



# NATURE DAY CAMP 2018

If you have questions regarding any of the information or policies in this packet, please contact PEEC's Camp Director, Stephanie Sherman, via [camp@peec.org](mailto:camp@peec.org) or 570-828-2310 ext. 240.

## General Information

### Activities

Your child will have the opportunity to participate in a wide variety of land, water, and adventure activities. Camp staff plan age-appropriate activities which includes hiking, crafts, sports, orienteering, campfires, team building, canoeing, and much more. A suggested packing list is included at the end of this document.

### Wednesday - Swimming at Camp Akenac

Every Wednesday, the campers will go on a trip to Camp Akenac, where they spend the afternoon swimming in a small lake or playing on the beach. Three lifeguards are on duty in addition to PEEC staff. Please pack a swimsuit, towel, and sunscreen for your child. Label everything!

To ensure everyone's safety and well-being, Polliwogs are required to wear life jackets in the water, which PEEC will provide. Juniors Naturalists and Senior Naturalists may swim in the deep section only after passing a swim test that entails swimming one lap and treading water.

### Thursday - Junior Naturalist Late Nights

Each week, Junior Naturalists have a late-night program on Thursday evenings that includes cooking dinner over a fire. Pickup for Junior Naturalists on Thursday evenings is 8pm. PEEC does not provide van service for late night activities.

### Thursday - Senior Naturalist Overnights

Each week, Senior Naturalists will have the option to spend the night camping under the stars after making dinner over a campfire. Meals are provided during the campers' stay (Thursday dinner, Friday breakfast, and Friday lunch). Please make sure you've communicated any food restrictions (vegetarian, allergies, etc.) on your registration form.

PEEC will provide a tent and outdoor cooking supplies; campers should pack an overnight bag with warm clothing, a sleeping bag/pillow, and any toiletries they might need. If you need PEEC to provide a sleeping bag, let your child's counselors know on Monday. Counselors stay in nearby tents and supervise campers at all times.

### Friday – Family Day

Every Friday at 2:30pm, PEEC welcomes camper's families to join us for all-camp activities. Families are encouraged to participate in activities with campers and staff which might include games, skits, or a showcase of skills learned throughout the week. All guests must either be listed as a camper's authorized pickup or accompanied at all times by someone who is. Family Day begins and ends at the Pavilion (where pickup/drop-off is – see map on next page).



## Pick-up, Drop-off, and Transportation

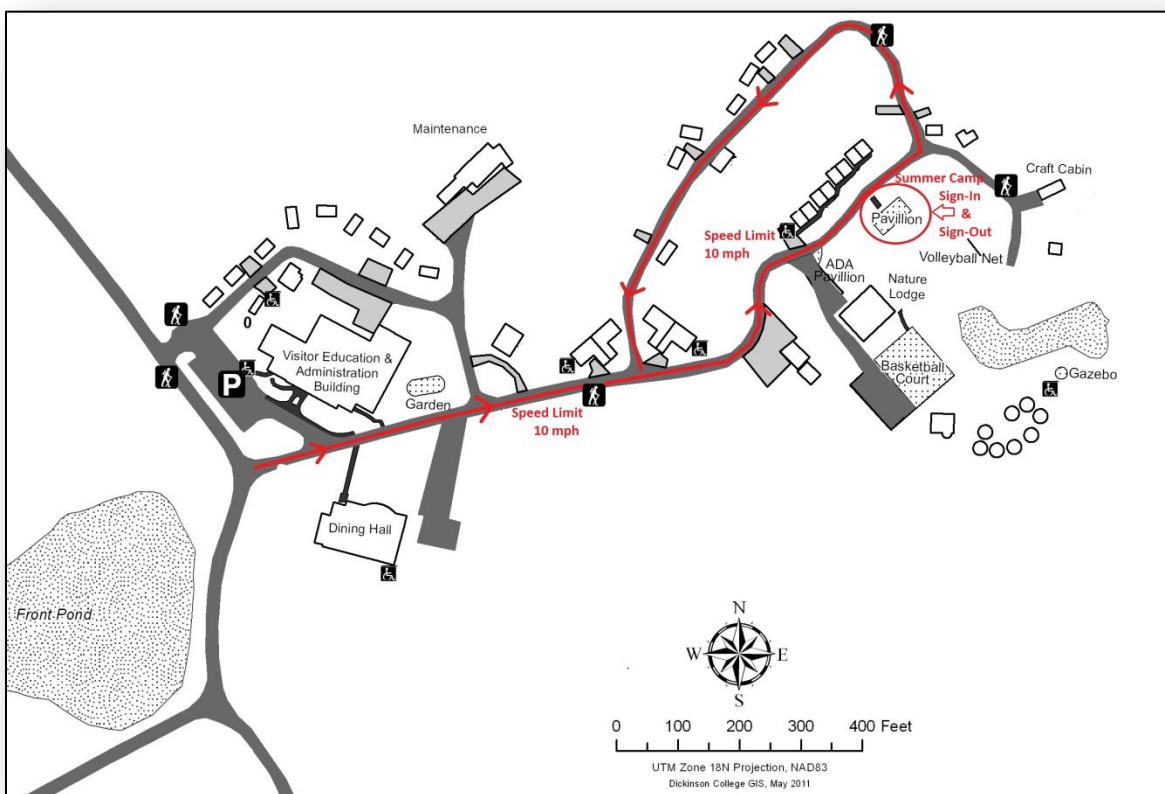
### Camper Drop-off

Camper drop-off is from 8:45am to 9:15 at the pavilion. Sign your child in with the camp staff for your child's age group. Drive down the main campus road, past the large lodges on the left, and down the hill to the pavilion. Vehicles may be parked in the grass on the right side of the road.

### Camper Pick-up

Pick-up is from 3:30 to 4:00pm. Photo identification is required each time you sign out your camper. Campers not picked up past 4:10 will be moved to After Care and a \$15 charge will be assessed.

Only authorized persons (as stated on the registration form) will be allowed to sign out and pick-up any camper. If you need someone to pick up your child who is not on the authorized list, please submit in writing (paper or e-mail) that person's name and contact information to the Camp Director.



Our campus speed limit is 10mph. For everyone's safety, please adhere to this and be aware that our roads are shared by cars, pedestrians, hikers, and bicycles.

### Before and After Camp

Before and after camp will be available at PEEC from 8am to 9am and 4pm to 5pm. Campers enrolled may be dropped off at the craft cabin starting at 8am, and picked up by 5pm. Craft supplies and games will be available during this time.

Families are encouraged to sign up for this service when registering their child for camp; space is limited and this service may not be available with fewer than two weeks' notice due to staff scheduling.

Payment for before/after care is valid for the Monday through Friday of the week registered and cannot rollover into subsequent weeks. A cost breakdown is below:

	<b>One day</b>	<b>One week</b>
<b>Before Camp 8am-9am</b>	\$15	\$25
<b>After Camp 4pm-5pm</b>	\$15	\$25
<b>Both Before and After Camp</b>	\$30	\$50

### **Transportation – Milford Health and Wellness Center**

Transportation to/from Milford is available at 8:30am and 4:30pm at the Milford Health and Wellness Center, located at 111 East Catherine Street. PEEC staff will do their best to contact you with the information provided; if a camper is not present by 8:45 the van will leave in order to minimize delays.

## **Health and Safety**

### **Health Form**

The best way for PEEC to provide a safe and healthy atmosphere to our camp communities is for families to partner with us to share any specific physical, emotional, or behavioral needs. Campers with incomplete health or immunization information will not be allowed to attend camp. If your child needs support or accommodation, please contact us.

### **Allergies**

If your child has allergies, please specify the allergen and severity on the registration form, including how it is triggered: airborne, touch/contact, ingestion, etc. PEEC can accommodate many allergies. All camp snacks are tree nut and peanut free. We can also provide snacks to accommodate gluten-free, dairy-free, or other food sensitivities.

PEEC cannot control lunches brought in by other campers, such as peanut butter or other potential allergens. Upon request, we can provide a separate “nut free” space.

### **Medications and Medical Care**

No camper is permitted to keep medication of any kind on his/her person. If your child has an EpiPen or inhaler, PEEC must have a letter on file from the child’s doctor that states his or her need to carry this medicine. For the safety of all other campers these items must be carried by staff.

All over-the-counter medicine, prescription medicine, and vitamins must be turned in during check-in. Prescription medicine must be in the original bottle with the doctor’s name, dosage, and usage instructions on the bottle. Please put properly labelled medicine containers in a clear plastic baggie with your child’s name. Trained camp staff will dispense all necessary medications as needed.

PEEC has medically trained staff members and a manager on duty 24/7 during the camp week. Should an accident or injury become untreatable at camp, we will make every effort to contact you and the camper’s emergency contacts before taking the child off-site for treatment.

### **The Great Outdoors**

During their time here, campers have the opportunity to participate in hiking, games, and other outdoor activities. PEEC practices a Leave No Trace philosophy in respect for the environment, and we expect all campers and visitors to do the same.

As in any non-urban area, while at camp there is a risk of insect bites, including mosquito and tick bites, which can result in diseases such as West Nile virus, Lyme disease, and other illnesses. Send your child to camp with insect repellent. We will use every reasonable effort to assist your child in the application of repellent. Due to humidity, perspiration and other naturally recurring events, as well as the nature of insect behavior, camp cannot guarantee that your child will not be bitten and/or stung by an insect.

For your child’s protection, staff members are not permitted to inspect campers for the presence of ticks or other bites. Upon returning home, examine your child for ticks and other evidence of insect bites or stings and take any necessary medical precautions. For additional information concerning insect borne illnesses, please consult The American Lyme Disease Foundations’ website at <http://www.aldf.com/lyme.shtml>, and the US Government Center for Disease Control and Prevention website at <http://www.cdc.gov>.



## Behavioral Expectations

Our rules are based on respect for the safety and well-being of the entire PEEC community. PEEC staff members will review these rules with campers on the first day:

- PEEC has a zero tolerance policy on bullying or discrimination. Campers will not undertake extreme or continued disrespect of others, including (but not limited to) appearance, nationality, socioeconomic status, ethnicity, religion, learning style, ability, family structure, gender identity, and sexual orientation.
- Campers will not physically or emotionally endanger themselves, other campers, staff members, or any other persons.
- Campers will not steal, harm or destroy camper, staff, or PEEC property or facilities.
- Campers will not leave assigned areas without permission or engage in age-inappropriate activities. Campers found to possess weapons, drugs, alcohol or tobacco products will be dismissed from the program.

Violation of these rules will result in an immediate call home and possible removal from program. **If dismissal is necessary, it is the parent's/guardian's responsibility to make arrangements for their child to be picked up immediately.**

## Clothing and Equipment

All personal items brought to camp should have your child's name or initials clearly printed on them. PEEC is not responsible for lost or damaged items.

### Essentials:

- Ready-to-eat lunch (food that does not require refrigeration or a microwave)
- Clothing suitable for hiking, playing outside, and getting paint or dirt on it
- Rainwear (poncho or rain jacket, boots)
- Sweatshirt or sweater (if cold day)
- Reusable water bottle
- Backpack to carry gear during the day
- Sturdy hiking shoes - sneakers or boots. No flip flops!
- Swimsuit, towel, water shoes (Wednesday only)
- Sun screen or sun block

### Optional:

- Camera (not a cell phone)
- Watch
- Insect Repellent (recommended)
- Something to tie-dye!

### **PROHIBITED ITEMS – DO NOT BRING**

- Cell phones, tablets, or other electronics (See policy below)
- Pocket knives
- Matches or lighters

Campers found to possess weapons, drugs, alcohol or tobacco products will be dismissed from the program.

## Cell Phones and Electronics

PEEC's camp program has a no electronics policy that extends to cell phones, mp3 players, tablets, hand-held gaming platforms, etc. The youngest generation is amidst a unique situation where they are growing up while constantly connected to vast arrays of information, games, and communication methods. We would like our campers to take a break from a screen and look at the natural world around them. Our camp has so many exciting experiences to offer campers, and electronics distract and detract from that experience.

One of the great benefits of camp is that it is a safe environment where campers can learn independence. This can often be a difficult experience for parents. Your comfort level may feel challenged by not being able to call or text your child. If this is your first time being separated from your child, this might be a difficult week for you. You may be tempted to help your child "sneak" a cell phone in to camp. I urge you not to do this.

Please partner with us in supporting our electronic policy. If a cell phone, tablet, mp3 player, or other electronic device is found during the week, the counselor will confiscate the item and return it directly to the parent. If you still feel concerned about your child not having a cell phone at camp, please contact the Camp Director.

