



# HOW WE KEEP CAMP SAFE

## FREQUENTLY ASKED QUESTIONS

### GENERAL SAFETY

#### **What if there's an emergency at camp?**

Cascades maintains detailed emergency action plans for severe weather, fire, medical emergencies, missing campers, evacuation, and active threats. All staff are trained on these protocols, and campers receive age-appropriate guidance.

#### **How does Cascades handle strangers on property?**

All visitors must check in at the camp office. Staff are trained to approach unfamiliar individuals with a colleague present and to report any resistance or suspicious activity immediately. No unregistered persons are permitted to stay overnight on the grounds for any reason.

### STAFF SCREENING & HIRING

#### **How are summer staff selected?**

Every staff member completes an in-depth application, interview, and reference checks before being hired. Only those who demonstrate strong character, maturity, and the ability to be outstanding caregivers and role models are invited to serve.

#### **Are background checks conducted?**

Yes. All staff members who work with campers are required to complete criminal background checks prior to employment. This is a non-negotiable part of our hiring process.

#### **What standards are staff held to?**

Staff are expected to conduct themselves in a Christ-like manner at all times — on and off duty. Immoral, illegal, or conduct contrary to Cascades' policies may result in immediate dismissal. Staff are also prohibited from using alcohol, tobacco, or drugs throughout their entire period of employment.

### SUPERVISION & CABIN LIFE

#### **Do staff receive training before campers arrive?**

Yes. All summer staff participate in mandatory training before the summer season begins. This includes emergency procedures, health and safety protocols, camper care, and role-specific instruction.

#### **Who will be with my camper all week?**

Your child stays with the same small group of campers and a counselor for the entire session. Counselors are with your camper day and night — sharing meals, activities, and everyday moments. Many cabins also include a S.A.L.T. — a high schooler in our Servant And Leadership Training program — who works alongside the counselor as a mentor and leader.

#### **Will my camper ever be alone with a counselor?**

No. Campers are never alone with a single staff member away from other campers or staff. Staff are trained to hold any private conversations in publicly observable areas.

### ABUSE PREVENTION

#### **How do you prevent abuse?**

All seasonal and year-round staff receive annual abuse-prevention training through [MinistrySafe](#), including recognizing warning signs, reducing risk, and mandatory reporting in accordance with Washington state law. Campers are taught personal safety through clear behavior expectations and are empowered with a simple message: "If you see something, say something." Cascades also enforces strict communication guidelines between staff and minor campers outside of camp.

#### **How do you address bullying?**

We set clear camper behavior expectations from day one. Campers are taught to interact respectfully and to speak up when something feels wrong. Counselors are trained to address behavioral concerns promptly, and disciplinary action is taken as needed.

## HEALTH CARE & MEDICAL SUPPORT

### MEDICAL STAFF & MEDICATIONS

#### Is there medical staff on site?

Yes. Cascades has healthcare staff on site throughout the summer, available 24/7. Depending on the session, this may include a licensed Registered Nurse and/or a trained Health Assistant — supervised by our Health Administrator. Our medical care operates under direction of our consulting physician and follows protocols that comply with Washington State Department of Health guidelines.

#### Who administers camper medications?

Medications are administered by our healthcare staff and/or trained year-round staff at scheduled times: breakfast, lunch, dinner, and bedtime — as well as as-needed medications throughout the day. At drop-off, please bring all medications with prescription labels intact, along with a completed med note detailing dosing instructions for any prescription or over-the-counter medications.

#### What if my camper has a severe allergy?

Campers with known anaphylactic reactions — such as bee stings or food allergies — should bring their own Epi-pen, which their counselor will carry with them at all times. Please document all known allergies thoroughly on your camper's health form before arrival.

## FOOD & DINING

#### What if my camper has dietary restrictions or food allergies?

Our licensed kitchen meets the same regulatory standards as public restaurants. We accommodate all nine major allergens, provide special diet lines, and offer menu alternatives when needed. While not peanut-free, peanut products are limited. Contact our Food Services Director at [kitchen@cascadescamp.org](mailto:kitchen@cascadescamp.org) at least one week before your child's arrival to discuss their specific needs and our menus.

### ILLNESS, HOMESICKNESS, & OTHER CONCERNS

#### What if my camper gets sick or hurt?

Your camper will be cared for immediately by our on-site healthcare staff, and you will be contacted as soon as possible. Daily health practices — hygiene routines, handwashing, sunscreen reminders, and hydration — are built into camp life to help prevent illness. Campers with contagious conditions are isolated per our healthcare protocols to protect the wider camp community.

#### What if my camper gets homesick?

Homesickness is a normal part of camp. Counselors are trained to recognize it early and respond with love and practical support. If homesickness persists, the counselor partners with the program leadership and will reach out to you — together, you'll decide what's best for your child.

#### What if my camper wets the bed?

Our counselors are well-trained to handle this discreetly and respectfully. Let your child's counselor know at drop-off and they will follow your direction. If an accident happens, bedding is handled quietly, laundered, and returned before campers come back to the cabin. Packing an extra set of bedding is always a good idea.

#### What do campers eat?

Campers are served nutritious, kid-friendly meals throughout the day. Our kitchen team works hard to provide delicious food that gives campers the energy they need for a full day of activities.

#### What if my camper is a picky eater?

We serve a variety of kid-friendly foods and have fruit and PB&J (with sunflower butter) available at every meal, as well as a salad bar at lunch and dinner.

## QUESTIONS?

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