



# Camp Policies 2021

**Watershed Nature Camp**

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Pennington, NJ 08534

**Camp Policies are subject to change, especially  
policies relating to COVID-19.**

**(edits as of 6/4/21)**

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# COVID-19 Specific Policies

## ATTENDANCE RESTRICTIONS

- **Exposure:** If an unvaccinated camper or a member of their household has had a known exposure to COVID-19, they will not be permitted to attend camp until 10 days have passed after the exposure and no symptoms are present OR a negative COVID-19 test is provided.  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
- **Testing:** If the camper or a member of their household has had a positive COVID-19 test in the 10 days prior to their camp session, they will not be permitted to attend camp until a negative COVID-19 test is provided.  
<https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html>
- **Illness:** If your camper tests positive for COVID-19, they will not be permitted to attend camp until 10 days have passed after the test and no symptoms are present OR a negative COVID-19 test is provided. Please inform the camp as soon as possible. Your confidentiality will be maintained.  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>
- **Travel:** If a camper or a member of their household has travelled to a country, state, or location with known high rates of COVID-19, they should consider the following:
  - Get tested with a viral test 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel. Even if you test negative, stay home and self-quarantine for the full 7 days. Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.  
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

## SOCIAL DISTANCING AND MASK POLICY

### General

- We will minimize activities that require physical closeness or touching.
- Campers and Staff will be expected to have a mask with them and readily available at all times.
- Masks will be removed if, and only if, camp staff have made sure that themselves and campers are a safe distance apart.
- Campers are expected to bring two properly fitting masks to camp each day. We will have disposable masks on hand in case the camper's two masks become wet or damaged.
- Campers are expected to socially distance themselves from each other and staff, unless they are wearing their mask. Camp staff will monitor campers and provide gentle reminders to ensure social distancing.
- Each cohort will remain socially distant from the other cohorts. Camp cohorts are the group of 10-17 campers in one age group and the 3-4 staff and volunteers that work with them.
- Staff will remain socially distanced from participants unless absolutely necessary.

- Where possible, sharing of equipment between campers will be limited (i.e. scissors, bug boxes, markers, etc.)

#### Outdoors

- Campers and staff will not be required to wear masks outdoors unless they are within 3 feet of another person.

#### Indoors

- Camp activities will not be held indoors. The only reason campers and staff will be indoors is to store and retrieve gear or supplies, take shelter from unsafe weather, or to use the restroom.
- If indoors, campers and staff will wear masks at all times. There will be no eating indoors.
- The Watershed Center may be open to the public during the camp day.

## **DAILY HEALTH CHECK**

Pre-screening: Parents/Guardians are expected to pre-screen their children before bringing them to camp each day. If the camper is experiencing any one of the starred\* symptoms OR two or more of any of the symptoms listed below, they will not be permitted to attend camp until 10 days have passed since the symptoms were last present or they provide a negative COVID-19 test.

Before arrival, Staff and Campers will be screened daily for the following symptoms:

- |                                                |                                  |
|------------------------------------------------|----------------------------------|
| ● Temperature above 100.4 F*                   | ● Fatigue                        |
| ● Fever or chills*                             | ● Muscle or body aches           |
| ● Shortness of breath or difficulty breathing* | ● Headache                       |
| ● Dry, persistent cough*                       | ● Sore throat                    |
| ● New loss of taste or smell*                  | ● Congestion or runny nose       |
|                                                | ● Nausea or vomiting or diarrhea |

## **COMMUNICATIONS**

In the event that a staff member or camper tests positive for COVID-19, Camp administration will notify the local health authority and the families of all campers who were present on the day the camper was last in attendance. This will come as a text alert or email, depending on the situation, as quickly as possible after we are notified.

## Basic Information

### CONTACT

Business Hours: Monday through Friday, 8:00 a.m. - 5:30 p.m.

Camp Director: Michelle Perkins, 609-737-3735, ext. 37 and Jessica McDermott, 609-737-3735, ext. 33

- Please leave a message. We check and return calls/emails regularly.
- To contact us during a cookout or campout, dial the Camp Director's extension; your call will be routed to the administrator on site.

### HOURS

Camp Program: Full-day Program 9:00 a.m. to 4:00 p.m.; Half-day program 9:00 a.m. - 1:00 p.m. with some exceptions:

- Counselor-In-Training: 8:30 a.m. - 4:30 p.m.; Thursdays until 8:00 p.m. or overnight
- Campers age 8-12: Thursdays until 8:00 p.m.
- Campers age 13-15: overnights Thursday 9:00 a.m.-Friday 4:00 p.m.

Check-In: 8:50 - 9:10 a.m.

- Campers dropped off before 8:50 a.m. will be charged for Early Care.
- Check-in is extended to 9:30 a.m. for 13-15 year olds during off-site programming.

Check-out: 3:50 - 4:10 p.m. OR 11:50 p.m. - 12:10 p.m.

- Campers not picked up past check-out will be charged for Late Care.
- Check-out is extended to 4:30 p.m. for 13-15 year olds during off-site programming.

### EXTENDED CARE

Early Care: 8:00 a.m. - 9:00 a.m.

Late Care: 4:00 p.m. - 5:30 p.m.

We recommend sending an extra snack and a quiet activity, such as a book, to do during this time. We will provide drawing materials and other quiet individual activities. Campers in Late Care must be picked up by 5:30 p.m. For every 10 minutes past 5:30 p.m., we charge an additional \$10.

### CHECK-IN AND CHECK-OUT PROCEDURE

Check-in:

- There will be 4 designated check-in areas at the Watershed Center based on the age of the camper. On the first day of camp you will be directed where to pull up for check-in and check-out.
- Before campers are checked in, Camp Staff will complete a daily health check (see Daily Health Check for more details). After passing the check, campers will be checked-in and escorted by camp staff to their camp group.

- Everyone inside the vehicle is required to wear masks while we conduct the daily health check and check-in campers.

#### Check-out:

- Pull-up to the designated check-in/out area for your camper, a staff member will ask you to provide a driver's license to ensure you are an authorized adult. Following that, your camper will be brought to you and checked out.

Authorized Adults: Authorized adults must be listed in the camper's CampDoc health profile. If an adult is not listed in the camper's health profile, they will not be allowed to pick-up the camper.

Busing: TBD

## **ABSENCE, LATE ARRIVAL, AND EARLY PICK-UP**

Our camp activities occur all across the Watershed Reserve (over 950 acres). We cannot accommodate regular late drop-offs or early pick-ups.

Late or Early Arrival: To accommodate a late or early arrival, we must know a minimum of 24 hours in advance. Due to the nature of the camp programming occurring, at times, miles away from the center, we are not always able to accommodate late arrival or early pick-up. If you inform us at least one week in advance, we will do our best to accommodate.

Absence: We require notification of any absences and the reason for absence. If your camper is not dropped off by 9:15 (or 9:45 for off-site programming), we will call you to inquire about the absence.

## **DRESS CODE**

The purpose of the Watershed Nature Camp dress code is to help maintain safety, wellness, and comfort for campers during active outdoor days.

- Expect clothing to get dirty and stained. We tie-dye every Monday.
- Clothing should be appropriate for outdoor activities and provide sun coverage.
- Shirts should cover enough of the torso and shoulders to provide adequate protection from the sun for a full day.
- Pants and shorts should adequately protect from the outdoors (ticks, thorns, brush).
- Clothing should not display inappropriate subjects such as profanity, adult and/or illegal substances, sexual content, and/or violence.
- Watershed Nature Camp shirts should be worn on all off-site camp days.
- All footwear must be camp-appropriate: closed toes, hard soles, and heel straps. Most Crocs for children and water shoes do not provide adequate protection.

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.

# Health and Wellness

## ILLNESS POLICY

If your camper becomes ill during the camp day, you will be notified immediately to pick them up. We are not equipped with an infirmary, nor do we have a nurse on staff. If a child in your camper's cohort is sent home sick, you will be notified at the end of the day or sooner if necessary.

If your camper is experiencing one of the below symptoms they will not be permitted to attend camp until 24 hours have passed since symptoms were last present. If your camper is experiencing TWO or more of the symptoms or ONE of the \* symptoms they will not be permitted to attend camp until 10 days have passed since symptoms were last present OR a negative COVID-19 test is provided.

- Temperature above 100.4 F\*
- Fever or chills\*
- Shortness of breath or difficulty breathing\*
- Dry persistent cough\*
- New loss of taste or smell\*
- Muscle or body aches
- Headache
- Fatigue
- Sore throat
- Congestion or runny nose
- Nausea or vomiting or diarrhea

If any of the above symptoms are caused by health conditions (seasonal allergies, asthma, etc.) please note them in the camper's health profile. You may be asked to provide a doctor's note.

## FIRST AID

Each camp staff member is certified in Standard First Aid and carries a first-aid kit at all times. Each staff team also contains at least one CPR-certified staff member. Staff will wear a mask while administering first aid. This is one instance where we allow staff to come within close proximity to campers.

## MEDICATIONS, EPI-PENS, EMERGENCY INHALERS

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 camper'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 camper has, as well as their possible reactions.

- All campers carrying an epi-pen or other epinephrine auto-injector must have a completed Food Allergy action plan on their CampDoc health profile.
- All campers carrying an emergency inhaler must have a completed Asthma Action plan on their CampDoc health profile.

## **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.

## **HAND-WASHING AND CLEANING**

Hand-washing: Staff will instruct campers on how to properly wash their hands with soap and water, and where possible, ensure that campers wash their hands properly. Where soap and water is not available, campers and staff will use an alcohol-based hand sanitizer.

Campers and Staff will sanitize their hands:

- After being checked into camp and before checking out of camp
- Before and after eating
- After using the restroom
- After touching commonly touched surfaces (door handles, railings, etc.)
- After coughing, sneezing, or blowing their nose
- Before and after using common equipment (bug nets, dips nets, other shared materials)

Cleaning Schedule: Each day camp staff will clean the indoor spaces and equipment focusing on high-touch surfaces (door handles, tables, etc.). We will have the building professionally cleaned 3 times a week.

## **DANGEROUS WEATHER**

During thunderstorms or other dangerous weather, camp groups will take shelter in the nearest building designated as a safe shelter. We will monitor weather conditions throughout the camp day to keep both parents/legal guardians and staff informed of incoming storms, heat waves, or other notable weather conditions. If campers need to take shelter indoors for more than 30 minutes, you will be notified and given the option to pick them up. Because we cannot hold campers indoors for a length of time we may choose to cancel, shorten, or delay the camp day depending on weather conditions. If this happens, we will do everything possible to notify you 24 hours in advance. We will inform you at least 1 hour before the camp day begins if we are cancelling or delaying.

## 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 campers 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](https://www.cdc.gov/ticks/avoid/on_people.html)

## PREPARING YOUR CAMPER

### PACKING LIST

Each camper should bring all their gear packed in a large bag (tote, duffel, or backpack). A smaller, comfortable backpack 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 campers, 1-2 quarts.
  - For older campers, 2-3 quarts.
- **Food:** Bring 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 camper with plenty of food. *Food sharing is prohibited.*
- Second pair of shoes. (See Dress Code)
- 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 or dry bags for wet or dirty clothing and shoes
- Rescue inhalers and Epi-pens – we recommend it be kept in a separate fanny-pack or bag for ease of taking on short hikes.
- 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 will not assist campers with applying sunscreen. 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 overnights. We will contact you in any emergency situations.

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 the damage or loss of any electronic devices. Emergency phones must be kept silent and out of sight at all times. If a cell phone is noticed by camp staff and is an obvious distraction to the camp day, it will be confiscated and returned to you at the end of the day.

## TYPICAL CAMP DAY

Each camp day will include two snack breaks, lunch, free exploration, games (no-touch games only), and a hike. There are many activities your camper may participate in between those activities depending on the theme of the week:

- Water Theme: Your camper will spend time at the stream, at the pond, or under the sprinkler every day. They'll also learn about water, aquatic animals, and why water is important.
- Outdoor Skills Theme: Your camper will spend time on the trails, learn how to build a survival shelter, and learn about outdoor survival skills.
- Natural Crafts Theme: Your camper will use natural materials such as sticks, rocks, mud, and clay to create crafts.
- Animals Theme: Your camper will search for critters. They may go butterfly catching, crayfish catching, or log rolling. They will also learn about one or more of our animal ambassadors including the Eastern Red Eared Slider, Corn Snake, Madagascar Hissing Cockroaches, and more.

## COOKOUTS FOR AGES 8 – 12

Cookouts happen Thursday evenings and are optional.

Cookout Hours: 4:00 p.m.-8:00 p.m.

- We provide dinner and a campfire dessert. We will do our best to accommodate any food restrictions or allergies.
- 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.
- Bus transportation is TBD, if we provide busing campers who ride the daily camp bus will need to be picked up by a parent.

## OVERNIGHTS FOR AGES 13 – 15

Reserve Overnights happen Thursday-Friday and are optional.

Reserve Overnight Hours: Thursday 4:00 p.m.- Friday 9:00 a.m.

- We provide dinner, breakfast, lunch, and snacks on these days (please pack lunch for the first day). We will do our best to accommodate any food restrictions or allergies.
- We will provide each camper and staff member a separate tent for sleeping. Campers are welcome to bring their own tent or camping hammock to use so long as they can carry it and set-it up themselves.
- A complete packing list will be sent to you a week prior to the overnight. Please email [camp@thewatershed.org](mailto:camp@thewatershed.org) if you have any questions.

## HELP YOUR CAMPER PREPARE

We want your camper 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!