

Camp Winnebago



Parent Handbook Summer 2020

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May 2020

Dear Winnebago Parents:

We are now close to the summer and eagerly looking forward to the beginning of camp! In an effort to give you the information you need to be ready for camp, we hope you find the Parent Handbook easy to use.

How do I use the Handbook?

Within the handbook you will find information on travel, health, phone calls, uniforms, and much more. This information is for you to reference throughout the year.

All forms required for the 2020 season are online for you to fill out and submit electronically using your unique username and password. You can access your account by going to our website, www.campwinnebago.com and selecting **CampMinder** under the Parents tab on our home page. If you have forgotten or misplaced your password, select the 'Retrieve/Set Password' link. If you have any difficulties, call our office at 207-767-1019 or e-mail us at andy@campwinnebago.com and we will help you reset your password. Additionally, **CampMinder** will allow you to do the following: complete forms online and print important documents for the summer; review and update your contact information; and review and update your financial information, including your current statement of charges and payments. Please be assured that all personal information is entered and received via a secure internet connection. ***This is a different login than the Parents 2020 tab.***

A note about online medical form submission: while much of the medical information we require can be completed and submitted online, **please note that your son's physical examination must be signed by your physician.** You can mail or fax back the signed forms to us at 131 Ocean Street, South Portland, ME 04106 or FAX: 207-767-1018 before June 1, or to the summer address thereafter. You will also have the option of completing your child's immunization record online or mailing/faxing back a hard copy. We understand that it may be difficult to have your son get a physical before camp and a prior year's physical is acceptable. If your camper is due for immunizations, please make arrangements for him to be up-to-date prior to attending camp.

What if I need additional information?

Our website is full of camper information, driving directions, etc. We invite you to use this as reference, and, of course, we welcome your questions should you have any questions or thoughts requiring a personal answer.

First-year campers who are entering 3rd-6th grade, as well as returning 3rd graders, will be assigned a camp "Big Brother." Big Brothers are returning older (13-15 year old) campers. These older boys can answer many new camper questions. A big/little brother letter complete with contact information will be mailed to first-year campers and their Big Brothers the first week of June.

We look forward to seeing your son at camp!

Camp Winnebago Policies

BEDDING: Because of the minimal amount of room in the bunks, we ask that if you send a personal blanket to camp that the blanket you send be **thin** and able to fit easily on top of a twin bed. These include the blankets offered through Camp Spot. This will help your son manage his area and aid in keeping his area neat and tidy. We are sensitive to the need of the campers to be warm at night and will provide an additional blanket to the boys if necessary. Please **do not** send **eggshell mattresses** or the like.

CAMP ADDRESS, PHONE NUMBER and E-MAIL: All mail to your son should be sent to him at Camp Winnebago, 19 Echo Lake Road, Fayette, ME 04349. **Phone:** 207-685-4918, **E-mail:** andy@campwinnebago.com. After camp begins, we post bunk lists and pictures by bunk number on the password-protected page accessible by selecting 2020 Parent Login' on the 'For 2020 Parents' page of our website. Putting your son's bunk number on the envelope will help speed the delivery of mail within camp. The sign-on name is: **family** and password is: **1919**

CAMP STORE: A place where campers can come daily to get "essential" items they might need such as a flashlight, toothpaste or envelopes. Additionally, the younger boys can come twice a week and get a special treat such as a candy bar and soda or soft serve ice cream. Older boys (13+) can visit the Camp Store every night. **No money is needed** at the Camp Store, as most items are included in the camp tuition. For extraordinary purchases, such as stamps and batteries, purchases are charged to the camper's account.

*****CELL PHONES***:** Although cell phones are not permitted at camp, we recognize that having a phone helps certain situations. If you plan for your son to travel to camp with a cell phone (we don't encourage it), please fill out the 'cell phone form' so we can keep it safe for him at camp and return the phone to him for his trip home.

CLOTHING: 1) Everything not attached to your son that you want to be returned **must** have their name on them. Assume everything will be misplaced at some point during the summer. Please make sure less obvious articles - tennis rackets, shoes, baseball gloves, sleeping bags and flashlights - have your son's name marked on them. 2) Our drama department will happily give your old clothes a new home - to you they're old slacks, shirts, dresses, skirts and blouses; to us they're costumes.

CORRESPONDENCE: We have placed correspondence to families on our website at www.campwinnebago.com under the 'For 2020 Parents' tab. This information is password-protected and may be accessed via the '2020 Parent Login' link on the same page. The sign-on name is: **family** and password is: **1919**. The camp newspaper, *The WAG*, will be posted during the summer as it is published, as well as pictures from camp that we post on Mondays, Wednesdays, and Fridays.

THE ECHO: The Echo is the camp yearbook that is sent out in November to all the campers who attended camp the previous summer. Included in the yearbook are names and addresses of campers and counselors, pictures, activity summaries, and much more.

FAX and E-Mail: While we promote real letter writing (and insist on it for the campers), parents may fax or e-mail a letter to your son. The fax number is 207-685-9190. Our e-mail address is: andy@campwinnebago.com. To ensure delivery of e-mail, please put your son's full name and bunk number in the subject box of your e-mail. Also, we **will not** deliver attachments or e-mail that contains anything but text. Please be conservative with the amount of e-mail that you send. We do not guarantee absolute privacy or same day delivery.

FOOD: Camp food is plentiful and well-prepared. Please do not send anything extra. We have the campers open all packages and bulky envelopes in the office, if it contains food, candy, gum, etc. the office personnel have the unpleasant job of throwing it out. We hate to do this, so please make our lives easier by not sending any food and by advising all relatives and friends similarly. To plan ahead, we will allow parents to send a "Care Package" to your son halfway through the summer and will send out information related to that closer to the date.

HEALTH: Trying to keep our boys safe and well is our most important responsibility. **A health examination is required for all campers prior to the start of camp.** All required health and medical forms can be found online by going to our website, logging into your **CampMinder** account and selecting the Forms & Documents tab. You have the option of filling out your son's medical form online or printing a hard copy for you and your physician's completion. Either way, **a doctor's signature is required on your son's physical examination form.** If you choose to complete the form online, you will be returning a page with your signature, granting certain permissions with regard to medical treatment given at camp, and verifying that the information you provided is correct.

If your son is able to have a physical, please urge the doctor to make your son's examination a thorough one. A real medical examination can be of great help to us and to our medical staff. The health history and record of immunization tests are of the utmost importance. Physician-signed Medical Examination Forms should be mailed to Camp Winnebago, 131 Ocean Street, South Portland, ME 04106 on or before **June 1**. After June 1, please mail your forms directly to camp: our summer address is Camp Winnebago, 19 Echo Lake Road, Fayette, ME 04349. Additionally, if your son is required to carry emergency medication such as an asthma inhaler or Epi-Pen for life-threatening emergencies, you and your doctor must also complete, sign and mail back both of the **"Carrying Emergency Meds" forms** found under the Forms & Documents tab from **CampMinder** (see also Page 18 of this Handbook). A tetanus booster is required every 10 years. If your son was unable to see his physician this year due to COVID, please ask the physician to write a note attached to last year's physical that documents there is no change to his health. If your son takes medications or has other health concerns, we highly recommend a physical prior to attending camp. If your son needs immunizations, please arrange for this prior to coming to camp."

MEDICATIONS: If your son takes daily medications, we require that you work through our local Walgreens, a separate organization, to have your son's medications packaged and delivered. If your son has PRN medications, please send all medications to camp **a few days ahead of your son's arrival**, labeled **"Attention: Andy and Infirmary"**, rather than have your son bring them. Please see the Medication Form on page 19 for more information. Please note, while at camp, if your son stays in the infirmary overnight and/or takes any prescribed medication, Andy will call you to let you know.

INSURANCE: Insurance included in the tuition cost is health and accident insurance. This is a limited policy to cover medical expenses at camp. It provides first-dollar coverage to a maximum of \$3,000.00 for sickness, \$300.00 for dental accident, and \$6,000.00 for accident. Please note your insurance carrier on the health form in the event additional coverage is needed.

LAUNDRY: Laundry is done weekly and returned the same day. In the bunk, your son probably has far less room than he has at home. Oversupplying him with duplicates and extras may give him an unmanageable task in attempting to keep neat and organized in his bunk.

MAIL: One of the single greatest causes of homesickness for campers (new and old) is not getting mail at the beginning of camp. Help us by starting to send letters or postcards about **four days before camp starts**. The impact of having mail on the first day of camp is enormous! (See the enclosed sheet on “Homesickness Prevention.”) And then keep writing!

NO-NO’S: No Game Boys, iPods, Pokémon cards, super soakers, Kindles or the like, walkie-talkies, computers, hand held computers, **watches**, cell phones, anything with a screen, or knives. The Camp Craft department will provide, and instruct in the use of, any cutting instruments for the outdoors.

PACKAGES: Please keep the number of packages sent to camp to a **bare minimum** over the course of the summer. If you feel the need to send your son a package, we suggest you send reading material or other essential items that he **NEEDS** while abstaining from sending games, balloons, and other “stuff”. A package requires the camper to make a special trip to the office where he has to wait in line and then open the package in front of a staff member. It is an inconvenience. If the item is expected to come home with your son, realize that space in the bunk and on the return flight or bus is extremely limited. Food is not permitted to be sent to camp.

PHOTOGRAPHS: Included in your tuition is a set of photographs. Pat Kelly serves us with excellent work that includes an individual color photo of each boy along with a color group photo of all the boys in his division. If you want more than one set, you can arrange that directly with Pat. First year campers will also receive a Winnebago photo album with multiple sleeves in which you can store camp photos from successive summers.

Trip Journal: Your son will be given a leather bound trip journal his first summer at camp. We will keep it for him (no one will read it) and provide it to him during his camping trips where he will have the regular chance to journal. After his last Winnebago summer, we will return it to him to have as a special memento of his camp career.

WEEKLY/FINAL REPORTS: Almost every week, you will receive an electronic “Weekly Report” authored by his counselor(s) with a short description of your son’s activities and a smidgen of news from camp. At the end of camp, we will send you a more complete “Final Report” detailing your son’s progress, growth and challenges he faced over the course of the summer. As it is our goal to over communicate with you this summer, we plan to send you a daily update on how camp is going.

TELEPHONE CALLS: We permit phone calls on a very limited basis. A full-summer camper may receive two calls, a 4-week camper one call. After 10 days at camp, on July 10, we permit campers to receive phone calls. If a camper has a **birthday** at camp, you may call him

with an "extra" phone call at mealtime. We eat breakfast at 8:00 a.m., lunch at 12:45 p.m., and dinner at 6:00 p.m. It's best to call 15 minutes after the start of the meal. Wednesday lunch and dinner and Sunday breakfast are not good times. We will also schedule a 10 minute video call sometime around camp's halfway point if you would like to see your son(s).

If you want to phone, please call the Camp office between 9:30 a.m. and 12:30 p.m. to set up a call for that day or later. We will advise your son to call you at the appointed time, which will be between 1:30 p.m.-2:15 p.m. or 6:45 p.m. and 7:30 p.m. Phone calls will be limited to five minutes. Similar arrangements will be in effect following visiting day. Phone calls will not be scheduled or permitted (except birthday calls) during Final Week, which starts on August 9.

Please realize that phone calls may not be very reassuring or informative. We do not recommend them, especially for boys who might be prone to homesickness. Please review our Phone Call Letter on page as to why phone calls are so limited and why you should not feel obliged to call.

TIPPING: We have a firm and absolute policy against tipping. It has been determined by the American Camp Association to be inconsistent with the relationship between camper and counselor, and there is even an accreditation standard against it. Please do not embarrass counselors or place them in an awkward position.

Uniform and Packing Guidelines

CLOTHING: In your CampMinder account is a link to a required clothing and equipment list along with a Camp Spot catalog for 2020. Clothing may be purchased wherever you wish. We know the owners of Camp Spot, and they run a very competent organization. They will also sew name tapes on your son's clothing. We do **not** insist on the name WINNEBAGO or an emblem on the shirts or on the jacket, so you and your son can decide whether you want this or not. We **do** insist that the color be as stated on the clothing list. Should there be any questions, do not hesitate to contact Andy. Camp Spot takes 10-20 days to deliver. We have found the quantities on this list to be sufficient to meet a boy's needs during the summer. But you know him best - order more or less depending on his anticipated needs and please remember *there is a limited space in the cabins*. All campers except Falcons ("F") and Senior Lodge ("SL") should have the vinyl shoe bag. Sweatshirts must be in **solid** green, brown, blue or gray in color without writing unless it is "WINNEBAGO". This includes insignias or logos such as college names, "Adidas" or alligators. We will be very strict on adherence to the listed clothing so boys who comply do not feel outdone by boys who bend the requirements. We are flexible on hats and bathing suits.

Name Tapes: Please don't forget - **every** article a boy has with him must be marked with a name tape (or other marker) with his full name. Name tapes can be ordered from the Winnebago Camp Spot catalog and it just one of many sources for name tapes.

Regular Clothes: Also, do not permit your son to bring non-camp clothes to camp except for those he travels to camp in.

Mouth Guard: While it is not on the list, if your son has a mouth guard he should bring it to camp for use during such sports as street hockey.

ROLLER BLADES: We offer rollerblading as an informal athletic activity. Every boy interested should bring wrist guards, kneepads, and elbow pads, as well as roller blades. If you have outgrown roller blades and can send them to camp, we would be able to use them for boys who do not have them. If you are buying roller blades, please get the type that leaves no dark marks on the rink surface.

HELPFUL HINTS:

(1) Make sure your son packs a pair of water shoes. These can be old, ready-to-retire sneakers or others offered through the clothing catalog. Our boating and canoeing program requires campers to go in the water with closed toed shoes on, and it's a shame to ruin good sneakers. Tevas, flip-flops or sandals are not water shoes.

(2) Please have your son bring sunscreen with an appropriate SPF (15 or greater).

(3) There is no need for cash at camp. The bunks are unlocked and money can get lost easily. The office staff can hold cash in the office for boys who have cash and want it kept safe.

Baggage Information

*****BAGGAGE:** If your son will take the bus, we ask that you use the Camp Baggage Service to ship your son's bags to and from camp. Because of the limited space on the buses and the amount of luggage to deal with, it has been increasingly difficult for camp to ship your bags home from camp by bus or other services. Camp Baggage will deliver bags to Camp at 9:00 a.m. on June 29 and home usually within the next couple of days after camp ends. In an effort to plan all of the essential logistics involved in providing this service, we ask that campers requiring service in June enroll with Camp Baggage no later than **June 10**. For one-way service home from camp, please enroll by August 1. The Camp Baggage letter can be found at the end of the Handbook and in the Forms & Documents Tab from your **CampMinder** account. Frequently asked questions regarding Camp Baggage can be found with the Camp Baggage Enrollment information. for Camp Baggage's phone number is 561-748-5185. Please see the Camp Baggage letter on page 20 of this handbook.

If you live outside the Camp Baggage operating area, we encourage you to send duffels and other items to camp early via UPS, Fed Ex or Parcel Post. Please send the items to **arrive on June 28-29**. The bags should be shipped to *Your Son, Camp Winnebago, 19 Echo Lake Road, Fayette, ME 04349*. Duffels should be securely tied but not locked unless we are sent a key. They may be sent insured. You may have your son bring a sleeping bag and/or suitcase with him, but each must be a reasonable size for the bus or plane. **At the end of the summer, you should arrange to have the bags shipped home and we are happy to stick the prepaid labels on the bag for you.**

Reasonable amounts of baggage, including duffel bags, may be checked on the plane.

Travel Information

Travel Forms must be completed and submitted by June 10. Basic ‘To Camp’ and ‘From Camp’ travel plans can be submitted electronically by selecting **Transportation** under the Forms & Documents tab from **CampMinder**. Also, please fill out a travel form found in the “Camp in Touch Section” as we want to be sure to receive all travel plans exactly as you made them. Please note, **if your son is arriving by plane**, or you have special travel needs, please call Andy at 207-767-1019 or e-mail him **prior to confirming any reservation**. For specific health related travel instructions for 2020, please see *Healthiest Travel to Camp Winnebago* on page 30-31.

PLANE: Before confirming your son’s reservation, please e-mail or call Andy to insure that the travel times are consistent with our pickup schedules at the various airports, as well as helping to arrange campers traveling together when schedules permit. If it is desirable to fly to Boston, please plan to arrive between 2:00 - 5:00 PM. Counselors will be at the gates to meet the flights. There may be schedule changes, so please call the airline or travel agent a day or two before travel to confirm. Boys arriving by air in Portland will be met by counselors at their flights. They should arrive in Portland between 11:00 a.m. and 2:00 p.m. If for some reason a counselor is delayed, the camper should wait for him at the security gate area. Please be sure to check all baggage through to the final destination. Not knowing what food will be served, a lunch should be packed, as the boys will not arrive at camp until after lunchtime. **If your son is traveling unaccompanied minor, please give the airline Andy’s name and camp’address and phone number. This will satisfy their “pick up/drop off” information.**

NEW YORK CITY BUS: The New York City group will leave at 8:00 a.m. on Wednesday July 1, from the driveway of the Rose/Hayden Planetarium on 81st Street between Central Park West and Columbus Avenue. Please be there at 7:00 a.m. so we can get everything loaded quickly and depart promptly. Please do not park your car in front of the bus in the drive way as the bus will not be able to squeeze by those cars to depart. All boys should bring snacks, lunches, and canned or plastic (not glass) containers for drinks. The round trip fare is \$275.00 and is reflected on your invoice. The bus is a chartered express bus.

WESTCHESTER BUS: The Westchester group will leave at 9:00 a.m on Wednesday July 1, from the parking lot of **Bloomingtons in White Plains**. The address is: 175 Bloomingdale Road, White Plains, NY 10605. Please be there by 8:00 a.m. so we can get everything loaded quickly and depart promptly. The bus will be to one side of the parking lot. All boys should bring snacks, lunches, and canned or plastic (not glass) containers for drinks. The round trip fare is \$275.00 and is reflected on your invoice. The bus is a chartered express bus.

BOSTON BUS: Boys meeting in Boston should meet at the northbound Lexington Service Area - Route 128 (also called I-95). The Lexington station itself is on the access road between Exits 30A and 30B (Route 2A). If you are driving southbound, you can reverse direction at Exit 29 (Route 2). The bus will leave the service area at 1:30 p.m. The round trip fare is \$150.00 and is reflected on your invoice. The bus is a chartered express bus.

For all four Busses: All boys traveling on the DC, New York, Westchester, or Boston busses should bring games, comics, or other quiet entertainment for the bus. Please no Game Boys, Cell Phones, or Pokémon cards, or their equivalents, on the bus or at camp.

Driving to camp: If you are driving your son to camp, please plan to arrive at camp between 1:00 and 3:30 p.m.

Driving Directions to Camp Winnebago

1. From New York City, take the New England Thruway (I-95) and Connecticut Turnpike (I-95) to New Haven (47 miles), then go on to I-91 to Hartford (35 miles).

From Westchester, take I-684 north 28 miles to I-84 east to Hartford.

2. From Philadelphia, New Jersey and points west and south, cross the Hudson River at the Tappan Zee Bridge and continue east on I-287 to White Plains. Take I-684 north 28 miles to I-84 east to Hartford.

- At Hartford go east on Route 15 and I-84 to the Massachusetts Turnpike (42 miles). Take the Mass Pike at Sturbridge going east toward Boston (11 miles). Take the 1st exit (Exit 10 Auburn) and follow I-290 north and east through Worcester (21 miles) to I-495 north (54 miles) to I-95 north (continued at next “bullet”).

1. From Boston, go north on Route 128 to I-95 north, or I-93 to I-95 north, follow I-95 directly to the New Hampshire Turnpike, then to the Maine Turnpike, then follow directions at next bullet.

2. From Portland Airport, go to the airport exit and get on the Maine Turnpike heading north.

- Continue on the Maine Turnpike to Augusta, exit 109. Follow the exit directing you toward Winthrop (west) and you will be on Route 17 (among other route numbers) going west. Turn right after about three miles where Route 17 goes off by itself at the main stoplight, after a large gas station on the right and across from a gas station on the left. Follow it for 13 miles (1-1/2 miles past the Fayette Country Store) to Camp Winnebago. Entrance is on the right hand of the road, and the camp sign is on the left.

For GPS Navigation : Please use the following address:, 2222 Main Street, Fayette, ME 04349

Homesickness Prevention

What is homesickness? Technically speaking, it is the distress or impairment caused by an actual or anticipated separation from home. It's characterized by acute longing and preoccupying thoughts of home and other beloved objects. About 95% of all children miss something about home when they're away at Camp. In other words, homesick feelings are absolutely normal. Contrary to "conventional wisdom," research has shown that a Camp's physical distance from a child's home, or the presence of a child's friend from home at Camp, have no impact at all on whether a child experiences homesickness while at camp.

Fortunately, severe homesickness is very rare. Research has shown that only 1 in 5 children has a bothersome amount of homesickness, and only about 1 in 14 has a truly distressing degree of homesickness. At Camp Winnebago, we believe our numbers are even better. While practical experience has helped us to develop a number of truly effective ways to deal with homesickness at Camp, there are some simple things that you can do before Camp starts to reduce the chance that your child will experience a bothersome or distressing amount of homesickness. In addition, there are lots of things that you can do to support your child if he should experience serious homesickness while at Camp.

Prior to the start of Camp, talk with your child about homesickness. Most children are pretty good at predicting how strong their own homesick feelings will be, and talking about homesickness won't cause it or make it worse. Let your child know that there might be times when he will feel a little homesick, even though he is having a great time at Camp. Let him know that there are lots of things to think about or do to feel better if he feels homesick. Many children have found that the following things help to reduce homesickness at camp:

Preparing For Camp

- **Do something fun** - staying busy at Camp, in activities or with friends in between activities, makes a huge difference.
- **Do something to feel closer to home** - writing letters to family, looking at pictures, reading letters, all have made campers feel better at Camp.
- **Think about the good side of being at Camp** - looking on the bright side makes a huge difference. Think of all the cool things you can do at Camp, things that you can't do at home!
- **Try to be happy and have fun** - try to change the way that you feel...sometimes just thinking about feeling good is enough to change your mood.
- **Remind yourself that Camp isn't really that long** - seven weeks isn't really that long a time...school lasts about 40 weeks! Remembering how short Camp really is can make a huge difference.
- **Talk with someone who can help you feel better** - at Camp, there are many people around you who are there for support. Talk to your camp big brother, your counselors, head counselor or your director. They are there to help you through tough times. They are experts at helping kids get over their homesickness!

Talking about these coping strategies and working on them with your child are great ways to diminish the chances your child will have significant homesickness while at Camp. In particular, help your child to work on re-framing time, one of the most effective strategies we use at Camp. Arrange for your child to have practice time away from home, at friends'

houses for sleepovers, school trips, or other opportunities to be away from home without you. The key during the dress rehearsals is to simulate, as much as possible, the Camp separation. This means no talking on the phone in the middle of the evening - that would not be the true Camp experience. A few more pre-Camp tips:

- **If possible, avoid moving in the weeks before or during Camp** - it increases a child's anxiety, and makes the adjustment to Camp much more challenging.
- **Be truthful about stressful issues** - despite what was said above, hiding a move or separation from your child, and doing it behind his/her back while at Camp, can be devastating. When children return home and are confronted with a new situation, they can become mistrustful of their parents and fearful of spending time away from home.
- **Keep doubts to yourself** - again, despite what was just said, try not to say things that will make your child worry about how you'll feel when he's away at Camp. If you are uncertain about your child's ability to cope with homesickness, it is also best to keep those concerns among your child's adult caregivers, including our staff. Children need to hear positive messages from their parents. If you let them know you believe they can do it, they'll be much more likely to succeed.
- **Send your child a letter at Camp before the first day** - receiving mail at Camp helps children to feel loved and remembered. Personal, positive letters from home are often the cure for almost any illness.
- **Do not make deals about early pick-ups!** Parents occasionally make pick-up deals in an innocent attempt to reduce pre-camp anxiety. Experience teaches us that this is a very destructive strategy. It's normal for children to feel nervous and excited as Camp approaches. Second thoughts are common. It's normal for first-year campers to be worried about homesickness and ask themselves whether Camp is such a good idea in the first place. Unfortunately, some well-meaning parents have tried to comfort their child by saying something like, "Well, if you still feel homesick after a week, we'll come to Camp and pick you up." This promise almost guarantees that the child will be homesick, and the parent will be forced to fulfill the promise. What's worse, the child will not gain independence or self-confidence, but may even feel like a failure.

There are two reasons why *pick up deals usually backfire*. First, the deal contains a negative message. The message is "Mom and Dad don't think you can make it through Camp. We think you will be so homesick that the only solution will be to leave Camp." The second reason these deals backfire is they give children a powerful, home related thought to dwell on: The Pick-Up. Then, every time the child encounters a stressful situation at Camp, or feels a twinge of homesickness, his thoughts turn to the pick-up. "My parents said that if I don't like Camp, they'd come to pick me up." This thought becomes a mental crutch. The child leans on it, rather than his or her own developing power to cope.

If your child asks you straight out, "Mom, will you come pick me up if I get really homesick and hate Camp?" the best answer is something like, "You sound a little nervous about going to Camp. But I think you're really going to love it. It's normal to feel nervous before you go. Also, remember that even if you do have some homesick feelings at Camp, you'll know what to think and do to make things better, and you'll have lots of people who can help you through those feelings. So, even though you

might have some homesick feelings, I think you're going to have a great time at Camp."

Learning to cope with homesickness is a skill your child can use the next time he's away from home. Once children recognize the feeling of homesickness, cope with it, and survive a brief separation from home, their confidence about future separations skyrockets. They really do gain independence, and their self-confidence shapes their attitudes on an on-going basis. Having a confident, positive attitude is one of the best predictors of having a good time at Camp. In a way, the cure for homesickness is actually overcoming an initial bout of homesickness. It's like exercise. It may hurt a little, but it makes you stronger.

**Adapted from a letter a sent to parents from a camp in New Hampshire*

PHONE CALLS

Dear Parents:

With the coming of the electronic age, the telephone has become the primary channel for communication. Coupled with the instant everything (food, entertainment, etc.), it has become the new life style, invading every area of life, creating a new situation for camping - and not a very healthy one for campers.

Here at camp, we live in a kind of primary community within a self-contained environment. The sudden intrusion of the "home" world into the camp world is very jarring to the camper's mind-set, causing an abrupt switching of gears from one world to the next - a collision of two realities in his life, which are normally separated by time and distance. It takes emotional time and energy to adjust and re-enter each world, and is disruptive of the camper's own schedule and plans.

Creative separation is an important ingredient of growth, however difficult it is to realize in this day of immediate gratification. Overnight rail service has been replaced by airline flights, so that even time separation between home and camp has been diminished. Cards and letters respect that separation, giving the kind of distance needed for campers to absorb and accommodate the communications from home.

Therefore, we ask that letters and cards - frequent and regular - be the primary channels for communication while at camp. Otherwise, important lessons of independence and self-reliance beyond the home situation can be short-circuited by a quick call to or from home. And the availability of the telephone can interfere with another important learning: how to plan ahead, by playing into the hands of today's instant gratification mentality, which is not healthy. Whereas telephone calls are gone the moment they happen, letters keep. You will find them delightful, invaluable souvenirs for you and your son of an age, which passes too quickly.

Always feel free to call me at any time concerning a question, a concern or suggestion. Thank you for your understanding and help.

P.S. If you are homesick for your son, please drop him a line saying you're thinking of him, don't lay your own homesickness on his shoulders. Those "think of you" thoughts are always welcome and supportive and can help you re-affirm and re-establish the relationship that you as a person can dearly miss.

Winnebago Award Definition

At the end of each summer, we award to a number of campers a “Winnebago Award.” We think it important that everyone have a clear understanding of what the award stands for and how the recipients are decided.

Toward the end of camp, each bunk counselor receives the award definition. By section, the counselors decide which eight-week campers displayed a level of citizenship making them eligible for an award. (See the award definition below.)

The names of those campers are then forwarded to the administration (Andy, the Head Counselor and the Program Director). In a joint meeting, the section leaders and administration review each camper’s activity and trip reports submitted by the activity and trip counselors throughout the summer. A vote is then taken and any camper with a majority receives an award. There is no limit on the number of awards given for each age group.

It is our hope that we create an environment at camp where each camper is able to win a “Winnebago Award” every summer. We certainly don’t define a boy’s summer by whether he wins an award or not, and we hope you and your son won’t either. Rather, we hope that each camper leaves camp feeling a deep sense of accomplishment; having had fun, feeling good about himself, and having experienced new things and acquiring skills while making long lasting friendships. Receiving an award is an acknowledgement that the camper helped make camp a better place for everyone in a way beyond the ordinary. We view the “Winnebago Awards” as a way to help set a standard that we deem important.

Definition of the “Winnebago Award”

To the campers in each division who have achieved a standard of good camping, marked first and always by a high degree of camp citizenship, but embracing as well, spirit, a positive attitude, involvement, cooperation, and a contribution to camp. Effort and motivation are emphasized. The campers must have demonstrated in their varied activities a sincere interest to improve themselves as well as to accomplish according to their abilities. These boys are not only involved in the camp program, but they have contributed to make camp better and more enjoyable because of their presence.

List of qualities that we believe make up “camp citizenship”:

- Cooperation
- Dependability
- Responsibility
- Respect for AND consideration of others
- Sense of fair play
- Integrity
- Respect for own and others’ property, camp property
- Good health habits, personal and bunk cleanliness
- Positive leadership
- Constructive followership
- Effort

Our point in sending this to you at this time is simply to have you know we are constructing a standard that might not be appropriate for every boy to satisfy. Even given this, there might be some bruised egos when, at the end of an otherwise successful summer, he might not get an award. I stress, it does not take away from his personal successes. It simply means he has not met these high standards, which we think should be recognized when achieved.

FEE PAYMENT INFORMATION and Summer Dates

Full Summer: July 1-August 16

First Session: July 1-July 24

BILLS

Final Payments are due by June 10. Please send a check to our summer address at: 19 Echo Lake Road, Fayette, ME 04349

E-Check accounts will be debited on Friday June 5, unless we hear otherwise.

Senior Lodge Campers, Arrows and Bows, have money added to the extra spending money portion of the bill for their additional trips and additional camp store use. It also includes cash needed for those trips, which will be made available to your son.

Bus transportation from DC (with stops in Baltimore and near Philadelphia), New York City, Westchester, or Boston is added to the camp invoice as a transportation charge. That is the only transportation we have billed you for unless there is an extraordinary circumstance that we have discussed.

Contact Information

Winter Address (until June 5):

131 Ocean Street
South Portland, ME 04106

Phone: (800) 932-1646

or (207) 767-1019

Fax: (207) 767-1018

Email andy@campwinnebago.com

Summer Address (June 8-August 25)

19 Echo Lake Road
Fayette, ME 04349

Phone: (800) 932-1646

or (207) 685-4918

Fax: (207) 685 9190

Email andy@campwinnebago.com

Information for Parents Whose Child Requires Epi-Pen or Inhalers at Camp

The State of Maine allows campers who are at risk of asthmatic attacks or severe allergic reactions to carry emergency medications and are medically required to carry such medication at all time. Under the law, camps are required to give parents of campers who bring inhalers, Epi-Pens or other emergency medication to camp the option to allow their child to carry and self-administer such medication. The law goes on to establish procedures that both the parents and the camp must follow. These procedures, which include written permission from both the camper's parent and doctor, are summarized on the bottom of the following forms. The forms were developed in cooperation with the Maine Youth Camping Association.

Such medication is usually stored in the infirmary and administered under the supervision of our medical staff. If however, you want to permit your child to carry and self-administer his inhaler or Epi-Pen, permission is required both from you (the parent) and from your doctor. Please complete the following 2 forms:

Carrying Emergency Meds-Doctor Permission Form
Carrying Emergency Meds-Parent Permission Form

These forms can be found on our website. Select CampMinder, log into your account and navigate to the Forms & Documents tab. Please return the signed forms to: Camp Winnebago, 131 Ocean Street, South Portland, ME 04106, by May 30.

As always, feel free to call if you have any questions or would like to discuss further.

Best Wishes,

Andy

Camper Prescriptions

Send prescriptions to:

Rite Aid/Walgreens
943 Western Ave, Manchester, ME 04351
Phone: 207 622 6598
Fax: 207 623 3714

Name
Address
Phone Number
Insurance Info.

RX BIN
RX PCN
Group #
ID #

When the doctor sends in the prescription, please notate to fill the prescription in a **blister pack**. Also, make sure “**Hold for Camp Winnebago**” is prominently written on the prescription.

Please note, Camp Winnebago will pay for all prescriptions and will be in touch with you as to how you would like to receive the paperwork to submit to your insurance.



Dear Camp Winnebago Family,

We are pleased to announce that Camp Baggage will once again be Camp Winnebago's official baggage carrier for the upcoming summer.

To enroll, please visit our website (www.campbaggage.com) and sign up online after February 1st. Once we receive your completed enrollment, we will send you an enrollment confirmation email.

In the third week of May, all enrolled campers will receive information including baggage tags and the specific date our trucks will be in your area for pick up. In early June you will receive final pick up instructions via email.

You will be notified of return dates and times at least one week prior to the end of the camp session. If you have any questions concerning our service, please contact Camp Baggage directly at: Camp Baggage P.O. Box 3191 Tequesta, FL 33469 Ph: (561) 748-5185 Fax: (561) 658-0208 www.campbaggage.com Email: info@campbaggage.com

Warm Regards,

James Donaldson
Camp Baggage



Camp Winnebago

Frequently Asked Questions for Summer of 2020

Updated 6/2/20

This document is an evolving collection of critical planning for this summer. We recognize that conditions, best practices and the science of this pandemic are changing frequently and this FAQ represents our best thoughts and plans, given the assumptions and knowledge at the time that it was written. Understanding the rapidly changing nature of guidance and recommendations, it is important to know these recommendations may well be altered, and as they are, we will update this document accordingly.

Please know that we understand the need for you to feel comfortable with the decision to send your son to camp and we hope the following information helps provide some of that comfort for you.

What are the dates and tuition of camp?

- Staff will arrive on June 15.
- Campers will arrive on July 1 and depart on August 16.
- First session dates are July 1-July 24.
- There will be no Visiting day or Second Session.
- Tuition will remain at 2020 levels.

What will be the communication plan with parents and camp this summer?

Although our communication plans are not finalized, we know this summer is a time for regular contact and we will strive to *over communicate* with you this summer. This will take the form of daily communications that we anticipate will detail updates about camp health and other goings on.

As we will not be able to host Visiting Day, we will make arrangements for campers to set up a 10 minute video call with their parents around that date. We will also make arrangements for you, if you want, to speak with your sons at least two other times during their time at camp. Please know that if your son(s) has COVID related health issues, we will be in immediate contact with you about his care and how you can communicate with him.

How are the Staff Quarantine and Training?

Staff will arrive on June 15, two weeks before camper arrival on July 1, to allow for quarantine while training and preparing for camp. Over the course of the summer, we will ask staff not to leave camp. Later in the summer, Winnebago may organize “chaperoned” days off where staff would travel as a group to a certain locale out of

camp that would be away from other people and deemed a safe place. Staff will be tested during their quarantine, and if staff test positive or become ill, they will be immediately isolated and treated expectantly. Andy will communicate to parents if this occurs.

Staffing ratio and plan?

We foresee running camp at about 85% capacity to give ourselves more room to physically distance and maintain easier implementation of public health practices. However, we also plan to hire the normal number of staff (approximately 60), which will result in a higher staff to camper ratio and give us more flexibility to use staff where and when we see fit. We are saddened to say that there none of our international counselors or campers will be joining us this summer.

How will transportation work to and from camp?

Transportation is a critical consideration this summer. Buses will originate from/to Washington DC (with stops near Baltimore and Philadelphia), New York, Westchester and Boston. Campers flying into either Boston or Portland will be met at their gate and driven directly to camp. Campers will be screened prior to getting on the bus, will be physically distanced as much as possible and will wear facial coverings to mitigate the risk of spreading infection. If needed, camp will charter extra busses to enable increased distance between the campers. Our goal is to have one camper per row of seats, or have siblings sit together in a row. We will plan breaks for meals when boys can get off the bus and take off their facial coverings to eat. If parents drive their sons to camp, please be aware that: 1) You will need to say goodbye to your son at our drop off location at camps entrance and 2) Currently, Maine has a 14-day quarantine in effect for all out-of-state travelers, so please do not plan to spend the night in Maine.

In short, what is your communicable disease plan?

We have been constantly updating ourselves with best practices from the CDC, the ACA and Maine CDC. The ACA has a detailed [Field Operations Guide](#), which will largely inform our practice and for which Dr. Laura was on the expert panel. We will organize camp this year using best public health practices including *prevention* strategies (e.g. quarantine, small groups, minimal mixing between groups, physical distancing, face coverings (when age and developmentally appropriate)), *surveillance* strategies (e.g. testing, initial and daily screenings) and *early identification/isolation* strategies (e.g. diagnosing presumptively and putting campers into isolation). It is the overlay of *all these mitigation techniques*, each with its limitations that will provide a robust communicable disease plan. Please see below for more details.

What is the philosophy of ‘households’, quarantine and physical distancing at camp? Camp is organized into bunk ‘households’ and groups of ‘households’ that make up an age group. Initially, we will live, eat and play in these smaller groups (quarantine), and will expand our groups when we have a better sense of the health of our community. When we are in bigger groups than our ‘households’, we will exercise other mitigation measures (e.g. physical distancing or facial coverings).

What about Cough/Hand Hygiene?

Hygiene will be a consistent and integral part of our routines. Campers and staff will be trained, monitored and reminded to wash/sanitize hands regularly before and after activities and meals. We will make hand sanitizer available in the bunks and throughout camp. In addition, we will be adding additional hand washing stations on each side of the dining hall.

Facial Coverings?

At least for the first 14 days, we will use face coverings during activities that cannot practically be done with physical distancing alone. Our aim is to create a program which minimizes the use of face masks in lieu of other public health interventions. However, we understand it is important and we anticipate it will evolve over the camp program. Face coverings will not be used while sleeping, when on the water, or when they could cause difficulty breathing. Facial coverings are a mandatory item and you may order/make them yourself or, Camp will provide them at a cost for your camper(s). We recommend 7 masks, one for each day of the week, and they will be washed each week on laundry day. For further information and details on face coverings, please see [Facial Coverings at Camp Winnebago](#).

How will you use “testing” at camp?

Testing is a part, and notably, not the sole answer to a healthy summer. “PCR” testing will be used to screen staff and campers. The landscape of best tests and timing for screening asymptomatic campers and staff is changing daily and may change again prior to camp beginning. At this time, it is our plan to have campers tested 5 days prior to camp (June 25th), either by the primary care provider or via a testing service with which we have arranged service. We would like to have a test result prior to campers traveling to camp, and we chose 5 days because tests can take some time to return. Campers will be tested again approximately 5 days into camp to ensure they have not contracted illness on their way to camp. Parents will be notified immediately if a camper tests positive.

All costs for tests done at camp will be paid for by camp. We have not yet formalized testing plans for when campers leave camp and will determine a testing plan when we have more data on the health of camp at that time. Whether or not we test campers before they depart camp, we will recommend that campers quarantine upon returning home (currently 14 days) as best practice offered by the CDC.

Will you be screening my son?

We will be using symptom and temperature screenings at planned times throughout the summer. Prior to camp arrival for 14 days, we will ask you to monitor your family’s and son’s health daily. Please see [Healthy Camp Begins and Ends at Home](#) for more details. Campers will be screened prior to getting on buses and upon arrival, and if found ill, he may be asked to isolate at home and camp attendance will be determined after he is evaluated by a PCP. We will be doing daily health screening (with temperature checks) throughout the camp program. When your son(s) returns home,

we will strongly suggest, no matter the health situation that was at camp, he quarantine for 14 days (or per CDC guidance) and you monitor his health closely.

What about Cleaning, Disinfecting and Shared Items?

The American Camp Association has hired an expert consulting firm that has provided a detailed [Field Operations Guide](#) on all operations of camp, including cleaning and disinfecting. We will be utilizing practices recommended in this guide for cleaning and disinfecting of communal spaces and shared items between groups. We will be in contact about which personalized items (e.g. helmet, rackets etc) your son should bring to reduce the quantity of items shared. We will clean and disinfect frequently touched surfaces and common spaces multiple times daily (e.g. tables, drinking fountains, door handles, hand railings, toilets, faucets, and sinks). Campers will generally be discouraged from sharing items. However, within a boys 'household' restrictions will be relaxed. Campers will use their own water bottle, in lieu of shared fountains. It is important to note that while coronavirus can live on surfaces, it is primarily spread through respiratory droplets and facial touching with contaminated hands. Cleaning and disinfecting will be used with a strong emphasis on respiratory and hand hygiene practices.

Will there be Programmatic Changes?

We are currently working with our senior staff to evaluate camp's current program with the new eye of small groups and physical distancing. Many new and fun ideas are forthcoming-- and yes, the waterfront will be open for business and we will also be playing and teaching sports. We also anticipate program alterations, especially for the first two weeks of camp. This will change how we play, gather in large groups, dine and assemble. We will reassess our ability to relax the 'household' rules program for activities after our quarantine period, depending on current guidelines and best practices.

What about the Dining Hall?

We will be eating and assembling in our 'households' with appropriate distancing between groups/tables, and whenever available outside, or in other spaces as necessary. Meals will be served family-style with salad on the tables to minimize movement in the dining room. We will reassess our ability to relax 'household' rules after our quarantine period, depending on current guidelines and best practices.

Will you be changing sleeping arrangements?

Bunks will be treated as 'family households' and as such, we will not be asking boys to physically distance or wear facial coverings in their 'house'. We will ensure that there is adequate space between campers in the bunks, flaps will be kept up whenever possible to ensure ventilation and we will insist on good and regular hygiene practices in the bunk.

How will the Greenhouses (bathrooms) be organized?

Campers will visit the greenhouses by 'household' every morning and evening. We will be allowing additional time in the morning before and after breakfast, and in the

evening, to ensure campers will have time to use the facilities. Additionally, we will be placing portable bathrooms and sinks in key areas to alleviate greenhouse traffic.

What is your philosophy on visitors to camp?

Touchpoints outside of camp and migration of people in and out of camp must be minimized this year for both campers and staff. This will result in having no Trip Days, no Visiting Day and strictly limiting those coming into camp. We will not be having inter-camp games, socials or outside presenters in camp.

How will you manage employees who live off camp as they come into work?

To the extent possible, we will ask that staff live at camp. Given that a few staff will live locally, we will follow CDC protocols and screen employees every morning. Many of our local staff are highly aware of their own health and limiting their own exposures. Additionally, local staff will be asked to wear masks when interacting in camp.

What about Winnebago's Overnight Trip Program?

We are hopeful we can retain this critical aspect of our program for boys this season. However, the ability to do so will depend on the health situation at camp, the opportunity to be in the wilderness apart from other people and maintain the safety of the campers and staff. If campers go on overnight trips we will ensure they are in areas where exposure to other people is severely limited at most. Travel will be directly to and from trip drop offs/pick-ups, physical distancing will be used and when not practicable, facial coverings. In the course areas that trips will travel, we have emergency access to evacuate campers and staff as necessary. Trip leaders are CPR and Wilderness First Aid certified, and carry satellite enabled text communication devices.

How are you staffing your Health Center this year?

In a typical year, we have 2 nurses and Dr. Laura. This year we hired an additional Nurse Practitioner and nurse for the summer, bringing the health staff total to 5 to ensure capacity to respond to the needs of the summer. The nearest hospital is Maine General which is 20 miles away, and the nearest children's hospital (Barbara Bush Children's Hospital, where Laura is on staff) is in Portland.

If a camper becomes sick with COVID-19, what will happen?

While we are doing everything we can to prevent coronavirus in camp this summer, we are opening camp prepared for its presence. If a camper tests positive or develops symptoms consistent with COVID-19, he will be cared for outside of the camp's regular program. All boys will have access to testing. Parents will be notified immediately and discussion on the plan of care and participation will be had. Current CDC guidelines mandate that persons with COVID must isolate for 10 days, but many children feel better prior to that time. Parents will have the option to pick up their children if so desired. After the sick camper has recovered they may be able to return to camp, and each case will be handled on an individual basis. While in isolation, campers will live in the infirmary with our health staff. We also set aside a group of cabins for surge capacity and selected staff will live with those isolated campers. Once boys feel better,

we will integrate them into a 'shadow' camp that will remain separate from the larger camp and allow boys to play and have fun. If your son is sick, please know we will make arrangements for you to speak with him, if you desire. Staff living at camp who test positive for COVID-19 or demonstrate COVID-19 symptoms, like campers, will be isolated with the same protocols as we would with campers.

What is this “Shadow Camp”?

If we have coronavirus at camp, we may have a group of COVID positive campers with improved symptoms during their 10-day isolation. We are planning for this group to function as a separate 'camp'. Such a group will be led by selected staff members and will work with the Program Director and other camp leadership to “do camp” based on their wellness. This cohort will live in a group of cabins we have set aside and will take meals separately as well.

What happens to my son, if my son’s bunkmate gets sick?

We have organized camp into 'households' by bunk to help minimize exposure and spread of infectious disease, however, we realize that within a 'household' exposures may occur. Potentially exposed 'households' will be cleaned according to CDC guidance, will receive increased surveillance and mitigation measures (e.g. strict physical distancing from other 'households') until we are confident they are in good health. Please know we will be in very regular contact with you if your son has been exposed.

What if Camp’s Leaders get sick?

We are organizing ourselves in a buddy backup system to ensure enough redundancy in critical camp leadership to prepare for illness if it should occur.

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Our Healthy Camp Begins and Ends at Home

This summer we are counting on our camp families to care for one another by focusing on their behaviors for the two weeks prior to camp, and after camp, that will minimize the risk of illness, particularly with COVID-19.

What does this mean? This means that, despite your state's level of opening, we ask that you consider a "self-quarantine" for your camper, and if at all possible, your family. While we cannot enforce your family's choices prior to camp, we hope you will **seriously consider** how the exposure your camper experiences in the two weeks prior to camp could potentially impact your camper and our camp community. **Eliminating or minimizing exposures will decrease the likelihood that your camper will develop symptoms that would require staying at home, or isolating for 10 days in the camp setting.**

What are some examples of acceptable interactions? Considering COVID-19 is a respiratory spread illness, we recommend eliminating or **minimizing exposures to other individuals outside your immediate friends and family.** Physical distance should be maintained at all times from individuals that are not in your immediate household. We highly encourage those around your camper in the last two weeks prior to camp to wear a facial covering to prevent spreading illness to them. Handwashing multiple times a day is recommended, as is discouraging face touching. **Activities that allow multiple, unknown contacts are highly discouraged for the two weeks prior to camp, regardless of the degree to which these settings are employing infectious disease controls.**

We will be requiring families to fill out a **daily symptom sheet** for their camper for the two weeks prior to camp. Again, we trust that our community understands that accurate information on these sheets allows us to operate camp safely for all. You can find the 14 day symptom sheet on page 32. **Once completed, we ask that you email this form to Andy before July 1.**

We are aware of the need to follow a similar process when we send your camper home to you. For the 2 weeks prior to coming home, we will be ensuring your camper has daily symptom checks and will communicate immediately if they develop any concerning symptoms. We are not planning on testing campers prior to going home, unless they develop symptoms, or we have Covid at camp. We advise all families to consider minimizing exposures for 2 weeks when your camper returns home, especially to those individuals who are at [higher risk of COVID-19](#) and for those living in states that require people who have recently traveled to do so.

Finally, in order to enjoy as healthy a two weeks before camp as possible, please try to complete all pre camp appointments; dentist, haircut, etc. before June 17!

Thank you for trusting that we and the Winnebago community are doing everything possible for a healthy and fun 2020 summer.

Camp Winnebago 2020 COVID Testing Protocols

Testing is a part, and notably, not the sole mitigation method to the creation of a healthy summer. The purpose of this document is to describe to you our current testing protocol. The landscape of “best” tests and timing for screening asymptomatic campers and staff is changing daily and may change again prior to camp beginning or during its session.

Early identification of cases of COVID-19 to be able to treat appropriately and prevent infectious spread is our testing goal. To do this, campers and staff will be tested at a minimum of 2 times with a RT-PCR test to diagnose active disease in individuals *without symptoms*. It is important to realize that diagnostic testing to this point has been used and confirmed in individuals *with symptoms*. We know there are limitations to such testing, but are also aware that these diagnostic tests currently are the best available tests for the camp setting.

Testing Campers 5 Days Prior to Camp

We are asking parents to have campers tested 5 days prior to camp (June 26th). We would like to have a test result prior to campers traveling to camp, and we chose 5 days because tests can take some time to return. There are two options for testing prior to camp which include:

- 1) requesting your son(s) primary care provider to perform a RT-PCR mid-turbinate or nasopharyngeal test or,
- 2) Signing up for VAULT, an in-home RT-PCR saliva testing service with which we have arranged service (please see separate attachment).

If you choose to have your son(s) tested at his primary care office, please know that some states are not recommending testing individuals that do not have symptoms at this time (due to lack of testing availability). Dr. Laura has drafted a letter (See Below) that you can bring with you to your physician's office explaining the extraordinary need for this request.

Testing Campers at Camp

Campers will be tested again approximately 5 days into camp (July 5) to ensure they have not contracted illness en route to camp and that the initial test was truly negative. Tests will be done by Dr. Laura and the health staff on camp premises and sent out for analysis. Again, these tests will be RT-PCR mid-turbinate or nasopharyngeal swabs. Tests should take 24-36 hours to obtain the results. Parents will be notified immediately if a camper tests positive.

Testing the Staff

Staff will arrive a full 15 days prior to camp's session to prepare and quarantine prior to your son(s) arrival. Counselors/Staff will be tested for COVID-19 on the day of their arrival and again 10 days later by an RT-PCR mid-turbinate or nasal pharyngeal test. While we await results, counselors and staff will practice the comprehensive risk mitigation strategies that we will be embedding into our camp program this summer.

Costs for Testing

All costs for tests done at camp will be paid for by camp.

Testing Prior to Going Home

We have not yet formalized testing plans for when campers leave camp and will determine a testing plan when we have more data on the health of camp at that time. Whether or not we test campers before they depart camp, we do strongly recommend that campers quarantine upon returning home (currently 14 days) as best practice offered by the CDC.



Camp Winnebago

June 2nd, 2020

To Whom it May Concern:

Thank you very much for your attention to this matter. I'm writing to you today as a patient in your practice is planning on attending our overnight camp in Maine this summer. After months of careful planning, active communication with the State of Maine and collaboration with our medical team, we have moved forward with our planned opening. Our success will be predicated on comprehensive risk mitigation strategies within camp, along with an exhaustive pre-camp screening protocol – including symptom tracking and testing prior to travel into the state – to reduce the likelihood of Covid-19 in camp.

I am reaching out to you today to request your assistance in testing your patient prior to travel for the presence of SARS-CoV-2. We have asked all campers to have a negative test within 5 days of arrival. While we very much understand the concerns of false negative rates, we are doing everything we can to work within the stipulations put forth by the State of Maine and our use of testing is only a part (but necessary part) of our overall risk-reduction strategy.

The Centers for Disease Control and Prevention in their May 3, 2020 update have allowed for screening asymptomatic patients “who are prioritized by health departments or clinicians, for any reason, including but not limited to...screening of other asymptomatic individuals according to state and local plans”. Recently, the Maine Department of Health has added congregate living facilities to priority for testing.¹

Consequently, we politely request for your assistance in performing an RT-PCR for SARS-CoV-2 test for your patient according to your practice’s current protocol and report the result back to the family, who will then release it to us.

Our hope is that by using the primary care office, we can reduce the use of direct-to-consumer testing, which is NOT recommended by current American Academy of Pediatric guidelines. We very much appreciate your attention to this matter in our pursuit to provide as safe as possible summer experience for children similar to your patient. I urge you to reach out to me if you have any questions at all or if I can be of any assistance.

Sincerely,

Laura Blaisdell, MD/MPH, FAAP
Camp Winnebago, Fayette Maine
laurablaisdell@gmail.com

¹ Updated Guidance for COVID-19: Prioritization of Testing and Discontinuation of Home Isolation, Maine Health Alert Network, Maine Department of Health. <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/documents/COVID-19-Prioritization-Of-Testing-And-Discontinuation-Of-Isolation.pdf>

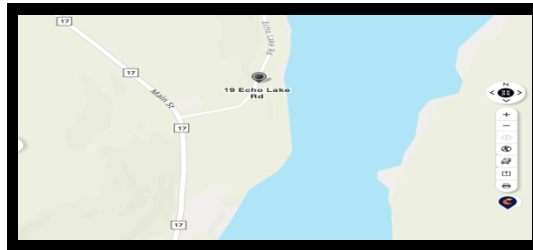
Traveling in the Age of COVID-19: Healthiest Travel to Camp Winnebago

Traveling to and from camp is a potential for exposures to COVID-19. We ask that you take the utmost care in how you and your son(s) travel to camp and in the measures you take to minimize exposing yourself to others who may be sick.

Driving

We highly recommend that you drive to camp in a personal vehicle without sharing rides with people who will not be at camp this summer. When driving, be aware when stopping for breaks, food and gas to use a face covering, wash or sanitize your hands after touching public and other non-personal items, attempt to not touch your eyes, mouth or nose and use good physical distance from others. Please also be aware that the Governor of Maine has issued a rule that all out-of-state visitors quarantine after entering Maine for 14 days. Thus, please plan to drive directly to camp upon entering Maine and plan accordingly to do so.

When you arrive, please do not enter camp at our front entrance. Instead, go past Camp Winnebago for about 75 yards and take a right hand turn on Echo Lake Road. 20 yards down the road, you will find our Camp 2020 check in tables there. If parents drive their sons to camp, please be aware that: 1) You will need to say goodbye to your son at our check in station and 2) Currently, Maine has a 14-day quarantine in effect for all out-of-state travelers, so please do not plan to spend the night in Maine.



If parents drive their sons to camp, please be aware that: 1) You will need to say goodbye to your son at our drop off location and 2) Currently, Maine has a 14-day quarantine in effect for all out-of-state travelers, so please do not plan to spend the night in Maine.

Camp Winnebago Buses

Buses will originate from/to Washington DC (with stops near Baltimore and Philadelphia), New York, Westchester and Boston. Campers will be screened prior to getting on the bus, will be physically distanced as much as possible and will wear facial coverings to mitigate the risk of spreading infection. Depending on the number of bus passengers, we may get extra buses to enable increased distance between the campers. Our goal is to have one camper per row of seats or have siblings sit together in a row. We will plan breaks for meals when boys can get off the bus and take off their facial coverings to eat. When campers arrive at Camp Winnebago they will go through a check in process prior to going to their bunks.

Flying

Air travel requires spending time in security lines and airport terminals, which can bring your son(s) in close contact with other people and frequently touched surfaces. **Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes.** While physical distancing is possible in airports, it is difficult on crowded flights, therefore we encourage you to consider choosing air carriers that allow for spacing between individuals. Practice good prevention while traveling including wearing facial coverings at all

times, washing hands often, especially after touching non-personal items. And as always avoid touching eyes, nose and mouth.

Campers flying into either Boston or Portland will be met at their gate by camp counselors (wearing facial coverings) and driven directly to camp. We will have enough vehicles to allow for spacing between campers, but campers and staff will be asked to wear facial coverings while in route to camp after their flight. We will try to cohort van travelers by age group as much as we can. When campers arrive, they will go through our check-in process prior to going to their bunks.

(Please see word document attached to email regarding screening for improved formatting).

Camper _____
 DOB _____ Documented (Staff) _____

Camp Winnebago Pre-Camp Health Screening

Healthy camp begins at home. In an effort to minimize illness at camp, we ask that you screen the health of your camper daily beginning 14 days prior to camp. Please email this form to Andy at andy@campwinnebago.com on June 30th after your son(s) last screen.

Please indicate if your son has any of the following symptoms 2 weeks prior to camp. If any temperature or symptoms present at any time during these 2 weeks, please have your camper evaluated by a licensed provider and contact camp for further guidance.

Symptoms include: cough, shortness of breath, fever, chills, muscle pain, sore throat, nausea, vomiting, diarrhea or loss of smell/taste. If your son feels warm, please take his temperature with an oral thermometer.

Date	6/17	6/18	6/19	6/20	6/21	6/22	6/23	6/24	6/25	6/26	6/27	6/28	6/29	6/30
Symptom(s)														
									PCR Test					Email to Andy

Additionally, please answer and initial the following questions on June 30 th .	Initial
1. My child has not been around anyone with any of the listed symptoms or diagnosis of COVID19 in the 14 days before the start of camp, including immediate family members.	
2. My child has minimized his exposures according to camps "Healthy Camp Begin & Ends at Home" document for 14 days prior to camp.	
3. My child has not traveled by air or traveled out-of-state in the 14 days prior to camp.	
4. My child has adhered to our state's guidelines regarding COVID-19	