



Family Camp Handbook 2020



A Letter From The Directors

Dear Camp Family,

We are so excited to have you join us at Family Camp this summer. While the past few months have been challenging, we know that being at camp together is just what we all need. We're looking forward to making new friends, being outside in the fresh Vermont air, swimming in the lake and not having to cook meals! We are grateful that you've chosen to spend time away from home with us. This will be a very different summer for everyone, and it will also be one that none of us will forget. Since the start of the COVID outbreak and our stay-at-home orders, we have been dreaming of a safe and magical summer on Miller Pond.

We are viewing participation in Family Camp as an entrance into a social contract between all community members - campers and staff alike. Akeela is a camp where we all feel most comfortable when we know what to expect and Family Camp is no different! We ask that you take the time to read through this handbook for important information about what you can expect from Family Camp - from the activities you'll enjoy to our plans for keeping everyone healthy and safe at camp and what we're asking of you.

Please reach out to us if you or anyone in your family has any questions. Thank you for being part of the Akeela community this summer; we cannot wait to share Family Camp with your family!

Warmly,

Debbi Eric

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IMPORTANT

**PLEASE SEE PAGE 5
FOR IMPORTANT
REQUIRED COVID-19
QUARANTINE AND
TESTING PROCEDURES
PRIOR TO YOUR
ARRIVAL**

Arrival, Departure and Daily Schedule

Please arrive at camp between 12:30pm and 2:30pm on your session start date (Monday).
Departure on your session end date (Saturday) is 1:00pm.

Below you will find a schedule for your arrival and departure day, as well as a sample schedule for the days in between!



Opening Day Schedule: Monday

12:30 – 2:30pm	Arrivals & Lunch
3:30	Green Pod Welcome Meeting & White Pod Swim Checks
4:30	White Pod Welcome Meeting & Green Pod Swim Checks
5:15	Settle Into Your Cabins
6:00	Dinner
7:15	Evening Meeting: Announcements, Recognition & Suggestion Box
7:30 – 8:30	Evening Activity
8:30	Nighttime Snack

Sample Daily Schedule: Tuesday - Friday

7:15	Morning Program (varies daily, e.g. yoga, fishing)
8:00	Breakfast
9:15 – 10:15	Activity Period 1
10:15 – 11:15	Activity Period 2 (Green Pod: Parent-only roundtable)
11:15	Free Time
12:00	Lunch
1:00 – 2:00	Rest Hour
2:00 – 3:00	Activity Period 3
3:00	Snack
3:30 – 4:30	Activity Period 4 (White Pod: Parent-only roundtable)
4:30 – 6:00	Relaxation and Social Time
6:00	Dinner
7:15	Evening Meeting: Announcements, Recognition & Suggestion Box
7:30 – 8:30	Evening Activity
8:30	Nighttime Snack

Closing Day Schedule: Saturday

8:00	Breakfast
9:15 – 10:15	Activity Period 1
10:15 – 11:15	Activity Period 2
11:15	Packing
12:00	Lunch
12:45 - 1:15	Closing Circle and Departures



ACTIVITIES



We will be offering a wide variety of activities throughout the week – some specific to adults only (our parent round-table), and others designed for the whole family. Here is a sample of what to expect: swimming, sailing, canoeing & kayaking, stand-up paddleboarding, fishing, softball, soccer, basketball, golf, archery, tennis, arts & crafts, ceramics & woodworking, drama & talent show, team building games, hiking & nature exploration, LARP (live action role playing), board & card games.

Evening Activities - Each night we will hold a different evening activity, from approximately 7:30 p.m. to 8:30 p.m. Expect campfires, a talent show and much more!

Camp will provide everything necessary to participate in these activities. However, this summer -- given our extra concern about shared surfaces -- we ask that, if possible, you please bring your own tennis racquets, golf clubs, fishing rods, PFDs (life jackets), etc.

PACKING LIST

Please note that this is a suggested list.

Some items, while nice to have, are not necessary for your enjoyment of camp!

- | | |
|--|--|
| <input type="checkbox"/> Sneakers | <input type="checkbox"/> Face masks for each family member |
| <input type="checkbox"/> Sweatshirts | <input type="checkbox"/> Pajamas |
| <input type="checkbox"/> Tee-shirts/Tank Tops | <input type="checkbox"/> Bed linens: sheets and blankets
<i>(Sheets only may be rented, in advance, @\$25/pp)</i> |
| <input type="checkbox"/> Shorts | <input type="checkbox"/> Beach and bath towels |
| <input type="checkbox"/> Bathing suit(s) | <input type="checkbox"/> Beach blanket <i>(for the lake and campfires)</i> |
| <input type="checkbox"/> Long pants | <input type="checkbox"/> Water bottles |
| <input type="checkbox"/> Hat | <input type="checkbox"/> Sun screen |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Bug spray |
| <input type="checkbox"/> Socks | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Sandals and/or water shoes | <input type="checkbox"/> Beach/camp chair (e.g.: Crazy Creek) |
| <input type="checkbox"/> Rain boots | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Rain jacket/poncho | <input type="checkbox"/> Travel mug |
| <input type="checkbox"/> Foam mattress topper | |
| <input type="checkbox"/> Any special sports equipment or games you'd like to have ... <i>given our extra concern about contact and shared surfaces this summer, we ask that you bring as much of your own equipment as possible: tennis racquets, golf clubs, life jackets, etc.</i> | |

**** PLEASE REMEMBER TO BRING YOUR OWN TOWELS AND BLANKETS (EVEN IF YOU'VE SELECTED TO RENT SHEETS FROM CAMP) ****

Camp is 100% casual ... Please pack comfortable clothes that you won't mind getting dirty!

DRIVING DIRECTIONS

FROM NEW YORK/CONNECTICUT:

Merritt Parkway or I-95 North to I-91 North. Or 684 North to 84 East (towards Danbury) to I-91 North. Take I-91 through CT and Massachusetts into Vermont.

EXIT 14 in Vermont: Thetford, Vermont.

* Turn left on 113 and continue 3.5 miles, through Thetford Hill and Thetford Center. Turn left on Sawnee Bean Road. Follow Sawnee Bean 4.3 miles to the end of the road (including a bear right at the 2.7 mile mark) At the end of Sawnee Bean, turn right on Miller Pond Road. Drive 2/10 of a mile to the camp entrance (Thoreau Way) on your left.

FROM BOSTON:

I-93 North to 89 North to 91 North.

Take I-91 North to Exit 14 in Thetford, VT.

Follow directions * above.

CAMP FORMS

You can access camp forms through our online Forms Dashboard. To find that dashboard, use the Family Login link in the top right corner of our home page (<https://campakeela.com/>).

- COVID-19 Disclosure: Please read as a family and sign digitally. Only one signature required per family.
- Health History Form: Please upload our Health History Form with information for each of the campers in your group. You may also email it to info@campakeela.com. In either case, it's important that we receive this form well in advance of your arrival.



COVID-19: Our Plans & Your Role

We wanted to outline our plan for keeping our community healthy and safe this summer. Please review this list of procedures carefully.

Family Quarantine & Testing Plan PRIOR to Arrival (ACTION REQUIRED)

- All campers must self-quarantine at home for 7 days before their camp session begins. Prior to departing for camp, each member of your family must take an FDA approved test for COVID-19 and remain quarantined while you await the result.
- Please carefully examine your preferred testing method's turn-around time so that you depart for camp as close in time as possible (ideally within 24 hours) to receiving a negative test result
- Only campers who follow that strict quarantine and testing protocol — and who receive a NEGATIVE result — may attend Family Camp.
- We ask that you report any symptoms experienced during the 7 day quarantine and any contact with anyone known or suspected to have the COVID-19 virus.

Travel to Camp

- All family members must arrive at camp by personal vehicle.
- Campers who are traveling by air AND those traveling by car from a distance that is further than a single day's drive must arrive in New England at least 7 days before the start of their camp session. Once in the region, they can follow the protocol outlined above.
- Families are encouraged to stop as infrequently as possible to minimize contact with others outside Akeela Family Camp.
- Bring hand sanitizer in the car.
- Wear masks anytime exiting the car.
- Limit touching of external surfaces as much as possible. (Please wear gloves while pumping gas or use another barrier such as a wipe or cloth.)

The following policies and procedures will be in place at camp in order to maintain a healthy camp community.

Social Pods

Families and staff will be placed into "pods" of no more than 25 people.

- A pod will function as your "family" for the duration of the camp session.
- Pod members will eat together and live in separate cabins near one another on campus.
- Pod members will participate in activities together.
- When anyone is interacting outside of their pod, they will practice social distancing (6 ft or more) and/or will wear a mask. Masks are required when interacting indoors with anyone outside of their pod.
- Our staff team will constitute a separate pod and will practice social distancing when facilitating activities for campers.

continued on next page

Cabins, Facilities, and Promotion of Health Practices

Hand washing and/or sanitizing stations will be provided at multiple places throughout camp, including the dining facilities. Campers and staff will engage in proper hygiene to prevent the spread of communicable diseases including:

- Frequent hand washing, including upon entry to buildings and program areas.
- Avoiding close contact.
- Coughing and sneezing etiquette.
- Discouraging the sharing of food, utensils and other personal supplies including toothbrushes etc.

Camp will practice facilities cleaning procedures that follow CDC recommendations for infection protocols, including:

- Increased frequency of cleaning dining areas, program facilities & equipment, high touch areas, etc.
- Fans will be provided for each cabin to promote air flow.
- Each cabin will be stocked with enough toilet paper, hand soap, and paper towels to last for a full Family Camp session, so that cleaning staff is not in and out during campers' stay.
- The public restrooms will be closed. (Campers should use bathrooms in their assigned cabins.)

Dining Hall

- Weather permitting, we will take advantage of our outdoor (porch) seating for all meals.
- Everyone will be required to wash their hands before entering the dining hall and additional hand sanitizer will be available throughout the building.
- Pods will have at least 6 feet between tables with members of other pods.
- Extra spacing will be observed at each table.
- Dining area will be cleaned and disinfected by staff after each use.
- Shared condiment bottles (eg. ketchup, mustard) will be eliminated or, if bottles are used, they will be disinfected before and after each use.
- No common water bottle filling station will be used; Campers and staff will be asked to fill water bottles in their bathroom sinks.

Health Care

- Camp will have at least one Registered Nurse on staff for the duration of the camp sessions.
- Upon arrival, all staff and campers will go through an initial health screening process, including specific questions about COVID symptoms and potential exposures.
- Campers will be subsequently be screened daily for potential symptoms of COVID, including temperature checks.
- Equipment will be supplied to each cabin for basic first aid and care (e.g. bumps and bruises).
- The camp health care staff is available for greater needs and for anything that could be considered an illness (cough, upset stomach, headache, runny nose, etc.).

Healthcare (continued)

In the event a camper displays a presumptive case of COVID-19 while at camp, camp will coordinate with the Vermont Department of Health to handle the situation safely and in ways that will avoid further exposure.

1. Ill campers will be isolated (e.g. in their cabin or other designated isolation building) until arrangements can be made for their safe departure from camp;
2. Camp will follow Department of Health direction on contact tracing protocols;

Families must notify the camp if they learn of a prior exposure to a COVID case after they come to camp. In that case, isolation procedures will be followed as described above.

Program and Activities

- Campers and Staff will be required to sanitize their hands before entering an activity area. Each activity area will have appropriate sanitizing cleaning materials and equipment.
- All activities will take place outdoors if the activity and weather permits. In instances in which an activity must be done indoors, windows will remain open to promote air flow.
- At all camp gatherings (such as Evening Meeting), families will sit with their pod and maintain 6 ft of distance from members of other pods.
- All equipment will be sanitized between each pod's use.
- Whenever possible, staff will set aside equipment to be used by each pod to reduce the amount of shared equipment.
- Families are encouraged to bring their own equipment for certain activities (e.g. fishing poles, tennis racquets and life jackets)
- There will be no out of camp activities or trips, nor will campers and staff leave camp during the camp session.
- Staff will minimize the amount of interaction they have with campers in close proximity during activities, with the following exceptions:
 - ◇ Lifeguards when a save or other safety protocols are necessary
 - ◇ Any other instances that present a safety concern for campers or staff



FREQUENTLY ASKED QUESTIONS

WHAT DO YOU MEAN BY “ADULT-ONLY ROUNDTABLES”?

We offer optional guided discussions and workshops for adults to help them and their children get the most out of their time at camp. One of the most exciting parts of coming to Family Camp at Akeela is being in a place that is entirely dedicated to making a difference in the lives of “quirky” kids. Family Camp is a rare opportunity to be surrounded by other families who share similar experiences to yours. Adult only roundtables provide the space to connect and share with each other.

WILL MY CHILDREN BE SUPERVISED BY THE CAMP STAFF?

Supervision will be provided exclusively during organized camp activities (Periods 1 – 4 and certain Evening Activities). Otherwise, parents are asked to be responsible for their children.

WHAT IF I WANT TO BRING MY FURRY FRIEND WITH ME TO CAMP?

Sorry, all pets need to stay at home.

DO I NEED TO BRING MY OWN SHEETS AND TOWELS?

Family Campers are required to bring their own towels, blankets or comforters this summer. August nights in Vermont can be quite chilly, so come prepared!

If you are able to also bring your own sheets, that is greatly preferred. Camp beds are “cot” sized but single (twin) sheets fit fine. If you need to rent camp sheets, we do have a limited supply available for a fee of \$25 per person; just let us know in advance.

IS THERE A PLACE FOR ME TO CHECK MY EMAIL OR MAKE A PHONE CALL IF I NEED TO?

Yes, Akeela has designated “business areas” for those who need them, Wireless internet access is available, along with landline telephones. (Note: There is literally NO cell service in our beautiful corner of Vermont.)

WILL THERE BE ANY ALCOHOLIC DRINKS AT FAMILY CAMP?

Akeela is prohibited from storing, opening or serving alcohol. However, we are allowing Family Camp adults to BYOB at and after dinners at camp. If you’d like to bring alcohol to camp, we will ask that you store it in your cabin, so you’ll want to bring a cooler! Also, Vermont state laws prohibit the sharing of alcohol between families. Lastly, we ask that glass containers (bottles or glasses) not be used outdoors, i.e. outside of your cabin or the dining hall.

