



# Nature Adventures Camp

## CAMP GUIDE 2017

### **WELCOME!**

Welcome to South Shore YMCA's Nature Adventures Camp at the South Shore Natural Science Center. We are delighted to offer a summer of fun, friendships, exploration and discovery for children and teens. This handbook is designed to provide important information regarding Nature Adventures Camp. A daily checklist and important contact information are also included. The summer camp team looks forward to meeting you and your family.

### **OUR CAMP PHILOSOPHY**

Our philosophy is that we must make the most of our opportunity to have a positive influence on the lives of children. Everything we do here at camp – every activity we lead, every decision we make, every policy we apply – is guided by the firm belief that we are responsible for the children we lead. We are responsible for showing them how to be honest, caring, respectful and responsible members of the community.

Camp is a place for children to make friends, try new things, explore, take risks, actively use their imagination and be themselves. Add the support and encouragement of positive adult role models, and all these ingredients come together to boost confidence, self-esteem, social skills and overall emotional intelligence. Our goal at camp is to create and foster an environment of acceptance, belonging, independence and leadership.

### **CAMP CONTACT INFORMATION**

- Camp Office can be reached at - 781-659-2559 ext 214
- Camp Director – Tricia DeGiulio, [tdegiulio@ssymca.org](mailto:tdegiulio@ssymca.org)
- Assistant Camp Director – Melissa Kurkoski, [mkurkoski@ssymca.org](mailto:mkurkoski@ssymca.org)

Please note: During the camp day, camp leadership staff are not always available to take your call; however, there is always a member of the Science Center staff available to answer or refer your call to the appropriate staff person. All calls will be answered and returned in a timely manner.

### **IMPORTANT DATES TO REMEMBER**

Week 1: June 26 – June 30  
Week 2: July 5 – July 7 (no camp July 3,4)  
Week 3: July 10 – July 14  
Week 4: July 17 – July 21  
Week 5: July 24 – July 28  
Week 6: July 31 – Aug 4  
Week 7: Aug 7 – Aug 11  
Week 8: Aug 14 – Aug 18  
Week 9: Aug 22 – Aug 25  
Week 10: Aug 28 – Sept 1

Camp is from 9am-12noon (half day) or 9am-3:30pm (full day). Your child is not officially at camp until they are signed in with their counselor each day. Campers can register in advance for additional options including Early Drop-off 8:00-9:00am, Lunch Bunch 12:00-1:00pm, or Late Care 3:30-5:30pm; please see the website for more information.

## **HOW DOES DROP-OFF & PICK-UP WORK?**

**ABSENCES** If your child is going to be out for the day, please call the camp office (781-659-2559) to report his/her absence before 9:00am. Please leave a message if you cannot connect with a staff member.

**DROP OFF** On the first day of each session, campers with their caregivers must check in at the registration table. A table will be set up on the lawn adjacent to the main building or in Vine Hall in the case of inclement weather.

- If all required paperwork and balances are paid, campers will receive a sticker and will be able to proceed directly to their campsite with their parent to be signed in.
- If paperwork and/or a balance are due, this will need to be submitted prior to your child beginning camp. Campers will then be directed to their camp group's site.
- Following the first day of each session, campers can be dropped off at 9:00 AM at their camp site where you will sign him/her in.

Campers who have enrolled in advance for the Early Drop-off option should be walked into to the main building after 8:00am and signed in. This program has a weekly fee, and pre-registration is required to ensure proper staffing

**CAMPER DISMISSAL POLICY** Safety is of the utmost importance. To ensure your child's safety, we will only release your child to adults on his/her pick-up list. **Parents, guardians, and any adults authorized to pick up will be asked to verify their identity with a valid photo ID at dismissal.**

We will only release them to adults on your child's pick-up list provided on the Camper Info Form. The camp office **MUST** be notified **in writing** in advance by the parent/legal guardian of any changes in who will be picking up their child. This note must be dated and signed.

**PICK UP** When your child's camp day is over, you may go directly to your child's campsite to sign-out your child **with your photo ID**. Please be sure your child has all of his/her belongings.

- **Late pickup penalty** There is a late pick up penalty of \$1 per minute per child. Families will be billed for any additional amount of time after their designated pick up time. Reoccurring late pick up may result in disenrollment.

Late pick up options are available from 3:30 PM until 5:30 PM for a weekly fee and must be registered for in advance to ensure proper staffing.

**EARLY DISMISSAL** Parents who want to pick up their children early from camp are asked to send a note or call the camp office. When picking up a camper early, go to the reception desk in the main building to ask for a camp staff member who will assist you in locating the group.

## **SHOULD MY CHILD PACK A SNACK &/OR LUNCH?**

**PLEASE NOTE:** *Due to the increase of children with food allergies and in an effort to provide a safe and healthy experience for all campers, Nature Adventures Camp is **TREENUT & PEANUT FREE camp wide.***

Campers should bring a **TREENUT/PEANUT FREE snack** and refillable water bottle each day to camp. Frozen water bottles/beverages are a great way to keep lunches cool during the day. Campers who are staying for lunch bunch or for the all-day program should bring a **TREENUT/PEANUT FREE [trashless lunch](#)**. Please visit our website for more details.

**LABEL TREENUT/PEANUT FREE SUBSTITUTES** Sunbutter and soy butter (such as “Wow Butter”) are all great nut free options. If you send your child to camp with a substitute, which resembles a nut butter, please label it so that counselors can identify it as a nut-free option.

## **WHAT DO I NEED TO KNOW ABOUT CAMP HEALTH AND SAFETY?**

**ILLNESS** In the case that your child becomes ill during the camp day; you will be contacted as soon as possible. If the parent/guardian is unable to be reached, the emergency contacts will be notified in the order listed on the Camper Information Form. It is the responsibility of the parents/guardians/emergency contacts to arrange for the child to be picked up from camp as soon as possible.

**MEDICAL RECORDS** Per Massachusetts Health Department regulations, all campers are required to have an up to date physical and immunization record on file (no more than 24 months old). Campers are not allowed to attend camp without these forms on file.

**MEDICATION POLICY** If your child will attend camp with a medication, please complete the **Medication Authorization Form,**. A copy can be found on the website. This includes emergency medication such as EpiPens and Inhalers.

- **Prescription medication** must be submitted directly to a camp director in its original container bearing the pharmacy label, which shows the date of the filling; the name of the pharmacy, patient, doctor and medication; directions for use and cautionary statements, if any; and medication quantity.
- **Over the counter medication** must be submitted directly to a camp director in its original container bearing the original label and **a doctor’s note** which shall include the directions for use.
- **All medication**, with the exception of epipens and inhalers, will be kept in the camp office and administered by the Health Care supervisor at the required time of dosage. Expired medications will not be administered. You will be required to fill out and submit a Medication Authorization Form.

**SUNSCREEN & BUG SPRAY** Please apply sunscreen and bug spray to campers before drop off. Bug spray must be applied outdoors, not inside the building. Sunscreen and bug spray are not provided by the camp, and staff is not allowed to apply any to campers.

## **WHAT SHOULD MY CHILD BRING TO CAMP?**

Enclosed in this guide, you will find a printable list that will remind you what to pack each day:

Bring a backpack with:

- A refillable water bottle
- TREENUT/PEANUT FREE Snack\*
- TREENUT/PEANUT FREE [Trashless Lunch](#)\* (if staying for lunch)
- Sturdy, comfortable close-toed shoes (no sandals or crocs)
- Clothing that can get dirty and is weather appropriate-we will be outside in the rain.
- A change of clothes just in case (especially for young campers)

*\*When sending your child to camp with nut-free foods which resemble peanut or treenut butter, please indicate what they are by including a note.*

**WHAT TO WEAR** Please remember to dress your child appropriately for camp each day. As we will be running around and playing, we encourage you to dress your child in clothing you do not mind getting dirty. In addition, please be sure to have your child wear closed toed shoes.

Even in the event of inclement weather, we may spend some time outdoors. Be sure your child is prepared on rainy days (raincoat etc.), cold days (extra layers etc.) and extremely hot days (hat for sun protection, short sleeved shirt etc.).

Please label EVERYTHING that comes to camp with your child.

**PERSONAL BELONGINGS** Personal belongings (Game Boys, cell phones, iPods, digital cameras, trading cards, valuable items, etc.) cannot be brought to camp. Camp Directors will hold items not appropriate for camp, based on their judgment. The YMCA is not and cannot be held responsible for the loss or damage of any personal belongings.

**LEAVE CELL PHONES AT HOME.** Cell phones are not permitted at camp.

**LOST AND FOUND** We strongly encourage all families to LABEL ALL CAMPER BELONGINGS WITH HIS/HER FULL NAME. While we make every effort to keep all campers' belongings in their backpack or on their person, the staff is not responsible for lost or stolen items. All lost and found items will be stored in a designated area in the main building. Lost and found items not claimed will be donated at the end of each month.

## **WHAT WILL MY CHILD DO AT CAMP?**

Campers will participate in a variety of camp and theme related activities, including nature hikes, experiments, arts and crafts, games, field trips, visits from special guests, Citizen Science projects, meeting live animals up close, working in the Children's Garden, singing camp songs, and visiting the EcoZone Museum.

**FIELD TRIPS AND SPECIAL GUESTS** Field trips are arranged for many camp groups throughout the summer. Some younger groups will walk off site to Jacobs Pond for pond exploration. During each session, campers entering grades 2-6 will canoe on Jacobs Pond. Campers in grades K-6 will also travel off site at times for theme related field trips. Special guests for various ages are also scheduled throughout the summer. Please visit our website for updated information regarding weekly activities.

## **WHAT HAPPENS WHEN IT RAINS?**

**INCLEMENT WEATHER** Please note that we are primarily an outdoor camp and outdoor play is an important part of the camp day. During inclement weather (rain etc.), campers may continue to be outside for some activities when possible. During thunder/lighting, all camp activities will be moved inside. It is advisable that campers come dressed appropriately for rainy days – with rain gear and a change of clothes. During extreme heat, physical camp activities will be scaled down and extra efforts will be made to ensure campers are cool and well hydrated. In the case of severe weather, camp groups may hold arrival and dismissal at a different location, you will be notified of this at drop off and pick up times.

## **WHAT ELSE DO I NEED TO KNOW?**

**BEHAVIOR** Good behavior will be encouraged in a positive manner. The staff will work cooperatively with parents, keeping them informed of behavior problems and methods used to teach and guide campers toward socially acceptable behavior. Our policies and procedures for behavior management are directed to the goal of maximizing the growth and development of the children and for protecting the group and individuals in it. We strive to minimize inappropriate behavior while creating a positive and nurturing environment for all children. A high quality program takes place in a mutually respectful and caring environment. Discipline is a process whereby children can take increasing responsibility for their own actions. It is a cooperative process in which all staff members, children, & families share responsibility. Please refer to our behavior contract at the end of this guide.

**SPECIAL CONSIDERATIONS** Parents are asked to bring any special concerns to the Director's attention before the beginning of camp.

**BABYSITTING** Camp staff is prohibited from babysitting, visiting, transporting, or attending any birthday parties when a child is enrolled in the program, unless there is a pre-existing relationship. Staff is committed to upholding this South Shore YMCA policy for the safety of all.

**PAYMENT POLICY** Camp balances must be paid 28 days prior to the start of the session your child is registered for. If full payment is not received by this date, the camper's spot will be forfeited. Campers are not allowed to start camp until full payments have been made.

**LICENSING** The South Shore YMCA Summer Day Camps are all in compliance with state regulations and licensed by the local board of health.

**TAX INFORMATION** The South Shore YMCA's Tax ID # is 04-210-5881

# **PACKING FOR NATURE ADVENTURES SUMMER DAY CAMP CHECK LIST**

Campers can bring a backpack to carry their water bottle, change of clothes, etc. We require that electronic devices and other valuables/toys be left at home. Please label anything sent to camp with your child's first and last name. Please remember to apply sunscreen/bug spray to your child before drop off.

Remember to bring/wear to camp:

- A refillable water bottle
- TREENUT/PEANUT FREE Snack\*
- TREENUT/PEANUT FREE Trashless Lunch\* (if staying for lunch)
- Sturdy, comfortable close-toed shoes (no sandals or
  - Crocs)
- Clothing that can get dirty and is weather appropriate-we will be outside in the rain.
- A change of clothes just in case (especially for young campers)
- A smile! 😊

\*when sending your child to camp with peanut/nut free foods which resemble peanut/nut butter, please indicate what they are by including a note.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SUMMER CAMP BEHAVIOR CONTRACT

At the South Shore YMCA, we take the happiness and safety of your child(ren) seriously and, therefore, work hard at creating a safe, fun environment. Along with our efforts, we need the participants to help us by following some simple rules. Below is our behavior agreement. Please read it over with your child(ren) and be sure they understand what it is and why we have it in place. Thanks for helping us help your child(ren) have a great summer!

- I will listen to the staff and follow directions.
- I will respect other people's belongings by not touching/using their stuff without permission.
- I will respect property and help clean personal messes and assist in leaving areas better than I found it.
- I will respect others' personal space.
- I will act in a caring way and not hit, fight, tease, harass or bully others.
- I will respect the environment I am in - both YMCA facility and off site locations.
- I will use appropriate language, which does not include swear words, words that are considered offensive to others or negative remarks (i.e. "Shut Up", "Stupid", "Dumb", etc.)
- I will ask a staff member for permission before going anywhere (i.e. bathroom).
- I will respect others' feelings by having a positive attitude when talking to them.
- I will conduct myself in a respectful manner and listen to group leaders while traveling in YMCA vehicles or public transport.
- I will not bring any electronic devices with me and understand that cell phone use is not permitted during this program.

Not abiding by these rules may result in suspension and/or termination from the program. All incidents will be handled on a 3 incident system, except hitting/fighting. Hitting/fighting will be an immediate 1-day suspension from the program. All other incidents will be handled as follows:

**1st incident: VERBAL WARNING.**

**2nd incident: WRITTEN WARNING / PARENT MEETING**

**3rd incident: 1-DAY SUSPENSION**

Management reserves the right to dismiss a child from this program if the child's behavior is disruptive to the program or affects the safety of themselves or others. Children suspended/terminated from this program will not qualify for a refund.