



Junior Squam Lakes Association

2023 Guide to Camp

Welcome to camp! We're excited to share our love of the natural world with you this summer. Please read through this 2023 Guide to Camp; check out our [FAQ page](#); download [Medical/Legal Form](#) and [Covid Waiver](#), and find more information on our website at:

<http://squamlakes.org/junior-squam-lakes-association>

Mission: Junior Squam Lakes Association (JSLA) camp is designed to nurture respect for the natural world, increase awareness of environmental issues and instill a sense of stewardship. Campers will hike, explore the landscape, participate in stewardship projects, play nature games, and create earth friendly arts and crafts, among many other activities.

The Squam Lakes Association is located at 534 US Route 3, Holderness, NH. The Squam Lakes Association office is open Monday-Friday 9:00am-4:00pm: during this time you can contact our Director of Education, Leigh Ann Reynolds, by phone or email. Email is the best way to reach Leigh Ann.

Leigh Ann's Contact Information:
Phone: 603-968-7336 x17
Email: lreynolds@squamlakes.org

2023 Schedule

- Camp runs for 7 one-week sessions between June 26 and August 11.
- Monday – Thursday 8:30am-3:30pm with Friday pick-up at 2:30pm except July 4th week
- Summer 2023 JSLA Schedule: https://squamlakes.org/sites/default/files/2023-jsla-schedule%20updated%203_17_23.pdf

Registration & Payment

- Open to children entering 3rd grade through 12th grade.
- Campers are registered on a first come first-served basis with early registration open to past campers and SLA members on February 1st and open to all on Feb. 15th.
- Prior to May 1, 2023 campers can only register for 2 weeks of camp so that as many children as possible get a chance to spend a week on Squam.
- Campers on the wait-list will be eligible for registration based on the order they were placed on the list.

- We are unable to create more spots in camp groups but are happy to place campers on the wait-list and if a space become available we will contact you.
- Registration is complete once we receive full payment and complete packet.
- **Registration packets must be completed and submitted by June 1st** unless registered after June 1st they must be received (14) days prior to the start of camp week.
 - Registration packet includes: Medical & Legal Form, Covid Waiver, and Camp Policies & Procedures Agreement (last page of this document).
- If payment & complete registration packet is not submitted by June 1st you will receive an email notification and phone call letting you know that your spot will be released if we do not received everything by June 5th.

Camp Groups:

- Discovery- campers entering grades 3 & 4
- Explorer- campers entering grades 5 & 6
- Expedition- campers entering grades 7, 8, & 9
- Leader in Training- campers entering 10, 11, & 12

Staff Structure & Routine:

- All JSLA Environmental Camp Leaders will attend a mandatory 2 week staff training.
- All JSLA staff are required to be fully vaccinated before attending training.
- SLA Administrative staff will be on duty for the duration of the camp day.
- Designated cleaning staff will work to clean and sanitize areas used by campers.

Daily Health & Safety Procedures:

JSLA staff and campers must follow the most up-to-date CDC guidelines in regards to COVID-19.

- **Participants or staff who are feeling sick should remain at home.**
- SLA cleaning staff will be on-duty during camp day.
- Adequate hand-washing facilities will be available to campers and staff. Hand sanitizer will be available throughout the day.
 - Campers will be encouraged to wash their hands for 20 seconds, with warm water and soap, throughout the day.
 - Upon arrival, before and after eating, when coming indoors, after using the bathroom and any time they cough or sneeze.
 - JSLA staff will be mindful to implement programming that promotes respectful social distancing and programming will be focused on outdoor activities with adequate space for campers to remain distant.

- Daily sign-in/out will take place outside, in the grassy field/parking lot to the right of the SLA resource center or at trailhead.
 - You must walk your camper to their designated camp area where a JSLA staff will check the designated drop-off person's ID.
 - Non-essential visitors are restricted from camp. Therefore, if you will not be picking up your child, a pick up person must be designated in advance via the section on the Medical & Legal Forms.
- Drop-off is from 8:30-8:45. Leaders in Training should arrive at 8:15. We expect all campers to arrive by 8:45 or you will be considered late.
- End-of-day pickup will be conducted in the same location as drop-off between 3:15-3:30pm. Please walk to designated area and the leader will check your ID (if it's the first time we've seen you) for sign out.
- JSLA camp will be 100% outdoors unless there is inclement weather or campers are using the climbing wall. All indoor spaces will have doors & windows open with adequate air flow.
- If camping, campers will sleep head to toe and not exceed 4 campers per tent.

What to Wear:

- 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 (we do not apply sunscreen to campers)
- Hat or bandana to keep ticks and sun off head

What to Bring Every Day:

- Extra set of clothing regardless of age
- 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.

Out of respect for the safety of everyone in our programs and using our facilities, campers who repeatedly show up to camp without the required packed items will forfeit their program registration.

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

Inclement Weather: Camp is outdoors unless there is severe weather. On rainy days, please prepare your camper for outdoor exploration. Be sure to pack a rain jacket, extra shoes and clothes. If there is thunder and/or lightning storms we move campers to a safe location and follow our lightning protocol. See Frequently Asked Questions for protocol.

Labeling: All personal items need to be labeled including backpacks, water bottles, sunscreen, lunches and clothes. The Squam Lakes Association is not responsible for any lost/stolen personal items. The Lost and Found basket will be out during pick up on Fridays and then moved to SLA Headquarters. After one month in Lost and Found, items will be donated to a local charity.

First Day of Camp: By arriving to camp each day you are agreeing that the camper is feeling healthy and is following CDC guidelines. Be prepared to show ID at drop-off. You or a designated person is required to verbally sign your child in and out with a staff member daily.

Pick Up Protection: For your child's safety, only the individual(s) designated on the registration form can pick up your child and for the first pick-up they will need to show their ID. The person that completed the health form is the only one who can add or delete individuals with pick-up authority.

Late Drop Off/Pick Up: Campers arriving or being picked up late places undue stress on our program and staff. ***Late arrival is after 8:45am and late pick-up is after 3:30pm.*** There will be a **\$25 late fee accrued every 10 minutes** you are late to pick up your camper. Payment must be made before your camper is able to return to camp. If you realize you might be late please let us know by calling the SLA and/or emailing us.

Waste-Free Lunches: Much of the trash we generate comes from the packaging on the food we buy, and lunch foods are no exception. We highly encourage the use of reusable food containers, drink containers, utensils, and napkins. We discourage the use of disposable packaging, such as prepackaged foods, plastic bags, juice boxes and pouches, paper napkins, and disposable utensils. We provide recycling and composting.

Check out this how to pack a waste-free lunch poster from the EPA:

https://www.epa.gov/sites/default/files/2015-09/documents/wastefreelunch_poster_508.pdf

Tick Checks: The staff will remind campers to check for ticks throughout the day. It is also very important that you check your camper at home thoroughly after each camp day.

Sunscreen: We do not provide or apply sunscreen; however, we encourage that you apply sunscreen before camp. If you provide sunscreen we will remind campers to reapply at lunchtime or after getting wet.

Allergies: Please be sure to list allergies on the Medical and Legal form including directions of how you respond if an allergic reaction occurs. If needed we can arrange a time for you to speak with the camp leaders prior to the first day of camp.

Medications: Children who must take medications while at camp must be able to take their own medications under the supervision of JSLA staff. 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 information in the Medical and Legal form packet. If needed we can arrange a time for you to speak with the camp leaders prior to the first day of camp.

Swimming: For the safety of all campers please indicate on the Medical/Legal Form under the "Anything else you'd like to share with us?" section if your child is not a strong swimmer. It is helpful for our staff to know this in advance. Campers who do not pass the swim test are required to wear a life jacket during swim time and all campers & leaders must wear their life jackets at all times on boats (canoes, kayaks, and motor & sail boats).

JSLA Responses to Illness While at Camp

1. Camper will be removed from the camp group and wait with the Camp Director or other SLA staff member near the front entry way of the SLA building or at the trailhead parking lot.
2. SLA staff will supervise any ill child and keep them safe while awaiting pickup.
3. A parent, guardian or approved child caregiver will be contacted immediately and must be available to pick up ill child within 30 minutes of being notified.
4. SLA staff will clean and sanitize the building and communal use areas after use.
5. SLA staff will determine if camp closure is required or recommended by NH Public Health or the CDC.

Camper Expectations and Behavior

- Children who are sensitive to change, not able to follow directions, seek and/or require individual support to maintain positive behavior and social interactions, have difficulty making safe choices or regularly demonstrate behavior that is not easily redirected may not be best served in our camp program.
- Children who prefer not to spend a large amount of time outdoors and/or being physically active may not be best served in our camp program.
- JSLA staff will not be able to spend a lot of time on behavior redirection. Campers who

are repeatedly asked to change a behavior and are unable to do so will be sent home.

- JSLA understands and respects the impact that Covid-19 has had on families and the children we serve. We expect that transitioning back into structured social settings may be challenging for some of our campers and we intend to approach behavior management positively. We encourage parents to speak with their children about these expectations before coming to camp.
- Campers who are physically and/or verbally aggressive with peers or staff will be sent home and may be asked to forfeit their registration.
- When it comes to camper safety/expectations a failure to follow protocols will result in the following. Campers will receive one friendly reminder. If the behavior continues, staff will talk to a parent/guarding at pick-up, and if the behavior does not change then the camper will not be invited back to camp.

Device Free Policy

- Electronics are not allowed at camp. This includes cell phones, gaming devices, smart watches, iPod's, etc.
- If a camper arrives with an electronic device we will ask that they leave it turned off in their backpack for the camp day.
- Leaders will hold any device if it causes a disruption to the camp group and will return it at the end of the camp day to the designated pick-up person.

Refund Policy

- Registration and payment may be transferred to an alternative session at no additional cost if space allows.
- A \$25 administration fee will be charged for all cancellations.
- Cancellations made less than 14 days prior will not be refunded.
- If cancellation is made more than 30 days prior to the session, a full refund (minus \$25 fee) will be given.
- A 50% refund (minus the \$25 dollar fee) will be given if made 14 – 30 days prior to programming.

If SLA cancels a camp session participants who have pre-registered will receive a 100% refund.

- Day-of withdrawals and/or failure to attend a camp session will not be refunded unless a specific medical emergency has been documented.



Junior Squam Lakes Association

2023 Guide to Camp

Policies & Procedures Agreement

Please acknowledge and initial that you have read and understand the following policies listed in the 2023 JSLA Guide to Camp Policies & Procedures Agreement:

- _____ 2023 Schedule
- _____ Registration & Payment
- _____ Camp Groups & Structure
- _____ Staff Structure & Routine
- _____ Daily Health & Safety Procedures
- _____ JSLA Response to Illness While At Camp
- _____ Camper Expectations & Behavior
- _____ Device Free Policy
- _____ Refund Policy

I, _____, have read Junior Squam Lakes Association 2023 Guide to Camp in its entirety. I understand and accept the requirements for participation in JSLA's Summer Day Camp programs and agree to adhere to these policies.

Parent/Guardian Signature

Date