

# Camp Rotary

Camper Handbook  
2024 Season



**-An Information Guide for  
Parents and Campers -**

Established by the Lynn Rotary Club in 1921  
on Stiles Pond in Boxford, Massachusetts



## CAMP ROTARY QUICK FACTS

### Mailing Address:

Camp Rotary  
372 Ipswich Rd.  
PO Box 270  
Boxford, MA 01921

### Phone:

978-717-5590 (off season)  
978-352-9952 (summer)

### Office Email:

[office@camprotary.org](mailto:office@camprotary.org)

### Sessions for Summer 2024:

Session 1: June 30 – July 6  
Session 2: July 7 – July 13  
Session 3: July 14 – July 20  
Session 4: July 21 – July 27  
Session 5: July 28 – August 3  
Session 6: August 4 – August 10  
Session 7: August 11 – August 17  
Session 8: August 18 – August 24

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### Cost:

Registration Fee (Nonrefundable): \$35 plus \$100 tuition payment for each **week** desired.

Tuition: \$975 per week

Half of the entire summer's tuition is due on or before February 1, with the balance due by April 1. Once a child is registered, the parent is responsible for the full amount of the tuition for the session(s) selected unless the camp is notified in writing prior to June 1. There are no refunds or credits issued for any week cancelled after June 1.

**(Please note our refund policy found on page 9)**



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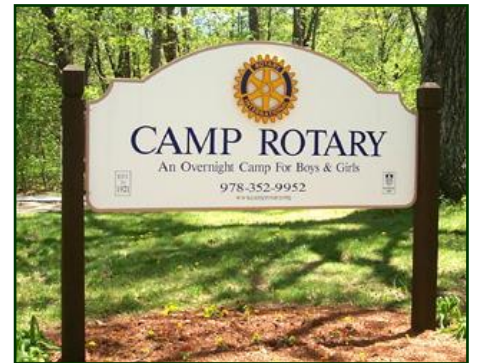
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## Overview:

Camp Rotary is a private, nonprofit, educational, independent, co-ed overnight camp for kids ages 7 - 15. The camp has a rich history dating back to 1921 when it was founded as a service project of the Lynn Rotary Club. Although the majority of our campers come from the northeastern section of Massachusetts, there are campers from many other states that make the trip each summer. Additionally, each year the camp has children participating from several South American and European countries. The average age of the campers is approximately 12 years old, but typically there are campers of every age bracket from 7 to 15 years old represented in each session.



## Facilities:

The camp offers a beautiful facility...a large historic dining lodge, 22 camper sleeping cabins, a recreational building, a state of the art ropes/challenge course, a large athletic field, a lacrosse field, a BMX Bike racing track, an archery range, a rifle range, tennis courts, basketball court, a volleyball court, nature trails, a gaga-ball pit and a beautiful waterfront. The camper cabins accommodate 9 - 10 campers, 2 counselors and a counselor-in-training (CIT). The cabins are grouped into four succinct units based on age and gender....Junior girls; Junior boys; Senior girls; and Senior boys. Typically juniors are ages 7 - 12 and seniors are ages 13 - 15.



Fun at the waterfront



Our brand new dining hall...opened for the summer of 2021!

**CAMP ROTARY STAFF MISSION STATEMENT:** *As a community, the staff of Camp Rotary wishes to provide a safe and fun environment for all who attend. Because the well-being of the campers is our utmost priority, we will constantly focus on each child...to instill the spirit of Rotary in each camper; to encourage each child to test his/her limits and to promote friendship, confidence, diversity and equality. In order to accomplish our goals and to make a positive difference in the lives of all of the campers, we pledge to be positive role models in word and action, to maintain positive and enthusiastic attitudes, and to embrace individuality through tolerance and celebration of diversity. It is through providing this support that we may reach our ultimate goal of each child leaving camp with the positive spirit of Camp Rotary kindling in their hearts for many years to come.*

## Goals of Camp Rotary

Camp Rotary is consistently cited by our alumni and their families as having had a major, positive impact on their development. This is not done by accident. We strive to create an atmosphere that will be conducive to helping each camper grow. Some of the areas that we intentionally plan to impact are shown here in our goals:

- Campers will gain in their level of independence.
- Campers will increase their self-confidence.
- Campers will strengthen their social skills.
- Campers will respect the rights and dignity of all individuals.
- Campers will strengthen their problem-solving skills.
- Campers will learn that everyone has to do their part in a successful community.
- Campers will increase their appreciation of the outdoors and nature.
- Campers will have fun!

## Measurable Objectives

- Each camper will select their own programs.
- Each camper will independently follow their own daily schedule.
- Each camper will give up access to their cell phones for the week.
- Each camper will keep their living area clean; clean up after themselves at meals and activities; and pitch in at “squads” to keep the general camp looking good.
- Each camper will demonstrate good personal hygiene.
- Each camper will treat others with respect in action and language.
- Each camper will demonstrate the ability to follow cabin and program rules, including taking turns.
- Each camper will handle resolving 9problems (disagreements, etc.) in appropriate ways.
- Each camper will participate in activities that occur in the outdoors / natural environment.
- Each camper will have fun!

## Methods

Our staff (most of whom have grown up in the Camp Rotary world for many summers) are specially trained to role model all of the above, as well as to purposely provide opportunities for their campers to strengthen their abilities in each of the areas mentioned. The staff delight in taking campers from their baseline (when they arrive at camp) and working with them to grow throughout their week.

## Directing Staff:



**Dr. Richard Cowdell, Camp Director** ...Rich is entering his 33<sup>rd</sup> year as director and his 36<sup>th</sup> year on staff at Camp Rotary. Rich recently retired from his lengthy career as an educator (having spent years as a teacher, school counselor, school psychologist and middle school principal). In his free time he officiates high school basketball and baseball. His daughter, Sarah, will be returning this year as Assistant Director. Rich's wife, Irene, and their daughter, Kelsey, have both worked at camp in the past and are frequently seen around camp as volunteers. Rich and Irene are new members of the Lynn Rotary Club.

**Sarah Cowdell, Assistant Director**...Sarah has literally grown up at camp, spending every summer here since she was a newborn! She has been a camper, CIT, counselor, unit head, CIT Director and Program Director! This is her first year as Assistant Director. In the off season, Sarah works for a local urban high school in their Early College program. She is passionate about working with students who are underrepresented in higher education and helping them to create a pathway there. (13th year on staff).



Two campers try to walk past each other on the high Ropes Course element, the Burma Bridge.  
(Don't worry! Both campers are attached by cables to belayers on the ground!)



## Four Units...one big family!

The camp is divided into four separate units or living areas. Each unit has five cabins with 9 - 11 campers in each. The units are divided by gender and age:



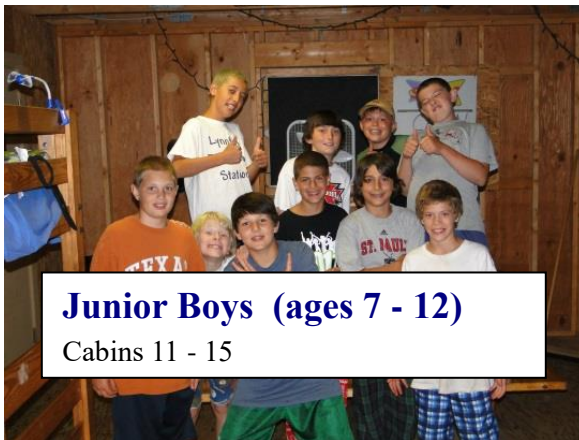
**Junior Girls (ages 7 – 12)**

Cabins 1 – 5



**Senior Girls (ages 13 - 15)**

Cabins 6 – 10



**Junior Boys (ages 7 - 12)**

Cabins 11 - 15



**Senior Boys (ages 13 - 15)**

Cabins 16 - 20

Although campers live in units separately, all of our programs are individually selected by the campers and are generally mixed age groups and co-ed. Night time programs are sometimes separately run by units. Often our activities allow kids from different units to integrate.

**Bunkmates...** through our online registration forms, you will be able to select ONE friend of similar age that you would like in your cabin. If the friend is the same age AND also chooses you as a bunkmate, then you will be assigned to the same cabin. If there are three friends that want to be together, we sometimes can accommodate, but if there are four or more friends that want to be together, we purposely split them into two or more cabins. This is to encourage the making of new friends and to avoid other campers feeling left out of the group.

## *Unit Heads:*

In each unit, there is one counselor who typically has more experience and is designated as the supervisor of that unit. This is the person responsible for the smooth running of the unit, for setting up unit programs and for assisting the program director with general camp programs. A prerequisite for our unit heads, is that they must have already proven to be a strong lead counselor in their respective units. Typically most unit heads have several years of experience as a counselor and CIT and are ready to take on the new challenge. Unit heads have their own cabin to supervise, as well as the other 4 cabins in their unit.

Unit Heads for 2024 are TBA:

Junior Girls: Anye Kachulis-Moriarty (4<sup>th</sup> year on staff)

Senior Girls: Joely Bunting (3<sup>rd</sup> year on staff)

Junior Boys: John Kausel (4<sup>th</sup> year on staff)

Senior Boys: Marc Gaudin (4<sup>th</sup> year on staff)

## *Counseling and Program Staff:*

The heart and soul of Camp Rotary, these young adults literally come from all over the globe, dedicating their school vacations to ensure that your child will have the most positive summer experience possible. Most cabins have two staff assigned. One is a lead counselor (typically a freshman or sophomore in college) and the second is a counselor (often a high school senior who has completed our CIT program). All of our staff have received many weeks of training in how to work with children of all ages. The staff to camper ratio is approximately 1 counselor to every 5 campers. In addition to the many hours of training that the staff members receive on handling children in general, they also have demonstrated extensive skills in the particular program area that they are teaching. Many are required to have certification in their specific specialty area.

## **Staff Screening & Training Process...**

All of the staff at Camp Rotary have passed an extensive background check that includes...

- completion of a camp application that documents past employment history and educational background.
- a personal interview
- three positive personal/business references.
- a criminal record check done through the state of MA (for all residents of MA). or a criminal record check done by the applicant's local police / court (if applicant is not a resident of MA).
- documentation of any credentials / special training necessary for their job at camp.
- clearance through state and national sex offender databases.

Additionally, upon selection, all staff members are required to attend an extensive training program that is done here at camp, prior to their being allowed to work with the campers. Many of them take extra training and certification courses to allow them to work in our specialty areas of camp: archery, riflery, ropes, and BMX biking. All counselors are certified in first aid and CPR. Additionally, any staff member who would like to work on the waterfront must take training from the Red Cross to become certified as a lifeguard.



globe,





**Counselors-in-Training (CITs):** Also, several cabins will have a CIT (Counselor in Training) assigned to assist the counselors in the running of the cabin and program. These high school juniors receive training throughout the summer and the off season. The 4 week program allows all of the CITs the opportunity to strengthen their leadership abilities and demonstrate their talents, with on-the-job training offered by the counselors and lead counselors. The best CITs are invited to apply for counselor positions the following summer. The CIT program has become an increasingly popular and competitive program: to the point that if you are interested in applying for a position next summer, we would strongly encourage you to inquire this summer as to how to go about applying. This summer we had over 50 highly qualified applicants apply for the program, but only 24 were selected. It's a great way to build leadership skills, while learning a lot about camping and yourself! In order to apply, you should be going into the tenth grade next September (2022). You must complete at least the tenth grade before beginning the program.



CITs learn counseling skills from their director and other veteran staff members. Almost all of our staff have successfully completed our CIT program.

**Leaders-in-Training (LITs):** This program is designed to allow campers who have completed the ninth grade (by the summer of 2023) the opportunity to still be a senior camper, while being exposed to leadership and service opportunities around the camp. The application process is competitive. We received more than 80 applications for 40 spots. The campers come for three consecutive weeks and have the best of both worlds...they are expected to be role model campers and ambassadors for the newer or younger campers while being given the opportunity to help out around the camp in many different ways. This is a great next step for campers interested in continuing on at Camp Rotary as they get a bit older. Many of our current counselors were LITs in their younger years.



LITs (and some photo-bombing campers) at a camp dance!

## Refund Policy...

Please read this policy closely as there are NO EXCEPTIONS to the policy. The \$35 registration fee and the \$100 advance tuition payment for each week are NONREFUNDABLE. If a parent cancels a session (for any reason) PRIOR TO June 1, there will be a full refund, minus the nonrefundable fees mentioned above.



**If the cancellation is received AFTER June 1 there will be no refund.**

Campers who are unable to begin a session due to physical illness will be credited with an equal number of weeks of camp for the summer of 2025, upon presentation of a note from a physician documenting the illness/injury. Once a camper begins a session, if they are dismissed from camp for any reason (discipline, illness, behavior, homesickness) there will be no refund/credit for that week.

## Camper Discipline Policy...

In general, all campers are expected to demonstrate a mutual respect for each other and for the staff. In order to provide the safest environment possible, we require strict adherence to all camp rules and policies. Typical consequences for violations of the rules may range from a conference with an appropriate staff member, to time out of activities. Corporal punishment is never permitted. For gross or repeated violation of camp rules, parents will be called and in extreme cases, campers may be dismissed from camp. In such cases, no refunds will be issued. (Please see refund policy above). Some of the violations that constitute grounds for expulsion from camp are:

1. camper leaves his/her unit area after "lights out" without permission.
2. possession or use of any tobacco, vaporizer, alcohol, drug or related paraphernalia.
3. fighting with or intentionally hurting another person.
4. any dangerous behavior that could cause grave harm to self or others.
5. repeated or continued acts of disrespect to staff or other campers in action or language (please note that language at Camp Rotary should be appropriate at all times; foul language or offensive remarks will not be tolerated).
6. possession of a weapon at camp (please note that knives, even Swiss Army knives or jack knives, are not allowed in camp).
7. possession of fireworks, lighters, matches.
8. possession of pornographic material.
9. theft or destruction of property of camp/other people.
10. consistent violation of any camp rule or regulation after warning (and parent notification).

## Dismissal from Camp...

It is the rare case that any of these rules are violated and therefore it is equally rare that any camper is sent home. We do ask, however, that you explain these rules clearly to your child, as appropriate. We encourage parents to explain to their children that Camp Rotary is a *private* non-profit camp and that we are not required to accept a camper's application to attend Camp Rotary. Although we are always willing to open the door to many diverse campers, **any camper whose behavior negatively impacts his/her cabin mates' time at camp may be sent home** (without a refund). Camp policy prohibits any camper who is dismissed for behavioral reasons from returning to camp the following year.

## Programs

### Explorers' Club!

This is an optional program for our youngest campers that has added a bit of comfort to campers and parents alike. All 7, 8 and 9 year olds who have never attended Camp Rotary become members of our Explorer Club. The club moves as a group from program to program, accompanied by a counselor. During their stay, the campers will be introduced to nearly every program in camp. The Club members will still be given the freedom of choosing their programs during their fourth activity period each day, but their first three will change daily and be assigned on a random basis.



### Program Descriptions...

There are 24 different programs that Camp Rotary offers as structured programs. Here are brief descriptions:

**Archery:** Taught by NAA certified archery instructors, the campers are taught the basics in target shooting and in accompanying NAA games.





**Arts & Crafts:** Small hand made products are created using paper, wood, glue, etc. and made beautiful with paints and decorations, through the creativity of our campers and staff.

**BMX Bicycle Racing:** A thrilling bike race track that provides challenging jumps and turns is the setting of this program. Campers wearing protective helmets, gloves, and pads, race for the best time around the course. Campers can use the camp's bicycles or may bring their own. Campers can bring their own bike or equipment, but a waiver form must be completed. (see form). Please expect to wear long pants, a long sleeve shirt and sneakers for this activity. Bandanas are worn under the helmet. Campers will be given a preliminary bike test to make sure that they are capable of riding the track safely.



**Basketball:** The counselor varies this program depending on the skills of the campers involved for that particular week. Beginners to those with lots of experience are encouraged to select this program.

**Boating and Kayaking:** With both rowboats and kayaks in our fleet, and lots of fun as well as instruction included in the program, this has become one of the more popular programs in camp!



**Canoeing:** An exciting choice at camp, this program teaches the campers how to paddle & control canoes either alone or with others. They even get taught to “swamp” as they are doing in this picture!

**Dance:** The hip hop dance program combines many different dance styles to lead the group to a camp-wide performance on Friday.

**Drama:** The basics of performing arts are covered in this program, from fun charade games to serious skits.



**Fishing:** Feel free to bring your own rods or use our equipment. The fish are very cooperative at Camp Rotary! There is a rumor that it is the same sunfish that keeps getting caught over and over as he snacks on the bait each time. But only a few people catch the 1 foot bass each summer!

**Instructional Swim:** A great program selection for kids who would like to either learn to swim or improve their swimming abilities. This is done informally through the waterfront staff during camper’s free time.

**Mad Science:** This program is one of our newest and allows campers to experience science in a non-classroom setting. Some past projects have been to create GOOP (a solid/liquid element) and to create and blast off a water propelled rocket. Campers will experiment with density and build their own “lava lamp”.

**Nature:** One of our top programs from last summer! Our counselor has lots of strong camping and nature skills and we now have two trails that have been built in conjunction with Mass Audubon and Essex Tech.

**Photography:** This program was very popular last summer with the campers. During the week, the campers use digital cameras to take shots of kids and nature. The better ones are used for our Bunk-1 photos and displayed in our end of the week slide show for all to see! Come play a new game invented here called, Photo Tag!





**Riflery:** Target shooting is taught by an experienced counselor, under the supervision of an NRA certified instructor. The campers are taught safety pertaining to shooting and the basics of target sport shooting through use of air powered pellet rifles.

**Ropes/Challenge:** This thrilling program offers both a low element and a high element section of activities. The program may only be chosen by campers 12 and above, although the younger campers are offered access to the lower elements occasionally, but only when accompanied by their unit staff. In this program the campers walk on cables, climb walls, swing on a rope, and ride the 200' zip line, harnessed to a cable high above the ground. Please expect to wear sneakers for this activity.







**Sailing:** Campers are taught in small groups the basics of sailing. With three brand new Sunfish sailboats added to our fleet, campers will have great fun as they conquer sailing on the winds of Stiles Pond. Sailing is a lifelong skill that many of our campers learned in the time that they were with us here at Rotary. This program is limited to campers who are 12 and above.

**Soccer:** A great way to improve your soccer skills! This program offers small group instruction and daily competitions, both individual and team!

**Sports with Sticks:** This program combines three programs to allow more of a variety of experiences in the week: baseball, hockey and lacrosse skill building are all combined into one program!

**Tennis:** Our tennis program is one of the hidden jewels of Camp Rotary. Taught by an experienced tennis instructor, this program works on improving and upgrading everyone's skills from beginner to pro.

**Ultimate Games:** This incredibly "ultimate" program combines challenging sports games with a twist. A survivor – style mentality leads to just one person being named "THE Ultimate G" for the week!



**Volleyball:** One of the newest programs added to camp, this one was very popular last summer. The shaded sand court led to some great battles last summer!



**X-Treme Stiles:** Originally begun as a morning "free swim", the program has evolved to this more structured program. Every day is a new game. Marco Polo, water volleyball, water polo, greased watermelon....you just can never tell. All swimming levels are welcome. With their life vests in place, there are some days when even pool 1 swimmers can jump off of the tower, the slide or the aqua jump! It's named after, you guessed it, our very own Stiles Pond!

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## Cabin Activity Period:

In addition to the four structured programs that the campers will attend each day, there is an additional period of activity that is called “Cabin Activity”. During this time, the cabin counselors are responsible for planning out some type of activity that is based on their campers’ interests. These can vary from a crafts activity (like creating cabin T-shirts) to a sports activity (like a 3 on 3 basketball tourney) to a scavenger hunt around camp (that sometimes leads to a tasty prize at the dining hall!)



## Siesta:

Each afternoon, after lunch we have a rest period that lasts for about 45 minutes to an hour, called “siesta”. Although our newer campers tend to be biting at the bit to get back into action, our veteran campers tend to use this time for an afternoon nap. It is required to be a quiet time back at the cabin. It is also the time that mail gets distributed and many campers will use the time to write back to their friends and family. Again, a veteran tip is to pre-address and stamp all of your envelopes so that when you get to camp, all you will have to do is write the letter telling everyone what a great time that you are having...then just stick it in the envelope, seal it and drop it off at the office. It will go out in the evening mail drop.

**Free Swim:** Each afternoon (weather permitting), the entire camp is offered an afternoon swim. It runs from 4:30 – 5:15 each day. Campers are buddied up and can swim for as long or as little as they choose. This is a chance to jump off the tower, slide down our slide with the drop off into Pool 2, to use our water log (try balancing on it like a lumberjack!) or to bounce around on our Aqua Jump trampoline. Or maybe, as you see in this picture, you will launch one of your friends off the Blob! It’s your choice! For campers who prefer NOT to go swimming during this period, 4-Square, Gaga Ball (in our new gaga pit), tether ball, or just listening to music in the dining hall, are options each day. Additionally, we offer one extra program to tempt the campers to try out during this time. It tends to be a laid back, fun time of the day for everyone!



## Lifeguards...

All counselors and CIT's assigned to the waterfront hold current certification by the American Red Cross in Lifeguarding, First Aid and CPR. Many of the counselors and CITs that are assigned to land programs are also certified as lifeguards and assist at the waterfront during the busier times of the day, like during free swim. Our guard to camper ratio is one of the best found in the region. We exceed both state and national guidelines in number of certified guards to camper ratios!



### **Swim Levels:**

On the campers' first day in camp, they are given a brief swim check to determine their swimming ability (see below). The camper will then be assigned one of three levels of swimmer: Pool 1 (beginner), Pool 2 (intermediate), or Pool 3 (advanced). Campers are not required to take instructional swim, but may elect to, as one of their three programs. With the help of our certified swim instructors, many swimmers have learned to swim in the week that they spend here at Camp Rotary! For the remainder of the week, the camper will only be allowed to swim in the area that corresponds with his/her pool level (or below).

### **Swim Check:**

#### **Pool 3 Swimmer can:**

- Swim 75 yards: 25 yards front crawl/free style with rotary breathing; 25 yards front crawl/free style OR breaststroke; 25 yards backstroke, demonstrating both back alternating paddle and back symmetrical paddle (elementary backstroke)
- Dive into Pool 3 from a standing, compact, or kneeling position
- Tread for 3 minutes

#### **Pool 2 Swimmer can:**

- Swim 50 yards: 25 yards front crawl/free style with rotary breathing; 25 yards front crawl/free style OR breaststroke; 25 yards backstroke, demonstrating both back alternating paddle and back symmetrical paddle (elementary backstroke) Swim 25 yards backstroke. Tread water for 2 minutes.



**Pool 1 Swimmer is just beginning to gain aquatic skills and are required to wear lifejackets.**



## Optional Programs and Fees:

**Store Accounts:** Campers are given two opportunities each day to go to the camp store, where they may purchase two edible items each time. They can't use cash....they just charge it to their store account. Cash is not accepted anywhere in camp. We suggest depositing approximately \$35 per week to cover the average child's spending needs. Part of this amount covers unscheduled special program opportunities that might arise during the week...like unscheduled boat hikes to a pizza party across the pond or ice cream hikes that might occur without notice!!

**Camp Photos:** Each week we bring in a professional photographer to take photos of each of the cabin groups. If you have indicated on your options sheet that you would like to purchase one of these mementos, it will be ready for you on Saturday when you pick up your child.

**Stayover Weekends:** Any camper that is staying for consecutive sessions has the option (at an additional cost) of staying through the weekend and not going home for the Saturday night. Most campers elect to go home for the night, however, some do stay. Although limited in nature, there will be programming and supervision (done generally by the directing staff, as the counseling staff are all on their day off.) Generally the group takes the school bus and does something local. SPACE IS LIMITED, so it is important to send your option sheet in early to ensure that you will have a spot.

**Laundry:** Any camper who is staying through for more than one week without going home will have the opportunity of sending out his/her laundry to be done at a local laundromat. Please add an extra \$30 to your child's store account, as we will deduct the charges from his/her account.

**Bunk 1 Internet Program** Bunk 1 is a program that we joined up with over ten years ago. This company hosts our photo gallery that is updated 2 – 3 times weekly and allows you to send up to 5 e-mails through them to your child. The e-mails are distributed with the regular camp mail, the day after you send them. You can also purchase copies of any photos that you really like. Keep in mind that it is an informal program. We don't have professionals taking the photos...they are shot by our own staff and even by some of our campers in the camp's photography program. No guarantee that your child will be in any of the photos...sorry! You can register for it by following the directions on the Bunk1 flyer that is included in your parents' packet or by going to their website ([www.bunk1.com](http://www.bunk1.com)) and clicking the "need an invitation code" option. The charge is \$15 with the camp receiving a small portion of each registration fee. Bunk1 is paid directly by credit card online to the Bunk1 site.



### Policy regarding Parents Visiting and/or kids leaving camp

This is an important policy that should be read by all parents as it is one of the policies that we strictly adhere to...there are no exceptions. Part of the summer camp experience is being away from the home and the family. At times it is more difficult on the parent than on the child. As difficult as it sounds, though, once your child arrives here at camp, you will have no direct way of communicating with him/her, except via US mail. Please feel free, however, to call and speak to your child's counselor for an update on how he/she is doing. If there is an emergency please feel free to call and speak to the director. In order to help us maximize your child's growth, we ask that you strictly abide by the following policies:

- There are NO visits and NO phone calls allowed for the entire session.
- **PLEASE use the US mail to deliver packages, as opposed to just "dropping by" to deliver them yourself NO VISITORS WILL BE ALLOWED ON THE PROPERTY.**
- NO camper may leave camp for any reason once they check in for the week. Parents are asked to select a camp week for your child that does not conflict with any other activities: sports, drama, birthday parties, etc. are constant demands on nearly all of our campers. Everyone would like to be able to be at camp AND participate in their outside activities. Unfortunately for safety and security reasons, this is not possible. We therefore have a strict policy that prohibits campers leaving camp until they check out completely.

## What Should My Child Bring To Camp?

Generally an old and strong suitcase or trunk is best for packing. Storage space (a cubby) is available for each camper in a cabin, however, this is an open closet, unable to be secured. Many campers secure their valuables in their locked trunk or in the office. Please do not leave anything of value in your cubby, as we cannot be responsible for missing items. We suggest that you bring the following items for a one week stay:

### CLOTHING

- ☐ 8-10 pairs of shorts
- ☐ 8- 10 t-shirts or jerseys
- ☐ 2 bathing suits
- ☐ 1 medium weight jacket
- ☐ 2 pair of sneakers
- ☐ 1 pair of sandals or aqua shoes
- ☐ 1 week supply of underwear (pack extra!)
- ☐ 1 raincoat or poncho with hood
- ☐ cap or hat
- ☐ summer sleepwear
- ☐ 1 pair of dress pants (or dress) with semi-formal shirt for dance
- ☐ 1-2 pair of jeans or long pants
- ☐ 10-12 pair of socks
- ☐ 2-3 sweatshirts or sweaters
- ☐ several coat hangers
- ☐ 3 large towels
- ☐ 1 pair of pajamas
- ☐ 2 hand towels
- ☐ Costume for theme day
- ☐ White t-shirt to die-tie at Arts and crafts

*Please note that if your child would like to participate in **BMX racing** or the **ropes/challenge** program, they should be sure to pack the appropriate clothing: (for BMX) long pants, long sleeve shirts, (for both) sneakers and a bandana to wear under helmets.*

### OTHER ITEMS:

- ☐ soap and dish
- ☐ shampoo / conditioner
- ☐ toothbrush and toothpaste
- ☐ comb and/or brush
- ☐ flashlight and batteries
- ☐ camera/film/flash
- ☐ laundry bag
- ☐ bug repellent
- ☐ writing materials and stamps
- ☐ sunscreen
- ☐ magazines /books
- ☐ personal sports equipment (at your own risk and with permission of the counselor)
- ☐ refillable large water bottle
- ☐ drawstring knapsack to carry water, towel, sunscreen, bug spray, etc. around camp

**Please clearly mark all of your child's clothing/property with his/her name... this will greatly help us to identify unclaimed items at lost-n-found!**



## **IMPORTANT...Don't forget the PILLOWS ! (oh and the bedding of course)**

Each year we have some campers show up without bedding....it's easy to forget in the hustle and chaos of packing for camp! Camp Rotary provides each camper a bed with a mattress. All campers must provide their own sleeping bags or twin size sheets with blankets. We recommend the latter, especially if your child has any bedwetting issues. Sleeping bags are tough to clean on a daily basis! And don't forget the pillows!!!!



### **What NOT to bring to camp...**

- cell phones
- any valuable or cherished item
- large radios (small, personal size music players are allowed to be used at cabin ONLY)
- money (all money should be deposited in camper's store account)
- energy drinks
- pets (or animals of any kind)
- henna ink
- TV's
- Tobacco, matches or lighters
- vaporizers, juuls, or any accompaniments.
- MEDICATIONS...absolutely NO MEDICINE is allowed to be kept in the cabin by the camper. ALL vitamins, medications, etc. are kept with the nurse in the infirmary.
- Large fans (Small fans are only allowed at the discretion of the counselor), and if they can be placed safely in the cabin.

### **Gratuity Policy**

Our personnel policy strictly forbids the solicitation of any gratuities by staff. Often, however, parents wish to show their appreciation to their child's cabin counselor. If you wish to present a financial gift to your child's counselor, please feel free to do so on the last day of camp for your child. Since most of our staff are students who are saving for the coming school year, they greatly appreciate it!

### **Communicating with your Child at Camp...**

Part of the summer camp experience is being away from the home and the family. It is at times more difficult on the parent than it is on the child. For this reason, phone use is permitted only at the discretion of the camp director. As difficult as it sounds, once your child arrives here at camp, you will have no way of talking directly with him/her, except via US mail. (See also the optional Bunk 1 email program – page 17) If there is an emergency that arises, please ask to speak with the director.

Mail on the other hand is an integral part of your child's stay. Letters should be sent regularly and should be cheerful in nature. Mail is distributed daily to the campers on the same day that we receive it. Veteran camp parents mail their campers letters even before the camper has arrived at camp, knowing that a letter will be waiting for their child when they arrive. Please mail all camp mail to:

**Camper's Name; Camp Rotary; P.O. Box 270; Boxford, MA 01921**

Children are encouraged to write home. Feel free to help us encourage your child by packing stamped, self-addressed envelopes for them to use. Each day during siesta, the campers are given time to write home if they so choose. Please be aware that campers in despair will write letters about, "rotten food, crummy counselors, or cold lake water!" Several popular paperbacks have been published of those very letters! By the time you receive such a letter, your child has probably forgotten about it and is busy and happy with another camp adventure. Please feel free, however, to call and speak with your child's counselor or unit head to make sure that any temporary adjustment problems have passed.

### **HOMESICKNESS**

Homesickness is a common occurrence at summer camps. About 50% of first time campers and even some veteran campers experience at least mild-moderate feelings of missing home. It is the rare case that we are unable to turn this anxiety into a positive feeling of success. Almost all of these campers see their anxiety disappear as they make friends and join in activities. If your child is having an especially difficult time, for an extended period, we will contact you. Please do not tell your child that they can call you if they are having a hard time adjusting or that they can leave if they get homesick. This tends to set the child up for failure. Instead, tell the child that you're sure that they are going to have a good time and that your expectations are that they will be fine. If they seem nervous, encourage them that you will be writing to them often and will want to receive letters from them as well. Tell them how proud you are that they are growing up and heading off for a week on their own!



## **Health Care at Camp...**

In order to attend Camp Rotary, all campers must have a completed an online health history (parents can fill this section out) and evidence of a physical exam by a doctor that has happened within ONE year of their first day at camp for the summer of 2023. Upon arrival at camp, the camper will be screened by our nurses or their designees for any communicable diseases and for any recent changes regarding the campers health.

### **IMPORTANT Re: Medications!!**

#### **(medication administration policy, who is administering, storage and EPI pen use)**

Any camper who is currently taking any prescription medicines or anticipates needing any over-the-counter medications on a regular basis **MUST** bring their medications to the nurse and pass them in upon arrival. All prescription medications **MUST** be in their original container issued by the pharmacy with the camper's name, the name of the medication, the date of the medication and the dosage all clearly visible. We cannot accept medications that are brought in anything but the original container.

Any over the counter (OTC) medication that your camper takes regularly should be brought in its original store packaged container to the nurse upon arrival.

**There is a nurse on duty and on site 24 hours/day from the opening to the close of each session, as well as the stayover weekends.**

#### **A. Plan for administering medication**

Parents sign an authorization for the camp to administer any medication that the parent knows their child will need during their stay at camp. Additionally, we keep most "non-prescription", over-the-counter medicines in stock in the infirmary to assist with any unexpected ailments that might arise. Anyone receiving any type of medication (prescription or not) will first have their health history checked for any allergies. Then the nurse will make an educated decision as to whether the camper or staff person requires any type of medication. If the nurse opts to administer any medication for any reason, she is required to record the date and time as well as the person's name, types of symptoms, and type of medical response taken. Any instructions to the patient should also be recorded.

All medications that are prescription medicine or non-prescription medicines that are taken contrary to the instructions on the box will require a written order from a physician or a nurse practitioner. The nurses at camp are not allowed to vary the prescription times or dosage from what is printed on the pharmacy label without a written order from the prescribing doctor.

Those campers who receive medications on a routine basis will be administered their medication at the infirmary. Scheduling of medications will be discussed with parents at the time of the health screening prior to the camper's admittance to camp. The camp nurse will always pour and administer medications. In an emergency situation, if the nurse is unavailable, the Director or other trained senior adult staff member will administer the medication.



### **A. Plan for administering medication – self medication**

For any camper who is attending camp with an epi-pen, the camper may carry the epi-pen with him/her with the following conditions:

- The parent must sign off asserting that the camper is responsible for securing the epi-pen and capable of self-administering the epi-pen
- The parent must bring an additional epi-pen to camp that will be kept in the infirmary in case the child cannot access the epi-pen that he/she carries on their person.
- If for some reason the camper is unable to self-administer, the parent gives permission for the first trained staff person on the scene to administer the epi-pen, if needed.

### **B. Storage / disposal of medications**

All medicines (prescription and non-prescription) must be locked at all times in the medicine cabinet at the infirmary. No medications are allowed to be kept in any camper cabins. The one exception may be a camper with a severe case of asthma or allergy. In this case the health care manager may authorize the camper to keep his/her inhaler / epi-pen on the camper or in the cabin, however s/he must keep a back-up of the medicine in the infirmary. In these cases, parents must sign a consent form affirming that the child is capable of self-administration and has permission from the prescribing doctor to self-administer and the director / counseling staff will be informed. All medications will be returned to the parent upon their child's checkout. Any parent who fails to pick up their child's medicine will be called by the nurse on duty. If they are unable to return to pick up the medication, the medication will be destroyed by the nurse with a witness present to document the destruction.

**C. Sunscreen Policy...** In an effort to protect our campers and staff, Camp Rotary encourages all members of the Camp Rotary community to regularly apply sunscreen. Since most of our campers are old enough to competently apply sunscreen (with reminders and guidance from their counselors), usually this will suffice. If you have a very young camper or one who you know will need help in applying the sunscreen, we ask you to provide an appropriate sunscreen, labeled with your child's name. At check-in, please give the sunscreen to the cabin counselor with written instructions as to what type of assistance you would like from the counselor. Our policy is that two counselors be present when one is applying sunscreen on a camper.

**D. Parents will be called if...** Most injuries and illnesses that occur at camp are minor and are handled without incident at the infirmary by our nurse and no notification to the parent is made. If a serious illness or injury occurs that our nurse determines warrants an examination by a doctor, you will be called immediately. You will also be called if your child has an illness or injury that prevents him/her from participating in camp activities for more than 24 consecutive hours; or one that requires him/her to sleep at the infirmary. Emergency cases (although rare in nature) are handled very efficiently by the Boxford Police and Fire Dept. The child will be transported to one of three local hospitals' emergency rooms by the ambulance company selected by the Boxford Police and Fire.

## Camp Rotary Daily Schedule\*

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7:30 AM:	Reveille (Wake up bugle call)
7:45 AM:	Junior Breakfast / Senior Squad & Cabin Clean-up
8:30 AM:	Senior Breakfast / Junior Squad & Cabin Clean-up
9:00 AM:	All Camp Meet – Flag Raising / Beat the Clock
9:30 AM:	First Program Period
10:25 AM:	Second Program Period
11:20 AM:	Cabin Activity
12:15 PM:	Junior Lunch / Senior Store & Cabin Scores
1:00 PM:	Senior Lunch / Junior Store & Cabin Scores
1:30 PM:	Siesta
2:30 PM:	Third Program Period
3:25 PM:	Fourth Program
4:20 PM:	Free Swim / Alternate Activities / 4-Square / Tether Ball / Snack
5:40 PM	Lineup
5:45 PM	Junior Dinner / Senior EPA
6:35 PM:	Senior Dinner / Junior EPA
7:15 PM:	All Camp Meet - Flag Lowering / Birthdays
7:30 PM	Evening Program
8:45 PM:	Call to Quarters
9:00 PM:	Vespers
9:30 PM:	Lights out (Junior Units)
10:00 PM:	Lights out (Senior Units)

\* Subject to change



# Covid Policies for 2024\*

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## **PRIOR TO COMING TO CAMP:**

Each camper and staff person must present evidence that they have tested negative for Covid within the past 72 hours on a PCR or a home test (rapid antigen). The evidence can be a printout from the clinic for a PCR test or a time-stamped photo of a home test that shows negative.

## **AT CAMP:**

- Masks are optional this year for all campers.
- Personal hygiene will be stressed with extra reminders for washing hands prior to eating and using the bathroom.
- Hand sanitizer will be made available by counselors prior to eating
- Family style food service will be handled by counselors and CITs only (campers' hands won't be touching platters or pitchers).

## **IF COVID SYMPTOMS PRESENT:**

Anyone who presents with a high-risk Covid symptom, or more than one low-risk Covid symptom will be tested by the nurse using a rapid test. If the camper tests positive, the camper will be sent home to isolate for the CDC-mandated period (5 days). The camper will be allowed to return after 5 days if they test negative on a rapid test done by our nurse at the infirmary.

Unfortunately, there is no refund given if your camper is required to be sent home in the situations above.

(\* - Subject to change)



# Camp Rotary 2024

## Check-in & Check-out Schedule\*

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Unit	Sun Check-in Times (* by Last names)	Sat pick up
Junior Girls	11:00 – 11:30 (P – Z) 11:30 -12:00 (G – O) 12:00 – 12:30 (A – F)	9:00 – 10:15
Junior Boys	12:30 – 1:00 (P – Z) 1:00 – 1:30 (G – O) 1:30 - 2:00 (A – F)	10:15 – 11:30
Senior Girls	2:00 – 2:30 (P – Z) 2:30 – 3:00 (G – O) 3:00 – 3:30 (A – F)	11:30 – 12:45
Senior Boys	3:30 – 4:00 (P – Z) 4:00 – 4:30 (G – O) 4:30 – 5:00 (A – F)	12:45 – 2:00

\* Please try to arrive within the windows above to keep the flow of traffic moving and we ask your patience as the people in front of you go through the check in / check out process. Our counselors are on their 24 hour day off from Saturday to Sunday and arrive back to receive your campers shortly before their unit arrival time listed above. Therefore, **we cannot allow your camper to arrive (on Sunday) earlier** than the time that is listed for their unit. **We cannot allow your camper to leave (on Saturday) later** than the time listed for their unit. Please adhere to the unit window times to allow our counselors their full day off.

If you have more than one camper and would like to drop off / pick up in one trip, please use drop off time that is the LATEST for your children and the pick-up time that is the EARLIEST.

Thank you!

(\* - Subject to change)

## Frequently Asked Questions By New Campers and Parents

***Q1: My son/daughter has a friend that they would like to bunk with. Is there any way to make sure that they will be together?***

A1: Yes. On the *Camper Information Sheet* that you received with this handbook, there is a space to request a bunkmate. Your son/daughter can select one camper with whom he/she wishes to bunk. If that camper also selects *only* your son/daughter, and they are similarly aged (within 1 year) then they will be bunked together (i.e. placed in the same cabin).

***Q2: My daughter has a group of 5 friends that are all going together. Can they all be in the same cabin?***

A2: Keep in mind that one of the main purposes of summer camp is to allow children to make new friends. We try not to bunk large groups of children who know each other in the same cabin. We will likely break the group into two smaller groups of 3 and 2.

***Q3: Can you explain the meal system at camp?***

A3: There are three meals and a snack served each day. The campers eat at a table with their cabin and the meals are served “family style”. Campers will be following spacing guidelines while they eat and then will put their mask back on when not actively eating. The counselor (with gloves) serves campers food from the platter.



***Q4: My daughter is a really picky eater. What choices do the children have for food at meals?***

A4: At breakfast there is typically both cold cereal and a hot entrée (e.g.: French toast, scrambled eggs, pancakes, etc) available. Lunch is usually a lighter meal with a sandwich, chips and fruit. Dinner is our bigger meal with a protein (chicken, ham, turkey, beef, etc), starch (potato, rice, pasta) and vegetable. Some type of delicious dessert is also served. At both the lunch and dinner meal, there is a salad bar available. Kids who do not like the entrée that is being served can also make peanut butter and jelly (or peanut butter and fluff) sandwiches at both lunch and dinner.



***Q5: My child has special dietary restrictions. Can you accommodate those?***

A5: Yes! Usually, we can. If your child has special dietary needs, please contact the director, who will connect you to our head chef, Pat. She is amazing and will work with our assistant chefs, Randy and Cathy to make sure that we do our best to meet your child's dietary needs. Usually we try to come close to the meal that is being served to the whole camp, modified to meet your camper's needs. If we can't come close, we find out what is a reasonable substitution that your child would like to eat instead.

***Q6: Can my son/daughter bring food to camp? Can I send them a care package that has food in it (like homemade chocolate chip cookies)?***

A6: Yes....but...any food should be sent in a re-sealable, air-tight container (like Tupperware containers) so that it doesn't attract ants or larger wildlife into the cabins. As for the homemade chocolate chip cookies, the same rules apply...just make sure you add a half batch for the director!

***Q7: What if I have multiple campers who are in different units? Can I drop them off and pick them up at the same time?***

A7: Yes. But one of them might not like it. To drop off at the same time, you should drop off all of your campers at the time that the LATEST one is assigned. So for example, if you have a senior girl and a junior boy, you could drop both at the senior girl time slot (that is the later of the two). The hassle is that the junior boy camper will be joining his cabin after his cabinmates have checked in and he will likely get one of the last choice of beds. When picking up, it's the reverse system. You pick up all of your campers at the EARLIEST time slot that your campers are assigned. If your campers don't care about bed choice, feel free to drop and pick them up in one trip.



## **“Accredited by the American Camp Association” What Does It Mean?**

ACA accreditation indicates that the camp has voluntarily allowed its practices to be compared with up to 300 standards established by professionals in the camp industry. Periodically, Camp Rotary is visited by an outside team of trained camp professionals to observe the camp in session and to verify compliance with nearly 300 standards for health, safety, and program quality. Accreditation assures parents that camp practices have been measured against national standards and go a step beyond many state and federal laws. Only 20 percent of an estimated 12,000 day and resident camps seek accreditation, demonstrating their commitment to health, safety, and program quality.



NOTE: Parents have the right to request complete copies of our policies regarding background checks, health care, discipline, and grievance procedures if the full policy is not already included in this handbook.

This camp must also comply with regulations of the Massachusetts Department of Public Health and be licensed by the local Board of Health.

## NOTES

**Directions to CAMP ROTARY 372 Ipswich Rd. Boxford, MA 01921**

**From Route 95:** Take exit 76 off of Rte 95 (Route 97 Georgetown); follow north on Route 97 for about 500 feet and take the first left onto Pond St.. at the highway sign "Boxford Village". At the end of Pond St., turn right onto Ipswich Rd. Follow for approximately 2.7 miles and Camp Rotary will be on your left.

**From Route 495:** Take Route 114 East exit. Go one mile and take a left onto Route 133 East. Follow the signs for Route 133, as it turns left and right through North Andover and into West Boxford. After the Boxford Public Library and Benson's Ice Cream Store, take a right onto Main St.. Follow to the end and turn left onto Ipswich Rd. Follow for approximately 1.1 miles and Camp Rotary will be on your right.