

GLEN HELEN ECOCAMP PARENT GUIDE

POLICIES

Camper Fees

- The balance of your child's camp is due at registration.
- We accept checks, cash, and credit/debit cards.
- For credit card payments, the charge will appear on your statement as "Antioch College."
- To expedite your registration process, please mail in a check or call us the week before you arrive to pay your balance with a credit card.

Cancellations

- If your child is unable to attend, please notify us as soon as possible.
- Deposits are 50% refundable with at least two weeks notice before the first day of your child's camp.

Registration

- Registration will begin promptly at 9:00 am and end at 10:00 am on the Monday of your child's camp. Please do not plan to register or drop off your child any earlier than 9:00 am.

Day Camps

- Day campers are to be dropped off at 9:00 am Tuesday through Friday.
- Day campers are to be signed out and picked up at 3:30 pm Monday through Thursday. Please take home any personal items such as a bedroll on Thursday as there will not be dorm time on Friday.

Parent Program and Departure

- All parents and guardians are invited to attend our Parent Program on departure Friday at 2:00 pm.
- All campers will participate in the program, which will last 15-20 minutes.
- Please arrive at least 10 minutes early so as to not disturb the program.
- All campers will need to be signed out at departure by a parent.

Special Pick-up Arrangements

- If someone other than a parent will be picking up a camper, the parent or guardian must sign a Non-guardian Pick-up Form at registration and notify the Outdoor Education Center and the child's Naturalist.
- If any campers will be picked up early from camp for any reason, the parent or guardian must sign an Early Pick-up Form at registration and notify the Outdoor Education Center and the child's Naturalist.

Health

- We recommend that your child is examined by her or his physician before attending Ecocamp.
- We must have a completed blue Health Form for each child.
- If your child is coming with any medication, we must have the orange Medication Administration Form completed in full. Please read the form carefully beforehand to determine if a physician's signature is required.

Food and Special Diets

- Day campers are served lunch and an afternoon snack each day of camp.
- Overnight campers are served three meals and two snacks each day.
- A vegetarian option is available at each meal.
- We strive to plan healthy and child friendly meals but we cannot make special arrangements for picky eaters.
- Special accommodations can be considered for campers who have food allergies or dietary concerns. Please call the Outdoor Education Center at least one week before arrival to make arrangements.

- Food and candy are not permitted in the cabins. Please do not send any food with your child unless your child has allergy or dietary concerns and you have made special arrangements with our staff before hand.

Homesickness

- We believe strongly in the opportunities for a child's growth at camp. For that reason we do our best to avoid homesickness by keeping campers engaged with fun activities that create excitement and build friendships.
- When homesickness arises, we do our best to continue the child's interest while creating a friendly and comforting environment for them to acclimate to camp life.
- So as to not exacerbate homesickness, phone calls home are not permitted except for in extreme conditions.
- We have found that the mere mention of homesickness can trigger the condition. Please do not mention homesickness before your child comes to camp so that she or he may have the best opportunity for an enjoyable growth experience.

Medications

- If your child is coming with any medication, the orange Medication Administration Form must be completed in full.
- For prescription medications, the medications must be in their original containers and the child's name, dosage and schedule listed on the original container must be correct.
- For non-prescription medications, the medications must be in their original containers and the dosage and schedule on the container will be followed.
- **A physician's signature is required if:**
 - Prescription medications are to be administered at Glen Helen.
- **OR**
- The dosage or schedule to be followed is different from the manufacturer's dosage or schedule for non-prescription medications.

Medical Assistance

- All members of our staff are certified in First Aid and CPR.
- In the event of sickness or injury, parents and guardians will be notified as soon as possible.
- The Miami Township Fire and Rescue is located within one mile of Glen Helen Outdoor Education Center. There are numerous doctors, urgent care centers and emergency rooms within the area, as well.
- There is no refund in the event of a child's departure from camp due to illness or injury.

Forms

- All campers must have a completed blue Health Form at registration.
- All campers who are bringing any medication to camp must have a completed orange Medication Administration Form. Please read this form carefully beforehand and make arrangements for a physician signature if required.
- All overnight campers must have a completed Off-Grounds Travel section on the green Release Form.
- We appreciate completed Photograph Permission and General Information sections on the green Release Form.
- The colored forms may be submitted at registration, though it will expedite your registration process if they are mailed back to us at least one week before the start of your child's camp.
- If your child is registered for two or more camps, we will keep the forms and use them for subsequent camps.
- The Non-Guardian Pick-up Form is required only if someone other than a parent or guardian will be picking up a camper.

Discipline

- Our discipline system is based on the “three strike” rule:
 - A camper may be given a strike for a violation of camp rules.
 - If a camper receives two strikes, a phone call is made to the camper’s parent or guardian to inform them of the camper’s behavior.
 - If a camper receives three strikes, the camper will be dismissed from camp. The camper’s parent or guardian will be called to pick up the child.
 - Certain behavior will be grounds for an automatic dismissal. This includes, but is not limited to, physical fights or sneaking out of the cabins
 - There is no refund if a camper is dismissed from camp for misbehavior.

Visitations

- Visitations by parents are not permitted during the week, as we have found parent visits to be an inevitable trigger of homesickness among overnight campers.

Phone Calls

- Campers are not permitted to make phone calls during their week at camp, except in the event of emergencies.
- Phone calls from parents to campers are not permitted, except in the event of emergencies.
- Cell phones are strictly prohibited.

Mail

- Do not send food or candy to campers.
- Ecocampers may receive mail while at camp. Please mail letters early enough to arrive before departure. Cards and letters should be addressed to:

Campers Name and their Camp Name
Glen Helen Outdoor Education Center
1075 State Route 343
Yellow Springs, OH 45387

Birthdays

- Birthdays occurring during camp will be celebrated!

CAMPSTORE

- Campstore will be open on Monday during registration and Friday afternoon before and after the Parent Program.
- Remember to bring enough cash, as we do not accept checks or credit cards for Campstore.
- Campstore items include:

• Ecocamp T-shirt	\$15.00
• Hooded sweatshirt	\$32.00
• Hat	\$15.00
• Cinch back pack	\$15.00
• Water bottle	\$15.00
• Honeysuckle crayon	\$2.00
• Postcard	\$1.00
• Postcard with stamp	\$1.25
• Pencil	\$0.50

PACKING LIST

OVERNIGHT CAMPS

Required items:

- 2-3 pairs of shorts
- 2-3 pairs of long pants
- 5-6 t-shirts
- Warm jacket or sweater for cool evenings
- Adequate changes of underwear
- Clothes that can get dirty
- 1-2 pairs of pajamas
- 1-2 pairs of waterproof hiking or tennis shoes (not crocs or flip-flops)
- Hat or visor
- Rain coat or poncho
- Water bottle (also sold at Campstore)
- Sleeping bag or sheet and blanket
- Pillow
- 1 cloth napkin or handkerchief
- 2 towels
- 1 wash cloth
- Soap in a travel case
- Shampoo
- Toothbrush & toothpaste
- Sunscreen
- Insect repellent (non-aerosol)
- Hair Brush
- Plastic bag for dirty laundry
- Other essential toiletries

Optional items:

- Sturdy sandals with a strap on the back of the foot (not crocs or flip-flops)
- Binoculars
- Camera
- Bathrobe and shower shoes
- Slippers
- Letter writing supplies (stamps, postcards and pencils are sold at Campstore)
- Book and/or journal

EcoArt:

- Clothes that can get dirty (i.e. w/ clay)

Survivor Camp:

- Clothes that can get muddy
- Bandana

Wilderness Adventurer:

- Day pack (also sold at Campstore)

Aqua Explorers:

- Sturdy water shoes with a strap on the back of the foot (not flip flops or crocs)
- Quick drying synthetic clothes

Fossil Hunters and Raptor Camp:

- Close-toed shoes

DAY CAMPS

Items can be left at camp throughout the week.

- Weather appropriate clothing
- Sturdy hiking shoes (not crocs or flip-flops)
- A second set of clothing for weather changes or special circumstances
- Insect repellent (non-aerosol)
- Sunscreen
- Hat or visor
- Sleeping bag or a sheet and blanket*
- Pillow*
- Comfort toy or blanket*

(*These items are for a daily afternoon rest.)

PROHIBITED ITEMS

- Cell phones
- Knives, firearms or other weapons
- Radios
- Flashlights
- Electronic devices
- Battery-operated toys or games
- Food or candy
- Fireworks
- Hair dryers, curling irons, straighteners, etc.