

Cornell University
Cooperative Extension
of Suffolk County



PARENT HANDBOOK



Inside This Handbook

Introduction.....	3
Contact Information	
ACA Accreditation	
Before Camp.....	4-10
Camper Health Forms	
Preparing Your Child	
Directions to Peconic Dunes 4-H Camp	
Open House	
FAQs	
Get Connected!	
Camp Rules	
Overnight Camper Packing List	
Day Camp: What to Bring	
During Camp.....	11-12
Meeting Your Child’s Counselors	
Health Center	
Overnight Check-In	
Day Camp Check-In	
Camp Store	
Contacting Your Child at Camp	
Overnight Pick-Up	
Day Camp Pick-Up	
Lost & Found	
Pick-Up	
Foul Weather Plans	
Other Concerns	

Introduction

Contact Information

Mail Forms Here

c/o Peconic Dunes 4-H Camp
Cornell Cooperative Extension of
Suffolk County
423 Griffing Avenue
Riverhead, NY 11901-3071

Call Us & Find Us Here

Peconic Dunes 4-H Camp
6375 Soundview Ave
Southold, NY 11971
631-852-8629
631-852-8627 (fax)
info@peconicdunes.com



ACA Accreditation

This logo means that Peconic Dunes 4-H Camp has submitted to a thorough (up to 300 standards) review of its operation by the American Camp Association (ACA) – from staff qualifications and training to emergency management. ACA collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure the current practices at the camp reflect the most up-to-date, research-based standards in camp operation.



Before Camp

Camper Health Forms

The NYS Department of Health requires a current and complete health profile on every camper. You will receive an email with a link to complete a Camper Health Form for your camper(s) which will include the following required information:

- ▶ Health history: health issues, allergies, diet, etc.
- ▶ Immunization record
- ▶ Medications (signed by your child's physician)
- ▶ Permission to treat and transport (signed by parent/guardian)

Uploading the Camper Health Form is the same as attaching a file to an email. If you need any help, please call the camp office at (631) 852 – 8629.

IMPORTANT: As per the New York State Department of Health, children with missing or incomplete medical forms cannot be admitted to camp.

Preparing Your Child

Homesick feelings are normal for many campers even if they have been to camp before. There are many things parents/guardians can do to prevent homesickness and help your child adjust to camp. Here's a list of encouraging things to say to your child that can help him or her get ready for camp.

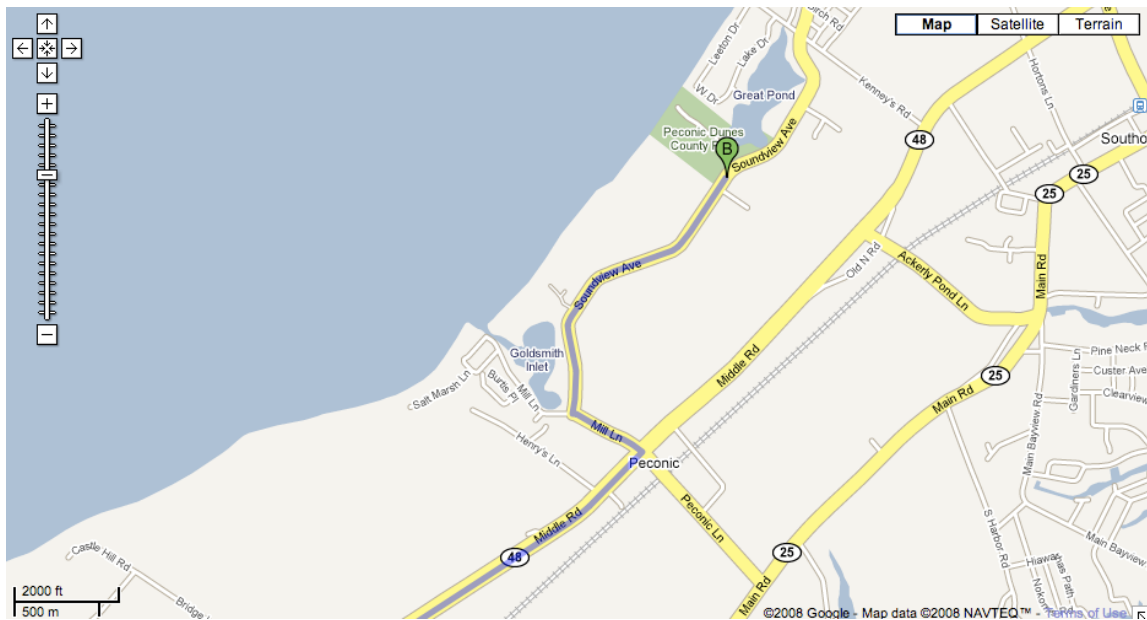
1. *“Try new things.”* Camp has a lot of stuff you can't do at home or school...it's a place to discover something brand new that you're good at or enjoy.
2. *“Be patient.”* It may take time getting into a new routine, eating new food, meeting new people.
3. *“Help out.”* At camp, your child will be asked to do chores, clean up, set up, etc. Explain that they're going to be part of a group and that you expect them to cooperate and help out.
4. *“Ask for help.”* If your child has a problem (i.e. not knowing where to go; not sure what activity to choose; someone not being nice, etc.), encourage him or her talk to the counselor or other camp staff.
5. *“Remember your strengths.”* What are you good at? Storytelling? Making friends? Trying new things? Supporting others? Tell your child to use his or her strengths to get the most out of camp.
6. *“Practice being grateful.”* There are a lot of people at camp who work very hard to make sure that your child will have a great experience at camp. Remind your child to express gratitude.

Facebook is a great tool to connect with other parents and ask for advice. You can also contact the camp office and we'll be happy to help.

Directions to Peconic Dunes 4-H Camp

Peconic Dunes 4-H Camp
6375 Soundview Avenue
Southold, NY 11971

Take the LIE to the last exit (73). Go east on Route 58 around the traffic circle at Peconic Bay Medical Center. Continue east 7/10 of a mile after the circle. Make a left at the bank on to Northville Turnpike (Rt. 43N). Continue heading north to the end of Northville Turnpike. Turn right and go east on Sound Avenue (Rt. 48). Continue for approximately 11.5 miles to the BP Gas Station and then get into the left lane. Proceed to the next intersection and turn left at the traffic light onto Mill Lane. Take the first right turn to go east on Soundview Avenue. The camp will be approximately 1 mile ahead on the left.



Open House

Visit the camp on April 1 (rain date April 2) or May 20 (rain date May 21) between noon and 4:00 pm for an Open House or, for a virtual tour, visit our website at:

<http://www.peconicdunes.com>.

FAQs

Cabins, Bathrooms, and Showers: Cabins are rustic without air-conditioning. Bathrooms and showers are centrally located. Since the camp is located in the woods near the shore, campers can expect to find the occasional chipmunk under the cabin or spider in the bathroom.

Cabin Requests:

- At registration, each camper may request to bunk with ONE friend the same age.
- Ask the friend to also request you. When both campers ask to bunk with each other, we almost always work it out for them to be in the same bunk together.
- Write us a note or email if there are any situations we need to take into account when making cabin assignments. We will do our best to accommodate your needs.
- Please understand that sometimes there is no way of honoring your request because of age, space or other restrictions.

Please Don't...

- Call the office and ask about cabin assignments. You will receive an email with your child's cabin assignment the week before his/her session.
- Request a specific counselor
- Request a specific cabin. Cabins are assigned by age and gender for each sessions.
- Assume that your child will have the same cabin or counselor as past years. Each year, cabin assignments are based on the current camp population and usually change year to year.

Camp Visits/Early Dismissals: We believe camp provides an opportunity for youth to acquire self-reliance, and confidence through achievement in a new environment. Except for an emergency, we ask that parents/guardians DO NOT visit campers during their stay. Any person visiting the camp, for any reason, must check in at the camp office upon arrival. If family plans require you to pick up your child before the end of the camp week, please contact the office in advance so we can make the necessary arrangements.

Camper Attire: Kids get dirty at camp. We suggest your child not wear anything you wouldn't want stained. Female campers cannot wear string bikinis, and clothing with obscene or offensive text and graphics is prohibited.

Cell Phones: Cell phones are not permitted at camp for a variety of reasons. Cell phones, like many other modern technologies, are expensive possessions that can easily be lost or damaged during a week at camp, or misused. *Please do not send your child to camp with a cell phone or mail one during the week. Cell phones will be confiscated and returned to parents at departure.*

Health & Wellness: Our health staff, consisting of RNs and EMTs, is on duty at all times during the week. In the event of an emergency, a parent or guardian will be contacted and the camper will be taken off-site for treatment.

Laundry: There are no laundry facilities for campers' use. Campers should pack enough clothes for the entire week of camp. In the event of an emergency, the staff will arrange laundry service for a camper.

Laundry service is provided to campers registered for Super Saturdays.

Meals: Campers eat meals with their cabins under the mess tent. Snacks are available mid-afternoon and water to refill water bottles is available throughout the day. Water stations are also located throughout the camp. Campers with dietary restrictions should list their allergies/restrictions on the medical form. We will do our best to accommodate requests.

Problems with Other Campers: Staff is trained in conflict resolution skills and will be available to help any camper. We consider our community to be family and expect all members to treat each other with respect. We will contact parents whenever their child is involved in an unresolved conflict with another camper.

Refunds: Please refer to our refund policy on our website at <http://www.peconicdunes.com>

Security: At no time are outside visitors permitted on the property without checking in with the camp office. Our staff is advised to address any unknown persons on the property and escort them to the camp office.

Special Needs: If your child requires any sort of special accommodation (i.e. medication dispensation, physical adaptation, verbal, or otherwise), please notify the camp when you register. We will do our best to make reasonable accommodations within the limits of our outdoor camp environment.

Telephone: It is important for the safety of all campers that our phone lines be available for incoming and outgoing calls. For this reason, we ask that you refrain from calling camp unless you need to change his/her pick-up time or there is an emergency requiring your child's immediate attention.

Temperatures:

The average air temperatures in July and August range from a low of 63°F to a high of 81°F. The average water temperature in July and August ranges from 68°F to 72°F.

Tipping

The American Camp Association discourages tipping to prevent any sort of favoritism and inequities that may arise. While tipping is not prohibited, we ask parents to be fair and reasonable when expressing gratitude to counselors.

Get Connected!

Questions? Please email Lexi Linn, Office Manager, al2258@cornell.edu, or call the main office at 631-852-8629. You can also visit the Peconic Dunes Facebook page to connect with us, campers or other parents.

Camp Rules

Please review the camp rules with your child before he or she comes to camp. We have 3 simple rules to create a healthy and happy community:

1. Be Safe
2. Be Respectful
3. Have Fun!

Being safe and respectful means different things to different people. Here are some consequences for specific violation of these rules:

A camper will be immediately expelled from camp if he or she uses or possesses:

- Cigarettes, cigars and other tobacco products
- Alcoholic beverages
- Illegal drugs or controlled substances
- Matches, lighters, candles, fireworks and other combustibles;
- Dangerous devices, including but not limited to: pocketknife, folding knife, slingshot, firearm, paintball gun

After investigating the incident, a camper will be expelled from camp if he or she:

- Leaves camp property without authorization, runs away, or is found in restricted areas without permission
- Provides false identification, including falsification of one's age
- Damages, destroys or defaces personal or camp property
- Is found in possession of property that doesn't belong to him or her

After investigating the incident, a camper may be expelled from camp for any of the following forms of misconduct:

- Sexual, racial, religious or any other form of harassment
- Fighting, bullying, threatening and other forms of violence and aggressive behavior
- Non-compliant behavior; failure to comply with camp rules and directions of camp staff or failure to adjust to camp routines;
- Non-participation: cutting activities, refusing to participate in programs and activities
- Disruptive behavior;
- Profanity, obscene gestures, indecent conduct

To ensure that no camper is harmed or adversely affected by the actions of another camper, we will apply these camp rules fairly and consistently. If a camper is expelled from camp, the parent will be notified immediately and MUST provide transportation home for the child. There are NO refunds for campers who are expelled for violating these rules

Overnight Packing List

Important! The following items are not permitted at camp: cell phones or any other technology; aerosol sprays; weapons of any kind; food products, and candles.

Be sure to clearly label your child's belongings!

Clothing:

- Shorts (2-4)
- Jeans / long pants (2)
- T-shirts (6; 1 blue, 1 green)
- Sneakers and/or boots (2)
- Sandals with heel strap
- Bathing suit (2) (One-piece or athletic type for girls; no string bikinis)
- Socks and underwear (7 pairs)
- Pajamas
- Jacket or sweatshirt
- Raincoat or poncho
- Water shoes (optional)

Toiletries: Try to bring unscented toiletries.

- Bath Towel (2)
- Beach towel
- Washcloth
- Soap in a soapbox
- Toothbrush and paste
- Shampoo
- Deodorant
- Comb or brush

Camp Life Items:

- Sleeping bag or bedding (twin)
- Pillow
- Flashlight w/ extra batteries
- Water bottle
- Guitar/harmonica/flute/etc. (optional)
- Eyeglasses/Contact Lenses (We recommend bringing an extra pair with you)
- Bag for dirty clothes
- Insect Repellent (non-aerosol)
- Sunscreen (non-aerosol)

**The camp is not responsible for lost or missing personal property.
Please avoid bringing expensive or irreplaceable items to camp.**

Day Camp: What to Bring

Important! The following items are not permitted at camp: cell phones or any other technology; aerosol sprays; and weapons of any kind.

Be sure to clearly label your child's belongings!

Day Campers should wear comfortable, weather-appropriate clothing: shorts, t-shirt, either sneakers or other closed-toe shoe, and water shoes or sandals for water activities.

Each Day Camper should bring a backpack with the following items:

- Refillable water bottle
- Bathing suit (one-piece or athletic type for girls)
- Beach towel
- Hat (optional)
- Change of clothes
- Rain gear (if needed)
- Sunscreen (non-aerosol)
- Insect repellent (non-aerosol)

**The camp is not responsible for lost or missing personal property.
Please avoid bringing expensive or irreplaceable items to camp.**

At Camp

Meeting Your Child's Counselors

Developing a relationship with your camper's counselors can lead to a better camp experience for your child. Upon meeting your child's counselors, introduce yourself and feel free to share any information about your child that you think it is important for them to know. Ask them what the camp has planned for the upcoming week,

Health Center

Medication drop-off: If your child requires medication during the time s/he is at camp, you will drop off the medication with the camp Health Director on Sunday for overnight campers and on Monday for day campers. The camp Health Director can only administer Over-the-Counter and/or prescription medications *following orders that are written specifically for the individual camper by their physician*. Please only bring the amount of pills that are necessary to be dispensed for the week of camp and leave the rest at home. (Unused medicine that is not picked up at departure will be discarded.)

IMPORTANT: Medication must be in the original prescription bottle with the dosage on the prescription bottle matching the doctor's written instructions on the Medical Form.

Overnight Camper Check-In

Drop-off and pick-up times will be mailed one week in advance of arrival at camp. Drop-off times range from 1:20 to 2:40 p.m. on Sunday. If you are bringing more than one camper, please arrive at the latest time you receive. Upon arrival, parking attendants will direct you where to park on the athletic field. Once parked, staff will direct all parents/guardians to Camper Registration, and all campers to Health Check-In. Typically, both lines finish around the same time. We recommend all parents and campers reconnect around the camp fire ring. At Health Check-In, campers will be inspected for lice and their temperature taken to ensure fitness for camp. Please do not go to your child's cabin before s/he has successfully completed the Health Check-In.

IMPORTANT: The New York State Department of Health prohibits pets of any kind on campus (dogs, etc.). Please leave your pet in your car while on camp grounds.

Day Camper Check-In

Camp activities begin promptly at 9:00 a.m. each day. We ask that you drop off your child between 8:35 and 8:55 a.m. each day. The Gate Attendant will direct you where to drive and drop-off your child. The Day Camp Coordinator will be present to sign your child in and ensure that he or she joins his/her cabin. If it is your child's first day at camp, he or she will take a swimming test first thing in the morning (weather permitting). Please have your child wear a bathing suit under his or her camp attire. It's a good idea to apply sunscreen before leaving home.

Camp Store

Campers may purchase camp clothing or souvenirs from the Camp Store. Parents can set up an account when they register online or on Sunday for overnight campers and Monday for day campers. It is recommended that campers NOT have cash on their person. Peconic Dunes 4-H camp is not responsible for lost or missing money. The Camp Store is open Sunday through Thursday during siesta from 1:00-2:00 p.m.

Contacting Your Child at Camp

Mail: Campers are always eager to get a friendly note from home. All mail sent via USPS should be addressed to: Camper's Name, Camper's Cabin, Peconic Dunes Camp, PO BOX 190, Peconic, NY 11958. All mail sent via private carrier (UPS/FED EX) should be addressed to 6375 Soundview Ave, Southold, NY 11971. It is a good idea to send mail a day or two in advance of your camper's visit so that it arrives on their first day of camp.

IMPORTANT: Do not send food or electronics to camp. To prevent prohibited items at camp, packages will be inspected before delivery to camper. Food will be discarded and electronics will be held in the office and returned upon departure.

Bunk Mail: Peconic Dunes uses *Bunk Notes*, a one-way e-mail service offered through a private internet company. There is an additional fee, set by *Bunk1*, for this service. Go to our website at www.peconicdunes.com to sign up. E-mails are received at the camp office, printed, and delivered to your camper each day. There are currently no facilities for campers to send an e-mail reply from camp.

Overnight Pick-Up

Pick-up is Saturday from 9:00 to 10:00 a.m. Please arrive at your scheduled time. If you are picking up more than one camper, arrive at the earliest time you receive. Please double-check to make sure you have all your child's belongings before departure.

Day Camp Pick-Up

Pick-up time is 5:00 p.m. Campers will be waiting with their counselors at the gate. The day camp Coordinator will sign your child out. If you need to pick up your child before 5:00 p.m. or you are running late, please call the camp office, so we can make the appropriate arrangements.

IMPORTANT for ALL CAMPERS: If a different person is picking up your child, we must have written permission from you.

Lost and Found

If your child's belongings are clearly labeled, it is easier to return them when lost. Lost items are displayed at Roundup each day. Any property not reclaimed will be disposed of at the end of the camp season. We will dispose of any unclaimed *damaged or soiled* property at the end of each week. Please do not send valuable items to camp.

Foul Weather Plans

Camp will be held outside rain or shine. During thunderstorms we will move inside until the storm passes. In case of extreme weather (hurricanes, tornadoes, etc.), day camp will be cancelled and overnight campers and staff will be relocated to Southold High School, the local emergency shelter.

Other Concerns

Our goal is to support your child's development. With that in mind, we would like to know about potential issues before camp starts. Please email us at info@peconicdunes.com with any concerns or suggestions you may have.