

.Parent Guide 2023

Opening Day: Sunday, June 25th

Last Day of Camp: Sunday, August 6th

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

ARRIVAL AND DEPARTURES: Drop-Off: 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. A week before your arrival at camp, we will email camp families with a sign up app allowing you to choose a time for your check in. Check in time will be a very short time period and we ask parents to please adhere to the times they sign up for.

When you arrive at Cedar Lodge, please park on the south side of the dining hall in the parking spots facing the lake, or secondarily facing the road. You will see a sign that says "Office" at the base of the south staircase of the road side of the Dining Hall. Office personnel will be waiting for you at the top of the stairs inside the dining hall. They will check your camp forms, administer a rapid test and give you information about your camper's cabin. We ask our parents for the health safety of our campers, to not enter the camp grounds. Once test results come back, they will have a staff take your camper to their cabin. Your camper's cabin staff will be waiting for your camper at the cabin with their other cabin mates. 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: Sunday pick up will follow much like drop off. Check out will happen between 11AM-1PM.

Sunday morning after breakfast campers will go pack their belongings with the staff. Their luggage will then be transported off the hill to the flag pole on the north side of the dining hall. Parents are requested to be on time for check out as it will be a very short window. From this location parents should be able to pack up and exit camp from the driveway by the farm house with minimal traffic conflict.

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 7:30AM, 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 2023 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 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. Horseback riding and Bicycle helmets are not the same. Campers will not be allowed to use one helmet for both activities. Campers will be assigned their own locker on the lower level of the dining hall where they will be allowed to keep their riding helmet, boots, grooming kit and other clothing they would prefer.

VISITORS: For 2023 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' health safety. To help up with this change, we will be allowing campers that are staying for multiple weeks to have phone calls with their parents on Sundays. These will be scheduled in advance. During the week prior a sign up ap will be sent to all involved parents to sign up for a phone call with their campers.

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 arises. **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 encourage you to 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. Campers will be sitting at meals with their cabin mates.

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). Campers will not be allowed in other camper's cabins. 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.**

Want to see camp? Remember we are open year round! Feel free to email us and make an appointment to have a tour of camp and meet our year around staff. Or join us May 7, 2023 for our **Open House at Cedar Lodge!**