

Farm Camp

Summer 2024

At Headwater Farms



Mission: Our mission is to interconnect nature and humanity through agriculture.

Purpose: To inspire children by showing them the journey from seed to plate

Overview: Farm Camp offers a transformative experience for children, bridging the gap between food and its source while igniting a passion for agriculture. By immersing kids in the agriculture process, they gain a deeper understanding of where their food comes from, fostering a sense of connection to the land and the importance of sustainable practices. Engaging hands-on activities like planting, harvesting, and cooking not only educates but also instills a sense of responsibility and appreciation for nature's bounty. Beyond knowledge, Farm Camp sparks excitement, inspiring the next generation to actively participate in shaping the future of farming and food production.



Location

The camp will be held at Headwater Farms, which is located a few minutes west of downtown Buena Vista, Colorado. Our field is surrounded by the Cottonwood trees that border Cottonwood Creek, with a backdrop of the Collegiate Peaks. It is accessible from town but feels quiet and remote as if you were out in the country.

The farm is located in a historic hay field that is fenced in and has been farmed organically for many years. The mountain views, sandy loam soil and our access to clean water make it an idyllic place to grow fresh mountain produce.

Onsite we have restrooms, drinking water, a storage facility, greenhouse, and wash station. Market tents will be set up for shade during the hot parts of the day, and a pop up kitchen will be set up for lunch prep and cooking activities.



Staff

Our main goal above all else is to make sure your child is in good hands while attending camp. Our staff members have years of experience with childcare, gardening with kids, and running agriculture operations. We will have an onsite first responder and a 1:8 ratio of staff members to kids. All activities are designed to challenge the children while keeping them safe.



Josh Chance is the owner and operator of Headwater Farms in Buena Vista, Colorado. He earned his Bachelor's Degree in Outdoor Education and Leadership from Northern Arizona University. His journey into agriculture began with an internship focused on managing school gardens on Hawaii Island. This experience ignited his interest in market gardening and production farming. Throughout his career, which has included managing or owning various farms, Josh has been dedicated to providing opportunities for children to learn about farming through field trips, classes, after-school programs, and volunteer days. He believes strongly in the importance of connecting children with their food sources and inspiring them to take an interest in agriculture, recognizing them as the future stewards of our food security.

Daily Schedule

9-9:30: Introduction

9:30-10:30: Farm work

10:30-10:45: Break/ Team building exercise

10:45-11:30: Special activity

11:30-12: Harvest/process for lunch

12-1: Community lunch

1-1:30: Journal/Drawing

1:30-2:30: Farm education.

2:30-3: Game/Team building

Introduction: Introduction will be a time for campers to get to know one another and the staff. We will collect tools and supplies needed for the day. We will also start the day with a short stretching session and quiet time.

Farm Work: The farm work session will give the children hands-on experience of what it takes to get from seed to plate. We will practice seed starting, transplanting, bed preparation, organic fertilization or composting, weeding, and irrigation.

Special Activity: Special activities will include things like tie dying from plant dyes, soap or salve making, food preservation, cooking/baking, simple carpentry, flower arranging, plant pressing

Team Building Exercises: These exercises will be focused on developing children's social, communication, and problem solving skills. They will foster peer relationships, collaboration, and be designed to boost self confidence.

Community Lunch: We will all harvest and process the produce used for lunch from the farm. Everything the kids eat will be organic from the grains/bread to the meat. We will all sit together, share stories and conversate over a lunch that we harvested and cooked together.

Journal/Drawing: Children will be given a prompt to journal about or draw a picture of. This exercise will be set aside for a period of self reflection, gratitude, and goal setting

Farm Education: This period will be set aside as an educational opportunity to learn about botany, soil science, the business of agriculture, and health and wellness



Places to stay nearby: Buena Vista has many great places to stay if you are coming in from out of town. There are several great hotels and cabins, many vacation rentals to choose from and great campsites too.

Hotels/Cabins:

- Vista Court Cabins
- Surf Hotel
- The Inn
- Mt. Princeton Hot Springs
- Cottonwood Hot Springs
- Slackwater Inn
- Best Western



Campsites

- Collegiate Peaks Campground
- Cottonwood Lake Campground
- Ruby Mountain Campground
- Bootleg Campground
- Mount PRinceton Campground
- Chalk Lake Campground
- Cascade Campground



RV Park

- BV overlook camp and lodging
- Moonstream vintage campground



Safety plan

Emergency Contact Information:

- Maintain a list of emergency contacts for all campers, staff, and key personnel.
- Ensure that all staff members are aware of emergency contact numbers and procedures.

Medical Facilities:

- Heart of The Rockies Medical Center
 - Phone: 7193959048
- Heart of The Rockies Medical Center-Salida
 - Phone: 7195302200
- Fire Station: Station 3
 - Phone: 7193956545
- Transportation will be onsite and provided to medical facilities in case of emergencies.

Staff Training:

- Ensure all staff members are trained in basic first aid and CPR.
- Conduct regular safety training sessions for staff, focusing on emergency procedures and risk management.

Camp Layout and Facilities:

- Clearly mark all pathways, buildings, and activity areas with signs and maps.
- Regularly inspect facilities, equipment, and grounds for any hazards or safety concerns.

Supervision:

- Maintain 8:1 camper to counselor supervision ratios for all activities, ensuring that there are enough trained staff members present to monitor and assist campers.

Food Safety and Hydration:

- Follow proper food handling and storage procedures to prevent foodborne illnesses.
- Accommodate campers with food allergies or dietary restrictions, ensuring that all staff members are aware of any special dietary needs.
- Require campers to bring water bottles and have clean drinking water available at all times.
- Take regular water breaks to avoid dehydration

Weather Preparedness:

- Monitor weather forecasts regularly and have a plan in place for inclement weather, including thunderstorms, or extreme heat
- Designate shelter areas where campers and staff can seek refuge during severe weather events.
- Create alternative plan for day if inclement weather occurs

Communication:

- Establish clear communication protocols for emergencies, including how to contact emergency services and notify parents/guardians.
- Provide regular updates to campers, staff, and parents/guardians regarding any safety-related information or changes to the safety plan.

Behavioral Guidelines:

- Establish and enforce behavioral guidelines for campers to promote a safe and respectful environment.
- Address any unsafe behaviors promptly and implement appropriate consequences as necessary.

Special Considerations:

- Consider any additional safety measures or accommodations needed for campers with disabilities or special needs.
- Work closely with parents/guardians to address any concerns or specific requirements for individual campers.

Documentation:

- Keep detailed records of any incidents, accidents, or near misses, including the date, time, location, individuals involved, and actions taken.
- Use incident reports to track trends and identify areas for improvement in the safety plan.

By implementing and regularly reviewing this safety plan, Headwater Farms Farm Camp can provide a secure and enjoyable experience for all campers and staff members.