



## Day Camp Parent Guide

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### **Office Hours for Summer Camp (June-July)**

M-F – 9:00am-12:00p and 2:00-5:00pm

Saturday – Closed

Sunday—9:00am-12:00pm and 3:00–6:00pm

### **Camp Information:**

P: 218-829-6631

E: [nsc@mnsda.com](mailto:nsc@mnsda.com)

W: [northstarcamp.org](http://northstarcamp.org)

We look forward to having you join us at North Star Camp this summer! This Parent Guide contains information to help you prepare your child for summer camp. Feel free to contact us in the camp office during our regular office hours if you have any questions.

### **HOW WILL CHECK-IN WORK?**

#### **Daily Check-in 8:00-8:45am**

When you arrive at NSC, you will park at the lower parking lot. Then campers will be met by a staff member there. After arriving they will have a brief health screening, campers will get connected with their counselor and activity group for the day. Before leaving, please stop by the Welcome Center, if the camper has any medications, (prescription or over the counter) to drop off, or any specific medical concerns to discuss with the Nurse.

- **Stop by at the Welcome Center only if you need:**
  - To turn in all your camper's medications to the nurse

### **HOW WILL CHECK-OUT WORK - 5:00 PM Camper Pick Up**

**Campers are picked up and checked out from the field.** Because your camper's safety is important to us, campers will ONLY be released to persons listed on their accounts as an approved person to pick up the camper. This includes parents. EVERYONE who is approved to pick up a Camper must be listed on the form. Please be sure to bring a driver's license or state approved photo ID when picking up your camper.

**LATE PICK-UP** - Please make every effort to pick up your camper promptly by 5:00pm. If, however, you have special circumstances that will not allow you to pick up your camper at 5:00pm, please notify the office by noon on Friday, so that staff duties can be rearranged accordingly.

**HOW DOES THE CAMP STORE WORK?** - Your camper will have an opportunity to visit the Camp Store during their day at NSC!! The store has something for everyone - from hats, toys, stickers, water bottles, t-shirts, sweatshirts, bottled water and more. We will have an opportunity for all campers to visit the store and encourage campers to bring money with them to shop with their activity group while they are here.

**FRIEND REQUEST** – If your camper has a friend they would like to participate in Day Camp with, please have your camper's friend register for the same activity rotation on the same day as your camper.

**WATERFRONT** - Campers involved with watersports such as tubing, banana boating, or canoeing are required to wear a certified PFD, provided by NSC, while they are on the boat or participating in the activity. Certified lifeguards supervise all waterfront activities. There will be a swim test for beach activities.





**HOW DO YOU HANDLE MY CHILD'S HEALTH NEEDS?** - Your camper's health and safety is extremely important to us. The camp nurse is available to provide medical assistance should there be any need. If, in the unlikely event, your child requires off-camp care every attempt will be made to contact you prior to the off-campus visit.

🕒 Clinics and emergency room care are located within 12 miles of camp and all our staff are CPR & First Aid Certified.

🕒 A well-equipped Health Center is located on site and staffed by medical personnel. We have "over the counter" meds in stock.

🕒 North Star Camp carries secondary medical coverage on campers. Medical bills resulting from injury while at camp must first be submitted to the camper's personal medical insurer.

🕒 If you have specific concerns or care instructions, please send those to us via email or in writing, and be sure to stop by the Health Center to complete your Check-In process.

- **Medications** - When packing, have all medications in a zipper locking bag clearly marked with the camper's name. **Medications need to be in original containers.** All medication (prescriptions, vitamins, over the counter medications, etc.) must be turned in to the nurse during check in and will be administered as scheduled. Medications are to be picked up at the Health Center (located at the Welcome Center), before leaving camp. If you have severe allergies, please bring your anaphylactic kit.
- **Special Dietary Needs** - Our Food Service Providers work hard to accommodate campers with special dietary needs as much as possible. Parents of campers with serious food allergies or dietary concerns are asked to email or call camp to discuss the menu with the Food Service Director one week prior to their child's camp date. Special dietary items needed by your camper will be kept in the camp kitchen.
- **Poison Ivy & Ticks**- Poison Ivy and Ticks are abundant in our area. Help your camper learn to identify and avoid poison ivy and walk your camper through how to do a tick check. If campers come into possible contact with poison ivy, they should wash the area well with soap and water or apply an alcohol-based hand sanitizer which will neutralize the oils on the skin. Ticks carry extremely low health risks, if removed within 24 hours of attachment. Campers are encouraged to do a quick tick check often after outdoor activities and they need to do full body self-checks at least once a day to remove any attached ticks. At camp we encourage campers to stay on well-traveled paths. Our counselors, staff and camp nurse are trained to help educate and respond to poison ivy exposure and tick bites.

**PHONES** - To help campers engage most actively with the staff, campers, programming, and the adventures of camp, North Star Camp is a phone free zone for campers. Campers need to leave cell phones at home. If there is an emergency, the administrative staff from North Star Camp will contact you directly. If you have an emergency and need to contact your camper, please call the camp office (218)829-6631 and we will put you in touch with your camper.

**VISITORS** - We are not open to visitors while your camper is attending Day Camp.





**WHAT WILL MY CAMPER BE DOING?** - Campers will have the opportunity to grow and learn in the activity rotation they signed up for. Add to that, making new friends, playing group games, engaging morning worships and you have a taste of the adventure that lies ahead for your camper/s.

**STAFF** - All staff are chosen based on their personal commitment to Jesus Christ, maturity, character, and love for kids. Staff attend a minimum of a week-long training session including first aid, safety procedures, emergency drills, and certifications. Beyond physical safety, staff also receive training in bully prevention, classroom management, and conflict resolution. Classes and activities are regularly evaluated. Interviews, references and background checks are part of our hiring process. We are ACA accredited and adhere to the standards given by that association.

**FOOD DONATIONS** – North Star Camp is excited to be partnering with food banks in the area this year. We're inviting each camper to bring 2 – 4 canned goods or other non-perishable items with them to camp to help those who are less fortunate in our local area.

**WE'D LOVE YOUR FEEDBACK** - We are always looking to improve and love hearing from parents and campers! If you have any questions, concerns, or ideas, please email us or call our office.

**Thank you for entrusting us with your campers!**  
**We are looking forward to spending a day (or two) with them and helping your camper/s get to know Jesus in a more personal way during their time at North Star Camp.**



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