

Day Camp Handbook

All the information you may need prior to sending your child to camp.



Welcome To The Day Camp

At Paradise Farm Camps we strive to connect your child to the outdoors and to help them realize the possibilities of their own potential.

In order to achieve this goal, Paradise Farm Camps created the Day Camp around four values: TEAMWORK, RESPECT, ENTHUSIASM, & KINDNESS. Every activity at the Day Camp strives to teach those values and reflect on their impact. In every moment, staff model these attributes and aim to develop these traits in every Camper.

Campers are assigned to cabins based on age and upcoming school grade. All activities in a cabin's schedule are age appropriate, and help that group meet specific behavioral goals.



CONTACTING CAMP

For general inquiries prior to June 8, please call 610-269-9111 or email etronoski@paradisefarmcamps.org

EMERGENCY CONTACT

To contact camp or your child in the event of an emergency please call the director or nurse:

Jim - 484-947-3377

Jackie - 610-914-1079

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CAMPER CHECKLIST

What to bring to camp every day

- ▶ **All Campers**
 - ▶ Wear closed toe shoes to camp
 - ▶ Clean swimsuit
 - ▶ Clean towel
 - ▶ Sun screen - come to camp with sun screen already applied and bring more to re-apply
 - ▶ Water shoes, crocs, or pool shoes
 - ▶ Lunch - packed in an insulated case
 - ▶ Water bottle
 - ▶ Swim band - camp provides this on the first day of camp for every child. **If a camper forgets or loses their swim band they must stay in the shallow end only until they find it.**
- ▶ **Junior Campers**
 - ▶ Jr Campers should come to camp with their swimsuit on.
 - ▶ Change of clothes to keep in their cabin for the session.
 - ▶ A book for "Quiet Time"
- ▶ **Teen Campers**
 - ▶ Teens will participate in service projects and off site trips every week. If any additional gear is needed for those parents will be notified that week.
- ▶ **Optional**
 - ▶ Hat or visor
 - ▶ Swims goggles
 - ▶ Hand Sanitizer
 - ▶ Rain Jacket/poncho
 - ▶ Sweatshirt/hoodie

WHAT NOT TO BRING

- ▶ Cell Phones
- ▶ Drugs or alcohol
- ▶ Weapons
- ▶ Animals or Pets
- ▶ Electronics
- ▶ Money
- ▶ Tobacco or Vape Products
- ▶ Personal sports equipment

Camper Drop-off & Pick-up

Drop-off time: 8:30am-9:00am

Pick-up time: 4:00pm-4:15pm

Children may be dropped off at camp as early as 7:45 am for Extended Care and as early as 8:30 am for the regular program. Children should be picked up at camp at 4:00 pm or by 6:00 pm if they are registered for Extended Care. We ask all first-time campers to arrive at camp at 8:30 am on their first day; this will give new families all the time they need to ease their first day jitters.

One-way traffic will enter through Paradise Farm Camps' Main Gates, drop-off at the Gym, and exit through the secondary access on Valley Creek Road (former Day Camp entrance). All Campers will be dropped off at the Gym in the morning.

For afternoon pick-up, all Jr. and Teen Campers will be picked up at the Gym. Day Campers will be picked up at the Rohrman driveway circle. All Extended Care campers will be picked up at the Gym.

There will be signs and staff members directing you; please follow their directions. If you need to speak with someone at camp, please attempt to contact the camp office first. However, if you need to speak to a staff member during pick-up or drop-off notify the staff member calling camper names and they will direct you where to park.

Please be prompt when picking up your child at the end of each day. If you are running late, please phone the office to inform us you are on your way. Parents arriving more than 15 minutes late will be charged a late fee of \$10 per quarter hour. If you need to make any special arrangements, please contact the office directly. If any questions arise regarding the release of your child, we will contact you or someone you have specified on your emergency contact list.

Extended Care Drop-off: Starts at 7:45am

Extended Care Pick-up: No later than 6:00pm

Late Drop-Off & Early Pick-Up

At camp we understand that sometimes camper families have to schedule things other than camp during a camp day. For all of those moments we have created a mid-day pick-up and drop-off time at 1:00pm. We ask that any family that needs to arrive late or leave early contact camp prior and utilize this 1:00 time. Unfortunately, due to the size of camp, how spread out the groups are, and for the safety of all of our campers and staff, we cannot have caregivers driving through camp to pick-up or drop off throughout the camp day. If you need any help in planning an early pick-up or late drop-off please contact our main office. Thank you for your understanding.

Medical Information

Our Day Camp believes that the health and safety of each camper is our highest priority. To ensure the health and safety of each child and staff we make sure our Medical Procedures meet the highest standards. We have a strong relationship with All-Star Pediatrics in Lionville, and each season Dr. Bradley Dyer reviews our Standing Orders. In addition to having a Camp Health Service Provider on site, all of our staff are also certified in CPR/First Aid/AED. To help our staff give your child the best care possible, we need all campers to submit a Camper Health History Form annually. This form will not only inform our staff of all medical needs your child may have, but it also gives Camp the permission to treat your child if necessary.

If a camper becomes ill or injured while at camp, the camper will first be evaluated by the Camp Health Service Provider. If the camper is determined to need additional care, the Camp will administer the appropriate treatment needed. If the Camp Health Service Provider determines that emergency care is necessary or appropriate we will try to contact the parents at home and work, and the family's emergency contacts if needed. In an emergency when no contact can be reached in a timely fashion the Camp will deliver the camper to the preferred health care facility as noted on the Camper Health History Form. If the camper presents cold or flu-like symptoms, the Camp Health Service Provider will not treat the child at camp, but call parents for immediate pick-up.

Prescription Medications

If your child takes prescription medication that needs to be distributed at camp, please bring an adequate amount to camp for the entire camp session on the first day of each session in the prescription bottle with the doctor's instructions. All medications will be stored at designated health centers and distributed by Health Services Staff. Please do not send your child with any non-prescription medications. Health Services Staff has non-prescription medications, which may be dispensed under appropriate circumstances.

If your child has any medical devices that may need to be administered in an emergency situation (i.e. Epi-pen, inhaler, etc.), please provide them to the Health Services Staff on the first day of camp. Please review with your child how to administer these devices if needed. Our staff is trained to assist your child if they need help in these emergency situations.

Before Camp

Preparing your child to come to camp is the most important thing you can do once your child has been enrolled. If your child has never visited Paradise Farm Camps, please consider scheduling a tour at any point through the year and attending the Summer Camp Kick-Off. Your child will feel more comfortable attending camp in a place that is familiar to them. Also included in this handbook is a list of the activities, a daily schedule, description of weekly themes, and a list of our Camp Programs. Review these with your children and share their excitement for attending Paradise Farm Camps.

After Camp

Lost & Found

Items found at camp will be kept in our Lost & Found sections. Junior campers will visit Lost & Found weekly with their cabin. Older campers may visit Lost & Found to search for their missing items. Please label campers' belongings to make items easier to find. Paradise Farm Camps will hold Lost & Found items until September. Unclaimed Lost & Found items will be donated.

Surveys & Communication

Your feedback informs the changes we make year to year. Please make sure to participate in the year end survey and let us know your thoughts, praises, and criticisms. We believe that all feedback is valuable.

Lunch and Snack

Please provide a lunch for your child every day of the session. There is no refrigeration available for campers' lunches, so we suggest packing a healthy lunch in an insulated container with ice packs or frozen drinks. Please pack foods that will sustain your child's energy throughout the day, rather than high-sugar foods that may lead to a sugar crash. We suggest fruits, vegetables, proteins, whole grains and fiber. We also suggest foods with some fat to help children's bodies absorb certain nutrients. Providing a sweet treat is also fine, as children need a lot of energy at Paradise Farm Camps!

Your child will also have time for snacks during the day. Please pack 2 easily accessible snacks for your child to eat during their busy day. In addition to lunch and snacks, please be sure your child eats a healthy breakfast; he/she will need fuel to maintain the high energy level exerted at camp.

Please refrain from packing soda and other sugary drinks; fruit juice is fine. Also, make sure your child has a drink for lunch AND water. We suggest a re-usable water bottle. Please fully empty and refill water bottles and lunch bags daily.

Friday Barbecue

Every Friday, campers and staff get to enjoy a hot lunch together. Buddy's Burgers brings their food truck and provides a meal for every person at camp. Camper's will get to choose between hamburgers, hotdogs, chicken fingers, and veggie burgers. Additionally each meal comes with a toppings bar, chips, and yogurt.

If a camper has a severe food allergy, dietary restriction, or doesn't like the barbecue options, we ask families to send a packed lunch for the camper to eat with their cabin group. All campers are welcome to bring snacks and drinks to supplement the barbecue, if they choose.

Camp Program Activities

Specialist Led Activities

At camp there are four specialists to lead in depth lessons in the following areas: Sports, Nature, Adventure, and Art. Cabins are scheduled to meet the four specialists once or twice each week. The Specialists will lead activities that reflect the theme of that week as well as the developmental goals of the week.

Counselor Led Activities

Our counselors will create and lead several activities of their choosing. This gives campers an opportunity to learn something new from their own counselor. Counselor planned activities can range from cooking to yoga to pickle ball to stained glass art.

Electives

Every week campers will get to choose their own adventure through electives. Campers will have a choice from 5-6 activities that meet all of the common camper interests. Once chosen they will spend two activity blocks diving deep into that activity.

Friday Activities

Fridays are something special at camp. Each week ends with a camp wide activity, game, or challenge related to the theme for that week. A carnival for carnival week, medieval STEM fair for DaVinci's Lab, or an Amazing race style challenge for monsters and myths week, there is fun to be had by all.

Swimming

Campers will have the opportunity to swim every day (weather permitting). Junior camp swim time will include structured games and lessons as well as free swim time. Campers are always closely supervised by several lifeguards as well as the campers' counselors.

Teambuilding

All camp staff will be trained in team building techniques that foster cooperation, problem solving, and effective communication. Whether learning the team building skills on our low ropes course or through incentive initiatives, these skills will be a valuable asset for each camper.

Swim Lessons

All Jr Campers, including the Tiny TREK half-day campers, will have the opportunity to participate in swim lessons for the first 20 minutes of each swim session. Campers will be split into three groups based on swim ability. Lessons will focus on aquatic safety and swimming proficiency.

Risk & Camp

We believe that all the camp activities listed above have risks commonly understood by parents or campers in our area, and/or are activities that are included in our camp insurance policies and are included in the general permission form signed on the Camper Health History Form.

Teen activities off the camp property will need an additional consent form signed by the parents or guardians of the camper. Camp will provide all necessary forms, and forms must be signed before the camper may perform any of these activities.

If there are any activities on the schedule that you are not comfortable with your child participating in, please contact our Camp Office, and we can remove the camper from that activity, and provide an alternative.

Outdoor Skills Mastery Program



Wawakiya is the Master of the Outdoors. This program is a skill mastery program that is available for any Day or Teen camper that attends three or more weeks. This program challenges children to become masters in four Outdoor Activities: (1) Basic Survival Skills (2) Fishing (3) Archery and (4) Canoeing. Camper's must demonstrate proficiency in each section by completing 15 requirements in order to receive a mastery patch. Once a camper has earned all four patches, they have become Wawakiya. This program is expected to take children multiple weeks and even years to achieve.

It is the camper's responsibility to take the initiative and effort necessary in achieving each requirement.

Safety at Camp

All activities at camp have a natural level of risk and staff are trained to recognize and mitigate that risk where appropriate. Despite this, there is always the potential for an emergency to arise through no fault of camp, staff, or campers. Therefore, staff carry two-way radios to ensure clear communication in the event of any safety issue or emergency at camp. Additionally, all staff are trained in emergency response procedures and are CPR/First Aid/AED certified. Finally, camp has invited all emergency services divisions (police, fire and ambulance) to camp so that they are familiar with navigating through camp.

Tiny Trek Half-Day Program

The Tiny Trek half day program is designed to give children entering Kindergarten an introduction to the camp program. This is the perfect option for families who are not sure if their kindergarten aged child is ready for a full day experience. A Tiny Trek camper is part of a small group of no more than 12 campers per week with two counselors. The Tiny Trek campers will participate in Nature, Art, Sports/Games, and Adventure activities at a developmentally appropriate level. After lunch every Tiny Trek camper will participate in an hour of swim time, including both swim lessons and free swim. Then these campers will be picked up at 1:00. After trying out the half day option for a week or more, families will have the option of transitioning their camper to full day for subsequent sessions or remaining half day.



Jr Camp (K-2nd Grade)

Building off of our popular traditional Day Camp program, our Junior Camp program is specifically designed for our youngest campers. Each camper is placed in a group organized by grade, and each group is led by three to four staff members.

Our Junior Campers will participate in a rotation of Arts & Crafts, Sports, and Nature or Adventure activities each morning. The afternoon is filled with both an Instructional and Free Swim period. We also provide a well-deserved quiet time for our Juniors each day.

Junior Campers will get an opportunity during the week to choose from a list of electives, such as Science, Improv, or Fishing; this enables each camper to use their own voice in deciding their unique camp experience.

Goals & Outcomes

Connecting Children to the Outdoors:

Our philosophy in helping our youngest campers **connect to the outdoors is to introduce them to the outdoors and nature**. Many children in this age group have their first true experience in nature or the outdoors at camp.

Outdoor connection goals for Jr Campers:

- Help them feel safe and comfortable in nature
- Have children play outdoors and in nature
- Start to develop a desire to spend more time outdoors and in nature

TREK & Potential goals for Jr Campers:

- **Teamwork** - encourage cooperative play with others; share objects, space, and attention; and communicate needs politely.
- **Respect** - listen & follow directions, be aware of others, use manners, and be honest.
- **Enthusiasm** - be willing and happy to try new things each day at camp, encourage others to try new things and share of themselves.
- **Kindness** - Say kind words to one another, be aware of our own and others' feelings and emotions, see our impact on others.

Sample Jr & Day Camp Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Arrival & Morning Circle				
9:20	Cabin Activity	Swim	Archery	Adventure Specialist	Camp-wide Activity
10:00	Teambuilding	Sport Specialist	Swim	Counselor Activity	
11:00		Canoeing	Unit Activity	Swim	
12:00	Lunch				
1:00	Swim	Electives	Nature Specialis	Electives	Swim
2:00	Counselor Activity		Cohort Sport		Camper Choice
3:00	Art Specialist	Capture The Flag	Counselor Activity	Maker Space	Friday Awards
3:45	Afternoon Circle				
4:00	Departure				

Day Camp (3rd–6th Grade)

The Day Camp is built upon the foundational values of TREK - Teamwork, Respect, Enthusiasm and Kindness. Campers learn these core values while attending our camp. The Day Camp encourages children to explore the outdoors, while helping them realize the possibilities of their own potential.

Each camp session is designed around a theme to ensure that if your child comes for one week or the entire summer, they will have a great time. Each camper is placed in a group organized by grade, and each group is led by 2-3 staff members. These staff members will guide the campers in a variety of activities including Sports, Nature and a variety of Adventure activities that might include archery, canoeing, fishing, orienteering and more. Every day your child will learn, grow, and have fun at camp.

Goals & Outcomes

Connecting Children to the Outdoors:

Once children have been introduced to nature and the outdoors we encourage them to explore further and appreciate nature. Helping campers understand their place in nature, and introducing activities in the outdoors that can be lifetime pursuits.

Outdoor connection goals for Day Campers:

- Feel Connected to the natural environment
- Deepen appreciation for the outdoors
- Encourage personal exploration in nature
- Develop outdoor pursuits

TREK & Potential goals for Day Campers:

- **Teamwork** - strengthen communication and problem solving skills, develop trust in self and others.
- **Respect** - see, understand, and appreciate diversity and differences; understand choice & consequence; promote positivity for self and others.
- **Enthusiasm** - celebrate personal and team accomplishments, Try new challenges, find new passions..
- **Kindness** - Encourage empathy, find the best in others and self, be an up stander not a bystander.

Teen Leadership Program

The Teen Leadership program is an incredible opportunity for teens to learn about personal responsibility, citizenship and leadership. Each group will participate in a facilitated discussion focused on the session's themes. Teens will also learn about the Paradise Farm Camps community and may help with the end of session camp-wide activity.

Service is a key component to this program, and each session will include a service learning project. Additionally, there is an off-site trip related to each session's theme. These rewarding activities will be challenging and enjoyable, while helping to build character in each teen.

The Teen Leadership program also includes a team building and personal challenge Experiential Education program. Each week, the teens are instructed in leadership qualities and teambuilding in a fun and adventurous environment at camp.

Goals & Outcomes

The focus of our Teen Leadership Program is to develop young adults to become true leaders in their community. Part of being a leader in our community is stewardship. Developing an understanding of stewardship is the natural progression once the camper has developed a true appreciation for the outdoors and nature.

Outdoor connection goals for Teens:

- Feel ownership & accountability for the outdoors
- Create lifetime outdoor interests
- Appreciate importance of service to the community
- Encourage healthy and positive risk taking

TREK & Potential goals for Teens:

- **Teamwork** - learn to lead teams through service and consensus, support other leaders, understand the difference between a leader and a "hero".
- **Respect** - Model respect for self, others and the community.
- **Enthusiasm** - share personal and team accomplishments, Try new challenges, find new passions.
- **Kindness** - Encourage empathy, find the best in others and self, be an up-stander not a bystander.

Leadership Curriculum

- **Leadership & Accountability**
 - Understand the roles in true leadership
 - Create a personal and group mission statement
 - Understand the difference in role definition and description
- **Personal Responsibility & Initiative**
 - Increase perspective in each teen to understand and apply terms such as rational optimism, irrational optimism, and pessimist
 - Help teens create personal goals to help they become the person they want to be
 - Understand the difference between a "To Do" list and a "To Be" list
- **Identity & Self-Worth**
 - Taking ownership of being a true positive role model
 - Help teens understand that how generations are defined and perceived through music
 - Encourage teens to realize how music may be an outward expression of personal feelings, emotions, and self-image
- **Collaboration & Problem Solving**
 - Strengthen problem solving skills
 - Understand and apply the concepts of deduction, logic and reason when problem solving
 - How to collect and use data when problem solving
 - Adaption and learning from failure during critical thinking process
- **Discussion & Debate**
 - Encourage open mindedness and intelligent discussion of opinions
 - Encourage teens to become educated and involved in community issues
 - Teach teens how to have a formal debate
- **Creative Expression & Insight**
 - Encourage teens to expand perspective in view of creative expression
 - Encourage teens to expression emotions in a positive, controlled, and creative outlet
 - Encourage teens to be comfortable with sharing personal feelings with others
- **Innovation & Critical Thinking**
 - Create a vision and developing it into a plan
 - Use of imagination and innovation to solve problems
 - Understand roles and responsibilities in effective group work
- **Community & Stewardship**
 - Understand role in community in terms of both citizenship and stewardship
 - Create a personal stewardship plan
 - Make opportunities for community service

Teen Off-Site Trips

Previous off-site trips:

- Marsh Creek
- Escape Room
- Philadelphia Mural Arts Program
- Academy of Social Dance
- Treehouse World
- Urban Air Trampoline Park
- West Chester Courthouse
- Valley Forge Bike Tour
- John Heinz National Wildlife Refuge
- Philadelphia Magic Gardens
- Improv Workshop

Service Projects

Past service projects include:

- Designing + building program areas
- Creating signage for Teambuilding Area
- Gardening
- Outdoor landscaping
- Stream clean-up
- Painting camp buildings
- Rebuilding Fire Circle Seating
- Building Benches and Tables
- Removing Invasive plant species
- Fundraising for outside organizations
- Planning and running camp carnival

Sample Teen Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Arrival & Morning Circle				
9:20	Teambuilding	Leadership Activity	Camper Choice	Offsite Trip	Camp-wide Activity
10:00		Swim	Adventure		
11:00		Nature	Swim		
12:00	Lunch	Lunch	Lunch		Lunch
1:00	Leadership Activity	Service Project	Leadership Activity		Swim
2:00	Swim		Sports		Camper Choice
3:00	Art		Camper Choice	Swim	Leadership Activity
3:45	Afternoon Circle				
4:00	Departure				

Day or Teen?

We know that the Teen Program is a big transition from the Day Camp program, and want to ease the transition. If your teen is 13, but the rest of their friends are still 12, and in Day Camp, they may choose to stay in Day Camp. The success of the Teen Program is built around the strong community the children have built together. Another option teens in this situation may choose is to try the Teen Program for two weeks near the end of their enrolled sessions. This gives them the chance to stay with their peers for a time, but also try the Teen Program for a time.

CIT

Former campers who have aged out of the camp programs and local teens can apply for the Counselor In Training program, a volunteer opportunity that teaches the leadership skills and youth development principles that make great camp counselors. CIT's will come for weeks 4-7 of the traditional Day Camp. Each morning they will engage in a group training with their advisor, and then spend the rest of the day shadowing other counselors, and participating in activities with cabin groups.

Frequently Asked Questions:

Q: Who will my child's Counselor be?

A: Most of the staff members are either college students or graduates, many of them having studied education or similar youth development majors. The remaining staff are exceptional high school seniors or entering their first year in college.

Q: What is the staff to camper ratio?

A: Jr Camp ratio is 1 staff per 6 campers, Day Camp ratio is 1 staff per 8 campers, and the Teen Leadership program is 1 staff to 10 teens.

Q: How many weeks should my child attend?

A: Camp is about community, youth development, learning and growing personally and socially. Through our history and relationship with parents and campers, and supported by much youth development research, we believe that to get the optimal experience at Paradise Farm Camps, children should attend at least two weeks.

Q: What do you do when it rains? What do you do when it is really hot?

A: When it rains, we follow our normal schedule when possible. In the event of lightning or thunder, we stay out of water and under cover in a camp building. Every day, Staff will pay attention to ensure children stay hydrated and cool, and on extremely hot days, will limit high physical exertion and incorporate more water games.

Q: Will my child get to do archery or canoeing every day?

A: Our Adventure activities like, archery, canoeing, fishing, and rock climbing are some of our most popular activities and we try to offer at least two of them a week during our morning Adventure activity and offer one as an elective

Q: What is quiet time?

A: Quiet Time was designed as a break for our youngest campers during the hottest part of the day. Campers will do low key activities in and around their cabin with their counselors and other staff. Activities may include coloring, chalk, puzzles, music, games, or story time.

Q: Will I receive a daily report of my child?

A: You will not receive a daily report, but may receive periodic communication from your child's instructors or a Leadership Team member. Please note the schedules in this Handbook to know the scheduled Activity Zone at any given time. You may also receive e-mail updates in the event of a major schedule change or inclement weather.

Q. Will my teen still get to do activities like archery, sports or swim every day?

A. Even though the Teen Schedule is significantly different from the Day Camp schedule they still participate in typical camp activities throughout the week. The Teens still have a Free Swim period every day, but there are times they may miss swim due to an extended off-site trip. The Teens will also engage in Sports and Adventure activities throughout the week; many of these activities are decided by the Teens themselves and led by their instructors.

Q: What should I do if I have any other questions?

A: Please make sure to contact us by email or phone with any other questions you may have. Also, please plan to come to the summer kick off to meet some of the camp staff, see the camp, and participate in some of our favorite camp activities. Also if you are a new camp family we will be hosting an online information session in the spring, keep an eye out for that date. Finally, you can always call or email for a personal tour of camp, and get all of your questions answered in person.