

# Common Ground Camp Summer 2019:

## *What to Bring, What to Wear, and Other Useful Information*

### Contacting us while your child is at camp

- ❑ call (203) 389-4333 ext 1213 or email [camp@commongroundct.org](mailto:camp@commongroundct.org)

### Lunch and Snack

- ❑ Please send a packed lunch each day. Do not pack sibling lunches in the same bag, as campers sometimes eat in different areas, depending on the day's activities.
- ❑ Microwave ovens are not available – please do not send food that needs to be heated.
- ❑ Please use an insulated lunch bag and an icepack if your child's lunch needs to be kept cold. **Lunches are not refrigerated.**
- ❑ Allergies and food restrictions: You may pack any foods you wish in your child's lunch – we do not restrict any specific foods. If your child has a food allergy that could be triggered by being in the presence of a specific food, please contact us so we can discuss how to best provide for your child.
- ❑ All campers will receive a Common Ground water bottle, which will be kept at camp for the duration of their camp session. Parents may choose to send an additional beverage with lunch.
- ❑ Campers who are staying for afternoon extended day will need a snack. Please send additional food in your child's lunch bag if they will be staying past 3 PM.
- ❑ SPROUTS campers should ALSO bring an afternoon snack that is packed separately from their lunch and labeled with their name. Teachers will collect this snack at lunch time and distribute it around 1:30 PM.

### Clothing

- ❑ Camp activities may involve getting dirty. Campers should wear clothes and shoes that can get mud, paint or other messes on them.
- ❑ Campers must wear sneakers, boots, or closed toed sandals. Shoes must be good for running, playing, and hiking. **No open toed shoes, and no shoes without a back (slides/clogs)!**
- ❑ Please send a change of clothes (including underwear and socks), in a plastic bag with your camper's name on it.

### Do Not Bring to Camp

- ❑ Video games, personal music players, cell phones, or other electronic devices. Campers are not permitted to use cell phones at camp and we cannot be responsible for loss or damage to electronics.
- ❑ Pocket knives or any other item that could be dangerous to camp participants.
- ❑ Toys or other personal items not necessary for camp are not recommended. Some campers do enjoy bringing Pokemon or Magic cards, or other small items in their backpacks. We understand these can be a useful social connection tool, or a comfort item for some children. Campers may choose to bring these items, but camp staff are not responsible for monitoring any personal items from home and will ask that items from home be put away if they are distracting or disruptive to the current activity. No gaming systems, tablets, or cell phones are permitted at any time.

### Daily camp checklist:

- **Backpack** with camper's name on the outside of the bag
- **Inside the backpack:**
  - \* **Packed lunch** in an insulated bag if necessary
  - \* **Change of clothes**  
*(in case of big messes or uncomfortable wet clothes)*
- **Afternoon snack** if your camper is staying for Extended Day
- Wearing sneakers, boots or sport-style, closed toed sandals (no flip flops or slides)
- Dressed for mess and for the weather
- Long-lasting bug-spray and sunscreen applied (optional)
- Camper NAME on everything! Especially on sweatshirts, hats, or other things that may be taken off.

## Weather

Campers should come prepared for the weather. We will be outside in any weather as long as it is safe (including rain). Campers usually love rainy days – it is not so hot, and they are allowed to get all wet!

## Behavior Policy

Common Ground Camps are a safe and fun place for everyone. We expect all campers and staff to treat each other with respect and kindness. We will help prevent problems by modeling conflict resolution skills throughout the camp session, by making sure that all campers understand rules and expectations, and by making it clear that staff are always willing and available to help sort out a problem. Significantly disruptive or dangerous behaviors may result in campers being sent home from camp for a day or more if staff and parents are not able to work out a solution with the camper. Parents will be contacted with any behavioral concerns.

## Health and Safety at Camp

❑ **Illness at camp:** If your child is too sick to participate in normal camp activities, please do not send them to camp. If your child becomes sick at camp and cannot participate in activities a staff person will call you and we ask that you make arrangements to pick up your child as promptly as possible.

❑ **How we treat injuries at camp:** scrapes, cuts, and bee stings are common as we play and explore. Camp teachers are certified in first aid and CPR. By camp licensing regulations, we are not permitted to apply antibacterial ointment to injuries. Cuts and scrapes are washed with soap and water and covered with a bandage. If your child comes home with a band-aid on, please know that the cut may require further cleaning and inspection by a parent. Bumps and bee-stings are treated with ice.

We will call and notify a parent about any significant injury so that you are aware of it before pick-up time. In the case of a medical emergency, we will care for your camper, call 911, and call a parent immediately.

❑ **Handwashing:** Hand sanitizer is available outside all animal yards. All restrooms are stocked with hand sanitizer and soap. Staff remind campers to wash their hands when leaving the animal yards and before eating.

❑ **Ticks, mosquitoes, and poison ivy:** Deer ticks (which can spread Lyme Disease) are found throughout Connecticut. Staff will help prevent children from encountering ticks by keeping campers out of prime tick habitat – areas of tall grass and weeds. Parents can help prevent tick (and mosquito) bites by applying bug repellent to campers each morning. For ticks, don't forget to spray shoes and socks, as they typically climb on from ground level.

Campers may be sent with bug repellent to be reapplied during the day, however we recommend looking for a long-acting formula that just needs to be applied once in the morning, at home. If you are sending bug repellent with your child to camp, make sure they know how to use it properly – outside (not in the building), no spraying on the face, and wash hands after applying.

Staff will teach campers to identify **poison ivy** during orientation, however we realize that many children are too young or too busy having fun to remember to look out for it. We keep the farm and campus areas as free of poison ivy as possible, and staying on trail in the woods also helps prevent campers from contacting poison ivy. If your child develops a rash that you suspect to be poison ivy, make sure to wash the clothes and shoes they wore that day in hot soapy water right away, as poison ivy can continue to spread from oils remaining on the clothes.

❑ **Sunburn and extreme heat:** We recommend that parents apply an all-day, waterproof sunscreen to their child at home in the morning. For many children, this is sufficient, but if your child has very sun sensitive skin, please send them with additional sunscreen (labeled with their name) and let staff know if they will need help reapplying it.

On very hot days, we always start the day with a reminder for all campers and staff to drink lots of water. We talk to campers about signs that they are too hot (headache, tired, feeling sick) and tell them to let a staff person know if they are overheated (and staff receive training in recognizing and treating heat exhaustion). We take frequent water breaks and check to make sure every child has a full water bottle before starting any physical activities. On really hot days we try to stay in the shade and we get wet in the sprinkler a lot!

## Medication at camp

For ANY medication at camp (prescription or over the counter), we need an Authorization for Administration of Medication Form that is signed by the parent and the child's doctor. Medication must be in its original container, in a clear plastic bag with the camper's name on the outside. It is most likely the same paperwork and packaging that you are required to do for your child's school. Please check to make sure the medication is not expired. The medication and associated forms can be brought on your child's first day of camp.

## Arrival and Dismissal

Campers must be dropped off & picked up according to the camp schedule. Staff are not available to supervise children before 8:30 or after 3:00, unless they are pre-registered for the extended day program.

**Arrival is from 8:30 to 9:00 AM** (or anytime from 7:30 – 8:30 AM for campers enrolled in morning care)

- Plan for drop-off to take about 15 minutes (at times, our parking lot can get very busy).
- Please wait at the sign-in area with your child until a staff member is present with the sign-in sheet.
- If you arrive after 9 AM, please walk your child up the hill to sign them in and make sure they find their camp counselors!

**Each day, you can choose from two drop-off options:**

- Use the drive-through drop off. Drive up and drop off your camper with a waiting staff member, who will sign them in and see them safely to their group. Please do not park or get out of the car – we need to keep the drive through moving!
- Park and drop-off: park your car in the lot and walk with your child to the sign in area.

The drive-through drop off is for quick-drop off only.

For safety reasons, the driver may NOT exit their car in the drive through lane . If you need to get out of your car for any reason (including applying sunscreen or bug spray to your camper), please park in the lot.

**Dismissal is from 2:45 - 3:00 PM** (or anytime from 3 – 5:30 PM for campers enrolled in extended day)

- Please park and see your camper's head teacher to sign out for the day. We know that families may have many arrangements for picking up children – just let us know if your child should go home with a friend, neighbor, etc. We will call you if there is any confusion. Plan for pick-up to take about 15 minutes.
- Campers not picked up by 3 PM will wait in the late pick up area until 3:15 PM, and your account will be charged \$5 per child for a pick-up between 3 – 3:15 PM.
- At 3:15 PM, campers in the late pick up area will be signed into extended day, and your account will be billed for \$15 for enrollment in extended day (this covers pick-up anytime from 3:15 – 5:30 PM).
- **Latest pick-up from extended day is promptly at 5:30 PM.**  
Campers in extended day may be picked up anytime between 3:00 – 5:30.
- **Picking up before 2:45 PM:** All of West Rock Park is our campus! Our hikes and forest explorations frequently take us off the immediate farm campus. If you need to pick-up your child early, please notify camp staff in the morning so that we can make sure your child is present on the farm campus, or let you know an alternate place to meet us!

### Essential Information

**Location:** 358 Springside Ave, New Haven, CT

**Phone:** (203) 389-4333 ext 1213

**Drop off time:** 8:30 – 9:00

**Pick-up time:** 2:45 – 3:00

**Latest pick-up time from extended day:** 5:30

**Email:** [camp@commongroundct.org](mailto:camp@commongroundct.org)

**Due date for payments and doctor's physicals:**  
June 5, 2019

## Questions and Concerns

We always welcome your feedback – it is great to hear what your child learned or loved doing, and we appreciate knowing when something is not going as you expected. We take your input seriously and are always happy to hear from you, so please don't hesitate to speak up if you have a question or concern. And, your notes of thanks are always shared with staff and go a long way towards inspiring our teachers to make every day of camp as magical as the first.

We look forward to a great summer at Common Ground! Please contact me at (203) 389-4333 ext 1213 or [camp@commongroundct.org](mailto:camp@commongroundct.org) with any questions or concerns.

Sincerely,

Rebecca Holcombe  
Common Ground Camp Director

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### Reminders to print and put on your refrigerator!



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