



Friends of Rye Nature Center Parent Information Packet Summer Camp 2023



Welcome to Paddle Adventure Camp with Friends of Rye Nature Center! We are excited to meet you and your child(ren) and ask that you read this information packet carefully to ensure that you understand the policies and procedures FRNC has established to make your camper's experience as safe and rewarding as possible. Certain sections of this information packet require that you acknowledge that you have read them by placing your initials in the adjacent box. Your signature is required at the end of the document as well and we kindly ask that you submit this form to us prior to your child's start of camp. Please keep this information for your reference; for your convenience, this packet will be posted on our website.

About FRNC's Staff

Paddle Adventure Camp (PAC) is led by qualified members of FRNC's staff and seasoned kayak instructors. Each day on the water, the group is accompanied by three trip leaders: two American Red Cross (ARC) certified lifeguards and one FRNC educator. On days without a water component, the group is led by two experienced FRNC educators. Our staff are certified in Adult, Child, and Infant CPR, and First Aid for First Responders. All staff are trained to use EpiPens. Certifications are updated annually.

Christine Siller	<i>Executive Director</i>	Aquatics Supervisor
Allison Rogers	<i>Education Director</i>	Camp Director
Emily Embick	<i>Associate Director</i>	PAC Coordinator/Trip Leader
Ben Beresford	<i>Environmental Educator</i>	Lifeguard
Jaxon Mack	<i>Environmental Educator</i>	Lifeguard
Zach Sandler	<i>Environmental Educator</i>	Lifeguard
Kassandra Souply	<i>Camp Administrator</i>	Lifeguard

What to Wear and Bring

We suggest campers arrive dressed in the appropriate clothing for that day's activity as well as pack a change of clothes to allow for hiking and paddling.

Everyday Gear	Paddle Specific Gear
<ul style="list-style-type: none"> • Backpack to store all items. We will have to hike to some paddle locations. • Personal masks that cover the camper's nose and mouth securely. • One shirt made of fast-dry synthetic, wicking material that is not cotton. • Campers should bring a change of clothes for their dry bags on water days. • Sturdy sneakers or lightweight hikers with socks. • Sunglasses with neck strap. • Sunscreen (SPF 30+). • Bug repellent. • Hat, bandana, or cap. • Healthy and hearty lunch and multiple snacks packed in reusable containers. • Energy bars. • 2 refillable water bottles (16+ oz). Staff will carry additional water on all trips. • Raincoat if showers are predicted. 	<ul style="list-style-type: none"> • Water shoes snug enough so they will not fall off easily. No sandals or cros please! (Keens, Tevas, Bodysleeve) • Towel. • Bathing suits are optional. Though swimming is prohibited, capsizing and recovery training is part of the curriculum and campers will get wet. • Long sleeve shirt to protect from sun exposure. • FRNC will provide kayaks, paddles, Personal Flotation Devices (PFDs), and a dry bag for each participant. Campers will be tasked with bringing their dry bag to and from camp all week on water days. FRNC will clean/sanitize all provided materials once returned at end of each week.

To avoid loss or damage, please do not bring electronic devices, money, or other valuable items to PAC. We recommend that participants do not carry cell phones, iPods, or headphones while at camp. If you need to get in touch with your child during the day, please call 914-921-0615. Camp administration will contact PAC staff and they will have your child contact you. Waterproof cameras are allowed.

Daily Drop-off and Pick-up

- Drop-off is between **9:00-9:20 AM**. Pick-up is at **4:00 PM**. Each day your child will be signed in and out by PAC staff at **Rye Nature Center**.
- **No supervision is available outside the designated drop-off and pick-up times.**
- Please send a note if anyone other than a parent/guardian or previously authorized person will pick up your child (nanny, babysitter, grandparent, etc.). We will NOT release your child to anyone other than a parent/guardian without prior notification.
- Please tell staff if you need to arrange an early dismissal. You may need to pick your child up from that day's location or your child may be held back from going on that day's trip.

Snack & Lunch

- Please pack a **healthy and hearty lunch for your child, including plenty of fluids**. Lunches that need to be kept cool should be packed with icepacks. Please pack foods that do not need refrigeration or heating.
- Send your child with a **reusable, refillable** water bottle. Be sure to label bottles, bags, and containers with your camper's name!
- Due to the high level of energy needed to participate in this program, we encourage campers to bring plenty of snacks. Sharing of food will be prohibited.

Prescription Drugs

- Staff cannot dispense medications of any kind, but children may take prescribed drugs on their own. Staff will check the labels and remind him/her when to take the medication.
- Please turn in all medications to staff at check-in to be safely stored until use. Send medications in **original containers** bearing prescription information, directions, and warning labels.

Insect Repellent and Sunscreen

- Camp staff is only allowed to apply repellents or sunscreens to your children with written permission. If you did not sign the optional section of the waiver, you may authorize via email or note. If you do not send your child with sunscreen or bug repellent, the Nature Center's supply includes SunX and Ranger Ready.
- Parents should use their own discretion in applying these to their camper(s) before camp each day. Please avoid strongly scented products.
- See the attached fact sheets about Lyme Disease, West Nile Virus, and Rabies.

Behavior Agreement

The following policies affecting camper health, safety and well-being are in force during camp. Violation of any of these will result in immediate dismissal:

- No drugs, including prescription medication without a doctor's note, taking over-the-counter medication outside of the camp health center, and illegal drugs.
- No alcohol.
- No smoking or tobacco products, including chewing tobacco, electronic cigarettes, vaping, etc.

Guidelines for Searching the Belongings of Participants

If there is reasonable suspicion that a violation of the program's prohibited items policy has occurred or other rules have been broken, a search may be conducted.

The following steps will be taken:

- Searches will be conducted by at least two trusted individuals, in the presence of the participant whose belongings are being searched, and preferably in a private setting, unless there is imminent danger or circumstances that require immediate action.
- Searches may include a participant's bags, backpacks, and knapsack.
- When timing and circumstances allow, the participant's parent or guardian will be notified prior to conducting the search. In situations when this is not possible, either due to timing, lack of communications coverage, or lack of response, notification will be made as soon as possible.
- If an illegal item is discovered (e.g., alcohol), it will be confiscated and retained in a secure place, and the appropriate authorities will be contacted for further action.
- If a prohibited item is discovered, it will be confiscated and retained in a secure place. Prohibited items may be returned to the parent/guardian when they arrive to pick-up their participant.

Electronic Equipment

Electronic equipment is not allowed at camp. Examples include, but are not limited to, mobile phones, cameras, and computers. Campers will be reminded to store these devices in their bags for the duration of the camp day.

Please contact us via e-mail or by calling (914) 921-0615 if you have any questions.

Sample Day

- 9:00 a.m. Campers arrive at Rye Nature Center
- 9:25 a.m. Camper Orientation, distribute gear, and depart RNC
- 10:30 a.m. Arrive at kayaking location, unload gear, safety explanation, and launch boats
- 10:45 a.m. Practice self rescues, compete in kayak races & visit points of interest
- 11:15 a.m. Paddle Constitution Marsh observing flora and fauna
- 12:30 p.m. Lunch at waterfall
- 1:00 p.m. Return through the marsh to Foundry Dock
- 2:45 p.m. Return to launch point & load gear into truck / trailer
- 3:00 p.m. Depart trip location
- 4:00 p.m. Arrive for pick-up at Rye Nature Center

Sample Week

Monday: Orientation at Rye Nature Center for a day on the Long Island Sound and the Rye Marina. Both land and water training with kayak guide; paddle games; short kayak tour.

Tuesday: Hike Anthony's Nose in Cortlandt; visit the Bear Mountain Bridge and Perkins Tower.

Wednesday: Field trip to Bronx Zoo

Thursday: Kayaking trip at Constitution Marsh in Cold Spring, stopping at an Audubon Center to look for eagles; eat lunch at waterfall

Friday: Hike Rockefeller State Park Preserve and eat lunch at Rockwood Hall with views of the Tappan Zee Bridge.

Potential Locations for the Summer

Kayaking Locations (subject to change)	Hiking Locations (subject to change)	Field Trip Locations (subject to change)
<ul style="list-style-type: none"> • Breakneck Pond – Harriman State Park • Canopus Lake – Putnam Valley, NY • Constitution Marsh – Garrison, NY • Croton River – Croton-on-the-Hudson, NY • Little Stony Point – Cold Spring, NY • Lake Sebago – Harriman State Park • Long Island Sound – Rye, NY • Rye Marina-Rye, NY 	<ul style="list-style-type: none"> • Anthony’s Nose – Cold Spring, NY • Arthur W. Butler Memorial Sanctuary – Mt. Kisco, NY • Bear Mountain State Park – Bear Mountain, NY • Breakneck Ridge – Cold Spring, NY • Bull Hill – Cold Spring, NY • Bull’s Bridge, Appalachian Trail –Kent, CT • Dover Oak, Appalachian Trail – Pawling, NY • Fahnestock State Park – Carmel, NY • Harriman State Park – Ramapo, NY • Mianus River Gorge Preserve – Bedford, NY • Rockefeller State Park Preserve – Pleasantville, NY • Sterling Forest State Park – Tuxedo Park, NY • Storm King Mountain – Cornwall-on-Hudson, NY • Ward Pound Ridge – Pound Ridge, NY • Westmoreland Sanctuary – Mt. Kisco, NY 	<ul style="list-style-type: none"> • Bronx Zoo-Bronx, NY • Boscobel & Constitution Marsh Audubon-Garrison, NY • Bear Mountain Zoo-Bear Mountain, NY • Liberty Science Center-Jersey City, NJ • Cornish Estate & Little Stony Point Park-Cold Spring, NY • Norwalk Aquarium-Norwalk, CT • Storm King Art Center-Cornwall-on-Hudson, NY

Locations and schedule are subject to change.

You will be contacted via email the week prior to your child’s enrollment with the specific schedule.

Friends of Rye Nature Center Waiver of Liability and Indemnity Agreement



I am the parent or guardian of _____ (“My Child”) who intends to participate in the Paddle Adventure Camp Program (the “Program”) operated by Friends of Rye Nature Center (“FRNC”). I hereby consent to the participation of My Child in the Program and release FRNC, its officers, directors, agents, and employees (the “Released Parties”) from and against, any and all claims, including injury to person, or for death, or from loss of, or damage to, property in any way connected to such participation. Further, I agree to indemnify and hold harmless each of the Released Parties, and all of them, from any liability they may incur as a result of My Child’s participation.

I fully understand and acknowledge that: 1) risks and dangers exist by virtue of the nature of the Program activities of hiking, climbing, and outdoor games and my child’s participation in hiking, climbing, and outdoor game activities, 2) such activities, my child’s use of equipment related to, and/or participation in, such activities may result in illness or injury or death or damage to personal property and 3) these risks and dangers may be increased and damage may occur due to actions of other participants, or by accidents, forces of nature or other causes. I understand that such risks may arise from foreseeable or unforeseeable causes and that such risks cannot be eliminated without jeopardizing the essential qualities of the activity. I hereby knowingly and voluntarily accept and assume these risks and dangers and the risks of illness, injury or death or damage to personal property on my behalf and on behalf of My Child.

In a medical emergency, I grant FRNC certified staff permission: 1) to treat My Child’s injuries within the scope of staff training. 2) to take My Child to a hospital via motorized vehicle or ambulance and 2) to authorize examination and treatment of injuries, x-rays and any other necessary care for my child. It is my intention that this release shall be interpreted as broadly and inclusively as permitted by law and that it shall be binding on My Child, my spouse, all members of my family and their heirs, executors, and assigns.

Cancellation Policy: I understand that no refunds or credits will be given towards other programs, camps, or events if you cancel your enrollment. In the event that the undersigned cancels their child’s registration for any reason, including relocation, FRNC will issue a donation receipt for the unused portion of the program fees. Membership is non-refundable.

Behavior Agreement: I understand that FRNC reserves the right to cancel this contract at any time if the staff finds that the program is not suitable for My Child due to repeated conduct by My Child that the staff finds unacceptable and that any refund in such situation will be at FRNC’s discretion.

COVID-19 Policy: I understand that FRNC is taking precautions to mitigate the spread of coronavirus. I agree that My Child will not attend the Program or utilize the facilities if they are exhibiting symptoms of or have a known exposure to COVID-19 within the recommendations dictated by the CDC and NYS and Westchester County Health Departments. I understand that this document is a promise not to sue and a release of and indemnification from all claims including the right to recover damages from FRNC in case of illness, injury, death or property loss of damage as a result of exposure to COVID-19.

Parent Name: _____ Parent Signature: _____ Date: _____

Photographic Permission and Release (Optional): I hereby grant FRNC permission to copyright, publish, use and reproduce, in whole or in part, alone or with others, any photograph, moving picture, videotape or recording taken or made of My Child, in any medium, for any purpose related to the Program, whether or not My Child is named or otherwise identified, and I agree to waive any right of inspection or approval.

Parent Name: _____ Parent Signature: _____ Date: _____

Sunscreen and Bug Spray (Optional): I grant My Child permission to carry and apply sunscreen and bug spray while at camp. If My Child requests assistance, I grant FRNC permission to assist My Child in the application of sunscreen and bug spray. If My Child does not bring their own supply of these products, they may use those provided by FRNC (Ranger Ready Repellent and Banana Boat).

Parent Name: _____ Parent Signature: _____ Date: _____