



CAMP ROCKLEDGE

Overnight Parent Guide

– PLEASE READ THOROUGHLY –

FAILURE TO MEET REQUIRED HEALTH AND SAFETY GUIDELINES WILL RESULT IN IMMEDIATE DISMISSAL.

Contact Information:

It is very important that you provide us with complete emergency contact information on the Camp Registration Form. If you are traveling, please list an itinerary and a list of phone numbers where you can be reached.

*** PLEASE NOTE IMPORTANT CHANGES***

- **Due to COVID19, Camp Rockledge will be operating under strict CDC guidelines to ensure overall camp safety. There will be NO visitations this year. In case of emergencies please contact the camp director.**
- **Calling hours are between 11am – 2pm every Sunday.**
- **We advise that all campers remain in quarantine for two weeks prior to their session as to further ensure overall camp safety.**
- **We have implemented a new schedule for increased routine cleaning and disinfection protocols in order to maintain healthy operations.**

Medication:

Please do not pack any medications (including over-the counter drugs) in your child's luggage.

All medications must be submitted to camp staff by the parent or guardian.

Prescription drugs must be in its original container with instructions from a licensed physician. Please place your packaged medications in a clearly labeled zip-lock bag or container along with dosage and directions for administering. Please include the camper's name on the outside of the bag—masking tape works well for labeling. All medications are administered by the camp staff under doctor's or parents' written orders. Unused medications will be returned at the close

of the camp session. Medications for which we do not receive written authorization to administer, will not be provided by the camp staff, including Tylenol or Ibuprofen.

Packing Checklist:

Please make sure to pack for the amount of weeks registered and include **EVERYTHING** on this list. Please label all that you can.

- Liquid shower gel (no bar soap or loofahs)**
- Hand Sanitizer**
- Laundry bag (no plastics bags)**
- Toiletry (all personal toiletry should be organized in a separate container)**
- Sweatshirts and/or light jacket (nights can be chilly)
- Variation of t-shirts
- Variation of shorts
- Variation or long shirts & pants
- Socks and Underwear
- Pajamas
- Formal attire (for contests, parties and discos)
- One pair of hiking boots and/or sneakers (must be closed toe)
- Flip flops
- Indoor shoes/slippers
- Water shoes
- Swim gear (labeled goggles)**
- Jump Rope (for morning exercises)
- Hat or cap**
- Towels (2 for showers, 2 or 3 for pool)**
- Sun block
- Bug repellent
- Lip Balm
- Reusable water bottle (no glass & preferably with cap attached)
- Back-pack
- Summer reading and homework
- Stamped envelopes (if parents wish to receive letters from campers)
- Positive attitude! (most important)

Phones:

Campers are permitted to bring their phones but on the condition that it will be kept in the camp's office storage. Campers may use their phones only during scheduled times.

Campers are NOT PERMITTED to bring the following:

- Food or candy
- Weapons of any kind
- Fireworks
- Hair dryers or any electric hair accessories
- Personal sports equipment (unless kept in the camp's storage facility)
- Pets/animals
- Playdough or slime
- Lego toys
- Money

IMPORTANT!

Please label all of your child's belongings. Lost and found will be displayed on the last day of camp. We will hold lost and found items for one week after each session ends for pick up. Please note that we will **not** ship any forgotten items.

The camp staff is not responsible for any lost/stolen or damaged valuables. Please avoid bringing any irreplaceable items to camp.

Check-In:

Check-in is only on Saturdays at 1:00 pm. No early arrivals please, as our staff will be very busy preparing for the start of camp. Last check-in time is at 4:00 pm. We want all campers to start their camping experience no later than 5:00 pm. Please arrive on time. Parents are not allowed to visit the camper's room, unpack any luggage and/or stay on camp facilities.

No smoking or littering is permitted.

Check-Out:

Checkout begins at 10:30 am and we ask that all campers be picked up by noon. Campers can only be released to authorized individuals. If your child is to be picked up by someone other than the parent or guardian, you must include the person's name on the written note as well as confirm the situation over the phone. If court orders concerning child custody are in effect, please notify us with a written note prior to camp's arrival. All parents are required to wear a face mask during pick up. Parents are not allowed to visit the camper's room, pack any luggage and/or stay on camp facilities.

* Please note that parent pick up is on **Friday** of the last week of camp.

Keeping In Touch:

Campers love to receive mail and are encouraged to write home. Sending an envelope/postcard that is self-addressed and stamped is an excellent idea. When sending mail, please allow two to three days for it to arrive to camp.

**Calling days are every Sunday 11:00 am to 2:00 pm.

Homesickness:

Going away to sleepaway camp for a week or more can be a challenging experience for many children. Short-term separation from parents and learning independence are both important parts of growing up, even though it may not always be easy. Many children face difficulty coping with the changes that come with spending time away from home. This anxiety is perfectly normal and happens on occasion. You can help by counseling your children prior to camp in order to make the transition easier. Let them know that you have confidence in their ability to be away from family and how exciting it will be to meet new friends. If they are unsure of themselves, let them know how proud you will be of them if they try their best to succeed. While your child is at camp, we will notify you if any concerns arise. Often, when a homesick child speaks on the phone to someone from home, his or her homesickness only worsens. Instead, we encourage writing letters both to and from the family. You may even wish to mail a letter a few days prior to their session. We train our staff to be caring and sympathetic, while at the same time keeping the campers busy with fun and uplifting activities.

Camp Behavior:

PLEASE MAKE SURE YOUR CHILD IS READY FOR SLEEPAWAY CAMP!

Attending summer sleep-away camp is a privilege that **both** the parent/guardian and child must mutually agree to experience. Our staff will make every attempt to provide positive and realistic expectations and guidelines for your children. All campers and parents must agree to the rules and expectations outlined in this guide before attending camp. This is a great opportunity for you and your child to discuss the positive nature of good behavior not only at camp but also in other aspects of his or her independent life.

In addition, participating in camp programs implies consent for camp staff to search camper's belongings when there is reasonable suspicion that the camper has possession of illegal, dangerous, or stolen items.

PLEASE NOTE: Campers who cannot follow the camp rules or are adversely affecting the experience of other campers will be dismissed without a refund. In these instances, it is the responsibility of the parents or guardians to pick up their child from camp immediately. The camp administrator reserves the right to determine what constitutes a violation of these rules and will enforce them as necessary.

Payment and Refund Information:

Full payment must be made at the time of camper arrival. All checks must be sent prior to arrival and cashed. Payments are not refundable under any circumstances. In case of sickness or voluntary withdrawal, there is no refund of any fees. If you withdraw your child early, the balance can only be alloved onto another session.

Insurance:

The parents/guardians are responsible for any medical costs incurred as a result of injury or illness while your child is at camp. Be sure to provide accurate information regarding your health insurance. Please bring a copy of your health insurance card. If your child has no health insurance, please provide us with a notarized note stating that the parent/guardian is responsible for all medical costs.

Visitations:

PLEASE UNDERSTAND THAT DUE TO COVID 19, THERE WILL BE NO VISITATIONS THIS YEAR

By signing below, I agree to the above camp guidelines.

Print Name: _____

Signature: _____ Date: _____