

BROADMOOR NATURE CAMP

Family Handbook 2022



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Welcome to Broadmoor Nature Camp!

We're excited to invite your child to discover this beautiful, biodiverse land that offers nearly limitless opportunities for learning. At camp, kids do what comes naturally: explore, have fun, and make friends! Campers experience nature and create lifelong memories through guided outdoor explorations, games, hands-on activities, and crafts. They learn about their place in nature, as well as the importance of preserving it. Small group sizes ensure that campers stay safe and engaged with role models who are creative, knowledgeable, and enthusiastic.

At Broadmoor Nature Camp, we strive to create a safe, caring, and inclusive camp atmosphere where each person is respected and supported in their learning and growth. We believe that diversity—both in nature and in our human communities—is essential to strength, resilience, and innovation, and we are committed to recognizing the unique contributions of each community member. Making camp a truly inclusive space is a continuous journey. We're excited to continue to learn and grow with this amazing community. We

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

Information in this packet includes important health and safety information, packing lists, policies, and much more essential information. After reading through the handbook, please complete the [Behavior Agreement Form](#) – it is required for your child to attend.

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 via email at broadmoorcamp@massaudubon.org.

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

Best regards,

Meghan Haslam
Broadmoor Nature Camp Director

Catherine Race-Kelly
On-Site Coordinator

Scott McCue
MetroWest Hub Director

Broadmoor Nature Camp
280 Eliot St, Natick, MA 01760
broadmoorcamp@massaudubon.org
508-655-2296 (main line) / 508-315-6721 (camp line)

Quick Reference

Contact Information

Email: broadmoorcamp@massaudubon.org

Phone: 508-655-2296 (main line) / 508-315-6721 (camp line)

Payments & Forms Deadline **May 2, 2020**

All health information must be completed in Camp Doc and final payments are due by this date for all Mass Audubon camps! There will be a \$25 late fee for late payments, health profiles and waivers. Contact the camp director to request a later date for any of these. **We offer payment plans and financial aid.**

Camp Hours Regular day camp hours are 9:00 am – 3:00 pm

Before Camp: 7:30 – 9:00 am

Curiosity Club: 9:00 am – 1:00 pm

Explorers and Biologists 2-week group overnight: see page 12 for information on overnight programs

Introduction and Expectations

We strive to offer high quality learning experiences to all of our campers; experiences they will enjoy and remember for a very long time.

Broadmoor Nature Camp pledges to provide:

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

In return, we expect parent/guardians 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

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. At Broadmoor Nature Camp 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 parent/ guardian. 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 Camp Director Meghan Haslam: mhaslam@massaudubon.org or 781-259-2223.

You can help your child toward 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

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 and see the [Camp Brochure >](#)

Camp Staff

Broadmoor Nature Camp's qualified, caring camp educators are enthusiastic about sharing the wonder of nature with children through activities, games, and crafts. Learn more about the team here: [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 at least three people are together when going anywhere at camp.

Important Camp Policies

Cancellations & Refunds

The camp fee, minus the deposit, is refundable if we receive notice of your cancellation by 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. The policy is stated in the camp brochure.

Sliding Scale Pricing & 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 us at broadmoorcamp@massaudubon.org to discuss your child's health and wellbeing while at camp. See more details on page 8.

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 team if you have any questions at broadmoorcamp@massaudubon.org.

Policies

You may request to see copies of our policies regarding staff hiring, background checks, health care, child care, discipline and filing a grievance at any time. If you have any suggestions, questions or concerns, please contact the Camp Director at mhaslam@massaudubon.org.

Preparing Your Child for Camp

Group Site / Home Base

Each group will have a separate meeting area. Each camper will have a space for their things, so they don't need to carry everything around camp. They may leave extra clothing, etc. in this space overnight.

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! We want to return lost items to you. Every morning, **please apply sunscreen and bug spray before arriving at camp**, and show your camper how to apply it on their own. All campers will **reapply at lunch**, and staff will assist younger campers as needed with your permission.

Bring every day

- **Masks (2):** In case they are needed during indoor time such as a thunderstorm
- **Shoes:** Closed shoes like hiking boots or sneakers (no holes in shoes allowed, no sandals, Crocs or Keens). Campers will be in forests, 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 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, iPads 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
- **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.*

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

Outdoor Safety

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 classrooms and in the shade. Sunscreen will be reapplied at lunch and after water play.
- 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. Campers will reapply after lunch, and are encouraged to check for ticks after meadow time.
- 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>.

Drop-off and Pick-Up

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

- Drive slowly in parking lots, the **speed limit 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.

How to Pick Up Your Camper

Please always:

- **Bring your Photo Identification.** If you forget your ID, please speak with the Site Coordinator. 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: 9:00 am Last Names M-Z: 9:10 am*

***CITs: 8:45 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: Curiosity Club: 1:00 pm (all last names at same time)

All Camp Groups: Last Names A-L: 3:00 pm Last Names M-Z: 3:10 pm*

Exception: see information on page 12 regarding Overnight Programs for Explorers and Biologists

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:

- You must check in your camper's medication with the Site Coordinator or Program Coordinator BEFORE dropping off your camper.
- You will be redirected to med check in if you try to drop your camper off without visiting the Site Coordinator.

Late Drop-off or Early Pick-up

- If a child is late, go to the camp office in the Nature Center to check in your child. It may take some time for camp staff to come get your child to take them to their group.
- 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 Camp office.

Late Pick-up

Please note that camp ends at 3 pm. We cannot arrange to watch your child beyond the program hours

Severe Weather Drop-off / Pick-up

In the event of thunderstorms or heavy rain, drop-off or pick-up will move inside the Nature Center building. 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 building.

Camp Health Information

You may request a copy of our complete Health Care Policy.

Health Care Team

Our healthcare team is led by Rina Zampieron, a certified EMT and Camp Director Meghan Haslam. Every staff member is CPR/First Aid and Epi-pen trained. Emergency care is provided by the Natick Fire Department/EMS 1.5 miles away. Broadmoor's off-site healthcare consultant is Dr. Lori Aronson. If you have any questions or concerns, or if your child has a severe health risk, please contact broadmoorcamp@massaudubon.org to discuss with the health care team.

Health Documentation

In our continuous efforts to provide the best possible care to our campers, Broadmoor Nature Camp is continuing our partnership with **CampDoc.com**, an electronic health record system for camps which helps us consolidate and integrate camper health information into a centralized and secure location.

CampDoc.com is secure, encrypted and password protected. Start planning now! The deadline for completing your health forms is **May 2, 2022**.*

*ONLY EXCEPTION is for new registrations after May 2; the camp director will set a deadline with you.

Per MA Board of Health regulations, campers may **not** attend camp unless all health information has been completed and current immunization records (showing proof of a physical within the last 2 years) are submitted *prior* to a child's arrival at camp. It must be completed and electronically signed by the legal guardian or adult responsible for the person attending camp.

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.

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.

New Campers

You will receive a "Invitation" email from CampDoc.com with information about how to complete your camper's health information. You may need to check your filtered email boxes (clutter, junk, spam, etc.).

- Click the link in this email to set a new password for your CampDoc.com account.
- Follow the instructions, and complete the health history for your camper. Alerts will appear for any missing required information.
- You may return to your CampDoc.com at any time to make changes/updates to your camper's health information before camp begins.

Returning Campers

You will receive a notification email from CampDoc.com with information about how to review and update your camper's health information. You may need to check your filtered email boxes (clutter, junk, spam, etc.).

- Click the link in this email to sign in or set a new password for your CampDoc.com account.
- Follow the instructions, and update/complete the health history for your camper. Alerts will appear for any missing information. All fields must be approved even if you are not changing information.
- Upload all required documents to your CampDoc.com account; they do not save from previous years.
- Make changes/updates to your camper's health information before camp begins.

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 Massachusetts Department of Public Health. Refunds are not given due to missed time at camp.

Illness/Injury at Camp

In the event that a camper is mildly ill or injured, staff will provide basic first aid according to the camp's treatment procedures. If the child has had a minor injury (ex: scratch, cut, splinter, embedded tick, or bruise) camp staff will notify you when the child is picked up via a paper slip and/or verbal notification. Staff may oversee a mildly ill camper in the camp office for a limited time. If your child's illness extends beyond 20-30 minutes, we will notify you by phone, and early pick up may be requested. Staff will care for the camper and monitor changes in health until the arrival of the approved person.

Emergencies at Camp

In case of an emergency, camp staff will call 911 to activate the emergency response system; usually the Natick Fire Department and/or the Metrowest Hospital provide emergency care; off-site programs will use 911 and utilize the closest emergency care. A parent/guardian will be notified immediately. Staff will send your child's camp health records with insurance information to the hospital so that appropriate care can be provided.

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.

Medication at Camp

The camp on-site healthcare supervisor and trained camp staff will dispense medications. The following steps must be complete in order for camp to administer the medication (state regulation 105 CMR 430.160A):

- The authorization to administer medication in CampDoc must be completed by the camper's parent / guardian for **all medications**.
- **Prescription Medications** shall be kept in **original containers with the pharmacy label and camper name, and have specific instructions for use** and cautionary statements, if any, contained in such prescription or required by law, and the number of tablets/capsules prescribed in the container.
- **Over-the-counter medications** shall be kept in the original containers containing the original label, which shall include the directions for use. Label it with your camper's name. You must send any over the counter medications you wish your child to take; we do not have these on-site.
- Medications must be current (not expired).

Please alert the Camp Director and Site Coordinator before camp begins of any serious medical conditions your child may have, or of any changes in medications/health.

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.

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

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

Food at Broadmoor Nature Camp

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 Before Camp if your child is attending.
- **Try to keep your child's lunch as nut free as possible.** Broadmoor 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. 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 >](#)

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! Broadmoor Nature Camp 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 Before 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. We know it happens on occasion! Broadmoor Nature Camp 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 Before Campers as well.

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 us](#) to discuss how your child can be accommodated. Campers are not allowed to share lunches or snacks.

2022 Overnight Programs

Please note that overnight programs ONLY occur for the 2-week sessions of these programs.

Explorers: Expedition Broadmoor & Biologists: Wilderness Expedition

The overnight program runs from 9 am drop off on the second Thursday of the session (July 21 or August 4) until **9:30 am pick-up on Friday**, no exceptions. Campers will be picked up at 9:30 am on Friday, and will NOT attend camp at regular hours on Friday (July 22, August 5).

Supplies: Staff will provide a letter outlining planned activities and necessary supplies and a packing list, during the first week of the session.

Meals: Campers should bring a packed lunch and morning and afternoon snack for Thursday as usual. Camp will provide food items for campers to cook over a fire if they would like for dinner and breakfast, or campers may bring their own packed dinner and breakfast. Packed meals will not be refrigerated.

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 (Explorers and Biologists) 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.