

**Montvale Rec**  
**Adventure Camp 2023**  
**Grades 6-7**  
**Parent Handbook**

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1 Memorial Drive  
June 26 – July 21  
(No Camp on July 3 & 4)

**Camp Directors**

Candice Carlisle

Kayse Daniel

[MontvaleAdventureCamp@gmail.com](mailto:MontvaleAdventureCamp@gmail.com)

551-207-0388

**Camp Nurse**

Barbara Reineke

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## Introduction

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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!

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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 [MontvaleAdventureCamp@gmail.com](mailto: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.

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## Camper Drop Off & Pickup

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### **Drop Off**

Please drop off 6<sup>th</sup> and 7<sup>th</sup> 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.

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### **Pick Up**

6<sup>th</sup> and 7<sup>th</sup> Graders can be picked up from Huff Park each day at 2:30pm (except for June 26, 30 and July 21 when pickup is at 12:30pm). 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.

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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. 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.

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## 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.
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# Inclement Weather

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## Rain Days

Pick-up on rainy days (or when the lightning detector is active) will be from Fieldstone Middle School. \*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 on-site indoors, campers may be picked-up early if you so choose.**

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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 prior to May 17.

### 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 May 17. 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.

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## Daily Camp Logistics

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### Suggested Items for Camper's Backpack

- Spray sunscreen: counselors **WILL NOT** be allowed to rub lotion type 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, iPads, credit cards, 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.**

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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 for Darlington Lake, Lake Marina and Splash Plex
- Sunscreen
- Trip Shirt on ALL trip days

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## 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 call 551-207-0388 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 instead if they choose.

## On Site Schedule

















Each group has a designated, rotating, daily schedule of activities. Activities include Art, 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 for on-site days 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 7<sup>th</sup> 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.

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## Trip Schedule

# Adventure Camp: July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
6/26	6/27	6/28	6/29	6/30
<b><u>Welcome to Camp!</u></b>	<b><u>Painting with a Twist</u></b> (on site) 	<b><u>Darlington Lake</u></b> 	<b><u>Bowling</u></b> 	<b>On Site Day</b>
7/3	7/4	7/5	7/6	7/7
<b>NO CAMP</b>	<b>NO CAMP</b>	<b><u>Darlington Lake</u></b> 	<b><u>Bowling</u></b> 	<b><u>Movies</u></b> 
7/10	7/11	7/12	7/13	7/14
<b><u>Splash Plex</u></b> 	<b><u>TreEscape</u></b> 	<b><u>Darlington Lake</u></b> 	<b><u>Bowling</u></b> 	<b><u>Lake Marina</u></b> 
7/17	7/18	7/19	7/20	7/21
<b><u>Castle Fun Center</u></b> 	<b><u>Urban Air</u></b> 	<b><u>Darlington Lake</u></b> 	<b><u>Bowling</u></b> 	<b><u>Camp Party</u></b> 

# Adventure Camp: July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
6/26 <b><u>Welcome to Camp!</u></b>  Lunch: BYO <b>CAMPER PICKUP AT 12:30PM</b>	6/27 <b><u>Painting with a Twist (on site)</u></b>  Lunch: BYO	6/28 <b><u>Darlington Lake</u></b>  Lunch: BYO	6/29 <b><u>Bowling</u></b>  Lunch: BYO or Buy at Alley	6/30 <b><u>On Site Day</u></b>  Lunch: BYO <b>CAMPER PICKUP AT 12:30PM</b>
7/3  <b>NO CAMP</b>	7/4  <b>NO CAMP</b>	7/5 <b><u>Darlington Lake</u></b>  Lunch: BYO	7/6 <b><u>Bowling</u></b>  Lunch: BYO or Buy at Alley	7/7 <b><u>Movies</u></b>  Lunch: Pizza Provided
7/10 <b><u>Splash Plex</u></b>  Lunch: BYO	7/11 <b><u>TreEscape</u></b>  Lunch: BYO	7/12 <b><u>Darlington Lake</u></b>  Lunch: BYO	7/13 <b><u>Bowling</u></b>  Lunch: BYO or Buy at Alley	7/14 <b><u>Lake Marina</u></b>  Lunch: BYO
7/17 <b><u>Castle Fun Center</u></b>  Lunch: BYO or Bring money Menu provided in FAQ	7/18 <b><u>Urban Air</u></b>  Lunch: Bring money for pizza	7/19 <b><u>Darlington Lake</u></b>  Lunch: BYO	7/20 <b><u>Bowling</u></b>  Lunch: BYO or Buy at Alley	7/21 <b><u>Camp Party</u></b>  Lunch: Camp Provided <b>CAMPER PICKUP AT 12:30PM</b>

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



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# Approved Nut-Free Snack List

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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