



Camp Parent's Guide 2012

Dear Camp Parents,

Welcome to Riverbend's Summer Exploration Day Camp 2012! We are looking forward to another great year. This guide is designed to help you prepare for your summer experience at Riverbend.

Riverbend's camp is designed to create a learning environment that is fun for everyone. We strive to achieve a balance between fun, learning and "just being kids". I hope that you will attend our Camper Orientation on June 9th from 1-4 p.m. This will give you and your child a chance to meet the staff and begin to get acquainted with Riverbend.

If you have any questions please do not hesitate to call or email me, 610-527-5234 or scarr@riverbendeec.org.

See you this summer!

Stacy Carr-Poole, Director of Education

Where is Riverbend located?

1950 Spring Mill Rd., Gladwyne, PA 19035

Not far from the intersection of I-76 and I-476. Just off PA 23/ Conshohocken State Rd. Past the Philadelphia Country Club, at the bottom of the hill. For more directions visit www.riverbendeec.org.

Registration Policies

- **Tuition Balances** must be paid by June 1, 2012. Any unpaid balances will be charged a \$25 late fee.
- **Schedule Changes** will be accommodated to the best of Riverbend's ability. However, many weeks are full by summer and changes may not be possible.
- **Cancellations/Refunds:** Deposits are non-refundable. If cancellations are made after June 1st **NO REFUND** will be given.
- Riverbend reserves the right to suspend or terminate the enrollment of any camper if we deem it is in the best interest of the camp and/or the camper.

Drop-off and Pick-up

Regular Camp Day 9:00 a.m.—3:30 p.m.

For drop-off and pick-up we will be using a car line. When you arrive in the morning you will be stopped by a staff person before you turn into Riverbend's driveway. When clear, they will direct you drive down the driveway and you will sign your child in with a second staff member, while a third staff member assists your child out of the car.

The same procedure applies to pick-up, with the staff helping your child into the car. **Please note:**

On Monday morning you must park in our parking lot and bring your child to the sign-in table.

For **Ranger** pick-up, please park in the parking lot. Your child's group will be waiting near the parking lot and you can sign them out with their educators.

Extended Day 8:00 a.m.—6:00 p.m.

All extended day campers are dropped-off and picked-up at the barn.

Late Drop-off (after 9:15) or Early Pick-up (before 3:15)

All late drop-offs and early pick-ups must report to the office in the lower level of the barn.

Authorized Pick-Up People

Campers will only be allowed to leave with people you have authorized. Please contact the office to adjust your pick-up authorizations.

What to Wear and Bring

- Wear clothing that can get dirty and wet. A change of clothing is highly recommended, especially for Rangers and Adventurers.
- Wear sturdy, comfortable shoes for hiking, playing games and going into the creek. Many campers prefer to bring a separate pair of creek shoes, such as sandals, boots or 'cros'.
- Bring lunch, please consider our guidelines for a green lunch when you are preparing for camp.
- Bring a water bottle, **FULL!**
- Bring or wear clothing appropriate for the weather, please send a raincoat if rain is predicted (no umbrellas please).
- Parents may elect to apply an insect repellent and/or sunscreen before the camper arrives at camp.

We recommend that campers bring a bag that can be sealed (i.e., backpack or duffel) for their belongings, and all belongings should be clearly labeled with names!

What not to bring

- Knives or weapons of any kind.
- Electronic devices (Please note...electronics are also **prohibited** during our extended day program.)
- Money and valuables

Food: Lunch and Snacks

Please pack enough lunch for your child to sustain an active day, but try to avoid over packing. Riverbend does not have a refrigerator for camper lunches, so please pack appropriately.

As part of our conservation education, campers are asked to take home all of their leftovers and packaging. Please consider this when packing lunches; some containers can get very messy. Riverbend also recommends packing a "green lunch" by using reusable containers to decrease the amount of waste in your child's lunch. Some possible options:

- A thermos for juice instead of a juice box or pouch.
- An insulated reusable lunch bag instead of a brown paper bag.
- Reusable containers for sandwiches, snacks and other foods.

Snack: A small snack (pretzels, animal crackers or goldfish) is provided for campers mid-morning. Extended day campers receive an additional snack in the afternoon. If your camper requires additional food, or has special dietary needs, please pack an additional snack in their bag.

Ticks and Mosquitoes

Riverbend is very much aware of the health issues associated with spending time outdoors. Riverbend is especially mindful of issues caused by mosquitoes and ticks. Although we can not eliminate these threats completely, Riverbend does take steps to mitigate these issues.

On the issue of Mosquitoes and West Nile Virus, Riverbend monitors our ponds and other still water sources for mosquito larva. We have found that our mosquito population is typically controlled by the wildlife on site, fish, dragonflies and bats. However, if the population increases dramatically we will treat the water sources with environmentally friendly, integrated pest management treatments.

On the issue of Ticks and Lyme Disease, Riverbend, as with any outdoor spot in our area, has ticks, including the deer tick that carries Lyme Disease. White-tailed deer and white-footed mice are the two main carriers of the ticks. Although we can do little about the mice population, we have installed a deer enclosure fence around most of the property to control the number of deer on our site. With the reduction of deer, we have also seen a reduction in ticks. However, many of the campers do venture beyond the fenced in areas, to visit the stream, hike to the Bamboo Forest and explore the Read Trail. Because of this, our staff conduct tick checks regularly, including after visits to especially tick prone areas such as the Bamboo Forest. Since it is difficult to do a thorough check at camp, we recommend that parents do a **complete tick check every night. (See next page for more information)**

Ticks and Mosquitoes (cont.)

If you find a tick on your child, remove the tick carefully with a pair of tweezers. Get the tweezers as close to the skin as possible and pull straight out. Check the area carefully to make sure that you go the head of the tick. It can also be helpful to tape the tick to a piece of paper and make a note of its location. Researchers have found that ticks typically need to be attached for 24 hours or more to transmit the bacteria for Lyme Disease, so a through check each day, should keep everyone healthy.

**** As a protective measure, parents may elect to apply an insect repellent before the camper arrives at camp.**

Camper Medications

No camper is permitted to carry any medicine at camp. If your child needs to take medication during the camp day, please give it to staff at drop-off and it will be kept in the office. The camp coordinator will dispense medication to campers when they are scheduled to receive them.

**** If your child needs an Epi-pen or inhaler available at all times, the educator assigned to your child will hold it.**

Medical Forms

Please make sure that you have provided Riverbend with all pertinent medical information and emergency contacts for your child. No child will be allowed to stay at camp without a completed medical form. To make adjustments to your form please contact the office.

Friday Extravaganza

Every Friday at 3:00 p.m. (12:45 p.m. for Rangers), campers will present a Show-and-Tell Extravaganza for family and friends. Extravaganza showcases the crafts, experiments, songs and other projects that the campers have completed during their week at camp. Family members and friends are encouraged to attend. This is your opportunity to really learn what your child has been up to all week.

Volunteering at Riverbend

Would you like to come to camp? With about 60 campers running around each week, 30-acres of natural habitat to maintain and constant administrative work to be done, Riverbend is always looking for a little extra help! Please contact Riverbend if you have a little bit of extra time you would like to share with Riverbend.

Teens, 14 and older are also welcome to volunteer at Riverbend; Contact Stacy Carr-Poole at scarr@riverbendec.org to learn about our Camp Junior Volunteer Program or visit our website at www.riverbendec.org.

Contacting Riverbend

Stacy Carr-Poole, Director of Education
scarr@riverbendec.org
610-527-5234
1950 Spring Mill Road
Gladwyne, PA 19035

***Throughout the year, Riverbend offers a wide variety of programs, including our Year-Round Camps (held during school holidays) and Weekend Family Programs (check the events calendar on the website). To find out more about Riverbend's other programs, please visit our website:
www.riverbendec.org***

*Riverbend's Summer Exploration Day Camp:
Week at a Glance*

	Monday	Tuesday	Wed.	Thursday	Friday
8:00	AM Extended				
	8:50-9:10 Camper Drop-Off				
9:00	Group <i>Get-to-Know-You</i>	Morning Circle: Time for songs, games and stories with everyone in camp.			
9:30	Morning Circle 10:00	Morning Nature Lesson	Activity Day	Morning Nature Lesson	Morning Nature Lesson
11:30	Lunch: Rangers at 11:30, Adventurers at 11:45, Explorers, Discoverers and Travelers at 12:15				
12:00					
	1:00 Ranger Pick-Up				Ranger Extravaganza 12:45
1:00	Hikes, Games, Crafts, Science Experiments and much, much more!	Campers choose their morning and afternoon activities!	Explorers and Discoverers on field trip all day.	All Camp Activity 1:00-2:00	
3:00	Afternoon Circle: Campers end each day together, singing songs, hearing stories and playing games.				Extravaganza 3:00 Parents Welcome
3:30	3:30 Camper Pick-Up				
6:00	PM Extended				