



## Camp Caregiver Guide 2023

Dear Riverbend Camp Families,

Welcome to Riverbend's Summer Camp 2023! 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.

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. Please read through this guide as well as the attached health and safety guidelines which details our health and safety plan to reduce the risk of COVID-19 transmission. If necessary based on the COVID-19 pandemic, we will update our health and safety plan and communicate that to families via email.

If you have any questions please contact us, 610-527-5234 ext. 114

See you this summer!

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## Where is Riverbend Located?

**Riverbend 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 follow the road down to Riverbend. We are to the left of the sentry post at the bottom of the hill.

## Registration Policies

- **Camp Balances** must be paid in full by **June 1, 2023**. Any unpaid balances will be charged a \$100 late fee and subject to cancellation.
  - Please note: Tuition balances are automatically set to auto-bill June 1, 2023. This can be changed when registering.
- **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: A non-refundable \$100 per week**, per camper deposit is due at the time of booking. **Deposits are non-refundable.**
- **Full tuition is due and becomes non-refundable on June 1, 2023.** If cancellations are made after June 1st **NO REFUND** will be given.

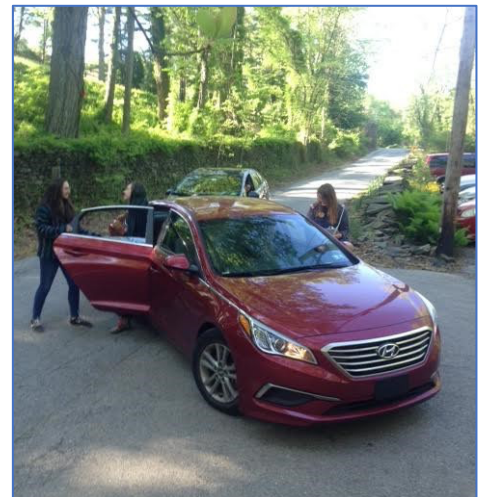
## Drop-off and Pick-up

**Regular Camp Day 9:00 am — 3:30 pm**

### Car Line Procedure:

**Caregivers; please do not park or exit your vehicle during drop off and pick up. This keeps things running smoothly and helps to prevent COVID-19 transmission.**

**New staggered dropoff procedures:** Families with the last names starting with A-M will drop off their campers between 9:00-9:15 AM and pick them up from 3:30-3:45 PM. Families with the last names starting with N-Z will drop their campers off from 9:15-9:30 AM and pick them up from 3:45-4:00 PM. If you need special pickup and dropoff accommodations, please contact the Camp Director at [camps@riverbendeec.org](mailto:camps@riverbendeec.org).



For daily drop-off and pick-up, we use a car line. When you arrive in the morning there will be a Riverbend staff person directing traffic down our driveway.

A second Riverbend staff person will greet you to check in your camper(s). They will take temperatures and ask you a set of COVID related survey questions.

When clear, a staff person will direct you to a stopping point and help your camper(s) out of your vehicle.

In the afternoon, a staff person will greet you to check out your camper(s). You will be directed to a stopping point where another staff person will bring your camper(s) up to your vehicle.

### Please note:

- **Late Drop-off (after 9:30) or Early Pick-up (before 3:30)**
  - 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 camper 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 closed-toed shoes with sturdy soles.
- Bring lunch and snacks in reusable containers and a cooler bag (we do not have refrigeration). Packing in reusable containers reduces the amount of waste that will end up in a landfill.
- Bring two full reusable water bottles
- Pack in a backpack or duffel - towel, 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). *Rangers: pack two changes of clothes.*
- Bring or wear clothing appropriate for the weather, please send a raincoat if rain is predicted (no umbrellas please).
- Caregivers 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
- Toys from home
- Money and valuables

### Food: Lunch and Snacks

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

We are a **nut free camp**, please do not pack items for snack or lunch with nuts.

Riverbend encourages families to pack 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:

Generally we are able to make accommodations during mealtimes for campers with food sensitivities or allergies. Please let us know in advance if your camper has allergies or food sensitivities.

### Camper Medications

No camper is permitted to carry medication at camp unless the primary caregiver makes a specific, written request.

If your child needs to take medication during the day, please give it to the staff at drop-off and it will be kept in the office. The Education Coordinator 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 Education Coordinator in the office and will be readily accessible if needed. Please contact the Education 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 an inclusive and safe environment for all campers, staff and volunteers. We work to maintain our inclusive environment with the support and participation of our entire camp community.

Riverbend will not tolerate bullying or violent behavior. Caregivers 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.

Caregivers are expected to be respectful, attentive and aware of our camp policies. We encourage families of campers with inclusive needs or who require additional support to speak with our Education Coordinator in advance.

**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.

## Additional Safety Information

*Riverbend strives to be a fun and safe place for kids to explore the natural world. While Riverbend conducts regular site safety audits, such as tree and poison ivy management, there is still an inherent risk of injury while exploring the outdoors. Most families choose to send their campers to Riverbend because they acknowledge that the benefits of introducing children to the natural environment outweigh the risks. Please be aware of the following and always consult with your doctor regarding any health questions.*

### Ticks:

- Ticks are most active April-September, living 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.

More information on ticks: <https://www.cdc.gov/ticks/>



## **Poison Ivy:**

- Riverbend has a habitat manager and volunteers who routinely check the property for 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.

More information on poison ivy: <https://www.cdc.gov/niosh/topics/plants/exposure.html>

## **Stinging Insects**

- Stinging insects like wasps, bees and hornets do live on Riverbend's property. We monitor the property daily during the summer for nests and activity. Riverbend does sometimes treat nests that are problematic to kill bees and we keep campers away from areas where a nest has been identified.
- Riverbend staff are trained to recognize the signs of anaphylaxis in the event of a bee sting. If your child exhibits these symptoms we will call 911 and administer an epi pen if they have one.
- Some recommendations to avoid bee stings include wearing light colored clothing, avoid bright and flowery patterns.

More information about stinging insects:

<https://www.cdc.gov/niosh/topics/insects/beeswasphornets.html>

## **Heat Safety:**

As we learn to live in a warming world, we must adapt the way we operate camp to ensure that we keep our campers and counselors safe and healthy. On days where the heat index (the apparent temperature, or how the temperature feels to the human body) is 100 degrees or higher and/or air quality is declared "poor" by weather sources, Riverbend reserves the right to cancel the day of camp **with no refund** to families. If the number of camp days canceled in a week exceeds 3 days, Riverbend will offer a prorated refund to families.

## **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.

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	9:00-9:30 AM Camper Drop-Off				
9:30 AM	Group Ice Breaker Games	Morning Circle Time: Time for songs, games, and stories with everyone in camp.			
10:00 AM	Morning Nature Lesson	Morning Nature Lesson	Activity Day	Morning Nature Lesson	Morning Nature Lesson
10:15 AM					
10:30 AM					
11:00 AM					
11:30 AM	Lunch				
12:00 Noon					
12:30 PM					
1:00 PM	Hikes, Games, Crafts, Science Experiments and much, much more!		Afternoon Exploration	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.				
3:30 PM	3:30-4:00 PM Camper Pick-Up				
4:00-7:00 PM	Thursday Night Cook Out: 7-13 year olds				

Family Cook Out: Campers age 7-13 and their families are welcome to stay at Riverbend for a campfire dinner and s'mores until 7:00 pm. The Cook Out price is included in the Discoverers (Age 9-10) tuition. Explorers (age 7-8) and Trailblazers (age 11-13) will need to pay an additional \$25 to attend. This year, we are inviting parents to stay for the Cook Out with their campers! Parents can arrive at 4:00 and stay for the duration of the cookout with their campers. Parents that are attending are encouraged to bring a picnic dinner for themselves and their campers. Dinner will be provided by Riverbend if you choose not to BYO.



## Contact Riverbend

For questions regarding our Summer Camp, please contact:

Matilda Kitabwalla  
Camp Director  
[mkitabwalla@riverbendeec.org](mailto:mkitabwalla@riverbendeec.org)  
610-527-5234 x.114

## 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](http://www.riverbendeec.org)

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

