EPISCOPAL

SUMMER 2019 CAMP HANDBOOK

WELCOME TO CAMP

Everything you need to know to start camp and have **THE BEST SUMMER EVER!**

We're incredibly excited about this summer and everything it has in store for you and your family. Each day promises to be full of new experiences, exciting learning, good friends and great fun. To ensure that you get the most out of all that we have in store for you this camp season, we have put together this Camp Handbook.

Please be sure to read this booklet, as it outlines some important information about Camp. You can also access this information and more details by visiting our website at esfcamps.com/episcopal/important-camp-materials/.

Once again, we would like to extend a warm welcome to you this summer. If there is anything we can do to ensure that you get the most out of your ESF camp experience, please let us know anytime at wecare@esfcamps.com.

Michael J. Rouse
Executive Director & Co-Founder

DAY CAMP
Rising Pre-School - 3rd Grades

SPORTSLAB
Powered by Under Armour
Rising 1st-9th Grades

SENIOR CAMP
Rising 4th–10th Grades

THE CENTER FOR GROWTH & INNOVATION
Rising PreK– 12th Grades

TENNIS CAMP
Rising 1st–12th Grades

EXTEND YOUR DAY
Rising Pre-School–10th Grades

ESF AT THE EPISCOPAL ACADEMY

JUNE 10 - AUGUST 16, 2019

Camp Office: **610.688.3298**
Camp Email: **episcopal@esfcamps.com**
Camp Website: **esfcamps.com/episcopal**

CAMP HOURS | 9:00 AM TO 3:00 PM

Your Pick-Up Card will provide your pick-up area and time. **Extended Day** programs are available from **7:30 AM - 6:00 PM** each day.

LUNCH

OPTIONAL LUNCH
We offer an optional Lunch Program for an additional cost. Please see menu for details. Call the Camp Office if you would like to sign up. The Optional Lunch Program is $45 per week.

BRINGING LUNCH FROM HOME
All lunches will be refrigerated. We recommend that lunches brought from home include a drink and are packed in a brown bag or soft insulated bag with your camper's name and group name clearly marked.

CAMPERS WITH FOOD ALLERGIES
Campers with food allergies will need to bring their own lunch and snack to camp since our food service provider cannot guarantee meals or snacks that are peanut-free, tree-nut-free, free from other common food allergens (dairy, gluten, soy, wheat, etc.), or free from any cross-contamination.

SNACK OPTION: For your camper's safety, you can either send their snack to camp which will be managed by our camp nurse or we can provide a healthy snack option made by MadeGood®(madegoodfoods.com). MadeGood® snacks are manufactured in a facility that is free from the most common allergens: peanut, tree nut, wheat, dairy, egg, soy, sesame, fish and shellfish.

SNACKS & REFRESHMENTS
We provide a snack and refreshment each day at camp and during afternoon extended day programs.

SWIMMING

DAY CAMP
Daily instructional swim is offered during the regular camp day for all campers.

SPORTSLAB
Rising 1st Grade: Instructional Swim is offered daily

Rising 2nd & 3rd Grades: Swimming is offered daily. If campers choose to participate, they receive swimming instruction.

Rising 4th–9th Grades: Recreational Swimming is offered daily. Optional swimming instruction is also offered Monday and Wednesday from 8:30AM - 9:00AM at no extra charge.

SENIOR CAMP & TENNIS CAMP
Daily recreational swim is offered for all Senior Campers and full day Tennis Campers with optional instruction on Mondays & Wednesdays from 8:30-9:00 AM.

PRIVATE LESSONS
30 minute lesson: $35, 60 minute lesson: $65

No cash payments will be accepted at the camp office.

WHAT TO WEAR TO CAMP

Your camper should dress for fun, comfort, and safety.
We recommend campers wear the following:

T-SHIRT

SHORTS

SOCKS

HAT

SUNSCREEN

CLOSED TOE SHOES

WHAT TO BRING TO CAMP

SWIMSUIT

SUNSCREEN
(Labeled with name)

LUNCH & DRINK
(unless you're using our opt. Lunch Program)

POOL SHOES/ SANDALS
(optional)

TOWEL

BACKPACK, TOTE BAG, OR DUFFEL BAG

CHANGE OF CLOTHES

ADDITIONAL ITEMS

FOR SPORTSLAB:
Baseball glove
Soccer Socks
Shin Guards
(on select days)

FOR TENNIS CAMP:
Tennis Racket
(everyday)

WHAT NOT TO BRING TO CAMP

CELL PHONE OR TABLET

ELECTRONIC GAMES

CHEWING GUM

CAMERA

ESF does not permit cell phones or other electronic devices at camp. For more information on our cell phone policy, please go to esfcamps.com/episcopal/details

DROP-OFF & PICK-UP

We get cars in and out efficiently and you don't even have to get out of your car! Our Drop-Off & Pick-Up process is designed to be safe, easy and convenient. Our staff will be there when you pull up and they will open the car door. We have several security procedures in place for this process and all parents will receive their camp identification with their Family Orientation materials.

JUST A FEW REMINDERS

- Please make sure to come at the time assigned on your Pick-Up Card.
- Please drop-off & pick-up at your assigned area (see Pick-Up Card).
- Please display your Pick-Up Card on your dashboard.
- Please display your VIP Family sticker on your rear windshield, lower left hand corner (recommended)
- Please let us know if you are carpooling with other camp families in advance.
- Please don't use your cell phone when in car line.

EARLY PICK-UP

Please call the Camp Office to arrange (must be prior to 2:30 PM)

LATE CAMPER ARRIVAL

Please bring your camper to the Camp Office when you arrive

CLUB OT

Extend your camp day by using ESF's Club OT program, on a weekly or a drop-in basis. Start your day as early as 7:30 AM and stay as late as 6:00 PM. Club OT campers are divided into groups by age and will enjoy NEW and ENHANCED activities including sports, games, crafts, book club, drama, and more. Afternoon snacks and refreshments are provided.

NEW! *CLUB OT PRE-PAYMENT IS NOW AVAILABLE!

This exciting option allows you to take advantage of SUPER SAVER RATES when you prepay for the COMBO morning and afternoon sessions during registration. For your convenience, daily drop-in service is still available and billing occurs after service has been provided.

DETAILS & PRICING:

WEEKLY PRE-PAYMENT SUPER SAVER RATES:

NEW! Super Saver Rates: Available for families using Club OT in the morning and afternoon weekly.

Club OT AM & PM Combo
(7:30 AM – 6:00 PM)..... $165.00/WK*

WEEKLY RATES:

NEW! Weekly Rate Packages: Available for families using Club OT in the morning or afternoon only weekly.

AM Drop Off Package
Between 7:30 AM - 8:50 AM..... $55.00/WK*

PM Pick Up Package
Between 3:30 PM - 6:00 PM..... $135.00/WK*

DAILY "DROP-IN" RATES**:

Available for families using Club OT less frequently or as needed.

AM Drop Off
Between 7:30 AM – 8:50 AM..... $13.00/DAY

PM Pick Up
Between 3:30 PM – 6:00 PM..... $30.00/DAY

**Receive a special 4-day reduced Club OT rate for week of July 1st at checkout.*

***Billing occurs periodically over the course of the summer.*

AFTER CAMP ENRICHMENT

WE ARE VERY PROUD TO OFFER YOU THE SERVICES OF OUR STELLAR TEACHING STAFF THROUGH OUR AFTER CAMP ENRICHMENT PROGRAM:

SWIMMING INSTRUCTION

30 or 60 minute private swim lessons offered

ACADEMIC TUTORING

Private tutoring in math, reading and other subjects offered.

SPORTS INSTRUCTION

Focused private coaching in all featured sports can be arranged.

DETAILS

Please call the Camp Office to setup. Programs are typically offered after 3:30 PM and begin during Week 2 of Camp. Please visit **esfcamps.com/episcopal/programs/extended-day-specialty-clinics/** for more information and rates.

QUESTIONS? Call 610.688.3298

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VISITING CAMP

Feel free to visit us anytime. Make sure to stop at the Camp Office with your photo ID or Pick-Up Card to obtain a visitor's pass.

CONTACTING A CAMP FAMILY

It is our goal to assist camp families in contacting other camp families while respecting and maintaining each family's privacy and confidentiality. Call the camp office and we will help you connect.

CODE OF CONDUCT

ESF encourages fun, friendship and safety in a positive atmosphere. We have established behavior guidelines that revolve around the "Three R's" that all campers follow:

1. Respect for yourself
2. Respect for others
3. Respect for your environment

ADD MORE WEEKS & TRY SOMETHING DIFFERENT

Give us a call at **800.529.CAMP (2267)** to add weeks or to learn more about all of ESF's options this summer!

WE'RE HERE TO HELP

CAMP OFFICE: **610.688.3298**
esfcamps.com/episcopal

Camp Email: **episcopal@esfcamps.com**

HEALTH GUIDELINES

MANDATORY HEALTH FORM

Due to state health guidelines, campers may not attend camp without a completed 2019 health form. Please compete your health form requirements before your child starts camp. Go to https://campsself.active.com/ESFsummercamps

MEDICATION

- If your child will be taking any medication at camp, his /her health care provider must complete the Medication Consent Section of our health form.
- ESF Nurses are the only team members who can accept medication and can only accept medication for which we have authorized medication consent.
- Medication must be given directly to our Camp Nurse on/before your child's first day of camp.
- Medication must be in its original container with your child's name on the prescription label.

ILLNESS

To ensure the health and safety of all campers, we request that your camper stay home to rest and recuperate upon the onset of the following conditions:

- a temperature of 100.5º or above.
- experiencing the contagious phase of any illness.

Please call the Camp Office at **610.688.3298** if your child will be absent from camp, or notify us via email.

STAYING HEALTHY WHILE HAVING FUN IN THE SUN

HYDRATION

It is important that our campers stay hydrated, and we encourage them to drink water throughout the day. There will be water stations set up near each activity area, and our staff will offer frequent reminders and give opportunities for water breaks during the camp day.

SUNSCREEN TIPS

Liberally apply sunscreen to your child(ren) in the morning before camp. Use a waterproof or water-resistant sunscreen with SPF 30+.

BIRTHDAY TREATS

We ask that only Popsicle brand popsicles are brought for group treats. Please avoid varieties with dairy or fresh fruit.

610.688.3298
for more details, visit: **esfcamps.com/episcopal**