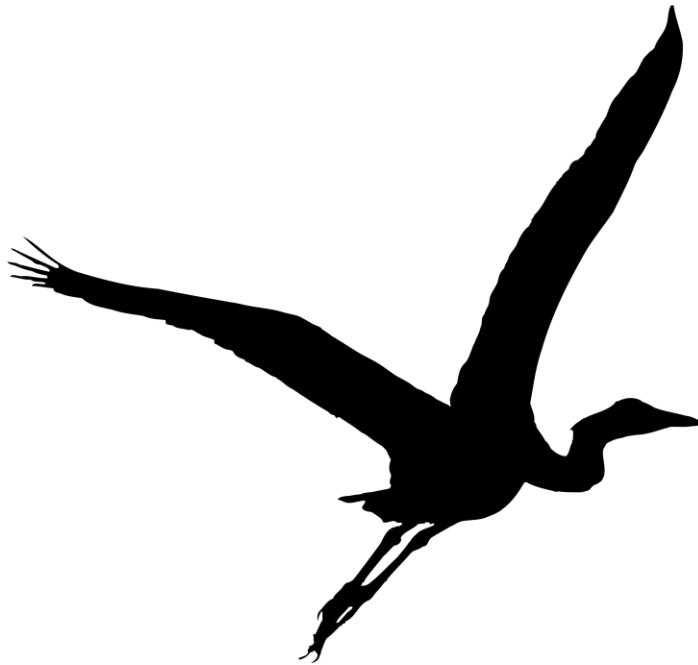




# Assabet River Camp

## A Drumlin Farm Camp



## Camp Handbook 2018

**Drumlin Farm Wildlife Sanctuary**  
208 South Great Road, Lincoln, MA 01773  
781-259-2244 -- Fax: 781-259-2444  
Email: [drumlinfarmcamp@massaudubon.org](mailto:drumlinfarmcamp@massaudubon.org)

**Assabet River National Wildlife Refuge**  
680 Hudson Road, Sudbury, MA 01776

*As the summer approaches, the information in this pamphlet will help to prepare you and your child for a safe and fun camp experience.  
Please read it carefully and keep it handy.*



# Welcome to Drumlin Farm Camps!

We look forward to meeting you and your child this summer!

In this packet you will find:

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*Thank you for selecting Drumlin Farm Camps for your child!*  
**Please check that the sessions and dates listed on your confirmation letter are correct.**  
*Remember to keep your confirmation letter/receipt for work or tax purposes.*



## Welcome to Drumlin Farm Camp at Assabet River!

Dear Drumlin Farm Camp Parents,

Welcome to Drumlin Farm Camp at Assabet River National Wildlife Refuge! Drumlin Farm Camp has been offering awesome summer experiences since 1956, and has been running summer programs at Assabet River NWR since 2011. We are excited to have your child join us this summer. Drumlin Farm is a magical place for all of our campers. At all three of our locations we are lucky to work on gorgeous, biodiverse properties that offer nearly limitless opportunities for learning!

Our camp programs are built upon three leading concepts: **Community**, **Interdependence**, and **Stewardship**. We first work to build a welcoming and supportive **camp community** where campers feel free to be themselves and try new things. Through that community, we emphasize the **interdependence** of all living things, which is on display in our farming practices and ecological management philosophy. Those two pillars come together to create a sense of **stewardship** in our campers, creating a sense of responsibility and ownership over our land and inspiring environmental action into the future.

A session spent at our Assabet River camp means a week on the pristine 2,300 acre refuge, investigating the week's theme through activities across the property. Each week also includes a day of canoeing and fishing on Puffer Pond, and the ten miles of trails and varied forest, field, and wetland habitats offer an astounding array of opportunity for exploring. Learn from Drumlin Farm staff about the history of Assabet River, why the US Fish and Wildlife Service and the National Wildlife Refuge system exist, and discover what work the USFWS's field biologists are up to at Assabet River and Great Meadows, our two local National Wildlife Refuges.

Enclosed in this packet is a bevy of information ranging from logistics to policies to a camper questionnaire so that our staff can get to know your child better before they arrive on campus. At Drumlin Farm Camp, our priority is the safety and happiness of your child, and this packet outlines many of our procedures and policies that help keep your children safe.

Enclosed forms can be returned to us at Drumlin Farm Camp, 208 S Great Road, Lincoln, MA 01773, or by scanning and emailing to [drumlinfarmcamp@massaudubon.org](mailto:drumlinfarmcamp@massaudubon.org). **Keep an eye on your email for an invitation from CampDoc, the company that handles our online medical forms.**

If you have any questions or concerns regarding your child at camp this summer (allergies, special needs, physical limitations), please do not hesitate to contact us at 781-259-2244 or via email at [drumlinfarmcamp@massaudubon.org](mailto:drumlinfarmcamp@massaudubon.org).

We look forward to seeing you and your child this summer for another year of exploration and fun!

Regards,

Jennifer Feller  
Drumlin Farm Camp Director

Zach d'Arbeloff  
Assistant Camp Director

Renata Pomponi  
Sanctuary Director

## Introduction and Expectations



At Mass Audubon's Drumlin Farm Camps, we strive to offer high quality learning experiences to all of our campers; experiences they will enjoy and remember for a very long time. However, we can't meet this goal without the cooperation of all our campers and their families. We invite you to enter into a partnership with us to ensure that every child has the best possible learning adventure while attending our summer day camp program.

### Our Pledge

We Pledge to Provide:

- A safe and healthy environment for your child
- A high quality (and fun!!) educational program
- A staff firmly committed to providing a positive camp experience for every camper
- A community spirit which helps every child feel cared about and included.

### Our Expectations

In return, we expect the following from our parents and campers:

- Cooperation with our stated and written policies
- Daily preparation for your child's camp day (appropriate clothing, snack/lunch, water bottle)
- Commitment to the well-being of the entire camp community (such as keeping an unwell, fevered, or over-tired child at home)
- Willingness to act in concert with camp staff to maintain or restore appropriate behavior and courtesy

### Behavior at Camp

At Drumlin Farm we strive to create a safe community where individual differences are valued, where campers and staff can accept new challenges, and where everyone can have fun. However, this requires the cooperation and understanding of all involved. Please review the behavior expectations with your child (at the end of this packet) and return the signed agreement to Drumlin Farm.

### Program Goals

While all counselors and staff are working to make sure every camper has a unique and fun outdoor camp experience, each individual camp group does have specific curriculum goals to achieve, which guides their program and activities. For detailed information on the different goals of each camp group, please visit our website.

# The Drumlin Farm Camp Experience



## The Camp Experience

Drumlin Farm Summer Camp provides an ideal atmosphere for children and teens to learn firsthand about the natural world while making friends and having fun. Programs take place on our wildlife sanctuary and working farm. Campers engage in outdoor exploration activities and work closely with farm animals. Due to the outdoor and exploratory nature of our camp program, campers should be prepared to move about on uneven terrain.

If, at any time, you have a question or concern about our day camp program or your child's ability to participate fully in our camp program, we ask you to please speak with your child's counselor or Jennifer Feller, the Camp Director at 781-259-2223. No question or concern is too small for you to bring to our attention.

## Our Staff

We have a highly dedicated and knowledgeable staff and maintain low camper-to-staff ratios to allow for small group learning. Trained and qualified camp staff strive to build a connection between young people and the land through hands-on farm and nature activities, games, and crafts. Staff are carefully selected based on their maturity, enthusiasm, teaching experience, knowledge of natural history and farming, and a deep commitment to teaching young people about the natural world. You can expect your child's counselors to be welcoming, engaged, and caring no matter the situation, and more than willing to have open and honest communication regarding your child's day-to-day experience.

Our staff consists of college students and skilled professionals, age 19 and above. The maximum staff to camper ratio is 1:7 at Assabet River.

**Safety:** All staff have a Massachusetts criminal and sexual background check, and undergo a national Background check. All staff are certified in CPR and First Aid. Campers are never alone with staff; we maintain a "rule of three" at all times during camp; meaning that the minimum number of people must be three when doing or going anywhere on camp.

**Medical:** A nurse and certified EMT are on staff and a pediatric physician is on call to provide routine of emergency care if needed.

## Daily Schedule

It is hard to define a daily schedule at Assabet River because every day is different. There is a theme to each week (such as "Raptors" or "Geology Rocks"). Each week includes canoeing, fishing, and archery, but otherwise the entire curriculum for that week is based around the topic, so activities change a lot week to week. Each day of camp will delve into a different aspect of that week's theme.

## Important Drumlin Farm Policies



### Refunds and Cancellation

No refunds or transfer of funds will be given for dismissal or incomplete attendance (including sick days). All cancellation or session change requests must be submitted in writing, or done by calling the camp office. Prior to May 15<sup>th</sup> a refund will be granted; refunds do not include the non-refundable deposit. **After May 15<sup>th</sup> there are no refunds.**

### Dismissals

The camp reserves the right to dismiss a camper when the camper's behavior interferes with the rights of others, the smooth functioning of the group or activity, or violates the camp's principles of conduct. In such cases no refunds will be given.

### Carpool List

**Carpools are extremely successful!** To add yourself to the list, give us a call or send an email to let us know to add you to the list and your information will be shared with other interested families. Carpool lists will be emailed in May.

### Medical Information

Under Massachusetts state law, all campers must have a health form on file before attending camp. This includes a physical examination and immunization record signed by their physician within the 12 months prior to camp attendance. Authorization forms are also required for the administration of prescription and over-the-counter medications. **Health forms will be sent to you upon registration from "CampDoc,"** an on line electronic health records company. Please contact our Health Care team if you have any questions at [dfcamphealth@massaudubon.org](mailto:dfcamphealth@massaudubon.org) or call us at 781-259-2240.

### Buddy Requests

Because of the age range at Assabet River Camp, we divide groups by age to teach appropriate curriculum. If your child is coming with a buddy, please submit a buddy request when registering. **One request per camper is honored when possible,** and both campers must request each other. While we are typically able to honor these requests, we make no guarantees. All friend requests must be done at least **ONE WEEK PRIOR** to the first day of camp. **We cannot accommodate buddy requests on the first day of camp.**

### Financial Assistance

Each year Drumlin Farm provides financial assistance to campers based on demonstrated economic need and available funds. Financial assistance is limited to one session per child. If you would like an application, more information, or to donate to our camp scholarship fund, please contact the camp office at [drumlinfarmcamp@massaudubon.org](mailto:drumlinfarmcamp@massaudubon.org) or 781-259-2244.

### Dogs & Pets

US Fish and Wildlife Service policy states that no pets or captive animals should at any time be brought onto a National Wildlife Refuge. Please leave pets in the car when you are on the property.

### Questions and Concerns

If you have any questions or concerns regarding camp or your child's attendance at camp, please contact the Camp Director, Jennifer Feller at 781-259-2223 or [jfeller@massaudubon.org](mailto:jfeller@massaudubon.org).

# Preparing Your Child for Camp



Please take a few minutes to prepare your child for his/her participation in our camp program. Here are **a few reminders** to share with your child before camp begins:

## Home Base

- We use the large classroom in the Assabet River NWR visitor's center as the "home base" for Assabet River Camp. Each camper will have a cubbie to place their things, so they won't have to carry around everything they bring to camp. They may leave swimsuits etc. in the cubbie overnight. Please label all belongings.
- On the first morning, we will be showing the children where the bathrooms are, where they can put their things, and where they will be picked up when their camp day is over.

## Respect

- Each child will be expected to be courteous and respectful of others, as well as to follow our rules (like always staying together). We will also talk to each camp group about this on the first day of camp.

## Sunscreen

- Please show your son/daughter how to apply his/her own sunscreen and bug repellent. **We will re-apply sunscreen at lunch each day.** Counselors will assist younger campers as necessary.

## Sleep

- Encourage your child to go to bed early—a good night's rest is absolutely essential to having a good day at camp—and to eat a good, hearty breakfast before each camp day.

## What Not To Bring

- Make sure your child understands that he/she cannot bring things like electronics, knives, pets, matches, firearms/ammunition, or other potentially dangerous items to camp. *The possession or use of tobacco, alcohol, drugs, and weapons is prohibited.*
  - **Cell phones are not permitted.** While we understand you may want your child to have a cell phone, it must stay OFF in their backpack all day. They may not carry the phone with them to daily activities or use the phone during the day. *We reserve the right to temporarily confiscate cell phones to be returned at the end of the camp day.*
- Remind your child that his/her counselors are really nice people who love children and can't wait to share the world of nature, and that they welcome any and all questions that your child might have!
- **Label Everything!** Please put your child's name on everything they bring to camp! Belongings *will* get mixed up, and we really want to return them to you!

# The Site: Assabet River National Wildlife Refuge



## Mass Audubon

The Massachusetts environment and the Massachusetts Audubon Society make a natural partnership. From its founding in 1896, the Society has dedicated itself to protecting the state's vast natural resources through conservation, education, and advocacy.

Mass Audubon is the largest conservation organization in New England, concentrating its efforts on protecting the nature of Massachusetts for people and wildlife. The Society protects nearly 29,000 acres of conservation land, conducts nature education programs for over 75,000 school children annually, and advocates for sound environmental policies.

Across the state, Mass Audubon operates 41 wildlife sanctuaries that are open to the public and serve as the base for its conservation, education, and advocacy efforts.

## The U.S. Fish and Wildlife Service (USFWS)

The USFWS was created from two distinct government divisions. First, in 1871, Congress created the "U.S. Commission on Fish and Fisheries," dedicated to studying many fisheries which had experienced notable decline. In 1903, it was reorganized as the "U.S. Bureau of Fisheries."

Meanwhile, in 1886, the "Division of Economic Ornithology and Mammalogy" was created under the umbrella of the US Department of Agriculture.

Under Franklin Delano Roosevelt in 1940, the two divisions were combined and moved under the umbrella of the "Department of the Interior," and the US Fish and Wildlife Service was created with the express purpose of conserving and preserving vital natural habitats for our flora and fauna across the country.

Today, the USFWS manages the National Wildlife Refuge system (over 150 million acres of protected land), the Division of Migratory Bird Management, the Federal Duck Stamp, the National Fish Hatchery System, the Endangered Species Program, and more! They employ over 9,000 people in all 50 states.

The USFWS and Mass Audubon have a long history of working together to provide habitats for migratory birds to rest on their long seasonal trips north and south.

## History of Assabet Wildlife Refuge

The land on which Assabet rests was a longtime home to native peoples and colonial farmers. In 1942, it was seized by the Federal Government as part of federal eminent domain for military use during World War II. Landowners were given ten days to pack up and leave and, according to their accounts, received about 10 cents on the dollar for their land.

The parcel was converted into a portion of Fort Devens. During the war, it offered a strategic shipping location to the Boston Navy Yard, while being far enough from the coast to withstand any coastal German bombardment. During this time, large ammunition bunkers were built, many of which still stand today (and are explored as part of camp!)



After WWII, it became known as the Sudbury Training Annex and was used for training infantry and arms testing. It also became a disposal ground for Natick Labs, also known as U.S. Army Soldier Systems Center. Because of this, an analysis by the EPA in the 1980s labeled Assabet as a “Superfund” cleanup site due to chemical contamination, especially from arsenic. The Army completed an expensive and long clean-up effort of the site before turning it over to the US Fish and Wildlife Service in 2000. Today it is a healthy plot of land that supports multiple threatened and endangered native species.



The Refuge opened to the public in 2005. It encompasses 2,332 acres (3.5 square miles), has 15 miles of hiking trails, a beautiful pond, and a visitor center (where our camp is held).

## Packing For Camp



Please double check each morning to make sure your child has the necessary items

Mass Audubon is not responsible for lost, stolen or damaged items brought from home.

### Daily Needs:

- **Shoes** Sneakers, Closed shoes
- **Water Bottle** (refillable & labeled with child's name)
- **Snack** (please put items in reusable containers)
- **Lunch** (no lunch needed for half day pre-k-k). We do not refrigerate lunches.
- **Backpack** (labeled with child's name)
- **Hat** (labeled with child's name)
- **Sunscreen** (labeled with child's name)
- **Insect repellent** (no aerosol sprays please)
- **Raincoat** (labeled with child's name)
- **Sweater or sweatshirt** (for cool days)
- **Sunglasses** (optional)

**Please label every item your Child brings to camp!!**

### What to Wear at Camp

#### Clothes:

We recommend that campers wear comfortable, rugged clothes and shoes that can get muddy, mucky or grass & dirt stained.

#### Shoes:

We are an active, outdoor camp! Each day will have a lot of walking, running, and exploring. Due to natural hazards like sticks and rocks and natural, uneven terrain we require **Closed-toe shoes** for all programs for safety (e.g. sneakers, boots, and hiking shoes) **No HOLES allowed.**

### What to store in cubbies:

Each camper will have a storage space at camp for storing his or her personal items. The following items may be stored in the camper's cubby throughout the session:

- Extra set of clothes, shoes and socks.
- Bathing suit, towel and water shoes for sprinkler time on hot days

### What NOT to bring:

- Electronic devices, cell phones/iPhones, walkie-talkies, iPods etc.
- Collectable cards
- Personal sports equipment
- Matches, firearms/ammunition
- Knives or weapons of any kind (including toy weapons)
- Tobacco products, alcohol, illegal drugs
- Pets or any animals

## ATTENTION:

Children will NOT be able to participate in activities at camp if they are wearing improper shoes.

Sandals are **NOT** allowed at Assabet River Camp.

## Food at Assabet River Camp



### Lunches & Snacks

We encourage all campers, families, and staff to “Think & Act Green!”

This starts at home with you! Please pack food in reusable containers as much as possible and bring a reusable water bottle.

- We **DO NOT** refrigerate lunches, follow the guidelines below for safe lunches.
- **Make sure the food you pack is healthy and filling!** Camp days are extremely active and campers will be very hungry! Pack extra snacks!
- **Try to keep your child’s lunch as nut free as possible.** Drumlin does have strict allergy procedures for meal times at camp, however, with the increasing number of peanut and tree-nut allergies, the less nuts we have at camp the better. You will be notified if there is a life threatening nut allergy in your campers group, then we would ask for no nut products at all.

### Quick Tips to Packing a Safe Camp Lunch

- Be sure to keep hot foods such as soup, chili or stew hot by using an insulated bottle. Fill the bottle with boiling water and let it stand for a few minutes. Empty the bottle and then fill it with piping hot food. Keep the bottle closed until lunchtime. Campers will not have an option to reheat food at lunchtime.
- Insulated, soft-sided lunch totes are best for keeping perishable food cold, but metal or plastic lunch boxes and paper bags can also be used. If using paper lunch bags, create layers by double bagging to help insulate the food.
- Cold sources, such as a small frozen gel pack or frozen juice box, should be packed with perishable food in any type of lunch bag or box. Freezer gel packs will keep foods cold until lunchtime, but are not recommended for all-day storage.
- Try freezing single-sized juice packs or water bottles overnight and placing the frozen drink in your child’s lunch. The frozen drink will keep the lunch cold.
- If you make sandwiches the night before, keep them in the refrigerator until packing up to go in the morning.

For more information on keeping food safe please visit: [www.foodsafety.gov](http://www.foodsafety.gov) or Pack a Safe Lunch 101 at

<http://www.columbusparent.com/content/stories/2011/02/23/ntk-the-go-to-guide-school-lunches.html>

<http://www.foodnetwork.com/recipes/packages/recipes-for-kids/back-to-school/locker-friendly-foods-for-your-kids--or-your--lunchbox.html>

### Did you forget a lunch?

We know it happens on occasion! Drumlin Farm will provide a lunch for any camper who does not have a lunch; typically campers can expect a lunch of a piece of fruit, string cheese, a sun-butter & jelly sandwich, crackers and a granola bar. We do offer gluten and nut free alternatives.

### Birthdays at Camp

We encourage each unit group to celebrate campers’ birthdays in their own style.

Parents are welcome to provide birthday treats, but are reminded that **they MUST check with the Health Care Supervisor at least 2 days prior to sending any food to camp** in order to accommodate any food related allergies in the camp group.

**We recommend fruit juice popsicles** (with no food coloring dyes) as the perfect camp day birthday snack and would be happy to store the popsicles in the freezer in the camp office. Please call 781-259-2244 or stop by the camp office to inquire about birthday treats.



### **Food Allergies**

Please let the camp know if your child has any food allergies. Many of our camp days include cooking and eating healthy foods from the farm; if your child has a food allergy please see the health care supervisor to discuss how your child can be accommodated. Because of food allergies campers are not allowed to share lunches or snacks.

*\*\*In compliance with Department of Public Health Notification Requirements 105 CMR 430.109: This camp complies with regulations of the Massachusetts Department of Public Health and is licensed by the local board of health. You may request copies of Drumlin Farm Day Camp's background check, health care, and discipline policies as well as procedures for filing grievances.*



## Pick up & Drop off

Drop-off and pick-up happen directly outside the main entrance to the Assabet River National Wildlife Refuge Visitor's Center, located on Winterberry Way (about  $\frac{3}{4}$  of a mile down the driveway from the Hudson Rd Entrance). During inclement weather, staff will operate out of the lobby of the visitor's center, directly inside the main entrance.

### First Day of Camp

- Counselors will be outside the visitor's center waiting to greet you and check in your campers.
- All forms and medical information must be turned in one week prior to the first day. If paperwork is not completed, your camper may not be able to attend the first day of camp. Please avoid this by making sure all paperwork is completed one week prior to the first day of camp!
- On the first day of camp, **any camper medication must be turned into the Assabet River Coordinator upon arrival.** If medications do not meet our health-department mandated standards (see "**Health Care**" for more info), your child may not be able to attend camp.

### Early Pick-Up

We do hope that your child can spend the full day with us; however, we do recognize that special circumstances can arise. In the event that you need to pick up your camper early, please inform one of the Assabet River Camp staff at drop-off in the morning. We will do our best to have your child waiting at the visitor's center for pick-up at the appropriate time.

Arrangements for early pick up can also be made through the Camp Office at (781) 259-2244.

### Late Pick-Up

In general, please try not to be late to pick up campers at Assabet River. We unfortunately do not have the ability to offer after-camp due to USFWS programming that occurs after we leave in the evenings.

If you will be late to pick-up, please call the Camp Office to let us know at 781-259-2244.

### Late Drop-Off

Please call the Camp Office at 781-259-2244 to inform us if you are going to be late. We will contact the Assabet staff and make sure someone is at the Visitor Center to check in your camper.

### Rainy Day Pick-Up

In the event of heavy rain or thunderstorms we will conduct an indoor pick-up, just inside the lobby of the visitor's center.

### Absences

If your child is unable to attend camp for any reason, please call the camp office at (781) 259-2244. Please leave a message with the child's name, program, and reason for absence. The camp office will confirm with you any unknown absences.

## Pick up & Drop off PROCEDURES



Location	Drop Off	Pick up
Assabet River National Wildlife Refuge	8:30 – 8:45 am @ Visitor's Center	3:00 – 3:15 pm @ Visitor's Center

### Where to go and what to do:

- **SAFETY FIRST! GO SLOWLY!** PLEASE slow down when driving around children. The speed limit on Winterberry Way is 10mph. **Rangers can give you a ticket for speeding.**
- **Continue down Winterberry Way** until you reach a large parking area with the red visitor's center and an outdoor bathroom.
- Park your vehicle in a designated space and walk to go pick up/drop-off your camper.
- Please help us to protect the environment and our health by turning off your vehicle instead of letting it idle. Massachusetts state law is no idling for more than 5 minutes.

### Pick-Up Procedures

#### 1. Remember to Bring your Photo Identification

- a. **Because the same counselor may not be at checkout each day** you will be asked to show a **Photo ID** to one of your child's counselors at pick up **every day**. If you forget your ID please call the camp office. **We will contact Assabet staff and inform them that you forgot your ID and are cleared to pick up.** Please understand this protocol is in place to ensure the safety of your child and all campers at Drumlin Farm Camp.
- b. **No camper will be released** to any person who isn't listed on the pickup form without your **prior written consent**. There are **no** exceptions.
- c. You can modify the pick-up list in writing when you drop off your child in the morning or send a written note with your signature or an email to the camp office.

2. Volume of traffic can be high during pick-up, so please walk around parking lots carefully with campers.
3. After parking your car, walk to the visitor's center to physically sign out your child.
4. Sign your camper in/out of camp by initialing the attendance sheet with your child's counselors.
5. **Under NO circumstances may you stop your car and let your child in /out. All campers must be signed in and out each day.**

# Outdoor Safety



## Weather

Campers will spend time outdoors, rain or shine.

- Please be sure to send sunscreen and a hat with your child every day.
- We also request that you **apply sunscreen to your child, prior to arriving at camp.**
- Counselors will assist campers in reapplying sunscreen at **lunchtime and during/after sprinkler time.**

## Hot Days & Sun

On hot days, campers may visit the sprinkler, so please include a bathing suit, towel, and water shoes.

- We do try to keep children out of direct sunlight as much as possible.
- The visitor's center has central air conditioning which keeps the room cool. Most of Assabet River NWR is forested and provides shelter from the sun.
- Campers are encouraged to wear a hat (to help keep them cooler and to protect their skin and eyes).
- **Drinking water is important; please remember to send a water bottle every day!**

## Cool Days

Please send your camper with warm clothes and a raincoat for cool, rainy days.

- During thunder or lightning all campers move to safe and secure indoor locations.
- If it is raining heavily at pickup time, please follow **Rainy Day Pick Up** procedures and look for staff who will direct you to your campers.

## Bugs

Insects are a part of the great outdoors.

- To make your child's camp experience more comfortable, we request that you **apply insect repellent to your child, prior to arriving at camp,** and pack insect repellent in his/her backpack.
- Counselors will assist campers in reapplying insect repellent at **lunchtime and during/after sprinkler time.**
- We also recommend that campers can take precautions such as wearing long pants, socks and long sleeve shirts when appropriate. (During field and forest activities)

## Ticks

We do live in New England and ticks are everywhere, even in your backyard.

- **Every night, please take a few moments to check your child for ticks.** An excellent time is at bath time or just before bed – especially check behind the knees, underwear lines, underarms, and on the back of the neck (near hairline). **A thorough daily check at home is what we recommend.**
- There is no way to completely avoid ticks. Constant vigilance is the best way to combat the threat of tick-borne illness.
- If you would like more information about ticks and Lyme disease, please visit the Department of Public Health website at :

<http://www.mass.gov/eohhs/gov/departments/dph/programs/id/epidemiology/ticks/>

## Health Care



Our Healthcare team is led by Rina Zampieron, a certified EMT and a full-time Drumlin Farm employee, and a seasonal summer Nurse. Every staff member is CPR/First Aid and Epi-pen trained. Emergency care is provided by the Lincoln Fire department/EMS and they are one mile away. Drumlin Farm's off-site healthcare consultant is Dr. Lori Andersen; on-site at Drumlin are Rina Zampieron the Health Care Supervisor & Caroline Smith our nurse, who are capable of being at Assabet River within 15 minutes.

*If you have any questions regarding health care please contact our health care team at [dfcamphealth@massaudubon.org](mailto:dfcamphealth@massaudubon.org) or 781-259-2240.*

### Camper Health Information

- After registering for camp, **you will receive an email from CampDoc** with a link we use to fill out the required health forms online.
- Copies of necessary forms [immunization, proof of physical examination, and insurance card] can be self-uploaded to the site or sent to the camp.
- All health information must be submitted **at least one week prior** to your camper's first day of camp.
- If a camper's health information is incomplete less than a week before the first day of camp, **they may not be able to join us on the first day**. Please be sure to get your CampDoc done in a timely manner (we will send you reminders ☺).

### Sick Campers

- Campers who are ill or who have infections are not allowed to attend camp until they are healthy and infection free.
- **A child must be fever free for 24 hours before returning to camp.**
- Please call the camp office if your child is sick and will not attend camp.
- PLEASE keep your child home if they're not feeling well, are overtired, have a fever, or a rash. Kids often do not want to be at camp if they have stomachaches, headaches, or didn't have a good night's rest. We also do not want to infect other children should your child be coming down with an illness.
- If your child gets lice, **notify the camp office immediately**. We are then required to do lice checks on that entire camp group. The camper must be lice-free before returning.

### What if My Child is Sick or Injured at Camp?

- Sick or injured campers at Assabet River will be given quiet time and care as needed. The Assabet staff will contact our healthcare team to ensure proper procedure and ensure that your child is cared for by the appropriate health care personnel.
- If your child's illness extends beyond 20-30 minutes we will notify you by phone. Sick children stay with the Health Care Supervisor or Nurse in a quiet area so they can rest and be monitored.
- If your child has an injury needing immediate care we will call 911 and then call you immediately.
- In cases where campers are off-site, campers will be given treatment by a trip leader and transported to the nearest hospital if necessary.



- Parents or guardians will be notified of any serious accident or illness as soon as possible. daily notification by paper slips or via phone call is provided to parents for all reported injuries and illnesses.



### Immunization Record/Physical Exam

We require a copy of your child's immunization record (dates must be provided by health care provider) and written proof of a physical exam conducted within 12 months of the camp session (2017 exams are acceptable). Please call us if you need a health care treatment/immunization form for your physician to complete.

### Health Insurance

ALL camper families must complete the health insurance portion of the health form. If your child does not have U.S. health and accident insurance, please contact the camp office.

### At-Camp Medications

*If your child requires medication while at camp you must comply with the following standards:*

- All medications must be in their **original containers bearing the pharmacy label and camper name, and have specific instructions for use.**
- Medications must be current (not expired).
- All medications must be approved by the camp's consulting physician, be seen and checked by the Health care team.

### Emergency Contacts

It is suggested that an emergency contact other than the parents be provided. Parents will be called first and alternate emergency contacts will be called only if the parents cannot be reached in an emergency or if a camper needs to be taken home.

### Asthma and/or Severe Allergies

All campers who have severe allergies must provide an **Emergency Action Plan.**

- This plan should be written by the prescribing physician and describe the triggers of the severe reaction, the signs of the reaction and the necessary steps that must be taken if such a reaction should occur (e.g. give 2 tsp. Benadryl then administer epi-pen, etc.)
- The Health Care Supervisor will contact a parent/guardian to go over this plan before camp begins.

### EPI-Pens / Inhalers

Camp staff members will carry a camper's epi-pens / Inhalers throughout the camp day and return them to the health care office at the end of the day to be locked up overnight.

- All Health Care Staff are trained on the administration of epi-pens and inhalers. All staff are trained on the symptoms of anaphylaxis and allergic response. Campers may also self-administer epi-pens with written permission from the parent/guardian.
- Inhalers can be administered by a member of the health care team, or by the camper him/herself with written permission from the parent/guardian. You should indicate your preference on CampDoc.

## Camper Immunization Requirements of the Massachusetts Board of Public Health:



Campers must meet the regulations for the grade they are entering. Exception: Those entering Kindergarten may meet the Preschool requirements for summer camp.				
# doses/grade	Pre	Kinder	Grades 1-6	Grades 7-12
DTaP/DTP/DT/Td	4	5	5	Td booster (not gr.11+)*
Polio	3	4	4	4
Hepatitis B	3	3	3	3 (none if born before 1-1-92)
MMR	1 measles 1 mumps	2 measles 1 mumps	2 measles 1 mumps	2 measles 1 mumps
Varicella	1	2	2	2

(1) Healthcare provider must provide documentation of the immunizations.  
 (2) Serologic proof of immunity is acceptable in lieu of immunization.  
 (3) Exemption due to religious reasons is allowed, but guardian must provide written notice.

*\*If 10 years since previous dose*

### Children are not allowed to participate in Camp Activities unless:

1. A health form is filled out and completed online on Camp Doc which includes immunization records and physician signature.
2. The camp has reviewed the health form **prior** to the camp session.

## Meningococcal Disease and Camp Attendees: Commonly Asked Questions

*This information is provided at the request of the Department of Public Health.*

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### **What is meningococcal disease?**

Meningococcal disease is caused by infection with bacteria called *Neisseria meningitidis*. These bacteria can infect the tissue (the “meninges”) that surrounds the brain and spinal cord and cause meningitis, or they may infect the blood or other organs of the body. Symptoms of meningococcal disease can include fever, severe and constant headache, stiff neck or neck pain, nausea and vomiting, and rash. In the US, about 350-550 people get meningococcal disease each year and 10-15% die despite receiving antibiotic treatment. Of those who survive, about 10-20% may lose limbs, become hard of hearing or deaf, have problems with their nervous system, including long term neurologic problems, or have seizures or strokes.

### **How is meningococcal disease spread?**

These bacteria are passed from person-to-person through saliva (spit). You must be in close contact with an infected person’s saliva in order for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils or sharing cigarettes with someone who is infected; or being within 3-6 feet of someone who is infected and is coughing and sneezing.

### **Who is most at risk for getting meningococcal disease?**

People who travel to certain parts of the world where the disease is very common, microbiologists, people with HIV infection and those exposed to meningococcal disease during an outbreak are at risk for meningococcal disease. Children and adults with damaged or removed spleens or persistent complement component deficiency (an inherited immune disorder) are at risk. Adolescents, and people who live in certain settings such as college freshmen living in dormitories and military recruits are at greater risk of disease from some of the serotypes.

### **Are camp attendees at increased risk for meningococcal disease?**

Children attending day or residential camps are **not** considered to be at an increased risk for meningococcal disease because of their participation.



***Is there a vaccine against meningococcal disease?***

Yes, there are 2 different meningococcal vaccines. Quadrivalent meningococcal conjugate vaccine (Menactra and Menveo) protects against 4 serotypes (A, C, W and Y) of meningococcal disease. Meningococcal serogroup B vaccine (Bexsero and Trumenba) protects against serogroup B meningococcal disease, for age 10 and older.

***Should my child or adolescent receive meningococcal vaccine?***

That depends. Meningococcal conjugate vaccine (Menactra and Menveo) is routinely recommended at age 11-12 years with a booster at age 16. In addition, this vaccine may be recommended for children with certain high-risk health conditions, such as those described above. Otherwise, meningococcal vaccine is **not** recommended for attendance at camps.

Meningococcal serogroup B vaccine (Bexsero and Trumenba) is recommended for people with certain relatively rare high-risk health conditions (examples: persons with a damaged spleen or whose spleen has been removed, those with persistent complement component deficiency (an inherited disorder), and people who may have been exposed during an outbreak). Adolescents and young adults (16 through 23 years of age) who do not have high risk conditions **may** be vaccinated with a serogroup B meningococcal vaccine, preferably at 16 through 18 years of age, to provide short term protection for most strains of serogroup B meningococcal disease. Parents of adolescents and children who are at higher risk of infection, because of certain medical conditions or other circumstances, should discuss vaccination with their child's healthcare provider.

***How can I protect my child or adolescent from getting meningococcal disease?***

The best protection against meningococcal disease and many other infectious diseases is thorough and frequent handwashing, respiratory hygiene and cough etiquette. Individuals should:

1. wash their hands often, especially after using the toilet and before eating or preparing food (hands should be washed with soap and water or an alcohol-based hand gel or rub may be used if hands are not visibly dirty);
2. cover their nose and mouth with a tissue when coughing or sneezing and discard the tissue in a trash can; or if they don't have a tissue, cough or sneeze into their upper sleeve.
3. not share food, drinks or eating utensils with other people, especially if they are ill.
4. contact their healthcare provider immediately if they have symptoms of meningitis.

If your child is exposed to someone with meningococcal disease, antibiotics may be recommended to keep your child from getting sick.

You can obtain more information about meningococcal disease or vaccination from your healthcare provider, your local Board of Health (listed in the phone book under government), or the Massachusetts Department of Public Health Division of Epidemiology and Immunization at (617) 983-6800 or on the MDPH website at

[www.mass.gov/dph](http://www.mass.gov/dph).

Provided by the Massachusetts Department of Public Health in accordance with M.G.L. c.111, s.219 and 105 CMR 430.157(C).

Massachusetts Department of Public Health, Division of Epidemiology and Immunization, 305 South Street, Jamaica Plain, MA 02130 Updated March 2018

## Directions to Assabet River National Wildlife Refuge 280 Hudson Road, Sudbury MA, 01776



**Do not rely on GPS to get you to Assabet, they are often wrong!**

### **From I-495:**

- Take exit 26 to merge onto MA 62 East/Coolidge road towards Hudson.
- After about 2 miles, you will reach a traffic circle. Take your second exit onto Main Street.
- Continue to follow Main Street. It will turn into State Road and then merge with Sudbury Road.
- After a third of a mile, Sudbury Road turns into Hudson Road.
- Assabet River Wildlife Sanctuary is about a quarter mile afterwards.

### **From Route 2**

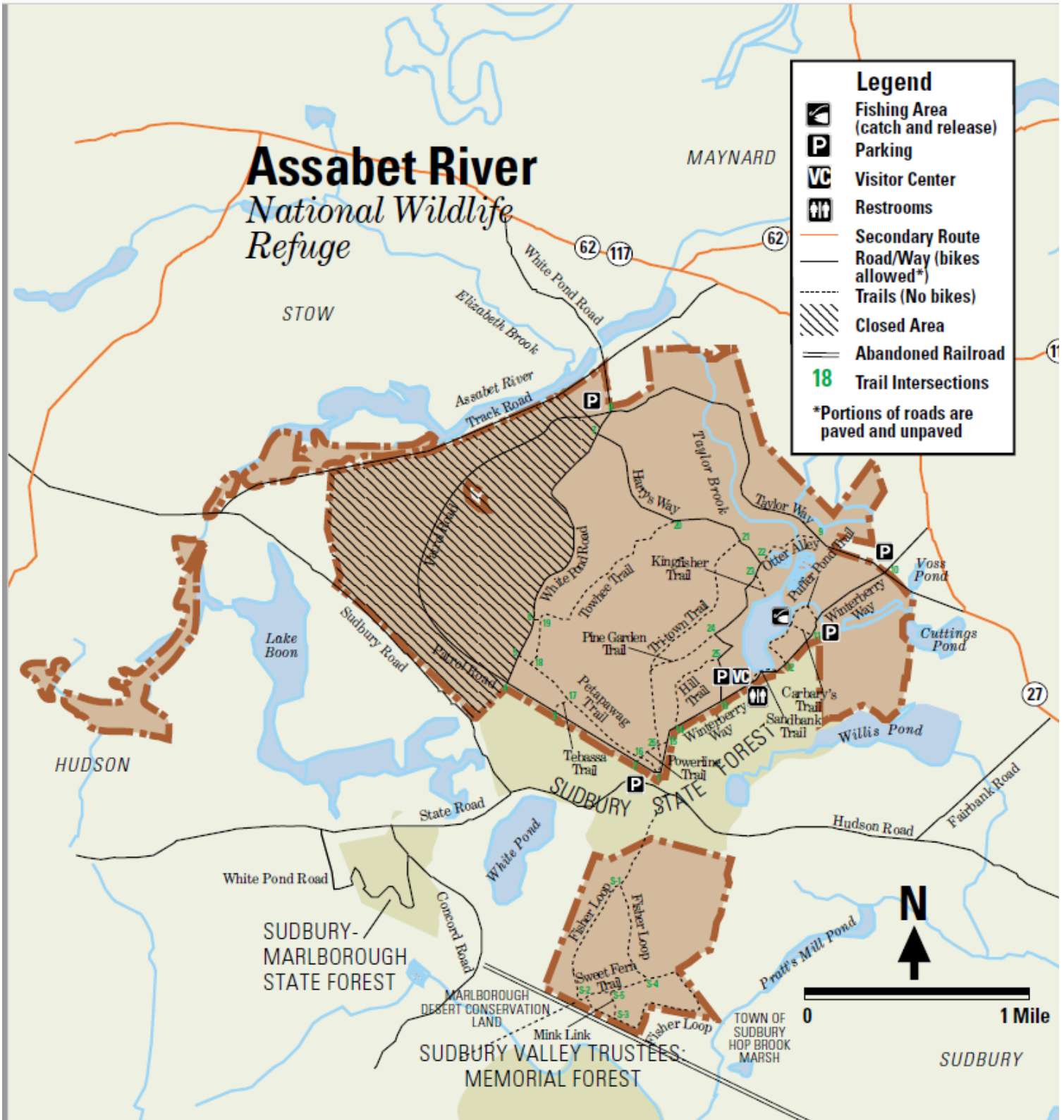
- Turn onto on MA-62 West/Main Street towards West Concord.
- After three miles, turn left to stay on 62 West/Main Street.
- After four miles, continue onto MA-27 South/Parker Street for two and a half miles.
- Then, turn right at Fairbank Road and again at Hudson road three quarters of a mile later.
- After approximately 1.3 miles, you will reach the Assabet River Wildlife Sanctuary.
- GPS Units are often incorrect.

### **From I-95**

- Take exit 27B for Wyman Street toward Winter Street.
- Stay on Wyman Street, following signs for Wyman/Winter Street.
- Take a right on Winter Street after a third of a mile.
- Approximately a half mile later, take a left on West Street.
- Continue on West street until it becomes Lexington Street.
- Turn right onto MA-117 West/North Ave and then, a quarter mile later, turn left at Church Street.
- Continue onto Boston Post Road. Turn right onto MA-126 N/MA-27 N/Cochituate Road.
- Three and a half miles later, continue onto Hudson Street.
- You will reach your Assabet River Wildlife Sanctuary after approximately three miles.

### **From the South/the Mass Pike**

- Take route MA-27 N until you reach Hudson Road in Sudbury.
- Continue onto Hudson Road and go approximately three miles to reach the Assab





# A Letter to my Drumlin Farm Camp Counselors

**We are excited that you will be joining Drumlin Farm Camps this summer!**  
To help us plan days full of fun, exploration and adventure, please answer the following questions to tell us a little about yourself.

My name is: \_\_\_\_\_ . My friends call me \_\_\_\_\_ .

I will be attending the Camp called \_\_\_\_\_ , during session \_\_\_\_\_ .

I will be \_\_\_\_\_ years old during camp and I will be entering \_\_\_\_\_ grade in the fall of 2017.

**I'm excited to come to camp because:**

**My favorite outside game/activity is...**

**Other things that you might find interesting about me are ...**

**I have been a Drumlin Farm camper before, and some of my best memories/favorite activities from that time are ...**



# DRUMLIN FARM CAMPER BEHAVIOR AGREEMENT

At Drumlin Farm we strive to create a safe community where individual differences are valued, where campers and staff can accept new challenges, and where everyone can have fun. Creating such a community requires the commitment of all campers and staff. The guidelines listed below outline the general behavior expectations for Drumlin Farm campers and staff. Please review the guidelines and sign below. They will also be reviewed on the first day of each session.

### **I WILL SHOW RESPECT FOR MYSELF**

- I will show respect for myself by having a positive outlook, eating well, and getting plenty of sleep.
- I will make the most of learning opportunities at camp by participating in activities, trying new things and having a positive attitude.
- I will talk with my counselors if I am feeling uncomfortable about any camp activity or experience.

### **I WILL DEMONSTRATE RESPECT FOR OTHERS**

- I will respect other people’s ideas and values, even if they are different from my own.
- All of my actions and language will have a positive impact on the people in the Drumlin Farm Day Camp community.
- Behavior that is disrespectful, or that could potentially harm (physically or emotionally) a camper or staff member, is unacceptable in the Drumlin Farm Day Camp community.

### **I WILL SHOW RESPECT FOR THE NATURAL ENVIRONMENT AND CAMP FACILITIES**

- I will be sensitive to the natural environment. This means treading lightly on the land, picking up trash, program supplies, equipment, and personal items.
- The buildings and activity equipment supplied by Drumlin Farm Day Camp are for use by all campers. I will care for both in a responsible manner.

### **I WILL SHOW RESPECT FOR THE HEALTH AND SAFETY OF MYSELF AND OTHERS**

- I understand that it is important to abide by safety standards provided by camp staff.
- I understand that it is important to stay with the group, respect and listen to the directions of my counselors.
- I understand that the possession and use of tobacco, alcohol, or illegal drugs is prohibited.
- I understand that fireworks, firearms and other dangerous weapons are not allowed.

**I have read, along with my parents, the above behavior guidelines and we understand that in order to create a camp community where everyone can challenge himself or herself to make friends and have fun, our commitment is necessary. As a camper, I will do my best to follow the above behavior guidelines.**

**The Camp director reserves the right to dismiss a camper when in his/her judgment the camper’s behavior interferes with the rights of others, the smooth functioning of the group or activity or violates the camps principles of conducts. In such cases no refunds will be given.**

My parents and I understand that the breaking of this agreement can be grounds for dismissal.

**Camper Name:** \_\_\_\_\_

**Camper’s Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent/Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_



## Drumlin Farm Camp Parent Questionnaire

The “Parent Questionnaire” (to be filled out by the parent/guardian) and “A Letter to My Drumlin Farm Counselors” help the Drumlin Farm Camp staff provide your child with the best camp experience. This is a really important way your child’s counselors to get to know them and prepare to give them the best care possible, before camp begins.

<b>Campers Name:</b>		<b>Parents Name:</b>	
<b>Camper Group &amp; Session:</b>			
Is this your child’s first camp experience?	<b>No</b>	<b>Yes</b>	
Does your child makes friends:	<b>Easily</b>	<b>Fair Easily</b>	<b>With Some Difficulty</b>
Comments:			
What do you want your child to <b>take away</b> from their experience at Drumlin Farm Camp? How can we, at Drumlin Farm, best help your child accomplish this?			
Does <b>your child</b> have any questions or concerns regarding their upcoming camp experience? Do <b>YOU</b> , as parents & guardians, have any questions or concerns?			
Are there specific situations or camp activities that your child is especially <b>looking forward to</b> ?			
Any Pertinent information regarding your child we should know (Parental status, major life changes, family members, school, new siblings etc.) that may affect their experience at camp?			





Please describe any special circumstances that may affect your child's camp experience (i.e. special needs, learning style, ADHD, etc.). Is there professional support? Does your child have an IEP at school? How may we best assist your child with this situation at camp?

How would you describe your child socially (Outgoing, Shy, Active, Quiet, etc.)? How do they react in new situations?

How do you best calm/comfort your child when they are upset or angry?

Are there any other important things or additional information about your child you would like the counselors to know?

*Please feel free to attach additional sheets if more space is needed.*

**Thank You for your time!**  
**Our camp staff DO read these sheets and they have proved to be extremely helpful.**

Fax: 781-259-2444  
Email: [drumlinfarmcamp@massaudubon.org](mailto:drumlinfarmcamp@massaudubon.org)  
Mail: 208 South Great Road, Lincoln, MA 01773