

Cornell University
Cooperative Extension
of Suffolk County



PARENT HANDBOOK



Inside This Handbook

Introduction.....	3
Contact Information	
ACA Accreditation	
Before Camp.....	4-11
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.....	12-14
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	
Inclement Weather Plans	
Super Saturday	
Other Concerns	

Introduction

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.



ACA Accreditation

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 form- completed and signed by your child's physician within 12 months of session
- ▶ Immunization record (only medical exemptions accepted)
- ▶ Allergy plan (if your child has a life threatening allergy)
- ▶ Your child's medications

To upload your Camper Health Form, 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 your child's Camper Health form will not be administered. Please be sure to complete the health profile in its entirety. If you need any help, please call the camp office at (631) 852 – 8629.

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

Camp can be a great experience for kids. To help your child get the most out of camp, you can use 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. Plus, our international staff help campers learn about other countries and cultures.
3. *"You'll be able to be on your own and show you can handle things by yourself."* One of the biggest benefits of camp is the development of independence. 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."* During daily classes and evening programs, campers will have lots of opportunities 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. Being helpful and cooperative is a positive trait and a sign of maturity.
6. *"There will be many supportive camp staff who can answer your questions and listen to any concerns."* If your child has a problem (i.e. not knowing where to go; not sure what activity to choose; someone not being nice, etc.), 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 for camp 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 suitcase 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.

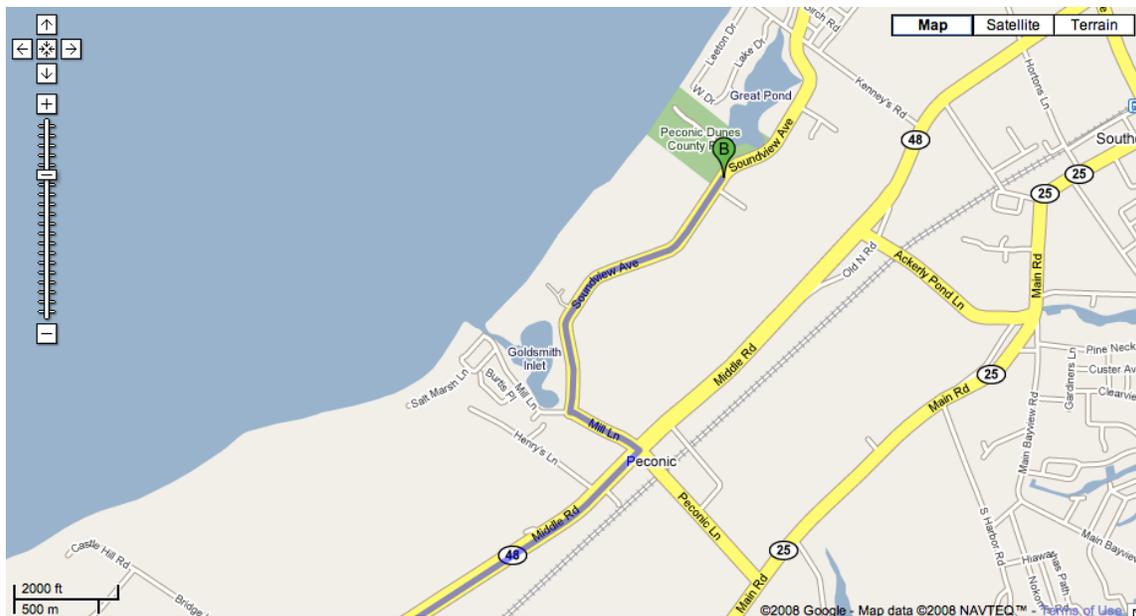
Important note about homesickness

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.

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 onto 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 25 (rain date April 26) between 12:00 pm and 3:30 pm for an Open House or, for a virtual tour, visit our website at: <http://www.peconicdunes.com>.

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 at least two 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.

Campers can request up to two cabin mates. Campers can be placed in the same cabin when:

- Only two requests are made.
- The requests are reciprocated.
- They are in the same grade in school.

Parents should know...

- Sometimes there is no way of honoring your request because of age, space or other restrictions.
- Requests that are not reciprocated will not be honored. In order for a request to be considered reciprocated, all three people must have made the same requests. If anyone makes a different request, the group will **not** be placed together.

Example of a reciprocated group:

Christian requests: John and Ethan

John requests: Ethan and Christian

Ethan requests: John and Christian

Example of a non-reciprocated group:

Christian requests: John and Ethan

John requests: Ethan and Christian

Ethan requests: SAL and John

- When campers of different ages request to be together, the older camper will be placed with the younger camper.
- Campers two grades or more apart will not be placed together.
- Campers requesting to be with a camper or a different age/grade may experience different camp activities than if they were in a cabin with campers their own age.
- Requests for a specific cabin or counselor cannot be honored.
- Requests cannot be made after June 1.

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 and clothing with obscene or offensive text and graphics is prohibited. Female campers cannot wear string bikinis,

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. Cell phones or electronic devices will be confiscated and returned to parents at departure.*

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 and CITs. Please bring a labeled laundry bag.***

Meals: Campers eat meals with their cabins under the mess tent. Snacks are available mid-afternoon and before bed. 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 health history and Camper Health 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: A gate attendant is on duty to monitor vendors and visitors. All visitors must be checked in before entering the camp property. 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 dispensed, 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 not prohibited, we ask parents to be fair and reasonable when expressing gratitude to counselors.

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.

Clearly label your child's belongings!

Clothing:

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

Toiletries: Try to bring unscented toiletries.

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

Camp Life Items:

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

***Campers MUST bring bedding and a refillable water bottle.
The camp does not provide these items.**

**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 duffel bags or 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
- 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.
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

Meeting Your Child's Counselors

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.

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 on your Peconic Dunes Camper Health Form*. You **MUST** list all medications to be taken, in your child's Peconic Dunes account **BEFORE** bringing the medications to camp. Click on your camper's name, click on manage medications and list them individually. 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 Camper Health Form. Medications brought to check in, that are not listed on the Peconic Dunes Camper Health form, are expired, or medications with missing labels will not be accepted by the Health Director.

Only FDA approved medications will be accepted at the Health Center. Dietary supplements, herbal remedies, etc. that are not FDA approved will not be accepted.

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 increments ranging from 1:30pm to 2:30pm on Sunday. If you are dropping off multiple campers, please come to the latest time you receive. Once the gates open, our parking attendants will direct you where to park. Once you've parked, our 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 9:00am each day. We ask that you drop off your child between 8:35 and 8:55am each day. 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

If parents want their children to purchase camp clothing and souvenirs from the camp store, they must deposit money into their camper's account during registration. If you forgot to do so, please contact the camp office prior to the start of your camper's session. Please do not bring cash to camp. Peconic Dunes is not responsible for lost or stolen cash sent to camp with a camper. The camp store is open during drop off on Sunday and Monday through Friday during siesta 1:00 to 2:00pm. Unspent store deposits are not refunded.

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.

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 and CITs. There is no additional fee for this service. 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 10:00am on Saturday. 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 5:00pm Campers will be waiting with their counselors at the gate. The Day Camp Coordinator will sign your child out. Earlier drop offs and later pick-ups cannot be

accommodated. We ask that you do not pick your child up earlier than 5:00pm 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

IMPORTANT for ALL CAMPERS: All campers are only permitted to be picked up by family & friends listed as authorized pick-ups in their Peconic Dunes account. 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.

Lost and Found

Lost items are displayed at Roundup each day. We will dispose of any unclaimed *damaged* or *soiled* property after one week. Any property not reclaimed will be disposed of at the end of the camp season. 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, strenuous activities, such as team sports, 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, campers will move under shelter and counselors will implement rainy day plans. In the event of downpours or thunderstorms, campers and staff will go back to their cabins for quiet cabin activities.

Sailing is subject to weather conditions including high winds, rough seas, and heavy rain and may be cancelled or modified as needed.

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.

Super Saturday

In the event of severe weather, the scheduled outdoor trip will be cancelled and an indoor activity will be substituted. Please note a minimum of 12 campers is required for the scheduled trip to take place. If there are less than 12 campers enrolled by June 1, Peconic Dunes reserves the right to substitute an alternate activity or cancel the program.

If your camper is staying for two consecutive weeks, please refer to the second email you receive for pick-up. If your camper is staying for Super Saturday but is not registered for the following session pick-up is at 12:00 noon on Sunday.

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.