

CAMP CONNOR FAMILY GUIDE 2024



Camp Connor

Where summer memories are made!

Our Mission

It is the goal of our program to provide the children of our community an environment where they are safe, supervised and motivated to participate in age-appropriate activities. Our objective is to promote good citizenship and a sense of community spirit through a fun and social atmosphere. At Camp Connor, we provide our campers with the opportunity to develop healthy relationships with their friends and peers in their community!

PROGRAM INFORMATION

- ❖ 70 Connor Ln, Poland, ME 04274
- ❖ **Date:** June 17th, 2024 - August 16th, 2024
- ❖ **Camp Director:** Amy LaPrell
Email: amyllaprell@gmail.com
- ❖ **Camp Phone:** (207) 998-2024
- ❖ **Poland Recreation Director:** Scott Segal



Program Description:

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

MEET OUR CAMP STAFF!

Camp Director: Amy LaPrell

Assistant Director: Nicole Patenaude

Director of Behavioral Management: Sophie Patenaude

Waterfront Director: Mason Brousseau

Sports and Adventure Director: Trevor Robbins

Lifeguards: Lilah Brighton, Sam Deblois, Ema Higgins

Nurses: Jess Bosse and Deanna Lilly

Art Counselors: Kelly Nunn and Elizabeth Nelson

Group Counselors: Ashley Strout, Cheyenne Toth, Rylee Smith, Grace Robertson, Abby Bsullak, Lucas Kelly, Gretchyn Paradis, Willa Galipeau-Eldridge

Float Counselors: McKayla Fournier, Callie Somma, Isaah Sewell

We also have many substitute counselors you will meet throughout the summer!

Camp Connor 2024 Theme Weeks!

Week 1: June 17th - June 21st Summer Luau: Hello Summer! Time to unwind, relax and get into the swing of Summer. Be ready to enjoy a ton of activities, let out energy and celebrate the start of Summer!

Week 2: June 24th - June 28th Superheroes Unite!: There is a villain on the loose and we need all the help we can get! Think of your favorite superhero, or create your own, and come ready to learn how to help save the day!

Week 3: July 1st - July 5th Stars and Stripes: Happy Independence Day! Throughout this week of camp, we will be celebrating the red, white and blue. Join us for exciting lawn games, relays, an All-American BBQ and so much more! Our older group will be going on a special kayak adventure weather permitting.

Week 4: July 8th - July 12th Camp Connor Summer Olympics: We are hosting the Camp Connor Olympics with events for everyone! Focusing on teamwork, exploration, excitement and fun. It will be a week to remember! Who will take home the gold? (Includes field trip for groups 5-8)

Week 5: July 15th - July 19th Animal Planet: Ready to learn about some awesome animals? This week at Camp Connor, we will search for animal tracks, engage in animal-themed crafts and activities, invite some special guests and explore the wonderful wildlife around camp! (Includes field trip for groups 1-4)

Week 6: July 22nd - July 26th Full STEAM Ahead!: Bring on Science, Technology, Engineering, Art & Math! Experiments, special guests and more! Be sure to pack your imagination! (Includes field trip for groups 5-8)

Week 7: July 29th - August 2nd 3-2-1 Blast off!: We can't travel to outer space ourselves but we can create our own galaxy right here in Poland! Play and learn about all things planets, stars and astronauts! (Includes field trip for groups 1-4)

Week 8: August 5th - August 9th The Amazing Race: Get ready for completing missions and challenges. We will have detours and roadblocks along the way so get ready for an adventure! Camp Connor is waiting for you!

Week 9: August 12th - August 16th Under the Big Top: Join us for the final week of fun in the sun at Camp Connor with the Circus! Do you know how to juggle? Can you do a backflip? We will end the summer sharing our hidden talents!

Drop-Off & Pick-Up Circle:

Drop-Off time starts at 7:00am, Pick-Up time ends at 5:30pm

When dropping off or picking up your child(ren), the road to get to camp is set up in a way for you to drive down and loop around in a circle. This keeps the flow of traffic going, and avoids having to park or back up. We ask that you please stay in your vehicle and wait until you approach the staff member on duty to drop off or pick up your child. Please do not have your child exit the vehicle before your turn! When dropping off your child(ren), the staff member will make sure they have all they need for the camp day. When picking them up, a staff member will communicate that your child is getting picked up. Please wait in your vehicle for your child(ren) to arrive.

If you need to speak to a staff member, or the Camp Director Amy, we ask that you please call ahead to arrange to do so, and park at the parking area above, and walk down.

Please do not park in the drop-off/pick-up circle! This again keeps the flow of traffic moving along and makes for a speedier drop-off/pick-up experience.

Daily Checklist:

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

All items brought to camp should be clearly labeled with the camper's name.

- Breakfast/Lunch (if your child will not be utilizing the food program)
- Snacks, snacks, snacks!
- Comfortable and appropriate clothing for the weather and activities
- Closed-toed shoes (sneakers) are **REQUIRED**.
 - We do daily walking through the trails and sneakers allow their feet to be safe from roots, rocks, etc... Campers will also not be able to participate in our daily sports activities without proper footwear. **Crocs do not count as closed-toe shoes** safe for sports/games - we have had many rolled ankles!
- Bathing Suit & Towel
- Plastic bag for wet clothes/items
- Extra set of clothes
- Jacket or Sweatshirt for when temperatures are a bit chilly
- A refillable water bottle: We have a filling station at camp
- Sunscreen & Bug Spray - We do regular sunscreen applications throughout the day
- Medication (if applicable): A signed form must be filled out and any medications are kept at the nurses station. Campers may not keep medications in their bags.
- Sunglasses or Hat (optional)
- A book (optional)
- **NO ELECTRONICS:** We do not recommend electronics as these can get lost or damaged, this includes cell phones. If campers do bring a cellphone, we ask them to please leave it in their bag.

Groups:

Groups will have their own designated areas at camp, where they will stay, unless they are at a scheduled activity. Two groups share one location: groups 1 & 2, groups 3 & 4, groups 5 & 6, as well as groups 7 & 8. There will be little intermingling between other groups. Requests to move groups will not be considered, unless there is a very serious concern that would need to be approved by the camp director. If you have a concern, you can email Amy at amylaprell@gmail.com.

Sunscreen/Skin Protection:

- Apply sunscreen for your child before camp
- Reapplication is recommended throughout the day
- Camp has sunscreen dispensers
- Sun exposure may be limited if sunscreen is not reapplied
- Try to avoid over-exposure to the sun in order to prevent heat related illnesses and damage to the skin
- Hats are encouraged as well as playing in the shade
- Please send an alternate sunscreen with your child if desired

Bug Spray:

- Apply bug spray for your child before camp
- Additional bug spray provided by camp contains **deet**
- Please send an alternative with your child if desired

Breakfast/Lunch:

The breakfast and lunch program is **BACK!** We will be able to serve breakfast and lunch to our campers thanks to the Summer Food Program! Meals/menus will be sent out week to week. We ask that parents/guardians please pack a healthy lunch for your camper(s) if you choose not to use the food program.

There will be no sharing of food, drink or utensils.

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

Breakfast and Lunch Schedule:

- 8:00am to 9:00am (Breakfast)

- 12:00pm to 1:00pm (Lunch)

Please pack your child plenty of fluids and a refillable water bottle. We want to ensure that all campers stay hydrated, as they are very busy and it can get very hot! It is important campers are getting proper nutrition throughout the day to continue to be active kids. **Please send your child with snacks, snacks, snacks! We will have a morning snack and afternoon snack time.** Even if your child will use the food program, snacks need to be packed as we do not provide them. No microwavable lunches please as we do not have microwaves available to reheat/cook food.

Parent Communication:

Our staff encourage good communication with families. Please be proactive in asking questions or expressing concerns during pick-up or drop-off times.

The nursing/health care staff will keep a confidential notebook of visits to the nurse involving campers. These incidents will be logged and a “nurses note” will be given to caregivers at pick-up. We have an open door policy. Please feel free to call/text/email or schedule an appointment to talk with our directors or nurses during camp hours. More information is coming about a communication app!

Bad Weather:

Our goal is to hold camp even if the weather does not 100% cooperate. If we know a day in advance that the next camp day’s weather is going to impact being able to have the outdoor experience at Camp Connor (i.e. downpouring, thunderstorms, etc), we will notify families in order to give enough of a heads up that we will need to close camp the following day.

If we are already at camp and the weather becomes an issue, we will make a decision to either wait it out and resume activity, or if necessary, we will contact parents/guardians to pick your children up early. Most importantly, we want to make sure campers and staff are safe. We hope to have as little interruption to our camp schedule as possible.

CIT's:

Our program offers a CIT (counselor in training) program for ages 9th grade & beyond. CIT's will receive training and mentoring and will be supervised by camp staff at all times. A CIT's role is to help our staff support our campers in a variety of tasks. This will allow the CIT's to learn about a counselor's role. Many of our CIT's have gone on to become full time staff members.

Emergency Procedures:

- Staff have been trained and participated in mock scenarios
- All types of emergency situations have been considered
- Utilize our walkie talkie system to communicate
- Camp map has been provided to local emergency personnel to ensure easy access

Staff Certifications:

Every staff member has:

- CPR/First Aid/AED
- De-escalation and Behavior Management
- Activity Programming and Inclusivity
- Safety and Emergency Procedures
- Basic Water Safety

Several staff members have:

- Lifeguard Certification
- Water Safety Instructor

Healthy Child Policy:

We will have a camp nurse/health care staff member on site every day to ensure consistency with medications, first aid, logging of illness and injury, and camper care. They are a great resource to campers and staff. To minimize the risk of infection to others, families are asked to keep their camper home if they are ill or not feeling well. Campers must feel physically well enough to participate in camp activities throughout the day to attend.

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

If a child is sent home during the day with a fever, diarrhea, and/or vomiting, 24 hours symptom free without medication is necessary prior to returning to camp.

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

- Actively vomiting, diarrhea, pronounced or persistent coughing, unexplained rash, fever.
- Any respiratory symptoms.

Please notify camp staff if your child has an active case of head lice.

- If camp staff have reason to believe a child may need a head lice check, we will call parents/guardians to ask permission before doing so.
- If a case of head lice is confirmed, pick up from camp may be necessary and parents will be contacted by the camp nurse and/or camp director. This course of action would be an effort to reduce the spread and number of cases across camp.
- Precautions taken at camp will include: Not sharing towels, hairbrushes, hats, or equipment, such as helmets. Participants with long hair will be asked to keep their hair up.

Staff are trained in CPR and First Aid. Any injuries will be given immediate attention.

Non-emergency injuries will be given first aid and the parent will be notified. If necessary, local fire/rescue will be notified. If EMS recommends that a child be transported by ambulance, we will ask for parent authorization.

If a child is in a life threatening situation and we are unable to reach a parent/emergency contact immediately, EMS will determine if the child needs to be transported to the nearest hospital.

Waterfront/Swimming Activities:

All staff have been fully trained in Basic Water Safety, as well as CPR/First Aid. On staff, we have three certified lifeguards in addition to our waterfront director. Our entire staff team and community understand the exciting camp experience our waterfront offers the campers, yet safety is always our first priority. Therefore, specific safety measures are known and followed by staff in order to ensure the water is a fun and safe place for all of our campers.

Below are the waterfront safety protocols set in place at Camp Connor:

- All campers will participate in our Waterfront Orientation on their first day of camp. Orientation consists of a video explaining safety procedures, conversations surrounding the expectations at the waterfront, and time for campers to ask staff/lifeguards questions.
- After the completion of the video, Waterfront lifeguards will conduct swim assessments for each camper. Campers will not be allowed to participate in swim activities until they've completed the assessment. The assessment consists of demonstration that the camper can float on back, treading of water, and swimming to the buoys and back. Throughout the assessment a lifeguard is with them 1:1.
- Based on swim assessments, campers will be assigned a level of swim comfortability, indicated to the lifeguards using three separate colors (red, green, and yellow).
- Campers given **RED** bracelets indicate they are not comfortable on their own in the water; therefore, they will not be able to swim outside of the shallow end, which lies within the camp's "L" shape dock. Some of these campers will be asked to wear a life jacket at all times in the water -- families are encouraged to provide a life jacket to ensure a perfect fit, but we do have life jackets available at camp.
- Campers who are able to complete the assessment, yet display signs of fatigue will receive a **YELLOW** bracelet level, and if these campers would like to swim out of the shallow end, they may do so with a life jacket on.
- Campers will receive a **GREEN** bracelet level if they completed the assessment and did not display signs of fatigue. In these cases, the camper is allowed to swim within the designated camp swim area, both shallow and deeper ends, without a life jacket.

Even after a camper has been designated a bracelet/level of swim comfortability, staff will periodically give reminders that swimming in the "deep end" is a privilege and in order to keep the privilege, campers must continue to be safe, make good choices, and listen to their bodies when they are feeling tired while swimming.

Lifeguards will be in charge of a Sign In/Sign Out procedure while at the waterfront. Campers will sign into the water by communicating with the Head Lifeguard and waiting until they are acknowledged and given the "go ahead" to enter the water. Each time the camper would like to get out of the water, they communicate this with the lifeguards. Waterfront staff keep track of camper's swim colors and sign in/sign out attendance on their rosters.

Kayaking:

Kayaking will be held twice per week and run by the Recreation Director, Scott Segal. On the first day your camper participates in kayaking, an assessment will be done to determine their comfort level and capability. Based on this assessment, your camper will either operate a single kayak, or paired with another camper in a double kayak. All campers and staff are required to wear a life jacket while kayaking. We will supply the life jackets. Campers are also welcome to bring their own life jackets. Be sure to write your campers name on the inside.

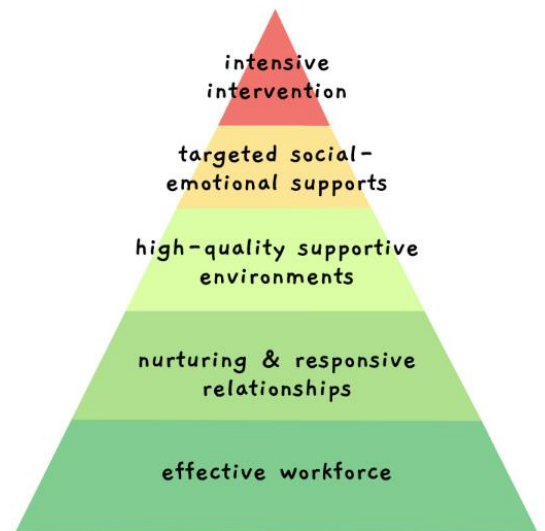
Behavior Management/Interventions:

At Camp Connor, we will be using Positive Behavior Support (PBS)

as an approach to intervention that focuses on developing a deeper understanding of why a child engages in a problem behavior and provides strategies to prevent occurrences of the problem behavior while teaching the child new skills.

Why? Because PBS uses a pyramid model to create individualized interventions that meet the child and the staff member where they are - proven more effective!

Problem behaviors are identified through a 3-tier model:



Tier 1: minor or inconsistent behavior, problem behavior stops when addressed, behavior does not cause harm/danger and behavior is manageable within a group setting (i.e. defiance, disruption, inappropriate language)

Tier 2: moderate behavior which requires support on a check-in/check-out basis, behavior causes harm/danger and behavior is not manageable within a group setting (i.e. theft, inappropriate display of affection, damaging property, etc.)

Tier 3: more intense/significant behavior that causes harm to self or others, must be resolved in a setting with the Director(s) (i.e. physical aggression, threatening behavior, harassment, bullying, eloping, use of substances, etc.)

Types of Actions:

- **Conference with camper:** within group setting, staff member discusses the incident with the camper and finds a resolution.
- **Conference with camper and behavior support team:** staff member and behavior support team will discuss the incident with the camper and find a resolution.
- **Restorative practice:** behavior support team and all parties involved will discuss the incident, repair damages, and resolve the situation.
- **Loss of privilege**
- **Activity exclusion**

In the cases of more severe and/or repeated Tier 3 behavior, action plans may include:

- **Conference with parents/guardians of camper:** discuss current incident and/or concerning behavioral patterns that have been identified, and will work together to determine next steps, which may include:
 - Discussing additional effective interventions for the camper
 - Developing a Progressive Guidance Action Plan (PGAP)
 - Removal/expulsion from camp for the remainder of the camp Season

BAND APP

We utilize the Band app to communicate with families, share pictures and more.

If you do not have the app, you will need to download the app first, then scan the QR code below to join.



Camp Connor Family

Scan this QR code and join!