



Norman Bird Sanctuary
583 Third Beach Road
Middletown, RI 02842

Main Office: (401) 846-2577
Hours: Daily, 9 a.m. – 5 p.m.

Questions, comments, and general camp inquiries should be directed to:
camp@normanbirdsantuary.org

***Updated February 2024**

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Camp Overview

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

For six decades, Norman Bird Sanctuary has welcomed hundreds of campers to our award-winning Summer Camp. Generations of curious campers have explored our expansive 300-acre outdoor classroom and developed a positive relationship with nature. Our age-appropriate and innovative camps offer a unique blend of hands-on learning, games, animal encounters, and team building. Camp groups are led by caring, enthusiastic, and professional Teacher Naturalists who utilize our campus as a living laboratory for teaching.

This packet includes the following information that you and your child will need for the Summer Camp season:

- Camp Overview
- Camp Information and Things to Know
- Pick-up and Drop-off
- What to Wear and What to Bring
- Health and Wellness
- Sun, Insects, Ticks, Weather, and Allergies

Summer Camp Mission and Vision

Mission: Norman Bird Sanctuary will provide a safe and fun summer camp environment that allows campers to expand their appreciation and awareness of the natural world and deepen their connections to nature.

Vision: Norman Bird Sanctuary envisions a future where all children find joy in being outside, are curious about the environment around them, and act individually and collectively to be stewards of the natural world.

Camp Staff

Sophie Gregory | Assistant Director of Education: A native Rhode Islander, Sophie spent the Summer of 2021 on the NBS trails teaching the sanctuary's youngest naturalists before joining the year-round NBS Education team. As the current Assistant Director of Education, Sophie is beyond thrilled to be directing camp for the third year in a row! A published poet, she was recognized for her thesis collection, *A small bird sings for miles*, by the Academy of American Poets. Sophie holds a bachelor's degree from The Written Arts program at Bard College in New York. During her time in the Hudson Valley, Sophie's passion for youth education met its match with eco-studies and, after graduating, she found a way to practice all her passions at Norman Bird Sanctuary.

Julie Safford | Lead Teacher Naturalist

After spending the Summer of 2023 as a seasonal NBS Teacher Naturalist for camp, Julie joined the year-round Education team as the Lead Teacher Naturalist in October 2023. Her love of nature began as a Summer Challenge participant at Bird Camp many years ago, inspiring her to eventually pursue a degree in Wildlife Biology at the University of Rhode Island. There she gained valuable field work experience by conducting projects on songbird territoriality, wetland ecologies, and waterfowl studies along the southern coast of Rhode Island and at Sachuest Point in Middletown. Following a successful career in the hospitality industry, raising a family, and pursuing a degree in English, Julie returned to Norman Bird Sanctuary to share her knowledge and talents with the next generation. A perennial learner, Julie loves sharing creativity and knowledge with people of all ages.

Elijah Valentine | TerraCorps Youth Education Coordinator

Elijah has been exploring the forests and coastlines of New England his whole life. He completed a bachelor's degree in marine biology as well as a degree in Wildlife and Conservation Biology at the University of Rhode Island. Elijah began his

career as a Science Educator but has since worked in a variety of positions, such as a Park Ranger for the Department of Environmental Management and a Marine Observer for the National Oceanic and Atmospheric Administration. Elijah started at NBS this past summer through TerraCorps Service after his field research contract at Mass Audubon concluded. His passion for environmental conservation has led him to the Sanctuary, and he is excited to teach campers about all the unique wildlife here this season!

Sara Poirier | Science Coordinator

Sara brings two decades of experience in creating fun and engaging science content for kids. Sara earned a bachelor's degree in Astrophysics from the University of Toronto and a graduate certificate in Space Studies from the International Space University. As the staff astronomer at the Ontario Science Center, she developed exhibits, designed educational programs, and created shows for the Center's planetarium. Additionally, she produced and hosted "Ask Sara," a popular science series for TVOKids. Sara began consulting in 2018 after obtaining a master's degree in Science Communication from the University of Edinburgh. As the founder of Spark Strategic Science Communication, Sara has advised on more than a dozen apps and television shows for TVOKids, National Geographic, and PBSKids. Sara joined NBS' Education team in 2023 and is thrilled to share her love for astronomy and the environment with visitors.

Seasonal Staff

In addition to our year-round Education team, Summer Camp is staffed by a team of Teacher Naturalists who are supported by volunteer Assistant Naturalists in Training ("ANTs"). We select our seasonal staff of Teacher Naturalists based on their experience and character. All of our staff is certified in CPR and First Aid. Every staff person must pass a background check.

Camp Registration FAQ and Information to Know:

2024 Summer Camp Registration FAQ:

When Can I Apply?

Summer Camp Registration opens on February 27, 2024.

How Can I Apply?

Apply online through the CampInTouch link found on our website's camp page. Camper registrations will be processed once you complete the camper application form found in your CampInTouch account. Please note that you must complete a full application and submit payment information to conclude the registration process; you will not be charged until your child is formally enrolled.

How and When Will I Know if my Child is Enrolled?

Summer Camp at NBS is a beloved – and popular! - program. As a result, many of our camp sessions are in high demand and sell out quickly. We enroll campers according to the order in which applications are received. *No one* is enrolled until our team manually changes your camper's status from APPLIED to ENROLLED. All families will be contacted by March 12, 2024, with confirmation of enrollment OR a waitlist notification.

What Happens After March 12, 2024?

Following the initial round of camp enrollments, registration remains open and rolling admissions begin; campers are enrolled based on spots available.

What If My Camper is Waitlisted?

If the camp program is full, we will notify you and place your child on a wait list. Family schedules change and cancellations always arise, so if your child is not enrolled immediately, there is still a chance that space may become available. If a spot becomes available, we will contact you by email. Please note that we will hold that spot for a 48-hour period. After that 48-hour period, the spot will be offered to the next camper in the application order.

How Are Payments Processed?

Please note that you must submit payment information to complete the registration process. We will only process payments once your child is officially enrolled in the camp program(s) you selected. Once we process your application, we will notify you of your camper's status (enrolled or on the waitlist). Card payments will be processed automatically upon enrollment. If your camper is offered a spot off the waitlist, a 24-hour email confirmation will be required, and payment will then be processed.

What is the Process for Enrollment Through Scholarship?

Please see our scholarship guidelines for information regarding scholarships.

Who Should I Contact with Questions About Registration?

For questions or concerns about Summer Camp registration, please contact Sophie Gregory at camp@normanbirdsanctuary.org.

More Information to Know:

Scholarship Assistance

A limited number of full and partial need-based scholarships are available. To apply, please fill out the application on our website (<https://www.normanbirdsanctuary.org/summer-camp>). After submitting a formal scholarship application, please apply for camp through our CampMinder platform (link also found on website) for the camp sessions of interest. Please email camp@normanbirdsanctuary.org or call us if you have any questions. The deadline to apply for full scholarship support is June 1st and the deadline for partial scholarship support is July 1st.

Sponsorship

Families can support a scholarship camper this season by "paying it forward" through sponsorship. Add a sponsorship this season on the additional options page of your camper application.

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. We will not honor requests expressed at Monday Morning Registration* (For example, if you register your child for Nature Day Camp and your child's friend has been registered for Explorers). We will try our best to honor all requests but cannot guarantee them.

Schedule Changes

Once enrollment is processed, there is a \$25 fee for all session changes made by June 1. After June 1, the fee is \$50. Session changes are not guaranteed and are pending availability. Schedule change fees must be paid for the camper to attend a session.

Cancellation and Refund Policy

There is a \$50 administrative fee for all cancellations before June 1, 2024. **After this time, no refunds will be issued.** Refunds will not be given for mosquito and tick bites, sunburn, cold or inclement weather, poison ivy, or other nature-

related concerns. Cancellation fees must be paid for a camper to attend a session. Unpaid cancellation fees may also result in the inability for your camper to attend future Norman Bird Sanctuary Educational Programs.

Memberships:

Membership is a wonderful way to receive discounted camp admission, to gain access to special benefits, and to support the Norman Bird Sanctuary. A current NBS Household Membership (valid through the last day of your child's final camp session) is required to receive the member price. Memberships can be added during online registration, through our website, or in person at the NBS office. Expired memberships will be required to be renewed to receive the \$50 camp discount.

Camper/Staff Ratio

This summer, the camper-to-staff ratio will be between 10-12 campers to 2-3 NBS Summer Teacher Naturalists for Fledglings, and 12-14 campers max to 1-2 staff for Nature Day, Explorers, and Coastal Camp programs. Staff includes at least one lead Teacher Naturalist and one Assistant Naturalist in Training (A.N.T.).

Lost and Found

Lost and Found items are placed in the Welcome Center Lost and Found. To look for a lost item, please go to the Welcome Center and someone from our reception team will assist you. Norman Bird Sanctuary is not responsible for any damaged, lost, or stolen items. Please note that the most frequently lost items are reusable water bottles, sunglasses, and hats. At the end of the summer, these items will be donated to charity, so please do your best to *leave no trace* after your child attends camp.

Behavior

All individuals engaged in Summer Camp are required to abide by a common set of values and respectful behavior. Camp guidelines for safety and behavior are established within each group at the beginning of the camp week in each group's Monday expectations gathering and by the Camp Director on Monday. The Sanctuary's expectations for camper behavior, such as showing respect for others, are like those in school. If a staff member has a concern regarding your child's actions, speech, or behavior, they 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, they may be asked to leave camp for that week. In such cases, no refunds will be given. Please refer to the NBS Educational Program Code of Conduct for more information on policies surrounding camper expectations, behavior, and consequences. Parents or guardians agree to abide by the Camp Code of Conduct as part of the application process.

Drop-off and Pick-up

Drop-off

Before Care

We will offer Before Care for families that wish to drop their child(ren) off early. Before care will run from 7:45 – 8:45am. Monday through Fridays at the Main NBS Campus (528 Third Beach Road). Please note that Coastal Campers participating in Before Care should be dropped off at the main NBS campus and will hike to the Third Beach Center that morning with a staff member. When camp drop-off begins, Before Care Coastal Campers will hike to the CEC with a Teacher Naturalist. You can sign up for Before Care in your CampInTouch account (additional fee).

- The only alternative Before Care drop-off will be for Fledglings Thursdays (dropped at the CEC for Beach Day).

Monday Camper Registration

On Monday mornings all camp families (excluding Fledgling PM families) will park their cars at the main NBS Parking Lot located at 583 Third Beach Road and sign in at the Apple Orchard adjacent to the parking lot. **Please allow an extra 15**

minutes in your Monday morning schedule for camper registration. *All campers, even returning campers and those attending multiple sessions, must be checked-in by a parent/guardian every Monday. During this registration period, we will make sure that all forms are in order, introduce you and your child(ren) to their group(s), and provide other important information. Please note the following registration times and locations:*

- Fledglings (AM), Nature Day, Explorers, and Coastal Camp from 8:45 – 9:00 a.m. in the Apple Orchard
- Fledglings (PM) at 12:30 p.m. in the Apple Orchard

Camper Check-in (Tuesday-Friday)

We have a check-in window from 8:45-9:00 a.m. each morning. Please do not drop off before 8:45 a.m. See specific check-in times and locations for each group in the table below. Campers must be signed in at their drop-off location by a parent or authorized guardian.

**Thursdays are Beach Day for Fledglings, and both AM and PM Fledglings will be dropped off and picked up at the Coastal Education Center.*

**Campers at Coastal Camp will be dropped off at the round-about, and parents should NOT exit the cars as campers arrive. The Third Beach Naturalist oversees drop-off Tues-Fri, and the Coastal Teacher Naturalists will support.*

We have a check-in window from 8:45-9:00 a.m. each morning. See specific check-in times for each group in the table below. Campers must be signed in at their drop-off location by a parent or authorized guardian.

DAILY DROP OFF SCHEDULE		
WHO	WHEN	WHERE
FLEDGLINGS		
Fledglings AM	(M) 8:15 am – 9:00 am (T-F) 8:45 am – 9:15 am	(M-W, F) Orchard (Th) Coastal Education Center
Fledglings PM	(M-F) 12:30 pm – 12:45 pm	(M-W, F) Orchard (Th) Coastal Education Center
NATURE DAY		
Nature Day	(M) 8:15 am – 9:00 am (T-F) 8:45 am – 9:15 am	(M-F) Orchard
EXPLORERS		
Explorers	(M) 8:15 am – 9:00 am (W) 2:45 pm – 3:00 pm (T-F) 8:45 am – 9:15 am	(M-F) Orchard
COASTAL CAMP		
Coastal Camp	(M) 8:15 am – 9:00 am (T-F) 8:45 am – 9:15 am	(M) Orchard (T-F) Coastal Education Center

Pick-up

Pick-up: Parents, guardians, and authorized individuals listed on the Authorized Grownup Form **must sign campers out** with their Teacher Naturalists and must have **photo identification**. **If someone is not on the Authorized Grownup Form, they will not be allowed to pick up a camper.** Camper pick-up will occur in a few different spots throughout the week (see below). Your camper will be picked up for the majority of the week at their classroom. **Children must be signed out by a parent or other guardian as listed in the Authorized Pick-up List.** People picking up campers **MUST** show their identification, even if they have previously picked the child up. See the daily pick-up schedule below:

**Coastal Camp families picking up at the Coastal Education Center on Third Beach Road should NOT exit their car for a smooth pick-up process.*

DAILY PICK-UP SCHEDULE		
FLEDGLINGS		
WHO	WHEN	WHERE
Fledglings AM	11:45 am – 12:00 pm	(M-W, F) Curiosity Lab (Th) Coastal Education Center
Fledglings PM	3:15 pm – 3:30 pm	(M-W) Curiosity Lab (Th) Coastal Education Center

		(F) Studio Lawn
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**Friday Fiesta with families starts at 2:00pm and runs through pick-up*

NATURE DAY K-2, 3-4		
WHO	WHEN	WHERE
Nature Day A. [Asters]	(M-TH) 2:45 pm -3:15 pm	(T-TH) Classroom – (M, F) Studio Lawn
Nature Day B. [Bluebirds]	(M-TH) 2:45 pm -3:15 pm	(T-TH) Classroom – (M, F) Studio Lawn
Nature Day C. [Cottontails]	(M-TH) 2:45 pm -3:15 pm	(T-TH) Barn Classroom – (M, F) Studio Lawn
Nature Day D. [Dragonflies]	(M-TH) 2:45 pm -3:15 pm	(T-TH) Barn – (M, F) Studio Lawn

**Friday Fiesta with families starts at 2:00pm and runs through pick-up*

EXPLORERS		
WHO	WHEN	WHERE
Explorers	(M, F) 2:45 pm – 3:15 pm	(M, F) Studio Lawn
	(T, TH) 2:45 pm – 3:15 pm	(T, TH) Barn Museum (Floor 2)
	(W) 8:45 pm – 9:00 pm	(W) Curiosity Lab

**Friday Fiesta with families starts at 2:00pm and runs through pick-up*

COASTAL CAMP		
WHO	WHEN	WHERE
Coastal Camp A. (Anemones) and Coastal Camp B. (Barnacles)	(M-TH) 2:45 pm – 3:15 pm	(M-TH) Coastal Education Center
	(F) 2:45 pm – 3:15 pm	(F) Studio Lawn

**Friday Fiesta with families starts at 2:00pm and runs through pick-up*

Early Pick-up: Please notify your Teacher Naturalist at one least one day in advance of any schedule changes. Group explorations cannot be interrupted due to a schedule change.

Late Pick-up: Parents MUST call the main office (401-846-2577) if they will be delayed for pick-up. We understand that sometimes circumstances beyond your control may cause you to be late. However, if you are over 15 minutes late more than once, we reserve the right to charge you a \$50 administrative fee each time.

Absent Camper: If your child will be absent, please leave a message at the main office (401-846-2577) with your camper's name and session name. There are no refunds or make-up days for camp days missed. If your camper misses a lot of camp due to an illness or emergency and there is an opening in another camp for their age group, we will happily try to move your child to a future session, however, this is a courtesy and not a guarantee.

Monday and Friday Pick-up: You might notice looking at our drop-off and pick-up schedules that Monday and Friday are different for many camp groups this season! This year, on Mondays, our whole camp (excluding AM Fledglings) will gather at the end of the day for a grand welcome and camp song sing-along. On Monday afternoons, Coastal Campers will have a Coastal Education Center camp song sing-along. On Friday, our whole camp (excluding AM Fledglings) will gather on the Studio Lawn at 2:00 p.m. for our Friday Fiesta featuring performances by all camp groups.

Friday Fiesta: A Friday favorite and camp tradition! On Friday at 2:00 p.m., your camper's family is invited to come and witness the joy of summer camp as we observe performances by each camp group about what they learned that week! Join us on the Studio Lawn. Pick-up will take place following the Fiesta between 2:45-3:15 p.m. If you do not attend the Friday Fiesta, please plan to pick-up at the Studio Lawn. Our AM Fledglings will have a mini fiesta at their classroom at 11:30 a.m. sharp on Friday.

Transportation

No transportation will be provided to and/or from camp.

What to Wear and What to Bring

What to Wear

Campers should dress according to the weather and should expect to spend all day outside unless there is serious inclement weather. Sneakers or other closed toe shoes are required. We recommend campers wear shorts and short sleeve shirts on hot days, non-aerosol insect repellent, and a hat and sunscreen for sun protection. Campers will be required to wear a shirt at all times at the Coastal Education Center and beach. Coastal Campers and other campers on their beach days *only* may wear closed toe athletic sandals or Crocs; flip flops are not allowed. Campers will be required to wear closed toe shoes at all times, including at the beach. Please label all clothing with your child's name and be aware that all clothing may get wet or muddy from camp activities!

Camp Lunches and Snacks

Full-day campers must bring their own labeled lunch in a sturdy bag or lunch box and include a mid-morning snack and drink. Half-day campers (Fledglings only) must bring a snack and a water bottle (no lunch). Refrigeration is not available and we do not have a way to heat up lunches at Camp. It is extremely important for children to stay hydrated during the summer. Please be sure to send a refillable water bottle labeled with your child's name even if you send other beverages. Please use labeled, reusable containers to cut down on waste.

Sun Protection:

Campers should pack protective gear like a hat, sunglasses, and sunscreen to help protect them from sun damage every day. Campers are responsible for applying their own sunscreen unless parents/ guardians specifically request that Teacher Naturalists help them. Staff will always plan for product re-application times during the day.

Campers may leave some items at their group's classroom each morning if they'd like. All camper belongings should be labeled with a first and last name. We suggest campers have the following items all week:

- | | |
|--|--|
| ✓ Day Pack (for carrying lunch, water, etc.) | ✓ Sunscreen |
| ✓ Lunch and snack | ✓ Non-aerosol insect repellent |
| ✓ Refillable water bottle | ✓ Rain Jacket or Boots (as needed) |
| ✓ Hat and sunglasses | ✓ Jacket/sweatshirt |
| ✓ Change of clothes | ✓ Swimsuit, towel, and water shoes (<i>for days at the beach- see your camper's specific schedule</i>) |
| ✓ Sneakers or other <u>closed toe shoes</u> | |
| ✓ Water shoes (Coastal Camp or group beach days) | |

[OB]

What NOT to Bring

Please leave cell phones *at home.* *Campers who need to call a parent/guardian will be escorted to the Main Office at the Welcome Center to do so.* Please do not bring gum, hand-held electronics/games, music devices, toys, collectible cards, or sports equipment to camp. Additionally, weapons, illegal drugs, alcohol, cigarettes, and pets are not permitted on

NBS property. If camp staff sees a child with a prohibited item, staff reserves the right to put the item in the main office for the day and return it to the camper at dismissal. We suggest that you please do not send peanut or tree nut products in your child's lunches or snacks.

Forms: ALL forms must be submitted to the NBS office no later than June 1, 2024. If you register your child after June 1, forms must be turned in no later than 2 weeks before your program starts. This year, most camper information and medical forms will be completed through your CampInTouch account. 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
- Code of Conduct Form

Please download and return the following forms for 2024 (records starting in September 2023), either via mail or upload directly to CampMinder:

- 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 and in alignment with state and national regulations. 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 2024 forms on file. 2023 Camp forms are considered outdated.

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 the forms carefully. For a complete list of forms, please visit your CampInTouch account.

Wellness, Health, and Safety

**This section is subject to change based on RI Department of Health regulations.
Last reviewed January 18, 2024.*

Medication at Camp: Prescribed and Over-the Counter

If your child is taking a prescribed medication to camp, it must be in its original container with the pharmacy label, and you must personally check-in the medication with the Camp Director and your child's Teacher Naturalist 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 parents are responsible for picking up medication on the last day of their child's session. All other medications will be placed in a locked box in the Camp Director's office and administered per doctor's instruction. The *Medication Authorization Form*, available in your CampInTouch Account, must be completed and signed by a parent or guardian and signed by the camper's physician.

Campers with Special Needs

NBS enthusiastically welcomes campers of all abilities and backgrounds. To ensure camper safety and to guarantee that your child has the best camp experience possible, we ask that you notify NBS in advance of your child's needs directly by email as well as 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 1:1 Teaching Assistant at school, they 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 is injured to the extent that they must be removed from activities, we have a secluded area for resting. 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 phone 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 them home from camp. Any child with a temperature of 99°F or more will be sent home from camp.

Health Policy

Norman Bird Sanctuary is equipped to care for children who are in good health.

Children should not attend Camp and will be sent home if they exhibit any of the following symptoms:

- Fever of 99°F or more;
 - Vomiting or diarrhea;
 - Severe nasal or eye discharge;
 - An unidentified rash;
 - Lice;
 - A contagious disease (e.g.: chicken pox, measles, etc.)
 - If a child is prescribed antibiotics, the child must be on that medication for at least 24 hours
- before returning to Camp. If your child has a communicable disease, please notify the Camp office as soon as possible.
- If a child becomes ill at camp, parents/guardians will be contacted to make necessary arrangements to pick up their child within 30 minutes.

Your child can return to Camp when:

- Their temperature is consistently below 99°F for 24 hours without medication;
- Nasal or eye discharge has subsided;
- An infection has been diagnosed and your child has been on antibiotics for 24 hours;
- It has been 24 hours since the last episode of vomiting or diarrhea;
- Their rash has subsided, or a physician has determined it is not contagious;
- Ringworm has been treated and covered.
- Depending on symptoms, a negative COVID-19 test may be required for return.

Lice: To prevent the spread of lice, please do not send your child to camp if you know or suspect they have head lice. If we do find that your child has lice, they will be sent home immediately. Your child must stay home until the lice are gone or for a minimum of 24 hours after treatment. No refunds will be given for absences due to headlice.

Please note that some policies may be updated prior to or during the Camp season as new guidelines are released.

- **Wellness Checks:** By dropping your child off at Camp, you are confirming that your child does not have any symptoms of illness present such as: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. Your child may not attend Camp until they are symptom-free and cleared by a healthcare professional.
- **Hand Washing and Sanitizing:** Campers and staff will be required to wash and sanitize their hands frequently throughout the day.

Sun, Insects, Ticks, Weather, and Allergies

Sun and Insect Protection: We ask that you apply bug spray and sunscreen in the morning before camp and 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.

Ocean Safety: When visiting the beach, campers will only be allowed to go up to their knees in the water. Swimming is off limits for campers or staff.

Inclement Days: Camp is held rain or shine. Almost all activities are conducted outdoors. In the event of rain, please send your child(ren) with appropriate rain gear (boots, coat/poncho, etc.) In the event of severe weather, campers will be moved to an inside location with their group and remain there until the storm passes. For the safety of our campers and their parents/guardians, we do not permit campers to move about camp during a storm; therefore, we ask that you wait to pick them up until the storm is over. In the case of severe weather or other emergencies, please contact the Main Office 401-846-2577 regarding camp cancellations.

Camp Food: NBS will occasionally offer special snacks (“puddingstone” and watermelon). If your child(ren) has food allergies, please list them on your health forms, and let us know at Monday morning check-in of any other concerns.

Peanuts: NBS is nut-safe 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.

Ticks and Mosquitoes: Ticks and mosquitoes are commonly found at the Sanctuary and throughout New England. We suggest non-aerosol repellents (for mosquitoes) and shoes and clothing (for ticks) as preventive measures. We ask you to review tick prevention guidelines in this packet 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.

Frequently Asked Questions about Ticks and the Norman Bird Sanctuary

What is Lyme Disease? Lyme Disease is a potentially serious bacterial infection, caused by *Borrelia burgdorferi*, 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.

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 on to 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 hosts, the white-footed mouse, resides.

Ticks wait in vegetation for animals to walk by. After sensing the animal's 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 the neck, waist, armpits, and behind the 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

Deer Tick (*Ixodes scapularis*) Size Chart

