

# JSLA Day Camp

## Frequently Asked Questions

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### What gear does my child need for camp?

#### What to Wear Daily:

- Comfortable clothing that can get dirty and wet
- Sneakers or boots and socks (on hike days campers **MUST** wear closed toe shoes with socks; crocs & sandals are not suitable shoes to hike in)
- Sunscreen
- Hat or bandana to keep ticks and sun off head

#### What to Bring Every Day:

- Extra set of clothing
- Water shoes, sport sandals or crocs with ankle straps for water activities
- Bathing Suit and Towel
- Rain gear
- Sunscreen – we will remind campers to reapply after lunch
- Water bottle(s) – we often are not able to refill water during the day, so bring what you'll need (2 liters is generally enough)
- Lunch and healthy snacks – send a hearty, non-perishable lunch with your camper each day; keep in mind that we **DO NOT** provide refrigeration. We encourage trash-free lunches to promote environmental stewardship. Recycling and composting are available.
- Backpack – for day to day needs you will need a backpack to carry the above listed items.

#### What to Bring On Overnights: In addition to the daily needs, please bring the following.

- Sleeping Bag and Sleeping Pad (limited supply available to borrow if needed upon request)
- Bowl/plate and fork/spoon
- Flashlight (new batteries)
- Long Pants
- Warm Fleece Top
- Extra pair of socks
- Backpack (or large bag)
- Trash Bag (to keep things dry)

#### What to Leave at Home:

- Anything breakable or valuable
- All electronics
- Gum or excessive candy (a piece or two in the lunch is fine; a bag becomes a problem)

- Cell phones are not permitted during camp hours

### **Where do I drop my child off for camp?**

- Please park in the main parking area – the field located to your right as you pull into the Squam Lakes Association parking lot. You must walk your camper to their designated camp area where a JSLA staff will check the designated drop-off person's ID. Look for the camp group posters.

### **Do you serve food at camp?**

- You will need to provide lunch and snacks for each day that your camper attends camp. Some Fridays we will provide a BBQ lunch when campers return from camping (see schedule).

### **My Child has a remote drop-off and pick-up scheduled – how will I know where to go?**

- On the first day of camp you will be given a detailed handout with the weekly schedule on it including directions. Please ask leaders or camp director if you are still unsure of where to go and do not rely on cell phones as service is unreliable.

### **What will my child sleep in during the overnight?**

- We provide tents for campers to sleep in for our overnights. Please note that we do not mix genders in tents. We will ensure appropriate tent accommodation is available no matter the gender identity of the camper. There are times when campers must have a tent to themselves. If you feel that this is an issue for your child, please speak with them and us beforehand.

### **There is an overnight scheduled during the week my child is attending but they will not be able to attend the overnight. What do I do?**

- If your child will not be attending the overnight, we ask that they not attend camp until the following day of the scheduled overnight. It is too confusing for the other campers when a child is removed on the day of the campout – which can lead to homesickness among other campers. Your child can attend the following day at 11am when their camp group returns to the Youth Activity Barn from the overnight and attend the BBQ and ice cream social.

### **Can JSLA staff administer medications?**

- No. Children who must take medications while at camp must be able to take their own medications under the supervision of JSLA staff. The JSLA staff is not allowed to administer medicines. We must have parent authorization for over the counter medicines and a physician's authorization for prescription medications. Please fill out all necessary information pertaining to this in the Medical and Legal forms packet.

### **My child has special needs. Can they attend camp?**

- If your child can participate in normal daily activities, they are welcome to join us. However, we are unable to provide one-on-one assistance in our camp programs. Please give us as much information as possible to allow camp staff to most appropriately assist your camper.

### **I need someone to pick up my camper who is not on the authorization list. What do I do?**

- Email the Director of Education. You may also drop off a note with the written information on it. We must have the name of the person picking up your child in writing and we will check their ID at pick-up.

### **Do you offer a scholarship for my child to attend camp?**

- Each Squam Lakes Watershed school is offered scholarships that are awarded to deserving students who could benefit from a week of summer fun. The watershed schools include: Ashland, Holderness, Inter-lakes, Moultonborough, Sandwich, and Plymouth. The MJ LaFoley Foundation generously donates one JSLA scholarship to a child from each school who exemplifies outstanding humanitarian qualities. Follow this link, <https://www.mjfoundation.org/>, to learn more about the MJ LaFoley Foundation.
- The SLA also offers one JSLA scholarship to a child from each school who demonstrates good citizenship.
- If you are a NH resident and your child does not attend one of these schools, there is a separate application process. For more information contact our Director of Education, Kyle Salmons, at [ksalmons@squamlakes.org](mailto:ksalmons@squamlakes.org).
- Another scholarship opportunity is the Douglas DiCenzo Camp Fund that supports families by providing partial scholarships for kids to go to camps, programs, and activities. Follow this link for more information: <http://www.dougscampfund.org/camp-fund-application>
- New Hampshire Department of Education is partnering with New Hampshire camps and school-age summer programs across the state to offer students the unique opportunity to move beyond COVID-19 and be a kid again through the ReKINDling CURIOSITY program. Students of all ages, backgrounds and abilities benefit from exposure to short-term summer enrichment programs, including in the areas of challenge, friend-making, positivity, and emotional safety. Details can be found here: <https://rekindlingcuriosityeducation.nh.gov/>

### **What is SLA's lightning protocol?**

#### Lightning Protocol

(Adapted from the National Lightning Safety Institute)

To prevent a lightning emergency:

1. Check the weather frequently.
2. Do not summit if a storm is nearby.
3. Do not go on the lake if a storm is nearby.
4. Do not camp on a ridgeline.
5. Wait 30 minutes after you hear the last thunder before heading back out.

In the event that you are caught out during lightning,

1. If you are on the lake, GET OFF THE LAKE, and find a small stand of evenly sized trees to take shelter.
2. If you are near the SLA, GO INSIDE your designated indoor space.
3. If you are on a trail, DESCEND and find a stand of small even trees to take shelter.
4. Once in a stand of small trees, spread the group out slightly and place leaders on either side of the group.
5. If there is a strike, be prepared to give CPR.

#### Places & things to avoid during lightning:

1. Summits of mountain or hills
2. Water
3. Being the tallest (or being near the tallest) object in a field
4. Small caves or overhangs
5. Shorelines
6. Open Spaces
7. Metallic Objects
8. Close contact with others-spread out 15-20 ft. apart
9. Contact with dissimilar objects (water & land; boat & land; rock & ground; tree & ground)

#### **How do you group kids together at camp?**

- Each camp group is arranged by age. Discovery is for children entering grades 3 and 4; Explorer is for children entering grades 5 and 6; and Expedition is for children entering grades 7, 8 and 9. Our Leader in Training (LIT) program is for youth entering grades 10, 11 and 12. Each program has about ten kids per group with two leaders and one LIT. Please note that at times of low enrollment our groups may be combined in an effort to help with group dynamics and logistics.

#### **What if my child gets hurt?**

- If your child sustains a minor injury – they will be given the medical attention allowing for them to comfortably finish the day (band-aid, cold pack, etc). You will be informed at pick-up that they had a minor injury. In the unfortunate event that your child needs serious medical attention – you will be called, if you cannot be reached the next emergency contact will be called. We will continue to call the numbers you listed on your form until we reach someone we can speak to. We typically use Speare Memorial Hospital in Plymouth. Dependent on your location, the time and the type of injury we will either ask you to pick up your child; meet the ambulance or meet us at the hospital. You will be contacted by the Director of Education.

#### **I have ideas on how to make camp better...how do I share them?**

- We value your opinion! We strive to make every day at camp a meaningful and enriching experience for all. You will find a link to an online web-form to fill out on our website at: <https://squamlakes.org/youthprogrameval>