



# Young Life's Family Camp

## Frequently Asked Questions

August 17 – 22, 2018

### What is Young Life?

Young Life is a non-profit, community based, Christian youth organization in 95 countries. Trained staff and volunteer leaders build mentoring relationships with adolescents in local areas and provide positive role models through friendships, events and camps. At our events and camps teens are given the opportunity to hear the basics of the Christian faith and accept or reject that message with no strings attached.

### What is RockRidge Canyon?

RockRidge Canyon is Young Life of Canada's resort property located near Princeton, BC (see [rockridgecanyon.com](http://rockridgecanyon.com)).

### Who should attend Family Camp?

The majority of people attending this camp are families with children aged 5-13 but all kinds of "family" groupings and ages are welcome. A number of teens attend along with grandparents too! The camp creates a unique opportunity for a community experience as well, as groups from neighbourhoods, schools, sports teams etc. have attended together. Those who have been to this week know that it's an amazing place to be and the format of the week encourages adventure, stronger relationships and great conversations.

**Please Note:** *Although the property can be enjoyed by any age, RockRidge was built for teenagers and therefore most activities are more suitable for school-aged children and older. Families with infants and toddlers are welcome to attend but participating in some activities may be limited or not possible.*

### Do you have to be religious to attend Family Camp?

No, people of any/no faith are welcome to attend and will have an incredible week and be warmly welcomed. In fact many campers each year would not consider themselves religious but come and have a great time. Prior to most meals 'grace' is said and each evening there is a short presentation explaining the Christian faith during "Young Life Club".

### What does the price include?

The week is designed as a fabulous all-inclusive experience! The price includes lodging, linens and towels (except the tenting & RV housing options), 3 full course meals per day, daily snacks, all programmed activities, free time activities and GST.

### What kind of activities will be available?

- RockRidge Canyon has the longest, dual continuous **Zipline** in Canada. It also has a 25-meter outdoor **swimming pool** and **mountain bikes** for exploring trails. There is a **Challenge Course** with an aerial Ropes Course and a Tower of Terror (for taller teens and adults).

- The **lake** includes activities such as: swimming, **beach volleyball**, **kayaks**, a “party” barge, and 3 competition **ski boats** for water skiing, wakeboarding, wake-surfing, tubing and caribe (Banana Boat) rides.
- Families can enjoy the **basketball court**, **ball hockey court**, **playing field** (for soccer, football, wide-games, etc.) and a small playground for little ones. There is also a **Frisbee golf course** and guided **hikes** to the Pinnacle.
- There is also time for **shopping** at the “**Ridge Trading Company**” (for gift items, T-shirts, jewelry, etc.) and for enjoying **specialty coffees** in the “**Canyon Coffee**” and **snacks** at the “**Snack Bar.**” (The snack and coffee bars accept cash and credit card).
- There is an indoor **games room** with pool tables, ping-pong, and foosball, as well as a **Bead Cart** on Main Street for making your own jewelry (cash only for supplies).

#### **Are there any age, size and weight restrictions for activities?**

Yes. There are some size and weight restrictions:

- For the **Zip Line** min 4ft tall (48in), min 60 pounds and max weight of 275 pounds.
- For the **Tower of Terror** min 5ft tall and max weight of 275 pounds.
- The **Ropes Course** is harness dependent.
- The **mountain bikes** fit the ages of about 12 to adult. (You may bring your own bikes if you wish, although the paths are not paved and the mountain bike trails are challenging. Helmets are mandatory.)

#### **What will the schedule be like? Is there a program?**

This week is designed to facilitate a great family vacation. There is some optional programming with activities most mornings to encourage family fun and there is a great deal of free time to enjoy the property each afternoon. In the evenings there is a one-hour “Young Life Club” with singing, laughter and a short talk about life and the Christian faith. Everyone is encouraged to attend and many people report that this is a highlight of their week.

#### **Is there any childcare provided?**

Yes, each evening during Young Life Club we'll have a team of Young Life leaders provide optional activities for two different age groups; craft time for younger children (ages 3 - 6) and activity time for elementary school-aged kids.

#### **What happens for the teenagers?**

Teenagers are free to spend time with their families or hang out together. There will also be Young Life leaders available to host meals together, provide fun activities, and help them get to know each other. They will also have some special things planned for the later part of the evenings that the teens won't want to miss!

#### **What are the accommodations like?**

- There are five accommodation options: Shared or Whole **Dormitory Rooms** (ideally shared with (a) family/ies of your choice), **Wolfe Creek Lodge**, the **RV Park**, and **Tenting**.
- Because RockRidge is built for teen camps, most accommodations are dormitory style with 6 or 7 bunks in each room, totaling 12 or 14 beds. Each room also has a large washroom with 3 sinks, 3 showers and 2 toilets. There are only 24 dorm rooms at RockRidge.

- *Our preferred option to allow as many to attend camp as possible is in SHARED Dormitory Rooms, which also offers you a lower price!* Families can CHOOSE another family (or families) that they would like to stay with. This can be done by sharing one dormitory or for larger groups, spread into two rooms by creating a *mother/daughter cabin and a father/sons cabin*. Very little time will be spent in your rooms but sharing with neighbourhood friends makes for a fun week.
- There are a limited number of rooms available in Wolfe Creek Lodge that can accommodate a maximum of 3 people (1 King and 1 optional mat/foamy on the floor with a private washroom). Please note that while Wolfe Creek Lodge is our ‘luxury guest lodge’ and is air conditioned, the rooms are really designed for two people, so having a third on the floor will make things tighter.
- In addition, there are 9 RV pads with full hook-up (water, power and sewer) and 10 sites set aside for tents and tent trailers. No hook-ups to power and water are available for the Tent site but there is nearby access to the poolside showers and washrooms.

#### **Are linens and towels provided?**

Yes. Bed linens (sheets, pillow and a blanket) and bath towels are provided in all dormitory and lodge rooms. Pool towels are available at the pool.

#### **What type of swimming pool is at the camp and is there a lifeguard?**

Most of the outdoor pool has a 4-foot depth and is 25 meters in length. A dive tank is also part of the pool and is equipped with 2 diving boards. There is a lifeguard at the pool when open, however, children who cannot swim on their own will still need to be supervised in the water by a parent. Please bring life jackets and floating toys along for younger kids. The pool can be accessed early in the morning by adults only for lap swims but must be done with a buddy.

#### **What about safety?**

Just like at any resort, children will need parental supervision throughout the day and age-appropriate limits agreed upon. The camp property is completely private and only registered campers are allowed on the site. Some families bring 2 way radios for communicating with their older children.

#### **Can we bring our own boat?**

No. Private boats are not allowed for insurance reasons.

#### **Should we bring extra food?**

RockRidge Canyon provides 3 amazing meals each day and there is a snack shop and a specialty coffee shop where items can be purchased (chips, pop, slushies, chocolate bars, specialty coffees, etc.). Bringing additional snacks is not necessary unless you have specific food restrictions. Please bring cash and credit card for the purchases at the Snack Shop and Canyon Coffee.

#### **Can people with medical dietary restrictions or food related allergies be accommodated?**

Yes. A number of meals are served buffet style so guests can choose foods that are appropriate and our kitchen staff has a great track record of specialty meals, so long as they are given appropriate notice. Please indicate allergies or medical dietary restrictions on the Health Form and plan to meet the chef following the first meal.

**Is refrigeration available?**

Yes. Some access to refrigeration will be available for families with young children and those with special dietary needs.

**Is alcohol permitted?**

No. In complying with the decision of Young Life of Canada's Board of Directors, RockRidge Canyon is an "alcohol free zone". Every other week throughout the summer, RockRidge hosts 200-300 under-age young people, so we will be complying with this RockRidge policy.

**Is smoking permitted?**

Yes. Smoking is permitted in designated outdoor areas.

**Do you provide playpens / sleeping cots or highchairs / booster seats for young children?**

Families need to bring their own playpens as none are provided. There are a limited number of high chairs in the dining room but no booster seats. To be on the safe side, we suggest you bring your own.

**Can you accommodate wheel chairs?**

Yes. There is wheel chair access to rooms and bathrooms in some dormitories and there is an elevator in the main dining area. Please note, however, that the roads and paths throughout the camp are gravel and the terrain is quite rugged. When you register, please let us know if you need to be housed in a wheelchair accessible room.

**What happens if a family member is sick or injured?**

There will be a doctor on site at all times and available for emergencies. RockRidge Canyon is stocked with first aid and medical supplies. If needed, the Princeton General Hospital is just a 20-minute drive away.

**What if I forget something? Is there shopping close by?**

The town of Princeton is a 20-minute drive from the camp and has basic amenities, such as a Save-On-Foods Store, Home Hardware, and Shoppers Drug Mart. The "**Ridge**" gift shop at the camp is also stocked with some basic items, such as toothbrushes and toothpaste, water-bottles, flashlights, etc.

**Do we need to bring extra money for activities?**

No – you will not *need* any extra money for the camp activities – everything is included. It is helpful, however, to have **cash** for snacks at the "**Snack Shop**" and for specialty coffees at "**Canyon Coffee**". Most families pre-pay a tab upon arrival, so that carrying cash is not needed during your time at camp. Both of these take cash and credit cards. There is a wonderful gift shop, the "**Ridge**", where you can purchase T-shirts, coffee mugs, books, jewelry and other items. The Ridge takes cash, debit and credit cards. Massages will be available by a Registered Massage Therapist for an extra fee.

**What additional items should we bring?**

While camp has a decent array of life jackets, as so many activities take place on the water, many may find themselves more comfortable in their own life jackets. **Families need to bring lifejackets for their children, as camp does not have very many.**

Parents of younger ones may also appreciate having a sun umbrella handy at the beach. Fans in the dorms (which are not air conditioned) can make sleeping more comfortable on hot nights.

**What is the cell phone coverage and is there internet access?**

RockRidge has public Wi-Fi around the dining hall should you wish to bring your portable computer to stay in touch. Cell phone coverage is more spotty around the property. TELUS customers will have the best coverage while Rogers & Bell customers may need to wander the property to find a signal. There are courtesy phones on site, which require a calling card or credit card in order to make long distance calls. During your stay, anyone wishing to leave a message for you can call the RockRidge property office at (250) 870-9030 and the message will be posted on the message board.

**What time should I plan to arrive?**

Arrival and registration begins on Friday, August 17<sup>th</sup> between 3:00 and 5:00 PM with dinner served at 6:00 PM. Departure on the last day, Wednesday, August 22<sup>nd</sup> is at 11:00 AM.

**Are there provisions for *early* arrival or *late* departure?**

No. The camp is fully booked before and after Family Camp.

**How do I register to attend this camp?**

Complete the on-line registration page and submit your housing request. After this you will be contacted by email to confirm your housing request (it will be assigned on a first come, first served basis) and provided a secure link for credit card payment of your deposit of \$250. The deposit is due immediately and will hold your spot and the balance of your camp fee will be due on Friday, August 3<sup>rd</sup>, 2018 two weeks prior to camp starting. Please be aware that this is the only Family Camp during the year and the rooms fill quickly!

**What is your cancellation policy?**

In the event that you are unable to come to Family Camp, your deposit and (any balance paid) is fully refundable up to Friday, June 1<sup>st</sup>. After June 1<sup>st</sup> the deposit is non-refundable, with only the balance of the camp fee refundable up to August 3<sup>rd</sup>, 2018. After August 3<sup>rd</sup>, there are no refunds (except in the event of a family emergency).

**I have more questions!**

About registration and housing - email Monica Bell at [mbell@younglife.ca](mailto:mbell@younglife.ca)

Anything else - contact camp manager Mike Manning ([mmanning@younglife.ca](mailto:mmanning@younglife.ca) or 604-218-1822)

You can also find out more about Young Life and RockRidge Canyon on our websites:

[younglife.ca](http://younglife.ca) or [rockridgecanyon.com](http://rockridgecanyon.com)