

2026 Camp Participant Guidelines & Parent Handbook

Mission Statement

Camp One Step provides free, year-round camp experiences to kids with cancer and their families that foster joy, belonging, confidence, and lifelong friendships.

Partnering with Families

Camp One Step makes every effort to ensure your camp participant has a wonderful and safe experience at camp. Giving us information in advance about specific behavioral, health-related, emotional, or other issues that affect your camp participant will be critical to their success at camp.



Contents

Section I: General Information.....	5
Welcome.....	5
Mission Statement.....	5
Diversity, Equity, and Inclusion.....	5
About Camp One Step.....	5
COS Organizational Chart.....	6
Camps & Experiences Volunteer Leadership Structures.....	7
Medical Leadership Structures.....	7
Standards of Conduct.....	8
Section II: Camp Participant Expectations & General Policies.....	9
Accidents.....	9
Application Review.....	10
Automobile Keys.....	10
Behavior Management.....	10
Bullying & Cyberbullying.....	12
Camp or Experience Cancellation.....	13
Cell Phones & Electronics.....	13
Communication.....	13
Dress Code.....	14
Energy Drinks.....	14
Evaluations.....	15
Falsely Reported Emergency Calls and Fire Alarms.....	15
Family Visitors to Camp.....	15

Fighting	15
Harassment	15
Health Insurance	16
Homesickness	16
Housing – Assignments & Roommate Requests	17
Housing – Changing Areas, Showers, and Bathrooms	18
Late Arrivals/Early Departures	18
Lost & Found	18
Lost/Stolen Items	19
Obscenity	19
Out-of-Camp Contact: Volunteers & Camp Participants	19
Participation	19
Photographs and Media	19
Pranks	20
Release of Information	20
Search and Seizure	20
Social Media	20
Stealing	21
Water safety	21
Weapons	22
Zero Tolerance: Recreational and Illegal substances	22



Section I: General Information

Welcome

Camp One Step by Children's Oncology Services ("COS" or "Camp One Step") welcomes you to the camp family. Thank you for your trust in caring for your camp participant(s).

This handbook provides guidance regarding camp participant expectations and camp policies and will be updated on an as needed basis. Please ensure you are using the latest version of this handbook to follow the most current versions of the policies. In addition to the guidance provided herein, COS is beholden to all applicable state and federal laws. If you have any questions, please ask a member of the COS staff.

Mission Statement

Camp One Step provides free, year-round camp experiences to kids with cancer and their families that foster joy, belonging, confidence, and lifelong friendships.

Diversity, Equity, and Inclusion

Camp One Step serves the whole pediatric oncology community and supports all our participants without regard to race, gender, sexual orientation or identity, religion, or any other classification.

About Camp One Step

Camp One Step believes that a diagnosis of cancer should not prevent a child from experiencing the simple joys of childhood. Camps and experiences aim to help children diagnosed with cancer and their families reclaim their lives through:

- An understanding community
- Acceptance and friendship
- Experiential learning that creates confidence
- Diversions from diagnosis/treatment
- Hope for the future
- Mental, emotional, and social support
- An opportunity for participants to be their authentic selves

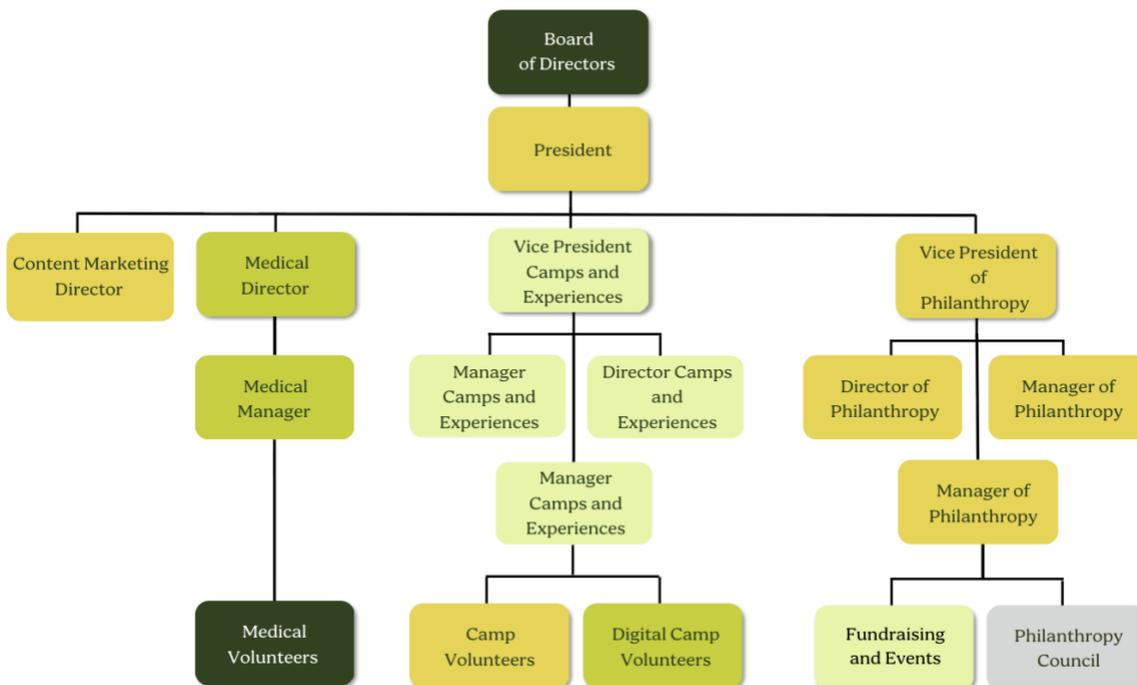
Dr. Edward Baum, a pediatric oncologist at Children’s Memorial Hospital in Chicago (now Ann and Robert H. Lurie Children’s Hospital of Chicago), founded Children’s Oncology Services in 1978. Dr. Baum recognized that the isolation from school, activities, and peers was having negative social and developmental consequences for his patients. The first summer, he and 14 volunteers welcomed 40 children with cancer to a life-changing week of hope, strength, and support. Today, Camp One Step by Children’s Oncology Services has served over 24,000 children diagnosed with cancer and their families.

The organization’s dedicated board, staff, and volunteers continue to work together to make our camps and experiences special for all who attend. Camp One Step relies on hundreds of volunteers to plan and operate a wide portfolio of in-person, digital camps, and local experiences for children diagnosed with cancer as well as their siblings and families.

For additional information on camps and experiences offered, please visit:

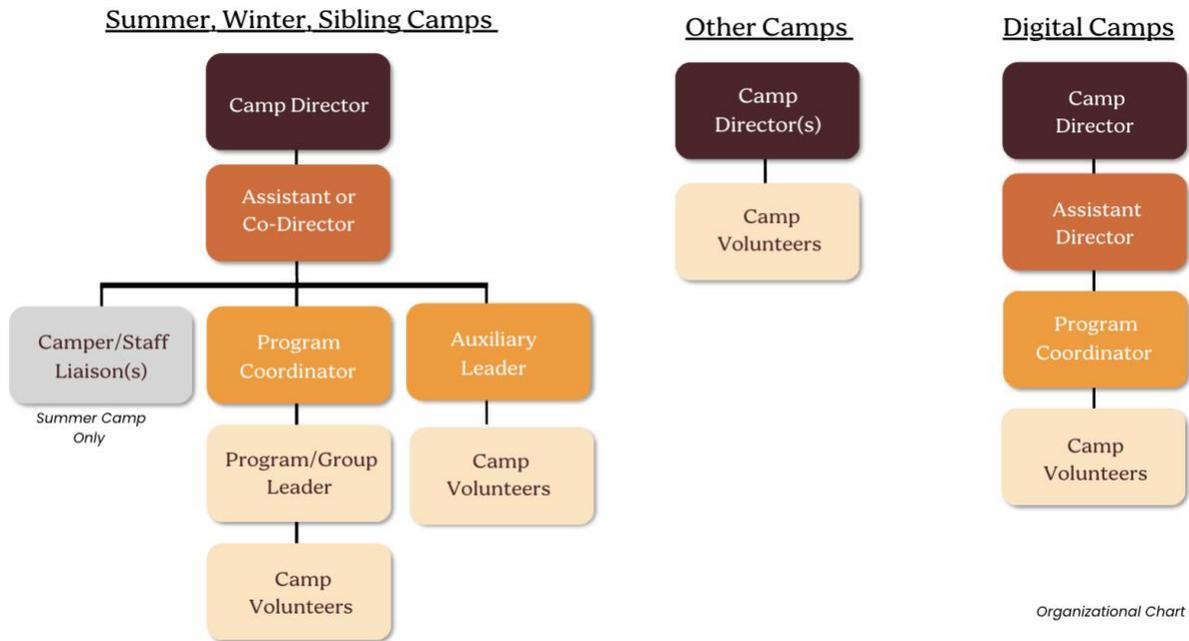
www.camponestep.org.

COS Organizational Chart



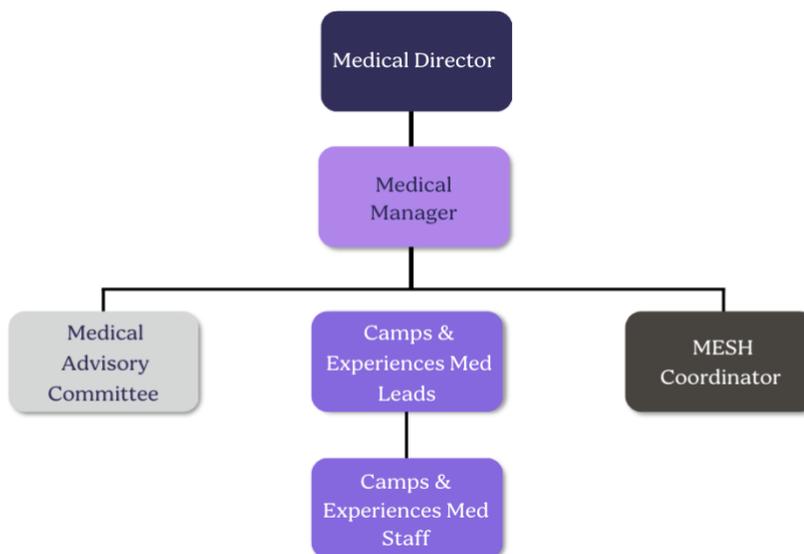
Organizational Chart as of January 2026

Camps & Experiences Volunteer Leadership Structures*



*The leadership structure for all Camps & Experiences is at the discretion of the volunteer Camp Director and may look slightly different pending the needs of the session.

Medical Leadership Structure



Organizational Chart as of Feb 2026

Standards of Conduct

All camp participants are expected to act in a responsible manner. The following is a code of conduct that camp participants are expected to follow while on property owned or leased by Children's Oncology Services and during all camps and experiences. These standards will also be provided as a separate document as part of the camp participant registration process for all camp participants to acknowledge and sign. **PLEASE REVIEW WITH YOUR CAMP PARTICIPANT:**

1. I agree and understand that for COS to create a positive experience and environment for all camp participants, the goals of camp are safety first and fun second.
2. I will treat other camp participants, volunteers, and staff with courtesy and respect. This includes contracted vendors, facilitators, guests, employees at field trip locations, and anyone we encounter while participating in a camp or experience.
3. I agree and understand that participation in activities is an important part of the camp experience and that the camp volunteers and staff will make all reasonable efforts to adapt or modify activities as needed so that all can participate. I will sincerely try to participate in the activities to the best of my ability. Where these accommodations do not apply to me, I will be supportive of these efforts and encourage others in their participation.
4. I understand that if, despite the efforts of the volunteers and staff, my behavior is disruptive, disrespectful, or dangerous, that it may be necessary to send me home in accordance with COS policy. I also understand that this kind of behavior may result in being suspended or prohibited from attending future camps or experiences.
5. I understand that volunteers, COS staff, and the COS organization are not responsible for lost, stolen, or damaged items I bring to camp.
6. I understand that the use of phones and tablets at camps and experiences is limited to using the camera feature for photos and that my focus should be on participating in camp. I also understand that if I violate the phone/tablet use policy, my device may be confiscated until the end of the camp session.

7. I understand that COS maintains a Zero Tolerance policy with regard to alcohol, tobacco/smokeless tobacco (including vaping), recreational and illegal drugs, weapons, sexual harassment, sexual abuse, and any behavior that threatens or endangers others, including bullying and cyberbullying. I also understand that any violation of this policy will result in my immediate dismissal. I also understand that this kind of policy violation may result in being suspended or prohibited from attending future camps or experiences.

In addition to the above, **as a parent/guardian**, I understand and agree to the following:

1. If I wish to know about my camp participant's experience, I will email or call a COS staff member or the volunteer director who will obtain the necessary information from my camp participant's counselor and return my call or email as quickly as possible. I will not expect to talk directly with my camp participant.
2. I will provide Camp One Step with the necessary contact information to reach me or another designated responsible person while my camp participant is away.
3. If it is necessary for my camp participant to be sent home during the camp session, I will help arrange for it to happen as quickly as possible.
4. Once at camp, the camp participants, volunteers, and staff may travel for special activities and field trips, and permission is hereby granted for that travel.

Section II: Camp Participant Expectations & General Policies

The overall goals of camp are safety first and fun second. The expectations and policies revolve around keeping camp participants safe and creating a healthy environment for them to be together and share their experiences.

COS makes every effort to ensure all participants have a wonderful experience at camp. Parents and guardians can greatly help, particularly by reviewing the below information and ensuring that they raise any questions prior to participation.

Accidents

If camp participants become ill during an in-person camp, medical volunteers will administer medical attention as necessary. In the event of an accident or illness needing



more than routine care, the participant will be taken for additional treatment to a medical facility. Your signed authorization on the Medical Consent Form that is a part of the registration process constitutes your consent to secure proper treatment. In this event, the Medical Office, Camp Director, or a COS staff member will attempt to notify parents/guardians or emergency contact persons. It is important to keep emergency contact information up-to-date and to be available as needed during the duration of the camp session. Participant medical insurance information will be shared with outside medical facilities as needed, but payment for said medical services will be billed from the facility to the family and is the parent/guardian responsibility.

Application Review

To promote safety, all camp participant applications will be reviewed by the Medical Director. If an application is not approved from a medical and/or safety perspective, the camp participant will be unable to participate in that particular camp or program, but will be welcome to apply to others. This medical recommendation will supersede any other acceptance or confirmation from medical professionals outside the organization/the camp participant's healthcare team, other members of the COS staff, or volunteer directors.

Automobile Keys

Some camp participants are eligible to drive themselves to camp. Camp participants will be asked to give a staff person the keys to their vehicle at check in and will have them returned at the conclusion of the camp session. Camp participants are not permitted to leave campus throughout the duration of the camp session.

Behavior Management

Every participant has the right to experience all that camp has to offer. COS sets limits and boundaries for camp participants. When boundaries are tested, COS will work with participants to try to continue their positive experience at camp. There are times when behavior detracts from the overall experience of the cabin or program group by requiring excessive one-on-one attention from the staff. Any conduct, individually or in a group, that in the exercise of our discretion is disruptive to the normal operation of the camp or experience may result in the camp participant being sent home or removed from camp. Such conduct includes, but is not limited to, the destruction of camp property (or advocating such disruption or destruction), refusing to cooperate with camp staff



attempting to maintain or restore order in the cabin or group, and/or pressuring another camp participant or volunteer to participate in inappropriate or illegal activities. Camp participants involved in unacceptable conduct will face consequences, and parents/guardians may be contacted by the Camp Director or a COS staff member, as well as be sent home before the conclusion of the camp or experience. It is required that a parent, guardian, or other authorized individual will be available to pick up the camp participant in such a situation. All costs associated with traveling home are the parent/guardian's responsibility.

Camp One Step is *not equipped* to handle participants with **chemical dependency, severe emotional disturbances, or violent behavior**. If your camp participant has severe behavior problems or is unable to live a chemical-free life during their camp experience, we ask that that information be disclosed on their health history during registration and that you talk with the Medical Director before camp begins. A determination will be made together with COS staff and the Camp Director as to whether the participant is appropriate for the camp and whether or not the staffing allocated for the given opportunity are equipped to manage said behavior. Camp participants who are unable to accept and demonstrate appropriate boundaries as described previously may be sent home.

COS recognizes that there are participants who may have behavioral diagnoses that impact participation at camp, such as Oppositional Defiant Disorder (ODD), Attention Deficit Hyperactivity Disorder (ADHD), Autism, Obsessive Compulsive Disorder (OCD), etc.,. If your participant has been diagnosed and is receiving treatment or following a mitigation plan, it will be important for you to share that information with the Medical Director and/or COS team, preferably as part of the comprehensive health history you provide during registration. A COS staff member may contact you for more information or to discuss whether we'll be able to accommodate the participant at camp. If you suspect your camp participant may have a behavioral issue but have not yet talked to a professional, COS may ask you to delay participation until after treatment has started. If you do not disclose behavioral concerns and your camp participant engages in behavior that is disruptive to the normal operation of camp as described above, they will face the same consequences and may be sent home prior to the completion of the camp session.

Camp One Step DOES NOT subscribe to corporal punishment as a means to discipline camp participants. Corporal punishment is defined as physical punishment or the striking of someone's body as a punishment. Discipline at Camp One Step includes but is not limited to approaches such as resetting boundaries, establishing a warnings policy, time outs, keeping a camp participant back from a favorite activity, added supervision or 1:1 care, creating a behavior contract, sending participants home early, or suspending them from participation in future.

Bullying & Cyberbullying

Camp participants are expected to treat all other participants with courtesy and respect and to help one another achieve the best possible experience together. Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, put down another person, intentionally misgender or speak disparagingly about other camp participant's gender or sexuality, or threaten to do any of the previously stated, with the intent to hurt another person physically or emotionally. Bullying happens when a person or group of people want to have power over another, to get their way, at the expense of someone else. Camp participants who are bullied will not have the same potential to get the most out of their camp experience and therefore COS does not tolerate bullying. Any camp participant found to be harassing, degrading, demeaning, threatening, making fun of, or intimidating another participant is subject to disciplinary actions.

Cyberbullying is also not tolerated at camp. Cyberbullying includes any form of bullying noted above by use of electronic communication. A few examples of cyberbullying include sending threatening/intimidating messages via phone/email/social media, etc., posting private or embarrassing photos/videos online in any capacity, or spreading gossip/information about others through any electronic means.

The leadership team and COS staff takes all bullying and cyberbullying seriously. Volunteers are trained in preventative bullying measures and are expected to be good examples to all camp participants. Volunteers are also trained to promote communication with their camp participants and to encourage them to feel comfortable alerting leadership of any problems during their camp experience. Prevention, identification, management, and discipline all come together to ensure camp participants can make the most of their time at camp.



Camp or Experience Cancellation

To ensure the highest level of safety for all participants, Camp One Step requires qualified medical volunteers to care for the camp participants during camps and experiences. If unable to secure the requisite coverage in compliance with the coverage policy at least 15 days prior to a scheduled camp or experience, that camp or experience may be subject to cancellation. In this rare situation, applied participants will be notified of the cancellation as soon as possible.

Cell Phones & Electronics

COS discourages participants from bringing electronic equipment to in-person camps such as but not limited to cameras, smart phones, tablets, mp3 players, electronic games or systems, radios, laptop computers, and portable DVD players. If a camp participant brings these items to camp they will be assuming the risk. COS bears no responsibility for lost, damaged, or stolen items.

If choosing to bring smartphones, tablets, or other devices to camp, usage may be restricted to the camera feature. Calling and texting home or to outside-of-camp parties or reviewing social media can cause homesickness or take attention away from the focus of the camp experience, which is why these uses are discouraged while at camp. If following the phone usage policy will be challenging for your camp participant, please refrain from sending these devices. If a camp participant is violating policy, the phone or tablet may be confiscated by a counselor and returned at the end of camp. COS will not be liable if the phone is lost or damaged.

The above guidance does not apply to campers participating in digital programs where devices such as tablets, laptops, computers, and phones may be required to fully access the program.

Communication

COS will send communication via email prior to and during camps and experiences related to required documentation, arrivals and departures, transportation options, the packing list, and other information as necessary. In the time leading up to the start of a camp session, please ensure you're checking your email and junk email regularly to ensure compliance with all requirements. Where possible, COS will also provide relevant information like the packing list on the COS App in the Document Center. If your contact



information has changed, please update your account in Ultracamp or reach out to a COS staff member for assistance.

We will honor each individual's right to privacy. Families will not be notified of the legal names, medical histories, or any other personal information about a camp participant's cabin mates, volunteers, or staff before, during, or after the camp or experience session.

Following our reporting protocol, staff and volunteers are required to report to camp leadership any camp participant disclosure that communicates a safety risk, requires parent/guardian notification, or requires a change in housing or programming

Dress Code

Our dress code allows for each person to be able to wear clothing that makes them feel comfortable, as long as all private areas are covered and it is deemed safe for programmatic or activity needs. (i.e., long pants required for horseback riding and rock climbing, long shorts and closed toed shoes required for zip lining, etc.) Camp One Step does not allow clothing displaying or promoting alcohol, tobacco/smokeless tobacco (including vaping), recreational and illegal drugs, weapons, sexual harassment, sexual abuse, and any behavior that threatens or endangers others, including bullying and cyberbullying. Camp participants may be asked to change their clothes if any volunteer or staff person deems their attire in violation of this code.

The dress code will also apply to the surroundings of participants in our CONNECTED digital programming. Participants need to ensure they are in a private and appropriate space while participating in digital programs. Surroundings will be monitored and participants may be asked to change their environment or turn their cameras off if any volunteer or staff person deems their surroundings inappropriate based on the parameters listed.

Energy Drinks

Based on health research, camp participants are not allowed to consume energy drinks including but not limited to Red Bull, Rock Star, and Monster while at camp. All energy drinks found will be confiscated and not returned until the end of the camp session.



Evaluations

When evaluations are requested, completion is critical to COS ensuring camp participants have the right care and support in future sessions as well as continuing camp improvement. Please provide as much detail as possible regarding any issues for adequate response and follow-up. Most COS evaluations are anonymous in nature. If you'd prefer to keep your evaluation anonymous but would like to provide more identifiable feedback specific to your camp participant, please contact a member of the COS staff to take that information.

Falsely Reported Emergency Calls and Fire Alarms

Any camp participant falsely setting off a fire alarm, fire extinguisher, tampering with a smoke detector, or calling to falsely report an emergency to 911 will be subject to disciplinary action.

Family Visitors to Camp

Parents are received at camp during the designated times on check-in or check-out days. Visits from family and friends are not allowed during the duration of the camp session. Parents, family, or friends visiting camp participants may elicit homesickness and/or disrupt the camp programming. When camp participants forget to pack something, family members are welcome to bring it to campus after drop-off. They will be asked to meet a member of the camp administration, a COS staff member, or member of the medical team at the campus entrance or office and will be asked to leave without contacting or connecting with their camp participant on site.

Fighting

Camp One Step does not tolerate camp participants harming others. Any camp participant involved in fighting, whether verbal (including degrading, demeaning, or malicious teasing) or physical, is subject to discipline and may be sent home. The parents/guardians may be contacted by the Camp Director or a member of the COS staff.

Harassment

COS is committed to maintaining an environment free of discrimination and harassment on the basis of race, religion, ethnicity, age, disability, national origin, ancestry, military or

veteran status, marital status, sexual orientation, genetic information, or any other characteristic protected by applicable law.

COS takes allegations of harassment seriously. If a participant feels they or any camp participant, volunteer, or employee is being subjected to offensive conduct in violation of COS policies, they must report it. COS will not tolerate retaliation against any individual who makes a good-faith report of harassment, even if after investigation it appears that there have been no violations of this policy.

Health Insurance

All participants are required to have health insurance and must provide proof of valid insurance during the application process. If a participant's insurance changes after submission of application, it is the parent/guardian's responsibility to provide an updated copy of the new card. Parents/guardians are financially responsible for co-payments associated with hospital visits, clinic visits, or prescriptions purchased for their participant. Individuals without health insurance will not be able to participate in Camp One Step camps or programs. Camp One Step does not carry health and accident insurance on camp participants.

Homesickness

For most camp participants, including those who've been to camp before, missing home is a common occurrence. Parents/guardians can play an important role in helping them to overcome missing home before and during camp.

- Start by having conversations about camp and what they may experience while at camp.
- Review photos on the camp website and social media channels, talk about the types of activities they may experience, and explain the shared living experience of camp.
- Cabins, tents, and shared bathrooms can all be new to camp participants and it can be helpful to ease anxiety by talking about it ahead of time.
- COS also encourages sending along something special from home like a stuffed animal or photos of loved ones.
- Send letters and packages to your camp participant where applicable and pack writing supplies like paper, postcards, and pens so they can write letters home.

For more information about this, check out the “New to Camp” section of our website that includes tips like encouraging a positive attitude, preparing them for a structured schedule, and avoiding making promises to pick them up if they don’t like camp at <https://camponestep.org/new-to-camp/>.

Housing – Assignments & Roommate Requests

In-person camps for COS take place at a variety of facilities with different room accommodations ranging from small cabins with single, double, and triple room configurations, dorm style buildings with multiple bunk beds, larger lodges, and hotels. Tenting may also be a lodging method for specific camps such as Adventure Camp and the Campcraft program during Summer Camp. Bathrooms are either in the room, cabin, or in a nearby building and are furnished with flush toilets, sinks, and showers with hot water. Bathrooms are equipped with single-stall toilets and showers. If the camp participant’s cabin assignment and bathroom access does not meet their basic needs, Directors and COS staff will work with the camp participant to create a solution that ensures the camp participant’s safety.

Housing is based on the size and need of each of the in-person camps. We make cabin groupings prior to arriving at camp based on roommate preferences collected on applications and other outside factors. Roommate and other housing requests can be made by all camp participants during the application process or sent via email to COS staff and/or the volunteer camp director. All requests will be reviewed and accommodated where able.

Capacity limits for housing often require participants to share a room with a roommate(s). For safety reasons, COS prefers that camp participants do not sleep in a room alone. All camp participants will be assigned to a bed or tent location for their sole use during their participation. COS will never ask participants to share a bed with another individual. Registrants will be told about tent usage upon application and prior to arrival.

After arrival to camp, additional requests for cabin or room changes will be granted or denied at the Director’s and/or COS staff’s discretion. We only make cabin changes for safety reasons. If a camp participant presents a reason for changing cabins, we will determine with that camp participant whether they are experiencing feelings of discomfort or a threat to their safety or health.



Housing – Changing Areas, Showers, and Bathrooms

Camp One Step understands the need for camp participant privacy regardless of sex assigned at birth or gender identity. We know that when camp participants are respectful of others' boundaries and have appropriate supervision, anybody can be safe(er) in any space.

Camp participants will be allowed to use the restroom/shower/changing/facility that best aligns with their gender identity without question. Staff and volunteers will be trained in appropriate supervision practices for “vulnerable spaces” (showers, restrooms, and changing areas). All bathroom stalls, showers, and changing spaces will be designated as single occupancy. Public nudity, including changing in a room with other individuals present, will be highly discouraged.

Late Arrivals/Early Departures

Each COS camp and experience is planned and structured, from the time the camp participants meet each other through to the last good-bye. To avoid disruption in the experience, COS prefers camp participants arrive on time and stay for the full duration of the session unless due to a medical reason. This is particularly important for participants that are new to Camp One Step. Late arrivals can compromise important bonding for new participants and cause unnecessary homesickness. Once the camp experience has started, COS does not allow participants to depart camp and return unless in the case of a medical appointment. Where possible, those appointments will be managed by the COS medical team. If your camp participant has a non-medical reason for late arrival or early departure, please contact a COS staff member to discuss if the situation can be accommodated.

Lost & Found

Mark all clothing and personal items with the camp participant's full name. Found items are announced at meals and camp participants are asked to sing a camp song when they retrieve their item from Lost & Found. If there are any items left in Lost & Found at the end of the camp session, it is not Camp One Step's responsibility to track down the owners of the items. They may be donated if left unclaimed or unidentified.



Lost/Stolen Items

Camp One Step is not responsible for lost or stolen items. We encourage camp participants to leave valuable items at home.

Obscenity

COS expects all camp participants to be respectful to volunteers and other camp participants. Obscene, profane, or vulgar language, whether written, oral, played in music, or expressed by symbols is unacceptable and will not be tolerated. Any camp participant that violates this policy may be subject to disciplinary action.

Out-of-Camp Contact: Volunteers & Camp Participants

Volunteers with COS often choose to stay in touch with camp participants outside of the camp session through social media, phone calls, texts, letters, in-person visits, or through the COS App. It is up to each family to determine their personal comfort with their camp participant continuing contact with volunteers. COS does not monitor such contact, and is not responsible for behavior or contact that occurs outside of camp, unless that behavior would negatively affect their or others' future participation at camp.

Upon registering in the COS App, user information is automatically added to the app directory. From the directory, users can choose to email or call other users. All app users have the ability to opt out of being included in the directory. To learn how to remove information from the directory, please contact a COS staff member. Communication resulting from the app directory is not monitored or managed by COS and should be based on the comfort of each participant's family. If you feel that an app user is abusing the information listed in the COS App directory, please contact a COS staff member to report the incident.

Participation

Camp is an opportunity to try new activities and games. Camp participants are expected to participate in all activities to the best of their ability. Appropriate adaptations and modifications are made to provide an inclusive environment.

Photographs and Media

Members of the media (for example, newspaper reporters, television, etc.) may visit camps and experiences and it is possible they will want to photograph and/or interview



camp participants. These photos may be used for marketing and media purposes. **If you do not want your camp participant to have their photograph taken or be interviewed, please contact a COS staff member.**

COS volunteers are directed not to share or post photos of camp participants taken at camps or experiences on public social media platforms unless the image has already been shared by Camp One Step on our official organizational channels or has been approved by the Senior Social Media Manager. Please contact COS if you prefer images of your camp participant not be shared.

Pranks

While appropriate pranks can be a part of a fun camp experience, they should never include the destruction of someone's property, the invasion of someone's privacy, or the intention to hurt someone's feelings. Pranks that are harmful to others will result in disciplinary action. We strongly encourage camp participants who wish to participate in a prank to discuss its appropriateness with a staff member or counselor to ensure that it is safe and appropriate before moving forward.

Release of Information

In order to best care for your child, pertinent information in the camp participant's application may be shared with those who will require that information in order to care for the individual. Such people may include medical staff, counselors, group or program leaders, and program or camp directors.

Search and Seizure

Volunteers are given the right to search a camp participant's property, either with the program leader/designee or with the aid of law enforcement officials, should they deem the search necessary to maintain the integrity of the camp's environment and/or the protection of other camp participants or volunteers.

Social Media

Personal websites, web logs (blogs), and internet networking sites (such as Facebook, Instagram, Snapchat, LinkedIn, X or Twitter, TikTok, etc.) have become prevalent methods for self-expression in society. COS respects the rights of individuals to use these mediums during their personal time. If participants choose to engage in activity on a website, blog, or internet networking site, they must adhere to the following guidelines:

1. If you identify yourself as a COS camp participant or parent on a website, blog, or other social media, make clear to readers/viewers that the views or opinions expressed are yours alone and may not reflect the views of the organization.
2. You may post, share, or like images, likenesses, videos, reels, and other media content that COS shares or posts first.
3. Do not identify or disclose information about camp participants, employees, donors, or volunteers.
4. Do not disclose information that is confidential or proprietary to Camp One Step.
5. Uphold the organization's value of respect for others and remember that the internet is public. Avoid making defamatory, disparaging, or embarrassing statements about COS camp participants, volunteers, or employees. Even if posted anonymously, comments may be traced back to the author. If you or your camp participant believe such statements are warranted, please contact a member of the COS staff to discuss rather than posting.
6. COS reserves the right to monitor use of its computers, tablets, and internet, including but not limited to blog and social media activity. If blogging or social media activity is seen as compromising COS or its operations, the organization may request a cessation of such activities. Further, if the author posts or writes narratives or comments that undermine the organization or show it in a negative fashion, the author may be asked to no longer participate in COS activities. If you or your camp participant believe such narratives or comments are warranted, please contact a member of the COS staff to discuss rather than posting.

Stealing

Stealing is a violation of the law. Camp participants who are involved in a theft of camp property, another camp participant's belongings, or a volunteer's belongings, are subject to disciplinary action. Stealing may result in a camp participant being sent home early from camp. If an incident occurs, the Camp Director or a member of COS staff may contact parents/guardians.

Water safety

Lifeguards will be present during swimming activities. Camp One Step uses the "Buddy System" while swimming: participants pair up and must stay together while in the water.

Buddy checks are called periodically and participants are expected to stand with their buddy during checks. Unsupervised swimming or use of watercraft is not allowed.

Any participant with a reported history of seizures is designated as a 1:1 in the water, which means that a counselor is always within arm's reach of the participant while they are in the water. Participants who have had a one-time seizure as a side effect of a medication will be placed on seizure precautions. If they remain seizure free and are off all anti-seizure medications for at least 3 years, seizure precautions can be removed. If a 1:1 modification will be required for your participant, please assist COS by readying the camp participant for that support prior to arrival at camp.

To ensure the highest level of safety, camp participants using watercraft are required to wear a personal flotation device (PFD). Where applicable, COS administers a swim test to gauge swim ability. Those who pass the swim test will be allowed in the designated deep swim area. Swimmers who have not passed will be confined to the shallow area. Swimmers of all swim abilities are always welcome to wear a PFD.

Weapons

COS recognizes that some of its camps and experiences will require the use of knives as tools, particularly in Campcraft (Summer Camp), Quartermaster, and Adventure Camp. Where needed, those tools will be provided by Camp One Step. Use will be restricted to adults or supervised by adults, and all tools will be locked at night to prohibit access. Camp participants should refrain from bringing their own tools to camp unless disclosed to and approved by camp leadership.

All types of dangerous weapons must be kept off the camp property. Items designed to cause bodily harm, or deemed potentially harmful, including but not limited to knives, clubs, guns, or explosives, are strictly prohibited at camp. Bringing such items to camp may result in participants being sent home early from camp. The item will be confiscated, and the camp participant's parent/guardian will be contacted by the Camp Director or a COS staff member. Depending on the situation, the participant may not be welcomed back to camp in the future.

Zero Tolerance: Recreational and Illegal substances

Alcohol, recreational and illegal drugs, and tobacco have no place at camp. Camp One Step has zero tolerance toward camp participants using or being in possession of

recreational or illegal drugs, drug paraphernalia, alcohol and/or tobacco/smokeless tobacco (including vaping) on or off campus during any in-person or digital camp. Zero tolerance means any camp participants caught in possession of or found to be using any of the above listed items will be sent home prior to the conclusion of camp. The item will be confiscated, and the camp participant's parent/guardian will be contacted by the Camp Director or a COS staff member. The parent/guardian is expected to pick the participant up immediately, no matter the time of day or night. Depending on the situation, the participant may not be welcomed back to camp in the future.

Camp participants who are taking controlled substances (narcotics) or items with Cannabidiol (CBD) or Tetrahydrocannabinol (THC) prescribed by their health care team must discuss these medications with the Medical Director and check these medications to the medical team upon arrival to camp if allowed. They will remain locked in the medical office for the duration of the camp session and administered by medical personnel as prescribed.

There continues to be differences in state legislation regarding the legality of CBD and THC products. It is important that as an organization COS remains in compliance with state regulations. As a result, the ability for COS to distribute medications with CBD may vary from camp to camp, location dependent.