



Camp Policies 2023

Watershed Nature Camp

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31 Titus Mill Rd.

Pennington, NJ 08534

Camp Policies are subject to change

(edits as of 6/30/23)

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COVID-19 Specific Policies

VACCINES, MASKING, SOCIAL DISTANCING

Vaccinations

- All staff and volunteers of The Watershed Institute will be fully vaccinated.
- All campers ages 12 and older should be fully vaccinated.
- We recommend campers ages 6-12 also be fully vaccinated.

General

- Campers and Staff will be expected to have a mask with them and readily available at all times.
- Masks will be required indoors when community levels of transmission are high.
- Eating will take place outdoors.

ATTENDANCE RESTRICTIONS

Symptoms

- If campers experience any COVID-19 symptoms, they should stay home and test. They can return to camp if symptoms go away, or they test negative.

Positive Test

- If campers test positive for COVID-19 they cannot attend camp for 5 days from the date of the positive test.
- After those 5 days, they may attend camp, but must wear a high-quality face mask at all times for the next 5 days (or 10 days from the date of the positive test).

Known exposure

- If campers are known to have been exposed to someone who has tested positive for COVID-19, they should test a few times over the first 5 days.
- They should be on the lookout for any symptoms for the following 5 days as well.
- They can attend camp if no symptoms appear, they test negative, and wear a high-quality face mask at all times for 10 days from the date of exposure.

DAILY HEALTH CHECK

Pre-screening: Parents/Guardians are asked 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 5 days have passed since the symptoms were last present OR they provide a negative COVID-19 test.

Before arrival, campers need to be screened for the following symptoms:

- Temperature above 100.4 F*
- Shortness of breath or difficulty breathing*

- Dry, persistent cough*
- New loss of taste or smell*
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting or diarrhea

Basic Information

CONTACT

Business Hours: Monday through Friday, 8:00am - 5:30pm

Camp Director: Jessica McDermott, jmcdermott@thewatershed.org, 609-737-3735 x37

- Please leave a message. We check and return calls/emails regularly. This includes during cookouts and campouts.

HOURS

Camp Program: Regular camp hours are 9:00am to 4:00pm. Hours for special programming are listed at the end of this document.

Check-In: 8:50am - 9:10am

- Campers dropped off before 8:50am will be charged for Early Care.

Check-out: 3:50pm - 4:10pm

- Campers picked up after 4:10 will be charged for Late Care.

EXTENDED CARE

Early Care: 8:00am - 9:00am

Late Care: 4:00pm - 5:30pm

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

CHECK-IN AND CHECK-OUT PROCEDURE

Check-in:

- Check-in for all campers will take place under the large tent in front of the Watershed Nature Center. Please park in the Nature Center parking lot. Pay attention to campers getting in and out of cars and obey the one-way signs.
- To expedite the check-in process on Mondays, be sure to have all your camper's health profile information and trusted contacts updated in the CampDoc system.

Check-out:

- All campers MUST be signed out by an authorized adult with proper photo ID. Be sure to have the names and photos of all authorized adults updated in the trusted contacts section of the CampDoc system.

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

LATE ARRIVAL AND EARLY PICK-UP

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

If a camper needs to be dropped off late or picked up early, 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 3 days in advance, we will do our best to accommodate.

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.

- All footwear must be camp-appropriate: closed toes, hard soles, and heel straps.
 - Suggested for everyday: sneakers, hiking boots, or camp-appropriate closed toe sandals. Crocs ARE NOT appropriate for everyday wear.
 - Suggested for water activities: closed toe sandals, Crocs with a heel strap, or sneakers. Rubber boots are not ideal; they usually fill with water and then rub the skin and create blisters.
- Expect clothing to get dirty and stained. We tie-dye every Tuesday.
- 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 off-site camp days.

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 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 5 days have passed since symptoms were last present OR a negative COVID-19 test is provided.

- Temperature above 100.4 F*
- Shortness of breath or difficulty breathing*
- New loss of taste or smell*
- Dry persistent cough*
- 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/CPR and carries a first-aid kit at all times.

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 on their person 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:

- 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, dip nets, other shared materials)

Cleaning Schedule: Each day camp staff will clean the indoor spaces and equipment focusing on high-touch surfaces. We will have the building professionally cleaned twice a week.

UNSAFE WEATHER

UNSAFE 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/guardians and staff informed of incoming storms, heat waves, air quality or other notable weather conditions. If campers need to take shelter indoors for more than 60 minutes, you will be notified and given the option to pick them up. Because we cannot hold campers indoors for long periods 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.

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

PREPARING YOUR CAMPER

PACKING LIST

Campers should bring one large or two smaller bags. One of those should be a sturdy, comfortable backpack for hiking. They will have a small indoor space to store extra clothes, shoes, or water. Everything (especially water bottles) should be labeled with campers' names. Do not send valuables, 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 (32-64 oz).
 - For older campers, 2-3 quarts (64-96 oz).
- **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 footwear (one pair for hiking, one pair that can get wet) and SOCKS
- 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
- 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. 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, and hikes. There are many activities your camper may participate in between those activities depending on the theme of the week. A **sample** schedule for a typical day is below:

	1 st -2 nd grade Wonderful Water	3 rd -4 th grade Amazing Animals	5 th -6 th grade Art in Nature	7 th -9 th grade Outdoor Survival
9:00-10:00	Introductions, story & get-to-know-you games	Introductions, story & get-to-know-you games	Introductions & get-to-know-you games	Introductions and plan overnight menus for trip
10:00-11:00	Snack, hike prep, hike to Stream	Visit Butterfly House & learn about life cycle	Tie-dying	Learn about survival skills at Campfire Circle
11:00-12:00	Stream activities	Catch butterflies and insects in meadow	Beauty in Nature scavenger hunt to the Lone Tree	Shelter-building
12:00-1:00	Lunch & free play at the Stream	Lunch & free play in yard	Lunch & free play at the Pond	Lunch & free play at Campfire Circle
1:00-2:00	Hike back and change clothes	Play butterfly migration game	Watercolor painting at pond	Practice pocket-knife skills
2:00-3:00	Water cycle activity	Make butterfly craft	Bird watching and sprinkler play at pond	Practice putting up tents, review packing lists, help pack for trip
3:00-4:00	Clean up, pack up, games	Clean up, pack up, games	Hike back, clean up, pack up	Clean up and games

COOKOUTS FOR GRADES 3-9

Cookouts happen on specified Thursday evenings and are optional but encouraged.

Cookout Hours: 4:00pm - 8:00pm

- We provide dinner and a campfire dessert. We will do our best to accommodate any food restrictions or allergies.
- Campers need a mess kit OR a bag with a plate or bowl, fork, and spoon.
- Campers who ride the daily camp bus will need to be picked up by an adult on these evenings.

OVERNIGHTS FOR GRADES 5-9

Reserve Overnights happen on specified Thursday-Friday and are optional but encouraged.

Reserve Overnight Hours: Thursday 4:00pm - Friday 9:00am

- We provide dinner, breakfast, lunch, and snacks on these days (please pack lunch and snacks 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 prior to the overnight. Please email camp@thewatershed.org if you have any questions.

OFFSITE OVERNIGHTS FOR GRADES 7-9

Offsite overnights happen on specified Wednesday-Thursdays and are optional but encouraged.

Offsite overnight hours: Drop off 9:00am on Wednesday, pick up times vary on Thursday afternoons or evenings

- We provide dinner, breakfast, lunch, and snacks on these days (please pack lunch and snacks 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 prior to the overnight. Please email camp@thewatershed.org if you have any questions.

HELPING 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!