

Summer Program for High School Students Policies 2026

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Policies are subject to change.

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Basic Information

CONTACT

Business Hours: Monday through Friday, 8:00 a.m. – 4:30 p.m.

Academy Director:

- 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: 3:50-4:05 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:

- Students will walk out to the parking lot to meet their driver

Busing: We will have buses 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 by 9 a.m.

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.
- Students will receive an Academy t-shirt on their first day and should wear it on field trips.

Suggested for everyday: sneakers, hiking boots, or closed-toe sandals

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

Health and Wellness

ILLNESS POLICY

Parents should screen their children daily for signs of communicable illness. Students should not attend if they have symptoms of a communicable illness like a fever over 100.4°F, vomiting/diarrhea, or an unidentified rash. Students should be free of these symptoms for at least 24 hours before returning to the program. If your child becomes ill during the 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.

FIRST AID

Each staff member is certified in Standard First Aid and CPR and always carries a first-aid kit.

MEDICATIONS, EPI-PENS, 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 Academy Director in its original packaging. Admin will keep all medications on their person 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 in CampDoc for each medication.

Emergency Inhalers & EpiPens: 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 EpiPen, or other epinephrine auto-injector must have a completed Allergy Action Plan in their CampDoc health profile.
- All students carrying an emergency inhaler must have a completed Asthma Action Plan in 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 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:

- Before and after eating
- After using the restroom
- After coughing, sneezing, or blowing their nose

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 always carry water bottles with them 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
- Plastic bags or dry bags for wet or dirty clothing and shoes.
- Rescue inhalers and Epi-pens.
- Sunscreen and insect repellent if needed.
- Laptop (we have some that students can share, but please bring one if you have it)

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.

STUDENT PRESENTATIONS

FAMILIES INVITED

Each Friday afternoon at 2 p.m. students will present their findings in a final project. In the past these included poster sessions, short films, PowerPoint presentations, outdoor interpretive pieces, and more. Families are welcome to join us to learn about the amazing work the students have done.