

CAMP

NONO

RAMSBOTTOM

PARENT/GUARDIAN HANDBOOK



Drop-off & Pick-up from Camp

- Drop-off campers between 8:00 and 8:45 a.m. to avoid the congestion caused by Camp buses.
- Campers arriving after 9:00 a.m. or through an alternate form of transportation than normal must sign in at the office with an accompanying adult.
- Pick-up time is between 4:15 and 4:45 p.m. This will allow buses to leave Camp at 4:00 p.m. Campers being picked up will not be dismissed until after 4:15 p.m.

Early Dismissal

- Parents/Guardians requesting early dismissal must send a note to the Camp office. A phone call follow-up is also recommended.
- You must sign your child out at the office before leaving Camp.
- We recommend that early dismissals be scheduled between 12:30 and 1:30 p.m. However, the **early pick-up time must be before 3:00 p.m.**

Busing

- Camp Ramsbottom will provide supervision on every bus but NOT at every bus stop. Parents/Guardians are expected to supervise their children until they board the bus and must be at the bus stop when they return from Camp.
- Campers must arrive and return home on the same bus.
- Campers must also arrive and depart from Camp by the same transportation method.
- Bus pick-ups start at 8:15 a.m. and buses return at approximately 4:15 p.m.
- Bus Rules:
 - The bus driver is in charge of the bus;
 - Campers need to obey the driver and counselors at all times;
 - Campers must be on time, the bus will not wait for anyone;
 - Everyone must wait in the designated area until given permission to approach the bus;
 - Campers must take the seat assigned to them and not cut in line. Campers may not change seats once seated;
 - Do not open windows without permission;
 - Passengers must remain seated at all times while the vehicle is in motion;
 - Passengers are required to wear restraint devices when available;
 - Keep hands and all other objects inside the bus;
 - No eating or drinking on the bus;
 - Use indoor voices even when on the bus; and
 - The right of all campers to ride on the Camp buses is a condition of good behavior and observance of the Camp and bus rules. Campers who fail to adhere to these rules will be reported to the Camp administration and bus privileges could be suspended.

Visitors' Policy

Non-campers may enter campgrounds only when escorted by a member of the Camp staff. Visitors must report directly to the Office to register and must leave a driver's license and car keys at the Office while on the campgrounds.

What to Bring/Wear

Towel, bathing suit, hat, sunscreen, water bottle (filling stations available throughout Camp), appropriate footwear (no flip-flops), and insect repellent. Inclement weather programming provided, but campers must bring rain gear. Please write camper's name on all personal items.

What Not to Bring

Cell phones (campers who need to call a parent/guardian should go to the Office), hand-held electronics/games, toys, collectible cards, sports equipment, and animals. Additionally, weapons, drugs or alcohol of any kind are prohibited.

Food (Lunch/Trading Post)

- Lunches may be purchased upon registration for an additional fee each session.
- Do not send your child with a hot lunch — we do not have a way to heat up lunches at Camp, so ALL lunches will be served cold.
- The Trading Post offers snacks and beverages for purchase throughout the day.
- Water bottle filling stations are also available throughout Camp.

Special Activities

- Activities including Campfires and Awards Ceremonies are held through the Camp season. Notices and permission slips will be sent home with details and information in advance of the activity. Please note: A small additional fee is required for attendance at the Campfires.
- Information on Friday theme days and dress-up days will be sent home with your camper in advance of the planned event and/or through verbal announcements at Camp and from bus captains/drop-off counselors.
 - Information regarding Friday theme days can also be found in Camp Brochure.

Weather (Rainy Days/Severe Weather)

- Rainy Days:
 - Camp is held rain or shine — but campers must bring rain gear.
- Severe Weather:
 - If we have advance notice of severe weather approaching the Rehoboth area, campers will be moved to the registration areas and remain there until the storm has passed. The registration areas are: the pavilion by the pool, the games shelter, and the large party tents in the main field.
 - In case of a quick hitting summer storm, campers and staff will report to the nearest shelter and remain there until the storm passes. All of the activities have a shelter from the elements.
 - For the safety of our campers and their parents/guardians, we do not permit campers to move about Camp during a storm, therefore, we ask that you wait to pick them up until the storm is over.

Lost & Found

Found items are placed on the fence surrounding the pool for a week. After a week, items will be removed from the fence and brought to the girls' locker room. The Boys & Girls Club of Pawtucket/Camp Ramsbottom is not responsible for any damaged, lost, or stolen items.

Health Policy (Illness/Injury/Medication)

- Camp Ramsbottom is equipped to care for children who are in good health. Children should not attend Camp if they exhibit any of the following symptoms:
 - Fever of 100°F or more;
 - Vomiting or diarrhea;
 - Severe nasal or eye discharge;
 - An unidentified rash;
 - A contagious disease (e.g.: chicken pox, measles, etc.)
 - If a child is prescribed antibiotics, the child must be on that medication for at least 24 hours before returning to Camp. If your child has a communicable disease, please notify the Camp office as soon as possible.
 - If a child becomes ill at Camp, parents/guardians will be contacted to make necessary arrangements to pick-up their child.
- Your child can return to Camp when:
 - Their temperature is consistently below 100°F for 24 hours without medication;
 - An infection has been diagnosed and your child has been on antibiotics for 24 hours;
 - It has been 24 hours since the last episode of vomiting or diarrhea;
 - Nasal or eye discharge has subsided;
 - Their rash has subsided, or a physician has determined it is not contagious;
 - Ringworm has been treated and covered.
- Injuries:
 - The Health Care Supervisor will treat routine scrapes and cuts. In all cases of serious illness or accident the Camp Health Care Supervisor will contact the parent/guardian. In the event they cannot be reached the signed authorization on the child's health form will allow the Camp to secure proper treatment. A note will be sent home to parents/guardians about any treatment received from the Camp Health Care Supervisor. Injuries requiring rescue service and medical attention will be the financial responsibility of the parent/guardian.
- Medication Policy:
 - All medications that must be administered during Camp hours require written permission from the parent/guardian and prescription medications require written instructions from the child's medical provider or dentist.
 - All medications are kept in the First Aid Office and must be in the original prescription bottle, clearly labeled with the camper's name, date, and the amount and frequency of dosage.

- Campers will only be allowed to carry and administer their own medications (such as an inhaler or EpiPen) with written permission from a parent/guardian and their primary care provider (physician, nurse practitioner, physician's assistant).

- In the unlikely event of a widespread medical or other problem at Camp, written notifications will be sent home with your camper within 24 hours.

Behavior (Camp Rules/Anti-Bullying)

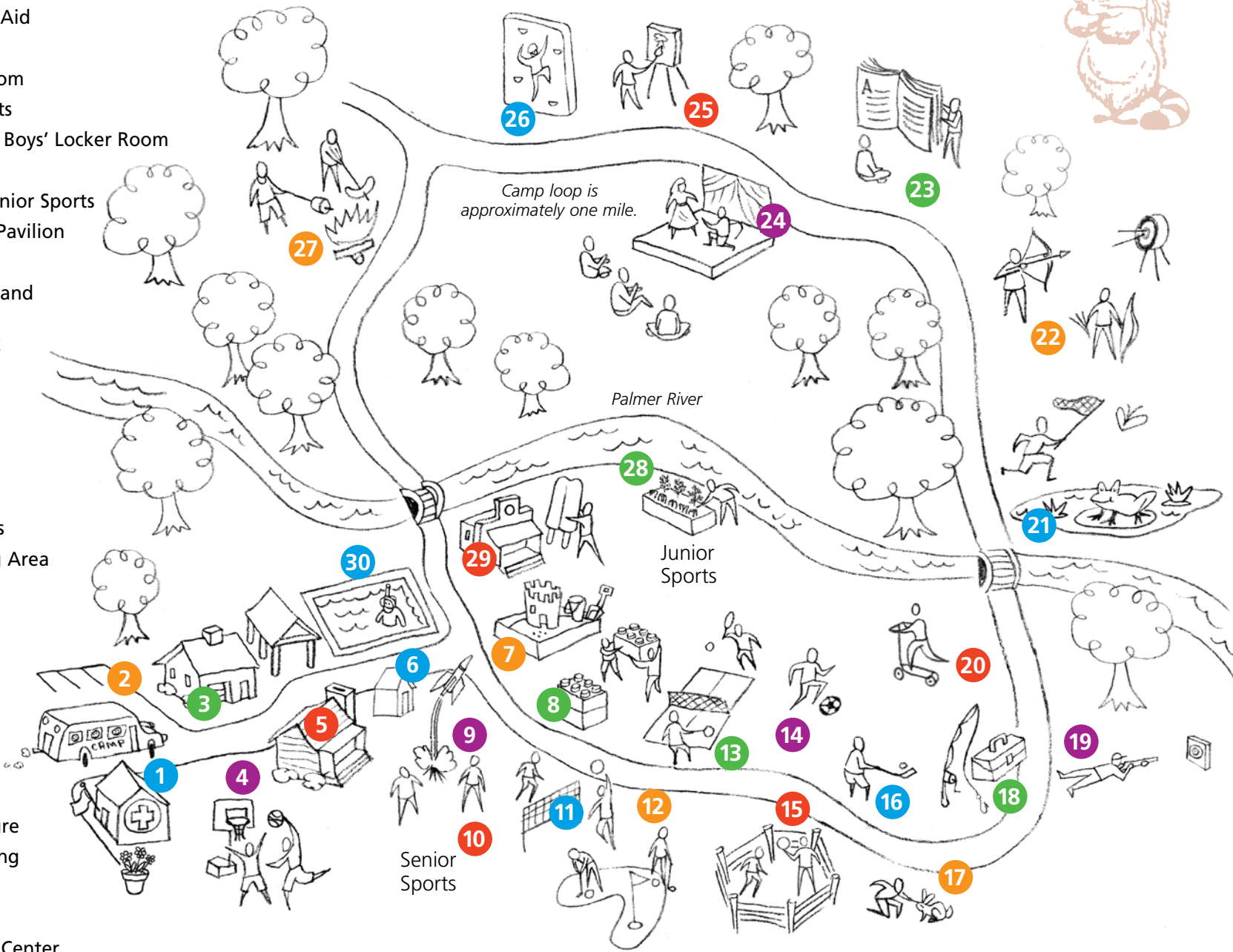
- Camp Rules:
 - NO hitting, pushing, shoving, kicking or any other type of contact is allowed between members — report any incident to the nearest counselor.
 - NO throwing of anything, except balls or other sports equipment during games, sticks and stones must stay on the ground.
 - NO swearing.
 - NO cell phones are allowed at Camp.
 - NO bringing home of any insects, animals, or aquatic life from Camp.
 - DO show respect for others.
 - DO stay with your group at all times — stay on the paths and never wander off by yourself or leave Camp property.
 - DO listen to counselors/follow directions.
 - DO be on time — for lunch, tribe lines and assemblies.
 - DO help keep Camp clean — use the designated trash barrels.
 - DO play safely and fairly.
- Tolerance:
 - We are open-minded and do not fear differences. We welcome diversity in all its forms including ideas and capabilities, socioeconomic and faith, gender and age, race and ethnicity, sexual orientation and gender identity. We believe in equality — that all people have the same rights — and equity — that all people deserve fairness.
- Anti-Bullying:
 - Children are entitled to a pleasant Camp experience, therefore, Camp Ramsbottom cannot serve children who display chronic disruptive behavior. Such behavior is defined as physical or verbal bullying that may involve but is not limited to behavior that:
 - Requires constant attention from the staff,
 - Inflicts physical or emotional harm on other children,
 - Abuses the staff, and/or
 - Ignores or disobeys the rules that guide behavior during the day at Camp.
 - If a child cannot adjust to the Camp setting and behave appropriately, then the child may be suspended from Camp. All reasonable efforts will be made to help children adjust to Camp and have an enjoyable experience.

CAMP RAMSBOTTOM

205 Winthrop St. (Rte. 44) Rehoboth, MA
 401.722.8840 (year-round)
 508.252.6300 (summer)
www.bgcpawt.org



- 1) Office and First Aid
- 2) Parking Lot
- 3) Girls' Locker Room
- 4) Basketball Courts
- 5) Pieri Lodge and Boys' Locker Room
- 6) Restrooms
- 7) Sandbox and Junior Sports
- 8) McHale Games Pavilion
- 9) Model Rocketry
- 10) Adventure Play and Senior Sports
- 11) Volleyball Court
- 12) Miniature Golf
- 13) Tennis
- 14) Soccer
- 15) Ga-ga Ball
- 16) Street Hockey
- 17) Bunnies & Goats
- 18) Fishing Meeting Area
- 19) Riflery
- 20) Scooters
- 21) Nature
- 22) Archery
- 23) Reading
- 24) Drama
- 25) Art & Crafts
- 26) Pioneering/Project Adventure
- 27) Campfire Cooking
- 28) Gardening
- 29) Trading Post
- 30) Barlow Aquatic Center



Sun Exposure

- Campers are encouraged to wear wide brimmed hats and/or sunglasses and wear sunscreen (SPF 30 or higher).
- Parents/Guardians should apply sunscreen prior to arrival at Camp.
- Campers are encouraged to pack sunscreen, and staff are available to supervise reapplication as needed.
- Staff will provide reminders to reapply sunscreen as needed throughout the day, but we ask that parents/guardians remind their children to be sun safe throughout the day.

Insect Repellent

- Insect repellent is also highly recommended for all campers. This should also be applied prior to arrival at Camp, and after application of sunscreen.
- Campers are encouraged to pack insect repellent (available in sprays/towelettes), and will be reminded to reapply throughout the day.

Tick Information

- At Camp Ramsbottom, we work to limit the risks of your child being exposed to ticks.
- We have trained staff who will help to teach campers to be aware of ticks.
- We will conduct frequent tick checks throughout the day, but strongly encourage parents/guardians to do a tick check when at home.
- According to latest research, it usually takes a tick 24 hours to attach to a person, and possibly up to 48 hours before transmitting a disease. If a tick is found on a camper and not deeply attached, we can remove it. If the tick is too deeply embedded, the parent/guardian will be notified promptly to decide on the best plan for removal of the tick. Prompt tick removal is the best way to prevent tick borne disease.
- For more information about ticks please visit: www.tickcounter.org

Meningococcal Disease and Camp Attendees: Commonly Asked Questions

What is meningococcal disease?

Meningococcal disease is caused by infection with bacteria called *Neisseria meningitidis*. These bacteria can infect the tissue (the “meninges”) that surrounds the brain and spinal cord and cause meningitis, or they may infect the blood or other organs of the body. Symptoms of meningococcal disease can include fever, severe and constant headache, stiff neck or neck pain, nausea and vomiting, and rash. In the US, about 350-550 people get meningococcal disease each year and 10-15% die despite receiving antibiotic treatment. Of those who survive, about 10-20% may lose limbs, become hard of hearing or deaf, have problems with their nervous system, including long term neurological problems, or have seizures or strokes.

How is meningococcal disease spread?

These bacteria are passed from person-to-person through saliva (spit). You must be in close contact with an infected person’s saliva in order for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils or sharing cigarettes with someone who is infected; or being within 3-6 feet of someone who is infected and is coughing and sneezing.

Who is most at risk for getting meningococcal disease?

People who travel to certain parts of the world where the disease is very common, microbiologists, people with HIV infection and those exposed to meningococcal disease during an outbreak are at risk for meningococcal disease. Children and adults with damaged or removed spleens or persistent complement component deficiency (an inherited immune disorder) are at risk. Adolescents, and people who live in certain settings such as college freshmen living in dormitories and military recruits are at greater risk of disease from some of the serotypes.

Are camp attendees at increased risk for meningococcal disease?

Children attending day or residential camps are not considered to be at an increased risk for meningococcal disease because of their participation.

Is there a vaccine against meningococcal disease?

Yes, there are 2 different meningococcal vaccines. Quadrivalent meningococcal conjugate vaccine (Menactra and Menveo) protects against 4 serotypes (A, C, W and Y) of meningococcal disease. Meningococcal serogroup B vaccine (Bexsero and Trumenba) protects against serogroup B meningococcal disease, for age 10 and older.

Should my child or adolescent receive meningococcal vaccine?

That depends. Meningococcal conjugate vaccine (Menactra and Menveo) is routinely recommended at age 11-12 years with a booster at age 16. In addition, this vaccine may be recommended for children with certain high-risk health conditions, such as those described above. Otherwise, meningococcal vaccine is not recommended for attendance at camps.

Meningococcal serogroup B vaccine (Bexsero and Trumenba) is recommended for people with certain relatively rare high-risk health conditions (examples: persons with a damaged spleen or whose spleen has been removed, those with persistent complement component deficiency (an inherited disorder), and people who may have been exposed during an outbreak). Adolescents and young adults (16 through 23 years of age) who do not have high risk conditions may be vaccinated with a serogroup meningococcal vaccine, preferably at 16 through 18 years of age, to provide short term protection for most strains of serogroup B meningococcal disease. Parents of adolescents and children who are at higher risk of infection, because of certain medical conditions or other circumstances, should discuss vaccination with their child’s healthcare provider.

How can I protect my child or adolescent from getting meningococcal disease?

The best protection against meningococcal disease and many other infectious diseases is thorough and frequent handwashing, respiratory hygiene and cough etiquette. Individuals should:

1. wash their hands often, especially after using the toilet and before eating or preparing food (hands should be washed with soap and water or an alcohol-based hand gel or rub may be used if hands are not visibly dirty);
2. cover their nose and mouth with a tissue when coughing or sneezing and discard the tissue in a trash can; or if they don't have a tissue, cough or sneeze into their upper sleeve.
3. not share food, drinks or eating utensils with other people, especially if they are ill.
4. contact their healthcare provider immediately if they have symptoms of meningitis.

If your child is exposed to someone with meningococcal disease, antibiotics may be recommended to keep your child from getting sick.

You can obtain more information about meningococcal disease or vaccination from your healthcare provider, your local Board of Health (listed in the phone book under government), or the Massachusetts Department of Public Health Division of Epidemiology and Immunization at (617) 983-6800 or on the MDPH website at www.mass.gov/dph.

Provided by the Massachusetts Department of Public Health in accordance with M.G.L. c.111, s.219 and 105 CMR 430.157(C).

Massachusetts Department of Public Health, Division of Epidemiology and Immunization, 305 South Street, Jamaica Plain, MA 02130

Updated March 2018



Camp Ramsbottom

205 Winthrop Street/Route 44
Rehoboth, MA 02769
Phone: 508.252.6300
Fax: 508.252.6012

Contacting the Camp Office

The Camp Office is very busy; when calling, you may get a busy signal or be sent directly to voicemail. Please leave a message — they are checked regularly throughout the day.

Boys & Girls Club of Pawtucket

One Moeller Place
Pawtucket, RI 02860
Phone: 401.722.8840
Fax: 401.727.4733
ramsbottom@bgcpawt.org
www.bgcpawt.org

Camp Hours

8:30 a.m. – 4:00 p.m.

Extended Care*

7:30 a.m. – 5:30 p.m.

(at both Camp and the Boys & Girls Club of Pawtucket)

**Available for an additional fee*



BOYS & GIRLS CLUB
OF PAWTUCKET