



BYU Aspen Grove Family Camp Guide

We know questions come up as families plan their stay at Aspen Grove. This guide includes answers to many questions and gives an idea of what to expect at camp. Please feel free to give our office a call at (801) 422-6100, or email us if you have further questions.

Aspen Grove contributes to the mission of BYU by providing a wholesome, educational, recreational environment that enriches the lives of individuals and families. Within the family camp experience opportunities in programming are purposeful to teach respect for one another and to recognize the rights and dignities of all individuals. Age group leaders are trained to celebrate the diversity and individual contribution that each child and youth make while participating in scheduled programs and activities.

When You Arrive

Upon your arrival at Aspen Grove, you will check in at our main office. You may check in Saturday from 3:00 p.m. to 5:00 p.m. When you check in, you will receive your lodging assignment and additional information about the week you will spend with us. Dinner is served from 5:00 p.m. - 6:30 p.m. Guests are required to attend the on-site orientation meeting at the beginning of each session that will review safety and emergency procedures and to review the Family Camp Guide emailed to you prior to your scheduled session and is on the Aspen Grove website. If you plan on arriving after 6:30 p.m., please eat before you come. Checkout is Friday before 10:00 a.m.

What to Bring

The proper equipment and clothing will make your stay at Aspen Grove pleasant. Please use Church standards as a guideline in swimwear and casual wear. Our atmosphere of informality lends itself perfectly to T-shirts and jeans. Evenings in the mountains get chilly, so please bring a sweater or light jacket. A raincoat or poncho is also appropriate. Remember to bring clothing and/or footwear for specialized activities (e.g., swimsuit, hiking boots, tennis shoes, and aqua socks). You will find towels, wash clothes, and basic toiletries in your rooms.

Checklist:

- Church clothes for Sunday Worship
- Sports Clothes
- Swimsuits (towels offered @ pool)
- Swim bags
- Umbrellas, ponchos
- Hiking boots
- Laundry Soap
- Backpack
- Fishing gear (optional)
- Water bottle
- Flashlight and batteries
- Sunscreen
- Toiletries
- Special medications

- Optional Items
- Flip flops
 - Nightlight

Guest Passes

If you are registered for Family Camp, we are happy to accommodate your friends and family who would like to join you for short periods of time on a space available basis. During a full week of camp, guests are limited to two days of camp meals and activities. To request guest passes, please check with our office during check-in, or at least 24 hours prior to the guest's arrival. We do not sell or reserve guest passes in advance of check-in.

When your guests arrive, they must register at the camp office, sign a waiver and receive their guest pass. Passes are limited to a maximum of two days and two nights during a full week of camp.

2023 Guest Pass Fees	Adults / Teens	Children 3-12	Senior Citizens 60+
One Shift Pass (one meal, half-day activities)	\$56	\$43	\$40
Two Shifts Pass (two meals, full-day activities)	\$66	\$56	\$50
Three Shifts Pass (three meals, full-day activities)	\$74	\$63	\$57
Infants two and younger are free. No nursery or age group activities are provided.			
Lodging Per Night Guest will sleep in host's cabin		All Ages \$17	



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Family Camp Dining

During your stay at Family Camp, delicious meals are served in the Emerald Dining Hall. Each meal is served buffet-style. Camp menus are designed to please all members of the family with varying main dishes, wonderful sides, salads, fresh fruits and desserts. We have an array of basic food staples for any of your picky eaters.

Most meals at camp are served in two shifts. You will receive your meal shift assignment during check-in. Everyone in your reunion WILL be assigned to the same shift.

If anyone in your family has food allergies, please contact us as soon as possible. We will do our best to accommodate your needs like you're our own family.

Activities

During the day, children laugh, create, and explore as they spend time swimming, hiking, making crafts, playing games, attending outdoor educational activities, and going on treasure hunts with our exceptional camp counselors.

Teens and young adults make friends from across the country as they participate in activities such as hikes, ropes course, night games, experiential learning, firesides, socials, and a dance.

Adults enjoy archery, air rifle, hiking, wooden pen turning, pottery, ceramics, laser tag, the High Adventure Ropes Course, and relaxing by the pool while children are well cared for by their counselors. Regular guest lectures, chess tournaments, other sports tournaments, water aerobics, and nature walks are also available.

Evenings and some afternoons are full of campwide activities.

Evening Activities

Saturday: Old-fashioned opening campfire program

Sunday: Evening Fireside, or church and family movies

Monday: Talent show, swimming, arts & crafts

Tuesday: Frontier Night, arts & crafts

Wednesday: Campwide family activity, swimming, arts & crafts

Thursday: Closing campfire and family dance

*An additional fee for damaged recreational equipment and/or facilities may be added to a group's invoice. Free-time programs such as hiking, ropes course, laser-tag, and activities at camp-wide events such as archery, air rifle, tomahawk, sling-shot, and bullwhip require adult supervision for participants that are minors.

Children's Activities

Children's programs are run Sunday from 3:00-5:00 p.m. and Monday through Thursday from 9:15 a.m. - 12:00 p.m. and 1:30 p.m. - 4:30 p.m., excluding campwide activities children attend with their families.

Children eat lunch with their parents every day except Wednesday. On Wednesday, lunch will be provided in children's program areas or they will eat as groups in the Dining Hall.

Your children will participate in programs such as outdoor education, swimming, arts & crafts, ropes course, field games, nature activities, and hikes.

A brief meeting will be held Saturday evening during adult orientation, allowing staff and children to get acquainted and review activities for the upcoming week.

Teen Programs

These programs feature swimming, ropes course, campfires, sports, contests, dances, and many more activities designed to help youth make new friends and have fun. Activities are available for those in Pumas and Teens age groups.



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Guest Lectures

Two guest lectures will be featured Monday through Thursday in the Aspen Lodge. Lecturers are qualified individuals invited to camp to enhance your vacation. They will deliver lectures about entertaining and educational topics such as family relations, religion, and parenting skills. A schedule will be posted each week.

High Adventure Course

Stretch yourself and build self-esteem while you climb, balance, and swing through our High Adventure Course. Age groups will have time on the course, and families can do the course together during free times. Take on the course together, but individuals choose the elements they want to try and when they've had enough. Course is NOT suitable for pregnant women or children who can't reach up to 67".

Arts & Crafts

Our arts and crafts area offers a cool place to relax by the stream while you paint bisque ceramics, work on the pottery wheel, wood turn pens, and do leather work. Our staff teach workshops about various mediums, and the arts and crafts program features projects for every age group and skill level. Most projects range in price from \$1 to \$20, although some projects may be higher in price.

Water Frolics

Water Frolics takes place at the pool on Thursday afternoon. It consists of races and relays for the whole family that even non-swimmers can win.

Tournaments

Enjoy organized competitions for basketball (three-on-three), badminton, tennis, horseshoes, table tennis, shuffleboard, and other team sports. Signup sheets will be posted outside the Dining Hall.

Aspen Follies

Aspen Follies is held on the ball field on Monday afternoon, and will be a highlight of your week at Aspen Grove. Featured events include the earth ball, balloon catapult, leaky bucket, centipede walk, and many other exciting surprises. Be sure to gather your family for this event, and don't forget to bring your cameras! Family activities such as rocket making, air rifle, archery, slingshots, and a treasure hunt will follow Aspen Follies.

Additional Information

The Main Office

The main office is located in the Aspen Lodge. The office is open from 8:30 a.m. to 6:00 p.m. to assist you with any questions or problems.

Camp Store

The Aspen Grove store, located on the third floor of Aspen Lodge, has a limited stock of general merchandise, personal care items, treats for the kids, and Aspen Grove clothing and memorabilia. You will be able to find staff members in the store who will be able to assist you until 10:00 p.m. If you have any maintenance problems or concerns, please let us know. You may also check out a variety of board games from the store. While board game check-out counter is available on Sunday during the specified hours, the store is closed.

Lost and Found

If you've misplaced something, check the lost and found box in the camp store. If you are a finder, please bring items to the store.

Birthdays and Anniversaries

If your birthday or anniversary falls during your stay at camp, please visit the Aspen Grove Office so we can help you celebrate. If requested, we will celebrate during dinner with a hearty rendition of the "Aspen Grove Birthday Song."



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Weather

Most of our summer weather at Aspen Grove is dry and pleasant. The days are usually warm, while the evenings are typically cool, and often require a sweater.

Due to our high elevation, you may sunburn easily. It is easy to get a sunburn before you realize it. Please remember to bring sunscreen. If you forget to bring sunscreen, we carry it in the store.

We have virtually no mosquitoes at Aspen Grove, but we do have occasional thunder storms and rainy days. Some summers are even visited by midseason snowstorms, though this is not common. Umbrellas and ponchos come in handy at times. You can check the specific forecast for your stay here.

Phones & Internet

The office phone number is (801) 422-6100. Cell phone reception is generally available outside. Verizon Wireless customers tend to have the best reception.

Wireless internet is available throughout most of camp. Passwords are provided at check-in.

Laundry Facilities

Washers and dryers are adjacent to the restroom facilities in the Rustic Cabin areas, in the lofts of the Family Lodges, on the third and fourth floors of the Aspen Lodge, and in the Beckham West Lodge at the east end of the first floor. You may purchase laundry soap in the camp store. Laundry machines are available to use at no cost.

Bedding

You will find bedding, towels, washcloths and basic toiletries in your room. If your family has requested a crib, please note that we provide a flat sheet, but no additional bedding for cribs.

Staff Tipping Policy

Tipping of individual staff members is not expected. Many staff members are working behind the scenes to make your family's stay enjoyable and successful. If you wish to show appreciation, it is preferred that you leave a general staff gratuity in the Aspen Grove office.

Lockers

Lockers are located on the north end of the pool house and inside the dressing rooms. One locker per family is available for checkout at the office.

Safety & Emergencies

Health and Wellness

In order to help prevent the spread of sickness at Aspen Grove, we encourage individuals to refrain from attending age group activities or campwide programs for at least 24 hours after the last sign of any of the following possibly contagious symptoms:

vomiting	diarrhea
fever	nausea*
frequent cough	excessive runny nose
constant sore throat	contagious pink eye

*Nausea is sometimes an indicator of contagious sickness, but may also be attributed to other causes such as car sickness, separation anxiety for younger children, or mountain/altitude sickness (change in elevation). Mountain/altitude sickness may occur during travel to higher elevations. Treatment for mountain sickness can be as simple as descending to a lower altitude (as little as 1500 feet) for a couple of hours, and by drinking plenty of fluids. Drinking fluids while traveling to higher altitudes helps prevent mountain sickness. It is recommended that nausea is watched closely for a few hours to determine if it might be the result of other sickness.



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Health and Wellness (cont.)

Please share the following ways to prevent infectious illness with each family member:

Wash your hands frequently throughout the day for 20 seconds with soap and hot water. Don't forget to wash front and back of your hands, and between your fingers, especially before meals.

Avoid touching your own mouth, nose and eye areas, and the faces of other campers.

Cover coughs and sneezes with the inside of your elbow.

Maintain proper nutrition and hydration, and be sure to get plenty of rest.

Clean up messes from sickness quickly with cleaning and sanitizing solutions, remove and bag soiled towels and bedding, and limit the number of people exposed to a family member that is sick.

Avoid using shared towels, utensils, and toddler toys.

Avoid changing diapers on carpeted areas, bedding, and in areas associated with food preparation or personal grooming such as counters and tables.

First Aid

Our first aid station is located on the first floor of the Aspen Lodge. It is equipped to handle scratches, bruises, cuts, and other minor injuries. In the event of more serious injuries, we encourage all guests to provide their own transportation to Timpanogos Regional Medical Center in Orem, 750 West 800 North.

You may wish to bring your insurance information, since these accidents would be covered under your own insurance policy.

In Case of Fire

In the event of a fire, the following procedures should be followed:

Please alert all occupants in the facility, vacate the premises, and notify a staff member.

A staff member will sound the alarm. The fire emergency signal is a continuous pull stroke of the bell.

When the alarm sounds, all campers and guests should meet in the Emerald Dining Hall. In the event of a fire, program counselors are trained to take their groups to this area while your children are under their protection.

Emergency Bell Signal

The bell outside the Dining hall rings to signal meals and campwide events. A continuous pull stroke of the bell is an emergency signal.

Please do not panic if this emergency signal should sound. This is a signal for all staff members and guests to go to the Emerald Dining Hall as soon as possible.

Standards and Policies

Dress Standards

Clothing should be modest and appropriate in fabric, fit and style. Shorts and skirts should be knee-length or longer. Please don't wear sleeveless, strapless, backless, revealing, or form fitting clothing.

Shirts and tops should be long enough to cover the stomach and lower back. Shoes should be worn in all public areas. All guests should avoid extremes in clothing, appearance and hairstyle.



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Dress Standards (continued)

All camp guests are asked to abide by the standards of The Church of Jesus Christ of Latter-day Saints. This includes high standards of moral character, honesty, respect for personal and property rights, obeying the law, living the law of chastity, high standards of taste and decency, and dietary laws of abstaining from alcoholic beverages, tobacco, tea and coffee, and drug abuse.

Responsibilities and Insurance

The nature of a high mountain camp environment presents some inherent risks including bad weather, hazardous terrain, and some potentially high-risk activities.

We suggest you carefully supervise your children at all times and use caution and common sense as you hike and use Aspen Grove facilities.

By participating in Aspen Grove programs and activities, you assume all risk of any loss or injury. If you have health conditions that may affect your ability to participate in programs and activities, we suggest you seek your doctor's advice before attending camp.

You are also urged to procure appropriate medical and personal injury and property damage insurance coverage prior to your arrival in camp.

The ropes course is one of our most popular activities. Because of its height, those participating must wear provided safety helmets, follow posted rules, and have their harness securely attached to the cables.

Our trained ropes course staff must be present at any ropes course activity.

Responsibilities and Insurance (continued)

In preparing for your family reunion, we recommend obtaining names, addresses and emergency contacts (cell phone numbers) of each family within the reunion. In addition, we recommend obtaining a list of known allergies or health concerns requiring treatment, restriction, or other accommodations while onsite.

Aspen Grove does not allow pets in camp including comfort animals. Guests with questions regarding service animals or service animals in training as defined by state and federal laws, should contact our office prior to their arrival to see if qualifications are met.

Drones and/or Unmanned Aerial Vehicles (UAV's) are prohibited on BYU property or property controlled by BYU.

Firearms and weapons are not permitted, concealed or not concealed, with or without a concealed weapon permit, while upon properties owned or controlled by BYU including Aspen Grove.

The possession or use of fireworks, sky lanterns, pyrotechnic special effects, or blank shots is strictly prohibited on university property including Aspen Grove.

The university assumes no responsibility for the care or protection of, or damage to, any motor vehicle or its contents at any time it is operated on, parked on, or removed from university property including Aspen Grove. When riding in private vehicles, all guests should be in a seat with a seat belt. No guests are allowed to ride in the back of pickup trucks.

Aspen Grove provides program equipment such as racquets, balls, board games, child lifejackets, and archery equipment. Guests are welcome to bring their own sports equipment and games. However, personal archery equipment would need advanced approval by our program manager and will be stored and locked with other archery equipment. All personal lifejackets need to be US Coast Guard approved.



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Responsibilities and Insurance (continued)

Planning Notes/Questions

Aspen Grove provides screening policies such as background checks and reviewing the National Sex Offender Public website of all employees and recommend that groups have similar screening policies in place for child care not provided by Aspen Grove employees.

Aspen Grove advises groups that all medication (both prescription and over-the-counter) be stored under lock except when in the controlled possession of the person responsible for administering them.

Aspen Grove advises groups to obtain signed permission to seek emergency treatment from children (minors) they are supervising without a parent on site.

Guests of Aspen Grove are responsible for providing their own insurance, responding to first aid/emergency care, and for transportation for medical and emergency purposes for individuals in their group. Guest should call 911 if needed.

Each group is responsible to supervise the behavior of members in their party during non-age- group times and for the behavior and conduct during any programs. Any individual's behavior that is determined by Aspen Grove and or its guests as inappropriate or harmful to others may be asked to not participate in programs or leave Aspen Grove property.

Groups are responsible for the care of their members that are minors for all times outside of the scheduled age group time including supervisor of children during free-time, meals, in lodging, and participating in Aspen Grove programs such as arts and crafts, swimming pool, the fish pond, camp-wide events, sport tournaments etc.