



Family Guide 2020

Program Information

Program Dates: June 22 - August 21, 2020

Drop off/ Pick up:

Please drive down to the circle at the playground and follow the cones.

Drop off/Pick up table will be adjusted for social distancing - If parents/guardians need to talk to the nurse or director, they will be asked to call, text, email, schedule an appointment or (if emergent) the nurse or director can come directly to the vehicle. The intent is to reduce the amount of people coming into camp.

- We will have a sign posted indicating that no one may enter camp if they have symptoms of respiratory illness.
- Ideally, the same parent or caregiver should drop off and pick up the child(ren) every day. If possible, older people such as grandparents should not pick up their children, because they are more at risk for serious illness.
- Parents and caregivers who are self-quarantining due to close contact with a COVID-19 positive individual should NOT do drop-off or pick-up.
- Staff will sign in campers. No one else should be getting out of the vehicle.
- Upon arrival, campers will immediately sanitize hands, go to the nurses tent and have a temperature check before dropping off their back pack into their personalized space.
- Adults will be asked to provide a photo ID in order to confirm they are on the “pick up list” from registration. Parents/guardians should let camp staff know if this list needs to change and can call or write a note if someone else will be picking up in case of an emergency.
- If you will be picking up your child early, please give us a call ahead of time and we will make sure your child is ready for you when you get to camp.

All campers will be required to pass a health screening upon arrival. Please see page 8 for more information on Covid response.

Camp Phone #: (207) 998-2024 **Camp Director (Amanda) Cell Phone #:** (207) 776-2548

Program Description: A fun and safe outdoor and waterfront experience for children grades 1-8. The majority of our time will be spent alternating through small group activities, utilizing our recreational field, picnic area, trails, and waterfront. Activities include outdoor life skills, team building, sports and games, arts and crafts, music, kayaking etc. All campers will have the opportunity to swim each day! Our themes for each week may offer different and special activities, which may include on-site guests and special activities on Friday afternoon- all included within the cost of camp. All campers will have the opportunity to develop connections with same-aged peers and our well-trained and engaged staff, while ensuring proper safety protocols.

Program Mission: It is the goal of this program to provide the children of this community a curriculum where they are safe, supervised, and motivated to participate in age-appropriate activities. Our objective is to promote good citizenship and a sense of community spirit through a fun, social atmosphere. Here, the children will have the opportunity to develop healthy relationships with their friends and peers in their community!

Theme Weeks

Week 1-June 22-June 26- Hawaiian Hullabaloo

We begin our summer with a splash! We will be breaking out the leis and grass skirts and heading to our waterfront to enjoy our very own "tropical" paradise. Campers will participate in a variety of games involving swimming and living it up on the beach.

Week 2- June 29-July 3- Holiday Hoopla

Come and enjoy all the best days of the year in one week! We will be celebrating Easter, Earth Day, Halloween, Christmas and Independence Day too! There will be decorations, songs, crafts and games from each special day and some surprises and special guests as well.

Week 3- July 6-July 10- Disney Week

Come and enjoy all things Disney! Join us for a week full of Disney themed games and activities. In addition to our usual daily water activities, crafts and sports, we will enjoy some Disney music, will screen a Disney movie & may be joined by a Disney guest or two!

Week 4- July 13- July 17- Amazing Animals

Come dive in and explore the outdoor life of animals with us! In addition to exploring the wildlife around Camp Connor, we will have many animal themed activities and games throughout the week. We will also be learning about animals with a special on-site guest.

Week 5- July 20- July 24- Amazing Athletes

For physically active and on-the-go campers and many others too! This week will be dedicated to playing as many different sports and games as possible! We will use our variety of fields and courts to teach and facilitate good sportsmanship for a fun atmosphere that is welcoming for everyone, in addition to providing our typical daily routine involving arts & crafts and water activities. On-site guests/coaches will encourage campers to participate and see the skills everyone has to be healthy and happy campers.

Week 6- July 27- July 31- Come on Down... It's Game Show Week!

Join us for games galore and tons of good fun! Campers will play multiple different game shows that we all know and love... from Minute to Win It, Jeopardy, Deal or No Deal, Are you smarter than 5th grader? and more! They can even create their own game show to share with the rest of camp! With the "all-for-fun" attitude, your camper will come home telling you about how they got to be the next contestant on the Price is Right!

Week 7- August 3- August 7- Imagination and Innovation

This week of camp is designed to bring out the creativity in every child. Camp Connor is their place to play and learn! Campers will have opportunities to use their imagination to create something with a group of their peers. The possibilities are endless! Campers can create their own business, design their own game or sport, build a robot or let their imagination take them anywhere! On Friday campers will have the opportunity to display their creations to entire camp during our Innovations Fair.

Week 8- August 10-August 14-Treasure Island Challenge

Get ready for our 2nd Annual Treasure Island Challenge- in this "Survivor-like" week, campers and staff will compete in a variety of challenges that range from races, to drawing, to trivia, and silly games. Campers will be part of a team with campers of all ages. The four teams will earn points throughout the week and on Friday the winning team will be crowned with the title until next summer.

Week 9- August 17-August 21- Celebrate! Carnival Week!

Join us for our final week of fun! In addition to our usual swimming, games and activities throughout the week, we will celebrate the end of summer with our very own Camp Connor carnival! From balloon animals, to bounce houses and inflatables, we will have it all to close out our 2020 camp season!

Daily Schedule

7:00-9:00-Supervised before care
Campers Choice Activities/Breakfast
9:00-9:45- Introduction/ Morning
Group Meeting/Snack: Campers will
meet in their groups with their
counselors to go over reminders and
important information for the day
9:45-11:45- Planned Activities
11:45-12:00- Wash up for Lunch
12:00-12:45- Lunch
12:45-1:00- Small group/sunscreen &
bug spray
1:00-3:00-Planned Activities
3:00-4:15- Snack/Clean up/Campers
Choice Activities
4:15-5:30-Supervised After Care
Daily activities may include: arts &
crafts, active games, team building
activities, sports, archery, outdoor life,
swimming, water activities, canoeing,
kayaking and more!

Daily Camp Checklist

Each camper should bring a backpack with the following items everyday.

- Bathing suit/Towel
- Plastic bag (for wet items)
- An extra set of clothes
- Jacket or sweatshirt for cool weather
- **Close-toed shoes are required.** For safety reasons, Flip flops are not proper camp attire.
- Snacks - Campers may not share snack or lunch items, due to Covid-19
- Lunch (optional) Please note that refrigerators will not be available for camper use this year, due to Covid-19
- Ice Pack, If needed for lunch box
- A refillable water bottle -We will provide refills as needed using refillable water jugs.
- Sunscreen/Bugspray
- Sunglasses/Hat
- A Book (optional)
- Medication (if applicable. A signed med form must be on file or turned in before any medication can be accepted. Medications must be stored in the office. Campers may not keep medications in their bags.)

All items should be clearly labeled with campers' names -due to covid-19, no items will be held in lost and found and that any items left at camp will be discarded at the end of the day.

****Due to Covid-19- only the items listed above will be allowed at camp***

Toys or personal items must be left with parent/guardian in the vehicle at drop off.

Staff will not be responsible for personal items brought to the program.

Cell phone policy: Campers with cell phones will be asked to leave them with their parent/guardian at drop off. If you need to reach your child during camp hours you may call the camp phone or text the director.

Although our staff may carry cell phones for communication, we have a strict no social media policy! Staff are trained to not only supervise but keep campers engaged as well. Campers will not be allowed use of staff cell phones and will need to use the camp phone if necessary and only with permission.

Dress Code: Participants should dress comfortably and appropriately for the weather and activities. Especially being by the water, weather may be cooler and campers may need a jacket or sweatshirt. Typical attire should be shorts, t-shirt, and sneakers that you do not mind getting dirty. Without proper footwear, campers may have to sit out of certain activities (sports, archery, obstacle course, etc.), therefore, close-toed shoes are required. Swimsuits should properly fit the camper for swim activities and instruction. Once dried off, campers will be asked to put something over their swimsuits in order to prevent sun exposure.

Parent Communication: Our staff encourage good communication with parents. Please be pro-active in asking questions or expressing concerns during pick up or drop off times. The director will keep a confidential notebook of issues / injuries involving campers. These incidents will be logged and shared with parents at pick up/ drop off times.

We have an open door policy. Please feel free to call/text/email or schedule an appointment to talk with our directors or nurses during camp hours.

BLOOMZ

Please join Poland Summer Recreation at Camp Connor 2020 on Bloomz! Bloomz is an app that works both on your phone and computer that allows you to stay up to date with camp activities through posts, photos, alerts, and a camp calendar. It is a private and secure environment to keep you informed.

See separate handout for access code to establish an account.

Activities and Programming

Upon arrival, campers will go directly to the nurse for a health check. Once cleared by the nurse, campers will go directly to their groups' designated space where they will stay with their counselor.

There will be no whole camp morning meeting. At 9am counselors will hold a "family meeting" with their group to go over camp/group norms and expectations, any schedule changes and to do a whole group activity (may be a song, non-contact game, etc.) Director's will be on a rotating schedule and will join group meetings.

Each group will have their own bin of activities to include laminated cards/games and easy to wash legos/age appropriate toys. These will be marked with the group numbers and stored in that group's space. These items will belong solely to each group and may not be borrowed/traded. They will be cleaned at the end of each day by the groups' counselors.

Sports	Arts	Trips/Guests
Only sports or games without person to person physical contact will be played.	Arts director will travel to each group for daily art activities.	We will not be leaving camp for field trips.
Each group will have their own bin of sports equipment. Any materials that will need to be shared between campers or groups will be sanitized between use by the sports director.	Each camper will have their own bag of basic materials that will be kept in their space and will be clearly labeled. Any materials that will need to be shared between campers or groups will be sanitized between use by the arts director.	Special guests: We do anticipate having special guests come to camp to share their talents. Guest will be expected to follow our social distancing guidelines and health screening protocol.
Boating will continue in small groups, about 10-15 campers and 3-4 staff. Lifejackets will be worn at all times. Kayaks/canoes, paddle and lifejackets will be cleaned between uses.	Projects will be stored in each group's designated area in the art room until the end of the camp day or until dry. The art director/counselors will be the only ones allowed to enter the art room to collect work at the end of the camp day. If work is not collected at the end of the day, it may be disposed of.	

Groups

- Groups will have their own designated areas at camp, where they will stay, unless they are at a scheduled activity.
- There will be no intermingling between groups.
- Requests to move groups will not be considered, unless there is a very serious concern that would need to be approved by the camp director.

Waterfront Guidelines

All staff have Basic Water Safety certification through Water Safety Educators of Maine and Lighthouse Health and Safety. We have 4 Lifeguards on Staff and our Waterfront Director has 5 years lifeguarding experience working for the YWCA and at Kennedy Park. Our entire staff and community understand the fun camp experience our waterfront has to offer, but also the safety measures that must be put in place for all of our campers. Below are the safety protocols we will have in place, during this, our third annual season of Poland Summer Recreation at Camp Connor.

- All campers will participate in Waterfront Orientation on their first day of camp. This will consist of a video explaining safety procedures, life jacket use, etc. The camp laptop will be brought around to each group for new campers to view the video. Staff will keep a running log of who has completed this orientation each week. After the video, our Waterfront Director will conduct swim assessments and/or tests for all campers. Campers will not be allowed to participate in swim activities until they've completed the swim assessment and/or swim test. For those who want to be considered swimmers, they must pass the swim test. Which will include: swimming without stopping to the buoy and back, treading water and showing that they can go underwater all without any signs of fatigue as they are able.
- Based on swim assessments, campers will either be designated a Non-Swimmer or Swimmer. Non swimmers will be given a red bracelet. This means that they will not be able to swim beyond the shallow end within the dock's L shape. Some Non-Swimmers will be instructed to wear a life jacket each time they enter the waterfront area. Campers are encouraged to bring their own lifejackets- to ensure a perfect fit. A Swimmer is a camper who passed the test without signs of fatigue. Swimmers will receive a green bracelet to wear, which indicates to lifeguards that the camper is allowed to past the dock within the swim area boundaries during swim activities.
- Even after a camper has received a bracelet, staff will periodically give reminders that swimming in the "deep end" is a privilege and that they must continue to be safe, make good choices and listen to their bodies to ensure campers do not get too tired while swimming.
- Lifeguards will be in charge of Sign In/Sign Out procedures while at the waterfront. The camper will say their name to the Lifeguard checking in campers to the water and must then wait for the Lifeguard to acknowledge them before stepping into the water. Campers must sign out of the water each time they get out and go onto the beach, then sign back in if they wish to return to the water. Sign In/Out sheets will be in alphabetical order and will indicate whether the camper is a Swimmer or Non-Swimmer.
- Due to Covid-19 Lifeguards will be ensuring there is no physical contact between swimmers. Campers will be reminded once. If they need to be spoken to a 2nd time, they will need a 5 min break, a 3rd time they will need to sit out for the remainder of swim. Counselors will supervise campers on the beach and ensure there is no physical contact.
- There will be opportunities for both Swimmers and Non-Swimmers to go out in the Canoes/ Kayaks as well. By law, all campers will be required to wear a life jacket, regardless of their swimming ability. We will have certified staff boating with campers at all times and in kayaks with campers, as needed.
- Our beach will remain open to Poland residents as a public beach. Signs will be posted at the top of the hill, informing residents they will need to provide proof of residency (ID) and will be expected to follow posted beach guidelines and maintain social distancing. Waterfront director will be expected to check ID and ensure guidelines are being followed. A director should be informed if beachgoers refuse to comply with expectations.
- There is no evidence that covid-19 can spread to humans through water, according to the CDC.

Inclement Weather:

On rainy days we will try to do as much activity outside as we can, however we will refrain from the waterfront. Light rain will not be a problem. Activities will continue as usual (as much as possible and as tolerated). Social distancing will continue, as possible, however when maintaining a distance is not possible, staff and campers will be expected to wear face coverings. Staff will continue to monitor and remind campers not to have physical contact.

If the rain persists, is heavier, or if there is thunder- groups will seek shelter up at the lodge, under the covered area or up at camp tall pines, under their shelter, where campers can safely engage in camp activities. If weather becomes severe (lightning, high winds, etc.) or conditions become unsafe, families will be alerted through Bloomz, text and/or email that we will be closing camp early and that campers will need to be picked up relatively quickly.

We will be watching the weather forecasts closely. If we know ahead of time that the weather will be more severe we may cancel camp for the day and will notify families via Bloomz/email/text. We will do our best to make this decision and inform families by 5pm the day before. A refund will be issued for any day that was cancelled by the rec. department and will be refunded at the end of summer.

Sun screen/Skin Protection:

We ask that parents apply sun screen for their children in the morning if possible and we will ensure consistent use throughout the day with our sunscreen dispensers. Please understand we can not force any child to put on sun screen; however, we may limit their time exposure to the sun if they choose not to put it on. Time in the sun can be fun, however, too much exposure to the sun can develop heat related illnesses and damage to the skin. We will do our part to avoid overexposure to the sun. We highly recommend your child bring a hat to wear and encourage play in shade covered areas. *If you would prefer that your child use another type of sunscreen, please send it with your child.

Bug Spray:

Being so close to the water sometimes means that it can be quite buggy. We ask that parents also apply bug spray for their children in the morning, if possible. **Please note that our bug spray contains deet.** *If you would prefer that your child use another type of bug spray, please send it with your child.*

Lunch:

We are excited to announce that the food program will be available again at camp this year for weeks 1 and 3-9! During week 2, the RSU food service staff will be taking a well deserved break, as they have been working hard through the pandemic to ensure everyone is well fed!

During week 2, campers will be expected to arrive having eaten or with a breakfast and will need to have both snacks and lunch with them. We will have minimal snacks available.

There will not be any sharing of food, drink or utensils allowed during any week at camp.

Prior to lunch, campers will go 4 at a time (2 girls 2 boys) to the bathrooms to wash their hands. A CIT, Float, Lifeguard or Director will be assigned to supervise bathrooms during this time.

Campers may bring breakfast and lunch from home.

Please pack your child plenty of fluids and a refillable water bottle. We want to ensure that all campers stay hydrated, as they are very busy and it can get very hot!

It is important campers are getting proper nutrition throughout the day to continue to be active kids. Please send your child with snacks. We will have a morning snack and afternoon snack.

Camp Policy Information

Healthy Child Policy: Staff are trained in CPR and First Aid. Any injuries will be given immediate attention. Non-emergency injuries will be given first aid and the parent will be notified, if necessary local fire/rescue will be notified. If EMS recommends that a child be transported by ambulance, we will ask for parent authorization. If a child is in a life threatening situation and we are unable to reach a parent/emergency contact immediately, EMS will determine if the child needs to be transported to the nearest hospital.

Should a camper become ill during the program, parents may be asked to pick their child up.

We will have a camp nurse on site every day to ensure consistency with medications, first aid, logging of illness and injury, and camper care. They are a great resource to campers and staff.

To minimize the risk of infection to others, families are asked to keep their camper home if they are ill or not feeling well. Campers must feel physically well enough to participate in camp activities throughout the day to attend.

Your camper should be kept home if s/he has the following symptoms:

- * Actively vomiting, diarrhea, pronounced or persistent coughing, unexplained rash.
- * Any respiratory symptoms- Please see the next page for further information.

Please notify camp staff if your child has an active case of head lice. If camp staff have reason to believe a child may need a head lice check, we will call parents/guardians to ask permission before doing so. Pick up from camp and course of action will be decided on case by case basis with camp nurse and camp director. Precautions taken at camp will include: Not sharing towels, hairbrushes, hats, or equipment, such as helmets. Participants with long hair will be asked to keep their hair up.

Covid-19/Coronavirus:

We will be taking Covid-19 concerns very seriously.

If children or staff are showing symptoms of COVID-19, have been in contact with someone with COVID-19 in the last 14 days, have been tested and are awaiting results, or are at high risk due to underlying health conditions, they we will not be able to attend or stay at camp until written proof is provided by a doctor that he/she does not have/no longer has the virus.

We will be utilizing the following guidelines to minimize the risks of spreading the coronavirus. The following guidance is designed to maintain health and safety standard requirements and physical distancing directives while providing much-needed services.

Anyone with the following condition(s), will need to consult their doctor before considering attending our camp;

- People who have serious underlying medical conditions like:
- Heart disease
- Diabetes
- Lung disease
- Underlying immune disorders/people with compromised immune systems/people taking immune suppressant medications (examples of these disorders include Rheumatoid Arthritis, Crohn's Disease, recent cancer treatment)

Out of state campers:

- Campers coming from out of state will be expected to self quarantine for 14 days prior to attending camp or may attend immediately if they can provide negative test results. These requirements may change as Maine State requirements are being continually updated.

Health Screening:

- Parents/caregivers check for symptoms each day prior to sending campers. (Use the questions below as a guide) If the answer is "yes" to any of the questions, your camper must stay home. We will encourage parents to do temperature checks as well, to avoid bringing children to camp who may be compromised.
- Upon arrival each day, campers and staff are required to pass a confidential health screening with one of our nurses. During this screening, nurses will wear a cloth facial covering, eye protection, and a single pair of disposable gloves. They ask the following questions:
 1. Do you feel unwell today?
 2. Do you have a cough or sore throat?
 3. Do you have a fever or do I feel feverish? (temperature protocol can be found below)
 4. Do you or have you felt short of breath?
 5. Do you or have you had a loss of taste or smell?
 6. Do you or have you been around anyone exhibiting these symptoms within the past 14 days?
 7. Do you or have you been living with anyone who is sick or quarantined?
 8. Have you been out of state in the last 14 days?
 9. Have you had any fever reducing medications (Tylenol, Ibuprofen) this morning?

The nurse will then make a visual inspection of the child for signs of infection, which could include flushed cheeks, fatigue, extreme fussiness, etc. and will then take a temperature with our hands free infrared thermometer to see if their temperature is it 37.8 C/100 F or higher.

If the answer is “yes” to any of the questions above, the nurse feels the child looks unwell, or if their temperature is 37.8 C/100 F or higher, your camper must be picked up.

- Please communicate with camp if your child is staying home due to illness.
- Please self-report any symptoms and notification of exposures to camp director.
- Camp Director will be responsible for responding to COVID-19 concerns.
- Any staff or camper will not be able to return to camp until they have been fever free for at least 72 hours without the use of fever-reducing medications (e.g., Advil, Tylenol).

Anyone diagnosed with COVID-19 or awaiting test-results should self-isolate until:

1. It's been 3 full days of no fever without the use of fever-reducing medication, and
2. Other symptoms have improved, and
3. At least 10 days have passed since symptoms first appeared.

If a camper begins to exhibit symptoms while at camp, the child must be sent home as soon as possible.

If a staff or camper becomes sick while at camp:

- We will have a designated space in case someone becomes ill at camp and is showing covid-19 like symptoms. Sick children will be kept separate from well children and staff contact will be limited as much as reasonably possible, while ensuring the safety and supervision of the child until they leave.
- Parent/designee will be called immediately.
- Child will need to be picked up as soon as possible.
- Camp director will be required to notify the State health office if any child is suspected of having covid-19 and we will need to have proper communications with families while maintaining confidentiality.
- Any areas that may have been utilized by a camper or staff who have symptoms of the virus will be closed off and disinfected, before they can be accessed.
- If a child or staff has covid-19, they would not be able to return to camp until they have met CDC criteria of isolation and evaluation by a medical provider. The medical provider will need to provide a note to camp in order to return.
- We would inform those exposed to a person with Covid-19 to stay home and self monitor for symptoms and follow CDC guidance if symptoms develop.
- **If we determine that an outbreak has occurred, we may determine it's best to close camp for a day or two (or longer) until all areas are properly disinfected and we have any necessary approvals by health professionals. If the rec department is forced to cancel camp for any number of days, we will refund those days at the end of the summer.**

General Guidelines:

- Guidelines and checklist provided by the State of Maine for sanitation will be followed each day during camp.
- We will be spacing seating.
- Using ground markers to keep space between lines.
- Main lodge and staff wing will only be utilized by staff.
- Group areas will be designated under the shelters and tent areas.
- CDC guidelines recommend no field trips and we were not planning any since our camp is outdoors and has plenty of amazing opportunity.

Cloth Facial Coverings:

It is required that all staff wear cloth facial coverings while providing care, except for a medical reason.

- CDC recommends cloth facial coverings in settings where other physical distancing measures are difficult to maintain, especially in areas of significant community-based transmission.
- Staff may take off their facial covering during activity when social distancing is possible.

Cloth facial coverings for children are recommended:

- We will provide campers with reusable face coverings and plan to only utilize if we are not able to follow social distancing guidelines. These will be clearly labeled with the campers' name and will be kept at camp in their personal crate.
- It is developmentally appropriate for children to wear cloth facial coverings when children can properly put on, take off, and not touch or suck on the covering and when needed.
- In settings where physical distancing is not possible, campers should wear face coverings when practical and age, activity, and developmentally appropriate.
- Campers with a medical reason for not wearing a cloth facial covering must not be required to wear one.
- Washing masks: We will wash masks if they get used.
- Promote healthy hygiene practices at camp:
- Encourage children to join all of the adults around them to prevent spread of germs.
- Teach and reinforce washing hands and covering coughs and sneezing.
- We will post reminder signs regarding proper hygiene.
- There will be a list of activities posted at each group that require face coverings. Campers may choose not to participate in these activities.

Hand Washing:

1. All campers, staff, and contracted service providers should engage in hand hygiene at the following times:

- Arrival to the facility
- After staff breaks
- Before and after preparing food or drinks
- Before and after eating or handling food
- Before and after administering medication or medical ointment
- After using the bathroom
- After coming in contact with bodily fluid
- After handling animals or cleaning up animal waste
- After playing outdoors
- After handling garbage
- After cleaning

We will have many signs around camp, clearly outlining the following hand hygiene protocols:

Wash hands with soap and water for at least 20 seconds. If hands are not visibly dirty, alcohol-based hand sanitizers with at least 60% alcohol can be used if soap and water are not readily available. Follow these 5 steps for hand washing or hand sanitizing every time.

1. Wet your hands with clean, running water (warm or cold), turn off the tap with paper towel and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Let your hands air dry.

Cleaning at camp:

- We will follow CDC guidelines.
- Outdoor equipment will be cleaned daily with combo of alcohol and water.
- Tables, chairs, sinks, and other surfaces will be cleaned daily with hot water and soap and/or recommended disinfectant.
- Camp gear will be cleaned after every use.
- Children’s books, art supplies and other paper-based materials such as mail or envelopes, are not considered high risk for transmission and do not need additional cleaning or disinfection procedures.

Hands to Ourselves “3 Strikes Policy”

We recognize that it is very difficult for children to maintain their distance and not touch one another, that being said, this is a necessary requirement for us to ensure that we can have camp. We will be talking about the importance of keeping our hands to ourselves for safety in our morning meetings with regular reminders throughout the day. Counselors will also be modeling this behavior. Campers will be informed of the following “3 strikes system.”

Counselors will implement a 3 “strikes” system with campers, in regards to putting their hands on someone else:

1. The first time- a camper will get a free reminder
2. The second time a camper must be spoken to, within the same activity period, or for the same infraction, they will need to be moved away from peers (or a certain peer, if that is the concern) for that activity period
3. The third time a camper must be spoken to, within the same activity period, or for the same infraction, they will speak with a counselor or director, separately from the group to further explain the importance/severity before they can return to their group.

Any further instances may result in the camper needing to go home for the day, depending on the severity of the ‘infraction.’

Behavior Management:

1. Staff will discuss rules with campers and identify out-of-bounds areas.
2. Staff will discuss the following consequences of not following expectations with campers:
 - a. Restriction from activity
 - b. More restrictive adult supervision
 - c. Conference with Camp Director
 - d. Conference with parent & camp director
 - e. Conference with Parks & Recreation Dept. Director with potential removal from the camp environment
 - i. One day suspension
 - ii. Removal from camp

Please note that the severity of the incident determines which step a consequence will be escalated to

3. Staff and parents/guardians, please inform the Camp Director of all major and/or ongoing behavior management and discipline challenges or concerns, so that we can appropriately staff and support your camper.
4. At no time will discipline include depriving a camper of sleep, food, or restroom privileges; placing a camper alone without supervision; or subjecting a camper to ridicule, shaming, threat, corporal punishment (i.e. striking, biting, kicking, squeezing), or excessive physical exercise or restraint.
5. Periodic evaluation of the program, staff, volunteers, and camper groups will be done to ensure that the camp environment is not contributing to behavior problems.

Emergency Procedures: In the event of an emergency at camp, all campers and staff will be notified by the sound of an airhorn. Staff have been trained and will participate in mock situations for all types of emergencies in order to be properly prepared. A camp map has been created to ensure easy access for emergency services and we have made connection with the Town of Poland Fire & Rescue Dept.

Staff Certifications: Trainings for Staff range from Basic Water Safety, Lifeguard Certification, Water Safety Instructor, Archery Level I Instructor, CPR/FirstAid/AED, De-escalation and Behavior Management, Activity Programming and Inclusivity, Canoe Safety, Safety and Emergency Procedures. We have a highly qualified staff with backgrounds in leadership, early childhood education, behavioral health, special needs support, and past counselors. Please feel free to ask us about any of our training.

CIT's: Our program offers a CIT (counselor in training program for ages 9th grade & beyond). CIT's will be supervised by camp staff at all times. CIT's receiving training and mentoring from the CIT Coordinator and will help our staff support our campers in a variety of tasks that will allow the CIT's to learn about a counselor's role.

Poland Summer Recreation at Camp Connor STAFF

Camp Director: Amanda Olmstead

Assistant Camp Director: Nicole Patenaude

Waterfront Director: Elizabeth Perkins

Lifeguards:

Morgan Brousseau & Emma Boyd

Head Counselor/Lifeguard: Gabby Smith

Head counselors: Sophie Patenaude & Sarah Walton

Camp Counselors:

Cadence Ferland, Emma Galipeau, Twilight Benson, Nicole Breau, Ema Higgins, Kayla Ogden, Gabe Crosby, Adrien Melanson & Sophia Nottingham

Substitute Counselors: Anna Brettler, Trevor Robbins, Lily Moreau, Mason Brousseau, Carly Scribner & Rylee Smith

Emergency: Amanda's cell: 207-776-2548

Scott's cell phone: 207- 838-8632

Poland Parks & Recreation Department

998-4650

Scott Segal, Director Vanessa Harlow, Coordinator

