



Camp Parent Guide 2019

Dear Camp Parents,

Welcome to Riverbend's Summer Camp 2019! Summer camp has many benefits for children, including increased confidence, building relationships, improved environmental literacy and of course, memories to last a lifetime. We offer a child-driven, immersive experience in nature where children are free to explore, learn and experience the world in a safe environment. Our counselors are trained in inquiry-based science teaching methods, first aid and natural science.

When you participate in summer camp, you provide support to help Riverbend to deliver high quality, nature-based STEM programming to children across Southeastern PA.

We are looking forward to another great year for our campers and families. This guide is designed to help you prepare for your summer experience at Riverbend.

If you have any questions please contact us, 610-527-5234.

See you this summer!

Table of Contents

Camp Parent Guide 2019	1
Table of Contents	2
Where is Riverbend Located?	3
Registration Policies	3
Drop-off and Pick-up	3
What to Wear and Bring	4
Food: Lunch and Snacks	4
Camper Medications	5
Riverbend Behavior Policy	5
Additional Programs and Activities	6
Additional Information	8
Day Camp Week-at-a-Glance	9
Contact Riverbend	10
About Riverbend	10

Where is Riverbend Located?

Address: 1950 Spring Mill Rd., Gladwyne, PA 19035

Riverbend is located on Spring Mill Road, just off PA 23/Conshohocken State Rd. We are easily accessible from 1-76 and 1-476.

When traveling on Spring Mill Road, look for Riverbend signs after you pass the Philadelphia Country Club.

Registration Policies

- **Tuition Balances** must be paid in full by June 1, 2019. Any unpaid balances will be charged a \$25 late fee and subject to cancellation.
- **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 1st **NO REFUND** will be given.
- Riverbend reserves the right to suspend or terminate the enrollment of any camper without refund if we deem it is in the best interest of the camp and/or the camper.

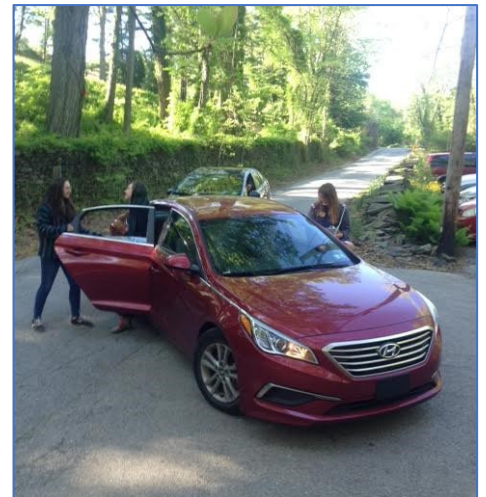
Drop-off and Pick-up

Regular Camp Day 9:00 am — 3:30 pm

Tadpole Camp Day 9:00 am — 12:00 pm

Car Line Procedure:

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.** This will give you a chance to meet your camper's counselor and confirm registration information.
- **Tadpole daily 1/2 day pick up occurs at the parking lot at noon.** Please park in the parking lot. Your child's group will be waiting near the parking lot at noon. You will sign them out with their counselors. Photo ID will be required for pick up.
- **Extended Day 8:00 am — 6:00 pm**
 - 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. Please let us know in advance if you are picking up early so that we can make sure your child is ready on time.
- **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. Authorized pick-ups will be asked to present photo identification (driver's license or passport).

What to Wear and Bring

- Wear clothing that can get dirty and wet, and wear closed-toed shoes with sturdy soles.
- Bring lunch, please consider our guidelines for a green lunch below.
- Bring a water bottle, **FULL!**
- Pack in a backpack or duffel - towel, a change of clothes, including a change of shoes that can get wet (water shoes or old sneakers are great).
- 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.



Please label all items with your child's name. Riverbend is not responsible for lost items.

What NOT to bring:

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

Food: Lunch and Snacks

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

As part of our mission and conservation ethic, Riverbend recommends packing a “green lunch” by using reusable containers to decrease the amount of waste produced by our summer camp program. 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 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.

Food Allergies and Sensitivities:

Please alert us in advance if your child has food sensitivities or allergies, so that we can make any appropriate accommodations during mealtimes.

Camper Medications

No camper is permitted to carry medication 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 manager will dispense medication to campers when they are scheduled to receive them.

In order for camp staff to administer, medications must be in the original container, clearly labeled with a doctor’s prescription and instructions for use.

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

All Riverbend Camp Counselors are certified in First Aid and CPR.

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.

Riverbend Behavior Policy

It is our intent to maintain a positive and safe environment for our campers.

Riverbend will not tolerate bullying or violent behavior. Parents or guardians will be informed of inappropriate behavior and asked to discuss corrective solutions.

Riverbend reserves the right to suspend or terminate the enrollment of any camper without refund if we deem it is in the best interest of the camp and/or the camper.

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 (weather dependent), Explorers (ages 7 - 8) and Discoverers (ages 9 - 11) embark on a field trip to a local destination. Campers will be transported by school 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, water bottle, and change of clothes. The bus typically leaves Riverbend at 9:30 am and returns to Riverbend by 3:00 pm.

Campers should wear their Riverbend Camp T-Shirts on the field trip!



Explorer Cook-Out:

Explorers (age 7 - 8 years old) can choose to stay late on Thursdays for a campfire cook-out. The cook-out goes until 7:30 pm and is an extra fee of **\$25/camper**. The cookout includes hotdogs, pizza sandwiches, and of course s'mores. Vegetarian options will also be available. If your child has any other 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. We pitch tents in the field, cook over the fire, and enjoy fun evening activities. The cook-out includes hotdogs, pizza sandwiches, and of course s'mores. Vegetarian options will be available. This is a fun experience for everyone, but if your 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. 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 should each have their own sleeping bag. Male and female campers may not share a tent, unless we have parent consent in writing that states otherwise. Counselors will sleep in the same area as campers, in their own tents, clearly identified as counselor tents.

We feel it is important that campers have a voice in deciding who they share a tent with during the overnight adventure. Counselors will work with the campers to make these arrangements in advance of Thursday evening. Counselors may override camper decisions in the interest of physical/emotional safety of all campers.

Campers will need to bring the following:

- Lunch for Thursday
- Sleeping bag (campers may also wish to bring a pillow)
- Extra layers on chilly nights
- Tent (if you do not have a tent, we will do our best to make arrangements for your child to share)
- Reusable Plate, bowl, fork, table knife, spoon, cup
- Clean clothes for Friday
- Toothbrush, toothpaste, and other toiletries
- Flashlight
- Any needed medicine (please give to staff for safekeeping)
- Other things you might want when sleeping over (book, pajamas, etc. – no electronics please.)



Additional Information

Riverbend strives to be a fun and safe place for kids to explore the natural world. There are some risks that exist in any natural space, including Riverbend. Please be aware of the following and always consult with your doctor regarding any health questions.

Ticks:

- Ticks are most active April-September.
- Ticks live in grassy and wooded areas.
- Only infected blacklegged ticks, also known as deer ticks, can spread Lyme Disease.
- An estimated 20-25% of deer ticks are infected with Lyme Disease.
- A tick must bite in order to transmit Lyme Disease; the tick must be attached for 24 hours or more before the Lyme disease bacterium can be transmitted.
- Riverbend conducts daily tick checks, however, **we strongly recommend doing a thorough tick check every day when your child gets home.** Check your child's whole body - especially the hair, groin, armpits, ears, and behind the knees.
- Insect repellent may reduce the risk of a tick bite.
- If you find a tick attached to your camper, use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible and pull straight out.
- If Riverbend finds a tick attached to your camper, we will follow the proper removal procedure and will tape the tick to a piece of paper and send it home with your camper to give you the opportunity to test it for Lyme Disease.

Here is a great resource for more information on ticks: <https://www.cdc.gov/ticks/>

Poison Ivy:

- Campers may be exposed through direct contact (direct touch) or indirect contact (touching clothing or other items that have recently been in contact with poison ivy).
- Most campers will experience minor symptoms such as rash, bumps, swelling, or itching, that are treatable with basic first aid.
- If a more severe allergic reactions occurs, Riverbend will call the emergency contact numbers provided on the camper's registration form.

Here is a great resource for more information on poison ivy: <https://www.cdc.gov/niosh/topics/plants/exposure.html>

Hydration:

- Campers need to drink more water when physically active and in hot climates.
- Dehydration can lead to headaches, nausea, fever and more.
- Riverbend requires each camper to bring a water bottle and encourages drinking throughout the day.
- Campers should be drinking plenty of water when they get home to recharge for the next day.
- There is no other beverage that can replace the benefits of drinking pure water.

Here is a great resource for more information on hydration: <https://www.cdc.gov/healthywater/drinking/nutrition/>

Day Camp Week-at-a-Glance

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	AM Extended				
8:30 AM					
8:50 AM to 9:10 AM Camper Drop-Off					
9:00 AM	Group Ice Breaker Games	Morning Circle: Time for songs, games, and stories with everyone in camp.			
9:30 AM	Morning Circle	Morning Nature Lesson	Activity Day	Morning Nature Lesson	Morning Nature Lesson
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM	Lunch: <ul style="list-style-type: none">Rangers & Tadpoles: 11:30-12:00Adventurers: 12:00-12:30Explorers & Discoverers: 12:30-1:00Navigators: Varies (depending on activities of the day)				
12:00 Noon					
12:30 PM					
12:00 Noon Tadpole Pick-Up					Extravaganza Practice
1:00 PM	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
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM	Afternoon Circle: Campers end each day together, singing songs, hearing stories and playing games.				Extravaganza 3:00 PM Parents Welcome!
3:30 PM	3:30 PM Camper Pick-Up				
4:00 PM	PM Extended				
4:30 PM					
5:00 PM					
5:30 PM					
6:00 PM					

Contact Riverbend

For questions regarding our Summer Camp, please contact:

Michelle Rebilas
Education Programs Coordinator
mrebilas@riverbendeec.org
610-527-5234 x.106

About Riverbend

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.riverbendeec.org

Thank you for trusting us with the most important person in your world!

