

# **Montvale Rec**

# **Summer Camp 2022**

**Grades 1-5**

**Parent Handbook**

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1 Memorial Drive  
June 27 – July 22  
(No Camp on Monday, July 4)  
9:30am-2:30pm

### **Camp Directors**

Lisa Loranger: Recreation Director  
Kathryn LoPresti  
Adam LoPresti  
Kevin LoPresti

### **Art Director**

Martina Grambone

### **Camp Nurse**

Barbara Reineke

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## Introduction

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Welcome back to all of our camp families and staff! As always, our two main goals for camp are to keep everyone safe and have fun! With that in mind, we greatly appreciate each family reviewing the below policies so that everyone can have a safe and smooth four weeks at camp!

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## Communication

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### **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](mailto:MontvaleRecreation@montvaleboro.org)

### **To Reach a Camp Director**

If you have a non-urgent matter, please email [MontvaleRecreation@montvaleboro.org](mailto:MontvaleRecreation@montvaleboro.org)  
For urgent matters, please call 551-207-0388 and leave a message if you reach the voicemail box. A director will get back to you as soon as possible.

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## COVID-19 Specific Policies

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### **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, their 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.

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 Local Health Authority.

### **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.

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## 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.

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# Camper Drop Off & Pickup

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## Drop Off

Park on Memorial Drive and walk your camper to the Red Shed to check them in with their age group at 9:30am each day. If it is raining, please bring them into Memorial School gymnasium. If the lightning detector is active, please follow lightning plan to drive up to the gym doors for drop off in the gym.

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## Pick Up

Camper pickup is at 2:30pm this year. All children, with the exception of walkers, must be checked out with their counselor prior to leaving. 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. Crossing guards will be on duty at major intersections during drop off and pickup for those walking home or riding a bicycle.

## Late Pickup

There will be charged supervision after 2:45pm. Children who are not picked up prior to 2:45pm on more than one occasion, may be asked not to return to camp. Late pickup will result in a charge of \$25.00 for every 15 minutes each child is left under camp care. Payments shall be made directly to the Camp Director overseeing the child's care.

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## 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. All walkers will be released from the Red Shed at 2:20 each day to ensure they can avoid the majority of exiting cars at 2:30pm.

Allowed to Walk Home Alone:

5<sup>th</sup> - 7<sup>th</sup> Graders

3<sup>rd</sup> and 4<sup>th</sup> Grade **ONLY** if they have a sibling in 6<sup>th</sup> or 7<sup>th</sup> Grade who will walk with them.

We do not make exceptions for any campers walking home. (I.e. if they do not have a signed note or if they are too young) 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 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:** Please call 551-207-0388 and leave a message. We will do our best to have your camper ready. If you 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 Campers name and grade

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# Inclement Weather

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## Rain Day Cancelations

The 1<sup>st</sup> through 5<sup>th</sup> grade boys and girls will be in the Memorial School Gymnasium, Art room and 3<sup>rd</sup> grade wing of classrooms on inclement weather days. Pick-up on rainy days (lightning detector is not active) for the **1<sup>st</sup>-5<sup>th</sup> Graders** will be in the Memorial Gymnasium, please park on Memorial Drive and walk into the gymnasium. \*If it is drizzling, we will allow campers to continue to play outside.

### **LIGHTNING:**

If the siren has sounded or the beacon (on top of the snack shack and the DPW building) is flashing, cars must drive directly up to the gymnasium doors by driving on the Kinderpath (just beyond the snack shack) and then turning left at the school (see map below). Upon arriving at the gym doors, a director will ask for your camper/s names and group name, I.e. John Smith, 4B for 4<sup>th</sup> grade boys. Please note there is only ONE lane of traffic during pickup. Do not get out of line after your child has been picked up. Please wait for all cars in front of you to exit before doing so. When exiting, cars will turn left at the walking path to get back onto Memorial Drive at the Red Shed.

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.



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## Allergies, Asthma and Medical Conditions

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### 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 in order for your child to attend camp.

#### Asthma

If your child has Asthma, you **MUST** submit an Asthma Treatment Plan Form in order for your child to attend camp.

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 prior to your child attending camp. 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

**EpiPens and Inhalers:** Bring to the camp nurse located in the nurse's office of Memorial School. Make sure you have submitted an Asthma Treatment Plan and/or Food Allergy & Anaphylaxis Plan form.

All medications must be in a clear bag labeled with your child's first/last name and group (ie. John Smith, 1B for first 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.

**All other Medications:** Bring to the Camp Nurse in the Nurse's Office in Memorial School with Doctor's Orders.

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. If you're child has any allergies, medical conditions or limitations, please be sure that you have noted them on the registration form.

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# Daily Camp Logistics

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## Suggested Items for Camper's Backpack

- Required: Sneakers
- 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
- You may choose to pack closed-toe water shoes if you do not want your child running in the sprinklers barefoot. 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.**
- It is strongly recommended that all campers bring a REUSABLE water bottle to camp. This is the most efficient way of keeping the campers from dehydrating on hot summer days. We strongly emphasize reusable because many children bring a plastic water bottle to camp, throw it away when done and then not have a bottle to fill the rest of the day. This also greatly cuts down on the garbage and recycling that is left around camp grounds. Please write your child's name and group on the bottle so that we can return it to

them if they misplace it. If a second water bottle is packed, consider freezing it the night before so that it's still cold by mid-day. Extra drinks packed in a lunch box will be stored indoors.

- Snack and Lunch
- Bowling Days: Cash for snack stand if you choose

**WE ARE A NUT FREE CAMP. PLEASE, NEVER SEND YOUR CHILD WITH A SNACK 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.**

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## What to Wear

- Comfortable Clothing
  - Sneakers Required. Waterproof closed-toe shoes can be packed for water play.
  - Bathing Suit Underneath Clothing (Other than Bathrooms, we do not have changing rooms)
  - Sunscreen
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## Group Structure

Staff in each group will consist of at least a Head Counselor, an Assistant Counselor and a Counselor-In-Training.

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## 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, snack, lunch, rest in a shady area and classroom time.

Counselors will designate a time for snack and lunch each day. Please pack a snack, lunch and plenty of water for your child. Snacks will not be available if your child does not bring one. Please label their water bottle with the name and group (i.e. 4B for 4<sup>th</sup> grade boys) 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.

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## Bowling Trips

Campers in grades 1-7 will be going bowling this year. The cost of bowling is included in the



camp registration fees. Bowling is mandatory for campers, there will not be alternate supervision at camp if they do not want to go bowling. If you do not want your child to go bowling, you must keep them home on the days their group is scheduled to go bowling. **Grades 1-3 will go bowling on June 28, July 5, 12 and 19. Grades 4-7 will go bowling on June 30, July 7, 14 and 21.**

**If there is rain, a thunderstorm or lightning predicted during drop off on any Tuesday/Thursday but the weather will clear up by our scheduled departure back to camp, we will send out an email that parents are to drop off their children assigned to bowl that day at the bowling alley itself. If the inclement weather is predicted to last through our walk back to camp, we will not be able to bowl that day and will instead hold camp in Memorial School.**

**\*\*Please be aware that the bowling alley is NOT the controlled peanut free environment that we have at camp. It is not in our control if other adults/children or camps bring in outside food that contains nuts. The bowling alley also has a snack bar that is not guaranteed to be peanut free. Although we always take every precaution to be aware of camper's allergies, we do want to make sure you are aware of this variable. Any and all medications, EpiPens etc. will travel that camper's counselor at all times.**

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## Food for Friends Friday

Every Friday, we will be collecting non-perishable food items to donate to the Tri-Boro Food Pantry. Any camper who would like to participate should bring in items on any Friday. Each group will collectively compete against the other groups to see who can bring in the most items by the end of camp. Bonus Items (Items in particular need by the pantry) will be listed on the camp activities calendar for each Friday. While campers can bring in any non-perishable, un-opened item for one point each, they can also bring in bonus items for two points each. The group who wins will receive a special treat on the last day of camp! We look forward to allowing the opportunity for children to give back to their community in a fun way.

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## Snack List

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The following is a list of some more popular safe snacks, taken from [snacksafely.com](http://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 Biscos 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  
Kelloggs 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