



PARENT HANDBOOK 2022

<https://merrimackparksandrec.org/naticook>
<https://merrimackparksandrec.org/trek-adventures>

We would like to welcome you and your children to Naticook Day Camp and Camp Trek! We are delighted to have your child join us at camp this summer! We ask that you review the information in this handbook as it should answer any questions that you may have about how Naticook Day Camp operates.

OUR MISSION STATEMENT: We inspire children to develop a positive self-image and to increase their social skills while building new and everlasting friendships. We create a space for campers to learn new skills and work as a group while gaining confidence in their unique abilities as individuals. Our goal at Naticook Day Camp is to create a fun and safe environment that promotes self-confidence, respect, and good sportsmanship. We inspire children to develop a positive self-image and to increase their social skills while building new and everlasting friendships. We create a space for campers to learn new skills and work as a group while gaining confidence in their unique abilities as individuals.

The Town of Merrimack Parks & Recreation Department strives to be inclusive of all people. We recognize that campers and staff come to us with varying backgrounds, experiences and identities. The Parks & Recreation Department will try to work with all staff members and campers, including transgender and non-gender conforming campers and staff members, to accommodate their needs and create a positive experience for everyone.

Our camp is licensed by the New Hampshire Dept. of Health & Human Services and is accredited by the American Camp Association (ACA). Our accreditation by this Association helps us to ensure a fun focus on program quality, health & safety issues.

WHAT IS TREK ADVENTURES?

Camp Trek Teen Adventure Camp is a trip & activity based summer camp program, which is geared towards participants aging out of Naticook and entering grades 5-10. Camp Trek operates as a subset of Naticook Day Camp but offers an alternative to the traditional day camp experience found at Naticook Day Camp.

Each week of the summer will feature a mix of traditional Summer Camp activities along with four weekly field trips exploring destinations across New England. On Mondays, Tuesdays, Wednesdays & Thursdays each week we will head out on our daily field trip adventures. On Fridays each week campers will participate in traditional day camp activities including sports, games, team building challenges and other types of activities and special events.

Campers will typically depart Camp between 8:30 – 9:00 am and get back late in the afternoon before Camp ends at 4:00 pm. Camp tuition fees include a daily hot lunch on Fridays only while we are in camp, transportation and admissions fees to all field trip destinations, Two Camp T-Shirts, which participants will wear on field trip days. Lunch will not be provided on field trip days and participants must bring a brown bag lunch with them. The program will feature a 10:1 Staff to Camper ratio.

WASSERMAN PARK:

Wasserman Park is a town-owned 44-acre park, open to the public, and is also the home of Naticook Day Camp. For safety and security, all campers are required to wear fluorescent wrist bands, which are distributed the first day of each week, and are colored, according to your child’s swimming level. This helps distinguish Naticook campers from the general public. Naticook campers are required to be under camp staff supervision at all times, in specific camp activity locations. They are not permitted to visit with other patrons at the park during camp hours. The park is routinely patrolled by the Merrimack Police Department. Camp personnel also have immediate access to emergency services when needed.

2022 CAMP DATES:

Week 1: 6/27- 7/1	Week 2: 7/5 -7/8 (4 day week)	Week 3: 7/11 - 7/15
Week 4: 7/18 - 7/22	Week 5: 7/25 - 7/29	Week 6: 8/1 - 8/5
Week 7: 8/8 - 8/12	Week 8: 8/15 - 8/19	Week 9: 8/22 - 8/26

2022 CAMP HOURS OF OPERATION:

Morning Drop off 8:00 – 8:30 a.m.
Camp Day 8:00 – 4:00 p.m.
Afternoon Pickup 3:45 – 4:00 p.m.

EXTENDED DAY CARE OPTIONS: (Additional Fees Apply)

Participants may also choose to register for either the Morning Extended Day Program or the Afternoon Extended Day Program for an additional fee. The Morning Extended Day Program runs from 7:00 – 8:00 am and includes a light breakfast. The Afternoon Extended Day program runs from 4:00 – 6:00 pm and includes an afternoon snack.

Extended Care fees for both Naticook and Trek are as follows:

- \$20 per child per week for Morning Extended Care
- \$40 per child per week for Afternoon Extended Care

CONTACT INFORMATION:

The Parks & Recreation Department handles registration, billing questions and receipts. The Day Camp office handles the group schedules, staffing assignments and day to day operations of the Camp.		
The Camp Health Center handles all medical related questions pertaining to injuries, medication or other related issues. Our Health Center is staffed by Kevin Lake, A-EMT.		
The Day Camp and Health Center Phones and Email Addresses are only checked when Camp is in session (Mondays – Fridays from June 27 th – August 26 th , 2022).		
Ashley Prindle, Day Camp Director	603-420-1662	naticookdaycamp@merrimacknh.gov
Kevin Lake, Health Center Supervisor	603-420-1663	
James Golisano, Program Coordinator	603-420-1664	jgolisano@merrimacknh.gov
Matt Casparius, Director of Parks & Recreation	603-420-1661	mcasparius@merrimacknh.gov
Brittney Wigdorski, Trek Coordinator	NA	NA

OUR STAFF:

Our Staff consists of kind, caring, carefully selected individuals who have a strong interest/experience working with children. Each candidate is thoroughly researched through extensive interviews, referrals, criminal background checks, reference checks, and performance reviews from previous summers working at camp. Since we have more applicants than we have positions to offer, we are exceptionally selective in our hiring.

All staff members are required to attend pre-camp orientation training, attend weekly in-service trainings/staff meetings, and keep daily written reports on camp activities. All activities are taught/lead by our adult counselors with assistance from our junior counselors and are closely supervised by our camp administrative staff.

Your child will be placed in groups (“bunks”) by grade. They will be under the care of at least one adult (age 18+) “Senior Counselor” AND at least one “Junior Counselor” (ages 16-17).

Children will be remaining with the same core bunk they start with for the week and will continue to be assigned to that bunk for any future weeks of camp that they are signed up for. Bunks will have the same staff member with them whenever possible and they will be physically separated from other bunks at all times.

Maintenance will be sanitizing the facility regularly, however also as bunks rotate from activity to activity they will sanitize the new activity equipment before and after using it.

CAMP TUITION DUE DATES:

Full Payment for the week selected is due 2 weeks before the start date of the week selected. If paying by check, please make payments payable to the **Town of Merrimack**. We also offer the option to register and pay online with a Visa, MasterCard or Discover Card thru our online registration system which is available at: <https://merrimack.recdesk.com/recdeskportal/>.

SIBLING DISCOUNT POLICY:

Naticook Day camp: For Merrimack Residents, the first resident child in the household will pay \$255.00 per week. 2nd or more resident children in the same household will pay \$230.00 per week each when all children are attending the same week of camp. For non-Merrimack Residents, the first resident child in the household will pay \$305.00 per week. 2nd or more resident children in the same household will pay \$280.00 per week each when all children are attending the same week of camp. Discounts do not apply to extended day.

Trek Adventures: For Merrimack Residents, the first resident child in the household will pay \$290.00 per week. 2nd or more resident children in the same household will pay \$265.00 per week each when all children are attending the same week of camp. For non-Merrimack Residents, the first resident child in the household will pay \$340.00 per week. 2nd or more resident children in the same household will pay \$315.00 per week each when all children are attending the same week of camp. Discounts do not apply to extended day.

SCHOLARSHIP ASSISTANCE:

The Town of Merrimack has a limited amount of privately donated scholarship funds available for Merrimack families facing financial hardships. Scholarships could help fund up to one week of camp and are awarded based on financial need. Applications and information are available by contacting the Town of Merrimack Welfare Department at 603-423-8535 or at welfare@merrimacknh.gov.

STAFF SUPERVISION RATIO:

We follow strict standards for staffing based upon the age of the child. These ratios are in accordance with national American Camp Association Standards. In most cases we are exceeding this standard with a lower ratio.

- 4-5 Year Olds 1 Staff Member for every 6 Campers
- 6-8 Year Olds 1 Staff Member for every 8 Campers
- 9+ Year Olds 1 Staff Member for every 10 Campers

HEALTH CARE/EMERGENCY MANAGEMENT:

The Camp employs a Health Care Supervisor who is a licensed medical professional and who will oversee all health issues at Camp. It is the policy of Naticook Day Camp to have a Health Care Supervisor who is a Registered Nurse (R.N.), Licensed Practical Nurse (L.P.N.), Emergency Medical Technician (E.M.T.) or First Responder and who holds a current NH State License on site at all times.

The Health Care Supervisor will also be available for consultation at all times or the other currently designated individual as outlined above, by walkie-talkie or phone. S/he will make him/herself available at all times by working in and from the Health Center so that s/he can be easily found and is within two hundred yards of any part of Camp.

In addition, all Waterfront Staff members are also certified in Lifeguarding, CPR/AED for the Professional Rescuer and First Aid and may assist in immediate emergency care when needed. The Camp also has immediate access to EMS in the event that such care is warranted.

In the event of a minor illness or injury such as a cut, scrape, stomach ache or other minor condition, parents will be notified with a written notice at the end of the camp day. For more serious illness or injuries then the Camp Health Care Staff will immediately notify the parents of the situation with a recommendation on how to proceed.

MEDICATION:

Any medication(s) a camper needs to take during the time s/he is at camp, must be in the original container and locked in the cabinet in the Health Care Office. Medications will be taken under the supervision of the Health Care Supervisor. **Parents must complete an authorization form for any medication before it can be administered.** The Health Care Supervisors will keep a health log and inform parents when necessary of any illness or injury involving their child. Parents will be requested to take a camper home if s/he has any infectious illness, high fever, is vomiting, or is otherwise unable to remain at Camp. EMS will be called immediately for any serious/life threatening injuries or illness and parents will be notified immediately.

PROTOCOL FOR STANDERED ILLNESS:

Parents will be notified by phone from the Camp Health Care Staff of any symptoms of impending illness. Parents will be expected to leave work and pick up a child who appears to be too ill to remain in the Camp unless other arrangements have been previously made between the parent and the Camp.

Until the parent arrives, the child will be kept in the Camp Nurse's Office secluded from the main program area, and supervised by the Camp Health Care Staff.

A child may not remain or come to the program if he/she has any of the following symptoms:

- Fever over 100.4 °F.
- Vomiting
- Diarrhea
- Inflammation of the eyes
- Abscess or draining sores
- The child has a strep throat that has not yet been treated with an antibiotic for 24 hours
- Rash, unless determined to be non-contagious by a Doctor's note.
- The child has impetigo with less than 24 hours of treatment with an antibiotic.

PROCEDURES TO FOLLOW IF PARENTS CANNOT BE CONTACTED IN AN EMERGENCY:

In case of an injury or medical emergency, the Camp Nurse or Camp Director will:

- Contact parents. Phone numbers are in the student's file.
- If unable to reach parent, will contact emergency person listed as emergency person listed as emergency contact in camper's file.
- If unable to reach emergency contact, child's pediatrician listed on emergency medical care form in campers file.

EPI PENS:

If your child has a prescription for an Epi Pen, we will ask you to send two Epi Pen's to camp. One will be with your child or their counselor at all times and the second one will be kept in the Camp Health Care Office as a backup. Staff members have been trained in the use of Epi Pens and if a situation dictates the use of it, the Staff Member will assist your child in its use.

INHALERS:

If your child has an inhaler please make sure that they bring it with them to Camp every day. The inhaler will be with your child or their counselor at all times. Staff members have been trained in the use of inhalers and if a situation dictates the use of it, the Staff Member will assist your child in its use.

EMERGENCIES:

In the event of a major Camp, weather, or national emergency, campers and staff will follow the directions of local/state/national authorities. Campers will be instructed to shelter in their assigned cabin. Staff will be notified via two-way radio, phone communication, and via administrative personnel as to how to proceed. Parents will be notified of any events as instructed by authorities, via phone, email, or mass media (in the event of a Federal emergency).

COVID-19 GUIDELINES SUMMER 2022

Based upon updated guidance from the NH Department of Public Health, masks are now optional at camp based on the individual's personal choice except in the case of required isolation or quarantine which are outlined below.

VACCINATIONS

While not mandatory; it is strongly recommended that all campers & staff get fully vaccinated against COVID-19 to help avoid introducing COVID-19 into the camp setting and associated consequences such as needing to quarantine due to exposure.

WHAT DOES FULLY VACCINATED MEAN?

- The CDC recommends all children 5 years of age and older be vaccinated against COVID-19 with two doses of the Pfizer-BioNTech vaccine.
- Campers & Staff between the ages of 12 years of age to 17 years of age should be vaccinated against COVID-19 with two doses of the Pfizer-BioNTech vaccine as well as receiving a Booster dose.
- Staff Members who are 18 and older should have received two doses of either the Pfizer-BioNTech or Moderna Vaccines or a Single Dose of the Johnson & Johnson / Janssen Vaccine. Everyone ages 18 years and older should also get a booster dose of either Pfizer-BioNTech or Moderna Vaccine.

COVID-19 DAILY WELLNESS CHECK:

Parents and campers are required to answer these questions daily prior to campers leaving the car:

- Has your child had fever, cough, sore throat, shortness of breath, vomiting, diarrhea, or a rash in the last 5 days?
- Has your child been exposed to someone who has been diagnosed with the COVID-19?
- Campers or Staff who have new/unexplained symptoms of COVID-19 should be kept home and tested for COVID-19 and must have a negative test result before coming back to camp.
- A child with a temperature greater than 100.4 and any of the above symptoms or who has been exposed to someone with COVID-19 must follow the Isolation and/or Quarantine Guidelines on the next page.

PROTOCOLS FOR COVID-19 HEALTH CONCERNS THAT COME UP DURING THE CAMP DAY:

- If any camper or staff member that develops symptoms during the course of the camp day; the staff member will contact the Health Supervisor to inform them of situation. The Health Supervisor will put a mask on the individual and then bring them to the pre-designated quarantine tent outside of the camp office.
- A rapid antigen test will be conducted by the Health Care Supervisor and a temperature will be taken. If the temperature is over 100.4 or the rapid antigen test is positive; the camper will remain in quarantine tent until parents can be contacted and child is picked up and directed to seek a PCR Test by their local medical professional. It is expected that a parent picks up their children within 1 hour.
- The Camp Health Care Supervisor will write a detailed account of incident, persons present, symptoms, steps taken, and outcome.
- In the event of a positive test, the NH Bureau of Infectious Disease Control will be contacted to follow up with the family.

ISOLATION REQUIREMENTS:

For anyone who test positive for COVID-19 or who have symptoms of COVID-19 while awaiting test results

Persons who need to isolate	Recommended Action
<p>Any person who tests positive for Covid-19 or who has symptoms of Covid-19 while awaiting testing – regardless of vaccination status, previous infection, or lack of symptoms.</p>	<ul style="list-style-type: none"> • Stay home and away from others (including people in your household for at least 5 days. • Isolation can end after day 5 if you are fever-free (off fever-reducing medications) for at least 24 hours and other symptoms are improving. • If fever has been present in the prior 24 hours, or if other symptoms are not improving, then you should continue to isolate until fever free and symptoms are improving for at least 24 hours, or until after 10 days of isolation. <p>For 10 days:</p> <ul style="list-style-type: none"> • Wear a well-fitting mask when around other people and avoid people who are immunocompromised or at high risk for severe disease. • Avoid travel. <p>Per CDC guidance, individual can take an antigen test on day 5. If antigen test is positive, you should continue to isolate for a total of 10 days. If the test is negative then you can return to camp but must wear a well-fitting mask anytime you are indoors.</p>

QUARANTINE REQUIREMENTS:

For exposed “household contacts” who are unvaccinated or who are NOT “up to date” on receiving all recommended COVID-19 vaccine doses.

Persons who need to quarantine after being exposed to someone who has tested positive for COVID-19	Recommended Action
<p>Household contacts who are either:</p> <ul style="list-style-type: none"> • Unvaccinated; OR • Not “up to date” on receiving all recommended vaccinations as described above. 	<ul style="list-style-type: none"> • Stay home and away from others for 5 days after the last exposure. • Watch for symptoms for COVID-19 for 10 days after the last exposure and get testing if symptoms develop. • Get tested at least 5 days after the exposure, even if no symptoms develop. If positive, move to isolation. If negative, can return to camp but must wear a well-fitting mask anytime you are indoors. <p>For 10 days</p> <ul style="list-style-type: none"> • Wear a well-fitting mask when around other people and avoid people who are immunocompromised or at high risk for severe disease. • Avoid travel.

PRE-CAMP PREPARATION:

To register, please complete and submit the camper registration form on Recdesk. This summer, Naticook Day Camp is partnering with ePACT to better serve you. ePACT offers an electronic health record system for camps that allows you to complete your child's health information electronically. The security and privacy of your participant's health information is important to us. The ePACT site is secure, encrypted, and password protected. We're excited to let you know that your participant's health information will save from year-to-year, so once you complete it in ePACT this season; you won't have to start from scratch next year.

Please look for an email from ePACT within a week of registration with a link to your personalized online camper forms. Additionally, ePACT will send out periodic reminder emails if you have any incomplete health information.

Your child will not be allowed to attend Camp until we have these records in ePACT. Pediatrician's offices get very busy right before the start of summer.

Please note that all campers **must be toilet trained in order to attend camp.**

WHAT TO BRING (Naticook):

Before your child starts camp each week, please discuss this handbook with him/her, to help prepare them for camp. We ask that each camper bring the following items to camp daily:

- A backpack that s/he can easily carry and manage that has your child's name on it.
- A reusable water bottle each day with your child's name on it.
- Bathing suit and towel
- Light jacket/rain poncho/sweatshirt for cold/inclement weather
- Hat, sunglasses, bug repellent
- Sneakers – Please do not allow your child to wear jelly shoes, sandals, flip flops and other unsupportive shoes that leave their feet exposed and will not allow your child to participate fully and safely.
- Sunscreen – We recommend that campers bring their own with them from home. Please note that Camp Staff may assist your child with sunscreen but cannot apply it directly on your child.
- 2 snacks- One for the morning and one for the afternoon.
- A Mask is required for all campers.

WHAT TO BRING (Trek):

Field Trip Days:

- Bagged Lunch & Snacks
- Camp Trek T-Shirt (MANDATORY for all trip days)
- Water Bottle
- Sunscreen
- Weekly Required Waivers
- Suggested Packing List from Weekly Emails
- Appropriate clothes/footwear for outing

Fridays (Non Trip Days):

- Sunscreen
- Water bottle
- Swimsuit/ Towel
- Bug spray
- Closed toed shoes/crocs

WHAT NOT TO BRING:

- Campers should **NOT** bring electronic devices, money, sports equipment, animals or any other valuables to Camp. **This includes cell phones.** If you need to reach your child, please call the Camp Office at 886-7026 and we will get a message to them.

- Weapons of any kind! If a camper is found to have such items, you will be contacted to come and pick them up and they will be expelled from Camp. No refunds will be issued in this circumstance.

LOST & FOUND:

EVERY item your child brings to camp should be labeled with his/her name. The Camp and the Town of Merrimack are not liable for any missing items. We keep lost and found items in the Camp Office. At the end of the summer, any unclaimed items will be donated to charity.

PHOTO & VIDEO POLICY:

Merrimack Parks & Recreation Department reserves the right to photograph facility, activity and program participants at any and all department sponsored events for potential future use. All photos will remain the property of the Merrimack Parks & Recreation Department and may be used in future program guides, on Merrimack Parks & Recreation controlled social media pages, press releases for promotional purposes or in recognition of department sponsored events. If you do not wish to have your picture taken, please notify the camp director before your child attends camp.

CAMP ARRIVAL & DISMISSAL PROCEDURES:

Camps are located in a public park and so safety and security are our most important priorities. The following procedure applies for both morning drop off and evening pickup including those participating in Extended Care program. We ask for your cooperation in following these dismissal procedures to ensure camper welfare at all times:

- When you pull into Wasserman Park, you will drive directly down the hill towards the tennis courts where you will take a right hand turn and travel up the park road to the Function Hall. Morning Drop Off and Afternoon Pickup will take place directly in front of the Function Hall. **Please note for the safety of all campers and staff, the entire park is a posted 5 mile per hour speed limit! This speed limit applies even if you are running late.**
- All families will be issued two copies of a parking placard with their family name on it. When you pull into the park please have this placard visible in your windshield. If you need another copy, please notify the staff upon arrival.
- When you pull up to the Function Hall, do not get out of your car. Staff members will greet you at your vehicle. We will make every effort to get campers in and out of vehicles as quickly as possible but we do have to screen every camper upon arrival. You will not be able to leave until the vehicle in front of you departs. You will then proceed directly up the hill in your vehicle and out to Naticook Road.
- If you are dropping off or picking up outside of the times listed above, then we ask you to follow the arrival & dismissal procedures listed under Extended Care Participants found on the next page.
- **Please plan extra time and patience into your morning drop off as the COVID-19 pre screenings will slow the drop off procedure down.**

EXTENDED CARE ARRIVAL & DISMISSAL:

For campers participating in either AM Extended Care (7:00 am – 8:00 am) or PM Extended Care (4:00 – 6:00 pm). **Camper drop off in the morning as well as in the evening will take place at the Day Camp Office.**

- When you pull into Wasserman Park, you will drive directly down the hill towards the tennis courts where you will take a right hand turn and travel up the park road where you will pass the Function Hall and continue up the hill to the day camp office; which is the white building on your left.
- You will need to get out of your car and come inside the Camp Office and the Staff Member will check your ID, and then they will call your child to come up the hill for dismissal at the Camp Office.
- **Please note for the safety of all campers and staff, the entire park is a posted 5 mile per hour speed limit! This speed limit applies even if you are running late.**

TARDY CAMPERS:

- If your child will be arriving at Camp after 8:30 am, please use the following procedure.
- As you pull into Wasserman Park you will take an immediate right and follow the short one-way road to the large dirt Parking Lot. Please park your car in the parking lot and walk your child down to the Day

Camp office to check in. Please walk along the edge of the lot and through the short path to the Day Camp waiting area.

- The office staff will come outside to ask the COVID-19 questions and perform a temperature check and then check your child in. A staff member will then take them to join their cabin group and counselor. Campers must check in with the office staff. **It is the parents' responsibility to ensure that his/her child has safely checked in with us.**
- **(Trek) Some field trips leave as early as 8:30 am and so if you are tardy on those days you may miss the bus and will join Naticook Day Camp for the day. We have a tight schedule on field trip days to ensure the maximum amount of time at the field trip location. Please be on time.**

EARLY DISMISSAL:

- If you need to release your camper BEFORE 3:30pm, please call the Camp Office (603-420-1662) as early as possible or bring a note to the Day Camp Office. If you are sending someone to pick up your child, they must be on your Campers Release list, show a positive photo ID and sign the child out.
- Please give us adequate advanced notice when you need to pick your child up early. Without adequate notice you will need to wait while your child travels with his/her counselor from an activity area up to the Camp office which could take a fair amount of time.
- **(Trek) If your child is on a field trip, early pickup may not be possible. Check with the Camp Director for details.**

CHILD NOT COMING TO CAMP:

- If your child will not be coming to Camp on a particular day due to illness or other reason, please call the Camp Office at 603-420-1662 by 8:30 am. At 8:30 am, the Camp Nurse, will start calling home for any child who has to not arrive at camp to verify if they are coming to camp that day.

LATE FEE POLICY:

The regular Camp Day ends at 4:00 p.m. You are allowed a 10 minute grace period, but after 10 minutes you will be charged \$1 for every minute after that. The Day Camp clock is the official time of record for this fee and payment is due at time of pickup. This late fee also applies to the afternoon extended care which ends at 5:30 p.m.

ATTENDANCE:

If your child is going to be late or absent from camp, please notify us by calling 603-420-1662. If we are unable to answer the phone, please leave a message. We take attendance each morning and at every activity. You will be called to verify any absence not called in to our office.

SESSION TRANSFERS:

Participants will be permitted, if space allows, a transfer to another session of camp.

WITHDRAWAL FROM CAMP:

To withdraw from a camp session or change the weeks that your child is registered, please contact the Parks & Recreation Department at 603-420-1664 or email jgolisano@merrimacknh.gov as soon as possible. We do not provide discounts for partial weeks or days during which your child does not attend camp. The deadline to withdraw from a previously registered session of camp is (2) two weeks prior to the start of the session you wish to cancel. In the event of late cancellation, your \$25.00 deposit is non-refundable. Cancellations that happen before the two week deadline are assessed the standard program cancellation \$10.00 admin fee. Participants may transfer to a different session of camp if space allows or apply a household credit to your account and no fee will be assessed.

CAMPER BEHAVIOR EXPECTATIONS:

The camp expects all campers to adhere to the following general code of conduct. All inappropriate behavior will be handled on an individual basis by camp staff, based on these guidelines. The camp staff reserves the right to use professional discretion in suspending or dismissing any camper for any behavior that is, or is perceived as, causing harm to any individual, or property at Wasserman Park. In most cases, we operate on a

3 strikes rule; however a serious offense may necessitate suspension or dismissal immediately. A camper who physically assaults another person at Camp or who brings a weapon to Camp will immediately be dismissed. The child's parent(s)/guardians will be notified for any serious disciplinary matters.

There are no refunds offered for campers who are asked to leave camp. All campers are expected to:

- Speak with all staff and other campers courteously. Foul/vulgar/inappropriate language/conversation will not be tolerated.
- Act appropriately towards staff and campers, respecting people's personal space and belongings. Any physical (pushing, hitting, fighting, etc.) or verbal assault on any person at camp will result in an immediate suspension or dismissal from camp. Any vandalism of camp property or personal belongings will result in an immediate suspension or dismissal from camp and financial restitution will be sought.
- Remain with his/her counselor and be under adult supervision at all times and follow directions given by camp staff. Insubordination or willfully leaving a camp activity without supervision may result in a suspension or dismissal from Camp.
- NEVER bring an item that is a weapon, can be used as a weapon, or is a weapon look-alike (even a toy). These items will be confiscated and will result in an immediate suspension or dismissal from Camp.
- NEVER bring drugs/alcohol/tobacco or look-alikes or be under the influence of such substances. If found to be in possession or under the influence of such substances, an immediate suspension or dismissal from camp will result.
- Campers should maintain a positive attitude, be willing to try new things and make new friends; be cooperative with and courteous to all.

ACTIVITIES:

Naticook Day Camp includes features and amenities that are normally only found in an overnight camp setting which allows the camp to provide activities that other local day camps do not offer. Our goal is to create a one-of-a-kind experience with a fun and safe environment that promotes self-confidence, respect, and good sportsmanship and provides campers with the opportunity to try new things and develop new friendships. Our campers participate in a wide variety of activities including but are not limited to swimming, group games, drama, nature exploration, sports, arts & crafts, special events and much more!

MEALS:

All campers get a hot lunch daily as part of the camp tuition fee. Meals are prepared by our Camp Cook in the Function Hall. Most days, campers will eat outside on the picnic tables underneath tents. On rainy days, campers will eat inside. Lunch times will be staggered as to provide a setting with no group overlap and time to sanitize all tables between each groups use. Options include a daily hot lunch, salad or fruit, a side, milk and a dessert.

SAMPLE Naticook MASTER CAMP SCHEDULE					
	Bunk 14	Bunk 1	Bunk 3	Bunk 5	Bunk 12
	Jr. Camp Pre-K, K, & 1st	Saplings 2nd Grade	Elms 3rd Grade	Maples 4th Grade	Oak 5th Grade
8:00 - 8:30	Arrival & Check In With Bunk				
8:30 - 8:45	Changing Time in Bunk				

8:45 - 9:00	Morning Flag				
9:10 - 9:50	Jr. Bunk Activity	Swim Lessons/ Free Swim	Arts & Crafts	Nature	Sports
10:00 - 10:40	Swim Lessons	Free Swim	Drama	Arts & Crafts	Nature
10:50 - 11:30	Free Swim	Drama	Swim Lessons/ Free Swim	Sports	Arts & Crafts
11:40 - 12:20	LUNCH				
12:30 - 1:10	Sports	Nature	Free Swim	Swim Lessons/ Free Swim	Drama
1:20 - 2:00	Arts & Crafts	Sports	Nature	Free Swim	Swim Lessons/ Free Swim
2:10 - 2:50	Nature	Arts & Crafts	Sports	Drama	Free Swim
3:00 - 4:00	FREE CHOICE				

Your child's specific Activity Schedule will be available upon request at the beginning of the summer. Daily activities are subject to change.

Naticook FAQ's

Q. Can you tell me what a typical day at camp is like?

- A typical day starts when parents drop their children off at 8:00 am. They check in with his or her counselor at the bunk's designated flag on the grass in front of the Function Hall. After everyone checks in your child's group heads to their cabins to drop off their personal items. At 8:30 am everyone assembles for greetings and announcements. After that, the schedule will vary each day but will always include Red Cross Swimming Lesson and lunch, which is included in the cost of the program.

Other activities include arts & crafts, theater, dance, nature, games, lake fun, and sports. The children have down time after lunch before the afternoon activities. At 3:45 pm, the staff will bring their campers up to be ready for dismissal. When the parent arrives at the end of the day they will check in at the Day Camp Office. We will call down to the Function Hall to have your child dismissed and they will come up the hill to meet you.

Q. How many kids are in camp overall?

- We average around 100 campers per week this summer.

Q. What do we do if we needed a friend to pick up our child?

- If this person is not already on the authorized pick up list that is filled out during camp registration, you will need to send in a note to our office. No camper will be released to anyone, unless authorized by you ahead of time. If you need to confirm someone on your child authorized pick up list please call James in the office at 603-420-1664.

Q. I know Wasserman Park is a public park. How do you distinguish the campers from the everyday public for safety measures?

- First, campers remain with their groups at all times. Secondly, for the safety and security of all campers are required to wear fluorescent wristbands, which are distributed the first day of each week, and are colored, according to your child's swim level. This helps distinguish Naticook campers from the general

public. Your child may take his or her wristband home, slip it off and wear it to camp the next day. We have plenty of wristbands on hand at the office if your child needs a new one.

- Campers are not permitted to visit with other patrons at the park during camp hours. The park is routinely patrolled by the Merrimack Police Department, and camp personnel have immediate access to emergency services when needed.

Q. Will the kids have camp on a rainy day?

- Absolutely! We have many facilities to provide protection from the rain and we are always prepared with plenty of activities to do on a rainy day to keep it just as fun as a sunny day!!

TREK ADVENTURES FAQ'S

Q. Is food provided?

- Yes & No. When participants are at Wasserman Park for the day, we will provide participants with lunch. On field trip days, we ask all participants to pack their own brown bag lunch and snacks. There are a few field trips where meals are included and we will let you know what those are in advance.

Q. Who is the staff?

- Our program this year will be led by Brittney Wigdorski who has worked at Naticook Day Camp for the last 5 years. She will be assisted by a number of our experienced staff members. Our Staff members consists of kind, caring, carefully selected individuals who have a strong interest/experience working with children. Each candidate is thoroughly researched through extensive interviews, referrals, criminal background checks, reference checks, and performance reviews from previous summers working at camp.

Q. I have one camper in Naticook and one camper in Trek. Will drop off/ pick up be a problem?

- Not at all. Campers for both camps will be dropped off and picked up at the same time and at the same location (outside the function hall at Wasserman Park).

Q. How many kids are in camp overall?

- Camp Trek will have a maximum of 40 campers per week who will be supervised by 4-5 staff members.

Q. Will I receive more information about the trips as they get closer?

- Yes. The week before your child is scheduled to attend camp you will receive an email that details the three trips for that session. The email will include an overview of each trip, a recommended packing list, camp departure/ arrival times, general information about trips, and any required waiver forms for the week.

Q. Do any of the trips require waivers?

- Yes. Some trip destinations will require a signed waiver form specific to that destination. All waivers will be on the Camp Trek Info page and can be mailed or emailed when your child registers for camp. If a waiver is required for a trip we must have it no later than the Monday of the trip's week. If we don't have it on the trip day, your camper will not be able to attend the trip.

Q. Can my child have their cell phone?

- Yes. Campers are allowed to have cell phones on trip days; however, campers are responsible for their own phones. The Parks and Recreation Department is not responsible for any lost, stolen, or broken phones, or other property during trips. Campers may leave their phones either at home or in the summer camp office on trip days if they do not want to risk damaging or losing their phones.

Q. Can my child bring money on trip days?

- We will never ask that children bring money for any of the trips; however, if they would like to bring money to spend on food or merchandise they may do so. The Parks and Recreation Department is not responsible for any lost or stolen money during trips.

Q. What do we do if we needed a friend to pick up our child?

- You will need to send in a note to our office if someone other than you will be picking up your child other than the parents or guardians listed on your child's registration form. No camper will be released to anyone, unless authorized by you. If the person authorized for pick up is unknown to camp staff, please be sure that the authorized pick up person is prepared to present photo identification.

Q. What happens if it rains?

- We will assess the possibility of rain the day before the trip. If we are planning to change or move the trip, parents will be notified as soon as possible. In some cases we will change our trip to a different indoor location or we may remain at Wasserman Park for the day and participate in a special activity.

Q. How will my children be supervised on trip days?

- During trips and at camp campers will be supervised by the Camp Trek Coordinator and another camp counselor. All staff members are over the age of 18 and have experience working with children aged 12-15 years old.

Naticook Day Camp is licensed by the New Hampshire Department of Health & Human Services and we have been continuously accredited by the American Camp Association (ACA), since 1993.



If you have any questions or concerns, please contact us so that we may address them:

Naticook Day Camp Office (603) 420-1662
Merrimack Parks & Recreation (603) 882-1046
Fax – (603) 883-5335

Activities, staffing, day to day camp concerns
Registration & Financial Matters

James Golisano, Program Coordinator
E-mail - jgolisano@merrimacknh.gov
(603) 420-1664

Matt Casparius, Director of Parks & Recreation
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