

# Common Ground Camp: Summer 2025

## Daily camp checklist:

- Backpack
- Inside the backpack:
  - \* Lunch in an insulated bag if necessary
  - \* Water bottle labeled with your child's name
  - \* Change of clothes in a labeled plastic bag
- Wearing sneakers, boots or sport-style, sport style sandals (no flip flops or slides)
- Dressed for mess and for the weather
- Long-lasting bug-spray and sunscreen applied (optional)
- Camper NAME on everything! Especially on sweatshirts, hats, and water bottle.

## Contacting us while your child is at camp

call (203) 389-4333 ext 1213 or email [camp@commongroundct.org](mailto:camp@commongroundct.org)

## Lunch and Water Bottle

- Please send a packed lunch each day.
- Microwave ovens are not available.
- **Lunches are not refrigerated.** Use an insulated lunch bag and an icepack if your child's lunch needs to be kept cold.
  - Allergies and food restrictions: You may pack any foods you wish in your child's lunch – we do not restrict any specific foods. If your child has an allergy that could be triggered by being in the presence of a specific food, please contact us so we can discuss how to best provide for your child.
- **All campers need a water bottle each day.** We will provide one that is labeled with your camper's name and their camp group! Please have them bring it each day.

## Clothing

- Campers should wear clothes and shoes that can get mud, paint or other messes on them.
- Campers must wear **sneakers, boots, or sport style sandals**. Flip flops, slides, and fashion sandals may not be worn to camp.

## Do Not Bring to Camp

- Video games, personal music players, cell phones, or other electronic devices. **Campers are not permitted to use cell phones or smart watches at camp** and we cannot be responsible for loss or damage to electronics.
- Pocket knives or any other item that could be dangerous to camp participants.
- Campers may choose to bring items like a book, Pokemon or Magic cards, or small toys from home. We understand these can be a useful social connection tool, or a comfort item for some children, and such items are welcome. Camp staff are not responsible for monitoring items from home and there may be times when staff ask for items from home to be put away in order to focus on an activity.

## Weather

Campers should come prepared for the weather. We will be outside in any weather as long as it is safe (including rain). Campers usually love rainy days – it is not so hot, and they are allowed to get all wet!

## Behavior Policy

Common Ground Camps are a safe and fun place for everyone. We expect all campers and staff to treat each other with respect and kindness. We will help prevent problems by modeling conflict resolution skills throughout the camp session, by making sure that all campers understand rules and expectations, and by making it clear that staff are always willing and available to help sort out a problem. Significantly disruptive or dangerous behaviors may result in campers being sent home from camp for a day or more while parents and camp staff discuss a behavioral support plan.

## Health and Safety at Camp

Do not send your child to camp if they have symptoms of contagious illness or illness symptoms that will prevent their full physical participation in camp. These include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Headache or stomach ache that impairs ability to participate
- Sore throat
- Significant congestion or runny nose
- Nausea or vomiting
- Diarrhea

### Additional healthcare information:

- We have a Registered Nurse on campus for most camp hours to support camp healthcare needs.
- **Illness at camp:** If your child is too sick to participate in normal camp activities then a staff person will call you to pick up your child.
- **How we treat injuries at camp:** scrapes, cuts, and bee stings are common as we play and explore. Camp teachers are certified in first aid and CPR. By camp licensing regulations, we are not permitted to apply antibacterial ointment to injuries. Cuts and scrapes are washed with soap and water and covered with a bandage. If your child comes home with a band-aid on, please know that the cut may require further cleaning and inspection by a parent. Bumps and bee-stings are treated with ice.
- We will call and notify a parent about any significant injury so that you are aware of it before pick-up time. In the case of a medical emergency, we will care for your camper, call 911, and call a parent immediately.
- **Handwashing:** Hand sanitizer is available outside all animal yards. All restrooms are stocked with hand sanitizer and soap. Campers and staff will use hand sanitizer frequently, and will wash with soap and water after using the restroom and before and after eating.
- **Ticks, mosquitoes, and poison ivy:** Ticks (which can spread Lyme Disease and other illnesses) are found throughout Connecticut. We limit tick encounters by keeping campers out of prime tick habitat – areas of tall grass and weeds. Parents can help prevent tick and mosquito bites by applying bug repellent to campers each morning. For ticks, don't forget to spray shoes and socks, as they typically climb on from ground level.
- We recommend applying a long-acting formula that just needs to be applied once in the morning, at home. If you are sending bug repellent with your child to camp, make sure they know how to use it properly – outside (not in the building), no spraying on the face, and wash hands after applying. Deep Woods Off or Cutter Backwoods are both effective DEET based sprays that last all day.
- Staff will teach campers to identify **poison ivy** during orientation, however we realize that many children are too young or too busy having fun to remember to look out for it. We keep the farm and campus areas as free of poison ivy as possible, and staying on trail in the woods also helps prevent campers from contacting poison ivy. If your child develops a rash that you suspect to be poison ivy then wash the clothes and shoes they wore that day in hot soapy water, as poison ivy can continue to spread from oils remaining on the clothes.
- **Sunburn and heat:** We recommend that parents apply an all-day, waterproof sunscreen to their child at home in the morning. Much of our campus is shady and sunburn is rarely a concern, especially if campers had a morning application of sunscreen and have a hat to wear if playing in the sun. On very hot days, we always start the day with a reminder for all campers and staff to

drink lots of water. We talk to campers about signs that they are too hot (headache, tired, feeling sick) and tell them to let a staff person know if they are overheated (and staff receive training in recognizing and responding to heat related illness). We take frequent water breaks and check to make sure every child has a full water bottle before starting any physical activities. On really hot days we enjoy the shade and get wet in the sprinkler often!

## Medication at camp

For ANY medication (prescription or over the counter), an Authorization for Administration of Medication Form is required. Medication must be in its original container, in a clear plastic bag with the camper's name on the outside. It is most likely the same paperwork and packaging that is required by your child's school. Please check to make sure the medication is not expired. The medication and med forms can be brought on your child's first day of camp. Campers may not have any prescription or over the counter medication in their bag.

## Arrival and Dismissal

Campers must be dropped off & picked up according to the camp schedule.

### Arrival is from 8:30 to 9:00 AM

Campers may not be dropped off before 8:30 AM. If you arrive after 9 AM, please walk your child up the hill so we can help them find their group.

### Dismissal is from 2:45 - 3:00 PM

Park in the lot and sign out your camper at their group's table (there is no drive through pick-up option) Campers not picked up by 3 PM will wait in their group's pick-up area with a teacher. A late pick-up fee of \$30 per child will be applied to all campers picked up between 3:10 - 5:30 PM (this is the same as the daily extended day fee). Latest pick-up from extended day is promptly at 5:30 P.M. Campers in extended day may be picked up anytime between 3:00 – 5:30. There is a fee of \$15 per child for every 15 minutes that a child is picked up after 5:30 PM.

### Picking up before 2:45 PM

All of West Rock Park is our campus! Our hikes and forest explorations frequently take us off the immediate farm campus. If you need to pick-up your child early, please email us as soon as you can so that we can make sure your child is available for pick-up.



## Questions and Concerns

We always welcome your feedback – it is great to hear what your child learned or loved doing, and we appreciate knowing when something is not going as you expected. We take your input seriously and are always happy to hear from you, so please let me know if you have a question or concern.

We look forward to a great summer at Common Ground!

Sincerely,

Rebecca Holcombe

Common Ground Camp Director

(203) 389-4333 ext 1213 or [camp@commongroundct.org](mailto:camp@commongroundct.org)