or in any way connected with my participation in the Challenge Course activities, and further to indemnify them for any losses resulting from any suit brought in my name or on my behalf.

Participant’s Signature _____ **Date** _____
(Parent or Guardian’s Signature if under 18)

(Please print Parent or Guardian’s names)

Participants Name if under 18 _____

Return this form for each teen

**LAZY F CHALLENGE
PARTICIPANT DATA/RELEASE OF LIABILITY FORM**

Name _____ Phone _____
Address _____

M _____ F _____ Birth date _____ Age _____ Height _____ Weight _____

Person to notify in case of emergency:

Name _____ Relationship _____
Address _____ Phone hm _____ wk _____

MEDICAL INFORMATION

For your benefit and the safety of others, we need to be aware of any medical conditions you have that might impact your participation. All information is confidential and shared only with your group's facilitator(s).

1. Do you wear: contact lens? _____ Hearing Aid? _____
2. Are you on any medication? _____ What kind? _____
3. Are you allergic to any of the following (please specify):
Bug bites _____ Medication _____
Bee stings _____ Other _____
4. Do you have any limiting physical problems (temporary or permanent)? Y _____ N _____
If yes, please specify:
_____ Asthma _____ Back Problems
_____ High blood pressure _____ Kidney problems
_____ Low blood pressure _____ Bone/joint problems
_____ Cardiac or respiratory _____ Fear of heights
_____ Recent surgery _____ Other _____

What should we know about any of the above? _____

Family Medical Insurance: Yes _____ No _____ Name of Insured: _____
Carrier: _____ Group# _____ Policy # _____
Name of family physician _____ Phone _____

➤ I, the undersigned, have provided current, factual, and complete information on this form

Signature _____ Date _____
(Guardian, if participant is under 18 years of age)

****See other side****



16170 Manastash Rd • Ellensburg, WA 98926
(509) 962-2780 • Fax (509) 962-6414
www.lazyfcamp.org • office@lazyfcamp.org

What to Bring: Sleeping bag and pillow, toiletries, towels, layered clothing for cool nights, fishing poles, snacks
(No alcohol is allowed at camp)

Questions about the weekend:

Carol Carrothers, Coordinator
509-963-1131 V/TTY
carol.carrothers@cwu.edu

Questions about registration or fees:

Christy Camarata, WSDS
509-963-1670
christy.camarata@cwu.edu

Lazy F Camp and Retreat Center is located on 110 acres of mixed fir, pine, and deciduous forest in the heart of Manastash Canyon. It has a one-acre pond stocked annually with 800 rainbow trout for catch-and-release fishing, seven miles of hiking trails, home cooking, and an outdoor campfire. It's a great place to bring your family, to enjoy workshops, and to play all in one weekend.

From Seattle (about 2 hours):

I-90 East to Exit #101 (Thorp)
Turn **right** (south)
Go 1.9 miles and turn **right** at Cove Road
Go 4.3 miles and turn **right** at Manastash Road (2nd stop sign)
Go 6.9 miles up the canyon to Camp

From Wenatchee (about 1 and a half hours):

Highway 97 South to Perkin's Restaurant
Turn **right**
Go 0.4 miles and turn **left** at KOA onto Thorp Hwy.
Go 0.3 miles and turn **left** at Hanson Road
Go 2.8 miles and turn **left** at Cove Road
Go 1.0 miles and turn **right** at Manastash Road
Go 6.9 miles up the canyon to Camp

From Yakima (about an hour):

I-82 North to I-90 West
Take Exit #109 (Ellensburg/ Canyon Road) - Turn **right**
Turn **left** at Umptanum Road (at Subway, across from McDonald's)
Go 1.6 miles and turn **right** at Manastash Road (Schoolhouse #7 will be on right)
Go 10 miles past the hay fields and up the canyon to Camp

From Spokane (about 3 hours):

I-90 West to exit #109 (Ellensburg/Canyon Road)
Turn **right**
Turn **left** at Umptanum Road (at Subway, across from McDonald's)
Go 1.6 miles and turn **right** at Manastash Road (Schoolhouse #7 will be on right)
Go 10 miles past the hay fields and up the canyon to Camp

Camp is one mile before the paved road ends. Keep coming! You haven't passed it yet!
You will see "Lazy F" on the barn - take the second driveway (by main camp sign).
The office is the first building on the left.