



# TIKE HIKES CAMP 2021

If you have questions regarding any of the information or policies in this packet, please contact PEEC's Camp Director, Stephanie Sherman, via [camp@peec.org](mailto:camp@peec.org) or 570-828-2310 ext. 240 or Assistant Camp Manager, Nathan Lanan at [nlanan@peec.org](mailto:nlanan@peec.org) (570-828-2310 ext. 223)

## General Information

### Camp Overview

Your child and their special adult will have the opportunity to participate in a wide variety of land, water, and adventure activities from 9am to 1pm, Monday through Friday. Camp staff plan age-appropriate activities which include hiking, crafts, games, campfires, canoeing, and much more. A suggested packing list is included at the end of this document to prepare you and your camper for the week!

### Optional Afternoon Events

Throughout the week, PEEC campers have opportunities to see guest presenters or participate in additional camp activities like field trips. For 2021, we would like to extend the option for our Tike Hike campers and adults to attend these various presentations. Each week, please connect with your PEEC naturalist for more information.



### Daily Timeline

Camper and adult sign-in begins at 8:45am and finishes by 9:10am. Tike Hikes will be based out of the Nature Yurts. Parking is located adjacent to the Nature Yurts as marked on the map below. Tike Hike sessions run from 9am to 1pm with a break built in around 11am when PEEC will provide a snack, such as fruit or granola bars. Feel free to pack snacks or an early lunch. A microwave is available but refrigeration space is not guaranteed due to camp needs.

Our campus speed limit is 10mph. For everyone's safety, please adhere to this and be aware that our roads are shared by cars, pedestrians, hikers, and bicycles.



## Health and Safety

Please review PEEC's COVID-19 Action Plan Online prior to Camp.

### Health Form

The best way for PEEC to provide a safe and healthy atmosphere to our camp communities is for families to partner with us to share any specific physical, emotional, or behavioral needs. Campers with incomplete health or immunization information will not be allowed to attend camp. If your child needs support or accommodation, please contact us.

### Allergies

If your child has allergies, please specify the allergen and severity on the registration form, including how it is triggered: airborne, touch/contact, ingestion, etc. PEEC can accommodate many allergies. All camp snacks are tree nut and peanut free. We can also provide snacks to accommodate gluten-free, dairy-free, or other food sensitivities.

PEEC cannot control lunches brought in by other campers, such as peanut butter or other potential allergens. Upon request, we can provide a separate "nut free" space.

### Medications and Medical Care

No child camper is permitted to keep medication of any kind on his/her person. If your child has an EpiPen or inhaler, PEEC must have a letter on file from the child's doctor that states his or her need to carry this medicine. For the safety of all other campers these items must be carried by adult chaperones.

All over-the-counter medicine, prescription medicine, and vitamins must be brought to the attention of staff during check-in. Prescription medicine must be in the original bottle with the doctor's name, dosage, and usage instructions on the bottle. Please put properly labelled medicine containers in a clear plastic baggie with your child's name.

PEEC has medically trained staff members and a manager on duty 24/7 during the camp week. Should an accident or injury become untreatable at camp, we will make every effort to refer adult chaperones to the necessary professionals and ensure parents/guardians are notified accordingly.

### The Great Outdoors

During their time here, campers have the opportunity to participate in hiking, games, and other outdoor activities. PEEC practices a Leave No Trace philosophy in respect for the environment, and we expect all campers and visitors to do the same.

As in any non-urban area, while at camp there is a risk of insect bites, including mosquito and tick bites, which can result in diseases such as West Nile virus, Lyme disease, and other illnesses. Send your child to camp with insect repellent. We will use every reasonable effort to assist your child in the application of repellent. Due to humidity, perspiration and other naturally recurring events, as well as the nature of insect behavior, camp cannot guarantee that your child will not be bitten and/or stung by an insect.

For your child's protection, staff members are not permitted to inspect campers for the presence of ticks or other bites. Upon returning home, examine your child for ticks and other evidence of insect bites or stings and take any necessary medical precautions. For additional information concerning insect borne illnesses, please consult The American Lyme Disease Foundations' website at <http://www.aldf.com/lyme.shtml>, and the US Government Center for Disease Control and Prevention website at <http://www.cdc.gov>.

### Behavioral Expectations

Our rules are based on respect for the safety and well-being of the entire PEEC community. PEEC staff members will review these rules with all participants (both child and adult) on the first day:



- PEEC has a zero tolerance policy on bullying or discrimination. Participants will not undertake extreme or continued disrespect of others. This includes qualities such as appearance, nationality, socioeconomic status, ethnicity, religion, learning style, ability, family structure, gender identity, sexual orientation, etc.
- Participants will not physically or emotionally endanger themselves, other campers, staff members, or any other persons.
- Participants will not steal, harm or destroy camper, staff, or PEEC property or facilities.
- Participants will not leave assigned areas without permission or engage in age-inappropriate activities.
- Participants found to possess weapons, drugs, alcohol or tobacco products will be dismissed from the program.

Violation of these rules will result in immediate action from the directors and possible removal from program. **If dismissal is necessary, child and adult participants will be asked to leave immediately without refund and registering parent/guardian will be notified if not present at the time of dismissal.**

## Cell Phones and Electronics

PEEC's camp program has a no electronics policy that extends to cell phones, mp3 players, tablets, hand-held gaming platforms, etc. The youngest generation is amidst a unique situation where they are growing up while constantly connected to vast arrays of information, games, and communication methods. We would like our campers and their participating adults to take a break from a screen and look at the natural world around them. Our camp has so many exciting experiences to offer, and electronics distract and detract from that experience.

One of the great benefits of camp is that it is a safe environment where campers can learn independence. This can often be a learning experience for adults as well. We are often find ourselves connected to many needs throughout the day via our electronics.

Please partner with us in supporting our electronic policy. Please limit the need for cell phone contact during the hours of camp and leave the tablets at home. If you still feel concerned about necessary calls, please contact the Camp Directors.



## Clothing and Equipment

All personal items brought to camp should be clearly labeled for the camper & adult. PEEC is not responsible for lost or damaged items.

### Essentials:

- Snacks &/or Ready-to-eat lunch (food that does not require refrigeration or a microwave)
- Clothing suitable for hiking, playing outside, and getting paint or dirt on it
- Rainwear (poncho or rain jacket, boots)
- Sweatshirt or sweater (if cold day)
- Reusable water bottle
- Backpack to carry gear during the day
- Sturdy hiking shoes - sneakers or boots. No flip flops!
- Swimsuit, towel, water shoes (Wednesday- Akenac)
- Sun screen or sun block

### Optional:

- Camera
- Watch
- Insect Repellent (recommended)
- Something to tie-dye!

### **PROHIBITED ITEMS – DO NOT BRING**

- **Flip Flops**
- Pocket knives
- Matches or lighters

Participants found to possess weapons, drugs, alcohol or tobacco products will be dismissed from the program.