

Montvale Rec

Adventure Camp 2022

Grades 6-7

Parent Handbook

1 Memorial Drive
June 27 – July 22
(No Camp on Monday, July 4)

Camp Directors

Candice Carlisle

Kayse Daniel

MontvaleAdventureCamp@gmail.com

551-207-0388

Camp Nurse

Barbara Reineke

201-391-2900 ext. 3500

Introduction

We're so happy to be welcoming back all of the campers and staff! As always, our two goals for camp are to keep everyone safe and have fun! Please read through the below policies and procedures to get a well-rounded idea of what camp will look like for your children this year. We look forward to getting campers and staff back outdoors for a fun and safe summer!

Communication

Announcements: Email Blast

Camp information and notifications are sent through **email**. Please check your email regularly for camp emergency closures, updates and/or announcements. For this reason, it is very important that we have a valid email for every parent and/or for the person responsible for transporting your child. You should have received an email to the address you listed on the registration form after submitting it. If you are concerned about getting emails or have not received an email, please check your spam/junk box first and then email MontvaleRecreation@montvaleboro.org

To Reach a Camp Director

If you have a non-urgent matter, please email MontvaleAdventureCamp@gmail.com
For urgent matters, please call 551-207-0388 and leave a message. A director will get back to you as soon as possible.

COVID-19 Specific Policies

Stay Home When Appropriate

Unvaccinated:

Staff and campers who are not fully vaccinated and have recently had a [close contact](#) with a person with COVID-19, including family members who they live with, should [quarantine at home](#).

Staff and campers who have tested positive for COVID-19 or are showing symptoms of COVID-19 should [isolate at home](#).

Fully Vaccinated:

[Fully vaccinated](#) people who have symptoms consistent with COVID-19 should isolate themselves from others, be clinically evaluated for COVID-19, and tested for COVID-19, if indicated.

[Fully vaccinated](#) people with no COVID-like symptoms do not need to quarantine or be tested following an exposure to someone with suspected or confirmed COVID-19.

[When to Return to Camp After Exposure to or Confirmed Covid-19](#)

Reporting Illnesses and Symptoms

Positive Covid-19 Test or Symptoms of Covid-19

If a camper tests positive for Covid-19 or has symptoms of Covid-19, the parent/guardian must immediately report it to the Camp Nurse. Please call 201-391-2900 ext. 3505 if it is during camp hours. After camp hours, please call 551-207-0388. In either scenario, please leave a message if the call is not answered.

If a staff member tests positive for Covid-19 or has symptoms of Covid-19, they must immediately report it to the Camp Nurse. Please call 201-391-2900 ext. 3505 if it is during camp hours. After camp hours, please call 551-207-0388. In either scenario, please leave a message if the call is not answered.

If an individual is still on site when they develop Covid-19 symptoms, they will be immediately isolated until they are picked up from camp. All impacted staff and/or campers will be separated to a different area away from the suspected Covid-19 person and from all other groups and staff.

Upon the notification of a positive Covid-19 test, Camp Directors or the Camp Nurse will immediately notify the Local Health Authority. While maintaining confidentiality, we will also notify all staff and camper parents that a confirmed case has been identified at camp. Quarantining protocols for any exposed campers or staff will be based on our 'Stay Home When Appropriate' protocols with the Local Health Authority having the final say in each case.

Close Contact with Positive Covid-19 Person

If a camper or staff member is a close contact of someone who tested positive for Covid-19, they must immediately report it to the Camp Nurse. Please call 201-391-2900 ext. 3505 if it is during camp hours. After camp hours, please call 551-207-0388. In either scenario, please leave a message if the call is not answered.

PPE/Masks While on Site at Camp

Masks will not be required to be worn during camp hours but parents can choose to have their camper wear a mask both inside or outside if they choose.

PPE/Masks While on a Trip

Masking rules upon arrival at a trip location will vary depending on facility protocols.

Camper Drop Off & Pickup

Drop Off

Please drop off 6th and 7th graders at the Huff Park Playground at 9:00am each day. The parking spots directly in front of the playground will be reserved for busses only. Please do not park where the spots are coned off.

Pick Up

6th and 7th Graders can be picked up from Huff Park each day at 2:30pm. A camper can only be picked up by their parents/guardians or authorized persons indicated on their camp registration form. If a child is being picked up by someone other than the above listed, the parent must give a signed note to the counselor ahead of time.

Campers Walking To/From Camp

If your child will be walking to and/or from camp every day, it must be indicated on their registration form. If your child does not normally walk home, but will be for a day, you must send them with a signed note. Crossing guards will be on duty at major intersections during both camper arrival and dismissal.

We do not make exceptions for any campers walking home. (I.e. if they do not have a signed note) We take the responsibility of you placing these campers in our care very seriously and must take every precaution to ensure their safety. We reserve the right to deny a camper to walk home if they are ill, injured, unsafe or have had any issues walking home in the past.

Visitors

Visitors will not be allowed at camp. Camp will be limited to staff and campers only.

- **If you must pick up your camper early when they are on-site and you know ahead of time:** Please send your camper with a note stating their pick-up time and give it to their camp counselor. The counselor will make sure your camper is ready at the Red Shed at that time.
- **If it is a last-minute change and you must pick up your camper early while they are on-site:** Please call 551-207-0388 and leave a message. We will do our best to

have your camper ready. If your camper is not at the Red Shed when you arrive, please call 201-391-2900 ext. 3505

- **If you are unable to get a hold of someone at camp:** Please park in the designated PTO or MEF reserved parking spots by the Red Shed and wait for a staff member to approach to find out your camper's name and grade.

Inclement Weather

Rain Day Cancellations

The 6th and 7th grade boys and girls will be in the Senior/Community Center located at 1 Memorial Drive on inclement weather days. Pick-up on rainy days (even when the lightning detector is active) will be from the Senior/Community center. *If it is drizzling, we will allow campers to continue to play outside. **If it should rain or storm during camp hours and it is necessary to hold camp indoors, campers may be picked-up early if you so choose.**

If there is severe inclement weather, if our fields are in unsafe conditions or Memorial School must be closed due to an emergency, there is a chance that camp may be closed. **You will receive an email notification if camp is closed by 8:45AM.** If it becomes necessary to close Memorial School during our camp day (it has happened in the past due to power outage), we will notify all parents via email of the camp closure first and then make phone calls, if necessary.

Allergies, Asthma and Medical Conditions

Allergies/Asthma

Allergies That Require an EpiPen

If your child has any allergies that require an EpiPen, you **MUST** submit a Food Allergy & Anaphylaxis Emergency Care Plan Form prior to June 10.

Asthma

If your child has Asthma, you **MUST** submit an Asthma Treatment Plan Form prior to June 10.

If you have any doubt whether you submitted the above forms, please call 201-391-5700 ext 251 before camp begins.

All Other Medications

If your child will possibly need **ANY medication** for a medical condition other than the above stated, the prescription name and dosage information with doctor's orders must be submitted by

June 10. Without these vital documents, camp personnel will NOT be able to administer any medication under any circumstances.

Medication Drop Off on the First Day of Camp

ANY medication should be given to the Adventure Camp Director, Mrs. Carlisle, on the first day of camp. Please make sure to label any medications with your child's first/last name and group (ie. John Smith,6B for sixth grade boys) written boldly on the medication. It's recommended that labeled medication and/or EpiPens are left in camp during your child's entire stay rather than sending in daily. Please do not send any medication in your child's backpack.

The Camp Nurse will be on staff during all on-site camp hours. Our Camp Nurse there to assist and take care of most camp injuries/illnesses. While on a trip, the Adventure Camp Directors will administer medication and address basic medical needs. If you're child has any allergies, medical conditions or limitations, please be sure that you have noted them on the registration form.

Daily Camp Logistics

Suggested Items for Camper's Backpack

- Spray sunscreen: counselors WILL NOT be allowed to rub sunscreen on your camper. They will assist in spraying but please practice rubbing it in on their own.
- Beach/Pool Towel
- At least 1 Water Bottle.
- Lunch (if the trip does not have the option to buy; see trip calendar)
- You may choose to pack closed-toe water shoes for water activities. Sneakers must be worn at all other times while at camp.
- The Camp is **NOT** responsible for lost or stolen personal belongings brought to Camp. Please do NOT bring or send your camper with valuables to Camp. This includes cell phones, portable game systems, iPods, iPads, credit cards/money, personal sports equipment and jewelry. **All items that are brought to Camp should have the Camper's first & last name and grade.**

WE ARE A NUT FREE CAMP. PLEASE, NEVER SEND YOUR CHILD WITH FOOD THAT CONTAINS ANY KIND OF NUT (peanut, tree nut, etc.). We have many children who are severely allergic to nuts so please adhere to the approved snack list, at the end of this handbook, when packing your child's lunch.

What to Wear

- Comfortable Clothing
- Sneakers Required. Waterproof closed-toe shoes can be packed for water play.

- Bathing Suit Underneath Clothing for Darlington Lake and Splash Plex
 - Sunscreen
 - Trip Shirt on ALL Trip days
-

Trip Information

- Campers **MUST** wear their provided camp shirts (will receive on the first day of camp) on each trip. Campers who arrive late or without their shirt will **NOT** be able to go on the trip that day and must be picked up from camp.
 - Campers must arrive on trip days no later than **9:00 am**. Buses will arrive and depart promptly. A camper who misses the bus will not be able to participate in the trip or camp for that day.
 - Parents **will not** be able to drop off or pick up campers to/from a trip site. If there are extenuating emergency circumstances, you must contact Lisa Loranger at least 30 minutes prior to pick up.
 - Some trips will allow campers the option to purchase lunch on the trip. This information can be found on the trip calendar. Campers will always have the option to bring a bagged lunch and are encouraged to do so.
 - Refer to the Adventure Camp Calendar for dates regarding the trips campers will be attending.
-
















On Site Schedule

Each group has a designated, rotating, daily schedule of activities. Activities include Art under a shaded tent, Field, Water, non-contact sports, Playground, STEM, yoga, lunch and rest in a shady area.

Counselors will designate a time for lunch each day. Please pack a lunch and plenty of water for your child. Food will not be available if your child does not bring one. Please label their water bottle with the name and group (i.e. 7G for 7th grade girls) as it is the most commonly left behind item and we would like to be able to get it back to the camper as soon as possible.

Trip Schedule

Adventure Camp: July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
6/27	6/28	6/29	6/30	7/1
<u>Welcome to Camp!</u>	<u>Painting with a Twist (on site)</u> 	<u>Darlington Lake</u> 	<u>Bowling</u> 	On Site Day
7/4	7/5	7/6	7/7	7/8
NO CAMP	<u>Splash Plex FunPlex</u> 	<u>Darlington Lake</u> 	<u>Bowling</u> 	<u>Turtleback Zoo</u> 
7/11	7/12	7/13	7/14	7/15
On Site Day	<u>Rockland Boulders Game</u> 	<u>Darlington Lake</u> 	<u>Bowling</u> 	On Site Day
7/18	7/19	7/20	7/21	7/22
<u>Castle Fun Center</u> 	<u>Splash Plex FunPlex</u> 	<u>Darlington Lake</u> 	<u>Bowling</u> 	<u>Camp Party</u> 

Adventure Camp: July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
6/27 <u>Welcome to Camp!</u> Lunch: BYO	6/28 <u>Painting with a Twist</u> <u>(on site)</u> Lunch: BYO	6/29 <u>Darlington Lake</u> Lunch: BYO	6/30 <u>Bowling</u> Lunch: BYO or Buy at Alley	7/1 <u>On Site Day</u> Lunch: BYO
7/4 NO CAMP	7/5 <u>Splash Plex</u> <u>FunPlex</u> Lunch: BYO	7/6 <u>Darlington Lake</u> Lunch: BYO	7/7 <u>Bowling</u> Lunch: BYO or Buy at Alley	7/8 <u>Turtleback Zoo</u> Lunch: BYO or Bring money (Menu choices in FAQ)
7/11 <u>On Site Day</u> Lunch: BYO	7/12 <u>Rockland Boulders</u> <u>Game</u> Lunch: BYO or Bring money (Menu choices in FAQ)	7/13 <u>Darlington Lake</u> Lunch: BYO	7/14 <u>Bowling</u> Lunch: BYO or Buy at Alley	7/15 <u>On Site Day</u> Lunch: BYO
7/18 <u>Castle Fun Center</u> Lunch: BYO or Bring money (Menu choices in FAQ)	7/19 <u>Splash Plex</u> Lunch: BYO	7/20 <u>Darlington Lake</u> Lunch: BYO	7/21 <u>Bowling</u> Lunch: BYO or Buy at Alley	7/22 <u>Camp Party</u> Lunch: Camp Provided

BYO = Bring Your Own. Please send your child with a lunch
Buy at Alley = Send your camper with money to purchase food at the bowling alley snack stand

Approved Nut-Free Snack List

The following is a list of some more popular safe snacks, taken from snacksafely.com Please refer to the website for a full version of this list and for updates as product ingredients do change, and **ALWAYS check your food labels.**

Fresh Fruit- **check with counselor if sending in for a birthday treat, a few children have fruit allergies**

Hershey's Plain Chocolate Kisses
Dum Dum lollipops
Kraft Marshmallows

PRETZELS

Utz Halloween Pretzel Treats
Utz Hard Pretzels
Utz Pretzel Sticks- cinnamon, country stix
Utz Pretzel varieties- butter waffle, nuggets, holiday shapes, rods
Utz Select Pretzels- Honey Wheat Braids
Bachman Pretzels- Twists, Butter Twist, mini bite size, thin N Right, Rods
Herr's- Extra thin, Rods, Whole grain Honey Wheat
Pepperidge Farm Goldfish Pretzels
ShopRite- mini, waffle, rods

CHIPS

Utz tortilla chips- Lowfat baked, organic, multigrain, restaurant style
Bachman tortilla chips- restaurant style, MultiGrain
Doritos-Nacho cheese, Cool ranch
Tostitos- Restaurant Style, scoops, crispy rounds, multigrain, multigrain scoops
Utz Potato Chips- Regular, BBQ, Sour Cream
Baked Ruffles- Original, cheddar and sour cream
Baked Lays- original, sour cream and onion
Lays- classic, BBQ, sour cream and onion
Pringles- original, reduced fat, bbq
Pringles- snack packs
ShopRite- original, crinkle cut, kettle chips

POPCORN

Utz Popcorn- butter, cheese, white cheddar
Bachman- original, light
Smartfood- white cheddar, reduced fat, movie theater butter
Wise- original butter, white cheddar
Quaker Quakes Rice Snacks- caramel corn, ranch, sea salt & cracked black pepper, kettle corn, chocolate, sweet chili, cheddar cheese, sour cream & onion
Pirate's Booty Veggie, Aged white cheddar
Pop Corners
Utz Cheese Balls
Cheetos- puffs, crunchy
Herr's baked cheese curls
Wise Cheez Doodles- puffed, o's and crunchy

FRUIT SNACKS

Betty Crocker Fruit roll ups
Betty Crocker Fruit by the Foot
Betty Crocker Fruit Snacks
Annie's Organic Bunny Fruit Snacks

CRACKERS

Cheese Nips
Cheez-it
Goldfish
Goldfish Grahams
ShopRite Saltines
ShopRite Cheese Crackers
ShopRite Oyster Crackers
Townhouse
Keebler Grahams, Scooby Doo, bites
Nabisco Grahams, Honey Maid
ShopRite Grahams
Teddy Grahams

COOKIES

Barnum's Animal Crackers
Chips Ahoy
Keebler vanilla wafers
Lorna Doone Shortbread cookies
Nabisco 100 calorie packs- chips ahoy, lorna done
Nabisco Bisco's sugar wafers
Nabisco Ginger snaps
Newtons- original fig, fat free, whole grain, strawberry, raspberry
Oreo- original, double stuff
ShopRite Scrunchy Animal Crackers
Nutri Grain Cereal Bars
Special K Bars
Kellogg's Original Rice Krispies Treats

FROZEN TREATS

Dole Fruit Bars
Luigi's Italian Ice
Marino's Italian Ice
ShopRite Red, White and Blue Pops
Minute Maid Juice Bars
Breyers Pure Fruit Bars
Bryers Dixie cups- Vanilla and Chocolate
Philly Swirls