



Guardian Guide

A Look at Summer Nature Day Camp 2022



100% Outdoors



Professional Educators



Small camp groups for maximum fun!

Exploring New Ground

We are very excited to offer summer camp in person this season! The Tenafly Nature Center has always held campers health and safety as our number one priority. We have been following state, camp, and health regulations to be sure we can offer our campers a fun and safe summer.

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CAMP BASICS

What a typical day at camp is like.

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1. Camp Basics

What does a typical day at camp look like?

Summer at TNC is a time for campers to spend their days outdoors using our nature preserve as their classroom. Each week campers will:

- Explore on our hiking trails
- Learn about different nature related topics
- Meet our Animal Ambassadors up close and personal
- Create natural crafts
- Play games outside
- Have an amazing summer!

“Camp is a great way for children to learn and explore in a non-classroom setting. They are so inquisitive about nature and want to spend all day out on the trails!”- Jennifer LoDico, Camp Director



Sample Day Schedule:

- 8:45 am Camp drop-off
- 9:00 am Craft: Homemade Spectroscope
- 9:15 am Camp rules & name game
- 9:30 am Learn about weather!
- 9:45 am Experiment to see how heat rises & cold sinks
- 10:00 am Snack break
- 10:30 am Go for hike
- 11:30 am Group game
- 12:00 pm Lunch
- 12:30 pm Outdoor free play
- 1:00 pm Story: Read a story on hurricanes
- 1:15 pm Activity: Make a cloud in a jar.
- 1:45 pm Animal Ambassador meet & greet
- 2:00 pm Snack break
- 2:30 pm Outdoor free play
- 3:00 pm Pick-up

CAMP DATES & RATES

2022 Camp Season June 27-September 2

- Full Day option Monday-Friday 9:00am-3:00pm
\$375/week; \$360/week when registering for more than one week
- Half Day option Monday-Friday 9:00am-12:30pm
\$225/week; \$210/week when registering for more than one week
- Family Membership level or higher required.
- December 1st, 2021 Registration opens for Sustaining, Patron, & Benefactor Members
- January 1st, 2022 Registration opens for Family Members & TNC for Two



Staff

All camp staff members are professional educators certified in First Aid and CPR and required to pass a background check. Some are teachers, while some possess other advanced certifications. All TNC staff are vaccinated and receive pre-camp training that includes COVID-19 signs and symptoms, mandated reporting, and child development.

Meals

Campers who are registered for a full day of camp must bring their own lunch, one morning snack, and one afternoon snack. There is no refrigerator or microwave for use. TNC does not have a cafeteria store. If your camper arrives without food, we will call home asking for something to be brought in to the visitor's center as we do not stock food. Guardians who register for half day will send their camper with snacks and may choose to send their camper with lunch as well. Lunchtime is always at 12:00pm everyday.

Allergies and Dietary Concerns

TNC takes allergies very seriously and requires as much information from the guardian as possible. Depending on the severity of the allergy we may send an email to all guardians letting them know we have a "peanut-free" week at camp and ask all campers to pack "peanut-free" food items. If the camp provides pre-packaged snacks as a special treat we accommodate dietary restrictions such as kosher, gluten-free and vegetarian. Kosher needs are provided with Pareve and/or Fleishig options depending on your camper's needs.

Bathroom Independent

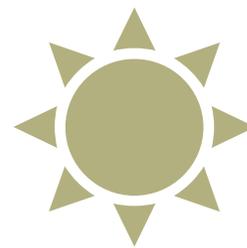
Children are required to be 100% bathroom independent and dress themselves. For safety reasons, TNC staff do not go into the restrooms with campers or help them to dress afterwards.

Special Needs

TNC strives to provide a positive experience for all campers and to allow children to explore the outdoors. Prior to registering please contact the Day Camp Director to discuss the needs of your child so we are prepared to provide the best experience for your child! COVID-19 is a very serious situation we are all facing. If you feel your camper cannot adhere to following protocols of social distancing, wearing face coverings, excessive hand washing/sanitizer and other health and safety rules then this may not be the right place for them this season.

Medication

TNC camp personnel are properly certified in First Aid and CPR. Tenafly Nature Center does not stock any medication. It is the policy of TNC and its personnel not to physically administer any medication to participants. Your camper must have the ability to self administer all medications when necessary.



Summer Camp Packing List

Dress Code

1. Campers should wear clothes they don't mind getting dirty. Shorts and t-shirts. Light colored, lightweight clothes are suggested for protection from insects and poison ivy.
2. Campers should wear **comfortable shoes**. It is important to have sturdy footwear for hiking. Sneakers are recommended. DO NOT wear flip-flops, open sandals, or shoes with slippery bottoms. We recommend

packing a spare pair of shoes in case they get wet.

3. On extremely hot summer days, campers may be involved with water games and activities-never swimming. On these days they are welcome to bring in water shorts/shirts. NO two piece bathing suits.

Backpack Clearly Labeled with Last Name

1. **Two Face masks.** Each camper must bring **two** of their own face coverings to camp. Neck gators, bandanas and face masks with valves or vents are UNACCEPTABLE. We recommend packing two in case one breaks, becomes dirty, or wet.
2. A water bottle (at least 1 liter capacity) filled each morning. Please no soda or disposable drink containers.
3. Two healthy snacks (one for the morning, one for the afternoon). Please no nuts/peanuts for the health and safety of all.
4. A lunch for full day campers inside a bag, lunch box or container that is clearly labeled with last name. Please use reusable/refillable containers with minimal packaging to reduce waste. Waste will be sent home in the box or bag it came in.
5. A **FULL set of extra clothes.** Accidents happen! We need our campers to be comfortable at camp and supplying them with a full set of undergarments, shorts, shirt, socks, and shoes will allow them to change quickly and minimize embarrassment. TNC staff will call guardians to drop off clothes at visitor center if they are not provided. This set of clothes can be kept in a bag labeled with last name to be left at their campsite for the

duration of their camp week. Please also pack a **plastic bag** for wet/dirty clothing.

6. **Rain gear.** We are a nature camp and will explore the trails rain or shine, muddy or dry. Please be sure your camper has a rain jacket or poncho, and a second pair of shoes for getting wet including rubber boots, sneakers, or closed-toed water sandals. NO umbrellas. Rain gear can also be left in a bag labeled with last name at their campsite for the duration of their camp week. Please also pack a **plastic bag** for wet/dirty rain gear.
7. Recommended items:
 - A hat
 - Hand sanitizer
 - Tissues
 - Outdoor toys such as chalk, jumprope, etc. NO balls of any kind.

Do **NOT** send the following items:

1. Aerosol containers of insect repellent. We recommend pre-treating clothing at home.
2. Weapon-like items
3. Juice boxes
4. Personal items that could be lost.
5. Soccer ball, basketball, football, baseball, etc. They will soar into poison ivy and TNC staff will not go and retrieve it.



Behavior Guidelines

The Tenafly Nature Center's first priority is the safety of our campers. Here at Tenafly Nature Center we strive to make camp a healthy and safe community, one in which campers can have fun, connect with others and with the Earth. Therefore, we expect all campers will:

1. Stay with their group
2. Participate in camp activities
3. Interact with other campers and staff members in respectful ways
4. Be supportive of other campers' needs and efforts
5. Always act in ways that are safe for themselves and others
6. Treat other campers' (and the camp's) property and belongings with respect and consideration
7. Never threaten, imply a threat or "get in the face" of another camper
8. Not engage in put-downs of any type or make "fun" of another camper
9. Not purposefully and with ill intent exclude another camper
10. Never intentionally physically harm another camper or staff (I.E No hitting, kicking, pushing, biting, etc.)

The consequences of not following the camp's code of conduct are:

- I. **First time**- meeting at camp with the camp staff and parent(s) to discuss the incident.
2. **Second time**- the camper will miss one day of camp in order to better understand that there are better behavior choices to be made relative to the incident.
- III. **Third time**- a decision-making meeting with parents in order to look at the real

possibility that perhaps Tenafly Nature Center Day Camp is not a good match for the camper and his/her needs.

Our goal is to help each camper have a successful and positive camp experience. Of course, each incident will be looked at individually and in terms of degree of seriousness.

Please go over the behavior policy and expectations with your camper(s), including the consequences for not following them. Clarity and consistency, at camp and at home, are the keys for making our camp a healthy, nurturing environment for children. The staff reserves the right to cancel registration without refund during camp week for unacceptable behavior.

Weather

Campers must pack rain gear. In case of light rain, we will hike on! If there is inclement weather such as thunderstorms campers will be brought to our storm safe sites. Under severe lightning and storms campers will head to one of these locations. TNC will only cancel camp in case of severe storm warnings such as wind advisories and tropical storms.

Heat

Did you know TNC is higher in elevation and covered in trees which provides shade? We are typically 10 degrees cooler than lower elevations. On days where heat and humidity is a concern, we will monitor campers to ensure they are drinking plenty of water and not over exerting themselves. Camps may also take advantage of the cooler temperatures found within our wooden structures. We may offer a pre-packed cold treat, play water games, set up sprinklers and other water actives to cool down! Swimming is never allowed in Pfister's pond.

2. COVID-19 Concerns

TNC will follow all CDC guidelines, NJDOH requirements, and ACA recommendations. We will update our policies as more information comes out from these sources. We want to be as transparent as possible and will keep open communications with families to be sure everyone is comfortable and on the same page. Camp staff will be trained on the basic principles of emergency first aid, blood borne pathogens, infection control, hand washing practices, personal protective equipment (PPE) and COVID-19 signs and symptoms. They will be able to instruct campers on safe practices while attending camp.

Face Coverings/Masks

Following the NJDOH requirements, when social distancing cannot be observed face coverings will be required. If a child is having trouble wearing their masks, they can have a “break” and distance themselves for individual time. In case of extreme heat advisories, NJDOH recommends campers to not wear a face covering however, face coverings must still be on hand.

Hand Washing

Campers will be brought to their camp groups designated restroom to wash their hands with soap and water before each of the 3 meals and throughout the day as needed. TNC staff keep hand sanitizer in their first aid kits to be used throughout the day. If any camper does not wish to use hand sanitizer and would prefer to wash at the bathrooms with soap and water, we will bring them as often as they wish.



Outdoor Camp

Summer Nature Day Camp has nature in the name for a reason! We spend our days outdoors exploring the trails and learning about nature. This summer we will not be utilizing the indoor space at all. Each camp group has a camp site with a covering.

How Will TNC Clean & Disinfect?

TNC staff will have cleaning, sanitizing, and disinfecting supplies on hand to be used throughout the day when necessary. We will be focusing on commonly touched areas and items such as restrooms, tables, chairs, storage bins and activity materials.

Medical Information Required

Each camper will receive an email to access their online health profile via CampDoc. We require that they complete their profile 100% by one week prior to their first day of camp. This includes a copy of their Universal Health Form and Immunizations. Campers without this information will be turned away without a refund.



Absence or Late to Camp

If your child is going to be absent or arriving after 9:30 am for ANY reason, **please contact the Nature Center office at (201) 568-6093**. You may leave a message if your call is outside office hours-please try to call before 8:30 am each day your child will be absent. Refunds will not be given for absence and we do not pro-rate.

Signs to Note If a Child is Too Ill to Attend Camp

Children will not be admitted to camp if they have a fever of 100.4°F or above or the following symptoms:

- Chills or fever
- Cough
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Headache
- Fatigue
- New loss of taste or smell
- Sore throat
- Congestion or runny nose

- Nausea or vomiting
- Diarrhea
- A rash
- Red draining eyes
- Thick yellow or green nasal discharge

If the sickness is a COVID-19 related symptom, fever of 100.4 F or excessive coughing or difficulty breathing, child must be fever-free for 3 days without fever reducing medicines, and stay home for 7 days since symptom start. If the child has a negative COVID-19 test then they may return after 72 hours of being symptom-free. Parents will be notified to observe your child and to let us know if they display any symptoms.

If a non-COVID-19 illness, please stay at home until **24 hours AFTER** these symptoms are resolved or a note from your doctor is sent to camp stating that the child may attend. If your child is diagnosed with an infection, it is very important to keep him/her out of camp for at least **24-48 hours AFTER** starting antibiotics to prevent the spread of infection.

Communicable Diseases

A camper who shows symptoms of any of the following communicable diseases will not be allowed at camp without a note from a doctor or specialist:

1. Chicken pox
2. German measles (rubella)
3. Measles (rubella)
4. Mumps
5. Streptococcal infections (including scarlet fever, sore throat, and erysipelas)
6. Whooping cough (pertussis)
7. Fifth disease (erythema infectiosum)
8. Pink eye (conjunctivitis)

9. Impetigo (staphylococcus infection)
10. Meningitis-meningococcal
11. Hepatitis infectious
12. Head lice (pediculosis)

A camper who is found to have live head lice will not be permitted to attend camp until there are no active lice in the camper's hair, proof of treatment has been provided to the camp director, and until all live and/or dead head lice are removed from the camper's hair.

The presence of nits (the eggs of lice) without active head lice will not prohibit a child from attending camp provided proof of treatment has been provided to the camp director and there is no evidence of active head lice in the camper's hair.

Positive COVID-19 During Camp

If a camper, staff or volunteer become COVID-19 positive while attending camp or recently attended camp we will alert every family who has been to camp within 14 days of the positive camper. The individual and their family will remain confidential. We will close down camp and TNC immediately. TNC will contact our Local Health Department, State Health Department and the Department of Health-Youth Camp Project and follow their direction for when we can safely reopen. We follow all required cleaning and sanitizing practices. Camp refunds will be determined on a case-by-case basis.

Exposed to COVID-19

Any staff or camper who lives with someone, or who was possibly exposed to someone with a confirmed case of COVID-19 must be quarantined for 14 days. Individuals should

take their temperature twice a day, watch for symptoms of COVID-19, and stay home until it is safe to be around others according to their doctor. We will require a doctor's note clearing the individual to return to TNC. Camp refunds will be determined on a case-by-case basis.

Feeling Sick While at Camp

If staff or camper become ill while at camp, they will be brought to our isolated, designated health tent. There, the Health Director will take their temperature, monitor their symptoms, and determine if they are able to return to the group or if it is necessary to be sent home. If symptoms of COVID-19 are present, guardians will be notified and campers must be picked up immediately. TNC will contact our Local Health Department, State Health Department and the Department of Health-Youth Camp Project and follow their directions.

3. Policies & Procedures

Refund Policy

TNC will be sharing the financial risk during this unprecedented time. If there is a confirmed COVID-19 exposure and the Health Department closes camp TNC will determine refunds on a case-by-case basis, depending on the severity of the closure.

- If a child or household member is COVID-19 positive, that child will not be able to return to camp until cleared by their doctor. A refund will be determined given how many days the child will need to miss camp. If a full week of camp (5 days) is needed then a full refund will be offered minus the \$50 cancellation fee.
- If you chose to withdraw your child 3 weeks prior to the start date of camp for any other reason other than a confirmed

COVID-19 positive case in your household, your tuition payment is non-refundable. If cancelling with more than 3 weeks notice to the start date of your camp session, you will receive a full refund minus the \$50 cancellation fee.

These policies are necessary to cover the costs we incur when we commit to you to have camp available this summer. TNC is a non-profit independent nature preserve and we need financial policies that provide some budget stability to keep us running.

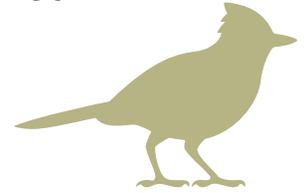
Drop-off and Pickup

Drop-Off **8:45am-9:15am**
Campers will be dropped off in our cul-de-sac each morning. Cars will line up single file along Hudson Avenue leading up to the cul-de-sac. We ask that you wait patiently until you can pull up to the check-in cones. Guardians should not leave their cars. **Parents, guardians, and visitors will not be allowed into the camp sites.**

Pick-up **3:00pm-3:30pm**
Individuals authorized for pick-up MUST bring a valid ID. To provide a safe and secure environment for all campers, authorized individuals must be listed on campers' health forms upon registration. If authorized contacts change, the primary contact must email a written confirmation to camp@TenaflyNC.org. The email must contain the first and last name of the authorized individual. TNC will not release a camper who is not listed on the authorized paperwork. If we do not have the necessary written permission, the primary contact will be notified and they will need to take the necessary steps to ensure their child's safety.

Just as similar to drop-off, pick-up will be done in the cul-de-sac. Cars will line up on Hudson Avenue and patiently wait for their turn to speak with TNC staff and sign off for pick-up. We will bring the camper with their belongings to their car. **ONLY campers and their counselors are allowed to enter camp sites.**

If you need to drop-off or pick-up outside of regular times, please contact TNC staff at 201-568-6093.



After Care

We will be running after care in our visitor center from 3:30pm-5:00pm. You must be able to send an authorized contact to pick-up your child **ON TIME** each day. Staff leave promptly at 5:00pm.

Daily After Care \$25
Weekly After Care \$80

Registration must be made in advanced. Staff will not be scheduled to stay if there are no registrants days in advance.

Scholarships

Tenafly Nature Center does not want to turn any child away from making a connection with nature and strives to give all children access to time spent in nature, regardless of their ethnic, social or economic backgrounds. Therefore full or partial scholarships are made possible each year through grants and the generous donations of individuals and organizations. For more information and to apply for a scholarship please head to our website: TenaflyNC.org/Camp-Scholarships

CIT High School Volunteers

We run a volunteer program for responsible high school students to assist with summer camp. They attend a two day training course and are under the guidance of the camp staff to lead & develop camp activities. Two CITs may accompany each camp week. They are never left alone with campers.

8th Grade Jr. CIT Program

8th grade students can register for our Jr. CIT program! Part camper & part helper, Jr. CITs will be put with our youngest campers and assist the counselors. They will gain confidence, learn the ins and outs of working with children, and enjoy all of the same camp fun by hiking, making crafts, and meeting our animal ambassadors. We will accept two Jr. CITs for each week of Pre-K & K camp priced at \$325/week.

Counselor Chats

If families wish to chat with their campers' counselor, we are happy to arrange a meeting! Depending on the topic of discussion, we can arrange for a phone call, in person meeting, or an email conversation.

Tipping

We encourage families to tip their camper's counselors to the best of their ability. Our staff members are professionals and work hard all summer to ensure your camper is safe, learning, and has an amazing camp experience.

Birthdays

TNC staff are more than happy to celebrate your camper's birthday at camp! Please alert the camp director ahead of time of the big day and

let us know if you wish to provide pre-package allergy friendly treats (ex: fruit popsicles). We will provide the fun.

Ticks, Mosquitoes & Sunburn

Because all of the activities at the Tenafly Nature Center are outdoors, we are sensitive to and are aware of tick, sun and mosquito concerns. We address these issues in a proactive, clear and efficient way through education (of staff, campers and parents) and implementation of risk management procedures.

We ask that parents apply a liberal amount of sun-block to their camper's before camp each day and to make sure your camper is dressed for sun protection (i.e. hat with brim). The staff here is more than happy to remind campers to reapply sunscreen throughout the day. Please let the staff know if your child is especially sensitive to the sun. We do not apply insect repellent here at the Tenafly Nature Center and instead ask that you spray your camper's clothing with an appropriate spray before leaving for camp in the morning. Guardians may want check with your doctor before doing this.

At camp we educate everyone about ticks, minimize off-trail hiking, establish a tick check system for campers and staff, and follow other tick-related safety procedures and practices. Guardians are advised to help their camper check clothes and all body areas after each camp day~the evening bath or shower is a good time for this!



4. Registration

2022 Summer Camp Schedule

Camp groups are based on grade. Use the grade your camper is entering September 2022. We can move a child down a grade level but will not move children up. Pre-K & Kindergarten is a minimum age 4 years old. More detailed camp theme descriptions can be found on the registration page on our website.

Grade Entering September 2022	Chipmunks: Pre-K/K (minimum age 4)	Deer: 1st-3rd Grade	Coyotes: 4th-6th Grade
June 27-July 1	Watch Out, Weather!	Weather Weirdness	Stirring Up a Storm
July 5-8	World of Wildlife	Save Our Species	Empowering Future Naturalists
July 11-15	Creepy Crawly Critters	Wet and Wild	Cold Blooded Creatures
July 18-22	Homes and Habitats	Pondering Habitats	Natural Art
July 25-29	Superb Splendid Senses	Did You Hear That?	Powerful Plants
Grade Entering September 2022	Chipmunks: Pre-K/K (minimum age 4)	Snapping Turtles: 1st-4th Grade	Hawks: 5th-7th Grade
August 1-5	Forest of Four Seasons	The Feisty Forest?	Wild Detectives
August 8-12	Survival of the Fittest	Adventure Seekers	Wilderness Adventures
August 15-19	Mammalrama	Our Green Planet	Our Blue Planet
August 22-26	Plentiful Plants	Nocturnal Animals	Stewards of the Earth
August 29-September 2	Look to the Sky	Fabulous Flyers	

To Register

December 1st, 2021 Registration opens for Sustaining, Patron, & Benefactor Members

January 1st, 2022 Registration opens for Family Members & TNC for Two

March 31st, 2022 Last day to register for Early Bird pricing. *Payment must be complete by March 31st to receive discount. Unpaid registrations will be deleted.*

1. Register online at TenaflyNC.org/Camp-Registration and submit full payment. Separate registrations are required for each camper. Use the grade your child is entering next September to determine appropriate group. Current Family Membership or higher is required for all participants in our camp program.
2. After completing your child's registration, you will receive an e-mail with confirmation and the suggested daily checklist with what to bring to camp.
3. Within two weeks you will receive a separate email invitation from CampDoc. Please log into our online health system by accessing your previous account or accepting the invitation to set-up a new one. For privacy reasons, CampDoc can not cross accounts with other camp organizations. Only the email address used to register will have access unless otherwise requested.

This profile is where you will tell us about your camper, fill out health information, emergency contacts, other important safety data, and submit the following required files:

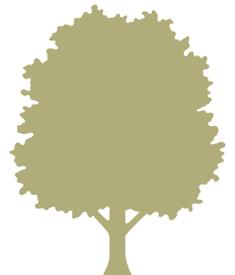
- The Universal Health Record from your child's health care provider
- A copy of your insurance card
- A copy of any information regarding your child's activity restrictions/special needs

Complete the form submission through **CAMPDOCS** 7 days prior to the start of the camp session. New Jersey state law requires campers to submit a current health record each year. Failure to submit all forms to TNC 7 days prior to the start of the camp session will result in forfeiture of your registration fee.

Waitlist

If a session is marked as (Full), add your child to the waitlist option on the registration page. If a space becomes available we will contact you via email with a deadline of when to complete payment. We go in timeline order of families on the list so add your name quickly. Please be prepared to include the following information:

- Your name
- Your phone number
- Your email address
- Your child's name
- Your child's grade & birthdate



Please contact camp@TenaflyNC.org or call 201-568-6093 Ext. 205 for additional camp related questions.