

# 2010 Parent Handbook



## **Camp Awosting** for boys

### Camp Directors

Steve & Pauline Jepson  
(860) 567-4924  
pauline@awosting.com

### Physical and Summer Mailing address (June 1 - August 31)

*296 West St.  
Morris, CT. 06763*

### Winter Mailing Address (September 1 - May 31)

*P.O. Box 355  
Bantam, CT 06750*



## **Camp Chinquoka** for girls

### Camp Director

Kris Ebner Martin  
(860) 567-9678  
info@chinquoka.com

### Physical address (for packages only)

*1519 Bantam Rd.  
Bantam, CT. 06750*

### Mailing address (year-round)

*P.O. Box 355  
Bantam, CT. 06750*

# Contacting Your Camper

## Mail

Mail at camp is very important. Frequent short notes or cards from you mean more than a lengthy letter once a week. Campers are required to write home at least once a week, typically on Wednesday. You can write to your camper at the following address:

Camp Awosting  
296 West St.  
Morris, CT 06763

Camp Chinqueka  
P.O. Box 355  
Bantam, CT 06750

## E-Mail

You can find information on this service at [Awosting.com](http://Awosting.com) or [Chinqueka.com](http://Chinqueka.com) under our Family Resource page, or you can go directly to [Bunk1.com](http://Bunk1.com) and search our camps by name.

## Care Packages

- All packages must be opened in the presence of a camp administrator. Because food is a social, nutritional, and housekeeping problem that may attract woodland creatures, all food will be held by administration until the camper's departure. Please inform well-meaning friends and family of this policy.
- Do send games, writing paper, toys, T-shirts, stuffed animals, puzzles, novelties, books, comics, etc. We highly recommend the three camp package companies whose links can be found on our website under Family Resources.

## Telephone

- Please allow your child AT LEAST three days to adjust to camp life before you call. If you are particularly concerned, you can call the office and request to speak with one of your child's counselors. No camper calls are allowed until lunch on Wednesday of their first week at camp.
- Campers are limited to two calls per week per family. Calls are limited to five minutes. Only parents/guardians are permitted to call campers.
- Campers are not permitted to call home unless they are ill and have seen the doctor, or if they are on a supervised out-of-camp trip and are in the vicinity of a public phone.
- Parents may call during the following meal times only:
  - Breakfast: 8:05 AM – 8:35 AM (except Sunday mornings)
  - Lunch: 12:35 PM – 1:05 PM
  - Supper: 6:05 PM – 6:35 PM

Please do not call early, as campers will not yet be in the dining hall.

- Meal times may change occasionally because of our program needs. We will not notify you of these changes.
- **Cell phones are prohibited at camp.** They will be held in the office until the camper's departure.
- Phone Numbers for Camper Lines:

Camp Awosting  
(860) 567-8632

Camp Chinqueka  
(860) 868-9141

# Arrival, Departure, Transportation, & Visiting Days

## Arrival

- Please review the calendar on the last page for the exact dates and times. Morning arrival is for the first Opening Day only. All other arrivals are in the afternoon.
- Registration Table: Here, you may submit final payment or register for senior trips or horseback riding if still needed. If you believe all your paperwork has been received by camp already, you may proceed straight to the Health Table.
- Health Table: Here you will get your cabin assignment. You will meet an RN or MD and may submit medical form, insurance card copy, and medications if necessary. Your child will also have a head lice check.
- Final tuition payments made upon arrival can only be in the form of by cash, cashier's check, credit card or money order. No personal checks will be accepted after June 15. No exceptions.
- No deviation from arrival times are permitted unless prior arrangements have been made with the Camp Director.

### Express Check-In

If you have paid all fees and mailed in all forms according to instructions, your child's name will be on the Express Check-In List. The list will give you your child's cabin number. Upon arrival, you can check the list to see if your name and cabin assignment is listed. You will have a head check and then can proceed to the cabin. There will be many staff available to assist you. If your name is not there, something is missing and you must proceed to the Registration Table first. If you have medications to be turned over to the medical staff, they can be brought to the Health Table after going to the cabin.

## Departure

- All sessions end on Saturday between 9:30 and 11:30 AM (with the exception of the 1-week session ending August 14<sup>th</sup> listed below)
- If we are notified in advance, we can have your camper ready for a Friday night departure.
- Campers attending the 1-week First-Time Camper session August 8<sup>th</sup> – 14<sup>th</sup> should be called for on August 14<sup>th</sup> between 5:00 and 5:45 PM.

## Transportation

- Because most of our campers live within a few hours of camp, most families drive their children to camp.
- For campers flying from out of state or internationally, we can arrange transportation from Bradley International Airport in Hartford (BDL) or John F Kennedy Airport in New York (JFK). Please call the office for details.

## Visiting Days

- Visiting Days are once every 2 weeks, for the benefit of our 4-, 6-, or 8-week campers. See our Calendar on the last page for exact dates. There are no Visiting Days for 2-week campers.
- Visiting Day begins at 9:30 AM, after breakfast and cabin clean-up is completed. Regularly scheduled morning activities will be followed for those whose parents have not yet arrived.
- Picnic tables are available for your use. The waterfront will be open and supervised from 2:30 to 4:00 PM for campers and their guests.
- Please return campers to camp by 8:00 PM. Parents are requested to leave camp by 8:30 PM so that campers have adequate time to settle down before lights out at 9:00 PM.
- Written permission must be on file in the office, before Visiting Day, in order for a child to leave with any person who is not their parent/guardian.
- Campers who do not have visitors will be given alternate off-camp activity options.

# Personal Belongings

## Baggage

- Each camper needs a footlocker or camp trunk, as they live out of these like a dresser or a chest of drawers. Please do not exceed the recommended height of 13.5 inches, as they will not fit under the camper's bed.
- Soft-sided trunks are not practical for our situation.
- Baggage should be brought to camp with the camper or sent via UPS.

## Bedding

- Twin size sheets are needed. They should be a combination of flat and fitted. See our equipment list for quantity.
- Our housekeeping procedures necessitate 2-3 blankets or a comforter. A single quilt will not work.
- Sleeping bags are used for camp-outs only.
- Don't forget the pillow!

## Footwear

- Sneakers are required.
- Sandals, flip-flops, or open-toed shoes may not be worn around camp because of our uneven terrain. They may only be worn from the cabin to the waterfront or showers and to special events such as socials.

## Valuables

- Ebner Camps, Inc. does not assume responsibility for any valuables, and therefore recommends that they not be brought to camp.
- Any valuables that are brought, such as watches, radios, mp3 players, cameras, etc. should be plainly and permanently labeled.
- **Please remember**, electronic devices that play and/or record video, like laptop computers and video cameras, are **not allowed**. We understand that some technologies, like cameras, may have video capabilities. We will allow those items but they may be confiscated at a counselor's discretion if they feel that the camper is using it to record video.
- Any personal electronic equipment brought outside the cabin will be confiscated and returned to the camper upon their departure from camp.
- Please do not bring Pokemon, Yu-gi-oh, Magic, or other trading game cards to camp, as they distract campers from daily camp life and may increase tension in the cabin.

## Sports/Activity Equipment

- Although we provide tennis racquets, some campers prefer to bring their own. This is perfectly acceptable, but please be sure to label them!
- At Awosting, while we have golf clubs for campers to use, they may bring their own. There will be an additional charge to the canteen account for those who wish to play at the local golf facility.
- We encourage the use of 35mm cameras for photography, and cameras will be provided when in this activity. Campers may bring their own inexpensive 35mm or digital camera to use as well.
- Those interested in mountain biking may bring their own if it is of good quality, as bikes will be ridden on rough terrain. All bikes will be padlocked in storage areas when not being used. Campers who bring their own bikes should also bring an individual bike lock.

# Camper Behavior

## Discipline

- All campers and parents are required to review and sign a Behavior Contract which outlines appropriate camper behavior.
- Our first objective is to minimize discipline situations by keeping everyone busy in an active and interesting program. Good supervision and participation by the staff also helps keep problems to a minimum.
- However, we are aware that children test the rules and there may be disagreements during the summer. Each camper, each age, and each situation is different, so our responses will vary. However, we will uphold the following: (a) Staff will not damage a camper's self-image or embarrass the child. (b) Staff will help the campers learn self-control, choose alternatives, identify feelings, and develop an understanding and respect for the feelings of others. (c) Every effort will be made by staff to enlist the cooperation of the child and parents to solve the problem.
- If a counselor is in need of help, they will ask for the Program Director's assistance. If necessary, the Camp Director will also help. The administration will contact parents to let them know if there is an ongoing behavior problem. Awosting and Chinqueka reserves the unrestricted right to dismiss a camper whose conduct or influence, in the opinion of the Director, is detrimental to the best interests of him/herself, the camp, or other campers. Early dismissal from camp will not warrant a refund.
- **Bullying:** Awosting and Chinqueka have a ZERO TOLERANCE policy for bullying including but not limited to physical, verbal, and emotional bullying.
- **Property and Equipment Damages:** Parents are financially responsible for intentional damage to all equipment and facilities caused by their camper.

## Homesickness

- We help minimize homesickness by making sure that each camper is welcomed, introduced to their bunkmates, given lots of individual attention, and immediately included in an interesting cabin activity.
- Nonetheless, some children do get homesick. This is a very normal and understandable reaction, and often goes away naturally.
- You can help by letting us know of any unusual situations at home (death of a relative or pet, separation of parents, moving to a new home, etc). Also, you can write to your children often and tell them you love them but that you are glad they have the opportunity to be at camp and you are confident they will do well.
- Be positive and strong. Do NOT suggest that they can come home early if it does not get better. This may encourage your child not to try and make it better, and the homesickness will linger.
- We know that sending a child to camp for the first time may be hard for parents, so feel free to call the office to talk with the Directors or your child's counselors.
- Most times, the situation is not nearly as bad as the camper makes it sound. Therefore, we ask that you trust our judgment in determining when and how often phone calls should be made. Most campers adjust to camp and return for many years to come.
- All of our staff are well trained on how to handle these situations.
- We have a great new resource available to all of our parents that can answer most camp-related questions. We have put a link to [The Summer Camp Handbook](#), written by our friends Dr. Christopher Thurber and Dr. Jon Malinowski on our Family Resource page on our website. We find this especially helpful in dealing with homesickness and first-time camper anxiety. It can also be found directly at [SummerCampHandbook.com](http://SummerCampHandbook.com).

## Drugs and Alcohol

Our policy is NO DRUGS, NO ALCOHOL. Possession of either substance is grounds for immediate dismissal with no refund of tuition.

## Smoking

Campers are not permitted to smoke or have cigarettes in their possession. First offense will result in confiscation and a call home. Second offense will result in immediate dismissal with no refund of tuition.

We ask that parents refrain from smoking when on camp.

## Housekeeping/Laundry

- All campers are expected to make their own beds, keep their belongings neat, and assist with the general cleaning of the cabin, including the cabin lavatories.
- During meal times, all campers assist with table setting as a cabin group and take turns waiting on their dining room tables if over the age of 11.
- Following breakfast, all campers are assigned daily camp chores for 15 minutes, on a rotating basis. These may include sweeping, setting up equipment for the day, or picking up and emptying trash.
- Laundry is sent out once each week and returned within a day. It is returned dried and folded but will not be ironed. Permanent press articles are recommended.
- Each cabin bags their laundry as a group. Therefore, NAMETAGS or INDELIBLE LABELING of some sort is essential on ALL belongings.
- A ten-day supply of clothing is recommended to accommodate our laundry schedule, regardless of session length. Please adhere to the suggested clothing and equipment list you received. The list may also be downloaded from our website.

## Bedwetting

All children grow out of bedwetting at different times in their lives and it is not an unusual problem. We recognize that this may occur and that they can be embarrassed by it. We will help by reducing the amount they drink in the evening. Also, later in the evening when the counselor goes to bed, he or she will get any possible bedwetters up to go to the bathroom. If an accident occurs, the counselor will discreetly help the camper change their bed. We do not permit teasing and find that with good guidance, most kids are very understanding. Please notify the office ahead of time if your child has a history of bedwetting. Also, please provide them with an extra set of sheets and a rubber sheet.

# Tuition, Tipping, and Canteen

## Tuition

- All payments, regardless of the camper's session, are due by May 1. Please speak with the camp office if you are unable to comply.
- When enrollments are received after May 1, full payment is expected upon receipt of the final statement.

## Tipping

Tipping is NOT permitted. The counselors have been advised that they are not allowed to accept tips.

## Canteen

- Every child receives a complimentary snack (choice of candy, pretzels, fruit, etc.) and a drink (choice of soda, fruit juice, etc.) from the canteen each day.

- An additional Canteen deposit of \$50 per session is included in your final invoice. This deposit becomes a camper's "charge account" for the purchase of souvenirs, personal supplies, postage charges, and off-site trips.
- At your discretion, you can deposit additional cash with the office upon arrival at camp for your child to withdraw controlled amounts to purchase additional drinks. This money can also be put towards off-site trips, including our Senior Trips and Lake Compounce.
- Unspent canteen balances will be refunded upon request by the end October. Overdrafts will be billed in September.
- Campers MAY NOT keep cash in their cabins.

## Health Center and Medical Procedures

### Health Center

- There will be a nurse (RN) or doctor on site during all camp hours. They will make decisions regarding camper safety, first aid, or emergency procedures while your camper is at camp.
- **First Aid:** Routine scrapes and cuts will be treated by our medical staff. General medications and first aid supplies are provided at no cost to campers. Over the counter medications are provided with permission of the parent/guardian and physician on the medical form.
- **Emergencies:** In the case of serious illness or accident involving your child, the camp will contact you directly. If you cannot be reached, your emergency contact will be called. Your authorization signature on your child's health form allows us to secure prompt treatment.

### Medical Forms

- A green medical form was sent to you with your enrollment confirmation. If you did not receive one, please download one from our website or contact our office to have one sent. They MUST be received by June 1. It is important that our medical staff has the form before your camper arrives.
- Some doctors prefer their own form, which you may attach to our green form in lieu of Section Two. However, we must still have the doctor's signature at the bottom of Section Three. If it is not signed, the form will be returned to you.
- We require that your child has had a physical in the past 24 months prior to their attendance at camp. You can use the same physical two years in a row, but we must have a new, signed medical form each year.
- Please be sure that each parent signature request is signed, or the form will be returned to you.
- Do not forget to attach a copy of the front and back of your medical insurance card.

### Medications

- All medications (prescription, over-the-counter, and bandages) must be turned in to the medical staff to be kept under lock and key.
- All medications must be in the original prescription container that has the original, unaltered pharmacy label with camper name, contents, and the prescribing doctor's name.
- The Authorization for Administration of Medication form must be completed by the doctor and the parent to be kept on file with the medical staff. This form is available for download on our websites. A separate form is required for each prescription or daily over-the-counter medication. This is a regulation of the State of Connecticut Department of Health.
- Medications will be dispensed to the campers by the medical staff, as prescribed by the doctor. Epi-pens must be turned into the medical staff; please bring two. Inhalers can be carried, but they must be given to a staff member during all activities and down time. There is a fee of \$5.00 per injection of allergy shots.

# Additional Options

## Tutoring

- Tutoring is available in ESL and most academic subjects if absolutely necessary. Tutoring must be arranged prior to arrival at camp. The maximum is 1 hour per day, five days per week. A fee of \$10.00 per hour must be paid in advance. Tutoring will be scheduled during non-activity times. Parents must supply the books and/or study materials.

## Birthdays

Individual birthday parties for your camper's cabin group (pizza and soft drinks) can be arranged in advance with the camp office or at the Registration Table upon arrival at camp. There is a fee of \$45.00 to cover the costs.

## Senior Trips

- Four-day co-ed trips to Cape Cod and Lake George are offered to our senior campers. They must be at least 14 years old by the trip to be able to attend.
- The Lake George trip is August 9<sup>th</sup> – 13<sup>th</sup>, and Cape Cod is July 13<sup>th</sup> – 16<sup>th</sup>.
- The Lake George and Cape Cod trips are \$300 each. This must be paid before the trip departs. The sign-up form is available on our websites.
- These trips may include a whale watch trip, deep sea fishing, time at the National Seashore, white water rafting, the Great Escape, and more.
- Additional spending money can be given in cash to the camp office for purchases of souvenirs, etc. The money will be given to your camper prior to departure of the trip. Canteen money CANNOT be used for this purpose.
- Space is limited, so it's first come, first serve.

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# 2010 Camp Calendar

**May 1<sup>st</sup>** - All payments due, regardless of what session your camper is enrolled in.

**June 1<sup>st</sup>** - All required forms are due, including Health Form with copy of Insurance Card, Camper Behavior Contract, and Hospital Billing Form.

Payments after **June 15<sup>th</sup>** must be cash, money order, cashier's check, or credit card. No personal checks will be accepted.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SESSION 1</b>	<b>27</b> Opening Day of Session 1 - Campers should arrive between 9:30 AM and noon.	<b>28</b>	<b>29</b>	<b>30</b>	<b>1 July</b>	<b>2</b>	<b>3</b>
	<b>4</b> 	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> End of Session 1. Departing campers leave between 9:30 AM and 11:30 AM. Campers staying over into the next sessions will be on an all-day off-camp trip.
<b>SESSION 2</b>	<b>11</b> Visiting Day 9:30 AM - 8 PM Opening Day of Session 2. Arriving campers are expected between 1:30 PM and 3 PM.	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> End of Session 2. Departing campers leave between 9:30 AM and 11:30 AM. Campers staying over into the next sessions will be on an all-day off-camp trip.
<b>SESSION 3</b>	<b>25</b> Visiting Day 9:30 AM - 8 PM Opening Day of Session 3. Arriving campers are expected between 1:30 PM and 3 PM.	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
	<b>1 August</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> End of Session 3. Departing campers leave between 9:30 AM and 11:30 AM. Campers staying over into the next sessions will be on an all-day off-camp trip.
<b>SESSION 4</b>	<b>8</b> Visiting Day 9:30 AM - 8 PM Opening Day of Session 4. Arriving campers are expected between 1:30 PM and 3 PM.	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> End of 1-week First-Time Camper Session. Departing campers leave between 5 PM and 5:45 PM.
	<b>15</b> Start of 1-week First-Time Camper Session. Arriving campers are expected between 1:30 PM and 2:30 PM.	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20 *</b>	<b>21</b> End of Session 4. Departing campers leave between 9:30 AM and noon.

\* **August 20<sup>th</sup>** - Awards Night, 7PM. Parents and campers of previous sessions may attend.