

River Camp 2018

Adventure Challenge

Directions, Schedule, Week's Summary **Session 3: July 16-20**

Directions to Nashoba Paddler's river base (398 West Main St, Groton, MA)

Starting from Rt 119 in Groton Center: Take Rt. 111 South/ 225 West out of Groton Center towards Ayer. Continue .6 miles to the intersection where Rt. 111 and Rt. 225 diverge. Turn right to remain on Rt. 225 West (also called Long Hill Road), towards Lunenburg/ West Groton. Continue .7 miles down a long hill, cross over the Rt. 225 Nashua River Bridge and Nashoba Paddler is on the left.

Drop-off and Pick-up Times

NOTE: Drop-off and Pick-up from Nashoba Paddler's river base each day. Please provide us with a written note if your child will be picked up by someone other than his/her parents.

	<u>DROP-OFF</u>	<u>PICK-UP</u>
Monday	8:30 am	5:00 pm
Tuesday	8:30 am	5:00 pm
Wednesday	8:30 am	(overnight)
Thursday		(overnight)
Friday		9:30 pm

WEEK'S THEME: INTRODUCTION TO WHITEWATER CANOEING

Monday: LOCATION- Nashua River & Badacock Pond , Groton, MA

15-minute parent orientation at Nashoba Paddler's Rt. 225/Nashua River base.

Activities: Safety & canoeing instruction; Boat Day- paddle a variety of different boats

Discussion: Boat designs for different usages; paddle strokes and maneuvers.

Tuesday: LOCATION- Squannacook River, West Groton

Activities: Canoeing instruction & games

Discussion: Running a river trip, river features

Wednesday: LOCATION: Deerfield River, Charlemont, MA

Activities: Instruction on moving water

Discussion: White water

OVERNIGHT: MOHAWK PARK CAMPGROUND (413) 339-4470

Thursday: LOCATION: Deerfield River, Charlemont, MA

Activities: Observe the effects of flooding on the streams and rivers in the area. Paddle lower section of the Deerfield River in Charlemont.

Discussion: Floods, White water

OVERNIGHT: MOHAWK PARK CAMPGROUND (413) 339-4470

Friday: LOCATION: Deerfield River, Charlemont, MA

Activities: Paddle the Deerfield River. Return drive to Groton with a stop in Shelburn Falls, MA to visit the glacial potholes on the Deer field River if time allows.

Discussion: White water

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Camp Policies (for your information)

(A full set of policies is available by request.)

Weather

New England weather is very changeable. Children should dress accordingly. Each day's activities are outside, and will go, rain or shine, regardless of the weather. In a heavy downpour we will erect tarps to work under. The only exceptions are dangerous weather conditions such as hurricanes, tornadoes or severe thunderstorms. In this case we will hold activities at Williams Barn in Groton or at another indoor facility.

Cell Phones

River Camp provides campers with a needed opportunity to "unplug". Campers are prohibited from using cell phones in camp, on vehicles and on all day and overnight trips. For the safety of all campers, use of cell phones as a camera is also prohibited. If you must reach your child or the Camp Director, please call Nashoba Paddler and we will get the message to him/her as quickly as possible. In the unlikely event of an emergency, staff members carry cell phones and camper emergency contact information. Campers are strongly encouraged to leave their cell phones at home. If a parent chooses to allow their child to carry his/her cell phone, it should be put in a Ziploc bag clearly labeled with their child's name and given to one of our camp leaders at check-in and will be kept in a secure location during camp. We hope you will choose to keep your camper's cell phone at home however, if you allow your child to bring a cell phone to camp, please be aware that misuse of cell phones could potentially result in the removal of the camper from camp. Additionally, as a reminder, we are not responsible for the loss or damage of any electronic devices that campers have with them. Please understand that this strict Cell Phone Policy is in place to maximize the camp experience. We appreciate your support with this extremely important issue!

Camper Behavior

River Camp does not tolerate bullying, fighting, or intimidation. Nor does it tolerate camper conduct which is disruptive to the operation of the camp. Any camper involved in any of these activities is subject to discipline and may be removed from camp.

Mildly ill Campers

If any special needs should arise with your child while at camp, s/he will be treated by our health supervisor and stay with him until s/he feels better or it is decided that s/he should be sent home. Attempts will then be made to contact parents/guardians or emergency contacts, and arrangements made to meet up with them at a convenient location as early as possible during the course of the day.

Medication

Medication prescribed for campers will be administered ONLY if it is in the original container, there is written permission from the parent/guardian (a form will be provided), and the camp Health Care Consultant has approved in writing the administration of the medication. All prescription medication must be in its original container bearing the pharmacy label. All over-the-counter medication must be in its original container with its original label. When no longer needed, medications will be returned to the parents or destroyed. All medication prescribed for campers will be kept in a locked storage compartment and dispensed only by the health supervisor.

Procedures for Providing Emergency Health Care

We do not anticipate any need for emergency care, however, we would like you to be aware that we do have procedures in place. If an emergency should arise, the nearest staff member would take charge of the situation, providing care for

which he/she is certified until the arrival of the health supervisor who would then take charge. First Aid or CPR would be administered by certified staff if necessary, as per the camp's standing orders. First Aid supplies will be readily available. Emergency personnel would be contacted immediately. The camper would be taken to the emergency room of the nearest hospital. A parent/guardian would be contacted as soon as possible, or emergency contact if parent is unreachable.

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Explorations

Equipment List

Clothing:

- ☐ Swimming suit (no bikinis) worn under your clothes every day
- ☐ Tee shirt & shorts
- ☐ Hat with a brim
- ☐ Old sneakers or river shoes (**NO Open-Toe Shoes**)
- ☐ Rain coat- **waterPROOF (NO Ponchos)**
- ☐ Sweatshirt , fleece, or long sleeved shirt
- ☐ Nylon pants (are best) or other long pants
- ☐ Dry CLOSED-TOE shoes for shoreline, if wanted

Important Items for each day:

- ☐ Drybag or Backpack with kitchen plastic bag inside
- ☐ Sunscreen
- ☐ Insect repellent
- ☐ Towel
- ☐ Snack, lunch, and a minimum of 1 quart of liquid to drink
- ☐ Medicines* (prescription or over-the-counter) ***Must be in original container and we must have written permission to dispense – use “Authorization to Administer Medication to a Camper” form for each medication.**

Optional items:

- ☐ Binoculars
- ☐ Field guide books (birds, insects, pond life, trees, reptiles, spiders, etc.)

Additional Required Items for Thursday overnight:

- ☐ Cup for hot/ cold drinks (unbreakable)
- ☐ Sleeping bag, small ground pad
- ☐ Compact flashlight or headlamp
- ☐ Extra long pants & sweater (wool or fleece)
- ☐ Toothbrush, toothpaste, soap
- ☐ Dry shoes and socks

