

Cornell University
Cooperative Extension
of Suffolk County



PARENT HANDBOOK



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Contact Information

Call Us & Find Us Here

Peconic Dunes 4-H Camp

6375 Soundview Ave

Southold, NY 11971

631-852-8629

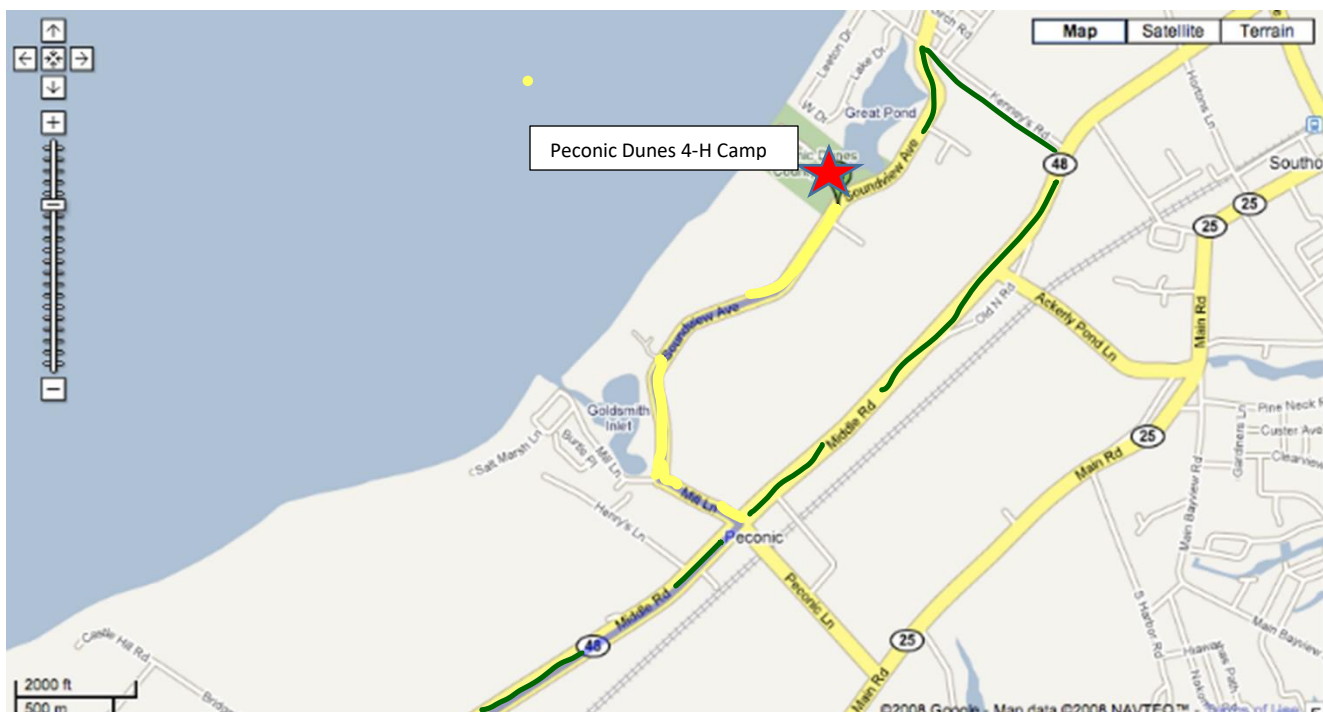
631-852-8627 (fax)

peconicdunescamp@cornell.edu

You can also visit the Peconic Dunes Facebook [page](#) to connect with us, campers, or other parents.

Directions to Peconic Dunes 4-H Camp

Take the LIE to the last exit (73). Drive east on Route 58 through the traffic circle at Roanoke Avenue and continue for 7/10 of a mile then turn left on Northville Turnpike (Rt. 43N). Drive north to the end of Northville Turnpike then turn right and go east on Sound Avenue (Rt. 48). Continue for approximately 12 miles past the BP Gas Station and make the next left onto Kenney's Road. Take Kenney's Road north and make the first left on Soundview Ave. Camp will be about ½ mile on the right. **NOTE: GPS services will direct you to make a left on Mill Lane. Please pass Mill Lane and proceed to Kenny's Road so everyone is entering camp from the east and not making U-turns or blocking traffic on Soundview Ave.**





Peconic Dunes 4-H Camp is a Safe Space

As part of the Cornell Cooperative Extension NYS 4-H Program, Peconic Dunes 4-H Camp is committed to providing a safe space for all youth. A safe space is one that honors diversity, fosters inclusion, encourages self-expression, and prohibits harassment and discrimination. Peconic Dunes 4-H Camp welcomes youth from all backgrounds, cultures, and perspectives.

Diversity includes, but is not limited to: race, color, religion, political beliefs, national or ethnic origin, immigration status, sex, gender, gender identity and expression, transgender status, sexual orientation, age, marital or family status, educational level, learning style, physical appearance, body size, protected veterans, and individuals with disabilities.

Your understanding, acknowledgment and support of the **NYS 4-H Code of Conduct** is the first step in building a welcoming, inclusive, and safe camp community. Please review it carefully with your camper and help her/him/them appreciate how he/she/they can contribute to a safe space at camp.

Peconic Dunes is ACA Accredited

This logo means that Peconic Dunes 4-H Camp is a member of and has met the standards of the American Camp Association (ACA), the national camping organization that conducts research on youth camping and promotes best practices from risk management to staff training to program quality. 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 and youth development.



Before Camp

Camper Health Forms

The NYS Department of Health requires a current and complete health profile on every camper. You will complete a health history during registration. After registration you will need to log into your Peconic Dunes account to upload:

- ▶ Physician health examination (can be physician NYS School Health form or Peconic Dunes **Health Examination Form**, available in the registration system document center)- completed and signed by your child's physician within 12 months of session
- ▶ **Medication Authorization Form** (for all OTC and prescription medicines)
- ▶ Immunization record (only medical exemptions accepted)
- ▶ Allergy plan (if your child has a life-threatening allergy)

To upload the Physical Examination and Medication Authorization Forms, log into your Peconic Dunes account, select **additional options** then **document center**. Uploading forms is the same process as attaching a file to an email...it's easy!

To add a medication, click on your **camper's name** then **manage medications**. **Medications not listed on the Medication Authorization Form form will not be administered.** Please be sure to complete the health profile in its entirety.

A new Medication Authorization Form will be required if there are any changes in medication or campers arrive at camp without the medications listed on the form.

IMPORTANT: The New York State Department of Health prohibits the camp from admitting children with missing or incomplete medical forms. All health forms are due by May 1st.

Preparing Your Child

To help your child get the most out of camp, try the following words of encouragement.

1. *"You'll have the opportunity to 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. *"You can meet new people and make new friends."* Many returning campers can't wait to reunite with their camp friends, some of whom will be lifetime friends.
3. *"You'll be able to be on your own and show you can handle things by yourself."* Being away from home and caring for oneself helps kids gain autonomy and show responsibility.
4. *"You can show off your strengths and special skills."* campers will have lots of opportunities during camp activities to display their talents and take on leadership roles.
5. *"You'll have the chance to work with others and be helpful."* At camp, your child will be asked to do chores, keep the cabin neat and clean, and help at other times.
6. *"There will be many supportive camp staff who can answer your questions and listen to any concerns."* If your child has a problem, your child can always ask for help.

Preventing Homesickness

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.

1. Visit the camp in person or online so that your child will become familiar with the camp and its programs. The more a child knows about the camp, the greater the comfort level.
2. Be positive about all the activities and opportunities camp has to offer. Highlight activities that aren't available in school or at home.
3. Prepare together. This may include shopping for camp supplies and packing.
4. Practice some skills that will help the adjustment to camp life, like walking around at night with a flashlight or living out of a duffel bag for a weekend.
5. Avoid sharing your worries with your camper. Sometimes, what parents are feeling is a form of "child sickness", that is, they are anticipating missing their children as much as children may miss home. Saying "I'm really going to miss you," or "We're not going to have as much fun without you," may increase a child's anxiety.
6. Set reasonable expectations for your camper. If you went to camp, share your experience but remember, each child is unique and leave room for your child to have his or her own unique experience. If you did not go to camp, just be positive and optimistic as you would in preparing your child for any new experience.

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.

Important note about homesickness

Camp staff make every effort to help campers who struggle with separation from home. If, after one or more nights at camp, a camper is still homesick and unwilling to adjust to camp life, the parent will be asked to take the child home from camp, in which case, there will be no refund or credit.

FAQs

Cabins, Bathrooms, Showers: Cabins are rustic, and campers sleep in bunk beds. There is no air-conditioning, but counselors may have a box fan in the cabin. All campers live in cabins with one or more counselors. Cabin assignments are made according to a child's age and grade. Bathrooms are centrally located within the cabin or just outside. Showers are located in the Sandcastles for girls and the Shower House for boys.

Camp Visits/Early Release: For safety reasons, visitors are not allowed at camp. 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. Best way to reach camp is via email at Peconicdunescamp@cornell.edu

Camper Attire: Kids get dirty at camp so your child should not bring anything you wouldn't want stained. Clothing with obscene or offensive text and graphics is prohibited. Campers *cannot* wear string bikinis or thong swimwear.

Cell Phones: Cell phones and other electronic devices are *not* permitted at camp for a variety of reasons: we want campers to disconnect from technology; cell phones are expensive and can easily be lost or damaged at camp; they can be misused. *Please do not send your child to camp with a cell phone. Camp management will ask campers to surrender cell phones or electronic devices which will be returned to parents at departure.*

Laundry: There are no laundry facilities for campers. Campers should pack enough clothes for the entire week of camp.

Meals: Campers eat meals with their cabins. Snacks are available mid-afternoon and before bed. Water is available to refill water bottles throughout the day. Campers with dietary restrictions should list their allergies/restrictions on the health history and Medication Authorization Form. We will do our best to accommodate requests.

Problems with Other Campers: Staff are 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 <https://ccesuffolk.org/peconic-dunes-4-h-camp>

Security: No visitors or guests are permitted on camp property while camp is in session. Outside and inner gates control access to the camp. Our staff is advised to address any unknown persons on the property and request they leave the premises.

Special Needs: If your child requires any sort of special accommodation (e.g., medication, 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. To reach someone in an emergency after 5:00 pm, please dial 2 to reach the health center. For an emergency after 9:00 pm, dial 4 to reach the health director's cabin.

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 at the parent's discretion, we ask parents to be fair and reasonable when expressing gratitude to counselors.

CABIN REQUESTS

Our Philosophy

Camp has always been a place where campers forge some of their closest, lifelong friendships. One of the great benefits of overnight camp is making new friends from different places and backgrounds. Peconic Dunes 4-H Camp encourages campers to attend without being concerned whether they will know their cabin-mates since there will be many opportunities to meet and make friends.

We attempt to provide as diverse a cabin group experience as possible by limiting the number of campers in each cabin from any known social circle or specific town.

Our goal is to create cabin groups that offer campers the opportunity to meet as many new people as possible from a variety of backgrounds, interests, and life experiences.

Concerns

We want to avoid cliques that can form when too many campers from the same school or hometown are in the same cabin. These cliques can make camp life difficult for campers who don't belong and for counselors who are trying to foster bunk unity and comradery.

While we understand the excitement that goes along with the possibility of bunking with a good friend, we want to make sure campers do not end up feeling "tethered" to one individual, counting on them for consistent companionship and support while they are at camp. This can create an uncomfortable dynamic for the rest of the cabin group.

There are also times when friends come to camp as bunk mates but have a minor (or even major) falling out, creating unnecessary drama and discomfort for other campers and staff.

Policy

With these goals in mind, we will do our best to accommodate (but can't guarantee) **one and only one** cabin mate request from each overnight or day camper.

Cabin mate requests must be mutual; that is, the other camper must submit a request for your camper.

Campers making requests to bunk with each other must be the **same age by August 31, 2023**.

Requests for more than one cabin mate will not be honored.

While cabin mate requests are not guaranteed, your camper will have multiple opportunities throughout the day to do activities with their friends from home. The schedule at Peconic Dunes Camp consists of Choices, Challenges, and Cabin Activities. Cabin Activities are set in the schedule and done with their cabinmates but, campers who have not been placed in the same cabin may sign up for the same Choice and Challenge activities. Evening programs, such as the Thursday night dance, provide even more opportunities for campers to interact with friends outside of their bunk.

Cabin requests or changes to existing requests will not be accepted after May 15th.

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

Health Center

The Health Center Director is a Registered Nurse who is permitted by license to administer routine and emergency first aid and prescription and OTC medications **following written physician orders on the camper's Peconic Dunes Medication Authorization Form**. The Camp Nurse is not allowed to dispense any medications that are not authorized by the child's physician. To enter approved medicines, click on your camper's name, click on manage medications and list them individually.

OTC Medication

The Health Center stocks over the counter medicines that are listed on the Medication Authorization Form. These must be checked and approved to be dispensed. **Do NOT send any OTC medicines listed on the Medication Authorization Form to camp with your camper.**

Prescription Medication

The camp will accommodate those campers that need to take prescription medicines while at camp. **All prescription medication MUST be in the original prescription bottle with the dosage on the bottle matching the doctor's written instructions on the Medication Authorization Form. Medications that are not listed on this form, are expired, have missing labels, or in containers other than the original pharmacy bottle will not be accepted by the Camp Nurse.** Please only bring the number 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.)

Inhalers and Epi-Pens

Campers who require inhalers or epi-pens for everyday or emergency use may bring these items if accompanied by doctor's orders. Campers are allowed by the NYS Health Department to keep inhalers on their person or in their bunks. Epi-pens must be held in the Health Center unless specified on the Medication Authorization Form to self-carry and administer

Vitamins, Supplements, Herbals, Etc.

In a camp setting all of these are considered medications and can only be accepted following the same procedures listed under prescription medication. Please do not send these medications unless listed and authorized on Medication Authorization Form.

Checking into camp with medications:

Please print a copy of your completed and physician signed Medication Authorization Form. Put this form along with the medications listed on form in a zip lock bag with your camper's name on it. **Do not pack medications with the camper's belongings.** Keep them separate to give to Camp Nurse who will accept it at check-in and go over any questions at that time. **Do not bring any medications not listed on Medication Authorization Form.** If there is any change to your child's medications, you will need a new form prior to your child attending camp.

Camp reserves the right to not admit a camper with listed medications not turned in during check-in or to require the family to submit an updated Medication Authorization Form.

Camper Illness or Injury

Parents are usually not notified if their child is treated for minor medical concerns such as cuts or scratches, mild sunburn, poison ivy, headache or upset stomach. Parents are notified by phone:

- If a camper becomes ill with a fever of 100.4°F or above, or is vomiting, has diarrhea, or respiratory difficulty, in which case, they will be asked to pick their child up.
- If their camper requires medical treatment off site
- If the camp nurse removes an engorged tick from the camper

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.

Clearly label your child's belongings!

Clothing:

- | | |
|---|--|
| <input type="checkbox"/> Shorts (4-6) | <input type="checkbox"/> Socks and underwear (7 pairs) |
| <input type="checkbox"/> Jeans/long pants (2) | <input type="checkbox"/> Pajamas |
| <input type="checkbox"/> T-shirts (6) | <input type="checkbox"/> Jacket or sweatshirt |
| <input type="checkbox"/> Sneakers (2) | <input type="checkbox"/> Raincoat or poncho |
| <input type="checkbox"/> Sandals with heel strap | <input type="checkbox"/> Water shoes (recommended) |
| <input type="checkbox"/> Bathing suit (2) (One-piece or athletic type for girls; no string bikinis) | |

Toiletries: Try to bring unscented toiletries.

- | | |
|--|--|
| <input type="checkbox"/> Bath Towel (2) | <input type="checkbox"/> Shampoo |
| <input type="checkbox"/> Beach towel | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Washcloth | <input type="checkbox"/> Comb or brush |
| <input type="checkbox"/> Soap in a soapbox | |
| <input type="checkbox"/> Toothbrush and toothpaste | |

Shower caddies are also very helpful!

Camp Life Items:

- | | |
|--|--|
| <input type="checkbox"/> *Sleeping bag or bedding (twin) | <input type="checkbox"/> ***10 cloth or disposable masks |
| <input type="checkbox"/> *Pillow | <input type="checkbox"/> Bag for dirty clothes |
| <input type="checkbox"/> Flashlight w/ extra batteries | <input type="checkbox"/> Insect Repellent (non-aerosol) |
| <input type="checkbox"/> **Refillable water bottle clearly labeled with camper's name | <input type="checkbox"/> Sunscreen (non-aerosol) |
| <input type="checkbox"/> Eyeglasses/Contact Lenses (We recommend bringing an extra pair with you.) | |

***Campers MUST bring their own bedding.**

**** Campers MUST bring a refillable water bottle clearly labeled with camper's name.**

The camp is not responsible for lost or missing personal property.

Do not bring expensive or irreplaceable items to camp.

Luggage must be stored under beds.

Trunks and large suitcases will not fit so we recommend that campers bring belongings in (1) duffel bag OR (1) soft luggage no more than 9 inches high.

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 clearly labeled with camper's name
- ☐ 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)

***Campers MUST bring a refillable water bottle that is clearly labeled with the camper's name. The camp does not provide one.**

**The camp is not responsible for lost or missing personal property.
Do not bring expensive or irreplaceable items to camp.**

At Camp

Overnight Camper Check-In

Overnight campers will be emailed their drop-off and pick-up times the week prior to their camp session. Drop-off times will be assigned in time slots from 1:30 to 4:30pm on Sunday.

If bringing more than one camper, please arrive at the latest time slot. Drivers will approach the inner gate and check in. There they will be directed to a parking spot to unload the camper's belongings. Counselors will assist with bringing the camper's luggage to the cabins. Parents, guardians, other adults and children are not permitted to enter the camp. **Bathroom facilities are not available, and dogs are not allowed on the property per NYS Health regulations.** Vehicles with campers dropping off medication will be flagged for the Camp Nurse to check in. Each camper will undergo a health screening that includes a temperature check and head check for lice. Campers who appear ill or have a temperature of 100.4° or above will not be permitted to remain at camp. Due to limited parking, please leave camp promptly after drop-off so we can accommodate all our families in a timely manner.

Day Camper Check-In

Camp activities begin at 9:00am each day. Please drop off your child between 8:35 and 8:55am each day. Drivers will not be permitted to exit their vehicles at drop off. On your child's first day at camp, he or she will take a swimming test (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

If parents want their children to purchase camp clothing and souvenirs from the camp store, they must deposit money into their camper's account. Store deposits can be made during registration or any time thereafter by clicking on camp store. Please do not add money to their account after noon on Monday as cabin lists for store visits are finalized that at that time. The camp store is open Tuesday through Friday during siesta. Please do not send cash to camp. Peconic Dunes is not responsible for lost or stolen money.

Contacting Your Child at Camp

Calling home: campers are not permitted to use the office phone to call home. If necessary (injury or illness, or severe homesickness), camp staff will contact parents.

Mail: Campers are permitted to receive letters and postcards that can be sent with **one** first class stamp. Oversized envelopes, which require more than one first class stamp, will not be accepted and will be returned to sender. All mail sent via USPS should be addressed to: Camper's Name, Camper's Cabin, Peconic Dunes Camp, and P.O. Box 190, Peconic, NY 11958. **Please include a return address. Any mail received after a camper's session ends will be returned to sender.**

IMPORTANT: Campers are NOT allowed to receive any packages while at camp. Please let relatives and friends know not to send your child a package while at camp.

If there is an essential item, such as a pair of eyeglasses, toiletries or an article of clothing, that the camper forgot, you must contact the camp office in advance to arrange for package delivery. If you do not get the package pre-approved, it will be returned to sender.

Why a “No Package” Policy?

Along with many other camps, we have determined that packages lead to unnecessary stress, anxiety and jealousy when parents feel obligated to send packages and when some campers receive packages and other don't. Despite prohibitions, campers continue to receive food products that pose a threat to other campers with food allergies and attract insects and pests in the cabin. Moreover, packages produce a large amount of waste that the camp must dispose of.

E-Letters: A one-way e-mail service is offered to overnight campers. Log into your Peconic Dunes [account](#), click on **additional options**, click on **e-mail a camper**. E-mails are received at the camp office, printed, and delivered to your camper once each day. There are currently no facilities for campers to send an e-mail reply from camp.

Overnight Pick-Up

Pick-up times will be assigned in increments ranging from 9:00am to 10:30am on Saturday. Please arrive at your scheduled time. If you are picking up more than one camper, arrive at the earliest time slot. Campers will meet you at the inner gate with their counselor. Please remain in your vehicle except to help your camper load their luggage. Please double-check to make sure you have all your child's belongings before departure.

Day Camp Pick-Up

Pick-up time is between 4:45pm and 5:15pm Campers will be waiting with their counselors at the gate. Earlier drop-offs and later pick-ups cannot be accommodated. We ask that you not pick your child up earlier than 4:45pm because it disrupts the camp schedule. However, if special circumstances require an earlier pick-up time, please arrange it with the camp office in advance. Parents/Guardians will not be permitted to exit their vehicles.

IMPORTANT for ALL CAMPERS: Only authorized individuals listed in their Peconic Dunes account are permitted to be pick up campers. To add an authorized pick-up, login to your Peconic Dunes account, scroll down to the authorized pick-ups heading and click add/edit. Be prepared to show appropriate identification. Changes to authorized list should be done by Thursday night.

Lost and Found

Every effort will be made to return lost items to campers before they depart camp. Any unclaimed pillows, sheets, socks, underwear, and damaged or soiled property will be discarded immediately after campers depart. Sleeping bags, blankets, shoes, eyeglasses, jackets, and sweatshirts will be retained for one week following the camper's week at camp, then will be disposed of. Please do not send valuable items to camp.

Inclement Weather Plans

Inclement weather can impact camp activities. Light rain does not alter the camp schedule, but, for the safety and well-being of our campers and staff, severe weather conditions require changes in schedule and program.

If the weather is extremely hot, some activities will be cancelled or modified. Counselors will make sure campers take frequent breaks out of the sun and drink plenty of water.

When rain is heavy, outdoor activities will be cancelled. Campers will move under shelter for alternate activities. In the event of severe downpours or thunderstorms, campers and staff will go back to their cabins for quiet cabin activities.

In emergency weather situations, such as a hurricane threat, day camp will be cancelled, and all overnight campers and staff will be relocated to Southold High School.

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. Please email us at peconicdunescamp@cornell.edu.