

TREKS 4 TOTS

**PLEASE READ
FOR DETAILS**

Nut Allergy Policy

Dear SSC Families,

As our program enrollment continues to grow, so, too, does our awareness of the many health and safety issues pertaining to our camp and visitor participants. One area of concern is food allergies. Food allergies are more common than some may think; the symptoms of these allergies run the gamut from mild discomfort to life-threatening anaphylaxis. One of the more prevalent food allergens is to nuts.

The Seacoast Science Center is unable to guarantee a nut-free environment. As an institution open to the general public, situated within the grounds of a state park, much of our immediate environment is outside of our control. We are dedicated to minimizing risk factors, and have herein outlined the steps we take as an organization to help protect our camp and program participants.

We are presenting our concerns regarding allergens so that parents may acknowledge that participation in our camp programs is ultimately at parents' discretion in light of their children's medical requirements.

Factors Within Our Control:

- The Seacoast Science Center does not use any pure peanut product for its crafts and games.
- The Seacoast Science Center hires a licensed nurse to work with campers during the summer program, when facility use is heightened.
- The SSC staff is responsible for cleaning and sanitizing camp and program tables.

Factors Outside of Our Control:

- We cannot expect that every visitor or volunteer that enters the building is aware of/adhering to a non-nut product request.
- Public use of the facility, particularly the public restrooms, the doors, faucets, and water fountain cannot be controlled.
- When campers and program participants venture off-site for field trips, it is impossible for the SSC to take responsibility for the host site's nut product policies.

Recommended Courses of Action:

- Parents and families are asked to read through this memo and discuss the health risks with their child.
- The Camp Director requests a meeting with the parents of an allergic child prior to the child's program. A tour of the camp room and a discussion of the prescribed emergency plan will be discussed during this meeting.
- Parent participation is required during field trips if their camper has an airborne allergy.
- SSC welcomes parent volunteers during programs.

In the best interest of our camp community, the Center does not allow nut products in camper lunches or activities. **Please contact Camp Director Henry Burke at 603-436-8043, ext. 16 if you have any questions regarding peanuts or other food allergies.** Thank you for your attention on this issue.



**SEACOAST
SCIENCE CENTER**

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Camper Behavior Guidelines and Parent Responsibilities

Camper Guidelines

1. Campers must be able to follow the instructions of SSC and camp staff at all times. Consistent inattentiveness to counselor instruction is inappropriate.
2. Any behavior that negatively affects the experience of other campers or staff is inappropriate. Consistent inability and/or unwillingness to work and participate within a group is unfair to the rest of the group, and is therefore inappropriate.

Parent Responsibilities

1. **Parents must return enclosed health forms for their children two weeks prior to the start of camp.** Children will not be admitted to camp without completed health forms. Please understand that this is for the safety and well being of all campers and that it is a requirement of the state of New Hampshire.
2. Parents need to properly prepare their children for camp. This means sending children with the proper clothing and food, as well as the appropriate frame of mind for camp. Children should be prepared to go outside and participate in group activities daily, regardless of the weather.
3. Drop off begins no earlier than 8:30 a.m., pick up is noon sharp for half-day campers, 3 p.m. sharp for full day campers. A late fee of \$1 for each minute will be charged for late pick-up.
4. You must let the Camp Director know if you will be picking up your child early or late, or if a person other than previously arranged is picking up your child. Your child will not be released if we are not aware of these changes.
5. You must accompany your child into the building each morning and check them in and out each day with their counselors.
6. **Cancellations made prior to two weeks before your child's Treks session will receive a 50% refund. No refunds will be given after that time.**

Cancellations due to severe weather conditions will be announced on our web site (www.seacoastsciencecenter.org) homepage, SSC's Facebook page, and on Camp Director Henry Burke's voice mail message: 603-436-8043, ext. 16.

7. While we make every effort to create a warm, welcoming environment for all children, please let the Camp Director know if you have concerns about your child acclimating to camp. Appropriate Trekker behavior will be explained each morning. If behavioral concerns arise, parents will be asked to meet to discuss methods that work the best for their child. In the event that repeated, inappropriate behavior occurs, the tool we use most often in disciplining students is time-out. Please explain to your child/ren that time-out is a consequence of unacceptable behavior in camp.
8. Treks is only for children who are potty trained. :-)



Camper Gear and Food Checklist

- Play clothes** are recommended, as some days will involve getting wet and/or dirty. All clothing and gear should be labeled with your child's name to avoid losses.
 - Shoes and socks are required** to protect against poison ivy, stubbed toes, and other foot injuries. No open-toed sandals are allowed. **Mud boots or water shoes** are helpful for tidepooling and for rainy days. Please label all gear. SSC is not responsible for items left behind.
 - Sunscreen should be applied before arrival at camp.** Also, please provide additional sunscreen for your child, so that it may be reapplied throughout the day. Sunscreen is essential for your child's safety and comfort.
 - Insect repellent should be provided** by the parent if that is how you choose to protect your child/ren. **We recommend that you research adult-strength brands and apply them to clothes as well as your child's skin each day before arriving at camp.** Counselors can help your children reapply repellent throughout the course of the camp day. If you choose to leave a repellent in your child's backpack, please label the container. We ask that you provide your child with a topical, NON-AEROSOL repellent; lotions or pump-bottles are requested. In order to optimize your child's comfort, we also recommend a light-weight, long-sleeved shirt or windbreaker.
- Tickborne diseases are a concern in NH.** Camp groups check for ticks after outdoor exploration, however, **we recommend that you check your child/ren for ticks each day when they return home.** Please see the NH Division of Public Health Services Tickborne Diseases in New Hampshire document for more information.
- Campers should come to camp **prepared for the weather**— raincoats for rainy days, hats for sunny days, sweatshirts for cold days, etc. We will spend a good part of each day outside, so remember: there is no such thing as bad weather, only inappropriate dress.
 - A healthy lunch and 2 snacks are absolutely necessary** for each full day of camp. Half day campers must bring 1 healthy snack. Because of the heat and the time spent outdoors, we request that you pack plenty of fluids. A portable water bottle is a good idea to include with your child's gear. There is no refrigeration or microwave available, so please pack food accordingly. As an organization concerned about protecting the environment, we encourage lunches and snacks to be packed in reusable or recyclable containers.
 - Nut-based products can be very harmful to children with serious peanut allergies and are not allowed** in your child's lunch. Also, please help us enforce our no food sharing and frequent hand washing policies by explaining to your child/ren what food allergies are and how they affect children.

