

Campers Actively Moving Program

C.A.M.P.

(as amended June 28, 2015)

Family Campers and RV'ers "Campers Actively Moving" Program is designed for campers who travel without use of motorized vehicles (exception; motorized wheelchairs). Family Campers and RV'ers would like to encourage as many of our members as possible to participate in any or all activities of this program, for these activities encourage good health, good fun, and good fellowship.

The intent of this program is to encourage Family Campers and RV'ers members to participate in these activities, not as part of a normal fitness routine or as part of one's employment, but as a special time with your Family Campers and RV'ers friends. These activities must be held at an official Family Campers and RV'ers Chapter, District, State/Provincial, Regional, International Campout or indoor meeting with at least two persons (any age) participating. Anyone with special concerns, please contact the Campers Actively Moving Program International Director.

Anyone with medical ailments should be sure your Doctor has approved your participation in the activity.

CAMPERS ACTIVELY MOVING PROGRAM MERCHANDISE CERTIFICATE

Family Campers and RV'ers members may earn Campers Actively Moving Program merchandise certificates for completing Campers Actively Moving Program activities. A Family Campers and RV'ers member can apply for only one Campers Actively Moving Program merchandise certificate for each activity completed and will be awarded according to the guidelines for each activity. Those guidelines are listed under Activity Guidelines.

Each Campers Actively Moving Program merchandise certificate can be redeemed for Family Campers and RV'ers merchandise from Family Campers and RV'ers or from a cooperating Family Campers and RV'ers merchandise vendor. The certificate can also be redeemed as part of the International Campvention fees. There is currently no limit on how many you may redeem at a time, and this includes other Program merchandise certificates as well.

There are different values of Campers Actively Moving Program merchandise certificates. Each value and the corresponding distance or time requirements are listed under Activity Guidelines.

CAMPERS ACTIVELY MOVING PROGRAM

Activity Chairperson Duties

1. Choose and make plans for the activity chosen such as place, time, route, music, equipment, etc.
2. Obtain Family Campers and RV'ers Campers Actively Moving Program report forms and maintain a record of the participants. The Campers Actively Moving Program forms and information about activities are available from the State/Provincial Campers Actively Moving Program Director, State/Provincial Director, International Campers Actively Moving Program Director or Family Campers and RV'ers website.
3. For insurance purposes, notify your Field Director or State/Provincial Director as to the type and date of the activity.
4. Encourage everyone to have a good time.
5. Fill out the Campers Actively Moving Program report and be sure it is complete and correct.
6. Send the finished report to your State/Provincial Campers Actively Moving Program Director or, if a Campers Actively Moving Program Director is not available, send to your State/Provincial Director. They will approve and send the report to the International Campers Actively Moving Program Director. This may be done by email or U. S. Postal Service mail. A copy will be returned with the merchandise certificates for your own records.
7. Be sure the participants have the ability and knowledge to complete the activity safely.
8. Distribute merchandise certificates to the participants as soon as they are received from the International Campers Actively Moving Program Director.

CAMPERS ACTIVELY MOVING PROGRAM

STATE/PROVINCIAL DIRECTORS DUTIES

1. Encourage members of your State/Province to participate in the program.
2. Inform members of the requirements, rules, and other information that might be needed to enjoy the activities.
3. Inform the Campers Actively Moving Program activity chairperson of duties, rules, and procedures.
4. Pass on any information to the Campers Actively Moving Program Activity Chairperson that will aid in achieving a successful activity.
5. Approve all report forms that have been completed correctly for activities that have met the standards and requirements of the Family Campers and RV'ers Campers Actively Moving Program.
6. Forward a copy of the report to the International Campers Actively Moving Program Director as soon as possible.
7. Maintain and log all report forms and maintain a file of the activities.
8. Inform the International Campers Actively Moving Program Director of outstanding trips, tips about activities, or interesting problems encountered.
9. Review program procedures and make suggestions as to how improvements may be made and forward to the International Campers Actively Moving Program Director.

CAMPERS ACTIVELY MOVING PROGRAM FORMS

1. The Campers Actively Moving Program Report Form is for the use by the Campers Actively Moving Program Activity Chairperson to report the participants and statistics of each Campers Actively Moving Program activity and to request Merchandise Certificates. In order for individual yearly awards to be given, it is requested that the names of participants be clearly written or typed (please watch for spelling).
2. The Campers Actively Moving Program Consignment Request Form is to be used by Campers Actively Moving Program Chairpersons for an event/activity at a State, Provincial, Regional, Retiree, or International Campvention level. Individual chapters will not be provided a Consignment from the International Campers Actively Moving Program Director. The Consignment form is to aid in providing certificates to others without having to mail them out later.
3. The Campers Actively Moving Program Consignment Report Form is to be used by the Chairperson for the event to report the statistics of the activity for which a consignment was requested. The completed Campers Actively Moving Program Report Form is to be returned to the International Campers Actively Moving Program Director along with the excess merchandise certificates that were not awarded, unless being held for another event later in the year.
4. Each of these forms can be obtained by either the International Campers Actively Moving Program Director or via the Family Campers and RV'ers website.

Activity Guidelines

Be sure you have the right equipment such as shoes, water, weights, music, first aid kit if needed, and instructions for the activity you are participating in.

Hiking/Walking - any route of at least one mile for which members can walk or hike at any time during the course of the campout.

A hiker/walker will be awarded a merchandise certificate as follows:

1-3 miles - 50cents	18-22 miles - \$2.50
4-7 miles - \$1.00	23-27 miles - \$3.00
8-11 miles - \$1.50	28-40 miles - \$4.00
12-17 miles - \$2.00	41 miles and up - \$5.00

Biking - any route of at least one mile for which members can bike at any time during the course of the campout. This would also include self-propelling wheelchairs (non-motorized).

A biker will be awarded a merchandise certificate as follows:

1-5 miles - 50 cents	30-39 miles - \$2.50
6-10 miles - \$1.00	40-49 miles - \$3.00
11-19 miles - \$1.50	50-99 miles - \$4.00
20-29 miles - \$2.00	100 miles and up - \$5.00

Bowling - any single bowling session of a full 10 frames.

Each participant of the bowling session will be awarded a 50 cent merchandise certificate.

Canoeing/Rafting or Open Water Swimming - any route of at least one mile for which members can participate by riding in and/or helping to steer or row a raft or canoe or swim on a marked water course.

A canoeist/rafter or swimmer will be awarded a merchandise certificate as follows:

1-4 miles - 50 cents	20-24 miles - \$2.50
5-9 miles - \$1.00	25-35 miles - \$3.00
10-14 miles - \$1.50	36-50 miles - \$4.00
15-19 miles - \$2.00	51 miles and up - \$5.00

Free Standing Aerobics or Yoga - any routine of aerobic exercise or yoga positions that is at least 15 minutes in duration. No bars, chairs or other equipment of assistance (other than a floor mat or weights) should be used.

A participant will be awarded a merchandise certificate as follows:

15-30 minutes - 50 cents	61-90 minutes - \$2.00
31-45 minutes - \$1.00	91 minutes and up - \$2.50
46-60 minutes - \$1.50	

Chair or assisted aerobics, Zumba or Pilates (a chair, bar, stretch band or some type of equipment is used for participation)

Any routine of aerobic exercises, Zumba or Pilates while using some type of assistive device and is at least 15 minutes in duration.

A participant will be awarded a merchandise certificate as follows:

15-30 minutes - 50 cents	61-90 minutes - \$2.00
31-45 minutes - \$1.00	91 minutes and up - \$2.50
46-60 minutes - \$1.50	

Dancing (line, square, freestyle, ballroom, etc.) - Any type or style of dance of at least 15 minutes in duration.

A participant will be awarded a merchandise certificate as follows:

15-30 minutes - 50 cents	61-90 minutes - \$2.00
31-45 minutes - \$1.00	91 minutes and up - \$2.50
46-60 minutes - \$1.50	

Skiing

A participant will be awarded a merchandise certificate as follows:

For each 90 minutes of skiing time a participant will be awarded a 50 cent merchandise certificate.

Volleyball

A participant will be awarded a merchandise certificate as follows:

15-30 minutes - 50 cents	61-90 minutes - \$2.00
31-45 minutes - \$1.00	91 minutes and up - \$2.50
46-60 minutes - \$1.50	

Swimming - Swimming at either an indoor or outdoor pool at a campground or local YMCA or comparable facility as a leisurely fun activity.

A participant will be awarded a \$1.00 merchandise certificate for each session of at least one half hour duration.

Litter Pickup - A designated area (strip of roadway, city/county park, etc.) in which cleaning and/or beautifying the area is involved.

A participant will be awarded a merchandise certificate for each mile equivalent to the **Hiker/Walker** miles.

Shoebox Skating and Ice Rink Skating

A participant will be awarded a 50 cent merchandise certificate for each session of at least one half hour duration.

Please contact the International Campers Actively Moving Program Director if you feel an activity that is not listed above might be considered a qualifying activity.

SPECIAL AWARDS

Awards will be given at the International level each year as decided by the Campers Actively Moving Program International Director. Awards will be based on the most movement for a Chapter and for an Individual within each Region of Family Campers and RV'ers. Awards will be disbursed for the most total miles and minutes participated, for a total of eight (8) awards for Chapter and eight (8) awards for Individual each year. At the discretion of the International Campers Actively Moving Program Director, and/or recommendations of the State/Provincial Campers Actively Moving Program Director and/or State/Provincial Director, additional awards may be given.

The awards will be decided from report forms **received by June 15th** of each year for activities/events held between June 1st and May 31st of each fiscal year.

Report forms should be completed and received by the International Campers Actively Moving Program Director as soon after the activity/event as possible. Only one copy of the Report Form is required to be sent to the International Campers Actively Moving Program Director. Any reports received after June 15th at the end of the fiscal year will not be considered for that fiscal year Special Awards.

These Awards will be presented at the International Family Campers and RV'ers International Campvention each summer. Any awards not distributed will be mailed after the Campvention.