



Watershed Academy for High School Students Academy Policies 2022

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

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COVID-19 Specific Policies

ATTENDANCE RESTRICTIONS

- Vaccination: All attendees are required to have COVID-19 vaccinations.
- Travel: If a student or a member of their household has traveled to a country, state or other location deemed unsafe by the State of New Jersey, they will not be permitted to attend Academy until showing negative results on a COVID-19 test.
- Exposure: If a student or a member of their household has had a known exposure to COVID-19, they will not be permitted to attend until 14 days have passed after the exposure and no symptoms are present.
- If the student or a member of their household has had a positive COVID-19 test in the 2 weeks prior to their session, they will not be permitted to attend until a negative COVID-19 test is provided.
- Illness: Please see the Illness Policy for more information. In general, if your student does not feel well, keep them home and inform us. Depending on the symptoms they may not be allowed back for several days.

SOCIAL DISTANCING AND MASK POLICY

General

- Students and staff are expected to wear a mask when inside the building.
- Students need to bring two properly fitting masks each day. We will have disposable masks on hand in case the student's two masks become wet or damaged.
- Students are expected to socially distance themselves from each other and staff. Staff will monitor students and provide gentle reminders to ensure social distancing.
- Staff will remain 6ft. distance away from participants unless absolutely necessary.
- Where possible, equipment will not be shared between students.
- We will not eat inside the building. Meals and snacks will take place outdoors or under a tent.

Basic Information

CONTACT

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

Academy Director: Pat Heaney, 609-737-3735, ext. 11 or academy@thewatershed.org

- Please leave a message. We check and return calls/emails regularly.

HOURS

Academy Hours: 9 a.m. to 4 p.m.

Check-In: 8:50-9:00 a.m.

Check-out: 3:50-4:10 p.m.

CHECK-IN AND CHECK-OUT PROCEDURE

Check-in:

- Students will check themselves in at the front desk of the Watershed Center.

Check-out:

- Pull-up to the designated check-in/out area for your student.

Busing: We will have limited busing from some areas of Trenton. Details will be provided.

ABSENCE, LATE ARRIVAL, AND EARLY PICK-UP

Our activities occur across the Watershed Reserve, which extends more than 950 acres. This makes it difficult to accommodate late drop-offs or early pick-ups. Please plan for your student to spend the entire day with us.

Absence: Please notify us of any absences. If your student is not dropped off by 9:15 a.m., we will call you to inquire about their absence.

DRESS CODE

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

- Expect clothing to get dirty and stained.
- 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. Tube tops, halter tops, and some tank tops do not provide this protection.
- Pants and shorts should adequately protect from the outdoors (ticks, thorns, etc.), excessively ripped pants or very short shorts do not provide adequate protection.
- Clothing should not display inappropriate subjects such as profanity, adult and/or illegal substances, sexual content, and/or violence.
- All footwear must be camp-appropriate: closed toes, hard soles, and heel straps. Most Crocs and water shoes do not provide adequate protection.

Suggested for everyday: sneakers, hiking boots, or camp-appropriate sandals.

Suggested for water activities: old sneakers or closed toe water sandals. Students may bring waterproof boots if available. We have some boots to loan.

Health and Wellness

ILLNESS POLICY

If your student 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 another Academy student is sent home sick, you will be notified at the end of the day or sooner if necessary.

If your student is experiencing one of the below symptoms they will not be permitted to attend the program until 24 hours have passed since symptoms were last present. If your student is experiencing 2 or more of the symptoms or ONE of the ‘*’ symptoms they will not be permitted to attend camp until 14 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 student’s health profile. You may be asked to provide a doctor’s note.

FIRST AID

Each staff member is certified in Standard First Aid and CPR and carries a first-aid kit at all times. Staff will wear a mask while administering first aid.

MEDICATIONS, EPI-PENS, EMERGENCY INHALERS

Medications: students 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 Academy Director in its original packaging. The Director will keep all medications in a locked bag and administer them when appropriate. Prescription medications must have your student’s name on the label.
- All students 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 student has, as well as their possible reactions.

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

- All students carrying an emergency inhaler must have a completed Asthma Action plan on their CampDoc health profile.

ALLERGIES

We do not exclude food allergens from the program (peanuts, eggs, dairy, etc.). Because of this, we prohibit sharing food between students and take measures to prevent food contamination. Students are instructed to wash hands before and after meals to limit contamination.

HAND-WASHING AND CLEANING

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

Students and Staff will sanitize their hands:

- After being checked into and before checking out of Academy
- 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 (dips nets, other shared materials)

Cleaning Schedule: Each day 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.

TICKS

Staff members will teach students how to identify and avoid natural hazards like ticks and poison ivy, and help students conduct regular tick checks throughout the day. We recommend that students also check themselves 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

PREPARING YOUR STUDENT

PACKING LIST

Each student should bring all their gear packed in a backpack. Everything (especially water bottles) should be labeled with students' names.

- Water bottles: Students will carry water bottles with them at all times and refill throughout the day. Each student should have a large water container.
- Food: Bring lunch and at least two snacks that do not require refrigeration/reheating. You may choose to order box lunch in advance of the program. *Food sharing is prohibited.*
- Hat and/or sunglasses for sun protection.
- Rain gear (waterproof poncho or jacket); no umbrellas.
- Waterproof boots if you have them
- Small towel for drying feet after being in water. (Stream Science and Clean Water Academy)
- Plastic bags or dry bags for wet or dirty clothing and shoes.
- Rescue inhalers and Epi-pens.
- Sunscreen and insect repellent if needed.
- Laptop (optional)

CELL PHONES

The Watershed Institute is not responsible for the damage or loss of any electronic devices. Phones must be kept silent and out of sight during the program. If a student's cell phone is an obvious distraction to the day, it will be confiscated and returned to them at the end of the day.