



Norman Bird Sanctuary

Dear Camp Families,

Thank you for registering for the Norman Bird Sanctuary's Vacation Camp Program. We are looking forward to another season of nature exploration, games, crafts, animal encounters, experiments and much more.

Please review the following information found in this packet that you and your child will need for the Vacation Camp season including:

- ✓ Vacation Camp Information and Guidelines
- ✓ What to Bring to Vacation Camp
- ✓ Tick Information Packet

Please Complete the Following Forms, even if your child attended camp last summer.

Please fill out forms below online; via your CampInTouch Account:

- *Medical Form (required)
- *Photo Release Permission (required)
- *Authorized Grownup Form (required)
- *First Aid Release Form

Please download (via your CampInTouch account) and return the following forms via mail or upload directly to campminder:

- *Immunization Form (required)
- *Physical Exam Form (required)
- *Medication Authorization Form (if needed)

Please fill out and return all forms no later than TWO Weeks prior to the start of Vacation Camp. All forms must be complete in order for your child to attend Vacation Camp.

We look forward to seeing you soon! If you have any questions please contact Matt Schenck, Camp Director 401-846-2577 ext. 15 or mschenck@normanbirdsantuary.org.

Matt Schenck
Camp Director
Norman Bird Sanctuary
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401-846-2577 ext. 15



Norman Bird Sanctuary

VACATION CAMP INFORMATION AND GUIDELINES

Registration: Online registration is now open! Camp registration requires a valid credit card. A Family membership through at least April 2018 is required for any camp family receiving the member discount. The option to add a membership is available in the registration process, if you are unsure of the status of your membership please contact us as soon as possible.

Camper registrations will be processed once you complete the camper application form found in your CampInTouch account. Once your application is processed, we will notify you of your camper's status. Please note that some programs fill up quickly. If the camp program is full, we will notify you and place your child on a waiting list. Payment will be processed once your child is officially enrolled in the camp programs you selected. If you are unable to register online please call NBS at 401-846-2577 and we will help you with registration.

Special Requests: If your child wishes to be in the same camp group with ONE special friend in the same age range, BOTH parties must request the same one-on-one pairing on their online registration form. **We cannot honor requests if campers have been registered for different programs or sessions.** Registrations with requests MUST be completed no later than 2 weeks before the start of vacation camp.

Scholarship Assistance: A limited number of full and partial scholarships are available based on need. To apply, please contact Matt Schenck at (401) 846-2577 ext. 15.

Cancellation Policy: There is a \$50 administrative fee for all cancellations made at least 2 weeks before the start of vacation camp. **After this time, no refunds will be given.**

Refund Policy: **No refunds will be given within two weeks of the start of vacation camp. Refunds will not be given for mosquito and tick bites, sunburn, cold, poison ivy or other nature related concerns.**

Schedule Changes: There is a \$25 fee for all schedule changes request is made at least 2 weeks prior to the start of camp. If the schedule change is made after two weeks prior to the start of camp, the fee will be \$50.

Monday Registration: Camper Registration will take place on the first day of camp, usually Monday, from 8:45 - 9:00 a.m. in the Welcome Center. Please allow an extra 15 minutes in your Monday morning schedule for this. During this registration period, we will make sure that all forms are in order, direct you to your child's classroom, and provide other important information.

Camper Check-in: Check-in takes place at 8:45 a.m. Tuesday through Friday in their classroom. They **must be signed in** at their classroom by a parent or authorized guardian. Please do not check your child in before 8:45 a.m. Teacher/Naturalists use this time to prepare for the day.

Pickup: Pickup takes place at 3:00 p.m. in **your child's classroom**. Parents, guardians and authorized individuals listed on the Authorized Grownup Form **must sign campers out** with their Teacher Naturalists, and must have **photo identification** to do so.

Snack, Lunch and Water Bottle: Children must bring their own labeled lunch in a sturdy bag or lunch box and include a mid-morning snack and drink. Refrigeration is not available. It is extremely important for children to stay hydrated. **Please be sure to send a refillable water bottle with your child** even if you send other beverages. Please use reusable containers to cut down on waste.

Mother Nature: Ticks and mosquitoes are commonly found at the Sanctuary and throughout New England. Non-aerosol repellents (for mosquitoes) and Permethrin-treated shoes and clothing (for ticks) are suggested as preventive measures. We ask you to review tick prevention guidelines and the *NBS Tick FAQ* sheet with your family. We will conduct several tick checks every day, but we also strongly recommend that parents check their children daily. A notice will be sent home if a tick is found on your child during the camp day.

We ask that you apply bug spray and sunscreen in the morning before camp and to send a bottle of non-aerosol repellent and sunscreen with your child for the week. Permethrin is recommended to prevent ticks, but this can only be applied to clothing and shoes in advance. **It cannot be applied to skin and cannot be applied at camp. Please note that we will not issue refunds due to high numbers of mosquitoes, ticks and tick bites, sunburn and other nature related concerns.** We may modify camp activities to include indoor alternatives on days when mosquitoes or other insects are especially severe and on ozone alert days.

Medications: If your child is taking prescribed medications to camp, it must be in its original container with the pharmacy label, and you must **personally check in the medications during Monday morning registration.** Over-the-counter products must be in original packaging with dosing instructions specific to the camper. **Epi-pens and Inhalers will be kept with your child's teacher/naturalist at all times,** and should be picked up on the last day of the sessions. All other medications will be placed in a locked box in the Camp Director's office and administered per doctor's instruction. The *Authorization to Administer Medication* and *Authorization to Self Medicate* form, available in your CampInTouch Account, must be completed and signed by a parent or guardian and signed by the camper's physician.

Behavior: Camp guidelines for safety and behavior are established within each group at the beginning of the camp week. The Sanctuary's expectations for campers, such as respect for others, are similar to those in school. If a Teacher Naturalist, the Camp Director, or the Education Director has a concern regarding your child's actions or behavior, he or she will let you know as soon as possible, and will work with you to resolve the issue. If the behavior does not improve and becomes dangerous to your child or to others in the class, they may be asked to leave camp for that week. In such cases, no refunds will be given.

Campers with special needs: NBS summer camp enthusiastically welcomes campers of all abilities and backgrounds. In order to ensure camper safety and that your child has the best camp experience possible, we ask the you notify NBS in advance of your child's needs on the camper Medical Form. We are always happy to speak with parents about their child's specific needs. **Please Note: If your child works with a Teaching Assistant at school, he or she must be accompanied by a Teaching Assistant at camp.** Exceptions from this policy will be reviewed on a case by case basis.

Illness and Emergency Procedures: If your child becomes ill or injures him/herself to an extent where they must be removed from the classroom, we have a secluded area for resting in the administrative building. Parents will be called immediately if it is determined that the child should not return to camp for that day. **It is extremely important that we have several accurate numbers to reach you in case of illness or emergency.** Small injuries (bumps, small cuts, etc.) will be reported to parents at the end of each day. Please let your child's Teacher Naturalist or the Camp Director know if you have any questions regarding a particular injury or our reporting procedures. If your child is ill, please keep him or her home from camp. Any child with a temperature over 99 °F will be sent home from camp.

Lice: In order to prevent the spread of lice, please do not send your child to camp if you know or suspect her or she has head lice. If we do find that your child has lice, he or she will be sent home immediately. Your child must stay home until the lice are gone or for a minimum of 24 hours after treatment.

Weather/Emergencies: In the case of severe weather or other emergencies, please call the main office at 401-846-2577 regarding camp cancellations. You may also check our website for cancellations at www.normanbirdsanctuary.org. If it rains, camp will proceed as normal and, as always, campers should dress appropriately.

Packing List: Each child will have a cubby to store belongings. Please label all clothing with your child's name, and be aware that all clothing may get wet or muddy from camp activities. We recommend sending a complete change of clothes with your child on Monday. Suggested items include a day pack (for carrying lunch), lunch, snack, and water bottle, sunscreen, sneakers (NOT sandals), sweatshirt or jackets, snow pants, winter boots, hats, gloves or mittens, rain gear, and non-aerosol bug spray. Please see our *What to Bring to Camp* document for a complete packing list.

What NOT to bring: Camps MUST leave pocket knives, music devices, gum, cell phones, electronic games, portable music players, sporting equipment, toys and any items of value at home. Weapons, illegal drugs, alcohol, cigarettes, and pets are not permitted on NBS property.

Camp Food: NBS will occasionally offers special snacks. If your children have food allergies, please list them on your health forms, and let us know at Monday morning check-in of any other concerns.

Peanuts: Being open to the public, NBS is not a peanut-free facility. Many children have moderate to severe peanut and tree nut allergies. **Please do not send peanut or tree nut products in your child's lunches.**

Forms: ALL forms must be submitted to the NBS office no later than 1 week prior to the beginning of vacation camp.

If you register your child after the deadline, forms must be turned in by the Friday before camp begins. This year, most camper information and medical forms will be completed at registration through CampInTouch. Once you have finished your application, you may return to the homepage of your CampInTouch account and click on the "Forms" Dashboard.

Please fill out forms below online (all REQUIRED):

- *Medical Form
- *Photo Release Permission
- *First Aid Release Form
- *Authorized Grownup Form

Please download and return the following forms:

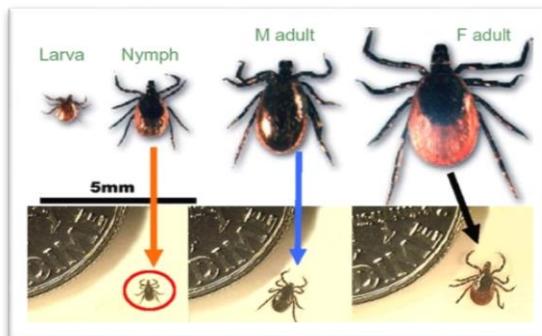
- *Immunization Form (required)
- *Physical Exam Form (required)
- *Medication Authorization Form (if needed)

Note that your child will not be able to attend camp unless all necessary forms are on file. This is designed with your child's safety in mind. Having accurate records allows us to respond effectively in case of an emergency. All campers, even those who have attended NBS summer and vacation camps in the past, must have 2015 forms on file.

We will make every effort to contact you if your forms are incomplete, but it is **every parent's responsibility to verify that their forms are in before camp begins**. There are multiple pages for you to sign; please review this list carefully. For a complete list of forms, please visit your CampInTouch account.

Frequently Asked Questions about Ticks and the Norman Bird Sanctuary

Deer Tick (*Ixodes scapularis*) Size



Chart

What is Lyme Disease? Lyme bacterial infection, caused by a bacterium that is carried by deer ticks. The disease affects humans and a wide range of animals including pets and livestock. It affects the skin in its early stages and spreads to the joints, nervous system, and other organ systems. Lyme is the most common arthropod-borne illness in the United States.

Disease is a potentially serious *Borrelia burgdorferi*, a

Do all ticks carry Lyme Disease? No. The two tick species which are most common in Rhode Island are the American dog tick and the deer tick (also called the black legged tick), but only the deer tick carries Lyme disease. Statistics indicate that approximately one in three deer tick nymphs (~30%) are carriers, while one in two adults (~50%) can transmit the disease. Most people are infected by the bites of immature ticks, called nymphs. Nymphs are very small (less than 2 mm) and are often very difficult to see.

Where do ticks live? How do they get onto people? Although deer ticks prefer cool, moist woodlands, they can be found in many areas including grasslands, open fields, and edges of forests and roads. They can also be found in stone walls, where one of their primary host, the white-footed mouse, resides.

Ticks wait in vegetation for animals to walk by. After sensing the animals heat signature, they grasp the animal's fur, skin, or clothing and crawl up the body. Once they are on you, they will look for a place to attach. They prefer dark, warm areas such as your neck, waist, near your armpits, or behind your ears. Generally, ticks will wander for at least 30 to 60 minutes before they bite and attach.

If I find a deer tick on me, does that mean that I will definitely get Lyme Disease? No. Not all deer ticks are infected with Lyme. Deer ticks must be attached for an average of 24 hours to transmit the Lyme disease pathogen. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is small but, you should still monitor your condition closely.

What are the symptoms of Lyme Disease? Early symptoms often mimic the flu (i.e., fatigue, headache, stiffness or pain in neck, muscles or joints, fever, or swollen glands). The most definitive early indicator is a gradually expanding circular or oval-shaped red rash (often called a "bull's eye.") This rash only develops in about 70-80% of infected individuals, however, and may be overlooked. If left untreated, later effects may include heart and neurological disorders, and arthritis.

If you experience any of these symptoms after being bitten by a tick (or having spent time in tick-infested areas), you should consult your physician immediately.

Is Lyme Disease treatable? Yes, for both children and adults. If diagnosed and treated early with antibiotics, Lyme disease is almost always easily cured. In its later stages, the illness can also be treated effectively, though some patients may have symptoms that linger for months or years.

How can I prevent tick bites? Follow simple steps such as tucking pants into long, light-colored socks, doing frequent tick checks after walking in grass or brush (and checking every night during a bath or shower), and applying repellents with Permethrin to clothes. You should also avoid stone walls and stay away from high grasses and leaf litter in your yard. While at NBS, we ask our visitors and guests to stay on designated trails and to use the “buddy system” to check for ticks.

If I find an embedded tick, how should I remove it? Remove ticks with tweezers only (bent, “needle-nose” tweezers are best). Do not use alcohol, nail polish, hot matches, Vaseline, or other methods to remove ticks. These techniques may actually traumatize ticks, causing them to regurgitate gut contents (which may include the Lyme disease bacterium). Wash your skin with soap and warm water.

Is the tick problem unique to the Norman Bird Sanctuary? No. Incidences of Lyme disease are on the rise throughout the Northeast. Unfortunately, you can pick up infected ticks in parks, playgrounds, and even in your own backyard. In fact, in a 2006 URI study, more than two thirds of Rhode Island residents were at risk for encountering a deer tick in their yards.

Are my pets at risk? Yes. Dogs and cats can also become infected with Lyme disease, and some may develop arthritis. While they cannot spread the illness directly to humans, they can bring infected ticks into your home or yard. Consult your veterinarian for preventative treatment and tick-control products.

Should I just stay indoors this summer? No, as long as precautions are taken, you should not stop your outdoor activities.

Where can I find more information? You can stop by the Norman Bird Sanctuary for additional fact sheets, tick ID cards, and tick prevention products. Other helpful websites include:

Rhode Island Department of Health - www.health.state.ri.us/disease/communicable/lyme/index.php

Center for Disease Control (CDC) - <http://www.cdc.gov/lyme>

Tick Encounter Resource Center (URI) – www.tickencounter.org

The American Lyme Disease Foundation (ALDF) - www.aldf.com



What to Bring to Vacation Camp

The following is a list of suggested clothing and supplies for campers. Each child will have a cubby to store belongings. Please label all clothing with your child's name, and be aware that all clothing may get wet or muddy from camp activities! **We recommend sending a complete change of clothes with your child on Monday.**

- ✓ Day Pack (for carrying lunch)
- ✓ Lunch (Please note there is no refrigeration available)
- ✓ Snack
- ✓ Water Bottle
- ✓ Change of warm clothes
- ✓ Sneakers or other closed toed shoes
- ✓ Winter Coat
- ✓ Snow pants
- ✓ Sunscreen
- ✓ Non-aerosol insect repellent
- ✓ Jacket
- ✓ Mittens or gloves
- ✓ Rain gear
- ✓ Winter Hat
- ✓ Snow Boots or Rain Boots
- ✓ Extra Socks



What NOT to Bring

We ask that campers leave pocket knives, music devices, gum, cell phones, electronic games, portable music players, sporting equipment, toys, pets and any items of value at home. Weapons, illegal drugs, alcohol, cigarettes, and pets are not permitted on NBS property. Please do not send peanut or tree nut products in your child's lunches.