



PARENT & CAMPER HANDBOOK

WELCOME TO CAMP NAZARETH



www.campnaz.org



Welcome to Camp Nazareth

WELCOME FROM CAMP NAZARETH

Thank you for choosing Camp Nazareth for your child's summer camp experience! You've given your child a wonderful gift—the opportunity to experience the natural world, learn new skills, make meaningful new friendships, and rediscover themselves outside of the pressures of the modern world. We're looking forward to a safe and fun summer that instills confidence in your child and creates wonderful memories.

Located in Woodgate, NY, on 200+ acres of forest and lakefront in the Adirondack Park, Camp Nazareth has been providing resident camping for boys and girls in the foothills of the Adirondacks since 1953.

We want you to know that we are available to answer your questions and listen to your needs.

Simply call us at 315-801-7015, text 315-796-6133, or email us at campnazinfo@ccharityom.org.

We look forward to meeting your child this summer!

Dave George

Dave George, Program Manager - Youth Services
Catholic Charities of Oneida/Madison County

COMMUNICATION



Contacting Your Camper In An Emergency

Should you need to contact your camper in emergency circumstances, please do so through the contact numbers below.

Catholic Charities Main Office # 315.724.2158 Ext 7015

Camp Nazareth Cell # 315.832.5745, Office #315.231.8075

Contacting Your Child Through Mail

We encourage you to write to your child. Please send letters early (at least 1 week before your camp week) as they take longer to get to camp:

Camp Nazareth 112 Long Lake Road

Woodgate, NY 13494

Attention: Camper Name





Staff/Parent Communication

Staff are trained to handle day-to-day situations that may arise during your camper's stay at Camp Nazareth in a safe and caring manner. Instances when you might expect to hear from camp staff for consultations or to arrange to pick up your camper may include:

- Behavioral issues including bullying or verbal or physical aggression
- Severe homesickness
- Illness, including vomiting or respiratory symptoms with a fever over 100F
- If your child receives medical care outside the ordinary including bee stings, fractures and sprains
- If your child requires medical care off-site we will do our best to reach you before we leave camp. A cell phone will accompany your child and staff so you may be in contact with your child.
- Emergencies or evacuations



Evacuation Procedures

In the unlikely event that Catholic charities would decide to evacuate Camp Nazareth, we will attempt to contact the family, starting with the parent or guardian, then the emergency contact, in that order. At that time, the person we make contact with will be given further instructions on how the evacuation will proceed. For this reason, it is truly important that we have accurate contact information for parents and the emergency contact person during your child's camp experience.



Behavioral Problems

It is our policy to consult with parents on strategies for dealing with campers who experience behavioral problems. Camp staff will make every effort to call the family starting with the parent or guardian, then the emergency contact. When the welfare of the camper, other campers, or camp property/ equipment is jeopardized, the parent or guardian will be notified to pick up their camper. Program fees will be forfeited.



HEALTH INFORMATION



Important!

The health and safety of your child is our primary concern. To ensure camp health care providers have the information necessary in advance, copies of camper's Immunization records, Health History forms, and Medication Authorizations must be returned no later than one (1) week prior to the campers scheduled week. Please get this health information submitted as soon as possible, and please avoid bringing health forms to check-in. Camp has made our Health History form part of our online registration to make this process a bit easier, but we are required to have an immunization list on file for every camper and medication authorization if you are sending medications to camp.

Illness at Camp

Our camp's health area has a limited capacity to keep campers in extended isolation. In our experience, campers with medical conditions feel more comfortable recuperating at home. In such a situation, the camp staff may contact parents and request that they come early and pick up their child from camp.





Medications

If you will be sending prescription or over-the-counter medications (i.e. Ibuprofen, Benadryl, Claritin, vitamins), please follow the instructions below:

1. Authorization for Administration of Medication Form must be filled out and signed by the prescriber for all medications that are being administered at Camp Nazareth. This includes all over-the-counter (OTC) medications. Camp Nazareth no longer provides over-the-counter medications.



2. Regulations require us to dispense medication only from the original container according to the prescribed dosage. Your pharmacy can provide you with an extra container if needed.

3. Only send the exact dosage (plus two extras) your camper will need during their session.

4. Place all medications in a clear zip-lock bag to be given to our Health Professional at the time of check-in.

All medications must be held in our Health Office. Campers are prohibited from having drugs or medications in their possession.

FINANCIAL



Payments

Outstanding balances must be received by our Main Office prior to camp. Please contact our Main Office with any issues or questions.
Please refrain from making payments at Camp

Make checks payable to Catholic Charities, and send to:
Attention: Camp Nazareth 1408 Genesee Street
Utica, NY 13502

Or please pay the balance with the camper's name on our website
www.campnaz.org

Refund Policy

The \$75.00 deposit fee is non-refundable and non-transferable. It is paid at the time of registration for each week reserved. Refunds beyond the deposit will be for illness or injury only and will be prorated. You must notify the camp office in writing with a letter from your attending physician.



ODDS & ENDS



Late Arrivals & No Shows

If your camper will arrive late to camp or will be picked up early, please notify us at least 2 week(s) prior to the session to make arrangements. If a camper does not show up at camp by evening of the opening day, staff will call the primary contact to determine the camper's whereabouts. No refunds are given for late arrivals or no shows.



Drop Off and Pick-Up Times

Registration begins Sunday at 1:00 PM for campers with last names A-J. K-Z registration begins at 2:00 PM and concludes at 3:00 PM. Friday pick up is between 4:00 PM and 6:00 PM. No dinner is served on Friday. Please adhere to the designated time frames. If someone other than parent or guardian will be picking up the camper, please notify our camp director by phone: office #315.231.8075, cell # 315.832.5745, or by e-mailing: campnazinfo@ccharityom.org

Camp Canteen

Snacks, drinks, clothing, and camp gear can now be purchased at the canteen. A \$10.00 credit from the registration fee will be available for campers to make purchases during the week. Additional funds can be added to your campers account for the week and can be paid via credit card at camp, check, or cash at drop off or prior to camp. No refunds for unspent balances so please stop by the canteen at pick up to use any last remaining funds. Shop our Webstore now at www.campnazshop.com.



Lost & Found

Consider labeling your child's camp gear and clothing with his or her first and last name. At the end of each session, we will attempt to return lost and found items to campers before they leave camp. All lost and found items left at camp will remain at camp until the last full session week. Please contact the camp office with inquiry of an item. Please check your campers items before leaving camp (including any medications). Left items will be donated. Camp Nazareth is not responsible for lost, damaged, or stolen items.



Suggested Items for Packing

All personal items must be clearly labeled with campers name.

- Sleeping bag, blanket, pillow, and a twin-sized fitted sheet to cover the mattress. These are crucial to bring!
- Pajamas/clothes to sleep in (it can get very chilly at night, so bring warm things as well!)
- 1-2 Bath towels
- A pair of shower shoes
- Flashlight
- Sunglasses (if needed)
- Sunscreen
- Bug Spray (non-aerosol). Make sure to check your registration form to see if your child can use.
- Socks (recommended to pack 1 pair per day, plus an additional 2-3 pairs), walking shoes, or boots
- Appropriate clothing for outdoor activities such as hiking, sports, boating, etc.
- 1- 2 beach towels
- Many campers pack a nice outfit to wear to the dance on Wednesday night (This is completely optional)
- Book(s)
- Toiletries (shampoo, soap, toothbrush, toothpaste, deodorant... Shower caddy/bucket to carry belongings to bathhouse is helpful). Please note that campers are required to shower EVERY DAY and wear bathing suits when showering.
- REFILLABLE WATER BOTTLE (We have water stations around camp to fill water bottles)
- Snacks are allowed as long as they are **PEANUT FREE!** Consider a tote to keep snacks secure.
- Sufficient warm clothing for the length of stay
- Two (2) pairs of sneakers [One (1) old for water hikes]
- Appropriate swim attire, sweatshirts/sweaters, jackets
- Please pack your items labeled with your camper's name in a bag/tote/ suitcase etc.



Cell phones and other electronics interfere with camp activities and are not permitted.

These devices will be confiscated until parent/guardian pick up.
Please refrain from bringing them.

Camp Nazareth Peanut and Tree Nut Policy



As we face a growing number of children dealing with food allergies and, specifically, potentially life-threatening peanut and tree-nut allergies, Camp Nazareth will be a peanut and tree-nut-free camp.

As a summer camp dedicated to all the campers that come each year, we continue to strive to make this a great experience for every camper. The goal of this policy is to promote the wellness and safety of all campers and limit any opportunity for any child to be exposed to foods that could harm him/her.

Prevention is the best approach. Therefore, we ask your cooperation in **not sending any food items that contain or may contain peanuts or tree nuts.**

We appreciate your cooperation with this policy – the sacrifice of not having peanut or tree nut products at camp is a small one to make compared to the consequences a child with severe allergies could face.



Thank you!



Camp Nazareth is a program of
Catholic Charities Oneida/Madison County
www.catholiccharitiesom.org