

PEQUOT
SHERWOOD
DAY CAMP



Family
Handbook

Dear Pequot Sherwood Families,

New & returning families, welcome to Pequot Sherwood!

It was so incredible to see camp back to what we all know and love last summer. I truly cannot wait to see our beautiful camp full of happy capers again in the Summer of 2023.

For those who haven't met me, my name is Penny and I am the director of Pequot Sherwood. I was born and raised in England and I came here as a camp counselor in 2015 and have been here every summer since. Obviously I caught the camp bug, and I started working at Incarnation Center full-time in 2020. I love seeing camp through all of the seasons and getting to plan all of the summer fun throughout the year.

I know that every family has their own questions and this handbook is here to help answer those. Equally this handbook gives insight into some of the guidelines & procedures we have here at Camp

I am always here to help, so if you have any further questions please do not hesitate to get in touch.

Best Wishes,



Penny



Session Dates:

<u>Session</u>	<u>Session Dates</u>
Session 1	June 19th - June 23rd
Session 2	June 26th - June 30th
Session 3	July 3rd - July 7th
Session 4	July 10th - July 14th
Session 5	July 17th - July 21st
Session 6	July 24th - July 28th
Session 7	July 31st - August 4th
Session 8	August 7th - August 11th
Session 9	August 14th - August 18th
Session 10	August 21st - August 25th

Daily Packing List



Water Bottle



Sunscreen



Bug Spray



Swimsuit



Towel



Goggles (optional)



A change of clothes



Personal items (e.g. book)



Bagged lunch (not needed if you are on the meal plan.)

Health & Safety

In order for your child to attend camp, we must have:

- A form filled out by your child's health care provider or a copy of your child's health form from school.
- A completed parent health form.

(All Forms must be dated within 24 months)

If your child requires an **inhaler, EpiPen, or prescription medication** while at camp, we must have the following:

- a) The medication/inhaler/EpiPen in its original container.
- b) A Medication Administration Form, signed by you and your child's health care provider.

If your child requires extra attention while at camp due to physical or behavioral needs, we must have a care plan form on file before camp begins:

- a) Download sample form
- b) Work together with our staff to create a care plan specific to your child's needs
- c) Sign, submit and keep a copy for your records

If your child becomes sick or injured at camp: **Our staff are First Aid & CPR trained.** We have registered nurses on camp every day. The pediatrician's office and hospital are 15 minutes away. If a camper needs to see a doctor, we will notify parents immediately from our camp cell: **860-395-9794**

Daily Schedule

Time	Activity
7:30am - 8am	Before Care*
8am - 9am	Drop off period Upon arrival, campers have time to play and ease into the morning at their pace before the camp day starts.
9am - 11:30am	Land Activities Campers are able to choose from a variety of activities during each period and can change activities day-to-day. The morning consists of 2 activities
11:30am - 12:30pm	Lunch Campers may bring bagged lunch or add on a meal plan where hot lunch is provided daily by our dining hall. Please let us know if you have specific dietary requirements
12:30pm - 3:30pm	Changing and Waterfront Waterfront time includes swim lessons, boating, & water adventure (water slide, rope swing, water trampoline, water mat, sandcastle contests, free swim and more).
3:30pm - 4pm	Changing and Snack Time Snack is provided each day before departure.
4pm - 5pm	Pick Up Period
5pm - 6pm	After Care*

*Before and after care are available at an additional cost.

Drop Off/Pick Up Location

Pequot Sherwood drop off and pick up takes place at our Pavilion (B), located on the lower part of the property. There will be signs directing you to this spot. Please park in the parking spots available in front of the pavilion.



Transportation

We offer transportation on 3 different routes (shown below). There are staff members on each route to ensure the safety of the campers along the way. Campers must sign in and out of the bus each day so we can ensure everyone is accounted for.

Bus Stop	AM Pick Up	PM Drop Off
Branford (Exit 56 commuter lot)	7:55am	5:45pm
Guilford (Exit 58 commuter lot)	8:05am	5:35pm
Madison (Exit 61 commuter lot)	8:15am	5:25pm
Clinton (Exit 63 commuter lot)	8:25am	5:15pm

Bus Stop	AM Pick Up	PM Drop Off
Rt 9, Exit 23D (Old Exit 15)	7:45am	5:30pm
Rt 9, Exit 13 (Old Exit 8)	8:00am	5:15pm
Rt 9, Exit 10 (Old Exit 7)	8:10am	5:00pm

Bus Stop	AM Pick Up	PM Drop Off
Old Lyme (Big Y parking lot)	8:05am	5:15pm
Old Saybrook (Mystic Market)	8:15am	5:00pm

Food at camp

Lunch:

For campers who bring a **bagged lunch**, it will be handed in each morning to their counselor. Bagged lunches should be labeled and will be refrigerated and brought to the dining area at 11:30.

For campers on the **meal plan**, lunch is served every day at 11:30. Our food is focused on being nutritional and also child friendly for all tastes e.g. tacos, burgers, pasta, etc. In addition to the main meal, there will be access to a salad bar.

The camp meal plan is \$40 per week. Sign-ups for the meal plan will end on Thursday before each session for food ordering purposes. Late sign-ups after this will be charged \$50 for the week.

Campers who do not sign up but do not bring lunch will be provided food by our camp staff. In this case, your account will be billed \$10 per occurrence.

If your child has a food allergy or dietary requirement please be sure to flag this on their online profile.

It is important to note that **we are a nut-aware campus**. Please do not pack your camper any nuts or nut products e.g. nutella, peanut butter, etc

Snack:

Snack is provided after our waterfront period and before our campers head home. All campers receive an afternoon snack, regardless of if they are on the meal plan or bringing lunch from home.

If you think your camper will need additional snacks for the morning you are more than welcome to pack them, but please be aware that

we are a nut-aware campus.



Swimming

Swimming is a HUGE part of our camp day and something that our staff and campers love, who wouldn't want to cool down in a beautiful lake on a hot summer's day.

To keep our campers safe at the waterfront, new campers take part in a swim test on Mondays. They are able to test for three different areas: turtles, dolphins and sharks.

Turtles

Turtles are just learning how to be comfortable in the water and are learning the very basics of strokes.

Dolphins

Dolphins know the basics of the main 3 strokes and are able to tread water to a good ability.

Sharks

Sharks are confident swimmers who are able to perform all strokes to a high level and tread for an extended period.

Outside of our swim areas all of our campers are required to wear life jackets when swimming in open water, for example when swimming out to the water trampoline. Our strongest swimmers (sharks) are able to remove their life jackets when participating in these activities but must put them back on for the swim back to the beach.



Overnights


We run a weekly overnight for campers age 7+. There is a cap on the number of campers who can attend the overnight each week so sign up sooner rather than later!

When our overnight campers arrive on Thursday mornings they bring all of their sleepover materials with them and leave them in our building for the day. At 5 pm, when the other campers have left, our overnight campers have a rest hour, where they can set up their beds and hang out with their room buddies.

Next, we all head to dinner at the dining hall, followed by our evening activity. Our evening activities are camper-led choices and we have our whole camp to choose from. We finish off the night with s'mores, showers, and calls home to say goodnight (if the camper would like to), then it is time for bed.

Our rooms sleep up to 6 campers and each room has a designated staff member to keep everyone safe for the night.

In the event that a camper needs or wants to leave a sleepover, families should be prepared to pick them up if required.





F.A.Q.s

What should my camper wear?

Campers should wear clothes that you don't mind them getting messy. Our priority is to keep our campers safe and have fun and sometimes that means getting a little messy. Campers must wear close toed shoes unless they are at the waterfront, at which point open toed shoes are allowed.

What do you do on days with poor weather?

On a rainy day we will continue to stay outside as much as possible so we always recommend sending your camper with a rain jacket and rain boots. For more severe weather we have an assigned indoor space where we are able to do a number of fun activities.

Who are your staff?

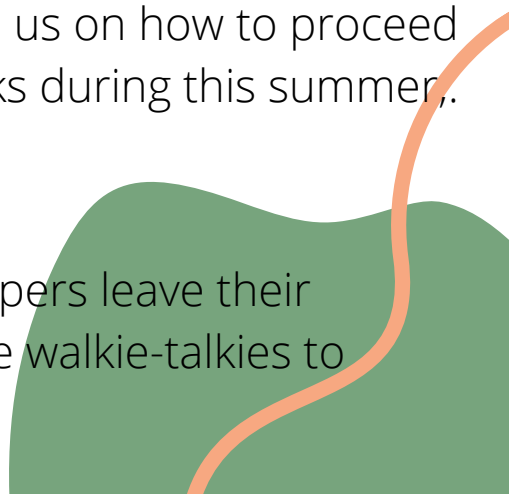
Our staff come from all over the world. This year we have staff from the UK, Mexico, the US, New Zealand and Ireland. We are introducing our staff on our Facebook (Pequot Sherwood Day Camp) and Instagram (PSdaycamp) if you would like to find out more about them before camp starts!

Are vaccinations required at camp this year?

We are not currently requiring vaccinations but highly encourage all of our campers to get vaccinated before attending. This is subject to change based upon mandates provided by the state regarding Covid-19 protocols. Additionally, these protocols will inform us on how to proceed with masks during this summer.

Can my camper bring their phone?

We are a technology free camp so we ask that campers leave their phones at home; even our counselors primarily use walkie-talkies to communicate rather than cell phones.



Quick Reference

General Enquiries and Abscenses:

Email: penny@psdaycamp.org

Urgent calls/early pick up:

Call the camp cell: 860-395-9794

After Hours:

Email penny@psdaycamp.org

Registrations/Payment Assistance:

Call our main office: 860-767-0848

Hours: 9am-5pm, Monday - Friday

Mailing Address:

P.O. Box 577

Ivoryton, CT, 06442

Physical Address:

253 Bushy Hill Rd,

Deep River, CT, 06417



Best Summer Ever!



Camp friends are the best friends!



Free swim Friday



#PSDC

See you soon!