



Parent's Guide 2019

This guide contains our camp policies and everything else you need to know to prepare for camp. We look forward to giving your child an amazing camp experience!

CONTACT

- **609-737-3735 | camp@thewatershed.org**
- Camp season business hours are Monday through Friday, 8 a.m. - 5:30 p.m.
- Please *leave a message; we check and return calls regularly.*
- If you need to contact us during a cookout or campout, dial the Camp Director's extension; your call will be routed to the Camp Director's cell phone. Email is also a good option to contact us.

HOURS

- Camp activities run from 9 a.m. to 4 p.m., with some exceptions:
 - Counselor-In-Training: 8:30 a.m. - 4:30 p.m., Thursdays until 8 p.m. or overnight.
 - Campers age 8-9: Thursdays until 8 p.m.
 - Campers age 10-14: overnights as scheduled; drop off and pick up as usual.
- Check-in is 8:50-9:10 a.m. Campers dropped off before 8:50 a.m. will be charged for Before Care.
- Check-out is 3:50-4:10 p.m. Campers not picked up by 4:10 p.m. will be charged for After Care.

EXTENDED CARE

Campers in After Care must be picked up by 5:30 p.m., or late fees will apply. After Care is provided by Watershed Institute staff. We recommend sending an extra snack and a quiet activity to do during this time, such as a book. Drawing supplies, playing cards, and board games will be provided.

- Before Care: 8-9 a.m., \$10 per camper per day
- After Care: 4-5:30 p.m., \$15 per camper per day

DROP-OFF AND PICK-UP

- All camp sessions begin at the new Watershed Center at 31 Titus Mill Road, Pennington. The driveway is one-way with a speed limit of 10 m.p.h.
- We require a signature from an authorized adult at drop-off and pick-up; please park your vehicle and walk to the check-in area. All adults must show a photo ID at pick-up.
- Campers must stay with their groups until they are signed out.
- Campers must have written parental permission to ride their bike to and from camp.
- Please let us know if you need to make changes to the list of adults who are authorized to pick up your child from camp. Unauthorized adults will not be able to pick-up your camper.

BUSING

If your camper will be riding the camp bus as part of their financial aid award, we will contact you soon to verify your dates, bus stop, and pick-up and drop-off times.

ABSENCE, LATE ARRIVAL, AND EARLY PICK-UP

- Our camp activities occur all across the Watershed Reserve (almost 1000 acres).
- We request that you inform us of absences, late arrivals, and early pick-ups.
- We will try to accommodate as requested, but schedules may not allow it.
- We cannot accommodate regular late drop-offs or early pick-ups.

ILLNESS POLICY

***** Children must not have had a fever, vomited, or had diarrhea for a full 24 hours (without medicine) before coming to camp.** We do not have facilities or staff to care for sick children. We will call you to pick up your child if he or she becomes sick during the camp day. Campers recovering from illness may infect others, plus they may not feel their best during the hot, strenuous days of camp. **Keep your child home if they are sick. *****

HEALTH & SAFETY

- **Medications:** Campers are not permitted to carry any medications, with the exception of Epi-pens or rescue inhalers.
 - All medications (prescription, over the counter, homeopathic, etc.) must be given to the Group Leader in its original packaging. The Group Leader will keep all medications in a locked bag and administer them when appropriate. Prescription medications must have your child's name on the label.
 - All campers taking medications must also have a complete Medication Administration form on file for each medication.
- **Emergency Inhalers & Epi-pens:** Please inform us of all food allergies or sensitivities, asthma, and environmental allergies that your child has, as well as their possible reactions.
 - All campers with a life-threatening allergy that carry an epinephrine injector must have a complete Allergy Action Plan on file.
 - All campers who carry a rescue inhaler must have a complete Asthma Action Plan on file.
- **Allergies:** We do not exclude food allergens from camp (peanuts, eggs, dairy, etc.). Because of this we prohibit sharing food between campers and take measures to prevent food contamination. Campers are instructed to wash hands before and after meals to limit contamination as well.

HYGIENE

Campers are encouraged to wash their hands before meals and after toileting. Each group carries baby wipes and hand sanitizer for cleaning when we are away from the building. Each group also carries a 'potty bag' for toileting in the woods responsibly and hygienically.

FIRST AID

Each camp staff member is certified in Standard First Aid and carries a first-aid kit at all times. Each group also contains at least one CPR-certified staff member. A staff member certified in Lifeguarding accompanies all canoeing trips. We are also fortunate to have camp staff members who are certified in other areas of first aid specific to our needs.

TICKS

Staff members are trained to teach campers how to identify and avoid natural hazards like ticks and poison ivy and help campers conduct regular tick checks throughout the day. We recommend that parents also thoroughly check their children nightly, regardless of insect repellent use. Please refer to the Centers for Disease Control and Prevention (CDC) for further information and recommendations: https://www.cdc.gov/ticks/avoid/on_people.html

DRESS CODE

The purpose of the dress code is to help maintain safety, wellness, and comfort for Staff and campers during active outdoor days. Clothing may get dirty and stained. We do tie-dye each Monday.

- Clothing should be appropriate for outdoor activities and provide sun coverage. No shirts that expose the back, midriff, or undergarments or have straps thinner than 1 inch. Shorts should extend roughly as far as one's fingertips when standing.
- Clothing should not display or suggest inappropriate subjects (profanity, adult and/or illegal substances, sexuality, violence, etc.).
- Watershed Nature Camp shirts should be worn on all day trips.
- All footwear must be camp-appropriate (closed toes, hard soles, and heel straps).
 - Suggested for everyday: sneakers, hiking boots, or camp-appropriate sandals.
 - Suggested for water activities: camp-appropriate sandals or sneakers. (Rubber boots are not ideal; they usually fill with water and then rub the skin and create blisters.)

GEAR LIST

Each child should bring all their gear packed in a large bag (tote, duffel, or backpack). A smaller, comfortable backpack (no drawstring bags please) will be used for carrying essentials on the trail. Everything (especially water bottles) should be labeled with campers' names. Do not send candy, electronics, or anything that should not get wet or dirty.

- **Water bottles:** Campers will carry water bottles with them at all times and refill throughout the day. Each camper should have enough water bottle volume for at least half a day; we will fill them up for longer hikes away from the building. For shorter hikes we will carry less water.
 - For younger children, 1-2 quarts.
 - For older children, 2-3 quarts.
- **Food:** Lunch and at least two snacks that do not require refrigeration/reheating. We play hard and it's hot out; fuel and hydration are key to staying happy and healthy. Send your child with plenty of food (including protein, electrolytes/salt, and complex carbs). Food sharing is prohibited.
- **Second pair of shoes.** (See **Dress Code**) One pair of shoes that works for both wading and hiking may be worn all day, but please also send an extra pair of shoes in case of discomfort.
- **Hat and/or sunglasses** for sun protection.
- **Complete change of clothes**, including socks and underwear.
- **Rain gear** (waterproof poncho or jacket); no umbrellas.
- **Small towel** for drying feet after the stream, pond, or a rainstorm.
- **Plastic bags, wet bags, or dry bags** for wet or dirty clothing and shoes.
- **Rescue inhalers and Epi-pens** – Perhaps in a separate mini fanny-pack for ease.
- **Sunscreen and insect repellent** – Sunscreen and insect repellent should be applied before camp. Campers will be instructed to re-apply mid-morning and mid-afternoon. Staff can assist younger children with application when necessary. No aerosol sprays.

CELL PHONES & PHONE CALLS

- Camp staff is in constant communication with the Camp Director by cell phone.
- Campers are not permitted to use phones, make calls, or receive calls while at camp, especially on trips and overnights. We will contact you in an emergency.
- If you choose to send a phone with your older camper in case of emergencies, you do so at your own risk; camp is not responsible for damage. Emergency phones must be kept silent and out of sight at all times.

COOKOUTS FOR AGES 8 – 9

- Cookouts end at 8 p.m.
- We provide dinner and a campfire dessert. When you notify us of any food restrictions or allergies; we will do our best to accommodate them.
- Campers need a mess kit; a bag containing a metal or plastic plate or bowl, fork and spoon. Mesh bags work well and may be found in the laundry aisle of the grocery store.
- Campers who ride the daily camp bus will need to be picked up by a parent.

OVERNIGHTS FOR AGES 10 – 14

- We provide dinner, breakfast, lunch, and snacks on these days (please pack lunch for the first day). When you notify us of any food restrictions or allergies; we will do our best to accommodate them.
- Your child will need basic overnight supplies which you probably have at home (you will receive a packing list early in the week). **We have available to borrow:**
 - Outdoor sleeping bag, sleeping pad, mess kits, and backpacks.
- We provide tents and other camping gear.

REST TIME FOR AGE 5

- After lunch, campers in this age group will have an afternoon rest in a cool room where they will have a chance to relax.
- Campers who fall asleep will be allowed to rest up to 90 minutes. Campers who do not fall asleep will be able to do quiet activities such as drawing, looking at books, etc.
- For comfortable resting, please send: a yoga mat, a small lightweight blanket and pillow.

NATURE SHOP

- The Nature Shop is a nature-oriented gift shop. There are camp items for sale such as water bottles, bamboo utensils, and field guides, as well as things to tie-dye (white cotton camp bandanas and extra camp t-shirts).
- Operates from 9 a.m. to 5 p.m. on weekdays and 10 a.m. to 4 p.m. on weekends.
- Campers wishing to visit the nature shop may do so *after* the camp day with their parents. If you are unable to come to The Watershed Institute during shop hours but want your camper to shop, please let us know.

HELP YOUR CHILD PREPARE

We want your child to have a wonderful time at camp. These are some things you can discuss with them to ensure they have the best experience possible!

- Follow all rules and instructions given by the camp staff.
- Report problems to your counselors. They want you to be safe and happy.
- Show respect for people and nature.
- Try to make new friends.
- Cooperate and help out.
- Camp is full of new experiences. You may not love them all, but give them a try!

Yours in camp,



Michelle Perkins
Camp Director



Tammy Love
Education Manager