Celebrating 60 Years of Bringing You Nearer to Nature

Guided Discoveries Summer Camp 2026 handbook

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General Camp Info

SLNSC Mission & Camp Philosophy

The mission of Squam Lakes Natural Science Center is to advance understanding of ecology by exploring New Hampshire's natural world. Our Guided Discoveries Summer Camp seeks to foster curiosity, build connections with nature, and inspire conservation-minded decisions in children through outdoor exploration, learning, and fun.

With our live animal exhibit trail, forested campus, and up-close to animal programs, the Guided Discoveries Summer Camp provides children with unique opportunities to:

- Learn about and connect with local wildlife and ecosystems.
- Develop a curiosity and appreciation for the natural world.
- Have fun outdoors in a safe, supportive environment.
- Build confidence and social-emotional learning skills through exploration and group activities.

Camp Staff

- Education Director: Audrey Eisenhauer
  - Phone: 603-968-7194 x114; Email: audrey.eisenhauer@nhnature.org
- Camp Coordinator: Drew Stazesky
  - Phone: 603-968-7194 x118; Email: drew.stazesky@nhnature.org
- Program Registrar: Melissa Greenawalt
  - Phone: 603-968-7194 x112; Email: melissa.greenawalt@nhnature.org
- Naturalists (lead instructors): Alexandra Bradley; Cal Distelcamp; Chelsea Faulkner
  - Phone: 603-968-7194 x129; Email: alexandra.bradley@nhnature.org
  - Phone: n/a; Email: cal.distelcamp@nhnature.org
  - Phone: n/a; Email: chelsea.faulkner@nhnature.org
- Seasonal Guided Discoveries Instructors: Dolores Mejer; Joan Tremblay; Victoria Brown
  - Phone: n/a; Email: guideddiscoveries@nhnature.org

Camp Communication

We will primarily communicate with you via email and phone leading up to and during camp. The Program Registrar and Camp Coordinator are the ones most likely to communicate with you leading up to camp. Please make sure that their emails are not going into your junk or spam folder.

During the camp season it will be the Program Registrar, Camp Coordinator, and the Guided Discoveries Instructors who will primarily be reaching out to you.

The type of communication you should expect to receive will include automated emails upon registration and in the weeks leading up to your first camp session; communication from Guided

Discoveries Instructors about specific activities for the week, special supplies to bring, info on special presentations; or direct communication with any questions or information about individual children.

If you have any questions or concerns about the structure or activities of the camp, please reach out to the Camp Coordinator at drew.stazesky@nhnature.org.

If you have any questions or concerns about registration, please reach out to the Program Registrar at melissa.greenawalt@nhnature.org.

Camp Ages & Sessions

Our Guided Discoveries camp is offered for kids ages 5-13, with three age brackets:

- Ages 5-6
- Ages 7-9
- Ages 10-13

These age brackets are specifically set with children's mental, emotional, and physical capabilities in mind, and our activities are catered to meet those abilities and needs. Please resist the temptation to ask us to move your camper into an older, or younger, age bracket.

We currently offer half-day and full-day sessions. Full-day sessions are currently only offered for ages 7-9 and ages 10-13.

Please note that you are not able to register for a morning half-day session and an afternoon half-day session on the same day.

Session Capacity and Waitlist

To ensure that each group and each camper has a successful and enjoyable camp day, we cap the number of campers in each session at 14 or 15 campers, depending on the age of the campers and the number of assigned instructors. This also keeps us within the supervision ratios required by our camp license issued through the NH Department of Health and Human Services.

Please know that we cannot overfill a session, even for requests to add a sibling or cousin of a registered camper, due to the requirements of our camp license, and our desire to provide a safe and enjoyable camp experience. If a session is full, you are able to add your child to the waitlist via our registration software, and you will be notified if a space becomes available.

What to Wear & Bring to Camp

To ensure every child is prepared we have compiled a general list of things to wear & bring:

1. Appropriate footwear for active outdoor activities (no flip-flops or open-toed shoes)
2. A hat
3. A snack for half-day sessions OR a lunch *and* snack for full-day sessions
4. Refillable water bottles
5. Extra clothes (highly suggested for campers aged 5-6)
6. Sweatshirt and/or raincoat (weather dependent)
7. Sturdy backpack to carry everything in

8. Extra bug spray and/or sunscreen

What not to bring: Any electronics (namely cell-phones). Not only will these be distracting to your child, and to others, but we have limited cell service and WIFI on campus, so they won't work very well. If you feel safer with your child having a phone, we will require that it stays in their backpack during the camp day. If you need to reach your child in an emergency, please contact the main office and they will locate your child immediately: 603-968-7194 x7.

Snack & Lunch

Half-Day Sessions: Please pack a filling snack for your child. Snack will happen an hour or so after drop-off. *

Full-Day Sessions: Please pack a filling snack AND lunch for your child. Snack will happen an hour or so after drop-off, and lunch is between 12 and 1pm. *

*In the case of a camper or instructor with a severe peanut or tree nut allergy, we will notify all families the week before. The session will be a "Nut-Free Week." If there is another type of severe food allergy, we will also notify all families the week before.

We highly encourage the use of reusable containers, to reduce the use of single-use plastics.

We also encourage campers to keep unfinished food, and to leave whatever they don't want to eat in their lunchboxes/backpacks, to reduce food waste. Sometimes we have had campers throw out uneaten snacks, fruit, and even sandwiches because it's not what they wanted! We ask that you encourage your child to save their uneaten/partially eaten snack or lunch for an after-camp snack.

Campers are not permitted to share or swap food with other campers.

If there is a special occasion (such as a birthday) during the camp week, and you wish to provide a special snack or treat, please reach out to the session instructors ahead of time to ensure all of the campers can enjoy the snack/treat.

Drop-off & Pick-up Procedures

Please **DO NOT PARK** in the main parking lot when you arrive. Instead, caregivers will drop-off and pick-up children in front of the Blue Heron School. As you pass the Welcome Center, a "Guided Discoveries" sign with an arrow will indicate the right turn onto Water Matters Way to get to the front of the Blue Heron School.

In order to keep drop-off a quick experience for everyone, we *highly recommend* that you apply sunscreen and/or bug spray at home before drop-off.

Please be respectful to everyone in the drop-off and pick-up line and move any socializing to a different location.

If there are any lengthy preparations or adjustments that are needed for your child, particularly on the first day, please go around the Blue Heron School Circle and park off to the side to ensure that cars behind you can move forward.

Drop-off

Your child must be signed in by a Guided Discoveries staff member. Please do not drive up and drive away without ensuring that we acknowledge your child's arrival.

On Mondays, caregivers are welcome to arrive 30 minutes prior to the start of the session (at 9:00am / 1:00pm) so Guided Discoveries staff can double check important forms. Campers will be walked up to a gathering area as they arrive, and a Guided Discoveries Instructor will stay in that area to supervise.

- Mondays can be particularly busy with Drop-off, so we ask that you and your child stay in your vehicle until you can pull up to the Guided Discoveries staff or until a staff member approaches your vehicle. Do not leave your vehicle unattended, as this will cause a line-up of cars behind you.

- The important forms that Guided Discoveries Staff will be checking will include: Health/Medical Forms, Authorized Pick-up list & Emergency Contact list.
    - Please note: if your child is missing a Physical Exam Form on the first day of camp, they will not be able to attend camp that day.

On Tuesday-Friday, Guided Discoveries staff will be available to facilitate drop off 15 minutes prior to the start time of each session (at 9:15am / 1:15pm). Please do not drop off your child if Guided Discoveries staff are not there.

- Drop-off typically runs for about 15-20 minutes. Guided Discoveries instructors want to start their camp day on time, so please be mindful of that. If you are running late, call the main office (603-968-7194 x7) and let them know your ETA.

- If you have a planned absence for your child, please notify either the Program Registrar or Camp Coordinator at least one day in advance by calling and/or emailing them.

In the event that your child will be unexpectedly absent, please call the main office (603-968-7194 x7) as soon as possible so that we know not to expect your child that day.

- If a camper is not dropped-off within 30 minutes after the start of the session, they are presumed absent for the day. Either the Camp Coordinator or Program Registrar will contact the caregivers to confirm their absence.

Pick-up

Your child must be signed out by a Guided Discoveries staff member. Please do not leave without ensuring that we acknowledge your child's departure. Anyone picking up a child may be asked to show a valid ID.

Pickup will be at the scheduled end time of each session, at the same location as drop-off (unless told a different location, which may be the case for some full-day sessions).

If you arrive early and did not notify Guided Discoveries staff beforehand, please be prepared to wait. Typically, campers will be back in the camp room 10-15 minutes prior to pick-up.

- If you need to schedule an early pick-up, please let us know at least one day in advance. The camp day is typically spent outdoors, and so the instructors will have to modify the day's schedule to accommodate that early-pick up.

- If you are running late, please contact the main office (603-968-7194 x7) so we know when to expect you.

Any adult picking up a child must be listed on the authorized pick-up list submitted at registration. If they are not on that list, the child cannot be picked up by them, and either the Camp Coordinator or Program Registrar will have to call you to confirm that they can pick up the child. Adults picking up children may also be asked to present a valid ID.

Emergency Camper- Parent Reunification Procedure

This reunification method will only be used in a situation when typical camper pick-up from the SLNSC campus is not possible. Offsite evacuation locations for our Guided Discoveries camps are either the Holderness Public Library or the Holderness Public Safety building (Police/Fire department building). Parents/guardians will be notified as to which location is being used as soon as it is possible.

Parent Notification

All information will be shared with parents/guardians as soon as possible via phone and email.

Reunification Steps at Offsite Location:

- Parents/guardians will be met at the site of evacuation by Guided Discoveries camp staff or another staff member of the Squam Lakes Natural Science Center. Please remember that parking is limited in the Town of Holderness, especially at the library so you may need to park in a location other than the designated library lot and walk a short distance.

- Once parents/guardians have checked in with the designated SLNSC staff member, a second staff member will go and retrieve the child. All parents/guardians should be ready to provide identification if necessary.

- Once a child has been reunited, the family should leave the evacuation site immediately to free up parking spots for others.

Tips for a successful first day of camp

It is normal for campers (new and returning) to be a little nervous coming into camp, especially at the start of a new season. Our staff are ready to make them feel comfortable and welcome as soon as they exit the car. Still, the amount of time it takes to feel comfortable at camp is unique to each child. Here are some tips to help prepare your child for a fun, successful first day:

- **Keep pre-camp conversations positive.** As your camper gets closer to the first day of camp, we encourage families to keep conversations positive. Validate concerns but keep the conversations focused on what the child will learn and enjoy, and how much fun they will have.

- **Avoid any mention of picking them up early**. Instead, reassure them that they will have an awesome first day.

- **Make your goodbye quick.** Generally speaking, the longer you linger the harder the transition becomes. While it can be difficult to leave a child who is feeling sad, trust that they will soon be engaged in activities with other campers. If feelings of sadness or anxiety persist, we will reach out to caregivers for additional advice.

    - We *highly discourage* caregivers from going into the camp room and starting the camp day with their child, especially if their plan is to slip away "unnoticed". This can cause more distress than saying goodbye at the designated drop-off spot.

- **No news is usually good news!** Our aim is to reach out early and often if there are any issues. If you don't hear from us, this means your child is having a good day at camp.

Special Health, Medical, Behavioral Notes

Please make sure that our staff are aware of any special physical, emotional, educational, medical, or behavioral needs regarding your child. The health/medical forms you complete during registration provides space for you to describe these.

If you do not disclose this information beforehand, it is harder for our staff to ensure a successful camp experience for your child. Remember that all medical information is highly confidential and will not be shared with anyone outside of camp staff.

With all pertinent information ahead of time, we can do our best to make sure that all children have an enjoyable and safe experience.

Reach out to the Camp Coordinator at drew.stazesky@nhnature.org or 603-968-7194 x118 before camp if you have other questions, want to discuss any special needs or concerns, or if

there is anything we can do to make you or your camper feel more comfortable for that first day of camp!

We find that students that have a designated one-on-one aid while at school, do best in the camp setting if they also have a one-on-one aid with them. We certainly welcome this accommodation to ensure a positive experience for a camper as we are unable to provide one-on-one supervision for campers.

- If your camper will be coming to camp with their own aid, we must be notified by May 1st so we can make the necessary arrangements on our end and follow proper licensing procedures.

If your child has other supports and accommodations at school to help ensure their success (like an IEP), please communicate that information with our staff on the health forms during the registration process. Our Camp Coordinator will likely contact you for a follow up conversation so that we are best prepared to welcome your child.

Registration: Forms, Payments & Cancellations

Registration

The online platform we use for camp registration is through CampBrain at nhnature.campbrainregistration.com. You will need to create an account if you have not registered for our camps before. If you have registered for our camps before, it's a good idea to be sure you know your username and password before registration opens.

We will be opening registration to Science Center Members on February 3, 2026 at 9:00 a.m. This registration will require a special link, which will be emailed out that morning. You need to have an active, two-person or higher membership to receive this link.
If you want to become a member to receive this special access, you need to do so by January 30, 2026.

- Families who qualify for the Family Access Pass membership will also receive this special link. If you qualify for this membership, please reach out to Nicole Verspyck at nicole.verspyck@nhnature.org. You can find more information about this membership on our website at nhnature.org/membership.

We will be opening registration to all nonmembers on February 5, 2026 at 9:00 a.m.

If you are experiencing technical difficulties during registration, please contact the Program Registrar at 603-968-7194 x112.

Please note that there is a virtual waiting room, which is automatically activated during registration when lots of people are registering simultaneously.

Waitlist

If a session is full when you go to register your child, you can add them to the waitlist.
We will reach out to you via email and then phone if a spot becomes available. You will have 48 hours to respond and fill that spot.

If we do not hear from you by the end of that two-day period, we will offer the spot to the next person on the waitlist.

Health/Medical Forms & Deadlines

When you register for camp you will be required to fill out and submit various health/medical forms and waivers. Required submissions include: a physical exam form, immunization records, allergies and/or dietary restrictions, medication administration and medical treatment consent forms, and health history.

Due to licensing changes, we will now be requiring a Physical Exam Form and Immunization records. This is a form from your family doctor or child's pediatrician stating that your child has been seen by that doctor within the last 2 years and is healthy to attend school, camp and sports. This form will typically also contain immunization records.

Forms not found on the CampBrain software during registration can be submitted to us multiple ways. Such forms would include the Physical Exam Form, Immunization Records and Medication Administration authorization form:

- Scanned in and uploaded to CampBrain during, or immediately after, registration.
- A clear photo can be taken and uploaded to CampBrain during, or immediately after, registration.
- Scanned in and emailed directly to the Camp Coordinator (drew.stazesky@nhnature.org) and Program Registrar (melissa.greenawalt@nhnature.org).
- A clear photo taken and emailed directly to the Camp Coordinator (drew.stazesky@nhnature.org) and Program Registrar (melissa.greenawalt@nhnature.org).
- Faxed in directly from the doctor's office. (The Science Center Fax number is 603-968-2229). Our Fax service is HIPAA compliant.

If it applies to your family, we will accept the NH Childcare/School Immunization Religion Exemption Form in place of Immunization records. You can find this form on the NH DHHS website, and you can submit this to us the same ways you would submit the Physical Exam Form and Immunization Records.

If some of the health/medical information is unavailable to you at the time of registration, you will need to sign a waiver stating that you will complete/submit the forms by May 31st.

Any camper with incomplete health/medical forms after May 31st is at risk of losing their spot in camp.

If you are registering after June 1st, you will have to submit these forms at the time of registration.

Campers with incomplete health/medical forms will not be able to attend camp until those forms are completed.

There will be no refund if your child cannot attend camp because of missing/incomplete health/medical forms.

Emergency Contact & Authorized Pick-up Lists

When you register for camp you will be required to fill out an Authorized Pick-up List and an Emergency Contact List. These forms are incredibly important and need to be completed by May 31st.

- Emergency Contact List: This lets Guided Discoveries staff know who to contact in case of an emergency. It is best if it contains the names of people who are local to the area and should be someone other than the adult(s) listed as the parent, guardian, or primary caretaker of the child.

- Authorized Pick-up List: This lets Guided Discoveries staff know who is authorized to pick-up your child (they may still be asked to show valid ID). If someone shows up to pick up your child, and their name is not on the list, then they cannot leave with your child. (This includes yourself.) We will reach out to you to confirm that they can pick-up your child.

If you are registering after June 1st, these lists will have to be completed at the time of registration.

Payments & Deadlines

When you register your child for camp there are three payment options.

1. **Pay in Full:** Pay your balance in full at the time of registration via credit card or eCheck.

2. **Installment Plan**: Sign up for an installment plan using a Credit Card or eCheck. A $25 nonrefundable deposit per child is required at the time of registration when selecting this option. Depending on your registration date, two or three installments will be automatically processed using your selected payment method on March 2nd, April 1st, and May 1st.

3. **Scholarship:** If applying for a scholarship, select "Applying for Scholarship" at checkout. A $25 nonrefundable deposit per child via credit card or eCheck is required at the time of registration when selecting this option. You will receive notification of the status of your scholarship application by March 30th. You will need to accept or decline any awarded amount by April 10th. Your remaining balance is due in full on June 1st and will be automatically processed using your selected payment method at that time.

If you are registering after May 1st, you will have to pay the full amount at the time of registration. If this might be difficult for you, please reach out to the Program Registrar at melissa.greenawalt@nhnature.org.

Scholarships

We are happy to be able to award scholarship funds to assist qualifying families in sending their children to camp, and appreciate the generosity of the many donors that have made this support possible! Partial scholarships are available for 50% of the cost of a session.

To apply for a scholarship, you will complete the scholarship application form during the registration process and select 'scholarship' as your payment method at check out. You will also need to pay a $25 deposit for each child, which will hold your child's spot in camp.

Scholarship applications are due by March 22nd; award notifications will be made by March 30th. You will have until April 10th to accept or decline the scholarship. If we do not hear from you by that date, we will remove your scholarship application and reallocate the funds to another family needing assistance.

Your child may also lose their spot in camp if continued attempts to reach you about payment are unsuccessful.

If you accept the scholarship, your remaining balance will be automatically processed on June 1st using your selected payment method.

Scholarship applications submitted after March 22nd may still be considered, but any awards will be contingent upon fund availability. If the scholarship payment option is not available when you register, that means we have allocated all of our scholarship funds.

If you are registering your child for Earth Camp (for campers aged 10-13) you may be eligible for a scholarship. We are able to offer scholarships to kids who attend schools in SAU 48, SAU 2, SAU 4. Children who are eligible for the scholarship will have to submit a separate scholarship form. Please call or email the Program Registrar at 603-968-7194 x112, melissa.greenawalt@nhnature.org for more information.

If you are applying, or are considering applying for other outside scholarships, please let us know in case we need to come up with a different installment plan for you.

Sponsor a Camper

When you register, you will have the option to "donate to sponsor a camper". This is an optional donation (which can be made at any point in time, even after registration) that will go towards our scholarship fund, creating the opportunity for other children to attend our summer camp.

Cancellations… Yours and Ours!

If you cancel at least 30 days prior to the start of the session, your payment will be fully refunded, minus the $25 deposit.

If you cancel 14-29 days prior to the start of the session, 50% of your payment will be refunded, minus the $25 deposit.

If you cancel within two weeks (14 days) of the start of the session, your payment will not be refunded.

If there is low enrollment, Squam Lakes Natural Science Center will cancel a session on the Wednesday prior to the scheduled start date, and will fully refund your payment at that time. The Science Center will make every effort to alert participants to possible cancellations one month in advance.

- If space allows, you may be able to apply your payment to another session in place of receiving a refund.

Camp T-Shirts

Each summer we will have a new design for our camp t-shirts, featuring a New Hampshire native wildlife species on the back, and the Squam Lakes Natural Science Center logo on the front. We are currently working with a New Hampshire owned business in Belmont, NH to get our t-shirts made.

You will have the option to purchase camp t-shirts for your child (or yourself!) when you register. Camp t-shirts are available for $10/shirt, and come in both Youth and Adult sizes. To select the size for the camper, complete the t-shirt size form in the "Forms" section during registration. If a different size t-shirt is needed than what is listed (for example, for family members), or if more than 2 t-shirts are desired, registrants can contact the Program Registrar at melissa.greenawalt@nhnature.org

T-shirts will be handed out during the first two days of camp of the session your child is signed up for. It is not required that your child wear the shirt to camp every day, but it is recommended as it helps camp staff keep track of campers when they are out on the exhibit trail.

We cannot guarantee the availability of camp t-shirts ordered after May 31st.

If you have any questions about Camp t-shirts or their availability, please reach out to the Camp Coordinator at drew.stazesky@nhnature.org or Program Registrar at melissa.greenawalt@nhnature.org.

Camp Policies & Camper Expectations

Guided Discoveries Instructor Hiring & Training

The Squam Lakes Natural Science Center's Guided Discoveries Camp background check policy is designed to ensure that no camp staff member has a criminal conviction for any offenses for causing or threatening direct physical injury to any individual or causing or threatening harm of any nature to any child.

We require all camp staff who might be left alone with a child or children to be subject to an annual background check prior to being left alone with a child or children.

We prohibit any staff member who has not been subject to the required background check from working directly with any youth, unless a staff member for whom the background check has been completed is also present.

We review and update our policy annually, and make it available upon request.

We also post our background check policy on the Guided Discoveries page of our website.

Prior to the start of camp each year, we review the results of all of the personnel background checks and certifications to make sure they are in compliance with our policy and licensing requirements.

Prior to the start of camp each year, we review any references, employment history, and volunteer history submitted by or for each camp staff member to determine whether to allow each individual to work directly with youths at the camp.

We submit all requirements annually to NH DHHS to be a certified Youth Recreation Camp in good standing.

Guided Discoveries instructors undergo training to better help prepare them to work with children. These training sessions include, but are not limited to: behavior management, better understanding neurodiversity, First Aid/CPR, emergency response procedures, and child abuse prevention & reporting.

Being a camp instructor requires flexibility, patience, and a bit of learning on the job. We do our best to set our camp instructors up for success, and we appreciate if caregivers respect the fact that our instructors are working hard to ensure a fun and safe camp day for all of the campers.

If you have any questions or concerns about camp staff hiring or training, please reach out to the Camp Coordinator at drew.stazesky@nhnature.org or Education Director at audrey.eisenhauer@nhnature.org.

Child Protection Policy & Mandatory Reporting

Under New Hampshire law (RSA 169-C:29), every person who has "reason to suspect" that a child has been abused or neglected is required to immediately report that suspicion to the New Hampshire Department of Health and Human Services, Division of Children, Youth and Families (DCYF).

Statutorily Mandated Reporting – All Persons

The initial report may be made orally (e.g., telephonically, in person) or otherwise. The requirement to report is not dependent on whether there is proof of the abuse or neglect, nor is it dependent upon whether the information suggests the abuse or neglect is continuing or happened in the past. Any doubt regarding whether to report should be resolved in favor of reporting. Failure to report may be subject to criminal prosecution, while a report made in good faith is entitled to both civil and criminal immunity.
When possible, the report should contain:

- the name and address of the child suspected of being abused or neglected,
- the person responsible for the child's welfare,
- the specific information indicating neglect/abuse or the nature and extent of the child's injuries (including any evidence of previous injuries),
- the identity of the person or persons suspected of being responsible for such neglect or abuse, and
- any other information that might be helpful in establishing neglect or abuse.

Annual Training Required

All new hires that will be working with children will receive training (in-person or online) concerning child sexual abuse prevention, sexual assault and harassment policy training, warning signs of child abuse, and reporting mandates.

Camper Supervision Policy & Ratios

Our camper supervision policy is as follows:
A camper should never be left unattended (unless in the bathroom), and the whereabouts of each camper should always be known by at least one instructor.

Our instructors follow these guidelines for camper supervision:

- The Rule of 3: 1 Adult - 2 Youth or 2 Adult - 1 Youth.

- Never be alone and out of sight with a camper. If one instructor needs to have a one-on-one conversation with a camper, they are to make sure that they stay within eyesight of their co-instructor.

- Bathrooms in the camp room: Campers are to tell instructors they are going to the bathroom before leaving the room. Bathrooms associated with camp classrooms are not open to the public and are located either in the classroom or directly across the hall depending on the assigned classroom for the camp session.

- Bathrooms when on the exhibit trail: Instructors will wait outside but within sight and sound of the bathroom. If an instructor needs to leave the group to bring a camper to the bathroom, they will follow the Rule of 3 and bring another camper with them.

- When playing activities or games, walking the exhibit trail, or going on small trail walks, campers will be encouraged to use the buddy system to help keep track of each other. But instructors will still always be doing head-counts.

We cap our sessions at 14-15 campers per session. This ensures a low instructor-to-camper ratio.

For most sessions we will have two instructors per group, with one lead instructor and one assistant instructor. This ensures a low instructor-to-camper ratio.

For some sessions (usually our specialty weeks) we will have three instructors.

Camp Health & Medication Policies

If your child is feeling ill, please do not send them to camp.

If while at camp your child starts to exhibit signs of illness, such as fever or vomiting, we will reach out to you and ask that you come pick your child up from camp.

All Guided Discoveries instructors are First Aid/CPR certified.

Medications

Campers are not allowed to carry any medications with them while at camp – this includes over the counter medications such as Tylenol, Claritin, Vitamins, and medicated topical creams like Hydrocortisone and After-Bite.

- Children will not be allowed to hold their own medication, with the occasional exception of an inhaler or EpiPen.

Any medications (prescription and over-the-counter) have to be handed over to the Camp Coordinator at the beginning of each camp day. We will hold onto medication in a camp lockbox for the entire week of camp. Medications will be returned to the designated adults at the end of each day, or at the end of the week.

- Please let the Camp Coordinator know if your camper's medication can stay the week at camp, or it if needs to go home with them at the end of each camp session.

We are not allowed to give any medications to your child without written permission from a physician and the child's caregiver (the medication administration authorization form).

We ask that if your child requires medication (prescription or non-prescription) during their camp day, they must be capable of taking it themselves. Remember that all medications must be handed over to the Camp Coordinator at the beginning of the camp day.

If your child comes to camp with medication (prescription or non-prescription) that has to be administered by a camp instructor, you must sign a medication administration authorization form. The medication will need to be in its original, labeled container, with the child's full name and dosing instructions. The medication cannot be expired. The medication will be stored in the camp lockbox.

If your child has any allergies, you will have informed us on one of the various health/medical forms. These can be food allergies, environmental allergies, or medication allergies.

EpiPens

- If your child requires an EpiPen for their allergy, please send them to camp with their EpiPen (it cannot be expired). You must submit the EpiPen administration authorization form, allowing us to administer the EpiPen if necessary. Camp instructors will carry EpiPens in their First Aid kits whenever the camp group leaves the classroom.

Other Injuries

Throughout the summer campers will be playing outside and having fun, and may experience one of these common, non-emergency medical occurrences:

- Falls, Cuts & Scrapes
- Insect Stings & Bites
- Dehydration & Heat Exhaustion
- General Fatigue

Guided Discoveries instructors fill out Incident Reports for any injuries that require treatment (i.e. Band-Aids, ice packs). They will also notify you at pick-up of any injuries. These Incident Reports are submitted to our main office at the end of the camp day.

In case of any medical emergency, we will contact EMS. If emergency personnel are contacted, you will also be notified. If we cannot reach you, we will contact the people listed on your Emergency Contact List.

- The nearest Hospital and Emergency Room to our campus is Speare Memorial Hospital located at 16 Hospital Road, Plymouth, NH 03264.

Camp Behavior Policies, Expectations, & Management

The Guided Discoveries Camp environment should be fun, friendly, and safe. We aim to foster positive behavior by creating a trusting environment, promoting appropriate behavior, anticipating behavior problems, and redirecting a camper when behavior is inappropriate. Camp staff receive training on how to manage and redirect undesired behaviors, and are encouraged to use Positive Reinforcement Strategies.

To help us achieve a positive camp environment, we expect campers to adhere to established behavior expectations, which are discussed at the beginning of each week, and safety rules such as:

- No running on the exhibit trail or hiking trails.
- Stay with the group at all times.

- No pushing or shoving other campers, especially during games or activities.

Harassment, bullying, physical violence, and the use of offensive or inappropriate language will not be tolerated, either towards campers or towards staff.

The Education Director and Camp Coordinator reserve the right to remove any camper from the program if camp staff express concerns about the safety or wellbeing of other campers, or themselves.

If initial attempts to address and/or redirect challenging behavior are unsuccessful, the following procedures will be followed:

1. At pick-up time, a Guided Discoveries staff member will speak with you and your child about the behaviors.
    a. If the adult picking up the child is not a main caregiver or guardian, a phone call or email will be made/sent to discuss the undesired behaviors.
    b. A follow-up phone call or email may also occur later in the day, after the child is picked up by their primary caregiver or guardian.

2. If the undesired behavior continues and becomes disruptive over the following days, you may be notified and asked to come pick up your child.

3. Discussions with caretakers will happen before any action is taken, but the Education Director and Camp Coordinator reserve the right to remove a camper if they find the child is not a good fit for the camp.

PLEASE note that while we will strive to do our best to accommodate every camper, we are not able to guarantee a successful experience for everyone.

Medical Forms:

Medication Administration Authorization

&

EpipPen Administration Authorization

Only fill out and submit these forms if your child requires any of the following:

1) Medication during camp
2) An epipen
3) An asthma inhaler

SLNSC GUIDED DISCOVEREIS SUMMER CAMP PERMISSION TO POSSESS AND USE EPINEPHRINE AUTO-INJECTOR/ASTHMA INHALER

Participant Name: _____

Guided Discoveries Session(s)Attending & Dates:

_____

NH RSA 485-A:25-b & f requires the following information in order to allow a child to possess and use an Epi-pen and/or Asthma Inhaler.

Healthcare Provider Name: _____ Name of Practice: _____

Healthcare Provider Phone #: _____

Name of medication(s): _____

Route and dosage of medication: _____

Symptoms/Reasons medication should be administered: _____

Specific recommendations for administration: _____

Specific recommendations for follow up care: _____

Any side effects, contraindications, and adverse reactions to be observed:

_____

_____

As the child's healthcare provider, I attest to <u>one</u> of the following:

◇ I give permission for this child to possess and use the medication identified and that the child has the knowledge and skills to safely possess and use the medication.

◇ The child cannot self-administer the medication identified. It will need to be carried and administered by a program staff member.

_____EPINEPHRINEAUTO-INJECTOR _____ASTHMA INHALER

_____

Healthcare Provider Signature Date

As the child's parent, I give permission for this child to possess and use the identified medication above. Or, I agree that the medication needs to be carried and administered by a program staff member. For Epi-pen medications, I also understand that immediately after self-administering such medication, my child will report its use to the camp/program director or other employee to provide appropriate follow up care as applicable.

_____

Parent/Guardian Signature Date

_____

Parent/Guardian Printed Name Phone #

This completed form must be submitted by May 31st to: SLNSC Camp Coordinator, Drew Stazesky at drew.stazesky@nhnature.org

AUTHORIZATION TO ADMINISTER PRESCRIPTION AND NON PRESCRIPTION MEDICATION

IN ACCORDANCE WITH HE C 4002.18, THIS FORM MUST BE COMPLETED PRIOR TO THE ADMINISTRATION OF ANY PRESCRIPTION OR NON-PRESCRIPTION MEDICATION.

PRESCRIPTION MEDICATION WILL BE ADMINISTERED IN ACCORDANCE WITH THE PRINTED PRESCRIPTION LABEL, WHICH MUST BE ATTACHED TO THE ORIGINAL PRESCRIPTION CONTAINER.

NON-PRESCRIPTION MEDICATION MUST BE IN ORIGINAL CONTAINER, AND WILL BE ADMINISTERED IN ACCORDANCE WITH THE MANUFACTURER'S PRINTED INSTRUCTIONS. IF THERE ARE NO MANUFACTURER'S PRINTED INSTRUCTIONS FOR THE AGE OF THE CHILD, THE PROGRAM MAY ADMINISTER THE NON-PRESCRIPTION MEDICATION IN ACCORDANCE WITH THE WRITTEN, DATED AND SIGNED INSTRUCTIONS FROM THE CHILD'S PARENT, INCLUDING A STATEMENT THAT THE INSTRUCTIONS HAVE BEEN REVIEWED/APPROVED BY THE CHILD'S LICENSED HEALTH PRACTITIONER, OR WITH SIGNED, DATED WRITTEN INSTRUCTIONS FROM CHILD'S LICENSED HEALTH PRACTITIONER.

PARENT'S AUTHORIZATION

I authorize the camp staff at the **GUIDED DISCOVERIES SUMMER CAMP** to administer

the following medication to my child (insert child name):_____

Child's date of birth: _____

NAME OF MEDICATION	DOSAGE	TIMES TO ADMINISTER	BEGINNING DATE	ENDING DATE

_____

PRINTED NAME AND PHONE NUMBER OF CHILD'S LICENSED HEALTH PRACTITIONER

_____ _____

PARENT/GUARDIAN'S SIGNATURE **DATE SIGNED**

SPECIAL INSTRUCTIONS FOR ADMINISTRATION OF NON-PRESCRIPTION MEDICATION:

THE ABOVE SPECIAL INSTRUCTIONS WERE: **□ REVIEWED AND APPROVED BY THE ABOVE NAMED LICENSED HEALTH PRACTITIONER**

□ COMPLETED BY THE LICENSED HEALTH PRACTITIONER WHO'S SIGNATURE IS BELOW

_____ _____

LICENSED HEALTH PRACTITIONER'S SIGNATURE **DATE SIGNED**

This completed form must be submitted by May 31st to: SLNSC Camp Coordinator, Drew Stazesky at drew.stazesky@nhnature.org