

Rover's Club Handbook

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



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Welcome To Rover's Club

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 this exciting new program for our youngest campers, we meet these goals by introducing the campers to fun and exciting new challenges they will get to pick from every day.

Rover's club is built upon a model of autonomy and choice. Instead of being placed into a cabin groups at the start of the week, campers will be grouped by the morning theme of their choice; they can make a different choice every day. Each morning club members get to pick from the four main camp themes: Sports, Nature, Adventure and Art. Within that theme group campers will participate in multiple activities to dive deep into that theme.



In the afternoons all of the theme groups will come back together for lunch, silly story time, quiet time, and swim. Each day will end with a giant activity or challenge for the entire club

CONTACTING CAMP

To contact camp and for general inquiries prior to August 6, 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 - 484-947-337
Jackie - 610-914-1079

ROVER'S CHECKLIST

What to bring to the club every day

▶ All Rovers

- ▶ Wear closed toe shoes to the club
- ▶ Club Members should come to camp with their swimsuit on and bring a change of clothes for the afternoon.
- ▶ 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 club member forgets or loses their swim band they must stay in the shallow end only until they find it.**
- ▶ Extra change of clothes to keep in their cabin for the session.
- ▶ A book for "Quiet Time"

▶ Optional

- ▶ Hat or visor
- ▶ Swims goggles
- ▶ Hand Sanitizer
- ▶ Rain Jacket/poncho
- ▶ Sweatshirt/hoodie

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 8:30 am. Children should be picked up at camp between 4:00 - 4:15 pm. We ask all first-time campers to arrive at camp at 8:30 am on their first day.

Due to the Overnight Camp running simultaneously, all traffic will enter and leave at the southern entrance, 1250 Valley Creek Rd. Upon entering, vehicles will continue to go left up to the Rohrman camp. Traffic will continue left around the drop off loop, where staff members will assist the campers out of the vehicle and get them to the morning circle. Drivers can follow the road down the hill and out the same entrance they entered. Please be careful crossing the one way bridge and follow the yield signs.

Pick-up traffic will proceed in the same fashion as morning drop off. 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. If any questions arise regarding the release of your child, we will contact you or someone you have specified on your emergency contact list.

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.

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.

Medical Information

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.

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 two 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.

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.

Rovers Club Activities

Morning Themes

Every morning club members will get to choose one of four morning themes: Sports, Nature, Adventure, Art. Within that theme they will participate in multiple activities that build in that theme. If they want to try a different theme each day they can, and if they prefer to stick with the same theme each day that is fine too.

Sample Themes & Activities

Theme	Monday	Tuesday	Wednesday	Thursday
Sports	<i>World Cup Soccer</i> -Small sided drills -Shoot out -Large group game	<i>March Madness</i> -Small sided drills -Knock Out -Large group game	<i>Net Games</i> -Volleyball (clout) -Tchoukball -Pickle Ball	<i>Field Games</i> -Kickball -Tennis Baseball -Ultimate Frisbee
Nature	<i>Animals</i> -Colorful Confusion -Skull Duggery -Tracking	<i>Watershed</i> -Life of a Rain Drop -Stream Study -What-a-boat	<i>Forest Ecosystems</i> -Forest Habitat -Fallen Log -Habitat in a Bottle	<i>Birds</i> -Bird Beaks & Feet -Birding Hike -Bird Feeders
Art	<i>Nature Painting</i> -Color Hike -Making Paint -Landscape Painting	<i>STEAM</i> -Baking Soda Art -Circuit Flowers -Egg Drop	<i>Yarn/String Art</i> -Macrame Dolls -Yarn Butterflies -Friendship Bracelets	<i>Clay & Pottery</i> -Coil Pots -Slab Dishes -Air Dry Pets
Adventure	<i>Canoeing & Fishing</i> -Fishing- -Canoeing -Canoe Tag	<i>Archery</i> -Archery Instruction -Archery Practice -Archery Game	<i>Outdoor Living</i> -Shelter Building -Fire Building -Free Play in Nature	<i>Hiking</i> -Orienteering -Tracking -Treasure Hunt

Silly Story Time & Quiet Time

Every afternoon, just after lunch, club members will have a bit of down time during the heat of the day to rest & recover before the afternoon's excitement.

Swimming

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

Afternoon Large Group Activities

Afternoons are reserved for special club-wide activities, games, or challenges. These may include a water carnival, all club capture the flag, an Amazing Race scavenger hunt, and an arts & crafts fair.

Field Trip Friday

On Friday, all of the club will hop on a bus after morning circle to head to the Elmwood Park Zoo. They will spend the entire day in small groups of 5-6 per counselor, exploring the zoo and learning about all of its residents. Club members will be asked to wear their camp t-shirts on Friday, and pack their lunches in a disposable lunch bag.