



# CAMP STILLNESS

2024



# PARENT GUIDE



**SESSION 1: JUNE 10-14**

**SESSION 2: JUNE 17-21**



Welcome to Camp Stillness!

Whether you are a returning family, or this is your first year, we are excited to have you joining us this summer!

Please read through this guide in its entirety, and be sure to let us know if you have any questions or concerns, or if there's anything else we can do to help create a safe and successful experience for your camper.

Sincerely,

A handwritten signature in black ink, appearing to read 'Cesar Clavijo', with a large, stylized flourish at the end.

Cesar Clavijo

Head of Academy

Important Contact Info:

Stillness Academy

2219 Prince Street

Beaufort SC, 29902

[info@stillness.academy](mailto:info@stillness.academy)

843-575-0961

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## - WHAT TO BRING -

Please label important items, to ensure they make it back home.

- Shorts
- T-Shirt (no buttons, pockets, sequins, or collared shirts)
- Athletic/Running Shoes (no casual shoes, crocs, slides, sandals, etc)
- Water Bottle (Kids are prone to dropping things. Metal/Glass bottles/tumblers **MUST** have silicone boot/covering!)
- Change of clothes/underwear
- Backpack/Duffel to hold belongings
- Soft Hair Ties (for campers with long hair. No Bobby pins/clips)
- Lunch (Camp Stillness is very physically active. Campers will work up a strong appetite!)
- Towel
- Bathing Suit on Friday

### OPTIONAL

- Hat (for sun protection)
- Sunscreen
- Bug spray

## - WHAT \*NOT\* TO BRING -

- Electronics (no tablets, phones, smart watches, handheld game consoles, etc.). Any electronics brought to Camp may be stored by the staff for safety.
- Small toys (particularly anything with small parts, such as Legos)
- Any cherished items that you'd be afraid to lose or break.

Stillness Academy will assist campers with proper storage of their belongings and will protect campers and their gear as best we can, but campers are ultimately responsible for their own belongings.

Stillness Academy and the staff will not be held responsible for property broken, stolen, lost, or otherwise damaged during Camp Stillness.

## APPROPRIATE SHOES FOR CAMP



## **\*NOT\* APPROPRIATE FOR CAMP**

**IMPORTANT: NO CASUAL SHOES, CROCS, SLIDES, SANDALS, ETC.  
FOR THEIR SAFETY, IMPROPER FOOTWEAR WILL PREVENT YOUR CAMPER  
FROM PARTICIPATING IN MANY OF THE ACTIVITIES AT CAMP STILLNESS!**

## **OUTDOOR AND OFF-SITE TRAINING**

Camp Stillness offers outdoor and off-site training in the form of training, games, walks, and runs on our outdoor training course, and in the Beaufort areas surrounding our campus.

This training provides numerous benefits for children, including improved physical health, exposure to nature, teamwork, and socialization, not to mention a lot of fun! Weather permitting, such training will last roughly one to two hours, allowing campers to experience the benefits of the outdoors, while limiting the risks of high sun exposure. Rest assured, we maintain a low teacher-to-camper ratio to ensure the safety and supervision of all participants. In the cases of inclement weather involving thunder and lightning, any outdoor training will be halted, postponed, or canceled.

### **Water Day**

Due to the nature of Camp Stillness, where campers often get hot, dirty, and wet/sweaty, campers are to bring their towel and change of clothes each day. **Friday** is “Water Day” at Camp Stillness, where we will spend more time outside, involved in different kinds of water play. It is particularly important that campers bring not only their towel/change of clothes/bathing suit to camp on this day, but that they also bring sunscreen or other sun protection, as we will be outside longer on this day. Campers will have the opportunity to be supervised with indoor activities if they decide they are “done” being outside before Water Day ends.

# CAMP POLICIES

## Drop Off

The Stillness Academy doors will open at 8:30AM each morning. Camp Stillness begins at 9AM, and concludes at 4:00PM each afternoon.

## Extended Day

Camp pick-up is between 4:00-4:30PM. After Care is available from 4:30PM-5:30PM. If your camper has not been picked up by 4:30PM they will roll over into After Care. After Care is \$10 per ½ hour (\$20 for the full hour). Please inform the Academy at drop off if you know in advance that your camper will require After Care supervision. If you discover during the day that they are unable to make the 4:30 pick up time, please call or email to let us know you will be late. Payment must be made daily by cash only, unless purchasing a week of After Care in advance. The Academy cannot provide change for cash.

To reserve a week of After Care, please contact us:

[info@stillness.academy](mailto:info@stillness.academy) or 843-575-0961



## **Academy Rules**

All campers are expected to follow the rules of the Academy, which will be covered on Day 1 of Camp Stillness. We do not anticipate problems in this area, however, if a camper disrupts the camp/other campers, they may be separated from the group and supervised. Parents or guardians will be contacted if necessary. Campers may be asked to leave for the day or removed from the program for the safety of our campers. .

## **Medication**

Stillness Academy will not administer over the counter or prescribed medication to a camper without approval of their parent/guardian.

The Academy will provide minor first aid treatment for cuts, scrapes, stings, and weather-related sicknesses, and will contact parents/guardians with questions, or in the unlikely event of an emergency.

## **Illness/Injury**

Please do not send your child to camp if your child has a contagious illness such as a cold, fever, rash, or other transmittable disease.

If campers develop any of these symptoms, we will separate them from the activities, and contact parents/guardians for pick up.

Camp Stillness has inherent risks of sun exposure, exertion, and injuries associated with physical training, exercise, martial arts, playing indoors and outdoors, and having fun. Safety is our top priority, but bumps, scrapes, and bruises are not unlikely.

## **Contact**

If you have any questions or concerns regarding Camp Stillness,  
please contact us by phone: 843-575-0961  
or email: [info@stillness.academy](mailto:info@stillness.academy)