

Drumlin Farm Camp Family Handbook



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Welcome to Drumlin Farm Camp!

Drumlin Farm Camp has been offering amazing summer experiences to kids since 1956. We seek to foster a lifelong bond between campers and the land through carefully designed camp activities and outdoor exploration. Our programs are based on the key concepts of a diverse and vibrant **Community**, **Interdependence**, and **Stewardship** of the land.

At Drumlin Farm Camp, we strive to create a safe, inclusive, and caring **community** where each person is respected and supported. We believe that diversity is essential to strength, resilience, and innovation in nature and human communities. Campers discover the **interdependence** of all living things by practicing sustainable farming and observing nature. Young people develop a sense of responsibility for nature and one another as they continue to care for the land, a tradition of **stewardship** begun thousands of years ago by Indigenous nations.

We acknowledge that Drumlin Farm is located on the traditional, contemporary, unceded territories of the Massachusetts, Nipmuc and Pawtucket Nations. We are grateful to these nations past, present and future for their leadership and care for the land.

After reading through the handbook, please complete the [Behavior Agreement Form](#). **Please be sure to complete your camper's medical and financial forms on CampDoc as soon as possible.**

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.

We look forward to seeing you and your child this summer for a season of discovery and exploration!

Warm regards,

Meghan Haslam
Camp Director

Chloe Briskin
Assistant Camp Director

Scott McCue
Metro West Hub Director

Quick Reference

Camp Contact Information:

Email: drumlinfarmcamp@massaudubon.org

Phone: 781-259-2244

Address: Drumlin Farm Camp, 208 S. Great Road, Lincoln, MA 01773

[Get directions to Drumlin Farm >](#)

Payments & Forms Deadline: **May 2, 2022**

There will be a **\$25 late fee** for late payments, late health profiles or waivers. Contact the camp office *before* May 2 if you are unable to meet this deadline. **We offer payment plans and financial aid.**

Camp Hours: ALL GROUPS* 8:30 am – 3:00 pm

*Curiosity Club: 8:45 am – 1:00pm

After Camp: 3:00 – 5:30 pm

*Stewards, Apprentices, and Voyagers, see page 9 for information on overnight programs

Introduction and Expectations

At Drumlin Farm Camp we pledge to provide:

- A safe and healthy environment for your child
- A high quality and fun educational program
- Caring, professional staff who work to create a positive camp experience for every camper
- A community spirit to help every child feel cared about and included

In return, we expect families and campers to:

- Cooperate with our stated and written policies
- Prepare your child for the camp day (appropriate clothing, snack/lunch, water bottle)
- Care for the health of the camp community (such as keeping an unwell or over-tired child at home)
- Collaborate with camp staff to address behavior concerns

Behavior at Camp

Drumlin Farm Camp works to be a safe community for all. Everyone must follow three basic rules which will be shared with campers on the first day:

- 1. Respect others and yourself**
- 2. Respect and care for nature and the world around you**
- 3. Listen to instructions the first time**

If a camper is not following these rules then staff will work with the camper by taking steps such as: one-on-one conversation, time-out from activities, creating a behavior agreement, talking with the Camp Director and/or working with the camper's caregiver. In the case that a camper continues to struggle with behavior rules or is a danger to themselves or to others, the camper may be removed from the camp program without a refund of fees. **All campers must complete the [Behavior Agreement Form](#)** with their adult.

If you have questions or concerns about your child's ability to participate in the camp program, please talk with your child's staff or Camp Director Meghan Haslam: mhaslam@massaudubon.org or 781-259-2223.

You can help us best ensure your child has a successful experience by pro-actively sharing information about your child in the CampDoc health form. Families planning to provide a 1:1 aide must contact the camp director ahead of time. Families are responsible for providing an aide* for campers who require 1:1 attention or need repeated behavioral redirection/social-emotional support. *For any aides/adults joining a camper, Mass Audubon performs a background check and requires a completed adult health form, waiver, and record of immunization.

Program Goals

Camp staff work to create a unique and fun outdoor camp experience for everyone. Please note that activities and curriculum do not vary between sessions except for themed sessions. For detailed information on the different goals of each camp group, please visit the camp brochure on our website: [Camp Brochure >](#)

Camp Staff

Drumlin Farm Camp's 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. Learn more about the staff and camp director team on our website: [Camp staff >](#)

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.

Important Camp Policies

Refunds and Cancellation

A full refund, minus the nonrefundable deposit, is provided to camp families who cancel in writing on or before May 2. After May 2, no refund is available. Deposits are not transferable, and refunds are not given for participant dismissal, failure to attend, absence, or sick days. If we must cancel a session, you will receive a full refund.

Sliding Scale Pricing and Scholarships

Under the sliding scale model, every family will register for camp at a tuition rate based on their annual gross income. At registration, you have the opportunity to select the pricing that best fits your family's gross income bracket. You will be asked to upload income verification documentation at a later time if you selected Tiers 1–4. Registrants at Tier 5 are not required to provide income verification. A deposit is due at the time of registration; the final balance and all paperwork are due by May 2, 2022. If cost is still a barrier under the tiered structure, financial assistance (in the form of scholarships) is also available. To apply for a camp scholarship: [Download an application >](#)

Medical Information

If your child has any serious medical needs such as severe asthma, cardiac conditions, etc. please contact the Healthcare Team at dfcamphealth@massaudubon.org to discuss your child's health and wellbeing while at camp. See more details on page 10.

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 18 months before camp begins. Authorization is required for the administration of prescription and over-the-counter medications. **Health forms will be sent to you upon registration from "CampDoc,"** a secure online health records system. Please contact our Health Care team if you have any questions at dfcamphealth@massaudubon.org or call us at 781-259-2240.

Buddy Requests

One buddy request per camper will be honored when possible. Both campers must be the same age and both must request each other. All buddy requests must be made in writing at least one week prior to the first day of

camp. Please reach out to the camp office if you would like your camper to be placed with a friend of the same age. We are unable to accommodate buddy requests on the first day of camp.

Dogs & Pets

We love animals; however, *domestic animals are not allowed at Mass Audubon sites*. **Please leave your pets at home or in the car** at all times, and please do not walk your pets in the parking areas.

Packing List For Camp

Please check each morning to make sure your child has everything on the list. Please put your child's name on everything they bring to camp! Belongings *will* get mixed up, and we want to return them to you!

Bring every day:

- **Masks (2):** Extra mask in case the first mask is lost or becomes dirty.
- **Shoes:** Closed shoes like hiking boots or sneakers (no holes in shoes allowed, no sandals, Crocs or Keens). Campers will be in farm animal pens, on trails, and in fields, so closed shoes are important!
- **Water Bottle** (*labeled with child's name*)
- **Snacks (2-3)**
- **Lunch** *We do not refrigerate lunches.*
- **Backpack** (*labeled with child's name*)
- **Hat** (*labeled with child's name*)
- **Sunscreen** (*no aerosol sprays please*)
- **Insect repellent** (*no aerosol sprays please*)
- **Raincoat** (*labeled with child's name*)
- **Sweater or sweatshirt** (*for cool days*)
- Clothes that are comfortable and can get dirty and muddy!
- **Sunglasses** (*optional*)

What to store in cubbies:

Each camper will have a storage space or cubby at camp for their personal items which they can bring in an extra bag. The following items can stay in the camper's cubby throughout the session:

- Extra set of clothes, shoes, and socks
- Bathing suit, towel and water shoes for water activities on hot days
- *Note:* Many camp sites are outside, so it helps to bag extra clothes so they don't get wet at night/during storms

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

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

Food at Drumlin

Lunches & Snacks

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 filling and something your camper will eat!** Camp days are extremely active and campers will be very hungry. Extra snacks are very helpful. Please plan to pack a snack for After Camp if your child is attending.
- **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 fewer nuts we have at camp the better. You will be notified if there is a life-threatening allergy in your camper's group, then we will ask for no allergen products at all.

Quick Tips to Packing a Safe Camp Lunch

Be sure to keep hot foods safe by using an insulated bottle. You can keep other foods safe by using an insulated lunch container and/or an ice pack or frozen drink. For more information on keeping food safe please visit: www.foodsafety.gov or this Food Network [article >](#)

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, and a granola bar. We do offer gluten and nut-free alternatives. We will provide a light snack for After Campers as well.

Birthdays at Camp

Please do not plan to send in food treats. We encourage celebrating your child's birthday in a unique way, such as having your camper teach the group a game or song, dress in a fun outfit, or share a special story. Check in with your camper's staff ahead of time.

Food Allergies

Please let us know on your CampDoc form if your child has any food allergies. Some camp activities include cooking and eating foods from the farm. If your child has a food allergy please contact our [Healthcare Team](#) to discuss how your child can be accommodated. Campers are not allowed to share lunches or snacks.

PEANUT ALLERGIES PLEASE NOTE:

The animal grain that is used at Drumlin Farm, although it has no peanut contents, is manufactured at a facility that produces birdseed that contains peanuts.

We have never had an allergic incident from this feed, but we feel it is our responsibility to let you know that Drumlin Farm and the grain manufacturers cannot guarantee that the feed is completely peanut-free.

For parents of children with a severe peanut allergy, you will receive a separate form about the grain for you to read, sign, and return prior to your camper's session.

Drop-off and Pick-Up

Camper safety is our **FIRST** concern. **Please always:**

- Drive slowly In Drumlin Farm parking lots, the **speed limit at is 5 mph.**
- Follow the signs to your camper's drop-off/pick-up site.
- **Park your vehicle*** and walk your camper to their group (or walk/ bike up to their group). **You may NOT stop your car and let your child in /out.** Campers must be signed in and out each day.
**You may need to park in a different lot during pick-up depending on number of public present.*

How to Pick Up Your Camper

Please always:

- **Bring your Photo Identification.** If you forget your ID, please go directly to the camp office in the Red Lot. This protocol is in place to ensure the safety of your child and all campers.
- **Campers will only be released** to a person listed on the pickup form. To add someone to your child's pick-up list, send an email to [the camp office](#).

Drop-Off Times: Last Names A-L: 8:30 am Last Names M-Z: 8:40 am*

***Curiosity Club: 8:45 am (all last names at same time)**

***CITs: 8:20 am** - All CITs should go to their Camper Group drop-off spot. They will receive camper group assignments at least 3 days before their session begins.

Pick-Up Times: Last Names A-L: 3:00 pm Last Names M-Z: 3:10 pm*

***Curiosity Club: 1:00 pm (all last names at same time)**

Exception: see information on page 9 regarding Overnight Programs for Stewards, Apprentices, and Voyagers.

After Camp Pick-Up

Pick up for After Camp is at the Nature Center / Blue Lot – follow signs for After Camp. Campers may be doing activities in different areas of the sanctuary, so it may take some time for them to return to the Nature Center.

Pick up is by 5:30 pm, if you are running late, please immediately call the camp office at 781-259-2244.

Medication Check-in

All campers whose medical forms indicate they will be bringing medications to camp will receive an e-mail with the following details:

- To check in medications for campers at Drumlin Farm sites, please pull into the Green/Overflow lot (the grassy parking lot on your right when you enter Drumlin Farm), turn left and pull up to the Medication Check-In location. **This must be done prior to dropping off your camper with their camp group.**
- Once a medication is checked in, you will be given a password to say to staff at your drop-off site.
- Curiosity Club campers will check their medications in at their drop-off site.
- You will be redirected to med check in if you try to drop your camper off without visiting the medication check in.

Drop-Off and Pick-Up Locations

Green / Overflow Lot The grass parking lot on the right just as you enter Drumlin Farm	Blue/Upper Parking Lot The first entrance to the paved parking lot on the right as you enter Drumlin Farm	Red/Lower Parking Lot The second parking lot; follow the signs towards the Environmental Learning Center / Camp Office	Purple/ Pre-School Parking area at white house, 218 Lincoln Rd.
Nature Builders	Field Trackers/ Giggling Geese	Seekers / Tickled Turkeys	Curiosity Club
Farm Trekkers	Forest Trackers/ Daffy Ducks	Naturalists / Purple Cows	
Stewards / Funky Chickens	Explorers / Shaggy Sheep	Farmers / Flying Pigs	
Apprentices / Rockin' Roosters	Biologists	Environmental Leadership Teens	<i>*CITs will drop off and pick up at the lot for their assigned group</i>
Voyagers	After Camp		

Directions to the Purple lot / Preschool: Pull into lot at 218 Lincoln Rd around the corner from Drumlin Farm. Park in a circle to make it easier to pull out, then sign your camper in.

Art Outdoors and Farmyard Frolics Mini-Camp: we will update you with a parking plan before your session!

Late Drop-off or Early Pick-up

- If a child is late, go to your regular drop-off spot, then call the camp office. A staff member will meet you and check in your child. It may take some time for camp staff to reach your spot.
- If you need to pick your child up early from camp, please notify the camp office ahead of time. You may do early pick up **only at 12 pm**. Early pick-up for all groups is at the Red Lot / Camp Office.

Late Pick-up

Please note that camp ends at 3 pm. We cannot arrange to watch your child beyond the program hours. Campers who have not been picked up by 3:15 pm will be brought to After Camp and you will be charged for After Camp.

Severe Weather Drop-off / Pick-up

In the event of thunderstorms or heavy rain, drop-off or pick-up will move to inside the nearest building to the parking lot. Staff will go out to the parking lot and direct campers to their pick-up vehicles as soon as it is safe to do so. Please do not come into the buildings.

- Lower Lot/ Environmental Learning Center: Seekers, Naturalists, Farmers, Farm Trekkers, Environmental Leaders
- Nature Center: Forest Trackers, Field Trackers, Explorers, Nature Builders, Apprentices, Stewards, Biologists, Voyagers
- 218 Lincoln Rd/ Preschool: Curiosity Club
- CITs will be picked up from their camper group's drop-off/pick-up spot or severe weather site.

2022 Overnight Programs

For **Stewards** and **Apprentices** Nature Camp sessions, campers will be invited to stay for an overnight on the second Thursday of their session (July 7, July 21, or Aug 4). On this day, camp will run from 8:30 am drop-off on Thursday until **9:30 am pick-up on Friday**. Camp ends at 9:30 am on Friday for these groups, no exceptions. We will send a letter with planned activities and a packing list for the overnight during week 1 of the session. Tents and food will be provided.

Voyagers: Monday and Tuesday of each week will be day trips within about 1 hour's drive from camp. Wednesday through Friday will be a 3-day, 2-night overnight in the area described in the session name. Camper pick-up on Fridays will be at 3:00 pm in the Green / Overflow parking lot. Tents and food will be provided.

Outdoor Safety

Please apply sunscreen and bug spray and make sure your child is dressed for the weather every day! Counselors will assist campers in reapplying sunscreen and bug spray if they need help at lunchtime and during/after sprinkler time.

Hot Days

On hot days, campers **may** visit a sprinkler or play water games. Campers are given the option to change into a bathing suit, but also may get their clothes wet to help keep them cool.

- We try to keep children out of direct sunlight on hot days by doing more activities inside barns, classrooms, and in the shade.
- Campers are encouraged to wear a hat (to keep them cooler, and 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 thunderstorms, all campers move to safe and secure indoor locations.
- If it is raining heavily or thundering at pick-up, please follow **Severe Weather Pick Up** instructions.

Bugs & Ticks

In New England, bugs and ticks are everywhere, even in your backyard.

- Please **apply insect repellent to your child, prior to arriving at camp**, and pack insect repellent in their backpack.
- Long pants, long-sleeved lightweight shirts, and socks can help prevent bug bites and sunburn.
- **Every night, please take a few moments to check your child for ticks.** An excellent time is at bath time or just before bed. Check behind the knees, underwear lines, underarms, and the back of the neck (near hairline). **A thorough daily check at home is the best way to combat ticks.**
- If you would like more information about ticks and tick-borne illness, please visit the Department of Public Health website: <https://www.mass.gov/tick-borne-diseases>.

Health Care

Our healthcare team is led by Rina Zampieron, a certified EMT and a full-time Mass Audubon 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 one mile away. Drumlin Farm's off-site healthcare consultant is Dr. Lori Aronson. If you have any questions regarding health care please contact our health care team at dfcamphealth@massaudubon.org or 781-259-2240.

Camper Health Information

- After registering for camp, **you will receive an email from CampDoc** with a link to fill out the required health forms online.
- Copies of necessary forms (immunization, proof of physical examination, and insurance) should be self-uploaded to the site.
- All health information is due by May 2.
- If a camper's health information is incomplete, **they may not be able to join us at camp**. Please be sure to get your CampDoc done in a timely manner. We will send reminders.

Sick Campers

- Campers who are ill or have infections are not allowed to attend camp until they are healthy and infection free to protect the camper and the camp community.
- **A child must be fever free without medication 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 are 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 are tired.
- If your child gets lice, **notify the camp office immediately**. We are then required to do lice checks on the entire camp group. The camper must be lice-free before returning.

If an outbreak of communicable disease occurs, any participant who is not fully immunized (due to religious or medical reasons) will remain at home for the time recommended by the MA Department of Public Health. Refunds are not given due to missed time at camp.

Illness or Injury at Camp

- All campers requiring medical assistance and/or treatment beyond basic first aid are referred to the Health Care team. Based on the team's assessment, the camper will be cared for on-site, returned to their group, sent home for personal health care provider care, or referred to emergency care.
- If your child's illness extends beyond 20-30 minutes, we will notify you by phone. Sick children stay with a Health Care Supervisor or Nurse in a quiet area so they can rest and be monitored.
- If your child has an injury or illness needing immediate care, we call 911, and then call you immediately. Off-site programs will use 911 and utilize the closest emergency care.
- Parents or guardians will be notified of any serious accident or illness as soon as possible by phone. Parents or guardian will receive notification by paper slips or via phone call for all reported injuries and illnesses.

Immunization Record/Physical Exam

We require a copy of your child's immunization record including dates provided by health care provider, and written proof of a physical exam conducted within 18 months of the camp session. Last year's exams are acceptable. Please contact 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.

Emergency Contacts

We ask that an emergency contact other than the parent/guardian be provided. Parent/guardians will be called first and alternate emergency contacts will be called only if the parent/guardian cannot be reached in an emergency or if a camper needs to be taken home.

At-Camp Medications

If your child requires medication while at camp, the following are requirements:

- All medications must be in their **original containers with 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.

Asthma and/or Severe Allergies

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

- This plan should be written by the prescribing physician and describe the triggers and signs of a severe reaction, and necessary steps to take if a reaction should occur (e.g. give 2 tsp. Benadryl then administer epi-pen, etc.)
- The Health Care team will contact a parent/guardian to go over this plan before camp begins.
- We will not be able to administer nebulizer treatments at camp due to the risks from COVID-19

Epi-Pens & Inhalers

Camp staff members will carry a camper's epi-pen and/or inhaler throughout the camp day and return them to the health care office at the end of the day.

- 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 themselves with written permission from the parent/guardian. Please indicate your preference on CampDoc.

Camper Immunization Requirements

As per the Massachusetts Department 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
MenACWY	0	0	0	1 (gr. 7), 2 (gr. 11 or older)

(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.
3. The camper is healthy that day.

See more details under COVID-19 Safety, page 13.

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 Camp's background check, health care, and discipline policies as well as procedures for filing grievances.

Meningococcal Disease and Camp Attendees: Commonly Asked Questions

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

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.

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

COVID-19 Safety

The health and welfare of our campers and staff remains our highest priority. We feel confident that the success of Mass Audubon Camps in designing and offering a safe summer of camping in 2020 and 2021 will continue to guide us into another great summer in 2022.

As of April 8, 2022, Mass Audubon Nature Day Camps will be adopting the following policies regarding COVID-19 safety for summer 2022 in accordance with the latest guidance from the Massachusetts Department of Public Health (DPH) and CDC:

Vaccinations

It is Mass Audubon's policy that all Mass Audubon staff be fully vaccinated upon hire. Vaccinations will be optional for campers at this time. For campers participating in overnight programs (Stewards, Apprentices and Voyagers) there may be additional requirements which will be sent to families directly.

Masks

Currently, **masking will be optional** both indoors and outdoors, as we are following the state's most up-to-date COVID-19 guidance; however, **we ask that all campers pack masks** in case of a weather emergency (see below).

Campers spend a limited amount of time indoors at Mass Audubon Camps, but when they are scheduled to do so, campers will be socially distanced and the space will be well ventilated and equipped with air purifiers.

We honor the choices of those who continue to wear masks and we will train staff to facilitate healthy conversations regarding mask-wearing so that all children feel included and welcome at our camps. There will be a couple of instances throughout the summer where we will ask campers and staff to wear masks:

- In the extreme case that the weather does not allow us to safely spend time outdoors or groups are not able to socially distance indoors
- When the local Department of Health for a particular camp advises mask-wearing due to an uptick of positive cases in the camp's town or county.

For more information, see Massachusetts DPH Mask Guidance: <https://www.mass.gov/info-details/covid-19-mask-requirements>

Isolation and Quarantine

In the case of a close contact exposure or a positive COVID test, please follow Massachusetts DPH Isolation and Quarantine guidance: <https://www.mass.gov/info-details/covid-19-isolation-and-quarantine-guidance-for-the-general-public>

We will continuously monitor the COVID-19 levels within our communities and we will consult with local boards of health if community levels begin to rise. Mass Audubon reserves the right to change policies pending new information from the CDC or the Massachusetts Department of Public Health.