



BOYS & GIRLS CLUB
OF THE NORTH COUNTRY

Parents Summer Camp

Survival Guide



Welcome to Boys and Girls Club of the North Country's Summer Camp 2016

We are so glad that your child will be joining us this summer. We have created this handbook to provide you with everything you need to know about camp: camp rules, policies and procedures, special events, and more. Please read this information carefully to ensure that you and your child are ready for your first day of camp. If, after reading this handbook, you have any questions, please call us! Eric Frydman, Executive Director 603-838-5954.

What are the Boys and Girls Club of the North Country's Summer Camp Goals?

The goal of the Boys and Girls Club of the North Country's Summer Camp is to change young people into even better people. In our camp, we provide children with a positive and creative summer experience. We will strive to make it a great summer experience for your child.

When can I drop off?

Camp will begin promptly at 9:30 AM. Drop off will be between 7:30 - 9:30 AM. Early drop off between 7:00-7:30 AM is available for an additional \$25 per week. Please have your child at camp promptly by 9:30 AM so that the day can be started on time. Our camp day concludes at 4:30 PM. We will stay open until 6:00 PM to offer extended hours to assist parents. Please make arrangements to have your child picked up between the hours of 4:30 - 6:00 PM.

What is the pick up procedure?

Safety is a priority at the BGCNC. All campers picked up from camp must be signed out by staff before leaving the BGCNC camp property. To ensure your child's safety, we require notification if anyone other than a person on your authorized pick up list is coming to get your child from camp. ***The person picking up your child must present a valid picture I. D. (this includes parents/guardians).*** Notification will also be required if there is a change as to how your child will leave the camp property.

Can I come early to pick up my child from camp?

If for some reason you need to pick up your child early from camp you need to please send a note to camp that morning that states what time you will need to get your child. The staff will make sure that your child is waiting for you.

What should I bring to camp?

Please pack an extra set of clothing, along with a sweatshirt and rain gear. On days that it is raining we will continue to have camp outdoors until it becomes unsafe for the campers. Please be aware that your child may get wet, so send them with appropriate clothing on rainy days.

Children should arrive to camp everyday with:

Sneakers
Tee shirts
Shorts/pants
Appropriate weather gear
Sunscreen
Bug Spray
Lunch and snacks
Swim suit
Towel
Water bottle (empty Gator-aid or juice bottle is okay)
(NO MICROWAVE AVAILABLE FOR CAMPERS)

It's also very important that you label your camper's clothing and belongings with their name. A lost and found will be kept. Having your child's clothing labeled will ensure that it is returned efficiently and correctly. The BGCNC will not be responsible for any missing items

What if my child is feeling ill?

If your child is feeling ill in the morning of camp, we ask that they are kept home until the symptoms clear. If your child is ill and unable to attend camp, please notify us between 7:00 and 9:00 AM.

If the Camp Director deems a child ill, parents will be required to have their child picked up within 60 minutes of notification.

BGCNC Summer Camps has key staff people trained in emergency care and first aid.

What if my child needs to receive medication during the camp day?

Parents whose children need medication during the camp day should provide the medication in the original container with the original prescription attached. A medication consent form must be completed prior to any medications being dispensed. Non-prescription medication must be accompanied by a parent's note. All medications should be given immediately to the Camp Director and will be locked up throughout the day. Medications will be dispensed by authorized BGCNC personnel.

The trained staff will handle minor injuries or illnesses. In the event of a minor accident, injury, or illness (i.e. bloody nose, cut, or scrapes), the camp staff will treat the wound and parents will be informed at pick up. In the case of serious illness or accident, the BGCNC camp staff will utilize appropriate police, fire department or ambulance transportation. If this action is taken, the camper will be taken to Littleton Hospital or the nearest medical facility when on field trips. Parents will be notified in all cases.

The progressive methods of discipline approved for BGCNC camp are:

Step 1: Talk through the problem with the camper. Redirection is encouraged to suggest alternative solutions and assist in implementing. A warning may be given to the camper and consequences for continuance of their behavior.

Step 2: Removal from activity. Staff will ask camper to sit out, or staff will safely remove camper from the activity. The BGCNC staff will ask the camper to sit down and then help the camper return control of him/herself. After a time-out, or when the camper is calm, staff will ask why s/he was removed from the group. Campers will be provided an opportunity to resolve the situation by talking with staff and peers. After conversation, the child will be returned to the activity.

Step 3: The camper will be brought to Program Director/Executive Director. A parent will be contacted to discuss the camper's situation. Upon pick up the camp staff and parent will meet to discuss the problem and staff will provide the parent a written report, detailing the situation and efforts made by staff to resolve the situation.

Camp Staff will IMMEDIATELY contact the parents when these situations arise:

1. Physical fighting with another child – **(Will result in AUTOMATIC SUSPENSION)**. Parents will be contacted and EXPECTED to arrange for child's pick-up ASAP. Length of suspension will be determined by Executive Director/Program Director.
2. Habitual use of swearing/foul language
3. Hitting and/or kicking a staff member/another child/visitor
4. Inappropriate physical touching of staff member/another child/visitor
5. Leaving the camp group/area
6. Repeated infringements of camp policies

Step 4: If behavior continues, a meeting will be held between child, parent, and Camp Director. All documented prior incidents will be discussed, and the camper will be placed on a behavior plan according to the camper's developmental needs and level.

Step 5: Should future incidents occur, the BGCNC Executive Director may recommend the camper is unable to return to camp. If the camper's behavior is severe and endangering the safety of the camper, other campers, and BGCNC camp staff, the BGCNC reserves the right to terminate services immediately. You should feel free to consult the Executive Director regarding any problems in your child's adjustment to our camp program.

Field Trips

We will take a field trip every Wednesday. The Bus will plan on leaving the BGCNC property promptly at 9:00 AM. Please make sure to have your child at the BGNCN no later than 8:30 AM on Wednesdays so that we may get everyone ready for departure. All field trips will cost an additional \$20/child. This will cover any admission costs as well as share some of the fee to rent the bus. Below is a list of the trip destinations. If you have any questions, please call Katie.

Field Trips are every Wednesday. Dates and Locations are subject to change

June 22, Attitash

June 29, Santa's Village

July 6, Whale's Tale Water Park

July 13, Clark's Trading Post

July 20, Echo Lake and Cannon Mtn Tram

July 27, Lost River Gorge

August 3, Whale's Tale Water Park

August 10, The Flume and The Basin

August 20, Forest Lake State Park

NEW - Swim Program

We are excited to be offering a swim program this summer. Our campers will be swimming at the indoor pools at Evergreen Sports Center. Campers will be receiving two 30 minute lessons and two hours of free swim every week. Campers will be evaluated each Monday and separated into groups by ability level for lessons. Lessons and free swim will be on Monday, Tuesday, Thursday and Friday each week.

PLEASE SEND YOUR CHILD WITH A BATHING SUIT AND TOWEL ON THESE DAYS!

NEW - Special Friday Field Trips

This year we will be taking some additional field trips on some Fridays during July and August. These trips will vary in destination and will be on a first come first serve basis. Camper's behavior throughout the week may also affect their eligibility for these trips. There will be a \$20 additional fee per camper for these trips.

Please check with BGC staff at the beginning of each week to find out the destination for these trips.

NEW - Specialty Camp Programs

The BGCNC will be running 2 specialty Camps this summer!

Jewelry making in partnership with The Littleton Studio School

July 11-15 from 9:00 AM – 12:00 PM

This program will be held at the BGC.

The cost of this program will be \$150

Open to all children going into grades 3-7

Participants will make at least 1 piece of jewelry each day including bracelets, necklaces, pendants and more.

Youth Leadership Adventure Program with the Appalachian Mountain Club

July 25-29

This is a 5 day program consisting of nature activities, teambuilding, hiking and camping.

The cost for this program will be \$150

Limited to 9 participants

Participants will spend 2 days on the BGC property, 1 day/night at the AMC Highland Center and 2 days and 1 night hiking and camping.

This program is for children ages 10 – 14

Additional paperwork will need to be completed prior to attending this program.

Please speak to a BGC staff for additional information

Eric's Dog, Jackson

Eric has an 11 year old golden retriever named Jackson that will be at the Club most days during Summer Camp. He is very friendly and was raised with children. Please call Eric at 603-838-5954 if this will be a problem for you or your child.

Please note that we will be closed on Monday July 4th in observance of Independence Day

BGCNC Contact Information

Eric Frydman, Executive Director

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