



Camp Parent Guide 2020

Dear Camp Parents,

Welcome to Riverbend's Summer Camp 2020! 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!

Erin McCool
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Table of Contents

Camp Parent Guide 2020	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
COVID-19 Health and Safety	6
Additional Information	6
Intentionally Blank	7
Day Camp Week-at-a-Glance	8
Contact Riverbend	9

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 on Spring Mill, we are to the left at the bottom of the hill.

Registration Policies

- **Tuition Balances:** Full payment for camp is due at the time of booking.
- **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: Refunds will not be provided unless Riverbend must cancel camp.**
- 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 — 4:00 pm

Car Line Procedure:

For drop-off and pick-up, we will be using a car line. When you arrive in the morning you be directed down the driveway where you will check in with the Camp Coordinator. You will not get out of your vehicle to check in.

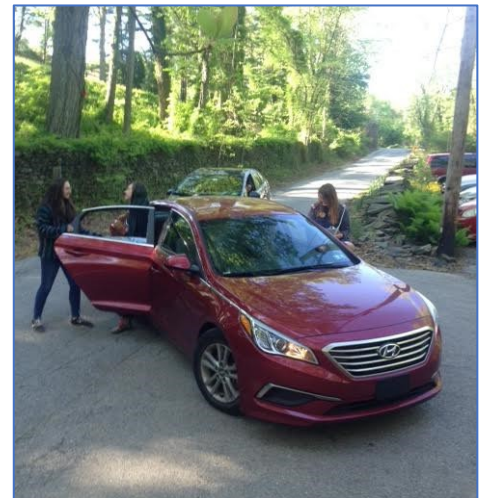
After check in, you will be directed to continue moving through the carline. At the end of the carline, your child will get out of the vehicle and walk to the camp entrance with a camp counselor.

If your child needs assistance to get into and out of your car, please pull all the way forward and quickly assist your child.

The same procedure applies to pick-up.

You will be asked to complete a survey each morning to assess your child's health. Please have these completed and ready to turn in to the camp coordinator upon arrival to camp.

Your child will have their temperature read by our camp staff daily before exiting the car. We are using a thermometer that is contact free.



Your child will be asked to use hand sanitizer to clean their hands when they exit the car to enter camp.

Please note:

- **We will be doing contact free drop off and pick up every day. This will be a carline. Please do not park and walk your child to the camp entrance.**
- **The Camp Coordinator will be available at carline each morning and afternoon for quick questions. If you need to schedule a call for more in-depth questions, please let the Camp Coordinator know.**

Julia Boyer Camp Coordinator camps@riverbendeec.org 610-527-5234 ext 106

Erin McCool, Director of Education and Strategic Initiatives emccool@riverbendeec.org

- **There will be no extended care this year due to COVID-19. Please plan on dropping your child off no earlier than 9:00am and pick up no later than 4:00pm.**
- **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 low-waste lunch below.
- Bring a **gallon-sized** water bottle, **FULL!**
- Pack in a backpack or duffel -a change of clothes, including a change of close-toed shoes that can get wet (water shoes, rain boots, or old sneakers are great, but no flip flops).
- 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 do not apply sunscreen or insect repellent at the car line.**



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
- 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.

Please pack a small morning and afternoon snack in your child's lunch bag.

As part of our mission and conservation ethic, Riverbend recommends packing a "low waste 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.

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 unless a parent makes a specific, written request. 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.

Emergency medications including Epi-Pens and Inhalers will be kept by the Camp Coordinator in the office and will be readily accessible if needed. Please contact the Camp Coordinator if you would rather your child or your child's counselor carry the medication.

All Riverbend Camp Counselors are certified in First Aid and CPR on an annual basis.

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.

Please Note: Riverbend's programming requires children to be able to move about the preserve with their camp group. Activities take place outdoors in most types of weather, with the exception of thunderstorms. Campers may be asked to bend, crouch, kneel, sit on the ground, hike on the uneven terrain, play active games with other children, work in teams and engage in conversation with peers and adults. Please let us know in advance if you anticipate that your child will need accommodations during camp based on their medical or behavioral history. Reasonable accommodations will be made to the best of our ability to support camper participation.

COVID-19 Health and Safety Protocols.

To reduce the risk of transmission of COVID-19, we have put in place guidelines which can be found [here](#) and on our website.

We are consistently monitoring the pandemic and public health guidelines, including the Montgomery County Department of Public Health and CDC (Centers for Disease Control). If we need to update our procedures in response to changes in public health guidelines, we will notify parents by email.

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 notify you that day.

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. We will not be using water fountains so it is important that your child bring a gallon sized jug of water for the day. If your child runs out of water, a counselor can refill this jug at the sink.
- 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
9:00 AM	Group Ice Breaker Games	Morning Circle Time: Time for songs, games, and stories with everyone in camp in outdoor classroom.			
9:30 AM	Morning Circle Time	Morning Nature Lesson	Campers choose activities	Morning Nature Lesson	Morning Nature Lesson
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM	Lunch and Field Games				
12:00 Noon	<ul style="list-style-type: none"> • Adventurers: 12:00-12:30 • Explorers: 12:30-1:00 				
12:30 PM					
1:00 PM	Hikes, Games, Crafts, Science Experiments and much, much more!	Campers Choose activities	Afternoon Exploration	Afternoon Exploration	
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM	Afternoon Circle Time: Campers end each day together, singing songs, hearing stories and playing games.				Camper only Extravaganza
3:30 PM	Afternoon Snack				
4:00 PM	Clean up and prepare for check out				

Contact Riverbend

For questions regarding our Summer Camp, please contact:

Julia Boyer
Summer Camp Coordinator
camps@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!

