



Wellfleet Bay Nature Day Camp
Family Handbook
2026

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Wellfleet Bay Summer Camp Values

Love of Nature

Nature sustains us and is full of wonder and beauty. We strive to share that magic with our campers! By sharing our passion, we work to inspire everyone to be stewards of the environment and become nature heroes.

Community and Respect

We care deeply about all campers, their families and the community connected to us. Campers and staff learn from each other, and welcome and respect all people. Inclusion and diversity are important at Wellfleet Bay Natural History Day Camp – everyone is invited and safe here.

Inspiring Action

We believe that every person can make a positive difference, no matter their age or ability! Our campers learn about nature firsthand alongside staff who model conservation ethics.

Credibility

We bring sound science into our play and challenge campers to think creatively about solutions to problems, based on facts and good-will. Integrity is central to who we are!

Teamwork

We work together to become a team that is made stronger by our different abilities and personalities. We respect individual points of view while encouraging each other to be creative, open-minded and innovative. When we help each other grow at camp, everyone benefits.

About Wellfleet Bay Nature Day Camp

Welcome to Wellfleet Bay Nature Camp: *291 State Highway, Route 6, So. Wellfleet MA*

We are excited your child is coming to camp, and we hope you are too! It is an honor for us to be a part of your family's summer, care for your camper, and take them on fantastic nature adventures. We are committed to doing our very best to make you and your camper's experience a great one. If you have any questions at any time or just want to talk, please get in touch:

Wellfleet Bay Wildlife Sanctuary Camp Line: 508-694-3620

Morgan Peck, Camp Director: Direct Line 508-694-3622, mpeck@massaudubon.org

Laura Baghetti, Asst. Day Camp Director; Direct line 508-694-3616,

lbaghetti@massaudubon.org

Our Camp Staff

All of our counselors are at least 18 years of age and are certified in Adult and Pediatric First Aid/CPR/ AED. They are carefully selected for their maturity and compassion, love of working with children, natural history knowledge, and enthusiasm. Our staff have rich and diverse experience including working in nature centers, volunteering with scouts, teaching, coaching, child caretaking, and more, in addition to pursuing related college fields. All staff must pass background checks and receive training in safety, child development, and natural history.



Our Camp Director is Morgan Peck, and she can't wait for another summer of play and



discovery in nature! Morgan joined Wellfleet Bay 2016 and got her start with Mass Audubon in 2012. During the school year, she leads and develops educational wildlife, marine science, and climate change programs for K-12 students across Cape Cod!

Camp is also aided by our Assistant Camp Director/CIT Coordinator Laura Baghetti, who acts as Director on Duty when Morgan is off-site. Laura joined Wellfleet Bay in 2022 and is a year-round part of Mass Audubon's education team.

Counselors lead campers in ratios that meet requirements of Massachusetts state, and ACA regulations. They are assisted by

Counselors-in-Training - teenagers ages 14 and up - who receive training with the CIT Coordinator and Research Staff.

Our Credentials, License, and Accreditation

Wellfleet Bay Summer Camp complies with all regulations of the Massachusetts Department of Public Health for camps and is licensed annually by the Wellfleet Board of Health. We are accredited with the American Camp Association (ACA). To maintain accreditation, we report on our policies annually and are audited on-site by ACA visitors every 5 years.

Camp Policy Requests

Our background check, health care, and behavior and discipline policies as well as the grievance procedures are available upon request.

What to Wear and Bring (*and what not to!*)

Please, label your child's clothing and belongings

Lost and Found items will be donated at the end of the camp season.



Your child should wear:

- Lightweight clothes that can get wet and dirty – play clothes
- A hat with a brim for sun protection
- Socks and sneakers or close-toed shoes. No open-toed sandals or “jellies” please!
- Sunscreen with a minimum SPF35 and insect repellent



Your child should bring a backpack containing:

An insulated lunch bag with icepack. Please consider packing a minimal-waste lunch.

- A peanut and tree-nut free snack and lunch.
- Additional sunscreen and insect repellent
- A refillable water-bottle
- An extra layer for cool days or windy conditions, and a water-proof layer on drizzly days
- Younger children should bring a spare set of clothes so they can stay clean and dry should an accident occur.
- A spare set of clothes and/or shoes is recommended for ALL campers on days when we are partaking in an aquatic activity.

Please leave these items at home:

- Flip-flops, or open “slip on” sandals
- All electronic devices - and hand-held video games (if campers have cellphones they will remain in the camper's backpacks)
- Personal treasures, collectable cards, and items of value
- ABSOLUTELY NO Pocketknives, matches, firearms and ammunition, or other potentially dangerous items

Wellfleet Bay Camp asks that you leave all nuts at home to high-risk allergies.

Thank you for helping us keep Wellfleet Bay Day Camp allergy conscious!

Additional Notes:

- Mass Audubon is not responsible for articles lost or damaged at camp.
- Pocketknives, matches, firearms and ammunition, or other potentially dangerous items are prohibited, and are grounds for dismissal from the program.
- The possession or use of tobacco, alcohol, drugs, and weapons is prohibited.
- No animal is allowed in camp without prior permission from the Camp Director.

Communication

Best means of contact: The Wellfleet Bay Wildlife Sanctuary's camp line is staffed from 8:30am to 4:30pm at 508-694-3620. Keep in mind that the Camp Director/camp staff are often outside or on trips; however, the Camp Director does check voice message and email at least once in the morning and evening. If you have a camp registration question, please email wellfleetbaycamp@massaudubon.org

Please call the Wellfleet Bay camp line if your child is staying at home, will arrive after 9:30am, or must be picked up early. To pick-up a camper early, or to drop them off late, please let us know sooner rather than later.

In the case of an emergency at camp, Wellfleet Bay staff will immediately contact camper parents or guardians. If you need to contact camp staff regarding a home emergency, please call Wellfleet Bay at 508-349-2615.

Payment Deadlines, Deposits and Refund Policy

To find your balance, and to pay, visit massaudubon.org/payments

Full payment for camp and all forms (including health forms and immunization records to CampDoc) are **due on or before May 1** unless a payment plan has been set up with the Camp Director or Operations Manager. A late fee of \$25 per camper will apply if any forms or payments are late or incomplete. No camper is allowed to attend camp unless all forms, waivers, and payments are complete.

Deposits

- A **non-refundable deposit of \$75 per session** is required at the time of registration.
- Deposits **cannot be transferred** to another camper, session, family, or camp location.
- Please review your calendar for any scheduling conflicts **before registering**.

Refunds

- **On or before May 1:** You will receive a refund for any payments made **excluding** the \$75 non-refundable deposit per session.

- **After May 1: No refunds** will be issued.

Please note: If Wellfleet cancels a session, you will receive a full refund, including the deposit.

Refunds are not available for participant dismissal, failure to attend, absences, or sick days

Pick-Up and Drop-Off Procedures

Morning Drop Off: 9:00-9:15am

1. Please drive slowly and stay alert for children, wildlife, and vehicles. The Sanctuary parking lot is one-way. Park and walk your camper toward the Nature Center, and proceed to the Day Camp Area, through the wooden gate to the right of the main building entrance.
2. On the first day of a session, (Mondays) you will check-in with the Camp Directors, and you will then be shown to your camper's group and drop-off location. Either inside the Nature Center or at the Outdoor Day Camp Classrooms. *Note; If you have incomplete/missing health forms, your camper will not be able to remain at camp. We will ask you to complete them before you depart.*
3. If you have already attended camp for a prior session **this** summer, you can bring your camper directly to their group's meeting location for check-in.
4. Please, do not leave your child unattended until they're checked-in with their camp staff.

Afternoon Pick-up: 12-12:15pm for Half-Day Campers, and 2:30-2:45pm for Full Day Campers

Pick up will involve the same procedures as drop-off, and you may proceed directly to your camper's group. *Note; 2:45pm is the latest that you can pick up your camper. The camp counselors need the time from 2:45-4pm to prep for the next day and clean up from the current day. There is traffic during the summer, so please plan accordingly.*

After Camp Extended Day Option

Campers of mixed ages can enjoy free nature play, crafts, and continue their habitat explorations when the official camp day ends! Pick up for this option is 3:30-3:45pm. If you arrive later than 4pm, you will be charged \$10 every 5 minutes late. *Space is limited!*

- Campers are released only to those persons listed on their CampDoc Health Profile.
- **A photo ID must be shown. If you forget your driver's license or other form of photo ID in the car, we will ask you to go get it. This is a safety measure to protect your camper(s).**
- The designated adult must initial the daily check-out sheet to verify the pick-up of a camper.

- If someone NOT on the camper's release forms arrives to pick up, we are not able to release the camper to that individual even if the camper confirms they know the individual. Express permission must be given by guardians ahead of time for all persons picking up. Please speak to the Camp Director at drop off if you need to add a different person to this list.

Please call the office ahead of time if you need physical assistance with pick-up/drop-off, and are not able to walk with your camper in and out of the Day Camp Area, and we will do our best to accommodate you!

Early/Late Campers

1. It is extremely helpful if you can call us to let us know your camper will be late.
2. We do not accept early arrivals, as our staff need their time in the morning to prep for the day. If you must drop your camper off early due to an extenuating circumstance, please contact the Camp Director.

Campers: What to Expect on Your First Day

We are excited to meet our new and returning campers at the start of every session; we hope you are too! When you arrive to camp each day, you'll meet Miss Morgan (our Camp Director) and Miss Laura (our Assistant Camp Director/CIT Coordinator) and your grown-up will walk you inside to meet your counselors and the rest of your camp friends.

While campers get checked-in, you will meet your Counselors and do a short craft or quiet activity. Once everyone in your group has arrived, it's time for our morning circle. This is when you'll get to know the other campers in your group and will learn about your nature theme of the week and upcoming activities. Counselors will explain important rules for staying happy and safe at camp, so be sure to listen. We do fire and emergency drills to make sure everyone knows how to handle any emergency safely. Then, we'll learn where the bathrooms are, and play some games to get comfortable as we warm up for the day's adventure! You and your and your new friends will explore nature around Wellfleet Bay with your Counselors, and break for a quick snack! We might go bug searching, dip netting at the bay, learn about birds and plants, or even catch crabs in the marsh! You'll also get the chance to choose from lots of fun games.

After we devour lunch (full day campers), wash our hands, drink lots of water, and re-apply sunscreen (and insect repellent if needed), we'll take turns doing science activities, take short hikes and do an arts and crafts project. It can get messy and pretty silly, but we always learn something new to surprise and impress your grown-ups and friends back home!

As the day ends, we usually have some free time in nature; to draw under the trees, watch for osprey with binoculars, or talk with a new friend. At closing circle, we share our

favorite moments from the day as we wait for our grown-ups to pick us up. And then, before you know it...it's time to go home and rest up for tomorrow's adventure!

A Day in the Life at Wellfleet Bay Nature Day Camp

*Each day is a new adventure at Wellfleet Bay. This is a rough SAMPLE glimpse into a typical day.

9:00 am – 9:15am	Camper Check-in
9:15-9:45	Free Play/Crafts
9:45 am	Morning Circle
10 am	Build a Bug Craft <i>*If a group is taking a field trip, they will depart for the day*</i>
10:15 am	Leaping Lillipads Game
10:30 am	Snack (brought from home) & Bathrooms
10:40-12 pm	Log Rolling, and create an “insect zoo”
12:00 pm	Lunch (brought from home)/Pick-up for Half Day Campers
12:30 pm	“Camouflage” Outdoor game
1:00 pm – 1:45 pm	Butterfly Metamorphosis Science Activity <i>*Off-site group returns from field trip*</i>
1:45 pm – 2:30 pm	Free Play, Reflection Time, and Closing Circle
2:30 pm – 2:45 pm	Camper Check-out / Pick-up

A detailed Schedule of Activities will be distributed on Monday morning. Field Trip specific details for publicized field trips will be emailed for groups going off-site (Ecologists and Naturalists)

Camper Feedback

We are excited to learn directly from Mass Audubon campers about their experience. Some campers may have the opportunity to participate in a brief, internal group survey to help us learn about and improve the camp experience. Camp staff will make audio recordings, which we will share with the Director of Evaluation to transcribe and analyze. Quotes and data from these surveys may be published, however campers will not be identified. Only campers with prior authorization (media release) signed by their parents/guardians may participate in the camper survey.

Goals and Inclusion

We are committed to ensuring that every camper has the best possible experience at camp.

Camp Goals

- Campers of all backgrounds, abilities and identities feel safe and supported physically, socially, and emotionally.
- Campers explore local ecosystems and develop confidence in nature.

- Campers learn about conservation and stewardship through age-appropriate hands-on activities.
- Campers connect with each other, create friendships, and grow through trying new experiences.

Our Commitment to Diversity & Inclusion

Mass Audubon strives to create a safe, inclusive, and caring camp environment 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.

Staff Training

Camp staff receive training on how to build an inclusive camp group, lead age-appropriate conversations, and prevent and respond to bullying. It's difficult to predict what topics of conversation will arise in a camp group. If a sensitive developmental topic comes up or if discussions veer into arguments, staff are trained to respond with compassion, steer discussion toward camp-appropriate topics, and check in with campers to ensure they feel safe. The Camp Director and other leadership staff provide additional support if a sensitive topic arises or if staff have concerns about the group's behavior.

Camps will not tolerate bullying, harassment, or threats to any camper or staff, no matter their beliefs, values, or identity. Our aim is to build an inclusive and respectful camp experience for a diverse community of youth, families, and staff who care deeply about nature and its protection.

Creating an Inclusive Camp Community

During camp welcome circles, campers and staff discuss what it means to create and support an inclusive camp community. Staff cover safety, camp expectations, and establish norms for respectful and inclusive communication and interactions. Campers and staff are invited to introduce themselves and have the option to share pronouns if they would like to. No one is required to share pronouns, and we ask that all campers and staff respect and use the names and pronouns that correspond with how each person introduces themselves. Mass Audubon does not require staff or campers to disclose any details of their gender identity.

Accommodations for Campers

As an outdoor, nature-based program, it is important that families of children who have disabilities understand Mass Audubon's expectations, programs, and terrain prior to enrolling.

Due to the outdoor and exploratory nature of our camp programs, campers move on uneven terrain throughout the day. The terrain varies from hard-packed, gently sloped paths to steeper, uneven trails that may have exposed rocks, tree roots, and other obstacles. Weather could affect our trail conditions. We encourage all families to visit the camp's sanctuary prior to enrolling to understand its unique terrain.

If your child requires accommodation, please contact the camp's director as soon as possible; a delay in request could have the unintended consequence of disrupting your child's Mass Audubon camp experience.

One-to-one Aides

Mass Audubon camps do not provide one-to-one support; however, we do welcome one-to-one aides to support campers when they are provided by the family. Aides must follow Mass Audubon's Child Protection Standards, including obtaining a CORI/SORI and background check prior to their time participating within our programs.

More information and training may be required prior to the aide starting within the program. If your child requires an aide in school, please contact the camp's director as soon as possible to discuss how Mass Audubon can best support your child. Family members are not permitted to be aides.

Mass Audubon Camps Behavior Guidance Policy

Our staff establishes expectations and offers guidance throughout each day. Mass Audubon sanctuaries are open to the public and camp groups may spend time in areas that have visitors, vehicles, varied terrain, water, and wild animals. In order for everyone to have a safe and positive experience, campers are expected to follow Mass Audubon's Camper Code of Conduct with minimal support from staff.

All families and campers review and sign off on Mass Audubon's Behavior Expectations and Camper Code of Conduct before attending camp. In addition, Mass Audubon's camp goals and inclusion practices are on our website. [Learn more >](#)

Mass Audubon's Camper Code of Conduct

1. Respect Yourself. Examples include:
 - Take care of yourself and your body and ask for help.
 - Apply sunscreen and bug spray.
 - If you feel uncomfortable or unsafe, talk with an adult.
2. Respect Nature. Examples include:
 - Carry in / carry out - take trash and recycling with you or put in an appropriate bin.
 - Leave animals, plants, and other parts of nature where you found them.
 - Observe wild animals from a distance - use your eyes not your hands, unless it is permitted by camp staff.
3. Respect Others. Examples include:
 - Listen and follow instructions given by camp staff.
 - Stay with your group at all times.
 - Use caring and kind language.
 - Keep hands, feet, and objects to yourself.
 - Respect other people's physical space and objects.
 - Listen to all ideas and be inclusive - allow others to join/play with you.
 - Treat others the way they want to be treated and celebrate each other's individuality. Use pronouns and names people introduce themselves with.

Proactive Behavior Guidance Strategies

Before coming to camp, family members provide information about camper's needs to camp staff and/or the Camp Director. Camp staff may contact a family to discuss best strategies to meet camper's needs during their session. Any previously known behavior

issues that may affect a camper’s participation should be shared with the camp before the session begins. Failure to disclose information may result in grounds for termination. Camp staff are trained to proactively manage behaviors within each group. Some strategies staff use include:

- Reinforce positive behavior through praise
- Provide ample warning to campers prior to transitions
- Clearly state behavior expectations through group agreements and visual tools
- Provide daily schedules through group check ins and visual tools

When campers struggle with the behavior expectations set for them in the Camper Code of Conduct, camp staff will follow one or more of the steps below, depending on the situation. Camp staff may try a step multiple times.

	Leader Response	Consequences for Camper
1st step	Reminders of the Rule.*	Reminders of the rule, discussion of why behavior was inappropriate, and possible options.
2nd step	Reminders of the Rule, plus short break. Take notes on a behavior incident report. Camp Director or designee may have a brief check-in with family in person or via a call.	Take a break for up to 15 minutes. Reminders of the rule, discussion of why behavior was inappropriate, and possible options.
3rd step	Discussion with the camper about the rules of camp. Update the Camp Director or Assistant Director on the steps taken so far. Supervise camper during longer break. Add to incident report. Camp Director or designee updates family.	Camper will take a longer break which may include an entire activity. Reminders of the rule, discussion of why behavior was inappropriate, and possible options.
4th step	Camper will be brought to the Camp Director or Assistant Director for a discussion. The Camp Director or Assistant Director will speak with the family about behavior contract.	The camper will be asked to reflect on the discussions about behavior and begin a behavior contract.

5th step	The Camp Director and other Leadership staff (Director of Camps, Education Manager, Regional Director) will discuss possible dismissal of participant from the camp and speak with family.	The family will be called. Behavior contract is reviewed. Possible dismissal.
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*If a camper intentionally hurts another person, themselves, or runs away from the group or staff member, they will immediately be brought to the Camp Director, Assistant Camp Director and/or Behavior Specialist.

After steps 1 through 4, if there is no mutually agreeable resolution of the behavior issues, the Camp Director may issue a written notice of termination. Refunds will not be provided for behavior-based dismissals.

Prohibitions when Managing Behavior

In accordance with the State of Massachusetts Minimum Standards for Recreational Camps for Children:

- (1) Corporal punishment, including spanking, is prohibited;
- (2) No camper shall be subjected to cruel or severe punishment, humiliation, or verbal abuse;
- (3) No camper shall be denied food, water or shelter; and
- (4) No child shall be punished for soiling, wetting or not using the toilet.

Termination from Camp

Mass Audubon camps recognize the various needs of campers at different ages and stages of development, and that campers must be treated individually. The family will be notified of issues leading to a child’s termination from a Mass Audubon camp.

Mass Audubon reserves the right to dismiss any camper whose actions or behaviors jeopardize the overall health and goals of the camp, including campers requiring routine, on-going one-on-one attention and direction related to behavioral issues. Mass Audubon also reserves the right to dismiss any enrolled participant whose actions interfere with the successful operation of the camp. Repeated failure to comply with camp rules and/or procedures will result in dismissal. No refunds will be given for behavior-based termination of participation.

Immediate Suspension

Any camper whose behavior seriously threatens the emotional or physical safety of themselves or others may be suspended, for an initial period of up to 2 days. During the

period of suspension, the Camp Director, camp staff, and the family will further evaluate to determine whether it is appropriate for the camper to return to the camp.

Examples of behavior that may warrant immediate suspension include:

- Physically attacking or threatening another child, themselves, or an adult.
- Documented harassment of another child, including the use of discriminatory language on the basis of “race, gender identity, sexual orientation or disability.”
- Due to a child's dangerous behavior, an emergency physical restraint is used on the child to protect themselves or others from imminent serious physical harm.
- Leaving the camp site without permission of the staff (includes leaving the sanctuary grounds or leaving the immediate vicinity of an outdoor activity without permission of camp staff).

The camp reserves the right to allow provisional reentry into the camp or to proceed with the termination of the camper’s enrollment. No refunds will be given for behavior-based termination of participation.

Field Trips

Ecologist campers travel off-site via passenger vans for at least 1 field trip per week and on snorkel trips--see our brochure for details on what your camper’s field trip is!

- Snorkeling trips do not include “free swim”, and masks and PFDs are provided for all trips.
- Prior to any snorkeling trips, campers will be swim tested by our Lifeguard. Non-swimmers will remain on-shore with our spotter counselor and engage in shore-based activities.

Naturalist campers travel off-site to nearby natural spaces once per week during the last four weeks of camp. Naturalist’s DO NOT swim or snorkel.

- Prior to field trips, campers and grown-ups will be notified of field trip details in advance via email and on Monday’s in our Family Letter.
- Field trips are a privilege, if campers are unable to follow our safety/behavior guidelines, they may be asked to stay behind on these days. A meeting with the camper’s family and the Camp Director about safety/behavior concerns will be had before this decision is made.

Safety on Field Trips for Ecologist & Naturalist Campers:

- All of us must wear seat belts. Seat belts will not be shared.
- Passengers must always remain seated, and keep hands to ourselves.
- Listen to the Counselors and follow instructions. Please keep voices low.
- Enter and exit the vehicle carefully as a group with your Counselor – do not race across the parking lot or leave on your own. Listen to your Counselor’s directions and stay together.
 - If there’s an emergency, follow the directions of the driver and use the buddy system.

Health and Wellness Information

The Wellfleet Bay Summer Camp off-site healthcare consultant is Dr. Teresa Corcoran, M.D., of Outer Cape Health in Harwich, MA. Morgan Peck is the on-site healthcare supervisor. All day camp staff are certified in first aid and CPR. The Wellfleet Bay Nature Center also has an AED kit on-site. Emergency care is provided by Wellfleet Fire Department EMTs and the staff at Cape Cod Hospital. A complete copy of our healthcare policy is available upon request.

Sick Camper and Absentee Policy:

- If your child will be absent or significantly late, please call (508) 349-2615.
- Do not send your sick child to Wellfleet Bay Summer Camp. Participants with lice should stay home until treated and nit free.
- We do not share drinks or food, due to allergies/to prevent the spread of illness! Please see the MASS DPH Website for more info on preventing **Meningococcal meningitis**: [Meningitis information for the general public | Mass.gov](#)

Medication:

- Every medication must be checked in with our Camp Director or Assistant Camp Director. Medication may be dispensed during camp hours with the following requirements:
 - Wellfleet Bay Summer Camp must have written permission from the legal guardian to administer the medication.
 - The medication must be in its original labeled container, bearing the camper's name and dosage value.
 - Our healthcare consultant must approve the administration of the medication.

Allergies:

- Mass Audubon sanctuaries are open to the public, meaning that our camp program cannot be labeled as 'nut free.' **We ask that families DO NOT send campers with peanut or tree-nut products while at camp**, due to the high amount of severe nut-allergies in our audience.
 - Campers are prohibited from sharing food while at camp.
- Our staff will work with families of children with severe, life-threatening allergies to create a safe environment for their child while at camp. On an individual basis, we may also reach out to a child's health care team and the Day Camp health care consultant.
- All staff are trained in the use of emergency allergy medications. A camper's emergency allergy medications will always be kept within reach of the child they are prescribed to, including on walks around the sanctuaries.

Bathrooms:

While we know some of our littlest campers may be new to going to the bathroom on their own-- please reinforce potty training before your camper's session. Our camp staff do not provide one on one assistance during toileting and campers are expected to be able to fully use the toilet and clean up after themselves. If an accident occurs, cleaning up and changing clothes is handled by the Camp Director and another trained member of camp leadership in a matter-of-fact way that does not shame, humiliate, or embarrass the child. Soiled clothes will be bagged and returned to the family at pick-up. If you have concerns about toileting with your camper, please contact the Camp Director.

- Camp groups travel to the bathrooms 3x per day; before morning snack (~10am), before lunch (~11:45am) and before pick-up (~2pm), and consistently before we leave for trail hikes.
- Bathrooms are easily accessible, and camp staff are ALWAYS available to take campers to the bathrooms at any point. Please remind your child to tell a counselor if they need to use the bathroom throughout the day.
- Children may find the toilets at Wellfleet Bay a bit strange at first--so we introduce all campers to the bathrooms on Monday's. Our toilets are [composting](#), and use mostly foam instead of water to flush! You can flush the toilets at Wellfleet Bay over 100 times for every 1 flush of a typical home toilets--This helps us save water and uses less energy.

Sun and Bugs:

- **Campers may be exposed to sun and insects.** The Massachusetts Department of Health encourages the use of wide-brimmed hats, light-colored, long-sleeve shirts, and long pants when exposed to the sun.
- **Parents are to apply sunscreen (SPF35 or greater) and insect repellent (DEET 20 - 24% is recommended) to their child daily, prior to check-in.** Apply sunscreen first and then the repellent. Sunscreen and insect repellent will be reapplied under staff supervision after lunch each day. At the end of the day, wash any treated skin with soap and water.
- Campers will not be allowed to bug spray themselves due to accidental ingestion, and any camper sent with bug spray will need to check it in with a camp staff. Camp staff will always assist with applying bug spray if necessary.
- We do live in New England and ticks are prevalent, 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. If you would like more information about ticks and Lyme disease, please visit the Department of Public Health website:

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

- The American Academy of Pediatrics recommends the use of chemical insect repellents with up to 30% DEET as the best defense against biting insects. Higher concentrations of DEET may repel pests for longer periods of time, with amounts of about 24% lasting an average of 5 hours. For more information about insect repellents in general please visit:

[American Academy of Pediatrics - Repellents and Children:](https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Insect-Repellents)

<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Insect-Repellents>

[Centers for Disease Control and Prevention - FAQ: Insect Repellent Use and Safety:](https://www.cdc.gov/westnile/faq/repellent.html#children)

West Nile: <http://www.cdc.gov/westnile/faq/repellent.html#children>

EEE: <https://www.cdc.gov/easternequineencephalitis/index.html>

Weather Policies

Rain/Thunderstorms: Camp does run on rainy days, or with scattered thunder showers. We have a variety of indoor spaces to use during heavy rains and thunderstorms. Camp Groups will not hike or leave the day camp backyard until radar shows thunder showers have clearly passed. Naturalist/Ecologist field trips or aquatic activities may be rescheduled to a different weekday or cancelled if necessary.

Hurricanes: As hurricanes are a predictable occurrence, all programs will be cancelled if there is a possibility of a hurricane causing any adverse weather conditions. If we must end the camp day early to send campers home and prepare, families will be notified via phone for early release.

Strong Winds/Tornados: Should strong winds come up without warning, staff will move their campers to the nearest place of shelter immediately, which would most likely be the Nature Center. If the winds are predictable, and there is a chance of roads becoming impassible, camp will be cancelled or scheduled for early release, and you will be notified via email/phone.

Frequently Asked Questions!

What if my child gets sick or has an allergic reaction?

If your child is sick, do not bring them to camp. If your child becomes sick during the camp day and cannot take part in camp activities, they are supervised by the healthcare supervisor (Camp Director or Assistant Camp Director) until a parent or guardian can pick them up. If your child suffers an allergic reaction, we will first follow any plan described by you and your camper's physician. If there is no prescribed plan, we will contact a parent or guardian to proceed. If it becomes a health emergency, we will call 911 for ambulance assistance.

How do you handle medications?

We recommend that any medication be taken prior to the camp day if possible. If your child is on medication that must be taken during the camp day, the medicine will be kept in a locked box on-site and the Camp Director or a trained, designated staff will follow the instructions of a parent or guardian to distribute it. If we are off-site when the medication should be administered, the designated camp counselor will carry the medication until it's needed.

How do we keep campers safe?

On the first day of camp, we will go over our expectations for behavior and safety, and practice fire and missing camper drills the first day of each new session. We keep campers safe by ensuring we have proper staff coverage at all times—we adhere to ACA and DPH adult: child ratios. We also perform frequent head counts and stick to our camp guidelines and rules. Our staff are trained not just to look out for children's physical safety and well-being, but also their mental and emotional well-being. Camp is a safe and inclusive place, and we do not tolerate bullying or "othering".

We are also Mandated Reporters. Massachusetts law requires professionals who work with children to notify the Department of Children and Families (DCF) if they suspect that a child is being abused, neglected, or both.

What do we do in the event of emergency?

In the case of an **emergency at camp**, camper parents or guardians will be immediately notified via Emergency Alert text/call describing the nature of the emergency and next steps. If there is a **home emergency**, please call Wellfleet Bay at 508-349-2615. Wellfleet Bay Nature Center staff will be able to contact the Camp Director or Assistant Camp Director.

Do you take campers swimming? Should I pack a bathing suit?

The Ecologists group does go snorkeling some weeks, but no other groups go snorkeling or swimming. We do occasionally go wading at the tidal flats. A bathing suit is not necessary (except for the Ecologists during snorkel days), but quick-drying clothes or a change of clothes, and water shoes/closed-toed sandals are helpful.

Can Day Camp Staff babysit for our family?

Yes, however, all babysitting arrangements need to be made after camp hours. The camp staff will be busy supervising campers and checking campers out at the end of the day, so that is not an acceptable moment to discuss babysitting arrangements. You may speak to the Camp Directors about sharing contacts of any staff who may be interested in babysitting and then the staff person may contact you (after they are done with their camp workday), if they are interested!

Thank you for being part of the Wellfleet Bay Nature Camp community. Together, we create a space where children can explore, learn, and grow in the natural world. We look forward to an exciting summer of discovery and adventure with your family!

