

# Nature Camp at Lyman Woods

## Information for Parents

### Drop-off & Pick-up

**Parents must sign their children in and out each day.** Camp instructors will have sign in/out sheets. Please supervise your child if you arrive more than 10 minutes before the start of camp.

If there are other adults that may be picking up your child, please **list their names** on your child's **Health History & Emergency form**. They may be asked to show identification when picking up. If we are unaware of pick-up changes, we will have to contact you before being able to release your child.

### Before/After Hours

Nature Camp is partnering with Adventure Camp and Teen Trekkers to provide before and after care for campers. All before/after hours sessions are located at the **Lincoln Center**. Children enrolled in before/after care will be transported to/from Lyman Woods in Park District vehicles by Adventure Camp staff.

### Attendance

If your child will not be attending camp due to illness or other reasons, or will be arriving late or leaving early, **call us at (630) 963-9388**.

### Be Prepared

Facilitating an amazing camp experience for your child is our goal.

That being said, Lyman Woods is a Natural Area. There can be mosquitos, mud, and rain, and we all know that having soggy socks and itchy elbows can take the wind out of a child's sails pretty quickly!

Our recommendations for keeping your child comfortable at camp:

- Lightweight **long pants** will protect your child's legs from insect bites and poison ivy.
- **Closed shoes are required.** Sandals and other shoes with openings, including Crocs and Keens, are **not allowed**.
- Apply sunscreen and insect repellent before bringing your child to camp. **Camp counselors are not permitted** to apply these to campers. We will have **bug repellent bracelets** for campers.
- We have **not** found deer ticks (the type that carries Lyme disease), but we do occasionally find wood ticks. **Insect repellent, long pants, and a hat** are the best ways to avoid ticks.
- **Getting messy** is part of connecting with nature! Send your child in play clothes and shoes/boots – things that can get **muddy, wet, stained**, etc. **Please pay attention to the weather.** It may be beautiful and sunny on Monday, but if it rained all weekend, the trails will be **MUDDY**.
- We go outside in rain! Send your child with **extra shoes, rain/mud boots, and a raincoat** when appropriate. Don't forget **extra socks**, too! In the case of severe weather, camp will be held indoors.
- Campers sometimes have a hard time recognizing their own jackets or remembering what they brought with them. **Labeling** these items helps make sure everything gets back to its rightful owner at the end of the day!



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### Camp Code of Conduct

All camp participants are expected to exhibit appropriate behavior at all times.

Please **review** the following expectations with your child, **before camp!**

Campers should show respect to:

- All camp counselors
- Fellow campers
- Camp volunteers
- The interpretive center, preserve, and the animals and plants within it
- Themselves!

How can campers do this?

- Follow the instructions of the camp counselor.
- **Stay with the group.** The counselor always leads the group on trails.
- Show courtesy to others: hitting, screaming, name-calling, or foul language is **not acceptable**.
- Leave no trace (no littering or collecting natural objects without permission).
- If you get hurt, or have questions or concerns, tell your counselor immediately.



Camp guidelines help make camp safe and enjoyable for all participants. Additional rules may be developed for particular programs as deemed necessary by staff.

### Electronic Devices

Please **do not send electronic devices** or other toys to camp. Items such as cell phones, tablets and handheld game devices are not to be used during camp, unless otherwise specified. Staff reserves the right to hold these items in the office until pick-up.

### Discipline

A positive approach will be used regarding discipline. If an unsuitable behavior occurs, staff will use age-appropriate rules and discipline specific to each situation. The Downers Grove Park District reserves the right to dismiss a participant whose behavior endangers the safety of him/herself or others. Staff will be forced to evaluate the enrollment of any child whose behavior is continually inappropriate.

### Bathrooms

Plenty of bathroom breaks will be given! However, **STAFF CANNOT ASSIST WITH BATHROOM NEEDS**. Commonly overlooked areas of concern include:

- Pants with belts, buttons or snaps that are **difficult for a child to undo or fasten themselves**
- Children who are not yet able to clean themselves after a bowel movement or have been having difficulties with bowel movements

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### Food/Snacks

We strive to provide safe and healthy snacks each day! Half-day camps will have one snack each day, while full-day camps will have two snacks each day. Examples of snacks include fresh fruit and vegetables such as:

- Oranges
- Apples
- Carrot sticks
- Bananas
- Watermelon
- Snap peas

Occasionally we may have frozen fruit bars, cheese sticks, veggies from our organic on-site garden, or a sweet campfire treat like s'mores!



We provide water at each snack, as well as taking water breaks throughout the day.

If your child has a **food allergy** or **dietary restriction**, let us know as soon as possible so we can arrange for alternative snacks.

### Picky Eaters

Part of camp is encouraging campers to try new things – including foods they might think they don't like! Out of respect for children who may have allergies or restrictions, as well as the other campers, **please contact us before sending an alternate snack with your child**. Apple slices are a lot less exciting if someone else has cookies!

### Lunch: Full Day Camps

If your child is enrolled in a full day camp, **please send them with a sack lunch**. In the interest of keeping waste low, please consider packing your child's lunch in **reusable containers** and lunch bags. We will have recycling and compost containers available. Some days, camps might eat lunch separately; other days, camps might eat lunch together. Due to food allergies and restrictions, **children are NOT permitted to share food**. Campers will also be asked to save their lunch for lunchtime, rather than dipping into it during snack.

### Camp Staff

Lyman Woods Summer Camp staff is made up of outdoor professionals and certified teachers. All camp staff is certified in CPR, First Aid, emergency procedures, and AED operation. All staff carry a first aid kit, radio and cell phone for emergency communication. Camp volunteers are community members who are at least 14 years of age and have undergone volunteer training. Anyone over the age of 18 will have undergone a background check.

### Questions?

Call us at **(630) 963-9388** or [email Anna](mailto:afontanetta@dgparks.org), the Camp Coordinator, at [afontanetta@dgparks.org](mailto:afontanetta@dgparks.org). We look forward to another awesome summer!

