

Parent Guide 2022

Opening Day: Sunday, June 26th **Last Day of Camp:** Sunday, August 7th

Please note that Cedar Lodge is in the Eastern Time zone for all times listed below.

PRE-CAMP: 14 days before camp please monitor your camper for signs and symptoms of illness such as a fever or cough and refrain from bringing your child to camp if they were exposed or are showing signs of illness. If your camper 5 and up has received his/her COVID Vaccination: Please send proof of his/her inoculation including type of shot and dates prior to his/her arrival at camp. Please refer to the “Pre Camp Covid Requirements” page for specifications on pre camp requirements for Cedar Lodge

ARRIVAL AND DEPARTURES: Drop-Off: We will be doing a drive-thru type check-in and drop off system, including staff moving campers in and out of their cabins to minimize the number of people in the cabin areas. Those doing check-in will be screening campers for signs of illness, including temperature checks. Check in will be from 2PM-4PM. It will be extended from these times only if we believe the timing is not adequate to get everyone taken care of. We will be supplying camp families with a sign up ap which will allow you to choose a time for your check in. The week before your arrival you will be emailed a notification for sign up. Parents will be greeted at the car and check in will be done outside the dining hall. Parents are asked to stay close to their car. We ask our parents for the safety of our campers, to not enter the camp grounds.

Staff will meet campers at the car and move campers to their cabins. This same protocol will be followed for pick up. Check in time will be a very short time period and we ask parents to please adhere to the times. After check in, your camper will be taken up to their cabin by their camp counselor. They will be helped to unpack their belongings, make their bed and meet their cabin mates. Then they will go down to the barn for a riding test (or at least a conversation with the barn staff if they are a non rider) followed by going to the lake for a swimming test. If they do not plan on riding or swimming during their stay, no worries! Just check in with our staff so they can check off that they have seen them. Testing will be followed by get to know each other games and a meeting about camp guidelines.

Pick Up: At this time we plan to have no or limited Sunday performances. To alleviate part of this disappointment, we will be offering campers the option to video their skill on Saturday morning. We will be posting these performances on the Cedar Lodge You Tube page. Sunday pick up will follow much like drop off. Sunday morning after breakfast campers will go pack their belongings with the staff. Their luggage will then be transported off the hill to the parking lot where parents met us for check in. Parents are requested to be on time for check out as it will be a very short window. Check out will happen between 11AM-1PM.

TELEPHONE AND ELECTRONICS POLICY: We do not allow campers to use the telephone the first 3 days of their stay at camp. We also discourage parents from calling their children during their first week of camp. Some campers have difficulty in adjusting to their new environment and if they are the least bit homesick, calls from home make this adjustment more

difficult for them, and other campers struggling with the same issue. **ONLY CALLS** to parents or guardians will be allowed. There is only one telephone line into camp and social calls to friends make it impossible for incoming and outgoing calls. The best time to call your child is during meals. Meals are served at 8:30AM, 12:30PM and 6PM, (eastern-standard daylight saving time). **PLEASE DO NOT SEND CELL PHONES WITH YOUR CHILD. THIS INCLUDES APPLE WATCHES AND ANY VARIATIONS OF DEVICES THAT HAVE PHONE CAPABILITIES.** You will be asked to sign a statement when you arrive at camp stating that your child doesn't have any calling or internet/data device in their possession. Sending PlayStations, Walkmans, ipods, Palm Pilots etc. is also a bad idea. They cause disputes among the campers, and if they are broken or disappear we will not be held responsible. Please do not send any ipods, ipads, phones, or other devices that can access the internet (wireless or data).

CANTEEN: We suggest an allowance of \$10 per week. This covers small items like batteries, stamps and after meal treats of ice cream or candy. More advanced Arts and Crafts projects might have a small fee attached to them for materials, and camp T-Shirts, sweat shirts and other apparel are also sold in canteen. Camp T-shirts can also be bought at check in when your camper arrives or departs or purchased off our web site. In 2022 we will not be having any off ground trips that may commingle campers with outside populations. The above should be the only canteen needs of your campers.

CLOTHING: Campers and staff dress informally while at camp. Sport clothes, jeans, T-shirts, shorts etc. Please mark all of your child's clothing and personal items with indelible ink or name tapes. For 2022 please note that the clothing list includes a face mask/face covering. This will only be used on rare occasion or not at all, but it is still a good idea to have one in stock. **FOR THOSE RIDING AND BIKING:** Hard soled shoes with a heel and long pants or jeans are required for riding. All campers are required to wear a **HARD HAT** (ASTM/SEI Approved) while mounted on any horse. A helmet is also required for any bike riding your child may do while at camp. These helmets are not the same as a riding helmet. Campers will be assigned their own locker on the lower level of the dining hall where they will be instructed to keep their riding helmet, boots, grooming kit and other clothing they would prefer.

VISITORS: For 2022 we will not be allowing visitors in camp on Sundays. We will also not be allowing campers to leave during their stay. We are striving to keep as much of a closed campus as possible to assure your campers' safety. To help out with this change, we will be allowing campers that are staying for multiple weeks to have Face Time with their parents on Sunday. We will be setting up our houses for 15 minute phone calls and internet meetings with their parents. These will be scheduled in advanced. Please do not plan visits during their stay.

LAUNDRY: Laundry service is provided for those campers staying two weeks or longer. Laundry will be done on camp grounds by cabin groups. Be sure that their clothing is well marked. If your child is only staying one week, make certain they have ample clothing.

MEDICAL/HEALTH FORMS: All campers must have a physical exam within a year before attending camp. The forms required are included on the Forms page. Make certain all immunizations are up to date and a record of immunizations must be attached to the healthcare

forms submitted from the physician. Cedar Lodge maintains a full-time Medical Officer to take care of the daily medical needs of campers. There is no extra charge for this service. Camp families are responsible for any additional medical expense incurred by their child due to illness or accident while at camp. We request information as to your insurance carrier and policy number on the special consideration online form. The camp doctor and hospital are within 10 miles from camp. Camp also has emergency personnel on camp grounds to assist with any emergencies that may arise. Parents will be called if any medical emergency arise. **DO NOT SEND ANY MEDICATIONS UNLESS THEY ARE PRESCRIBED. THESE PRESCRIBED MEDS MUST COME IN THEIR ORIGINAL BOTTLE OR CONTAINER. PLEASE NO OVER THE COUNTER MEDS.**

FOOD SERVICE: During our 40 years of providing food service for children and adults in a camp setting, we have prided ourselves in preparing foods that are nutritious, tasteful and of a type that most children enjoy. We have always offered ample choices in all the food groups with fruit available throughout the day, and a snack before bedtime. We would appreciate it if you inform us of any special food needs that your child may have. If your child has allergies to any foods, or if they don't eat meat, please let us know on the health and special considerations forms. We want their camp stay to be a positive one, and eating food they enjoy is a big part of that experience. In 2022 campers will be sitting at meals with their cabin mates. Meals will be served on paper plates with plastic utensils. Food will be served by one kitchen attendant from camper's choice of what is being served for the day.

HOMESICKNESS: Every summer we have a few campers who are homesick. If their homesickness results in the camper having to leave early, we as Directors and staff feel we have in some way failed that camper. We try to do everything possible to encourage the homesick camper to get involved, keep busy and fight their way through their homesickness. Calling home has always been the last resort and we discourage the use of the telephone. All ages of campers are prone to homesickness and sometimes personal disappointment can trigger a feeling of wanting to go home. Most campers, after their settling-in period of 2 to 3 days, adjust to their new environment and get busy with the job of having a good time. As a Camp Director of many years, my advice to camp parents would be: if you get a call from your child telling you how miserable they are, don't panic and rush to find your car keys. Give your camper a few days to settle-in. We ask parents to weigh this information when they decide whether to sign up for a face to face internet visit on Sunday. The question of whether seeing you will make your camper happy and more assured, or whether it may increase homesickness is different for every camper and family.

CARE PACKAGES: We strongly discourage parents and grandparents from sending food items through the mail. Cedar Lodge is joining the ranks of **KEEPING OUR CHILDREN FIT AND HEALTHY** and limiting the amount of sugar in their diet. Food items also attract little creatures such as ants, mice and chipmunks who invade the cabins to share in all the goodies. Our menus offer enough sweets to keep our campers satisfied. Any care packages that do arrive will be encouraged to be shared with the camper's cabin mates.

HOW WE WILL DEAL WITH COVID: During camp: CDC guidelines will be followed to the best of our ability, including daily sanitation of high risk areas (cabins, bathrooms, dining area).

Staff will be monitoring campers daily to be used only by those campers assigned to that cabin. Staff will also be monitoring campers daily for any signs of illness. We will be doing our best to create a safe environment where kids can be having a great, fun summer! Please note that if CDC and State guidelines for some reason change before camp, so may our policies, guidelines, and expectations.