

Summer Camp Experience for Kids with Cancer and Their Siblings

Camp Hobé Frequently-Asked Questions (FAQs)

General

Q What is Camp Hobé?

A Camp Hobé is a special summer camp designed for children and teens currently being treated for cancer (& similarly treated disorders) as well as for their siblings. Our goal is to create an atmosphere that enhances self-esteem, fosters independence and friendships, and creates a feeling of belonging.

Q Who can attend Camp Hobé?

A Kids diagnosed with cancer (and similar disorders) who are currently being treated with immunosuppressive therapy (chemotherapy, radiation therapy, or immunosuppressants) or whose final immunosuppressive therapy was within three (3) prior camp seasons may attend camp. Siblings of these kids are also eligible to attend. Kids from bereaved families may also be eligible to attend; please see below for details. Eligible kids must also meet these requirements:

- Live in the Intermountain area (UT, ID, WY, NV), or are/were treated for cancer (or a similar disorder) at Primary Children's Hospital.
- Be between the ages of 4 and 19 years during the camp session.
- Be medically stable in order to stay overnight at camp without a caregiver onsite:
 - Current physical examination certifies that the camper is appropriate to attend camp.
 - Not receiving intravenous (IV) antibiotics, total parenteral nutrition, IV fluids, or oxygen when checking in at camp.
 - Does not have any condition that might endanger the health, safety, or emotional well-being of others (eg, apnea, poorly controlled seizures, other poorly controlled medical conditions) when checking in at camp.
- Some kids may need extra help or supervision to enjoy camp, even if they meet the medical requirements to attend. This includes kids with any condition that might require extra help, such as blindness, deafness, muteness, autism, emotional or psychiatric problems, developmental delay, or recent significant life events. These campers may attend based on the type and amount of extra care they need, as well as the amount of support available from family and other caregivers. All these factors help us decide whether our program can accommodate your kid. Please tell us prior to registering if any of these apply to your kid.

Q What if our patient has passed away?

A We are so sorry for your loss. Please consider sending your patient's siblings to Camp Hobé. Siblings from bereaved families may attend for three consecutive camp seasons after the patient passes. Siblings must meet health and age requirements (see above).

Q How does Camp Hobé help my children?

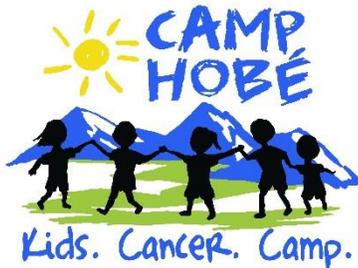
A Camp Hobé helps your children by addressing and relieving the psychological, social, and physical impact of cancer (& similarly treated disorders). Camp lets kids use and rediscover their bodies by letting them do activities they cannot normally do. The high level of supervision and medical care we provide makes this possible. Camp lets your children be kids again and lets them spend time outside a serious environment playing and learning through play. Camp returns kids to a peer group that they may have missed during treatment. At camp, living with cancer (& similar disorders) makes your children part of the crowd.

Q How do I learn more?

A Contact our office at 801-631-2742 or wapitimama@camphobekids.org

A Visit the camp website at www.camphobekids.org

A Visit us on Facebook at www.Facebook.com/CampHobe



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About the Camp Program

Q When and where is Camp Hobé?

A Camp Hobé is held each June, although the exact dates vary from year to year. We have three different sessions, grouped by camper age:

- Day Camp / Hobé Juniors: 4–6 years old, 2-day program. The 4–5 year olds (Day campers) do not stay overnight; the 6-year olds (Hobé Juniors) may choose to stay overnight. This session may be able to accommodate older campers depending on space and the needs of the individual campers.
- Kids Week: 7–11 years old, 5-day overnight program
- Teen Week: 12–19 years old, 5-day overnight program

A Camp Hobé is held at the beautiful Camp Wapiti site, which is located just outside Tooele, Utah. The campsite is approximately a 40-50 minute drive from downtown Salt Lake City.

Q How do I know that Camp Hobé is a good program?

A Camp Hobé has been accredited by the American Camp Association (ACA) for over 20 years. The ACA is the industry standard for best practices in camping programs. Accreditation means that our camp complies with up to 26 mandatory standards on critical health and safety concerns, as well as with 20 to 40 additional standards in each of ten separate areas, including operations, facilities, staffing, programs, and aquatics. The accreditation process focuses on education and encourages camps to continually improve their programs.

A Camp Hobé has been designated as a Gold Ribbon Camp by the Children's Oncology Camp Association International for more than 5 years. This is the industry standard for best practices in oncology camping. In order to be a Gold Ribbon Camp, we must meet additional oncology-specific criteria beyond our ACA accreditation, including collaboration with our local children's hospital.

Q How is camp different from other patient support programs?

A Camp Hobé has a commitment to patients with cancer (& similar disorders) and their siblings. We have set specific goals for how we want camp to help your children grow, including:

Goal #1: Give children with cancer (& similar disorders) & their siblings a place to "just be kids."

What we see happening, or how we know it happens: Children with cancer (& similar disorders) and their siblings have the opportunity to participate in camp activities just like healthy children whose families are not affected by these illnesses. The camp program provides a high level of medical and psychosocial supervision to ensure that these children are safe both mentally and physically during the camp experience.

Goal #2: Give children the chance to build support systems with others living with chronic illness.

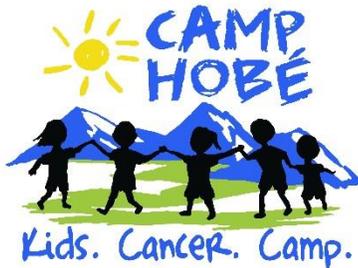
What we see happening, or how we know it happens: Using recreation and leisure skills, the camp staff provides a camping experience for children with cancer (& similar disorders) and their siblings who would otherwise not have this group experience.

Siblings find support in knowing that others deal with the same issues that they do. During the calendar year, other organizations provide opportunities for children with cancer (& similar disorders) and their siblings to learn about their illness and to talk about it. Camp Hobé provides a break from illness, surgery, chemotherapy, radiation, hospitals, and illness. Campers are not expected to talk about their disease experience while at camp, although we provide a supportive environment should they wish to do so.

Discussions on these topics are facilitated when the campers start the conversations. Hobé Forever is an optional guided activity offered during camp where campers have time to remember friends who are not present that year. This activity gives campers the opportunity to express feelings of grief and loss if they desire. Camp staff members respect any requests for further counseling or discussion.

Goal #3: Encourage each camper to learn new skills and leisure activities by participating in small group and large group activities daily.

What we see happening, or how we know it happens: Campers rotate through activities such as arts & crafts, drama, archery, swimming, and nature. They also take part in specialized challenge activities (Teen Week), a carnival, or Hobé Jam, an outdoor rock concert.



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Goal #4: Offer opportunities for campers to learn about nature, ecology and their part in preserving the environment during recreation and outdoor living.

What we see happening, or how we know it happens: Specific topics about nature will be offered during the camp session. Each cabin group will be assigned chores, including cleaning the dining hall, shower/restrooms, grounds, and cabins. In addition, camp administration and kitchen staff discuss reducing food wastage and proper disposal of food, and encourage recycling dishes and other items as appropriate.

Goal #5: Help each camper develop socialization skills and new interests.

What we see happening, or how we know it happens: In addition to other program activities, each camper works with their cabin group to create and perform a skit and a cheer. The campers work together to set up behavior rules for their cabin area, with guidance from their cabin counselor. They sit together for meals and use the "buddy system" during activities and when moving between locations.

Goal #6: Give kids opportunities to develop leadership skills, and help them take these opportunities.

What we see happening, or how we know it happens: The campers work together to set up behavior rules for their cabin area, with guidance from their cabin counselor. Some activities give campers the chance to volunteer to be the "first" one to try it. Campers can also be leaders by following camp rules, and contributing to and participating in all activities. After campers reach the age of 16 years, they are eligible to be Counselors-in-Training and help staff with program activities or assist an adult counselor with a group of kids.

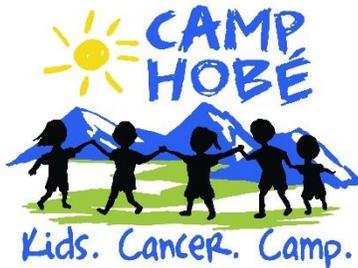
Registration

Q How does my child register for Camp Hobé?

- A * **New this year** * All camper registrations will be submitted through our online portal. In addition, you will be able to pay registration fees and complete all camp forms through the portal. You will need to complete a registration for each child who you are sending to camp this summer.
- A Registration information for Camp Hobé is sent out every spring to all children who are currently being seen at the PCH Hematology/Oncology clinic. The information is sent from the hospital. The hospital does not give Camp Hobé any information about your child, including your child's name or the fact that they are being treated for cancer (or a similar disorder).
- A **New camper families:** You may also refer your child to us here <https://camphobe.campmanagement.com/info>. Referring your child to us will help us make sure that you get the information in a timely fashion. We will also be able to contact you about future Camp Hobé events (we are unable to do this through PCH).
- A **Returning camper families:** In addition to the mailing from PCH, our office will send registration information every spring to all eligible families, based on our camper records from the prior season. If your child's treatment status has changed (or if you think we may have incorrect information), please contact our office so that we may update your family's eligibility status.

Q Which camp registration option should I choose for my 6-year old? * **New this year** *

- A You may register your 6-year olds to attend the Day Camp / Hobé Juniors session for 2 consecutive days. Once you register for the session, you may choose to have your 6-year old attend 2 consecutive days of Day Camp without staying overnight, or to stay overnight during this session as a Hobé Junior. The Hobé Junior option will give you and your child the chance to experience overnight camp for a short period (1 night). We believe this will help our campers be better prepared for Kids Week when they are 7 years old. Remember that all Kids Week campers stay overnight for 5 days and 4 nights.
- Note: Children who will turn 7 years old during our camp season (between June 9 and June 23, 2017) may register for either Day Camp / Hobé Juniors (2 days, 1 overnight) or for Kids Week (5 days, 4 overnights). Please contact our office to determine which option is most appropriate for your child.
- A Register your child for the daytime-only option if you think they are too young to be away from you for 2 days and 1 night. This might include kids who attend a different camp session from their siblings, have never gone to overnight camp, or have never stayed over with friends. Once your 6-year old is registered for the session, they cannot switch between the daytime only and Hobé Junior options without the Camp Director's approval.
- A Kids who function below a 6- to 7-year old developmental level must register for the Day Camp / Hobé Junior session; we are happy to work with you to determine whether the daytime only or overnight option is most suitable for your child.



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Q Can my child attend more than one camp session, if their age falls between the session ranges?
A No, unfortunately this is not allowed. Each kid may register and attend only a single camp session each summer. We want to make sure that we are able to serve as many eligible campers as possible.

Q What else do I need to do to get my children ready?
A Once we receive your registration, we will send you a confirmation notice. After this, you will be able to view more information in the online database, including when to arrive at camp and what your kids need to bring. You will also be able to access the forms that you need to complete before camp for your children.

Cost

Q How much does Camp Hobé cost?
A The cost to your family is minimal. We understand these illnesses have a huge financial impact, and we believe no child should be turned away from camp due to finances. We only charge a registration fee of \$15 each for Day Camp / Hobé Juniors, and \$35 each for Kids Week / Teen Week. In addition, early registration discounts are available for all camp sessions.

Q Is there financial assistance available?
A Yes. Fee waivers are available for those in financial need. If you request a fee waiver, you will need to pay a \$5 refundable deposit to hold each child's place at camp. The deposit is returned after the camper attends camp.

Q What if my child gets sick or decides not to go to camp? Will I get my money back?
A If campers decide not to attend camp, fees and deposits are only refunded if you call the camp office prior to the start of the camp session. You must tell us the camper is not coming to camp.
A If the camper cannot attend because of illness, you can call us any time before camp starts and get a refund. If the camper decides not to attend for any other reason, you must call at least 1 week before camp starts if you want a refund. No refunds are given if the camper leaves during camp for any reason, including illness, schedule conflicts, or disciplinary action.

Camp Activities

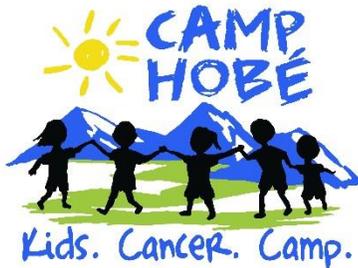
Q What do the kids do at camp?
A Many activities are available, just like any other camp, such as crafts, nature, field games, drama, poetry, music, hiking, introductory SCUBA dive (teens only), archery, campfires, & free play. We also provide Hobé Forever, a program that gives campers a structured way to express grief and loss in a safe environment.

Q Are the activities safe for my kid?
A We have many safety rules in place and use protective gear when needed. Our volunteers are trained in safety and emergency plans before camp starts. Some activities require additional precautions (archery, SCUBA) or release forms (SCUBA). The volunteers and staff are constantly evaluating the campers ensure that they are physically able to safely participate.

Q Do they take special precautions for patients?
A We are careful with all the campers, whether they are patients with cancer (or similar disorders) or healthy children. Our volunteers are given training on the special needs of patients and taught signs that may suggest a patient is becoming ill (neutropenic, low platelet count). Volunteers and medical staff constantly evaluate campers to ensure that they may safely participate.

Q Are the patients with cancer (or similar disorders) allowed to swim?
A Yes. The pool at Camp Hobé is closely supervised by our medical staff and also meets all safety and licensing requirements of Tooele County. Patients with cancer (or similar disorders) may swim, but must report to the Infirmary right after the activity for line checks and dressing changes (if needed). The medical staff will not allow a camper to swim if they feel it is not in the camper's best interests, based on their current state of health.

Q Will my children be assigned to the same cabin group?
A Not necessarily. Groups are assigned by age and gender, in order to meet the physical and psychosocial needs of our campers. Siblings of the same gender who are close in age may be assigned to the same group, although we cannot guarantee this. Most campers need – and enjoy – the chance to spend time with their peers. Each camper gets individual attention from counselors, whether they are a patient or a sibling. Each camper creates special memories to share with their siblings at mealtimes, all-camp events, & after camp.



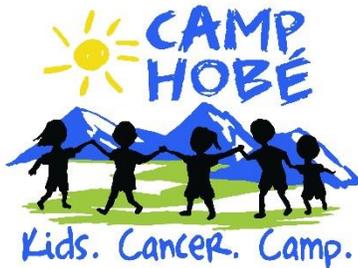
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Medical Support

- Q What medical facilities are available onsite?
- A The campsite has an onsite infirmary that is staffed by trained pediatric nurses & a physician. We provide medications and routine care during camp sessions. We offer our program to children and teens at all stages of treatment for cancer (& similar disorders), from newly-diagnosed to palliative care to post-therapy.
- Q Are there medical professionals at camp?
- A Yes. At least one prescriber (doctor, physician assistant, nurse practitioner) is onsite at all times.
- A Yes. Several oncology-trained or pediatric nurses are onsite at all times.
- Q Is the camp sponsored by PCH?
- A Yes. PCH provides medical support for Camp Hobé. The on-call residents are available to assist our medical volunteers with any emergencies or other medical situations.
- Q How far is the nearest hospital?
- A The campers are within 60 minutes of advanced medical care at all times.
- A Mountain West Medical Center in Tooele is 5 – 10 miles away.
- A Primary Children's Hospital is about 45 minutes away from the campsite by car.
- Q Do my kids need a physical examination before camp?
- A Yes, all campers must have a physical exam (or doctor visit) before they arrive at camp. We cannot complete physical exams at the campsite, for liability reasons.
- A All campers must have a physical exam before arriving at camp. Both patients and their siblings must have a physical exam every year. We require physical exams to be completed for patients within three (3) months of camp and for siblings within six (6) months of camp.
- A You will be able to access the camp physical form online once your family's registrations are confirmed; or we can send you one by fax, email, or snail mail. Please plan ahead and contact your provider early about physical exams, to ensure that your campers may be seen prior to the start of camp.
- Q What if my child gets sick or hurt at camp?
- A We hope this does not happen. However, we want you to know if your child gets sick or hurt at camp. We will call you if your child has any injury or illness that requires off-site treatment, a new prescription medication, or more than 6 hours of observation in the Infirmary.
- Q My child is very sick. What are the medical requirements for them to attend camp?
- A Because our campers have special medical needs, we have set guidelines for when children may come to camp. These mostly apply to kids who are staying overnight without a caregiver (parent or guardian) on site. However, we (the camp medical staff) make all final decisions. No campers (sibling or patient) may have any condition that might endanger the health, safety, or emotional well-being of other campers or volunteers. This includes disorders like apnea, poorly-controlled seizures, or other poorly-controlled medical conditions. Additional requirements for patients include:
- Platelet count above 50,000 cells/mm³, and stable or improving (not decreasing)
 - Hematocrit above 30% and stable or improving, rather than worsening
 - Not treated with intravenous (IV) antibiotics when checking in at camp
 - Not treated with total parenteral nutrition (TPN) or intravenous (IV) fluids when checking in
 - Not treated with oxygen therapy when checking in at camp

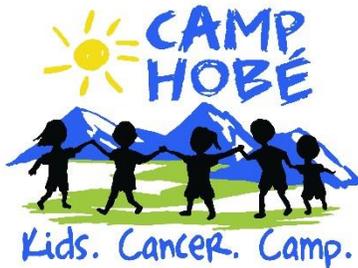
Transportation

- Q How do we get to camp?
- A You are responsible for bringing your children to camp and picking them up at the end of the session.
- A There is no shuttle from PCH. We may be able to help you find a carpool with other families in your area. However, you must send all your completed and signed registration forms with the carpool. If you don't, your child will not be allowed to stay at camp.
- A We will provide you with a map and directions to the campsite once your child's registration is confirmed.



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- Q When do I bring my children to camp?
- A For all camp sessions, camper check-in starts at 9:30AM on the first day of that specific session. We ask that families plan to arrive no later than 10AM so that camp activities may start on time.
- A When you arrive at camp, volunteers will meet you at the parking area just outside the gate to Camp Wapiti. We will give you a brief health screening form to fill out. You must turn in the form and have it checked off by our volunteers before you enter the campsite and check in your campers (our volunteers will also follow this process when they arrive). This screening will help us quickly identify anyone who may be ill, and reduce exposing others to them. We believe that this process helps us protect the health of our campers and volunteers.
- A During camper check-in, several camp staff will review your camper's forms with you. First, administrative staff will check that all release forms are completed and signed. Second, lifeguards will verify the camper's ability and permission to swim. Third, medical staff will review all medical forms and medications. We will take a picture of your child, which is retained in the camp office for safety reasons. Last, volunteers will help take the camper's gear to their assigned cabin; after this, parents / guardians are free to leave.
- A Expect the check-in process to take between 30 – 60 minutes, depending on how many campers you are checking in, your child's medical needs, and the number of medications your child needs during the camp session.
- Q When do I pick up my children from camp?
- A Kids Week (7-11 year olds) and Teen Week (12-19 year olds): Camper check-out is from 2PM to 2:30PM. You are welcome to join us at 1:30PM for our closing program. If you can't join us at 1:30PM, please be at the camp by 2PM to pick up your campers.
- A Day Camp / Hobé Juniors (4-6 year Olds): Camper check-out is from 4PM to 4:30PM on each day. You are welcome to join us at 3:30PM each day for the campfire program. If you can't join us at 3:30PM, please be at the camp by 4PM to get your kids.
- A Expect the check-out process to take between 5 – 15 minutes, depending on how many campers you are checking out.
- Q Who can pick up my children at the end of camp?
- A Campers may only be picked up by parents or legal guardians, or an adult whose name you give us in writing. All campers must be picked up and signed out by an adult (someone over 18 years old) at the end of the camp session.
- A If you will not be picking up your child personally, you must give us the name in writing of another adult who is authorized to pick up your child. Even if the adult is the camper's sibling, you MUST put their name on the form or we will be unable to release the camper to them. If your child is a Teen Week camper and is licensed to drive, you can indicate this on the form.
- Other Practical Stuff**
- Q What should my kids bring to camp with them?
- A Your post-registration information will include a general list of things that they should bring, as well as things that they should not bring. Please please please put their names on everything.
- A Should bring: sleeping bag or bed roll, pillow, towels & wash cloth, underwear, long pants / jeans, sweater or sweatshirt, t-shirts, shorts, shoes, socks, pajamas, swimsuit, hat, flashlight, soap, sun screen, bug spray, toothbrush & toothpaste, deodorant, comb and/or brush, feminine hygiene products (if needed), set of warm clothing (long pants, long-sleeve shirt, closed-toe shoes) and a warm jacket.
- A Might want to bring: inexpensive camera / film, musical instrument, autograph book, rain poncho, day pack / fanny pack, swim cap / goggles, sun glasses
- A Do not bring: money, electronic equipment (laptops, iPads, iPods, MP3s, Gameboys, X-boxes, DVD or CD players), videos or DVDs, weapons, alcohol or illegal drugs, cell phones or pagers, pets or other animals
- Q What if my child gets homesick?
- A Every year, a few kids get homesick at camp. This is a normal part of being away from home. And, it's part of growing up, as children gain independence and begin spending time away from their family. Camp may be very different from a child's home environment – rooming with others, different food.



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- A There are many ways you can help your child prepare for camp and reduce homesickness, including:
- Avoid telling your child that they will get homesick,
 - Talk to your child about what they will get to do at camp,
 - Practice sleeping in a sleeping bag in their room and use a flashlight instead of a light switch,
 - Practice sleeping in a tent in the backyard (or in the house),
 - Send a favorite toy, pillow, or blanket with your child to help them stay connected with home,
 - Show your child how to write a letter to you and give them pre-stamped, addressed envelopes (even if the letters arrive after they get home, writing the letter may help them feel less homesick),
 - Send letters or care packages to your child – you can give these to camp staff at check-in and we will give them to your child during camp. To be most helpful, write letters that:
 - ✓ Ask open-ended questions (what do you like?) rather than yes/no questions (do you like camp?)
 - ✓ Encourage the child to write back about their friends, activities, the food, and their counselors
 - ✓ Focus on your child having fun (I bet you loved field games!!) instead of how you miss them
 - ✓ Praise your child for coming to camp
 - ✓ Remind your child how much you love them

Q Will my children be able to call me from camp if they are homesick?

A Usually not, although a staff person may call on their behalf. We have found that having children call home usually makes homesickness worse. If a child is very homesick, the camp staff may call you for the child. This lets the parent and staff person talk about the situation without upsetting the child. We want camp to be a good experience for your kids, so we try very hard to help campers beat homesickness. Homesickness is a short-term thing – most kids feel better after 1-2 days. Kids usually feel most homesick when they are tired, bored, or hungry. Once they are rested, fed, or busy with activities, they feel better. And, when camp is over, kids are proud to have “beaten the homesick bug.”

Volunteers

Q How old are the volunteers?

A Day Camp / Hobé Juniors or Kids Week volunteers: 19 years and up; Teen Week volunteers: 21 years and up.

A Counselors in Training: 16 to 18 years old. Counselors in Training (CITs) are only used during the Kids Week and Day Camp / Hobé Juniors, or as Teen Week lifeguards. CITs may supervise campers only when an adult is present.

Q How are volunteers screened?

A All volunteers must re-apply for positions every year and are interviewed every year, no matter how long they have been volunteering at the camp.

A We conduct criminal background checks annually on all volunteers and staff older than 18 years of age. For younger volunteers, we require letters of reference and we contact several references about the volunteer.

Q Are volunteers trained?

A Yes, volunteer training is mandatory. Volunteers must attend a full day of training prior to the camp session on topics such as working with children, child abuse prevention and detection, handling behavior problems, medical concerns at camp, and how to be silly. In addition, volunteers are given a comprehensive training manual and are assigned online training videos to watch prior to the camp sessions. The weekend before the campers arrive, volunteers receive an additional day of training at the campsite on safety, emergency procedures, medical issues, and working as a team.

Other Questions

Q What if I have other questions?

A We are happy to answer your questions. Please contact our office at 801-631-2742 or wapitimama@camphobekids.org.

A Please know that our office is not staffed full-time. If we do not answer your call, please leave a message and we will get back to you within next 2-3 business days. You may also text us at the office number; please include your first and last name in the text message.