Heber Valley Camp
Young Women Guidelines

Heber Valley Camp is a mountain facility developed by The Church of Jesus Christ of Latter-day Saints. It provides a setting in the mountains, away from the world, where the Young Women program can be implemented. The purpose of Heber Valley Camp is to help young women:

• Draw nearer to the Savior
• Be taught by the power of the Holy Ghost
• Continue to live the Young Women values
• Gain experience and faith that will aid them in becoming mothers in Zion

*Note: This document does not define your Young Women Camp Program, but is intended to layout the guidelines established specifically for Young Women attending Heber Valley Camp. The Church Handbook of Instructions, The Young Women Camp Manual and For the Strength of Youth should also be followed when planning your camp.

Required Young Women Camp Guidelines

Monday Morning Schedule:

7:00 a.m. – 9:30 a.m. Arrival at Camp

• Young Women leaders and supply vehicles should arrive at Heber Valley Camp no earlier than 7:00 a.m. on Monday morning.
• Upon arrival, young women leaders should meet with their camp hosts for a 10-15 minute leader orientation.
• Since Monday morning is a busy time for the young women leaders (unpacking, setting up, reviewing the layout of the camp, preparing for the arrival of the young women, attending various orientation meetings, etc.), leaders not riding on buses are encouraged to arrive as early as possible after 7:00 a.m.
• The young women should arrive no later than 9:30 a.m

10:00 a.m. Required Trails Meeting

• Hike specialists may drive to the lake pavilion for help with hike plans.
• If you are using an overnight backpack site, an additional leader, (going on this hike) is required to attend this meeting.

11:00 a.m. Mandatory camp orientation with your Camp Hosts

• This meeting is for everyone attending your camp including: young women, young women leaders, priesthood brethren, cooking staff, etc. This meeting will be held at your campsite.

12:30 p.m. Mandatory Challenge Course Orientation

• For Stakes-choose 7 young women adult leaders (not YCL’s) to attend the mandatory Monday afternoon training at the Challenge Course to which your stake has been assigned. These 7
leaders are trained for the different activities that make up their Challenge Course session and must attend their scheduled Challenge Course sessions.

- **For smaller wards** Small wards may not have enough leaders to cover the entire Challenge Course session. If this is the case, wards will send as many leaders as possible, then coordinate with the other small ward (that is sharing the Challenge Course session) and between the two small groups supply the 7 leaders that must attend the Monday orientation and facilitate the Challenge Course activities for their groups. Please leave early enough to walk to your assigned Challenge Course for this training.

**Friday Morning Schedule**

- Complete cabin/pavilion cleaning instructions.
- Take all personal items and food with you.
- Check out with missionary camp host.
- **Check out between 7:00-10:00 a.m.**

**Transportation and Parking**

- Transportation is arranged for and paid by the stake or ward. Transportation costs will be paid directly to the providers and not to Heber Valley Camp.

- **Stakes** must bus their Young Women to and from camp on available carriers. All young women should ride the bus. Two adult leaders are required to ride each bus.

- Stake leaders are responsible to make their own busing arrangements.

- Stake Presidents are responsible to make sure the busing company selected is licensed and insured.

- Buses are allowed to drive into camp to unload campers and equipment.

- **Wards** registered individually may transport young women by private vehicles or bus. Each driver must be a licensed, responsible adult 21 years of age or older. “Participants in Church activities should be covered by personal accident and health insurance.” *(Church Handbook of Instructions, p. 111. Sec. 13.6.24)*

- When driving private vehicles, after unloading, drivers will receive parking instructions from their missionary camp hosts. Private trailers will be tagged and then asked to park in the point parking lot west of the welcome center

**Participants**

- **Young women and leaders are strongly encouraged to arrive on time, by 9:30 a.m. and stay for the entire duration of the camp, (Monday-Friday). Please limit late arrivals and early departures.**

- A **Late List must be submitted prior to camp.** Anyone arriving in camp after Monday morning must be included on the Late Arrival List to be allowed into camp. This includes priesthood brethren, Bishopric members/wives for testimony meeting and guest speakers. Complete your Late Arrival List by going to the View My Reservation page on the camp website. This is the
only way Late Arrival Lists may be submitted.

- **Young Women Camper Exchange Policy.** For campers leaving camp early, the following procedure must be followed:
  - The person picking up the young woman from camp will be asked to wait in the Welcome Center parking lot.
  - A young woman leader will need to bring the departing young woman to the Welcome Center parking lot where the person picking her up will be waiting.
  - If the departing young woman will not be returning to camp that week, she must bring all of her belongings with her to the Welcome Center at this time.
  - **Drivers picking up campers need to be aware that a camper exchange can take up to 30 minutes to complete,** depending on the camper’s activities in camp and whether or not the pick-up was anticipated by the young women camp leaders.
  - All camper exchanges will happen in the Point Parking Lot in front of the Welcome Center. This will allow the security team to monitor the actual exchange.
  - After the young woman leader facilitating the exchange identifies the pick-up person as safe, she should report to security at the Welcome Center.
  - **If the young woman is returning to camp later in the week,** her security wristband will get her back into the camp.

- Pregnant women and those with high blood pressure and breathing difficulties are strongly discouraged from attending the camp.
- Children, infants, nursing babies, young men (under 21), boys and single men are not permitted in camp when young women groups are there.
- No pets are permitted.
- **Dress standards for safety and protection** have been established as long pants (no shorts, and no capris), full length shirts (to cover stomach area) with short or long sleeves, and closed-toe shoes.
- **No electronic devices are permitted for young women-this enhances the camp experience for young women.**
- Be good friends and neighbors. Plan and administer your camp program in a way that will not interfere with other groups at camp. Be mindful of others sharing your camp area when using sound equipment. Remain in your assigned camp and common areas. Walk around, not through, other camps.

**Safety & Security**

- The safety of the young women is the responsibility of the stake/ward leaders.
- Each young woman attending Heber Valley Camp will be required to fill out a release form. This form is the Church Activity Permission and Authorization Form. It includes the Heber Valley Camp Parental Permission and Medical Release information AND the Parental or Guardian Permission Release specifically for the high course and zip line. A signed copy of this form should be brought to camp for use by your stake/ward leaders and medical personnel. (See HVC website, Young Women Camp menu, Forms and Documents
• “Participants in Church activities should be covered by personal accident and health insurance.” (Church Handbook of Instructions, p. 107. Sec. 13.6.9.)

• A doctor, nurse, or designated medical person must accompany each stake/ward for the duration of camp. This individual should be prepared to treat typical and emergency camping related ailments and injuries; CPR training is encouraged. Medical supplies are to be provided by each stake/ward. There is a designated first aid area in each large pavilion. The nearest hospital is approximately 20 minutes away in Heber City.

• Security wristbands will be issued to all campers upon arrival at the camp and are to be worn all week. Wristbands will also get campers back into camp if they must leave and return.

• Emergency procedures are in place for the safety of all. Missionary camp hosts will explain emergency procedures in the Monday Orientation Meeting. Emergencies may include, but not limited to fire, earthquakes or severe storms.

• The signal for an emergency is a repeated signal from an air horn.
  - At the signal all campers should assemble at the main pavilion of their camp and follow the missionary camp host’s instructions.
  - Do not return to cabin areas until instructed to do so.
  - Do not go into damaged cabins.
  - Do not leave camp unless instructed to do so by the missionary camp host.
  - Report medical needs to the camp host.
  - Campers at the Challenge Course or Legacy Lake should follow the instructions of the missionaries.

• Camp security recommends a head count be taken at breakfast, lunch, dinner and at 11:00 p.m. If someone is missing contact the missionary camp host immediately.

• Archery and firearms are not permitted in any area of camp.

• Riding outside of motor vehicles or in the back of pick-up trucks, trailers, etc. is not permitted.

• Bicycles, skateboards, roller-blades, ATVs and recreational vehicles of any type are not permitted. Only Heber Valley Camp missionaries and authorized staff are permitted to use ATVs.

• Young women should be in cabins by 10:00 p.m. Lights should be turned out and young women quiet by 11:00 p.m.

• You are welcome to bring walkie-talkies for coordinating group activities in camp and on the trails.

• A two-way camp radio is issued to all groups going on overnight backpack hikes.

• Dehydration is the number one health issue at Heber Valley Camp. Young women and leaders are strongly encouraged to carry a bottle of water with them at all times and to drink as much water as possible.

• Please use the buddy system at camp.

• For emergency messages to young women and leaders attending Heber Valley Camp, the stake president or bishop should be contacted first and then he or one of his counselors should call and leave the message with one of the missionaries at the camp. Camp phone numbers are 801-404-9243(8:00 a.m.-5:00 p.m.) or 801-404-1886 (after hours).
**Fires, Cooking & Fuels**

- **Fires are permitted in designated fire rings ONLY.** Fires must be attended at all times or extinguished completely. **No candles**, lighter fluid, or fireworks of any kind are permitted. **Firewood is provided.** Please do not bring firewood from home. A hatchet or axe to split supplied firewood is recommended. Fire restrictions may require temporary termination of all fires in camp. Leaders should review fire prevention guidelines with the young women at the beginning of camp. (See Young Women Camp Manual, p. 32-34.) Locate fire extinguishers in each building/cabin and teach the young women their proper use.

- Large pavilions have a commercial grade kitchen and individual campsites are equipped for cooking with two 3-burner Camp Chef© propane stoves. Cooking is permitted with adult supervision unless otherwise directed by the camp host or State Fire Marshall. **Propane is provided for each campsite.** Propane stoves and lanterns are only to be used outside the cabins. Dutch oven cooking is only permitted in the fire rings. Discard used briquettes in the fire rings and extinguish them properly.

- Fires are NOT permitted in hiking trail areas at any time for any reason!

- Additional heaters of any type in the cabins (electric, propane, gas, kerosene, etc.) are not permitted.

**Monday Evening Devotional**

- Approval has been given by current Area Seventy for young women camps to be held at Heber Valley Camp Monday-Friday.

- Young women’s camp begins on a Monday—a day set aside by the church for all families to have Family Home Evening. As you will be away from your family on Monday night we encourage all wards and stakes to involve the priesthood brethren that will be staying in your camp to preside and conduct a Monday Evening Devotional. Begin with a prayer, sing a song and invite a young woman or two to give a gospel-centered lesson followed by a priesthood directed discussion. Please do not invite ward members to join you in this Monday Evening Devotional.

**Activities**

Plan to administer your camp within Heber Valley Camp boundaries. Activities offsite are not permitted. Some of the activities can be scheduled in advance, and others should be scheduled with your camp host when you arrive at camp.

- **Hiking**
  - There are 32 miles of hiking trails at Heber Valley Camp for the enjoyment of all campers.
  - A Hike Plan Form needs to be completed for the 3 and 5 mile hikes required for certification. (Young Women Camp Manual)
  - See website for additional information.

- **Overnight Backpack Camping**
  - When at an overnight backpacking campsite, “Youth may not stay in the same tent as an adult unless (1) the adult is his or her parent or guardian or (2) there are at least two adults in the tent who are the same gender as the youth.” (Church Handbook of
Several Overnight Backpack Sites are provided for fourth-year certification purposes only.

- They are not accessible by private vehicle.
- Reservations required. Go to View My Reservation page.
- Young women and leaders should plan to backpack in and carry all needed supplies and equipment.
- A Hike Plan Form is required for hiking to Overnight Backpack sites.
- A two-way camp radio is issued by missionary camp hosts to all groups going on overnight backpack hikes.
- Each site can accommodate 35 campers.
- See website for additional information.

### Challenge Course

- Each campsite at the Heber Valley Camp is located near a Challenge Course. There are five of these special areas, designed to help teach young women confidence and teamwork through exciting and challenging group activities.
- Young women groups will be automatically scheduled for time at the Challenge Course. Check your View My Reservation page.
- There is a mandatory Challenge Course training meeting on Monday at 12:30 at your assigned Challenge Course. Seven capable adult young women leaders must attend this meeting.
- Priesthood brethren are not required to attend this meeting.
- These trained individuals will be required to attend all of your Challenge Course sessions during the week.
- A companionship of Priesthood brethren must attend all of your Challenge Course sessions.
- There is one high ropes event and six low course events on each Challenge Course.
- There is a 270 lb. weight limit for young women and leaders for the high course event. Please handle this situation before coming to camp to avoid embarrassment.
- There will be 60 young women assigned to each Challenge Course session.
- Challenge Course sessions are 3 ½ hours. Please arrive on time.
- Please print and take a completed Challenge Course Leader Assignment Form to the Monday training meeting.
- See website for additional information.

### Legacy Lake

- Legacy Lake is available to all campers and will remain available each season as long as water levels allow.
- Young women are encouraged to use canoes when on the lake.
- Life jackets are provided and must be worn at all times while on the lake.
- Since the lake is closed to swimming and wading, young women and leaders will wear normal camp clothing (long pants, crew neck t-shirts and closed-toe shoes).
- Stakes should provide at least 4-6 young women leaders and 4 priesthood brethren. Wards should provide at least 2-5 young women leaders and a companionship of priesthood brethren. The priesthood brethren are encouraged to help as needed.
- Each session on the lake is 1 hour and will accommodate 120 young women. Young women leaders will not be scheduled, but may be invited to participate. Sign up on your View My Reservation page.
- Young women will need to hike to and from the lake. No camp is further than 1.25 miles
from the lake. Please leave early enough that your group can arrive 10-15 minutes early.
  o See website for additional information.

• **Service Projects**
  o Young women visiting the Heber Valley Camp are encouraged to participate in a camp service project. These service projects are provided by the camp and may include tasks such as stacking wood, spreading wood-chips, etc.
  o Projects are designed for up to 40 workers.
  o Service projects are limited and may conflict with your assigned Challenge Course schedule.
  o Sign up on your View My Reservation page.
  o See website for additional information.

• **Presentations**
  o Heber Valley Camp has three presentations available during the entire camping season. These are given by missionary couples serving at the camp. You may sign up for any or all of these optional 30-minute programs on your View My Reservation page.
    • “I Feel My Savior’s Love”—Feeling the Spirit, recognizing our Divine Nature, serving others and strengthening our testimony
    • “All Things Bright and Beautiful”—The creatures, flowers, trees, and meadows of Heber Valley Camp
    • “O Woman, Great Is Thy Faith”—Biographical Sketches of the Women Honored by Heber Valley Camp
  o See website for additional information.

• **Sand Volleyball / Horseshoes**
  o There is one sand volleyball court and one horseshoe pit at each camp.
  o These facilities are not scheduled by the camp. If specific days and times are desired, please coordinate with the other campers sharing your area.
  o Volleyballs and horseshoes are available; see your missionary camp host.
  o You will have access to the volleyball areas at Legacy Lake during your assigned lake time.

**Stake / Ward Responsibilities**

• **Young Women Leaders**
  o Heber Valley Camp recommends one leader for every seven young women.
  o A minimum of two young women leaders are required from each stake/ward to stay in each cabin. “If Young Women leaders and young women share other overnight facilities, such as a cabin, there must be at least two adult women in the facility.” (Church Handbook of Instruction, p.108, Sec. 13.6.12.)
  o Young women leaders, not the missionaries are responsible to ensure that participants adhere to camp procedures and guidelines.
    • Ensure that check-in/check-out procedures are followed.
    • Upon arrival, Young Women leaders should meet with their missionary camp hosts.
• The missionary camp hosts will review the check-in and check-out procedures with the leaders.
• These procedures are posted in each of the cabins. Additionally, the facility cleaning procedures and instructions are posted in each cabin, restroom, cook station and pavilion.
• At the conclusion of camp, it is the leader’s responsibility to ensure that all facilities used by their group are cleaned as outlined on the posted cleaning procedure sheets.
• These areas must be checked and approved by the missionary camp hosts prior to the departure of the group.
• Cleaning supplies are provided. Cost for vandalism, including graffiti and broken or lost equipment, will be assessed to the responsible stake/ward.

  o **Restrooms should be checked twice daily for needed supplies and cleaned once daily by each stake/ward, as assigned by the missionary camp host.** All floors (including stalls) should be swept; toilets, sinks, and showers scrubbed; mirrors shined and equipment returned to storage. All floors should be scrubbed during the final cleaning at the end of the camp week. Cleaning supplies, including gloves, are provided. **Sanitary supplies must be deposited in cans or bags, NOT in the toilets!**

• **Priesthood Brethren**

  o Priesthood brethren should be prepared to attend and assist with all young women activities planned by their unit, including Family Home Evening.
    • If coming as a stake (made up of several wards), you should provide **at least six** Melchizedek Priesthood brethren or if coming as a single ward, you should provide **at least two** Melchizedek Priesthood brethren to be with you at camp at all times.
    • Two additional priesthood brethren will be required to attend each overnight backpack hike scheduled by the stake or ward. The additional brethren may go home as soon as the group rejoins the stake/ward following the overnight campout the next day.
    • **Priesthood brethren must be in a companionship** (two or more) at all times and at all activities while at camp. Priesthood brethren arriving after Monday morning need to have their names on the **Late Arrival List** prepared by the young women unit leaders.
    • **Stake Presidents/Bishops are responsible for assigning the priesthood brethren who attend Young Women Camp.**

  o **The main responsibility of priesthood brethren is to assist Young Women leaders with the physical safety and spiritual nature of camp.** Priesthood support for the adherence to camp guidelines is **crucial** for the accomplishment of these objectives. It is important that the priesthood brethren attending camp make themselves available at all times to help the stake/ward Young Women leaders and missionary camp host with anything they may need.
  
  o **Priesthood brethren should abide by all camp guidelines and dress standards.** Dress standards for priesthood brethren are the same as for young women. Priesthood brethren are to wear **long pants, a modest shirt and close toed shoes.** **Shorts and any kind of open toed shoes are not permitted.**
Priesthood brethren at camp should **not** bring family members with them. Their focus and attention should be on the young women and the program/activities planned by the leaders of their unit.

**Priesthood brethren are to stay in tents, not with their wives.** Priesthood brethren will need to bring their own tents, pads and sleeping bags. Each campsite has two tent sites that are 12’ x 12’. Sleeping in hammocks, cars, trucks, trailers and campers is **not** permitted. Restroom and shower facilities for use only by the brethren will be posted by the missionaries.

**Priesthood brethren are not to be in young women cabins,** unless holding a testimony meeting inside because of inclement weather or when a Priesthood blessing is being given. There must be at least two priesthood brethren and one young woman leader together before entering a cabin for any reason.

**Priesthood brethren must be married.** No young men or single men are permitted during Young Women Camp (Monday morning through Friday noon). All brethren arriving after Monday morning must have their names posted on the **Late Arrival List** prepared by your young woman unit leader.

**Priesthood Service Projects:** An invitation to complete volunteer service assignments may be extended to some invited stakes and wards. Assignments may include constructing cabins, building trails, planting trees, cutting firewood or other assigned service. This service assignment will not be scheduled during the same week as your scheduled stake/ward camp at Heber Valley Camp.

### Some of the items provided by Heber Valley Camp
- Firewood-fire pit
- American flag & flag pole
- Three burner propane stoves w/griddle & propane
- Refrigerator/freezer, storage shelves
- Electricity-outlets in cabins and cook stations
- Picnic tables
- Hot & cold water
- Sinks for washing dishes
- Showers
- Toilets w/toilet paper
- Paper towels in bathrooms
- Cleaning supplies
- Broom/mop
- Garbage bags
- Tent pads for priesthood brethren to pitch their own tents
- Volleyball & net
- Horseshoes & pit
- Sound System
- Two-way radios for overnight backpack hikes

### Items not provided by Heber Valley Camp
- Kitchen supplies, including utensils, pots & pans, dish soap, dish towels
- Tents for Priesthood
- Bedding
- Mattress pads/air mattresses
- Food
- Table cloths
- Matches
- Priesthood Chaperones
- Bath towels, soap, shampoo
General Information about Heber Valley Camp

- No air horns allowed. Heber Valley Camp uses air horns for emergency signals.
- Camp is closed Sundays. No camp activities will be scheduled.
- Each cabin can sleep up to 16 people (8 bunk beds). A minimum of 2 young women leaders are required in each cabin.
- Church service missionary couples will act as missionary camp hosts for each camp.
- Food and supplies may be transported to camp in private vehicles. After unloading, drivers will be asked to park in one of the remote parking areas for the duration of camp.
- The altitude at camp is 7,500-10,000 feet.
- Weather on the mountain varies greatly. Be prepared. This is a mountain camp. There are ticks, snakes, stinging nettle, bees, and other mountain insects and plants. There are deer, mountain lion, bear, moose and elk. Although the mountain trails are marked, they are rough trails. When on the trails be alert and observe safe hiking practices.
- Nails, screws, tape, tacks and staples are not permitted for use in or on cabins, buildings, signs or vegetation. You may bring pushpins to use on bulletin boards available in each cabin and pavilion. Magnets may also be brought to hang items on metal cabin doors.
- Preserve natural vegetation. Do not pick wildflowers or foliage.
- Water conservation is encouraged. Water fights are not permitted.
- Please protect tables when doing crafts and finger nails.
- No pets are allowed.
- No hammocks.
- Pranks are not allowed.
- No helium balloons or chalk fights.