



# *Camp Parent's Guide*

## *2016*

*Dear Camp Parents,*

*Welcome to Riverbend's Summer Exploration and Adventure Camp 2016! We are looking forward to another great year. This guide is designed to help you prepare for your summer experience at Riverbend.*

*Riverbend's camp is designed to create a learning environment that is fun for everyone. We strive to achieve a balance between fun, learning and "just being kids". I hope that you will attend our **Camp Open House on February 27th from 10:00-12:00 pm** and our **Camper Orientation on June 11th from 10:00-12:00 pm**. This will give you and your child a chance to meet the staff and begin to get acquainted with Riverbend.*

*If you have any questions please do not hesitate to contact us, 610-527-5234.*

*See you this summer!*

*Stacy Carr-Poole, Director of Education*  
*scarr@riverbendeec.org*

*Kelly Myers, Camp Coordinator*  
*kvoorhees@riverbendeec.org*

### **Where is Riverbend located?**

1950 Spring Mill Rd., Gladwyne, PA 19035

Not far from the intersection of I-76 and I-476. Just off PA 23/ Conshohocken State Rd. Past the Philadelphia Country Club, at the bottom of the hill. For more directions visit [www.riverbendeec.org](http://www.riverbendeec.org).

### **Registration Policies**

- **Tuition Balances** must be paid by June 1, 2016. Any unpaid balances will be charged a \$25 late fee.
- **Schedule Changes** will be accommodated to the best of Riverbend's ability. However, many weeks are full by summer and changes may not be possible.
- **Cancellations/Refunds:** Deposits are non-refundable. If cancellations are made after June 1<sup>st</sup> **NO REFUND** will be given.
- Riverbend reserves the right to suspend or terminate the enrollment of any camper if we deem it is in the best interest of the camp and/or the camper.

## **Drop-off and Pick-up**

### **Regular Camp Day 9:00 a.m.—3:30 p.m.**

For drop-off and pick-up we will be using a car line. When you arrive in the morning you will be stopped by a staff person before you turn into Riverbend's driveway. When clear, they will direct you to drive down the driveway and you will sign your child in with a second staff member, while a third staff member assists your child out of the car. The same procedure applies to pick-up, with the staff helping your child into the car. **Please note:**

**On Monday morning you must park in our parking lot and bring your child to their group.**

For **Tadpole** and **Ranger** pick-up, please park in the parking lot. Your child's group will be waiting near the parking lot and you can sign them out with their educators.

### **Extended Day 8:00 a.m.—6:00 p.m.**

All extended day campers are dropped-off and picked-up at the barn.

### **Late Drop-off (after 9:15) or Early Pick-up (before 3:15)**

All late drop-offs and early pick-ups must report to the office in the lower level of the barn.

### **Authorized Pick-Up People**

Campers will only be allowed to leave with people you have authorized. Please contact the office to adjust your pick-up authorizations.

## **What to Wear and Bring**

- Wear clothing that can get dirty and wet. A change of clothing is highly recommended, especially for Rangers and Adventurers.
- Wear sturdy, comfortable shoes for hiking, playing games and going into the creek. Many campers prefer to bring a separate pair of creek shoes, such as sandals, boots or 'cros'.
- Bring lunch, please consider our guidelines for a green lunch when you are preparing for camp.
- Bring a water bottle, **FULL!**
- Bring or wear clothing appropriate for the weather, please send a raincoat if rain is predicted (no umbrellas please).
- Parents may elect to apply an insect repellent and/or sunscreen before the camper arrives at camp.

**We recommend that campers bring a bag that can be sealed (i.e., backpack or duffel) for their belongings, and all belongings should be clearly labeled with names!**

## **What not to bring**

- Knives or weapons of any kind.
- Electronic devices (Please note...electronics are also **prohibited** during our extended day program.)
- Money and valuables

## **Food: Lunch and Snacks**

Please pack enough lunch for your child to sustain an active day, but try to avoid over packing. Riverbend does not have a refrigerator for camper lunches, so please pack appropriately.

As part of our conservation education, campers are asked to take home all of their leftovers and packaging. Please consider this when packing lunches; some containers can get very messy. Riverbend also recommends packing a "green lunch" by using reusable containers to decrease the amount of waste in your child's lunch. Some possible options:

- A thermos for juice instead of a juice box or pouch.
- An insulated reusable lunch bag instead of a brown paper bag.
- Reusable containers for sandwiches, snacks and other foods.

**Snack:** A small snack (pretzels, animal crackers or goldfish) is provided for campers mid-morning. Extended day campers receive an additional snack in the afternoon. If your camper requires additional food, or has special dietary needs, please pack an additional snack in their bag.

## **Ticks and Mosquitoes**

Riverbend is very much aware of the health issues associated with spending time outdoors. Riverbend is especially mindful of issues caused by mosquitoes and ticks. Although we can not eliminate these threats completely, Riverbend does take steps to mitigate these issues.

On the issue of Mosquitoes and West Nile Virus, Riverbend monitors our ponds and other still water sources for mosquito larva. We have found that our mosquito population is typically controlled by the wildlife on site, fish, dragonflies and bats. However, if the population increases dramatically we will treat the water sources with environmentally friendly, integrated pest management treatments.

On the issue of Ticks and Lyme Disease, Riverbend, as with any outdoor spot in our area, like local parks or even your back yard, has ticks, including the deer tick that carries Lyme Disease. White-tailed deer and white-footed mice are the two main carriers of the ticks. While deer are mere vehicles of transportation for the ticks, most ticks are infected with the disease after feeding on a White-footed mouse. To deal with the deer, we have installed a deer enclosure fence around most of the property to control the number of deer on our site. With the reduction of deer, we have also seen a reduction in ticks being transported to our site.

To mitigate the mice harboring the bacteria that cause Lyme, we have made two applications of Damminix Tick Tubes® in the winter and spring, targeting the larvae and nymph stages of the deer ticks. These are biodegradable, cardboard tubes filled with permethrin treated cotton balls. As the mice collect the cotton to build their nests over the winter and spring any deer ticks that feed on mice will be exposed to the permethrin and killed. Damminix is EPA approved, environmentally friendly and does not harm the mice or any other mammals. Research has shown that using this product results in up to a 10-fold reduction of your risk of exposure to a tick that could cause Lyme Disease. More information on Damminix can be found on their website: <http://www.ticktubes.com/index.html>

However, many of the campers do venture beyond the fenced in areas, to visit the stream, hike to the Bamboo Forest and explore the Read Trail. Because of this, our staff conduct tick checks regularly, including after visits to especially tick prone areas such as the Bamboo Forest. Since it is difficult to do a thorough check at camp, we recommend that parents do a **complete tick check every night**.

If you find a tick on your child, remove the tick carefully with a pair of tweezers. Get the tweezers as close to the skin as possible and pull straight out. Check the area carefully to make sure that the head of the tick came out. It can also be helpful to tape the tick to a piece of paper and make a note of its location. Researchers have found that ticks typically need to be attached for 24 hours or more to transmit the bacteria for Lyme Disease, so a **thorough check each day**, should keep everyone healthy.

***\*\* Studies have shown the best repellents for ticks are those with Permethrin. Clothing and shoes can be treated with Permethrin (follow label guidelines and never apply to skin) and the effectiveness can last for several weeks.***

## **Resource Guide**

Here are some great websites to check out to learn more about ticks, mosquitos, sun exposure, hydration, and poison ivy.

<http://www.lymediseaseassociation.org/>

<http://www2.epa.gov/mosquitocontrol>

[http://kidshealth.org/parent/firstaid\\_safe/outdoor/sun\\_safety.html](http://kidshealth.org/parent/firstaid_safe/outdoor/sun_safety.html)

[http://kidshealth.org/parent/firstaid\\_safe/emergencies/dehydration.html](http://kidshealth.org/parent/firstaid_safe/emergencies/dehydration.html)

<http://www.healthychildren.org/English/health-issues/conditions/skin/pages/Poison-Ivy-Treatment.aspx>

## **Camper Medications**

No camper is permitted to carry any medicine at camp. If your child needs to take medication during the camp day, please give it to the staff at drop-off and it will be kept in the office. The camp coordinator will dispense medication to campers when they are scheduled to receive them.

**\*\* If your child needs an Epi-pen or inhaler available at all times, the educator assigned to your child will hold it.\*\***

## **Medical Information**

Please make sure that you have provided Riverbend with all pertinent medical information and emergency contacts for your child. The medical information was included in your registration form. To make adjustments to your form please contact the office or access your Active Network account to change information.

## **Additional Programs and Activities**

In addition to our regular exploration programs, some programs have special activities. Below is just the basic information for some of these programs. More information will be provided to the parents prior to the activities.

**Field Trips:** Most Thursdays, Explorers and Discoverers participate in a field trip to a local nature area or museum. Campers will be transported by bus to the selected location. Information will be provided to the parents early in the week on the destination. The campers need only the things that they would normally bring to camp; a lunch and a water bottle. The bus typically leaves Riverbend at 9:30 am and returns to Riverbend by 3:00 pm. If you need to arrange late drop-off or early pick-up, contact the office.

**Explorer Cook-Out:** Explorers can choose to stay late on Thursdays for a cook-out. The cook-out goes until 7:30 pm and is an extra fee of \$20/camper. The cook-out includes hotdogs, pizza sandwiches, and of course s'mores. If your child has any special dietary needs please contact the office and we will do our best to work out accommodations.

**Discoverer Camp-Outs:** On Thursdays, Discoverers have the option of participating in a camp-out at Riverbend. The campers pitch tents in the field, cook over the fire, and enjoy fun night time activities. The cook-out includes hotdogs, pizza sandwiches, and of course s'mores. This is a fun experience for everyone, but if you child does not wish to spend the night, they are welcome to stay for the evening activities and then get picked up at 7:30 pm or 9:00 pm. In case of inclement weather, campers will sleep in the barn. Riverbend will provide dinner Thursday night as well breakfast (cereal) and lunch (macaroni & cheese) on Friday. If your child has any special dietary needs please contact the office and will do our best to make accommodations.

*Campers will need to bring the following:*

- Lunch for Thursday
- Sleeping bag (campers may also wish to bring a pillow and sheet for sleeping)
- Tent (if you have one; if not, we'll make arrangements)
- Reusable Plate, bowl, fork, table knife, spoon
- Reusable Cup
- Clean clothes for Friday
- Toothbrush, toothpaste
- Flashlight
- Any needed medicine (please give to staff for safekeeping)
- Other things you might want when sleeping over (book, pajamas, etc – no electronics please.)

## **Adventure Camps (10-13 year olds)**

Each one of these programs has a slightly different schedule and activities. Below are just some of the activities, but additional information will be provided on the website through out the year and to the parents the week or two before their program begins.

**Adventure Excursions:** Two sessions of this program are offered. These programs will all be day trips during the regular 9:00-3:30 day. A detailed schedule and supply list will be sent to parents the week or two before the program. We will also be updating the website with more details on the venues and locations as they are decided.

**Ocean and Beach Exploration Voyage:** This one week program is offered for ages 10-13. Monday will be spent at Riverbend and then the camping trip will begin on Tuesday and run through Friday. A detailed schedule and supply list will be sent to parents a couple weeks before the program.

**Hi-Tech Naturalist:** This one week program focuses on the intersection of technology and nature and will include field trips and guest speakers. These programs will run during the regular 9:00-3:30 day. A detailed schedule and supply list will be sent to parents the week before the program.

**Hunger Games:** This one week program focuses on outdoor skill building with a fun popular twist and will take place at Lower Merion Township's Rolling Hill Park. Pick up and drop off will take place at Rolling Hill Park. These programs will run during the regular 9:00-3:30 day. A detailed schedule and supply list will be sent to parents before the program.

## **Friday Extravaganza**

Every Friday at 3:00 p.m. (12:45 p.m. for half day Rangers), campers will present a Show-and-Tell Extravaganza for family and friends. Extravaganza showcases the crafts, experiments, songs and other projects that the campers have completed during their week at camp. Family members and friends are encouraged to attend. This is your opportunity to really learn what your child has been up to all week.

## **Volunteering at Riverbend**

Would you like to come to camp? With about 60 campers running around each week, 30-acres of natural habitat to maintain and constant administrative work to be done, Riverbend is always looking for a little extra help! Please contact Riverbend if you have a little bit of extra time you would like to share with Riverbend.

Teens, 14 and older are also welcome to volunteer at Riverbend; Contact Kelly Myers at [kvoorhees@riverbendec.org](mailto:kvoorhees@riverbendec.org) to learn about our Camp Junior Volunteer Program or visit our website at [www.riverbendec.org](http://www.riverbendec.org).

## **Contacting Riverbend**

Stacy Carr-Poole, Director of Education  
[scarr@riverbendec.org](mailto:scarr@riverbendec.org)

Kelly Myers, Camp Coordinator  
[kvoorhees@riverbendec.org](mailto:kvoorhees@riverbendec.org)

610-527-5234  
1950 Spring Mill Road  
Gladwyne, PA 19035

*Throughout the year, Riverbend offers a wide variety of programs, including our Year-Round Camps (held during school holidays) and Weekend Family Programs (check the events calendar on the website). To find out more about Riverbend's other programs, please visit our website:*

**[www.riverbendec.org](http://www.riverbendec.org)**

*Riverbend's Summer Exploration Day Camp:  
Week at a Glance*

	Monday	Tuesday	Wed.	Thursday	Friday
<b>8:00</b>	AM Extended				
	<b>8:50-9:10 Camper Drop-Off</b>				
<b>9:00</b>	Group <i>Get-to-Know-You</i>	<b>Morning Circle:</b> Time for songs, games and stories with everyone in camp.			
<b>9:30</b>	<b>Morning Circle 10:00</b>	Morning Nature Lesson	<b>Activity Day</b>	Morning Nature Lesson	Morning Nature Lesson
<b>11:30</b>	<b>Lunch:</b> Rangers at 11:30, Adventurers at 11:45, Explorers, Discoverers and Travelers at 12:15				
<b>12:00</b>					
	<b>1:00 Half Day Ranger Pick-Up</b>				<b>Half Day Ranger Extravaganza 12:45</b>
<b>1:00</b>	Hikes, Games, Crafts, Science Experiments and much, much more!	Campers choose their morning and afternoon activities!	Explorers and Discoverers on field trip all day.	Afternoon Exploration 1:00-2:00	
<b>3:00</b>	<b>Afternoon Circle:</b> Campers end each day together, singing songs, hearing stories and playing games.				<b>Extravaganza 3:00</b> Parents Welcome
<b>3:30</b>	<b>3:30 Camper Pick-Up</b>				
<b>6:00</b>	PM Extended				