

# GUARDIAN HANDBOOK 2024



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## Welcome Introduction

Dear Parents and Guardians,

Welcome to Camp NAC! We're glad that you've chosen to make some memorable moments with us this summer. We look forward to providing an exciting summer, filled with tremendous summertime experiences that only Camp NAC can offer.

This handbook has been created as a reference guide for families to become more familiar with our general camp policies and procedures. Your camper's safety is our top priority, and we take this responsibility very seriously. Please take time to read and review the entire handbook.

Each program we offer is specially designed to create opportunities for young people to try new things, learn, grow and make friendships that will last even after camp is over. Additionally, Camp NAC strives to offer a healthy, safe and fun environment that promotes positive interactions with peers (and adults) to help build strong character traits. A Camp NAC summer can make an impression that lasts a lifetime! Whether you are new to Camp NAC or a seasoned camper, we are pleased to welcome you to our 2024 camp. If you have any questions or comments, please call the camp director Brianne Feinour, at 215-944-8860.

Thank you and we look forward to seeing you soon for the best summer yet!

- Your 2024 Camp NAC Family

## Meet Our Management Team!



### **Brianne Feinour – YOUTH & CAMP NAC DIRECTOR**

Brianne (known as Ms. Brie) joined the Camp NAC team during Summer 2018 as a half-day specialty camp lead. After summer ended, Brianne took on more responsibility, expanding her role as camp manager and now works full time as the Youth & Camp NAC Director. Brianne is a graduate of West Chester University and holds a master's degree in Public Health and Nutrition and is certified in Mindfulness Techniques. She is looking forward to another great summer at Camp NAC.



**Sam Lipoff - YOUTH & CAMP NAC ASSISTANT DIRECTOR**

Sam (known as Ms. Sam) is entering her 6th year at the NAC and 5th summer at Camp NAC. Sam has worked in various youth departments and is currently the Youth Assistant Director, and runs our Gymnastics Team. She has extensive camp experience, and attended the same camp from 1999-2017, progressing from camper to counselor. She is a proud Penn State Alumni and cannot wait for another summer of fun in the sun!



**James LeGette - CAMP MANAGER**

James is entering his 5th year at the NAC and 4th at Camp NAC. For the last 9 years James has been involved in both day and overnight camp settings. He was even a camper at the NAC when he was younger. James is currently studying Special Education PreK-12 at Temple University. You can catch him teaching a variety of different kids group exercise classes throughout the year. James cannot wait to make new memories and see everyone's smiling faces this summer.



**Emily Crozier - POOL MANAGER**

Emily (known as Ms. Emily) is entering into her 8th summer at the NAC and 5th with Camp NAC. She has a degree in Early and Primary Education as well as a master's in Special Education from the University of Scranton. Emily has experience working with children of various age groups. She is currently a third grade teacher and is looking for another great summer at Camp NAC!



**Emmi Schwartz - CAMP MANAGER & SUPPORT COUNSELOR**

Emmi is entering her 6th year working at the NAC in youth programs and 5th summer with Camp NAC. She graduated from Penn State and is currently completing her Master's in School Counseling at Villanova. Emmi went to day camp and overnight camp as a child, so she loves all things camp! She loves working with children of all ages and is excited to continue her role of Support Counselor. She can't wait for another awesome summer at Camp NAC!



**Zack Canimore**– FLOATING LEAD SUPPORT

Zack (known as Mr. Zack) is entering his 5th summer with Camp NAC. He has a degree in Secondary Education from Penn State University, and currently teaches 8th grade at Maple Point Middle School. Zack loves working with campers from all age groups and is super excited for another amazing summer at Camp NAC!



**Rebecca Carson** - ADMINISTRATIVE ASSISTANT

Rebecca (known as Ms. Becky) has been with Camp NAC for over 6 years as an Administrative Assistant. As a full time first grade teacher, Rebecca loves working with both children and parents to provide an amazing experience for everyone. Rebecca earned her master’s degree in Elementary Education and is also certified in the areas of Special Education and as a Reading Specialist.



**Samantha Rosthauser** - ADMINISTRATIVE ASSISTANT

Samantha (or Ms. Sam to our campers) will be spending her 3rd year with Camp NAC on the administrative team. Samantha has worked in the field of education for over 10 years, throughout her roles as teacher, special education supervisor, LEA, principal intern, and educational coach. Samantha received her bachelor’s degree in 2014 with a certification in both Elementary Education K-4 and Special Education PreK-8. In 2017, Samantha earned her Master’s degree in Advanced Special Education with an Autism Endorsement. Samantha in 2021 obtained another Master’s degree in Educational Leadership with a principal certification.

**Camp Hours**

- Full Day Camps 9:00am – 3:00pm
- Half Day Camps 9:00am – 11:30am
- Before Care 7:00am – 9:00am
- After Care 3:00pm – 6:00pm
- Mid-Day Care 11:30am – 3:00pm
- Lunch Bunch 11:30am – 1:00pm
- Swim Lessons 3:00pm – 4:30pm
- Gymnastics Lessons 3:00pm – 4:30pm
- Art Lessons 3:00pm – 4:30pm
- STEAM Lessons 3:00pm – 4:30pm
- Cooking Lessons 3:00pm – 4:30pm
- Aerial Yoga Lessons 3:00pm – 4:30pm
- Video Gaming 3:00pm – 4:30pm

## Camp Sessions and Dates

Camp Week	Camp Dates
1	June 3 – 7
2	June 10 – 14
3	June 17 – 21
4	June 24 – 28
5	July 1 – 5 (CLOSED 4 <sup>TH</sup> OF JULY)
6	July 8 – 12
7	July 15 – 19
8	July 22 – 26
9	July 29 – August 2
10	August 5 – 9
11	August 12 – 16
12	August 19 – 23
13	August 26 – 30

## Open House & Camp Carnival Day

February 10<sup>th</sup> 11:30am-2:00pm located at the NAC Brown Gym

Come join us for an informational, yet fun time. Our staff will be there to answer any questions you may have, and we will have computers available for you to enroll your camper right there! This will also be your last chance to receive our best deal of the year, our Early Bird Discount (10% off on camp weeks only). Plenty of free giveaways will also take place so don't miss out! Come learn all you need to know about Summer Camp at Camp NAC while your camper begins to make friendships that will last the whole summer and beyond! *RSVP is required to attend this event. You can RSVP online at [camp.com](http://camp.com).*

## Guardian Orientation

This summer we will be hosting in-person orientations in the NAC Sports Training Center. Orientations will be held Thursday, May 30<sup>th</sup> at 6pm or Sunday, June 9<sup>th</sup> at 1pm. Bring your campers to meet our camp team while you attend the orientation.

During the orientation, parents will be walked through Camp NAC procedures and will have a chance to ask questions, while campers play camp games with counselors and other campers.

While attendance to our camp orientation is not required, we recommend attending one of the orientations, especially if your family is new to Camp NAC. This ensures a smooth transition to camp for both you and your camper.

## Check In and Check Out:

Location: 120 Pheasant Run, Newtown PA 18940 – NAC Sports Training Center (NSTC)

### Check In:

Campers can arrive as early as 8:45am. Regular check in time runs from 8:45am-9:15am. Anyone arriving before 8:45am will be charged for Before Care. Parents checking in their child for Before Care or at any other time past 9:15am should pull up to the FRONT of the NSTC. You may walk your child into the building or honk when you get there to signal to a staff member to come outside.

Parents/guardians checking in between 8:45am – 9:15am should utilize our express drop off system at the SIDE of the NSTC. Directional signs will direct you where to go. Once there, one should pull up to our stop sign with their camper. At 8:45am parents will be directed to our drop off zones where a counselor will escort your child out of the car and into the building. Parents may forgo this option, park, and walk their child up to the building if they choose.

Note: Cars may **NOT** line up in the car line prior to 8:45am for drop off. Instead, please park your car and wait for a staff member to direct you out of your parking spot once check-in starts.

### Check Out:

*Check Out beings at 11:30am for half day camps, 1:00pm for Lunch Bunch, and at 3:00pm for full day camps and Mid-day Care.*

Half Day & Lunch Bunch Check Out: Parents/guardians picking up their child from half day camps or Lunch Bunch should pull up to the FRONT of the NSTC. You may enter the building to pick up your child; however, for your convenience a staff member will walk the child out to you once your car tag is shown or pickup password is confirmed.

Full Day Camp Check Out: Parents/guardians picking up their child from full day camps should pull up to the SIDE of NSTC (the same location as check in). Parents/guardians may enter the building to pick up their child or he/she will be brought to them upon showing your car tag or pick up password confirmation. Pick up starts NO EARLIER than 2:45pm. You may NOT begin to line up for express pick up any earlier. Parents wishing to pick up their child earlier than 2:45pm should write a note to their counselor and email the Camp Director and pull up to the side of the NSTC once you arrive. A staff member will walk their child out to you once your car tag is shown or pickup password is confirmed.

After Care, Swim, Gymnastics, Art, Cooking, STEAM and Aerial Yoga Lessons, Video Gaming Check Out: Parents/guardians picking up their child from after care or lessons at 4:30pm should utilize our express drop off system at the SIDE of the NSTC. Once there, one should pull up to our stop sign. A staff member will direct you to a zone, and another staff member will walk their child out to you once your car tag is shown or pickup password is confirmed.



**\*\*\* PICK UP CAR TAGS OR PICK UP PASSWORDS (which are created upon registering) MUST BE SHOWN/KNOWN AT TIME OF CHECK-OUT IN ORDER FOR YOUR CHILD TO BE RELEASED \*\***

Early Pick Up: If your camper is going to be picked up early from camp, please write a note in the morning and give it to his or her camp counselor so your child will be ready for you upon your arrival. Please call if a note was not handed in to inform the camp Administrative Assistant.

Late Arrival: If you are arriving late to camp, please enter the NSTC from the front door where your camper will be assisted to their camp. If your child is late on any day and they receive the Camp NAC lunch program, you must call and place their lunch order by 9:30 AM.

Before Care and After Care: Before and After Care drop off and pick up is in the NSTC lobby.

Pick Up Car Tags: Each family can receive up to two car tags to use for the summer. The car tags are a requirement for pick up this summer, as a security step outside of your pickup password. Car tags will be given out during Guardian Orientation or designated days and times prior to your start of camp.

Pick Up Password: To check your pickup password, log into your CampMinder account, go under "Forms & Documents," click on the print icon next to Camper Application, then scroll down to the "custom fields" section to view your chosen password.

### **Children at Risk**

Parents who arrive at Camp NAC in an incapacitated condition (i.e. alcohol, drugs) present a risk to their child and others. The appropriate staff in charge will advise the parent/guardian of their options regarding the transportation of their child to his/her home. Some options that may be exercised are:

- Call another person on the child's emergency contact list
- Call the other guardian
- Call a taxi
- Call a nearby neighbor/friend

If a reasonable conclusion cannot be reached, the parent/guardian will be advised that either Child Protective Services or the Police will be called.

### **Wristbands**

Your child's wristband needs to be worn at all times while they are participating in a camp program. The wristbands are used for identification and security purposes. Campers will receive a new wristband upon arrival daily.

### **Babysitting**

Employees of the NAC are permitted to babysit for campers at their own discretion. Babysitting must take place off Camp NAC grounds. Camp NAC has no responsibilities for any parties who wish to take part in these activities.



## **Camp Attire**

Please remember to dress your child appropriately for camp. Most of our camps use discovery and play as a major part of our camp program, thus we encourage you to dress your child in clothing that you do not mind getting dirty or stained with art materials in the course of your child engaging in a fun activity. Here are some other reminders for clothes at camp:

- T-Shirts
- Shorts (be mindful of skirts)
- Socks
- Sneakers
- LABEL EVERYTHING!!

Camp NAC gear is available to purchase at the following website:

<https://apparelnow.com/camp-nac-apparel/discounts?promo-activated>

## **Potty Training**

All campers must be fully potty trained to attend Camp NAC. Any campers who still use diapers or pull ups will *not* be permitted in camp.

## **Communication**

On the Tuesday prior to each camp week session, you are enrolled in, you will receive important information via email regarding schedules, field trips, special events, etc. Please read all information carefully and save it for future reference. Also please check our website for information about your child's camp at [www.campnac.com](http://www.campnac.com)

Please continue to check your camper's bags every day for notes from your child's counselor and communication reports.

Camp App – In addition to CampMinder, we have designed an application for enhanced parent/guardian communication. Please go to your app store and download "Campanion." You will use your camper log in and password. Here, parents and guardians will receive real-time updates on your mobile device that will highlight photos of your specific child through facial recognition, in addition to other important push-notifications/texts. You will also be able to enroll from your phone and view your forms and documents.

## **Campers with Disabilities**

In order for Camp NAC to provide the best day camp experience for your child, we ask that prior to registration, you consult with the Camp Director regarding any special needs of your child.

Since there are some medical treatments and/ or procedures that legally Camp NAC staff is not qualified to perform, children needing these accommodations will be enrolled on an individual basis. We will make every attempt to serve all children. Please make sure to note any disabilities in your child's health form through the CampMinder Parent Portal.

## **Behavior Code of Conduct**

At Camp NAC, we deeply care about the well-being of every child involved in our programs. Our aim is to create a safe and enjoyable environment for everyone. To ensure this, we kindly request that participants adhere to the guidelines outlined below.

We expect all participants to follow the rules of the program and respect the guidance of our dedicated staff members. In rare cases where a child faces challenges following these guidelines, we approach this situation with care and understanding.

Occasionally, certain behaviors might disrupt the flow of our activities or cause concern for the well-being of others. These behaviors include, but are not limited to, actions that may harm others emotionally or physically, use of inappropriate language, or engaging in any form of abusive behavior. When these situations arise, we take them seriously.

In such cases, our staff will communicate with the child's parent or guardian to discuss the concern and work together to find a positive solution. Should the behavior persist without improvement, we may need to consider the possibility of the child not continuing in the program.

We prioritize the welfare and safety of all involved. If a serious concern arises, our administrative team will conduct a careful assessment. Depending on the severity, we may need to take measures to ensure the safety and well-being of everyone in the program. This may involve a temporary pause or suspension of services.

We understand that every child is unique, and in certain situations, additional support might be necessary. In those cases, if agreed upon by all involved parties, we may pause or suspend services until suitable outside support, such as a wraparound or PCA, is available for the child's well-being.

Our primary goal remains the well-being and happiness of each child, and we strive to handle any challenges with compassion and care.

### **Positive Behavior Support modification policy, suspension, or “pause” of programming:**

CAMP NAC reserves the right to at any time implement this policy. If a staff member observes inappropriate behavior (verbally, physically, or sexually) or concerns for the welfare of the child, the staff will report this information immediately to the administrative team. The administrative team will then conduct observations of the child or camper's interactions with other campers and staff. If data, observations, or investigation supports the claim and concerns, the administrative team will notify the family of the discipline action that will be taken.

### **If any child is found to display the following, an immediate action plan will be implemented:**

- *Harm to self or others (physically, mentally, or sexually)*

- *Inability to thrive within the standard counselor to camper ratio based on group age and ACA policy for ration.*
- *Elopement from camp or group designated areas.*

**The action plan is as follows for low level incidents at camp:**

- **Incident One:** Counselor or administrative team will verbally share the incident or behavior concern with parent/guardian.
- **Incident Two:** Counselor or administrative team will verbally and in writing share the incident with the parent/guardian.
- **Incident Three:** Administrative Team will request a parent/guardian/counselor meeting. The summary of the conference and next steps will be shared with the family at the end of meeting.

***“If founded claim and harm to self or others is evident, an immediate pause of services or suspension of services may be part of the behavior modification plan”. If pause or suspension is implemented mid- week, the pause will not result in any refund or adjustment to payment for that week. For any following weeks camper is enrolled, administrative team will refund the amount for remaining weeks if a suspension is necessary.***

**Further incidents:** Administrative team will request a meeting between parent/guardian/counselor and when age appropriate (mainly for teens), the camper will also be included in the meeting. ***“If founded claim and harm to self or others is evident, an immediate pause of services or suspension of services may be part of the behavior modification plan”. If pause or suspension is implemented mid- week, the pause will not result in any refund or adjustment to payment for that week. For any following weeks camper is enrolled, administrative team will refund the amount for remaining weeks if a suspension is necessary.***

**Financial/ Refund Policies**

- **Cancelation Policy**  
The NAC reserves the right to cancel or change program schedules due to low enrollment. Participants who cancel camp 24 hours prior to the start of the day may submit a camp credit voucher request. All credits will also be less a \$50 non-refundable deposit per week and the non-refundable registration fee. Refunds will not be given at any time for programs cancelled by participants. Camp credit vouchers are good up to one year.
- **Membership Type**  
There are no refunds of any membership type. Your membership type that you have chosen must stay the same membership type until the end of your child’s camp enrollment. If you choose to select a higher membership status at the time of enrollment, we must have a membership upgrade paperwork already filled out in order to not charge your account the higher rate. If your membership did not change as of June 1<sup>st</sup>, we will automatically adjust your rate and bill the difference.

- **Transfer Policy**  
Any participant wanting to transfer camp weeks or camp programs must do so before May 31<sup>st</sup>. Any transfers after June 1<sup>st</sup> are subject to a \$20 processing fee per transaction.
- **Late Fee**  
Those who enroll in camp within 72 hours of the start of the week will be charged a \$25 late fee to their account.
- **Single Day Options**  
Guardians must select a minimum of 3 days per week in order to receive single day pricing (no discounts apply). Parent's days must be set and are non-transferable to other days. For example, campers coming 3 times per week must always come M,W,F. Refunds or credits will not be given for a missed day. Campers will be in NACster if they are selecting single days. A \$20 transfer fee will be applied to any parents wishing to switch a day or week of camp. Camp transfers must be made the week prior to the start of camp. We do not prorate additional options for those that choose single days.

### Evaluations

Our program is always looking for feedback from the parents to further improve our camp program. We will be distributing evaluations to parents over the course of the summer via email. We ask that you do your best to complete the survey. Parental assessment of the camp's strengths and weaknesses will aid in the improvement of camp programs and in the facilitation of new ideas. Parents are invited to give regular assessments of the camp program to the site director at any time.

### Field Trips

NACster - Field trip dates and locations are listed in the Camp Brochure and only take place during certain weeks of camp (weather permitting). Camp NACster will attend *optional* field trips at an additional cost once a week based on the color group they are in. Campers who choose to not attend will follow a regularly scheduled camp day at Camp NAC. Field Trip days for Camp NACster are as follows:

- Mini NACster on Tuesdays
- Junior NACster on Wednesdays
- Senior NACster on Thursdays

**\*\*\*PLEASE NOTE: All children will be automatically enrolled in the field trip that week as of Monday at 9am if we do not hear from a guardian.\*\*\***

### Teens -

- Field trips will take place 2 times a week on Tuesdays and Fridays (weather permitting). All teens will go on the same trip regardless of their program enrollment (L.I.T. or Teen

Adventure). Teen field trips are included in their enrollment fee however, there will be a \$50 transportation fee per week.

- Teen Field Trip Permission Form: In order for teen campers to attend field trips, guardians must submit a Teen Travel Field Trip Permission Form, located under "Forms & Documents" in your Parent Login Portal on the Camp NAC website.

**\*\*\*Teen Parents and Guardians: Please check the activity calendar as some trips have late arrivals back to camp.\*\*\***

Specialty Camps - Field trip dates and locations are listed in the Camp Brochure and only take place during certain themes of camp (weather permitting). The specialty camps that include a fieldtrip are the following:

- Jr. Golfers
- Ninja Nastics
- Nature Adventures

Field Trip Day Check List -

- Please pack your child a brown bagged lunch labeled with their name (unless you are part of our lunch program, then lunch will be provided). We recommend packing extra snacks and drinks!
- Camp NAC t-shirts will be provided to those attending field trips on the day of their first field trip. Camp NAC t-shirts must be worn to every field trip as a safety precaution so that they are easily identified as a part of Camp NAC. If your camper forgets to wear their Camp NAC t-shirt once given one, your account will be charged an additional \$5 for each t-shirt provided extra.

### **Lost and Found**

We have a lost and found area where we keep left behind items. It is highly recommended that you label all items (clothing, towels, lunch boxes, water bottles, sunscreen, etc.) with your child's first and last name. While we make every effort to keep all campers' belongings in their backpack or on their person, *the NAC will not be held responsible for lost or stolen items*. Please make a quick check of your child's backpack at the end of the camp day before leaving. Lost items are much easier to recover on the same day.

At the end of the summer, we will display the found items and then take any remaining items to Goodwill the last day of camp.

### **Electronic Policy**

Our Electronic Policy is designed to encourage the campers to spend more time outdoors and promote socialization between their counselors and peers. Therefore, campers are **not** permitted to have their personal electronic devices during the camp day. If this policy is violated, the first offense will result in a verbal warning. The second offense will result in confiscation of the camper's electronic and returned during check out. If there is a third offense,

the camper's electronic will be confiscated and a parent/guardian must pick it up at our facility during regular hours.

We understand that some campers may bring a cell phone as a safety precaution; however, we encourage all campers to leave them in their bags. If, for any reason, they need to use their phones, they must inform a counselor.

If a camper goes against this policy, he/she is responsible for all damaged or lost items that may arise during the camp day.

### **Chromebooks**

To provide campers with a hands-on experience in some of our STEAM camps, and other camps we will issue a Chromebooks to certain camps. Please read the **Chromebook Usage & Loan Agreement** below:

- Campers are responsible for the care and safekeeping of the Chromebook and accessories .
- Campers are asked to report any problems, loss, or damage to the camp in a timely manner.

### **Lunches & Snacks**

All campers should bring a non-perishable lunch and a beverage to camp daily unless you have purchased the lunch package upon signing up for Camp NAC. Please pack a healthy, low sugar and balanced meal - no soda please! Do not send food or drinks in glass containers. Lunches will not be refrigerated; therefore, we ask that you send lunches that do not contain food items that will spoil if not kept cold. Freezing lunches and juice the day before and/or inserting a cold pack in the lunch container will help preserve the food. Please mark all lunches (and all containers inside lunches) with the camper's first and last name.

Please do not provide your camper with food that will need heating or to be microwaved. Camp staff is not responsible for food preparation or pre-heating meals.

We will have 1 snack period daily during regular camp times. Camp does not provide a complimentary snack to all campers. If your camper needs a snack from camp, your account will be charged \$1.50 each time your camper is given one. Please call in advance if you DO NOT want us to provide a snack in all cases. Please send extra food for these times as well as a water bottle. Campers will have an additional snack time when they are signed up for After Care. Please provide a snack if they are enrolled in After Care at any time.

**NEW! Camp NAC is PEANUT- FREE and ALLERGY AWARE.** We ask that you do not provide lunch or snacks that contain peanuts at camp to ensure the safety of all children. Please note that if your child brings a lunch or snack that contains peanut products, staff will contact the parent or guardian, the snack/lunch will be taken away and we will ask you to replace the item(s). We can replace it at an additional cost to you upon request. If you pack a lunch containing soy butter/sunflower butter/etc., please label the item(s) so that counselors can easily identify the food.

**Note:** If the ingredients states “contains peanuts” these items will be taken away. If the ingredients state, “may contain peanuts/nuts” or “made in a facility that processes peanuts/nuts”, staff will remain allergy aware for these items.

**NEW!** If a camper has a peanut allergy, they will automatically be assigned to sit at a designated table that is labeled peanut-free. If a guardian wants to opt out of this and have their child remain sitting with their camp group, they must email us ahead of time for staff to note this in the camper’s account.

Your understanding and support in helping us to provide a **PEANUT- FREE ZONE** is greatly appreciated. Camp NAC continues to work toward an inclusive environment that supports and acknowledges the right of each person to be fully included in all activities that occur in our programs.

### **Purchased Lunch Program**

The Lunch Program was designed by the NAC’s Registered Dietician and management team to make a nice healthy lunch for your child. Each day campers receive a well-balanced meal, including a lean protein, whole grain or healthy starch, fruit or vegetable, beverage and dessert. Counselors will confirm lunch choices based on the pre-order form with child upon arrival to camp. Lunch is a **weekly program**. If a camper wishes to buy lunch, he or she must be signed up for the entire week of lunch. **Lunches will not be offered on a daily basis.** Please still provide a morning and afternoon snack even if your child is signed up for our lunch program as this is not included.

Please note that the lunch menu will vary based on field trip days. On field trips days, campers will get the sandwich options show on Wednesday below. We have also implemented weekly lunch forms for guardians to fill out. The forms will be due a week prior to the start pf the camp week. All daily lunch orders will reflect appropriately on your pre-order lunch form, found under "Forms & Documents" in your Parent Login Portal on the Camp NAC website.



# MEAL OPTIONS

<b>MONDAY</b>	<b>Chicken Strips</b> (Antibiotic and Hormone-Free)
<b>TUESDAY</b>	<b>Organic Mac and Cheese</b> (Elbow Macaroni with Low-Fat Cheddar Cheese)
<b>WEDNESDAY</b>	<b>Turkey &amp; Cheese or Ham &amp; Cheese Sandwich</b> (Nitrate-Free, No Additives, Whole Wheat Bread)
<b>THURSDAY</b>	<b>Weeks 1, 5, 9 and 13:</b> Chicken Patty (Antibiotic and Hormone-Free, Whole Wheat Bun) <b>Weeks 2, 6, and 10:</b> Ground Turkey Tacos (Antibiotic & Hormone-Free) <b>Weeks 3, 7, and 11:</b> Burger or Cheese Burger (Antibiotic and Hormone-Free, Whole Wheat Bun) <b>Weeks 4, 8, and 12:</b> Turkey Hot Dog (Whole Wheat Bun)
<b>FRIDAY</b>	<b>Pizza</b> (Low Fat Cheese and Tomato Sauce with No Added Sugar)
<b>ALTERNATE OPTIONS</b>	<b>WowButter &amp; Real Fruit Spread</b> (Whole Wheat Bread) OR <b>Pasta &amp; Meatballs</b> (Whole Wheat Pasta with or without Tomato Sauce with No Added Sugar and Chicken Meatballs)

## Special Diets

Camp NAC must be made aware of any child who requires a special diet due to medical or religious reasons. Please provide this info on your child's health form, filled out through the Camp Minder Parent Portal.

## Illness

In the case that your child becomes ill during the program, you will be contacted as soon as possible. If the parent or guardian is unable to be reached, the child's emergency contact will be notified. It is the responsibility of the parents to arrange for the child to be picked up from Camp NAC as soon as possible.

## Accidents/Emergencies

All precautions will be taken to prevent serious health risks to all campers.

In the event that a minor injury occurs, First Aid will be administered at the camp location by the camp staff/nurse. The following procedures will be followed:

- First Aid will be provided, and the incident recorded in the camp log.
- The child will periodically be observed after First Aid has been applied.

In the event of a medical emergency, immediate action will be taken by the staff as per your orders on the camp registration form and policies and waivers. Please be sure to keep these forms updated at all times. If parents or other responsible adults are unable to be reached, the child will be taken to the nearest hospital for any necessary treatment.

In general, in the event that a major injury or health problem arises, and professional medical care is required, the following steps will be taken:

- Immediate First Aid will be administered by the camp staff person until professional services arrive.
- 911 will be called.
- You will be contacted. If you cannot be reached, the emergency contact person will be notified.
- A staff person will accompany your child to the hospital and remain until you or your emergency contact person arrives.
- The incident will be described in writing on the Camp NAC incident report.

Emergency information is very important for us to provide the safest possible environment for your children.

\*\*\* Please notify us right away when there is a new work or home phone number, or if you have moved and have a new address. If your child is sick or injured, it is important for us to be able to contact you right away. Please keep these accurate at all times.

The NAC does not incur the cost of medical treatment and it is imperative that you indicate on your child's health history / registration form (filled out through Camp Minder Parent Portal) what type of health insurance you carry.

If a camper gets injured and the injury that may impede the rest of his or her camp day parents will be notified via phone at the time of the injury. If a camper is injured and the injury does not impede his or her camp experience, parent's will be notified by the end of the day with an accident report.

In the event of a medical emergency 911 will be called and children will be transported to St. Mary's Medical Center via ambulance. The camp manager will call the parent/guardian as soon as possible.

## **In Case of Emergencies**

Each camp site will have a site-specific emergency plan including an assembly area program, facility evacuation plan, notification (sounding of alarms) system, shelter-in-place plan, locations of fire extinguishers and first aid kits, etc. Staff have been trained and are expected to be well-versed in emergency procedures. The NAC Summer Camp sites' emergency plans are available for parents to read. Please see the Camp Director for a copy of this plan.

The following are general procedures for the NAC Summer Camp in case of emergencies:

- Shelter-in-Place: In the event of an emergency that requires an on-site shelter-in-place, campers, members, and staff will assemble in the designated area on site (please refer to site-specific plans for actual locations).
- Facility Evacuation (in case of fire, or other emergency): In the event of an emergency requiring facility evacuation, campers and staff will exit the building through the nearest exit and meet at pre-determined assembly areas. Camp staff will take roll of campers in their groups, counselors will take a total count to assure that all children have left the building safely, directors are responsible for medication, first aid kits and evacuation kits.
- Chemical / Biological / Terrorist Emergency Plan: In the event of any of these emergencies, campers and staff are required to relocate to the on-site shelter in place location. Once there, no one (including parents and children) will be allowed to enter or exit the building until there is further notification from a camp director.
- Severe Inclement Weather: In the case of severe inclement weather campers will meet at their designated camp area. All campers will remain in their groups until the weather passes or the parents pick the camper up.

## **Medication Policy**

Our medication policy is primarily established to accommodate the administration of medication(s) commonly prescribed by physicians for the treatment of short-term illnesses.

Prescription and "over-the-counter" medications will not be dispensed without written consent from the child's physician or parent.

- Keep all medication in the original container with the prescription label/direction label attached. Medication must be labeled with the child's name, the name of medication, the dosage amount, and the time(s) to be given.
- Hand all medication (including inhalers, etc.) to the camp nurse. Campers are not allowed to keep medications on their person, in their backpacks or lunch bags.
- All children must have standing orders from a doctor uploaded to their CampMinder account in order to have medication at camp.
- All medications will be locked up and given to your child at the prescribed time.
- All medication must be picked up on Friday when your child leaves camp at the end of every week.

## **Sunscreen**

Parents or legal guardians will be responsible for applying the first layer of sunscreen prior to arrival at camp. Camp staff will reapply sunscreen once during the day unless instructed otherwise. Parents or guardians are responsible for providing enough sunscreen for the entire day. Please, one bottle per camper, labeled with their name on it. Spray on sunscreen would be appreciated because it is the easiest and quickest to apply. For campers who are fair skinned and tend to burn easily we recommend an extra tee-shirt brought to wear in the water for extra protection. Hats are also recommended.

## **Allergies**

Please make sure your child's allergies as well as how they react are updated in the health history form. This was filled out through the CampMinder Parent Portal. Please provide all necessary medication in case of an allergic reaction.

## **Suspected Child Abuse**

As camp professionals serving *in loco parentis*, we are required by law to call the proper authorities when allegations of abuse are revealed. Child abuse in Pennsylvania is defined as:

- Any recent act or failure to act which causes non-accidental serious physical injury (defined as an injury that either causes the "child severe pain" or "significantly impairs the child's physical functioning, either temporarily or permanently").
- An act or failure to act which causes non-accidental serious mental, injury or sexual abuse or sexual exploitation.
- Any recent act, failure to act or series of such acts or failures to act which creates an imminent risk of serious physical injury, sexual abuse, or sexual exploitation.
- Serious physical neglect which endangers a child's life or development or impairs a child's functioning.

## **Guardian Participation**

Guardians will be permitted in the camp facility this summer. Guardians are only able to enter into the building through the front entrance of the NAC Sports Training Center.

## **Special Events and Birthdays**

Special food treats may be brought in for holidays, special events or birthdays. Arrangements should be made ahead of time with the camp director. If sending in store bought items, please send unopened packages. All items must include a list of ingredients that they contain for the safety of all of our campers. Please remember to make sure all items are PEANUT-FREE.

Camp NAC offers birthday packages to make it easy for your camper's special day.

How to order the birthday package:

- Email [info@campnac.com](mailto:info@campnac.com) or call 215-944-8860 at least one week in advance.

- Let staff know which birthday package you would like added.
- Pricing will depend on how many campers are enrolled in your child’s camp that week.

# CAMP NAC BIRTHDAY PACKAGES



COME SING WITH YOUR SUMMER FRIENDS  
AS WE CELEBRATE YOUR BIRTHDAY!

	TASTY TREATS	BIRTHDAY EXTREME
20 CAMPERS	\$45	\$65
30 CAMPERS	\$50	\$80
40 CAMPERS	\$65	\$100

### TASTY TREATS

Campers will be sung to as our camp staff hands out tasty treats to them and their friends. Each child will get a frosted cupcake. A birthday certificate will be given to the birthday child.

(Minimum of 20 campers)

### BIRTHDAY EXTREME

Everything from the Tasty Treats package and more! Add ice cream and toppings for the perfect ice cream sundae party. A birthday certificate will be given to the birthday child.

(Minimum of 20 campers)

Contact Camp NAC to add a birthday package!  
**INFO@CAMPNAC.COM | 215-944-8860**

## Sleepovers

Mark your calendars for a fun night with your favorite Camp NAC counselors. Available for campers ages 5-12 that are enrolled in summer 2022.

- Thursday, June 20<sup>th</sup> **Theme:** Ninja Nastics and Inflatables
- Thursday, July 18<sup>th</sup> **Theme:** Outdoor Pool and Movie Night
- Thursday, August 15<sup>th</sup> **Theme:** Sports Galore or Crazy Crafts

How to sign up:

- Login onto [campnac.com](http://campnac.com)
- Sign up for the sleepover on your camp application.
- Alternative – email [info@campnac.com](mailto:info@campnac.com) or call 215-944-8860. Please make sure to tell us if your camper will be joining us for the pizza dinner.

## Staff

Camp NAC strives to hire a highly qualified, well-trained staff to conduct all childcare programs. The summer camp staff is comprised primarily of college students, recent graduates, school teachers, and our professional Camp NAC childcare staff. The day camp staff members are innovative and creative individuals who love working with children. All staff meet requirements set forth by the State, County and NAC, as applicable. NAC staff members participate in planned training and education processes to further their skills in child development and recreation. The camper to staff ratio is determined by the camper's age as well as their behavior history.

On average the ratios are as follows:

- 1:6 - - 3-5 year old's
- 1:8 - - 6-8 year old's
- 1:10 - - 9+ year old's

## Swimming/Pool Time

Campers who pass the swim test will have access to the zero-entry pool (highest depth 4.5ft.), two-25ft. slides (48in. height requirement), splash pad, and the lazy river. Campers are not permitted to purchase food and/or beverages at the pool.

Swim tests will be available at set times prior the start of camp. Those campers that do not get tested prior to their first day will be swim tested at the beginning of their first week.

The swim test is given by a Red Cross Certified Lifeguard and requires each child to swim the full width of the Escape Resort Pool, which is 50ft. in length, not touching the bottom surface, or grasping/holding onto the side wall of the pool at any point in the test. Campers may demonstrate skills of strokes such as breaststroke and freestyle. Campers may not float on their backs or perform doggy paddle during the test. Please note the Red Cross states that signs of struggling or in distress while swimming include: vertical position in the water, weak or forward movement, flailing arms, visible panic or distress, and a struggle to keep their airway above water.

Passing/not passing is up to the discretion of the lifeguard. Once a camper passes the swim test during our 2024 summer season at Camp NAC, they do not need to re-take it for the summer.

Our 3 and 4 year old's will continue to have water play with their fellow campers and will not have access to the family pool, but will have availability to use the splash pad. This age group does not have the option to take the swim test or swim in the water park, campers must be 5 years or older to do so.

Campers that pass the swim will receive a Camp NAC swim band and are required to wear it every day following that they attend camp. This band is required to wear for safety precautions and lets counselors know who already passed the swim test to ensure your child gets to swim the maximum time allotted. If your camper loses their swim band, your account will be charged an additional \$5 for each swim band provided extra.

Campers who do not pass the swim test will be required to wear a life vest or coast guard approved floatation device at all times, and only have access to the splash pad and zero-entry pool. Campers in life vests or coast guard approved floatation devices do not have access to the lazy river or slides.

Lane lines have been added to the zero-entry pool to signify entering 2ft. and entering 4ft.

**For those campers that take the swim test:**

- Specialty Camps (ages 6-12)
  - Will participate in one hour of recreational swim time four days a week.
- Mini NACster: NACster Red (5-year old's or kindergarten)
- Jr. NACster: NACster Orange (1st graders) and NACster Purple (2nd graders)
- Senior NACster will be made up of: NACster Green (3rd-4th graders) and NACster Blue (5th-6th graders) and Pre-Teen (7<sup>th</sup> graders)
  - NACster Red, Junior NACster, Senior NACster will participate in one hour of recreational swim 4 days a week (weather permitting).
  - Teens will swim 3 days a week, on the weeks they have field trips (weather permitting).

**For those campers that do not swim:**

- Mini NACster 3-4 year old's (also known as: NACster Yellow)
  - Will participate in water play activities for one hour, four days a week.
- Half Day – If the camp has a water symbol beside it, the campers will only participate in water play at least one time during the week.
- Half Day Add Ons:
  - Mid-day Care – campers will participate in water play for one hour on Mondays, Wednesdays, and Fridays.
- **Note:** During school's out camps, these rules will apply as well. Meaning, 3 and 4 year old's do not have the option to take the swim test, and campers must be 5 years or older to do so. Those campers that do not pass the swim test will be required to wear a life vest or coast guard approved floatation device at all times to access the indoor pool. Campers ages 3 and 4 year old's, will be kept engaged with games and activities.



### Swim Lessons:

- Led by Red Cross Certified instructors, this program is adapted from the American Red Cross guidelines. Campers will swim in the indoor lap pool for their lesson and will be transported to and from the NAC Sports Training Center by an instructor for the 40-minute lesson.
- These lessons are designed for ages 5-12 years old. All swim level skills are welcome.
- If you are interested in swim lessons prior to the start of camp, please email [info@campnac.com](mailto:info@campnac.com) and we will assist in helping you connect with our NAC Aquatics Department.

### Teen Camps

- Teen Release Form:
  - All teen campers must have a signed permission slip in order to come/leave camp on their own. This can be found on your Camp Minder account located under “Forms & Documents”. Teen campers with this permission slip may walk themselves into the building between 8:45am-9:15am and exit between 2:45pm-3:15pm. Teen campers may not take younger siblings with them when they exit/enter the premise.
- Campers may not carry cell phones on them during the camp day unless given permission by their camp counselor.

### Tax ID Information

# 23-203-9663

### Weather

Outdoor play is an important part of our daily camp schedule. Parents are asked to dress their children appropriately for the weather conditions. A light sweater or jacket may be needed in the mornings.

During periods of extreme heat, the camp staff will scale down the outdoor physical activities. Indoor facilities will be utilized as necessary for programming more crafts, games and activities. The staff will take children inside and increase their water intake on these days. All precautions will be taken to prevent heat-related injuries during these times. If the NAC outdoor pools close due to extreme weather, campers will not swim.

We will make the necessary accommodations for inclement weather as needed, always keeping the safety of our campers and staff first in mind.

### Personal Property Policy

At no time are campers permitted to bring drugs, alcohol, vehicles, weapons, or animals onto the camp site. If personal sports equipment is required, the camp will notify parents the week prior of exactly what gear should be brought to camp.

### **School's Out Camp**

Our School's Out Camps (SOC) align with local school district calendars, including Council Rock, Neshaminy, and Pennsbury to offer a childcare option for parents when schools are out of session. School's Out Camps are available for both NAC members and the general public.

Pizza, a side dish and juice are included in each School's Out Camp. Campers ages 5 and older will have the opportunity to swim in the NAC indoor pool for one hour each day - so be sure to pack a swimsuit!

School's Out Camp runs from 9:00am - 3:00pm with before and after care options available.

Check out the complete list of the School's Out Camps we are offering for the 2024 Season and/or to read our School's Out Camp policies and guidelines at <https://campnac.com/additional-programs/schools-out-camp/>!

**Website:** [www.campnac.com](http://www.campnac.com)

**Facebook:** [www.facebook.com/campnac](http://www.facebook.com/campnac)

**Instagram:** @camp\_nac

**TikTok:** @camp\_nac\_

**Camp NAC Gear:** <https://apparelnow.com/camp-nac-apparel/discounts?promo-activated>