

# Parent Information Manual

Merrimack Parks & Recreation

Camp Naticook & Camp Trek



# CAMP MERRIMACK NEW HAMPSHIRE NATICOOK



## Camp Trek



## Summer Camp Office Hours

June 26<sup>th</sup> – August 23<sup>rd</sup>, 2024

8:00 am – 4:00 pm

603-420-1662

## Parks & Recreation Office

Open Year Round

Monday – Friday ● 8:00 am – 4:00 pm

116 Naticook Road, Merrimack, NH 03054

Phone: 603-882-1046

Fax: 603-883-5335

[hcote@merrimacknh.gov](mailto:hcote@merrimacknh.gov)

Camp Dates, Fees and Weekly Themes, visit

[www.merrimackparksandrec.org](http://www.merrimackparksandrec.org)



# ***Letter from the Director of Parks & Recreation***

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Dear Camp Parents,

Thank you for choosing Merrimack Parks & Recreation for your child's Summer Camp needs by registering to attend Camp Naticook or Camp Trek. We are delighted to have your child join us at camp this summer!

Our goal at Camp Naticook is to build an environment where both staff and campers are open to be themselves and form friendships and connections with their peers that will last a lifetime. We strive for individuals to embrace their own strengths and talents to form a camp community that is rich in history and culture. We embrace our camp's beginnings and culture to strengthen our community. Through the specialty areas of our camp, campers will discover new interests and embrace their previous interests.

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.

We strive to have a united staff that shows campers great care and compassion. Our staff works closely together and has a strong bond that shows in their care for our campers. Camper safety is our staff's number one priority. After safety, it is paramount to our staff that our campers have the best experience we can possibly provide them. We want our campers to leave camp and remember the summer and the memories they made. We never want any of our campers to say goodbye to Camp Naticook. Rather, see you soon.

Our camp is licensed by the New Hampshire Dept. of Health & Human Services and is accredited by the American Camp Association (ACA).

## **ABOUT CAMP NATICOOK**

Camp Naticook is our traditional summer Day Camp Program geared towards campers who will be entering Kindergarten up thru Grade 5 in the Fall of 2024. Our Campers participate in a wide variety of activities including swimming, boating, group games, team building, archery, drama, nature exploration, sports, arts & crafts, special events and much more!

## **ABOUT CAMP TREK TEEN ADVENTURE CAMP**

Camp Trek Teen Adventure Camp is a trip & activity based summer camp program, which is geared towards participants aging out of Naticook and who will be entering Grades 5 – 9 in the Fall of 2024. Camp Trek operates as a subset of Camp Naticook but offers an alternative to the traditional day camp experience found at Camp Naticook. Each week of the summer will feature a mix of traditional Summer Camp activities along with daily field trips exploring destinations across New Hampshire, Northern Massachusetts and Southern Maine. 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.

## **STAFF:**

Led by our Camp Director, Hannah Cote, 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.

If after reading thru this manual, you have any questions, please feel free to reach out to us at 603-882-1046. We look forward to seeing you this summer, and thank you again for choosing Merrimack Parks & Recreation

Sincerely,

Matthew Casparius, CPRE

Director of Parks & Recreation

[mcasparius@merrimacknh.gov](mailto:mcasparius@merrimacknh.gov)

# General Registration Information

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## **2024 CAMP HOURS OF OPERATION**

Morning Drop off	8:00 – 8:30 am
Camp Day	8:00 – 4:00 pm
Afternoon Pickup	3:30 – 4:00 pm

## **EXTENDED DAY CARE OPTIONS:** (Additional Fees Apply)

Campers may 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:**

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

## **REGISTRATION & FEE'S**

All programs are offered on a “first come – first serve” basis thru our website or in person at the Parks & Recreation Office. In order to maintain proper staffing ratios, age group sizes are limited and can sell out quickly, so please register early. Waiting lists will be taken as age groups reach their maximum enrollment.

There is a \$50 non-refundable deposit due for each session that you would like to you register your child for. This deposit is applied towards the weekly tuition and the tuition balance must be paid 45 Days prior to the start of the selected session. Payment may be paid by a check payable to the Town of Merrimack and mailed or dropped off to the Parks & Recreation Department; paid over the phone with a Visa, MasterCard or Discover; paid online thru the registration portal or paid in person at the Parks & Recreation Department with check, cash or credit card.

**\*Please note:** If you pay your balance online thru the Registration portal; the system will only let you paid the entire balance in full (as opposed to paying for a single week). If you are looking to make payment with a credit card; please call us and we can process it on our end to only charge your card for a single week.

## **CANCELLATIONS & REFUNDS**

Participants who wish to withdraw from a session at Camp must notify the Parks & Recreation Department at least 30 days prior to the start of the session that you wish to cancel. All program cancellations will result in the loss of the \$50.00 non-refundable deposit. Refund requests between 15 – 30 days, will forfeit the \$50 non-refundable deposit and will receive a 50% refund of the amount that was been paid. No refunds will be issued less than 15 days prior to the start of the session. All refunds will be issued in the form of a check from the Town of Merrimack and may take up to 2 weeks to process.

Refunds may be given for medical reasons which arise less than 14 days prior to the start of the registered session. For all medical cancellations wanting reimbursement, the request must be accompanied by a physician’s letter which must be received by the last day of the session that you are wishing to withdraw from. Even with a Doctor’s note, participant would still forfeit the \$50 non-refundable deposit and will receive a 50% refund of the remaining amount that was been paid.

## **SIBLING DISCOUNT POLICY:**

For Merrimack Residents, the first resident child in the household will pay will tuition. Additional siblings in the same household would pay \$25.00 less as long as they are registered for the same session as the first child in the household. Discounts do not apply to extended day.

# Financial Aid and Arrival & Dismissal Procedures

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## **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](mailto:welfare@merrimacknh.gov).

## **REKINDLING CURIOSITY: EVERY KID GOES TO CAMP SCHOLARSHIP**

In response to the COVID-19 pandemic's impact on student social, emotional, and mental health, the NH Department of Education, will be once offering a program to help pay the Summer Camp Tuition Fees for students from low-income households or those children with a disability to improve student social, emotional, and mental wellness and support continued development of the whole child, especially by alleviating student anxiety and trauma resulting from the COVID-19 pandemic.

- Students with a disability, determined by confirmation of an I.E.P or medical documentation of a disability, are eligible for a \$750 camp fee;
- Students from families earning less than 250% of the federal poverty level, determined by federal income tax return and documented non-taxable income, are eligible for a \$600 camp fee; and
- Students from families earning less than 400% of the federal poverty level, determined by federal income tax return and documented non-taxable income, are eligible for a \$450 camp fee.

Eligible students' participation in the program are prioritized on a first-come, first-served basis until all program funds are exhausted. You will apply to the program thru the Department of Education website listed below and if you are approved in one of the 3 eligible categories listed above; then the Department of Education then sets up an Online Account for you where can direct which Summer Camp you want the funding to go to. The Department of Education then pays the camp directly for the amount that you dictate to go to that Summer Camp.

<https://rekindlingcuriosityeducation.nh.gov/>

## **CAMP ARRIVAL & DISMISSAL PROCEDURES:**

Our Summer 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 (but does not include those participating in the AM or PM 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 Pick-up 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!**

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. 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.



# Arrival & Dismissal Procedures

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## **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). **For extended care Camper drop off 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: (Arriving after 8:30 am)**

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 check your child in and then bring 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. Do not simply drop them off in the parking lot and leave.**

**For Camp 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 Camp Naticook 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** 3:00pm, please call the Camp Office (603-420-1662) as early as possible or bring a note to the Day Camp Office. 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.

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. **For Camp 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 any other reason, please call the Camp Office at 603-420-1662 by 8:30 am. At 8:45 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 PICK UP FEE POLICY:**

The regular Camp Day ends at 4:00 pm (if you have not signed up for extended care) 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 6:00 p.m.

# Staff Supervision Ratios & Health Services at Camp

## **STAFF SUPERVISION RATIO:**

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

- Ducklings 1 Staff Member for every 6 Campers
- Robins and Ravens 1 Staff Member for every 8 Campers
- Eagles and TREK 1 Staff Member for every 10 Campers

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. There will always be at least 2 staff members with a group.

## **HEALTH HISTORY & PHYSICIAN’S FORMS:**

Merrimack Parks & Recreation and the State of NH Department of Health & Human Services require that all campers enrolling at Camp submit a Health History Form along with a record of immunizations and a record of a physical from within the past two years in order to attend camp.

## **CAMPDOC**

This summer, Camp Naticook has partnered with CampDoc to better serve our participants and staff. CampDoc offers an electronic health record system for camps, and you can now complete your participant’s health information electronically. The security and privacy of your participant’s health information is important to us. The CampDoc site is secure, encrypted, and password protected.

After signing up for Camp:

- You’ll receive an email invite to login or create an account with CampDoc
- Enter the required information, like medical conditions and emergency contact information as well as upload your child’s record of immunizations and record of a physical.
- Required questions will be marked with an \* and outlined in red.
- Keep in mind that you can return to the website at any time to make updates to your child’s health information in the event that you do not have access to all of the relevant information when you begin the process. You can make changes to your child’s account up until 2 weeks before your program begins.

**ALL MEDICAL INFORMATION IN THE CAMP DOC SYSTEM MUST BE COMPLETED IN FULL 2 WEEKS PRIOR TO YOUR CHILD STARTING THEIR FIRST SESSION AT CAMP. CAMPERS WILL NOT BE ALLOWED TO BE DROPPED OFF AT CAMP IF WE DO NOT HAVE THIS COMPLETED INFORMATION. There will be no refunds if you are prohibited from attending camp because we have not received your required medical forms.**

## **HEALTH / MEDICAL SERVICES AT CAMP:**

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 the Merrimack Parks & Recreation Department 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 certified in Wilderness First Aid and who holds a current NH State License on site at all times campers are present.

# Health Services at Camp

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 from the Merrimack Fire Department 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.

## **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 pick up a child who appears to be too ill to remain in the Camp within 1 hour. Until the parent arrives, the child will be kept in the Camp Health Center 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.
- Has tested positive for COVID-19

In case of an injury or medical emergency, and the Parent/Guardians cannot be reached the Health Care Supervisor will:

- Contact the Campers Emergency Contact that is listed in camper's file in CampDoc.
- If unable to reach emergency contacts, we will reach out to the child's pediatrician.

## **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.

# Health Services at Camp

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## **EMERGENCIES:**

In the event of major 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 or in the Function Hall depending on the nature of the emergency. 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 2024**

Based upon 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 as well as receiving a Booster dose.

## **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 child and then isolate them in the Health Center.
- If the child has a temperature over 100.4 or any other symptoms related to COVID-19; parents will be called and asked to pick up their child directed to seek a COVID-19 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.

## **ISOLATION REQUIREMENTS:**

**For anyone who test positive for COVID-19 or who has symptoms of COVID-19 while awaiting test results:**

- 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.



# What to Bring to Camp

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## WHAT TO BRING (Naticook):

Before your child starts camp each week, please discuss this handbook with him/her, to help prepare them for attending 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.
- A 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 (lotion, not the spray) – 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.
- Snacks- As many as you see fit for your camper throughout the day. Staff do designate snack time for their bunks. Usually one in the morning and one in the afternoon after lunch.

## WHAT TO BRING (Trek):

- Bagged Lunch & Snacks
- Camp Trek T-Shirt
- Water Bottle
- Sunscreen (lotion, not the spray)
- Swimsuit/ Towel
- Bug Spray
- Weekly Required Waivers
- Suggested Packing List from Weekly Emails
- Appropriate clothes/footwear for outing

## WHAT NOT TO BRING:

- Campers should **NOT** bring electronic devices, money, sports equipment, animals or any other valuables to Camp. **This includes cell phones (Trek Participants may use cell phones on the bus only.)**
- Weapons, Drugs or Alcohol 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.

# Meals at Camp & Behavior Expectations

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## MEALS AT CAMP NATICOOK:

All campers at Camp Naticook 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 the Function Hall. Options include a daily hot lunch, salad or fruit, a side, milk, Juice or Water and a dessert.

**\*Adjustments will be made for any campers that have food allergies.**

Generally speaking, campers attending Camp Trek do not get their daily lunch included as we are offsite most of the time. Some Field Trip locations will have a meal included as part of the Trip and parents will receive notice in your weekly trip email about which trips may have included meals.

## 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, to property at Wasserman Park or at any field trip location. In extreme circumstances, parents of Trek Campers may need to come and pick up their child from the field trip location in the case of dismissal or suspension.

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.

**All campers are expected to following camp rules. There are no refunds offered for campers who are asked to leave camp due to behavior issues.**

- 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. Willfully leaving a camp activity without supervision may result in a suspension or dismissal from Camp/TREK.
- 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/TREK.
- 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/TREK 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.

# Camp Activities at Camp Naticook

Camp Naticook 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!

		Jr. Camp 1	Jr. Camp 2	2nd Grade	3rd Grade	4th Grade	5th Grade
	8:00-8:30am	<b>Arrival &amp; Check-In with Bunk</b>					
	8:30-8:45am	<b>Opening Ceremonies/Announcements</b>					
Block 1	8:55- 9:35am	Arts & Crafts	Sports	Archery	Multi-Sport	SWIM/Boating	Multi-Sport
Block 2	9:45-10:25am	Nature	Arts & Crafts	Multi-Sport	Archery	Multi-Sport	SWIM/Boating
Block 3	10:35-11:15am	Guided Swim		Sports	Arts & Crafts	Nature	Archery
Lunch	11:30-12:00pm	Playground/Field		Playground/Field	Playground/Field	Lunch	Lunch
Lunch	12:00-12:30pm	Lunch		Lunch	Lunch	Playground/Field	Playground/Field
Block 4	12:40-1:20pm	SWIM/Boating		Arts & Crafts	Nature	Archery	Sports
Block 5	1:30-2:10pm	Change/ Bunk Time	Nature	SWIM/Boating		Sports	Arts & Crafts
Block 6	2:20-3:00pm	Multi-Sport	Multi-Sport	Nature	Sports	Guided Swim	
	3:15-3:30pm	<b>Closing Ceremonies</b>					
	3:30-4:00pm	<b>Dismissal</b>					
	4:00-6:00pm	<b>After-Care</b>					

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

## Trek Daily Schedule:

Campers will typically depart Camp around 9:00 am and get back late in the afternoon before Camp ends at 4:00 pm. Camp tuition fees include transportation and admissions fees to all field trip destinations. Some designations will also have lunch included.

On days when we aren't traveling as far to our Field Trip Destination, a variety of activities will be held at Wasserman Park.

# Frequently Asked Questions - Naticook

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

A typical day starts when parents drop their children off between 8:00 – 8:30 am. When you drop off your child at the Function Hall; they will be checked in to Camp and then brought over to their group to meet their counselors and fellow campers. As we are waiting for everyone to arrive, the counselors will find out your child's meal choice for lunch as well as select their free choice activity after lunch. At 8:30 am, everyone will travel down to their bunks to drop off their backpacks and then head to the flagpole for morning announcements. After morning announcements, they will head off to their first scheduled activity of the day.

At 3:15 pm, the staff will bring their campers up to the Function Hall for closing ceremonies and to get ready for dismissal. When the parent arrives in Car Line, they will check in at the Function Hall and the staff will call your child out to get into the car.

## **Q. How many kids are in camp overall?**

This year we are anticipating around 115 campers per week at Camp Naticook.

## **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. Does my child have to be Potty Trained?**

Yes all campers must be fully Potty Trained having independence with awareness to use the bathroom with minimal reminders, able to manage to clothe without help and also have the ability to wipe or clean themselves appropriately to maintain good hygiene.

## **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 assigned counselors 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 and the public are not allowed into any of the Camp Activity Areas. 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!!

# Frequently Asked Questions - Trek

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## **Q. How many kids are in Camp Trek overall?**

Camp Trek will have a maximum of 48 campers per week who will be supervised by 7 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 five trips for that session that they will be going on. 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 Information page on the website and will be emailed out in advance of the week they are scheduled to attend. 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. Is there a dress code?**

Yes, all Trek campers must wear their Trek Camp T shirt to camp each day. A total of 5 shirts are issued on day 1

## **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 Director and 4 to 6 camp counselor (depending on the day). All staff members are over the age of 18 and have experience working with children aged 12-15 years old.

## **Q. Is food provided for Trek Campers?**

Generally speaking - No. Since Trek Campers will be going out on Field Trips every day this summer, they are asked to bring their 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 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. If they are both in Extended Day Program, they will be in separate programs this year.

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

**Naticook Day Camp Office (603) 420-1662 Activities, staffing, day to day camp concerns**

**Merrimack Parks & Recreation (603) 882-1046 Registration & Financial Matters**

**Fax (603) 883-5335**

**Hannah Cote, Program Coordinator / Camp Director**

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**(603) 420-1667**

**James Golisano, Program Coordinator**

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**(603) 420-1664**

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