

WELCOME TO CAMP WESTWIND 2020 Fall Family Camp Handbook

**Your Guide to a Safe and Enjoyable
Experience at Westwind**



Dear Guests,

As you know, Westwind is a special place. Situated within the larger Cascade Head Biosphere Reserve, Westwind's 529 acres contain each iconic landscape of the Oregon Coast: headland meadows, dense Sitka Spruce and Hemlock rainforest, a dynamic estuary, and the unparalleled beach and rocky coastline of the Pacific Ocean. The Westwind Stewardship Group is charged with protecting Westwind's ecosystems and facilitating educational and inspirational experiences for children, families and private groups.

Stroll more than a mile of unspoiled ocean beach. Observe the abundant wildlife of the Salmon River estuary. Play in the sand. Explore deep rainforest ecosystems. Meander through upland meadows. Study marine life in coastal tide pools. Discover hidden lakes and babbling streams. This and more await you during a stay at Westwind.

ABOUT WESTWIND



Westwind is a 529-acre camp, farm, and wilderness area set in the middle of the Cascade Head UN Biosphere Reserve in Oregon. Owned and operated by the Westwind Stewardship Group, Westwind is home to Camp Westwind, the Northwest Outdoor Science School, workshops, events, and volunteer programs.

WESTWIND BASICS

Stewardship

Stewardship at Westwind means conserving the landscape and living lightly. It means sweeping cabins and leading a beach clean-up. It means a lot of volunteer work around the site, during programs and throughout the year.

It means Westwind's many supporters donating time, money and wisdom to the forever-project of keeping Westwind strong, healthy and wild. *And at its core, it means leaving Westwind better than you found it.*

Recycle

Westwind has specific containers marked for the following recyclables and they are located at the Wilson Lodge loading dock:

- Paper, plastic bottles and tubs #1 and #2, tin, and aluminum in the blue mixed recycling bins
- Glass recycling in marked bin in garbage bay

Our Vision

All children have access to wild and undeveloped landscapes and are allowed to discover the interconnection, complexity and splendor of living in balance with natural systems.

Our Mission

Conserve the Westwind site in perpetuity; foster life-changing outdoor experiences for all children, families and groups; and promote environmental stewardship as a basis for sustainable living.

- Beach trash in marked black bins under stairs behind Wilson Lodge
- Paper towels must be tossed in the trash, NOT the recycling

Conserve

Please use only the power and water you need. Unplug chargers when not in use, turn off lights, and make sure heaters are off completely when you leave a cabin. Use only the water you need (no need to add to the wonderful sound of the ocean with the sound of a running faucet!). Please report all dripping faucets, toilets, or other water-related leaks to site staff.

Arrival, Departure, and Parking

Check-in between 3:30 and 5:00pm. If you cannot arrive at this time, please contact the office (541-994-2383) or the Program Director (503-927-9557) to make alternate arrangements.

Check-in:

- Drive to 7500 N Fraser Rd, Otis, 97368. Fraser is off of Highway 101. Drive through the yellow and green gate, half a mile in on Fraser road to Beaver Pond parking.
- A staff member will organize the parking at Beaver Pond, spacing arrivals to allow for unloading while maintaining social distancing. Per Westwind's Emergency Evacuation Plan, every vehicle must be backed into the appropriate parking spot.
- Westwind does not allow in and out road use except for emergencies.
- We will provide each group with disinfected tote boxes measuring 30.5" L x 20.25" W x 17" H, for luggage transfer on our truck. Groups must keep their luggage contained and separate from touching the luggage of other guests. Luggage that does not fit into the tote box will have to be wrapped in a plastic bag or carried in on the walk to camp.
- Guest groups will be asked to start their 2 mile walk to camp at staggered time intervals to provide spacing for social distancing. The access road and terrain in camp are sandy, rocky uneven surfaces. If a member of your group needs to be driven to the lodge and dropped off, please call 541-994-2383 or email laura@westwind.org and make arrangements in advance of arrival.
- At approximately 5:15pm, the luggage truck will arrive at Wilson Lodge, where guests can retrieve luggage and carry to cabins. A staff member will be at Wilson to assist guests in locating their assigned cabin. Please do not touch door handles or enter any cabin that is not reserved by you.

Check-out:

- Check-out time is at 11:00am. Please have your cabin packed, empty, and cleaned by 11:00am. Remember to open the cabin windows on your way out to allow for ventilation.
- The luggage truck will be parked by Wilson Lodge, with clean and disinfected totes for loading and transfer to Beaver Pond.
- The walk back to Beaver Pond will be at staggered time intervals to allow for social distancing between families.

There may be instances when staff will allow guests to drive to camp and park in the Guest parking area and the Lost Lake Turnaround overflow parking. In those instances, guests may drive up to Wilson Lodge, unload luggage, and park in the designated areas.

Social Distancing

Social distancing of a minimum of six feet from other guests is required during your stay. Please ensure that your children are

staying a minimum of six feet from other families. Doubling that distance is the best practice. We want everyone to have a safe and comfortable stay. Anyone not following social distancing guidelines will be asked to leave. It is mandatory to wear masks during trips to Cascade Head restrooms, the Wilson Lodge dining hall, and whenever and wherever you may come into contact with staff or other guests, such as trails and paths around camp and cabins.

Meal Service Schedule & Procedures

To ensure the safety of all of our guests, meals will be served during the following times and according to these procedures:

- The dining hall doors and windows will be open during meal times, to create ventilation. Please wear a face covering until you have picked up your meal box and are seated.
- A staff member will be available at the dining hall to show you where to wait in line, and assist with entering and exiting processes.
- Please adhere to the following meal times:
 - **Shift A:** Thistledown, Bagpipers, Kilties, Tamoshanter, Vi's, Hidel, Nottingham, & Wyeast cabins:
 - Breakfast at 8:15am
 - Lunch at 12:00pm
 - Dinner at 5:45pm
 - **Shift B:** Alan a dale, Maid Marion, Robin Hood, Uncle Bliss, Tyee, Klickitat, Trillium, & Ridge cabins:
 - Breakfast at 9:00am
 - Lunch at 12:45pm
 - Dinner at 6:30pm
- At your meal time, please come to the Wilson patio and enter the ocean side/western most dining hall door. If there are other guests waiting, form a line outside, under the covered patio, maintaining social distancing and wearing a face covering.
- Upon entering, move to the meal pick-up table and collect your packaged and boxed meals.
- You may dine at the spaced dining hall tables, with only one cabin group per table. If you prefer, you can pick up your meals and dine at one of several outdoor tables or have an outdoor picnic! Exit through the south door, as you're facing Cascade Head. If your meal times are Shift A, please finish dining table use within 30 minutes to allow our staff time to sanitize the table and benches for Shift B.
- Please do not enter the kitchen at any time. If you need assistance, ask the staff member that is assisting with meal service.
- After dining, please put all your disposables in garbage bins.
- Afternoon snacks will be provided along with your lunch meal box. You are welcome to bring snacks. Please store in the provided tote box in the cabin, to discourage pests.

Coffee service:

- Morning: 8:00-9:30am, Afternoon: 12:00-1:30pm, Evening: 5:30-7pm
- We will fill your coffee mug, travel mug or thermos with coffee or hot water for tea.
- If you need to use one of our mugs, please place it in the bleach solution on the rolling cart near the coffee/tea bar when you are finished enjoying your beverage.
- No self-service will be allowed. If you wish to drink hot beverages outside of the service times, please bring a large thermos for staff to fill during posted times, or find a staff member for assistance.

Drinking water

Water from all taps and faucets is potable (drawn from Westwind's well). Water quality is tested quarterly. Please do not bring bottled water, and instead bring your own reusable bottle. Bring your bottle to Wilson Lodge and ask a staff member to fill it with water. If you would like to fill your own bottle at the dining hall sink, let a staff member know, so they can sanitize the sink handles between guest use. The water faucet outside Cascade Head will be sanitized several times per day, but consider that a potentially contaminated surface. If using that faucet, wash hands, use a tissue or glove to turn on the faucet, followed by handwashing.

Cascade Head Use

There is a maximum occupancy of seven people for each side of the Cascade Head restroom facility. Please do a quick check to see if maximum occupancy is reached. Form lines outside while waiting, keeping a six foot distance from others. The doors should remain propped open for ventilation. Wear a mask while waiting in line.

Spray bottles filled with an EPA approved disinfectant against Covid-19, Q10, are provided for your use. We ask that you thoroughly spray down and wipe the toilet, door handles, sink, and any other touched surfaces after you are finished. To further protect you and your family, we recommend that you sanitize before use as well.

Cleaning

All groups are required to clean after their stay, and leave Westwind at least as clean as when you arrived. Staff will conduct additional disinfecting of guest cabins between groups. Your Cabin Cleaning Checklist:

- Remove all personal belongings
- Pick up all trash and recycling inside and outside and place in trash/recycling area at Wilson loading dock
- Shake sand off mattresses, spray all surfaces with Q10 cleaner, wipe down with rag and prop them upright to dry
- Clean and disinfect all touched surfaces with Q10 cleaner

- Sweep floor including under the beds and the deck
- Turn off lights and heater
- Upon departure, open all windows for ventilation
- Clean outhouse toilet seat and touched surfaces with Q10 cleaner and sweep

Basics Rules and Guidelines for staying at Westwind

*Due to Covid-19, please avoid trips to our local towns before and after your stay. Effective beginning June 24th, face coverings are required in all indoor public spaces in Lincoln County.

Stewardship also compels us to be mindful of a few overriding basics with regards to staying at Westwind:

- Follow all Westwind guidelines and rules regarding site & facility use.
- Never hesitate to ask Westwind staff for help with Westwind buildings and systems.
- Local, state and federal laws must be obeyed.
- Legal consumption of alcoholic beverages allowed, but only in moderation.
- All medications should be stored in the controlled possession of the person responsible for administering them.
- No weapons or fireworks allowed on site.
- Pets are not allowed.
- Smoking is prohibited in all buildings and throughout the property except designated areas.
- Furniture must not be moved out of buildings without permission from site staff.
- No candles or open flame except in fireplaces and designated campfire areas.

Quiet Hours

10:00 pm – 8:00 am. Please be courteous and abide by these hours unless you are the only group at Westwind; we may have other guests. Please, out of respect for our neighbors and the public, no loud music or other noise.

Orientation and Safety Procedures

Basic Safety Guidelines

- First Aid - each group should have their own first aid kit. Westwind provides an AED, backboard, and oxygen tank for groups -- all are stored in the stair closet in Wilson Lodge.
- Wear shoes in camp, cabins and around the lodge. Splinters and objects can hide in the sand.
- Stay on designated trails, do not climb trees or rocks, and supervise children at all times.
- Smoking is permitted on the beach and at the shed in visitor parking by the shop.
- Please notify Westwind staff of any mechanical or

maintenance issues.

Earthquake, Tsunami

- Earthquakes & Tsunami - a tsunami might arrive 15 - 20 minutes after a strong earthquake
- Get out of buildings to a relatively flat area that is free of falling objects during shaking
- As soon as shaking stops, move to high ground (in camp follow tsunami evacuation signs)
- Gather at the top of the hill behind camp (The Point) and await direction from Westwind staff
- Westwind has established an emergency cache of supplies to sustain a full camp in the wake of a major disaster. Please report all emergencies to the site staff immediately.

Earth, Wind, Fire, Wildlife

- Stay off of rocky cliffs - crumbling basalt bedrock covered with loose sand and soil can break away
- Stay off of rocks at the water's edge - sneaker waves can quickly push you into the sea
- High winds can be a hazard - be alert to falling

limbs or unstable blow-downs during high wind

- Put out fires if small, and then notify Westwind staff
- If fire is too big to easily put out, evacuate buildings, notify Westwind staff immediately, and move to the beach
- Fire extinguishers are located in every building (near exits)
- Do not disturb or provoke wildlife: black bear, cougar (sightings in August 2019), bobcat (rare) - shy and generally will run away with noise (clap and yell)
- Rough skinned newt (poisonous) - skin is poisonous: do not ingest or touch hand to mouth after handling (just wash hands after touching)
- Elk, deer, seals and sea lions - keep your distance when observing, 150 ft of seal pups
- Wasps and hornets are a hazard during warm months: watch for paper wasp nests and holes

RECREATIONAL OPPORTUNITIES

Beach Combing & Tide pooling

The rocks at the south end of the ocean beach provide spectacular tide pooling opportunities during low tide. Please leave all living creatures in the tide pools for all to see. Tread lightly and avoid damaging barnacles and rock habitats. Do not enter caves, climb on rock cliffs or stand near unstable cliffs.

Beach Safety Guidelines:

- Never turn your back on the ocean.
- Watch out for sneaker waves.
- Stay alert for logs being washed in by large waves.
- Never climb on driftwood to avoid incoming tidal waters.
- Westwind strongly recommends no ocean or river swimming: the water is dangerously cold, subject to strong rip currents and can be very unpredictable.
- We encourage everyone to follow these safety guidelines but oceans and rivers in Oregon are public.

Campfires

Outdoor fires may be built in established fire circles only with the approval of Westwind staff. At each outdoor fire a shovel and bucket of water must be readily available. Due to Covid-19 social distancing safety measures, no communal, multi-family household campfires allowed.

Oregon law allows for small recreational beach fires provided they are located in the open dry sands area, downwind of and below the beach grass and driftwood line; no fires are allowed in dunes or beach log accumulations.

Bundles of firewood may be purchased from a staff member for \$5.00.

Art and Nature Activities

Each cabin will be equipped with an Activity Kit that will contain supplies and instructions for a variety of activities including:

- Friendship Bracelet Making
- Watercolor Painting
- Card Making
- Nature Art
- Animal and Plant Identification
- Scavenger Hunts
- Self-guided tours and hikes
- Other naturalist resources

Please return everything back to the Kit when you're finished and be sure to take your art projects home. If you run out of supplies, please find a Westwind staff member or volunteer and they can help you.

Hiking

Social distancing during trail use: Please remember to bring your face coverings with you on hikes. If other hikers approach, please put on face coverings and step safely to the side of the trail and make space to allow the others to pass.

Waterfront and Challenge Course

These activities will be led by a Westwind staff. Activities are done within family groups and face coverings are required at all times.

Harvest Festival

The Harvest Festival will take place on Saturday afternoon at Tillicum. This is a fall-themed carnival with a variety of activities and games where families can win prizes, treats, and celebrate fall Westwind style! All activities have been adapted to promote safety and social distancing. Masks will be required for the length of the Harvest Festival.

Apple Bowling

Use an apple as a bowling ball and try to knock over all of the bowling pins!

Pin the Spider on the Spider Web

Once you're blind-folded and spun around 3 times, do your best to pin the tiny spider as close to the center of the web as possible! Be careful - you're going to be a little dizzy!

Face Painting

Staff will hand you a sanitized paintbrush and paint and you're welcome to paint each other's faces. See how spooky you can get!

Pumpkin Decorating

Staff will hand you a sanitized paintbrush, paint, and a pumpkin and you can decorate it however you'd like!

Photo Booth

Head over to our festive photo booth and snap a photo or two with your family!

Cake Walk

Jump in any time and walk the numbers to the beat of the song that is playing. When the music stops, a staff member will read a number. If it's the number you're standing on, you've won a yummy treat!

Monster Dance-off

Find a willing adversary and face them in a slack-jaw monster dance-off! The first person to smile or laugh loses.

Guess the Candy Corn

Submit your guess of how many candy corn are in the jar. The person who guesses the closest to the actual number wins the jar!

Guess the Pumpkin Weight

Submit your guess of how much our pumpkin weighs. The person who guesses the closest to the actual number wins the pumpkin!

Ghost Archery

Try to pin down the Westwind ghost with an arrow! A Westwind staff member will show you how to aim and fire safely.

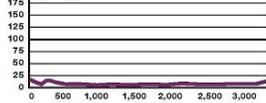
All Monsters Dance Party

At the end of the Harvest Festival, join us for a spooky outside dance party!

Westwind Trails

River – Beach Trail

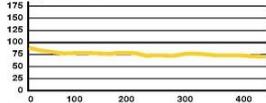
Trail Distance **2 mile loop**
Time to Hike **45 minutes**
Difficulty **Easy**



Beautiful views of north and south headlands and up the Salmon river. Great tide-pooling, sea cave exploring, beachcombing, and wildlife viewing.

Lost Lake Trail

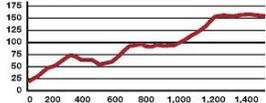
Trail Distance **0.6 mile loop**
Time to Hike **20 minutes**
Difficulty **Moderate**



This six-acre lake attracts a wide variety of wildlife, offers beautiful reflections and is ringed by giant trees. Look for the old beaver dam at the lake's overflow point.

High Meadow Trail

Trail Distance **2 miles out and back**
Time to Hike **45 minutes**
Difficulty **Hard**



Longest of Westwind's trails, with overlooks to the Westwind beach, hobbit-like beach pine corridors, 25-foot high rhododendron plants, towering Sitka spruce trees, and expansive views up and down the coast from the meadow.

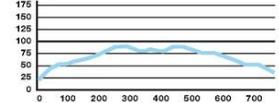


Westwind's campus is made up of two lodges, an office, central bathroom facilities, 18 cabins and a maintenance shop. Main trails lead out of camp south to High Meadow, west to the beach, and east to the river and boat landing.



Old Baldy Trail

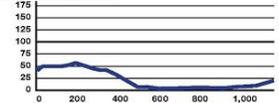
Trail Distance **0.5 miles one way**
Time to Hike **20 minutes**
Difficulty **Hard**



Rigorous uphill climb rewarded by views of camp and glimpses of the beach to the west.

Wysong Corridor Trail

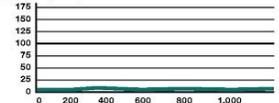
Trail Distance **0.2 miles one way**
Time to Hike **10 minutes**
Difficulty **Moderate**



Splits off of High Meadow trail and winds through the forest downhill to the access road and a beautiful Sitka bog/estuary complex.

Estuary Trail

Trail Distance **0.7 miles one way**
Time to Hike **15 minutes**
Difficulty **Easy**



Running along the fringe of this fertile complex, this trail winds among serpentine waterways, beach grasses and shore pines, and ends up at Fishermen's point on the main stem of the river itself. Keep an eye out for abundant bird life.

GUEST PACKING LIST & TIPS

Personal packing checklist

- Warm sleeping bag & pillow
- Bath towel
- Medications
- First Aid Kit
- Face covering/Mask
- Hand Sanitizer
- Sunscreen/Insect Repellent
- Flashlight/Headlamp
- Clothes appropriate for the length stay
- Toiletries
- Sturdy shoes or boots for hiking
- Sturdy shoes for sand & water activities
- Warm jacket
- Toilet Paper
- Water bottle/mug/thermos
- Rain gear

- Playing cards/travel games
- Twin sheet to cover the mattress

Packing Tips

Pack bags so they are easy to load and carry up steep hills to the cabin. Two smaller bags work better than one large heavy bag; wheels don't work on sand; duffel bags are better than suitcases.

Staff Assistance Contact Information:

Westwind Office: 541-994-2383
Taina, Guest Services Manager: 541-806-0053
Laura, Program Director: 503-927-9557
Angelo, Assistant Site Manager: 541-921-9557