

# ROCK RIDGE SUMMER CAMP PARENT GUIDE 2026

IT IS OUR MISSION TO SHARE THE GOSPEL OF JESUS WITH CHILDREN AND YOUTH  
THROUGH RELATIONSHIPS AND FUN CAMP EXPERIENCES.



## Check-in & Check-out

**CHECK-IN AT CAMP SHAMINEAU IN MOTLEY ON  
SUNDAY BY 4:00 PM.**

**\*\*OUR BUS LEAVES FOR ROCK RIDGE PROMPTLY AT  
4:30 PM\*\***

- If your child requires medication or has mail to be given through the week, you will hand it over to our Rock Ridge staff during check-in. Please bring all medications in original containers.
- The Rock Ridge bus will leave promptly at 4:30 PM from Camp Shamineau and should arrive at Rock Ridge in Ely, MN at 9:00 PM. There will be one stop along the way.
- If it is closer for you to meet us at the Rock Ridge property, please email [chad@shamineau.org](mailto:chad@shamineau.org) at least one week before camp to make arrangements.
- Supper will be served on the bus the night of check-in. Snacks may be brought on the bus.

**CHECK-OUT AT CAMP SHAMINEAU IN MOTLEY ON  
FRIDAY AT 11:30 AM.**

- Campers will only be released to someone listed on their account as an approved person for pickup. All parents must be listed.

## Activities

ZIP LINE  
HIGH ROPES COURSE  
LOW ROPES COURSE  
BALLFIELD GAMES  
CANOEING  
PADDLEBOARDING  
HAMMOCK CITY  
OVERNIGHT TRIPS  
SAUNA BY THE LAKE  
NIGHT GAMES  
ROPE SWING

*\*Activities offered may vary  
based on the camp or trip*



### Rock Ridge Director: Chad Biggar

Our Rock Ridge director is Chad Biggar. He and his wife Rachael live onsite with their three children (Ray, AJ, and Haddie) for the six months of the operating season. During the winter, they move back to Motley to be part of the Camp Shamineau team. Chad's heart for the Lord was captured in creation, and he has spent most of his 16 years of vocational ministry leading students and campers to do the same. In many ways, he feels uniquely designed to lead all that God is doing at Rock Ridge.

# SUMMER CAMP FAQ

## HOW DO YOU MAKE CABIN ASSIGNMENTS?

Typical cabin size is 10 campers; some trips are capped at 7 campers per group. Cabin assignments are made 10 days before each camp session, and we don't disclose cabin names to campers beforehand. Please refrain from making online cabin mate changes within 10 days of your camp session. The maximum number of friends that will be housed together in a cabin is 5. Groups larger than 5 friends will need to be divided. Parents will be contacted regarding the divide.

## WHAT IS INCLUDED FOR MY CAMPER? WILL MY CAMPER NEED CASH FOR ANYTHING?

- All activity and meal costs are included in the registration price.
- Your camper will receive a t-shirt given out during the week. This is included in the registration price.
- A cabin picture will be emailed out free of charge at the end of the session.

During the week, campers can go to the Rock Ridge store to buy snacks, souvenirs, and clothing. The Camp Shamineau store will be open for you during check-out.

Campers are responsible for keeping track of their own spending money. A typical amount of spending money is \$25- \$50.

## HOW DO YOU HANDLE SEVERE WEATHER?

With summertime always comes the possibility of severe weather. Our directors monitor the weather constantly during weather alerts, and the St. Louis County Sheriff's Department is in direct contact with us at those times. Counselors are trained in safety procedures in case of severe weather.



## HOW DO YOU HANDLE WATERFRONT ACTIVITIES?

All campers may swim in the shallow areas, and those who wish to swim in the deeper sections must wear a life jacket. Certified lifeguards supervise all swimmers and waterfront activities. Rock Ridge provides lifejackets for all necessary activities.

## HOW ARE STAFF SELECTED AND TRAINED?

We carefully select our staff based on their personal commitment to Jesus Christ, maturity, character, and genuine love for children. Staff members undergo a thorough hiring process, including interviews, reference checks, background checks, MinistrySafe training, and in-person staff training. Rock Ridge leadership staff also undergo a month-long training program that includes on-site training, backcountry travel training, and wilderness first aid certification.

All of our staff are passionate, highly trained, and equipped to lead campers safely through transformative wilderness adventures.

## HOW DO YOU HANDLE MY CAMPER'S HEALTH NEEDS?

We prioritize the health and safety of every camper, making it our staff's top concern. Our goal is to keep campers healthy and happy so they can enjoy an incredible week at camp. Should your child require off-camp care, every attempt will be made to contact you first.

- We have "over the counter" medications in stock, so please do not send any ibuprofen, acetaminophen, or Benadryl-type products with your camper.
- Clinics and emergency room care are located within 15 miles of camp in Ely, and Chad is a trained wilderness first responder. Rock Ridge leadership staff are trained in wilderness first aid.
- Rock Ridge carries secondary medical coverage for campers. Medical bills resulting from injury while at camp must first be submitted to the camper's personal medical insurer.
- Campers with Epi-Pens or inhalers should bring two, one to keep in their cabin and one to leave with leadership staff. Bring an anaphylaxis kit for severe allergies.

### Special Dietary Needs

- **Gluten Allergies:** The Rock Ridge kitchen offers gluten-friendly options at every meal. Please note that gluten-friendly meals are prepared in areas that also prepare non-gluten-free meals.
  - A limited selection of gluten-free alternatives will also be available at the kitchen service counter.
- **Nut Allergies:** The kitchen is not nut-free, but we can make accommodations for campers with nut allergies. If your camper has a nut allergy, please contact [chad@shamineau.org](mailto:chad@shamineau.org) to discuss options at least one week prior to camp. Due to the isolation of our location, campers with severe nut allergies should attend Camp Shamineau at our Motley site, as they have closer access to emergency health care.
- **Dairy Allergies:** Lactose-free milk will be available at the kitchen service counter.
- For any other allergies, please contact [chad@shamineau.org](mailto:chad@shamineau.org) to discuss available options.
  - Food storage space is available for guests who wish to bring their own food.
  - Unfortunately, the kitchen may not be able to accommodate all special diets.

### Poison Ivy

Let your campers know that poison ivy grows abundantly in our area. Help them learn to identify it and encourage them to stay on well-traveled paths. Campers should always wash thoroughly with soap and water after being in areas where poison ivy may be present, or use an alcohol-based, waterless hand sanitizer.

## HOW DO I CONTACT MY CAMPER DURING THE WEEK?

### NO TO PHONES AND VISITORS

Please do not send cell phones to camp. Campers will not be allowed to keep cell phones. Rock Ridge is designed to be a place where campers step away from the noise of everyday life and into something different. We ask that phones stay home so that every camper can be 100% present for the friendships, faith, and the memories waiting for them here. Campers are only permitted to make or receive phone calls in emergencies. For emergencies, please call the camp office. After 5:00 PM, our answering machine will provide an after-hours emergency number.

### Stay Connected

We'll keep you updated by email and text. Be sure to check your spam folder so you don't miss anything!

\*No visitors are allowed during the week.

### YES TO CAMPER EMAILS AND MAIL

#### Camper Emails

To send an email to your camper, go to our website ([shamineau.org](http://shamineau.org)). In the drop-down under "Summer Camps," click on "Email a Camper." Emails will be printed off each morning at 9:00 AM (Monday-Thursday) and distributed to campers during mail time. Due to system constraints, campers will not be able to respond to emails, and office staff will not reply to emails directed to your camper. Please don't send multiple emails each day.

\*This does not apply to trips into the Boundary Waters.

#### Mail

We recommend that parents drop off letters for their camper at check-in. Please label them with your camper's name. We'll store and deliver the letters throughout the week. If you're sending mail through the post office, allow at least 3-4 days for delivery.

*Send mail to: 2851 Camp Easton Rd. Ely, MN 55731*

Please avoid bringing or sending packages. Pack any treats in your camper's suitcase before arrival.

## HOW DO I USE MY FAMILY ACCOUNT?

To log in to your family account, go to [shamineau.org](http://shamineau.org), click "Login," and enter your username and password. If you forget your username and password, click "Forgot your login information?" or call our main office, and we can help you.

- To make changes to your camper's health form or medication list, click on your camper's name, then scroll down and click on "My Forms" or "Medications" and make any changes.
- To make changes to your reservation, click on the actual reservation. That will bring you to a page that lists all your reservation details.
  - To add a cabin mate or check the listed cabin mates, click "Additional Information." Click "Edit Information" to make changes. Please do not make changes to cabin mate requests within 10 days of camp.
  - To add an approved pickup person, click on "Pickup Authorization" and make your changes.
- Balance is due 2 weeks before your camp session and can be paid on your account under "Make a Payment."

*Cancellation Policy: If you need to cancel, you'll receive a full refund. Please call us promptly, as we may have a waiting list.*

# WHAT WE'RE ABOUT



## GOSPEL CENTERED

Every camper will clearly hear the Gospel of Jesus through chapel, daily conversations, devotions, activities, and the Christ-centered mentorship of our staff. More than guides, our staff model the love of Jesus in both words and actions, helping campers grow in their faith and leave knowing God's love and His desire for a relationship with them.



## AUTHENTIC COMMUNITY

At Rock Ridge, we cultivate a close-knit, Christ-centered community where campers are truly known and valued. Through small-group settings, intentional relationships, and shared experiences, we create a space where campers feel seen, heard, and encouraged in their faith journey.



## PURPOSEFUL ADVENTURE

Adventure is at the heart of Rock Ridge, and every experience is designed with purpose. Whether canoeing through the Boundary Waters, hiking rugged trails, or gathering around a campfire, each activity fosters personal growth, teamwork, and a deeper connection with God's creation.

## CAMP SHAMINEAU'S ROCK RIDGE

**Main Office Phone:** 218-575-2240

**After Hours Rock Ridge Phone (Chad):** 218-504-5240

**Email:** [chad@shamineau.org](mailto:chad@shamineau.org)

**Check-in/out Location (Camp Shamineau):** 2345 Ridge Rd. Motley, MN 56466

**Rock Ridge Location:** 2851 Camp Easton Rd. Ely, MN 55731



**Summer Camp Office Hours:** Monday – Friday 8:30 AM – 5:00 PM; Sunday 1:00 PM – 7:00 PM; Closed Saturday