



When parents ask if camp is safe.

I get asked all the time some version of "Is camp safe?"

It's an interesting question (that I love answering) because it usually means many different things all at once. For starters, parents are asking about physical safety at camp, which, of course, is at the core of everything we do.

But there's often another layer to this question which is a little tougher to put into words.

Let's go through both.

The Safety Baseline



The surface-level answer to "Is camp safe?" is an emphatic "Yes! Of course!"

That confidence comes from rigorous background checks for all staff. 10+ days of intensive staff training before campers arrive. 24/7 medical care with nurses and a doctor on-site. Two mental health professionals. Constant supervision.

Every camp decision we make starts with: "Is it safe?"

Not safe? Hard stop. Doesn't happen. End of discussion.

At camp, that's foundational baseline, and it's non-negotiable.

But also, that form of physical safety alone doesn't explain why kids thrive at camp.

The Differentiator

Emotional safety is a little tougher to give a clear definition, but an incredibly important consideration seeing as how it allows kids to actually have fun, make friends, learn skills, and feel like they belong.

And it really boils down to a rather simple equation with those things in mind.

Safety = Fun + Friends + Skills.

That formula means evidence that emotional safety exists.

Fun makes kids receptive to growth. Get kids active and combine it with laughter and you're creating this perfect space to try new things.

Friends signal belonging. When kids feel connected, fear and isolation decrease. Social bonds stabilize kids during challenges.

Skills get learned when kids feel safe enough to make mistakes. This includes activity skills like guitar or climbing or sailing. But it also includes emotional skills like communication, and trying again after something doesn't work out.

Plus, there's also another element: **belonging**.

When you feel like you belong to something, trust is reinforced all the way around. And then everything else gets easier.

How This Gets Created



Emotional safety isn't some happy accident. Our staff are trained, and work tirelessly, to create these conditions intentionally.

Staff learn that words make worlds. The language they use shapes how kids interpret situations. Positive framing gets practiced constantly during staff training.

When kids face challenges, staff meet them where they are. They listen first. They validate what the child is feeling. Then they help them move forward. This creates emotional safety because kids learn their feelings are normal AND they can work through them.

Staff are taught to imagine a parent standing behind every child. Every word and action gets filtered through that lens.

What This Means For Your Child

So yes, camp is safe. But the important distinction is that physically AND emotionally.

Physical safety protects kids. Emotional safety preps them for life.

Camp keeps the bumpers up so kids can take risks and still be okay. Mistakes are expected and used as learning moments. That's the whole point.

Of course, your child will be safe at Camp Chateaugay. Safe to try new things. Safe to make friends. Safe to learn who they are.

See you this summer.

Mitch