



DEDHAM HEALTH™

& Athletic Complex

CAMPS

Welcome!

200 Providence Highway

Dedham MA 02026

781-326-2900



My First
Day Camp

The
ULTIMATE
DAY CAMP

DHAC
Junior Tennis Academy
Camp

2024 PARENT HANDBOOK

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

DedhamHealth.com

04/09/24

To Our Camp Parents

We hope you find the information in this book helpful with your summer planning and getting the most from the summer experience at Dedham Health and Athletic Complex.

We Strive

- ◆ To develop and practice decision-making skills.
- ◆ To practice respect for one's self and others.
- ◆ To create long lasting friendships that will last a lifetime.
- ◆ To build self-esteem throughout the summer.
- ◆ To spend time outdoors and learn to appreciate our environment.
- ◆ Most importantly we want you to have FUN!!!!

One of the best parts of a camp director's job is the opportunity to create a fun summer community that allows campers to grow and learn.

We are so excited you will be joining us this summer!!!



Contents

Letter to our Camp Parents 2

Table of Contents 3

Camp Office Information..... 4

Campers Rights & Responsibilities 5

Change & Cancellation Policies..... 6

Communication 7

Discipline Policy 7

Camp Drop-off 8

Camp Pick-up..... 9

Required Forms..... 10

Healthcare Policy & Procedures..... 11

Attendance Policy & Procedures 12-13

Camp Lunch 14

What to bring, What not to bring..... 15

A look at My First Camp 16

A look at Ultimate Day Camp..... 17

A look at JTA Camp..... 18

Camp Themes & Dates 19



Camp Office Information

MFC & UDC Camp Director Lars Lambros
Lars@DedhamHealth.com

MFC & UDC Camp Asst. Director Colin McCarthy
colin.mccarthy@DedhamHealth.com

JTA Camp Director Naoufal Houmairy
Naoufal@DedhamHealth.com

Aquatic Director James Stallings
JStallings@DedhamHealth.com

DHAC General Manager Steven Lempert
SLempert@DedhamHealth.com

Phone 781-326-2900

Fax 781-329-1629

SESSIONS FROM JUNE - AUGUST

TYPE	DAYS	HOURS
Full Day Camp	Monday - Friday	9:00 am - 4:00 pm
Half Day Camp (Tennis Only)	Monday - Friday	9:00 am - 1:00 pm

EXTENDED DAY OPTIONS*

DAYS	HOURS	ADDED COST
Monday - Friday	7:30 am – 8:45 am	\$20/day
Monday - Friday	4:00 pm – 6:00 pm	\$25/day

*Extended day options available for enrolled day campers only.

Weekly Enrollment with Supervised Activities

You can choose the days you need during the week
 from the parent portal on our website

Campers Rights & Responsibilities

To ensure a successful camp experience for all, please talk to your camper about the Principles of Conduct below.

Principles of Conduct:

- ◆ Campers and counselors learn to respect one another.
- ◆ Campers treat each other with respect .
- ◆ Campers and counselors follow the same safety rules.
- ◆ All counselors are at Camp to support and encourage campers at all times.
- ◆ A child should always feel that they can address any of their concerns with any counselor.
- ◆ Each camper will develop an awareness of the rights, needs and privileges of others, and will work cooperatively with other children and with their counselors.
- ◆ We expect cooperative and courteous behavior and language from each camper, and require it from each counselor. Mutual respect is at the heart of the successful camping experience.
- ◆ We encourage all campers to make new friends and expand their circle of acquaintances.
- ◆ We are an unplugged camp. Please keep all electronics at home. We will not be held responsible if items are lost or stolen.
- ◆ Bullying will not be tolerated.

Parents:

.190 (D) Allows parents the right to review background checks, health care discipline policies and grievances procedure upon request (at time of application.)

**The camp director reserves the right to dismiss a camper when, in their opinion, this action is in the best interest of the camp.*

Change & Cancellation Policy

**Additional weeks may be available.
Please check with camp director.**

Refund Policy:

- ◆ Deposits are non-refundable!
- ◆ Once registration is complete you have until April 1, 2024 to make changes without any additional cost.
- ◆ Switching weeks is possible if we have availability that week. There is a fee for any changes made after April 1, 2024. After April 1, 2024 there will be a \$100 charge for changes made. All deposits are nonrefundable, \$100/camper/camper week.
- ◆ Once a camper has started their camp session, tuition will not be pro-rated or refunded for any missed days.
- ◆ Payment in full is due no later than May 1, 2024.



Communication

Parent/Guardian information:

- ◆ All information will be displayed on our website.
- ◆ Information will be sent out through emails.
- ◆ Parents/Guardians can reach out by email or phone call. All calls will be returned after 4:00PM.
- ◆ Parents are to call and inform us if a child will be out or sick or being picked up by someone else.
- ◆ We will provide all information on camper pick up's and drop offs, information will be provided before the start of camp.

Discipline Policy

We have a 3 Strikes Policy

STRIKE ONE: Child will be spoken to and an email is sent home to let parents know about behaviors that are not acceptable at camp.

STRIKE TWO: We will call parents to pick up camper and they will not be allowed back at camp the following day.

STRIKE THREE: Parents , Directors and GM will meet to determine if camper will be able to continue camp here.

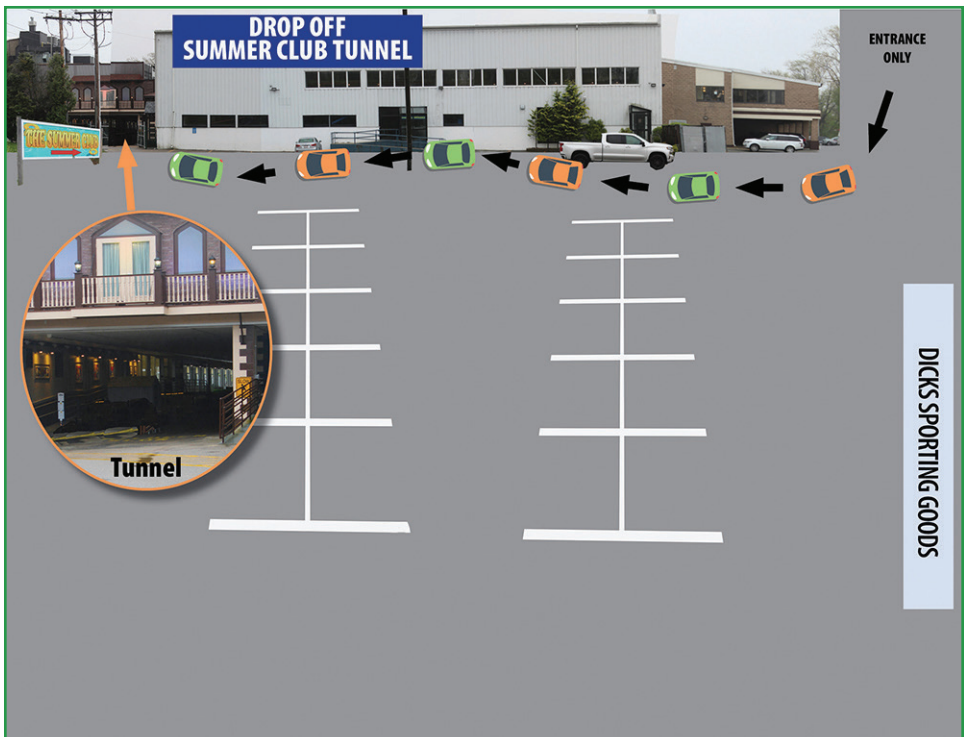
** The camp director reserves the right to dismiss a camper when, in her opinion, this action is in the best interest of the other campers.*

Camp Drop-off

- ◆ Regular camp drop off will be done under the tunnel at the Summer Club entrance. Follow signs for Summer Club.
- ◆ Drop-off will start at 8:45 AM and end at 9:15 AM.
- ◆ Every Monday morning at drop off we will give out name plates for pick up.
- ◆ If your child will be late please bring them to the Summer Club desk.
- ◆ **PARENTS DO NOT LEAVE YOUR CAR!!!**
DROP OFF IS NO CONTACT. JUST LIKE AT SCHOOL!

Extended Morning Drop-off: 7:30 AM - 8:45 AM

- ◆ Drop off will be done at the camp entrance.
- ◆ Parents are to walk camper to the door every morning!

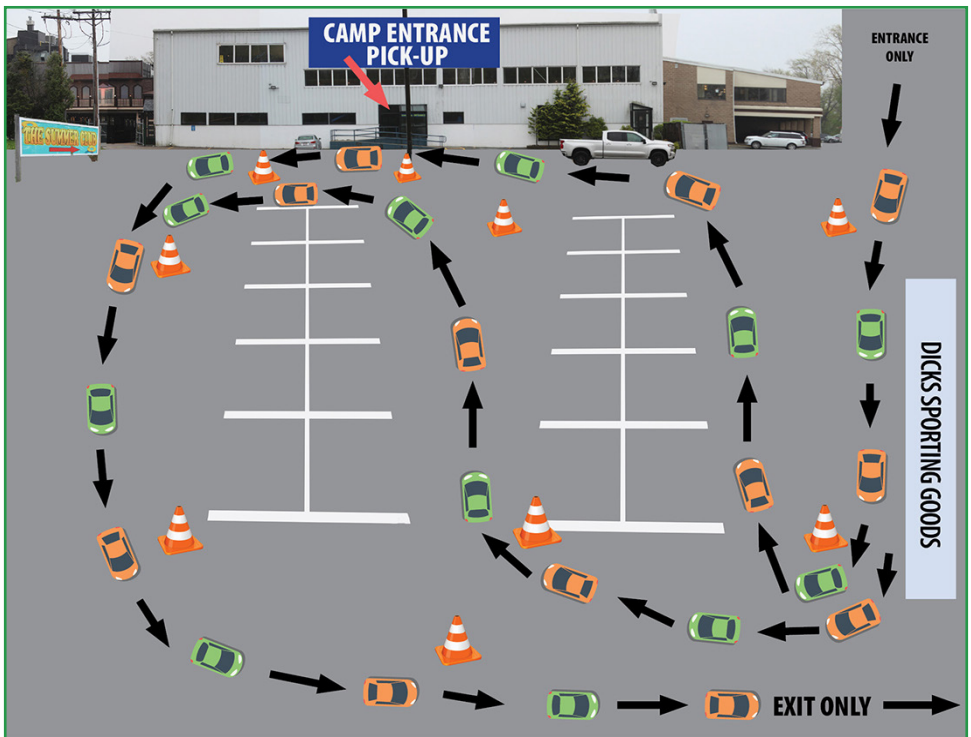


Camp Pick-up

- ◆ Pick-up will take place at the camp entrance in the side parking lot behind Dick's Sporting Goods.
- ◆ **PARENTS ARE NOT TO EXIT CARS.**
- ◆ Staff will walk all campers to the cars.
- ◆ Follow staff directions for pick-up.
- ◆ Pick up will start at 3:45 PM until 4:15 PM.
- ◆ After 4:15 PM you will be considered late and charged for extended day \$30.
- ◆ Have your name plate visible on right side of the dash.

Extended Afternoon Pick-up: 4:00PM - 6:00PM

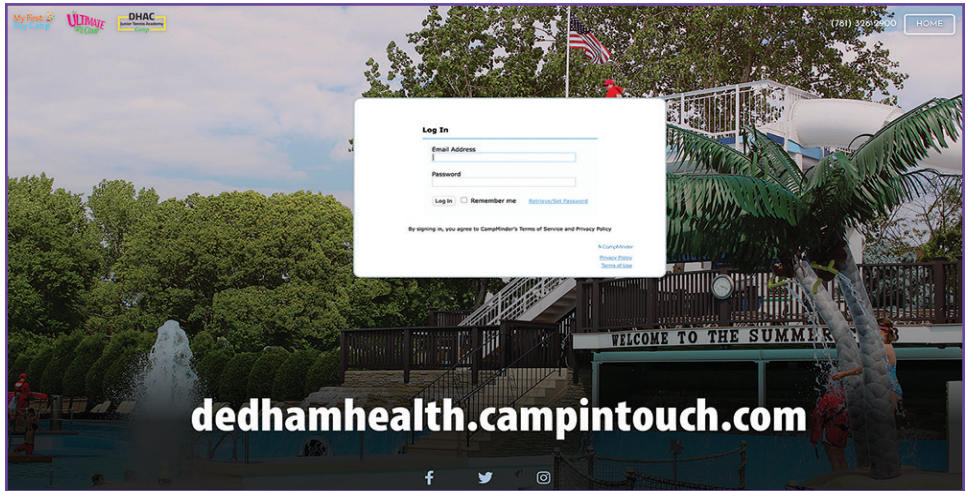
- ◆ Pick-up will be done at the camp entrance, walk up and knock on the door. Parents are not permitted to enter the building at this time.
- ◆ You will be charged if your camper is not picked up by 6:00 PM.



Required Forms

Prior to Camp:

All camp information will be sent out via email. Please be sure to have all the required forms and documents completed before the start of camp. Forms are accessible through our parent portal.



Required forms:

- ◆ Health History
- ◆ Camper Profile
- ◆ Physical/Immunization *(You can use a doctor's copy from yearly check up. Please upload form to the parent portal.)*
- ◆ Meningococcal Form *(Please sign and upload the form to the parent portal.)*
- ◆ Parent Authorization Form *(Please sign and upload the form to the parent portal.)*
- ◆ Additional options are available to register for extended morning or afternoon hours.



SCAN FOR LOG IN

NOTE: All forms **MUST BE COMPLETED** before the start of camp.
Your camper will not be admitted until the completion of all forms.
All forms can be found on the Parent Portal under forms and downloads.

Healthcare Policy & Procedures

The health history form and updated physical/immunization record must be on file before your camper will be allowed to attend camp.

The following are mandated by the Massachusetts Department of Public Health to provide the utmost safety of each camper.

- ◆ All campers must have an updated physical.
- ◆ All immunizations must be up-to-date.
- ◆ A health history must be completed yearly.

Medication Policy

- ◆ All prescriptions and over the counter medications (not listed in the health history form) **MUST** be administered at camp with an **ORIGINAL** physician's order, signed by parents and doctor.
- ◆ Parent/guardian/designated adult **MUST** hand deliver any medications to the director or staff.
- ◆ All medications **MUST** come in the original packaging/pharmacy containers with instructions.
- ◆ **ALL** medications except for emergency meds such as inhalers and epi-pens will be kept in a locked storage locker, which can only be addressed by health care supervisors. Refrigeration is also available for meds, if needed.

Toileting Policy

- ◆ All campers must be toilet trained and self sufficient in the bathroom prior to the start of camp.

NOTE: Counselors will provide supervision, but cannot accompany campers into the bathroom stalls.

Attendance Policy

Campers may not be sent to camp with the following symptoms even without a fever.

- ◆ Runny nose, mild cough, sore throat with hoarse voice and/or cough, aches, pains or fatigue.
- ◆ Single episode of diarrhea or vomiting without a fever.
- ◆ Ear infections.
- ◆ **ANTIBIOTIC TREATMENT:** Any child receiving antibiotics must have received at least 24 hours of treatment before returning to camp.
- ◆ **APPEARANCE/BEHAVIOR:** Unusually fatigued, pale, lack of appetite, difficult to awaken, confused and/or irritable.
- ◆ **EYES:** Thick mucus/pus draining from one/both eyes or “pink eye” (with conjunctivitis there may be a white or yellow discharge, matted eyelids after sleep, eye pain and/or redness.)
- ◆ **FEVER:** Temperature of 100 ° F or greater.
NOTE: child must be fever free for 24 hours WITHOUT MEDICATION i.e. Ibuprofen, Motrin, Advil, Tylenol, Acetaminophen etc.
- ◆ **SORE THROAT:** Particularly with fever and/or swollen glands in the neck should be evaluated by a healthcare provider. *NOTE: If the child has strep they must be on antibiotics for a full 24 hours before returning to camp.*
- ◆ **VOMITING:** 2 or more times within the past 24 hours.
- ◆ **DIARRHEA:** 3 or more watery stools in a 24 hour period.
- ◆ **RASH:** Body rash accompanied by fever and/ or itching.

Attendance Policy

- ◆ **LICE/SCABIES:** If your child has an active case of either, parents must confer with the Camp Nurse prior to attending camp.
- ◆ **CHICKEN POX:** Children must stay home for 5 days following the onset of blisters or until all pox are scabbed over and dry
- ◆ **COVID-19 Symptoms:** Follow the MA Guidelines regarding Covid Protocol by scanning the QR code at right.



SCAN FOR COVID GUIDELINES

Please remember that sending in a camper with any of these symptoms puts other children and staff at risk of becoming ill.

- ◆ Attendance is taken daily.
- ◆ If your camper is going to miss a day, please call or send an email.
- ◆ If a camper is absent without contacting the camp, the director will call campers families to confirm absence.

If these symptoms occur during camp the child will be isolated with adequate supervision and the parent/emergency contact will be contacted and asked to pick the child up.

If symptoms such as fever, rash, diarrhea, sore throat, vomiting or jaundice are prominent, the camp director, physician and healthcare consultants will be involved in the decision of sending them home and reporting it to the Board of Health.

Lunch at Camp

Lunch and Snacks are provided daily, we have a wide variety for campers to choose from. All lunches are served with fries and a snack choice. We are a Nut/Tree Nut FREE camp.

- ◆ Chicken Nuggets
- ◆ Hamburger or Cheeseburger
- ◆ Hot Dog
- ◆ Garden Salad/Garden Salad with Chicken
- ◆ Tuna Sandwich
- ◆ Sun Butter and Jelly Sandwich
- ◆ Turkey and Cheese Sandwich
- ◆ Pizza every Friday!

All campers have access to the Snack Shack during free swim where they can purchase additional food, snacks, ice cream and beverages . If your family is a Summer Club member you camper can charge items on your account or pay in cash.



What to Bring to Camp

Camp Essentials

- ◆ Water Bottle
- ◆ Bathing Suits
- ◆ Towel
- ◆ Change of Clothes
- ◆ Sneakers or shoes with a backing
- ◆ Hat
- ◆ Sun Screen and Bug Spray

Tennis Camp Extras

- ◆ Tennis Racquet

What **NOT TO BRING** to Camp

- ◆ Electronics
- ◆ Weapons of any kind
- ◆ Pokemon Cards
- ◆ iPads, Cameras or Cell phones

Camper's name **MUST APPEAR** on all belongings including clothing, bathing suits, towels, backpacks, tennis racquet, etc.
The camp will not be held responsible for lost or stolen items!!!!

Schedules

- ◆ A daily structured routine with a choice activities.
- ◆ Daily swim lessons for all campers in our heated pool.
- ◆ Daily access to water park, weather permitting.
- ◆ Arts & crafts (My First Camp and Ultimate Day Camp)
- ◆ Our one of a kind ropes course and more!!

A look at a day in My First Camp

Here is a small sampling of how your child will spend a day at our camps. Each day is a bit different so we can make their experience as exciting as possible.

For our schedule of extended day options turn back to page 4.

Time	My First Camp 3-6
8:45-9:15 am	Regular Camp Drop Off
9:30 am	Swim Lessons
10:00 am	Free Swim
10:30 am	
11:00 am	Change
11:30 am	Lunch
12:00 pm	Nerf
12:30 pm	
1:00 pm	Playground
1:30 pm	Downtown
2:00 pm	
2:30 pm	Arts & Crafts
3:00 pm	
3:30 pm	Free Choice
4:00 pm	Pick Up



A look at a day in Ultimate Day Camp

Time	Lower Camp 7-8	Middle Camp 9-11	Upper Camp 12-14
8:45-9:15 am	Regular Camp Drop Off		
9:30 am	Playground	Free Choice	Basketball
10:00 am	Swim Lessons		Nerf
10:30 am	Free Swim	Swim Lessons	Swim Lessons
11:00 am		Free Swim	
11:30 am	Lunch	Lunch	Free Swim
12:00 pm	Gaga Ball	Lunch	Lunch
12:30 pm		Playground	
1:00 pm	Arts & Crafts	Nerf	Gaga Ball
1:30 pm			
2:00 pm	Nerf	Gaga Ball	Arts & Crafts
2:30 pm			
3:00 pm	Free Choice	Arts & Crafts	Free Choice
3:30 pm			
4:00 pm	Pick Up		



A look at a day in JTA Camp

Time	Red Ball 6-7 full day	Red Ball 6-7 half day	Time	Orange, Green, Yellow Ball 8-18 yrs
8:45 - 9:00 am	Regular Tennis Camp Drop Off			
8:45 am	On Court	On Court	8:45 am	On Court
10:30 am			10:30 am	
10:45 am	Break	Break	10:45 am	Tennis Fitness
11:00 am	On Court	On Court	11:30 am	
11:30 am			11:45 am	Snack
12:00 pm	Lunch and Waterpark	Lunch and Waterpark	12:00 pm	Waterpark
12:30 pm			1:00 pm	
1:00 pm			1:30 pm	Lunch
1:30 pm	On Court	Pick Up at 1:15 pm	2:30 pm	On Court
2:15 pm			2:45 pm	
2:45 pm	Snacks and Games		3:00 pm	Snack
3:00 pm	On Court		3:00 pm	On Court
3:45 pm			3:45 pm	
4:00 pm	Pick Up			



MFC & UDC Weekly Themes 2024



June 10:	Island Fiesta	July 29:	Rock Stars
June 17:	Super Hero	August 5:	Peace, Love and Summer
June 24:	Party in the USA	August 12:	Disney Week
July 1:	Camp Carnival	August 19:	Star Wars
July 8:	Mad Science	August 26:	The Best of Summer
July 15:	Color Wars		
July 22:	Camp Hogwarts		



Parent's Camp Handbook

My First
Day Camp

The
ULTIMATE
DAY CAMP

DHAC
Junior Tennis Academy
Camp



DEDHAM HEALTH[™]
& Athletic Complex



200 Providence Highway, Dedham, MA 02026
781-326-2900 • DedhamHealth.com