



Nature Camp Policies

2024

Watershed Nature Camp

609-737-3735 x37 | camp@thewatershed.org

31 Titus Mill Rd.

Pennington, NJ 08534

Camp Policies are subject to change
(edits as of 12/01/23)

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Basic Information

CONTACT

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

Camp Administration: camp@thewatershed.org, 609-737-3735 x37

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

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

HOURS

Camp Program: Regular camp hours are 9 a.m. to 4 p.m. Hours for special programming are listed at the end of this document.

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

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

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

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

EXTENDED CARE

Early Care: 8-9 a.m.

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

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

*For campers in the 7th-9th grade group only – you may add the camper themselves as one of their trusted contacts if you would like them to be allowed to sign themselves in and out.

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 three 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: closed toes, hard soles, and heel straps.
 - Suggested for every day: 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.

Health and Wellness

MEDICAL INFORMATION

Medical information must be completed at least one week prior to your camper's first day via the CampDoc website. Medical records from a doctor's office can be uploaded or details can be filled in manually. We do not need anything signed by a doctor. Please be forthcoming in sharing medical, behavioral, or learning needs or strategies. This information is kept private and is crucial in the staff's

preparation to maintain your child's safety and well-being. We appreciate your assistance in creating the most inclusive and positive environment possible for all campers.

ILLNESS POLICY

Parents should screen their children daily for signs of communicable illness. Campers should not attend camp if they have symptoms of a communicable illness like a fever over 100.4°F, vomiting/diarrhea, or an unidentified rash. Campers should be free of these symptoms for at least 24 hours before returning to camp. 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.

INFECTION CONTROL

Handwashing: 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 are not available, campers and staff will use alcohol-based hand sanitizer.

Campers and Staff will sanitize their hands:

- Before and after eating
- After using the restroom
- After touching commonly touched surfaces or supplies
- After coughing, sneezing, or blowing their nose

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.

FIRST AID

Each camp staff member is certified in Standard First Aid/CPR and always carries a first-aid kit. Staff will only administer First Aid within the scope of their training and certification. Any injury beyond the scope of that training will be referred to the Health Director or Camp Director. All injuries will be noted and logged into CampDoc.

Safety is a priority at Nature Camp. Camp staff are trained to monitor potential safety hazards and address issues. Campers are also encouraged to be aware of hazards and make safe choices as part of the camp rules and values.

MEDICATIONS, EPIPENS, EMERGENCY INHALERS

Medications: Campers are not permitted to carry any medications, with the exception of EpiPens or rescue inhalers.

- All medications (prescription, over the counter, homeopathic, etc.) must be given to the Group Leader in their 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 & EpiPens: 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 EpiPen, 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 their hands before and after meals to limit contamination.

UNSAFE WEATHER

Camp administrators and staff monitor weather conditions constantly. We communicate with staff about incoming storms, heat waves, air quality, or other notable weather conditions.

During thunderstorms or other dangerous weather, camp groups will take shelter in the nearest building designated as a safe shelter. 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

WATER SAFETY

We do not swim in the water bodies on the Watershed Nature Reserve. If campers are entering a stream or pond, they are instructed to go no deeper than their knees and are closely monitored.

During some offsite field trips, we may swim in lifeguarded, authorized swimming locations like the Hopewell Quarry.

When boating onsite or offsite, a lifeguard will be present, and all campers will wear provided personal flotation devices. Boating will not be permitted during thunderstorms.

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.
 - If your camper does not eat breakfast before camp, please send them a breakfast item or extra snack for the morning.
 - We work hard and play hard; 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 or bandana 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 EpiPens
- 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 are in constant communication with the Camp Director by cell phone.

Campers are not permitted to use phones or smart watches to make or receive calls while at camp. We will contact you in any emergency situations. If you choose to send a phone with your camper, 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. If a cell phone is noticed by camp staff, it will be confiscated and returned to them 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

NEW FOR 2024!

COOKOUTS FOR GRADES 3-4

Cookouts happen on specified Thursdays at **lunchtime**. (See the camp brochure for dates.)

- We provide all the food. We will do our best to accommodate any food restrictions or allergies.

- Meals will be planned by campers with staff assistance, but food preparation and cooking will be done by camp staff.
- Campers should bring a mess kit OR a bag with a plate or bowl, fork, and spoon.

OVERNIGHTS FOR GRADES 5-9

Reserve Overnights happen on specified Thursday-Friday and are optional but encouraged. (See the camp brochure for dates.)

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

- 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 can provide tents and sleeping bags, if needed. 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 or Wednesday-Fridays. (See the camp brochure for dates.)

Offsite overnight hours: Drop off and pick up times will vary, but we make every effort to coordinate these with regular camp hours.

- 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 can provide tents, sleeping bags, or backpacks if needed. 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!