



2022 CIT Family Handbook

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SUMMER 2022 CALENDAR

Friday, August 12 NOTE NEW DEPARTURE DAY.....Last day of camp

NEW for 2022*

REQUIRED FORMS



Forms will be available in CampInTouch in March. At that time, we will send you an email detailing how to complete the forms.

TRANSPORTATION FORM: Please fill out the transportation form for your camper's travel to and from camp.

HEALTH FORMS: The various required health forms include Camper Health History, Camper Medical, Immunization and Parent Authorization/Medical Insurance Card forms.

CIT BEHAVIOR CONTRACT: Please review this contract with your child and make sure you both sign it.

CIT TRAVEL TO AND FROM CAMP

** We have yet to decide how transportation will work for Summer 2022. The below information is how we operated before COVID and how we hope travel will work this summer. Please check our website for the most up-to-date information by going to: www.campwalt.com/handbooks/camper-travel **

Please fill out the online transportation form for your camper's travel to and from camp by May 1st.

CIT ARRIVAL

Due to anticipated testing procedures and cohorting requirements upon arrival, all CITs must arrive at camp on one of two days:

- Wednesday, June 15th While we recognize more CITs are unable to arrive at camp this early, for those who can, this provides an opportunity to participate in our 10-day staff training. In most summers, only 20-25% of our CITs are available at this time. **Camp does not provide transportation on this day.**
- Saturday, June 25th Most CITs will arrive at camp on our buses with the rest of our campers. For all CITs, we will run a separate 3-day CIT orientation during the first 3 days of camp.

CHARTERED BUSES ON JUNE 25

If your CIT cannot join us for orientation week, please have him/her take our chartered coach bus to camp. Buses leave from:



- New York The Centre at Purchase, Manhattanville Road, Purchase, NY
- Connecticut McDonald's in Fairfield, CT on 195
- Massachusetts McDonald's in Lexington, MA on Route 128 Northbound

CIT PICK-UP

If you would like to pick up your child on Friday, August 12, please plan on arriving between 9:45 and 10:30am. Our charter buses will block entry to camp until 9:30am. We do not have adequate supervision available for children after 10:30am.



AIR TRAVEL

We offer chaperoned flights from Southern Florida and Los Angeles, California. We will notify you by early March which flights our chaperones will be on.



CITs traveling by air to and from places other than Florida and California should reserve flights that are scheduled to arrive at Logan Airport in Boston or Manchester Regional Airport in Manchester, NH on **June 25** between 1:00 and 3:00pm and that depart Logan or Manchester on **August 12** between 2:00 and 4:00pm. Walt Whitman representatives will greet arriving campers at the airport and escort them to the airport for their departing flights. **Please check with our office before any flight reservations are made.**

Because of space limitations, the logistics involved and airport regulations, we require that duffels be shipped directly to and from camp. Only a small travel bag or pack frame can be accommodated on the vans that we use to take campers between the airport and camp. Bags must be shipped to and from camp using R&B Camp Baggage or Ship Camps.

BAGGAGE INFORMATION



R&B CAMP BAGGAGE 603-536-2197, www.rbcampbaggage.com

R&B Camp Baggage will again ship our campers' duffels to and from camp. They have consistently provided Walt Whitman families with prompt, efficient and courteous service. Please note the following regarding R&B:

- Please register and pay online at http://www.rbcampbaggage.com
- To qualify for early registration, and to be assured of service, you must enroll prior to May 1st.
- Baggage tags and instructions will be sent in late May. You will receive your final pickup date and time confirmation on June 1st via e-mail. Pickup dates by area will be posted on the R&B website.
- Ten days prior to the end of camp, R&B will notify you by e-mail of your baggage return date. Baggage tags for return delivery will be sent to the camp.

SHIP CAMPS

www.shipcamps.com/campwaltwhitman 855-540-2267, customersupport@shipcamps.com

For those of our families that cannot be serviced by R&B Baggage (primarily families west of the Mississippi), Ship Camps can help you get your CIT's bags to/from camp this summer. They have a deep discount with all the main shipping companies, such as FedEx and UPS to name a few.

CORRESPONDENCE TO AND FROM CAMP

MAIL TO CAMP

You are welcome to send postal mail to your CIT as you have done in the past by mailing envelopes to:



Your Child's Name (CIT) Camp Walt Whitman 1000 Cape Moonshine Road Piermont, NH 03779

Remember, CITs are allowed to have their phones with them at camp and utilize them in our staff lounge using WiFi. Therefore, you should be able to easily email and text with your child. CIT phones are only to be utilized in our staff lounge or when CITs are out of camp as we still have no cell service at CWW.

HEALTH INFORMATION



** Information regarding Camp Walt Whitman's Summer 2022 COVID-19 protocols will be sent to families this Spring. Below is our standard health information that is unrelated to COVID-19. Please check our website for the most up-to-date information by going to: www.campwalt.com/handbooks/covid-19-protocols **

We are fortunate to have a capable medical staff including a full-time resident doctor, six nurses, one athletic trainer, and a health care assistant. They all work hard to provide excellent camper and staff medical care and to be responsive to parent inquiries and concerns.

COMMUNICATION ABOUT HEALTH ISSUES

Serving our very active campers and staff is hard work. We understand the importance of keeping you informed about health issues affecting your child. Our medical staff follows the guidelines below and responds to you as quickly as time allows:

- 1. We generally will not contact you if your child is seen in the Health Center for routine problems, i.e. minor skin abrasions, headache, cold, etc.
- 2. If your child is put on antibiotics or kept in the Health Center overnight, a member of our nursing staff will call you. The phone numbers you provide on your child's Health Form will be used to contact you.
- 3. If your child has a medical emergency, we will contact you immediately by phone.

REQUIRED HEALTH FORMS

Please understand that we cannot permit a child to participate in activities unless we have completed health forms, including a current health history and physician's examination on file at camp. This helps us to ensure the best quality health care and is for the well-being of your child.

CAMPER HEALTH HISTORY FORM

Parents must complete and submit the online Health History form by **May, 1**. The information required is essential to meeting the possible medical needs of your child. We are required to have this form updated and signed (electronically) every year.

CAMPER MEDICAL FORM

This PDF form must be printed to be completed, signed by your child's physician, and then uploaded to CampInTouch. The annual physical examination form generated by your pediatrician's office is also acceptable. Documentation of a physical exam performed <u>after August 12, 2021</u> is required. There is no need to send in an outdated form; if your child's check-up is late Spring, you may submit the paperwork after the visit to the doctor.

IMMUNIZATION FORM

This form must be printed and uploaded to CampInTouch. Alternatively, we can also accept the immunization history form provided by your pediatrician's office.

PARENT AUTHORIZATION & INSURANCE CARD

This form must be printed, signed, and uploaded to CampInTouch in order to authorize emergency treatment to your child. Copies of the front and back of your insurance card(s) should be attached. Please remember to **SIGN THIS FORM**.

MEDICAL CHARGES

The camp tuition covers all standard medical services provided in camp. All medical bills from providers outside of camp will be sent directly to you by the provider to be paid by you or your health insurer.



MEDICATIONS

PRESCRIPTION AND NON-PRESCRIPTION MEDICATIONS

In order to ensure that our medical staff administers all medication sent to camp in the safest, most efficient manner, we work with **CampMeds** to prepackage all camper medications. This helps to ensure that every camper gets the correct medication and dosage at the right time on the correct day.



- All daily medications in pill form, whether prescription or over-the-counter, must go through CampMeds.
- All medication that is taken **as needed** can be mailed to camp to Carolyn's attention. It should arrive between June 10 June 20. This allows our healthcare staff enough time to prepare for your child's arrival.

Additional and more detailed CampMeds information will be sent in a separate mailing in the Spring.

If a camper requires prescription medication from a pharmacy during the summer, the charge will be made to your medical insurance carrier. You will be billed for any deductibles greater than \$20.00.

If your child uses an inhaler or epi-pen, please send two, one for us to keep in the Health Center and one to go out on trips.

OVER-THE-COUNTER MEDICATIONS

Our Health Center stocks basic over-the-counter antibiotics and drugs. The following is a partial list of items we stock in the Health Center. Please do not send any of these items with your camper:

• FIRST AID:

Ace wraps or any type of band-aids, Bacitracin and/or any type of antibiotic ointment

• PAIN MEDICATIONS/MUSCLE RELIEF/ ANTI-NAUSEA:

Ibuprofen and Acetaminophen (pills and liquid), Aleve, Midol, Mineral Ice, Dramamine

COUGH/COLD:

Sudafed, Robitussin, Robitussin DM, Delsym, Cough drops, Chlorospetic, non-pseudo nasal decongestant

ALLERGY:

Claritin, Zyrtec, Benadryl (pills and liquid)

• CREAMS/LOTIONS/SPRAYS:

Benadryl, Lotrimin Ultra, Calamine, Caladryl, Hydrocortisone 1%, Gold Bond, Athlete's Foot Cream and Spray, Aloe Gel Sunburn Cream

• GI HEALTH:

Tums, Mylanta, Chewable Imodium, Lactaid, Fiber Pills, Metamucil

• EYES/EARS/NOSE:

Visine, Clear Eyes, swimmer's ear drops, wax removal ear drops, saline spray

ASTHMA MEDICATIONS:

Albuterol solution and nebulizer



OTHER HEALTH CONCERNS

LYME DISEASE

All of us who live in the Northeast have a heightened concern and awareness of Lyme disease. Our doctors and nurses are trained and educated on the symptoms, tests and medications for the disease. We will contact you immediately should your child present any symptoms.

HEAD LICE

Head lice have reappeared over the past few years in schools and camps across the U.S. Self contained communities like camps are especially vulnerable and must be vigilant to control this problem. To combat head lice, we contract the services of an experienced company to check all campers on the first night of camp.

If any positive cases of lice are found, they will treat the camper on-site. For campers who arrive with lice, the camper's parent will be billed \$375 for this treatment. We will begin treatment immediately so that campers can stay in their cabins on the first night of camp. During the last week of camp, the lice company will return for a final inspection. Any camper found to have lice will be treated at the camp's expense.

We are committed to doing all we can to keep lice out of our community. We encourage you to have your child checked for head lice by a school nurse or pediatrician prior to camp. If any sign of head lice is found, arrange for appropriate and immediate treatment well BEFORE your child leaves for camp and let us know that such treatment has taken place.

ORTHODONTURE

For campers arriving at camp with removable orthodontic appliances such as retainers or Invisalign, please discuss with your child the importance of properly caring for these products, especially if they must be removed when eating. While staff will do their best to provide campers with reminders, campers are responsible for the safe keeping of these products.

CLOTHING AND GEAR



CIT PACKING LIST

The CIT packing list is basically our standard camp packing list. CITs will still want to have their hiking boots, tennis rackets and baseball/softball gloves as they will participate when their assigned cabin has these activities on their schedule.

A few things to note about CIT needs:

- 1. CITs do not need to purchase our green t-shirts from The Camp Spot.
- 2. While CITs will not require a framepack, they should bring a backpack (a standard school backpack is fine).
- 3. In camp, our CITs are required to wear 1 piece bathing suits.
- 4. Additionally, CITs are welcome to bring their cell phone to camp which they can utilize in the evenings in our staff lounge for internet service as well as on their nights out and days off.

CLOTHING

- 10-12 washable face masks (to be cleaned weekly with camper clothing) **(required)**
- 50 disposable face masks (required)
- 1 pair hiking boots please break in before camp (required)
- 1 water-repellent rain jacket (required)
- 8-10 pairs shorts (at least 6 pairs athletic)
- 3 long-sleeved t-shirts
- 2 sweat shirts
- 1 fleece
- 10 T-shirts
- 2 "climate control" T-shirts (not cotton, i.e. Under Armour, Gore-tex, synthetic, breathable) for hiking
- 2-3 pairs long pants
- 2-3 pairs pajamas
- 12 pair underwear
- 12 pairs athletic socks (1 pair of hiking socks)
- 3-4 bathing suits*

Toilet Articles:

(label clearly with full name)

Comb, brush, toothbrush, toothpaste, dental floss, deodorant, shampoo, conditioner, liquid body soap, insect repellent, sunscreen

OTHER

- 1 pair flip flops/crocs for beach or pool only
- 2 pair sneakers
- 2 hats with brim
- 3 standard size towels
- 3 standard size beach towels
- 4 washcloths
- 1 shower caddy
- 1 comforter or 3 cot-sized blankets
- 1 pillow 2 cases
- 4 twin or cot size sheets (2 flat & 2 fitted)
- 1 sleeping bag
- 1 flashlight
- 1 liter water bottle (required)
- 1 daypack
- 1 Crazy Creek chair (suggested)

PURCHASING CAMP CLOTHING - THE CAMP SPOT

The purchasing of Camp Walt Whitman clothing through The Camp Spot is completely optional for CITs. There is no longer a requirement to purchase two green CWW t-shirts. The Camp Spot's full Camp Walt Whitman catalog can be accessed by going to www.thecampspot.com. Should you place an order, please allow at least 3 weeks for delivery.

Even though your child is a CIT, PLEASE MAKE SURE YOU LABEL EVERYTHING.
Our CITs are as guilty as our campers of leaving their personal items all around camp.

NAME TAPES AND LABELS

Name Tapes and Labels:

All clothing and possessions, including sports and camping equipment and footwear, must be labeled with the **camper's first and last name**. Labeling clothes and personal items with initials or first names is not sufficient as many campers share initials and have the same first name. We recommend the following options:

- <u>The Camp Spot</u> www.thecampspot.com
 Our official camp supplier, also sells name tapes.
- <u>Label Daddy</u> www.labeldaddy.com
 Not only is their quality excellent, but if you use the promotional code **projectmorry** which is set-up for Walt Whitman families, 25% of your purchase will be donated to Project Morry.

TIME SPENT OUT OF CAMP



With the demands of the CIT workload and associated increased responsibility levels while in camp, just like our staff, our CITs are provided with time off throughout the summer. Each week the CITs will enjoy a night out as a group which might include a movie, miniature golf or similar excursion. Additionally, CITs have a day off each week during which they might travel as a group to Burlington, Boston, Hanover, Six Flags, etc. During days off and nights out, camp covers all associated costs. However, CITs like to have additional money which they might utilize to purchase mementos on these excursions - this is what your child's "camper bank" is used for.

On all of these trips out of camp our CITs are accompanied by our CIT Director and/or Assistant CIT Director.

OTHER IMPORTANT CIT INFORMATION



INTENSIVE TENNIS

CITs who would like to participate in Intensive Tennis with Dave Porter are welcome to sign up.

LIFEGUARD TRAINING

Subject to COVID restrictions imposed by the Red Cross, for those CITs who are interested, we will offer the opportunity to receive lifeguard certification. This training will take place during the first week of camp and is performed by an outside contractor who comes to camp for this time period. This is a "real" lifeguard training class and therefore not everyone will automatically pass the class.

CIT BEHAVIOR CONTRACT

Please see the CIT behavior contract on the inside back cover of this booklet. While our CITs have additional freedoms than they had as campers, we still have a strict behavior contract that we expect all CITs to abide by. While these may not be the same rules that are required of CITs when they are at home, these rules are not negotiable. This behavior contract will be found in CampInTouch. Please make sure you review this information with your child, make sure both you and your child sign it, and then upload it to CampInTouch.

HOTEL RECOMMENDATIONS



We suggest making your reservations as soon as possible but **please make** sure the room is fully refundable.

Fairlee, VT (30 minutes to camp)

Silver Maple Lodge and Cottages - 800-666-1946/802-333-4326; www.silvermaplelodge.com

Hanover, NH (40 minutes to camp)

Six South St Hotel - 603-643-0600; www.sixsouth.com Hanover Inn - 603-643-4300; www.hanoverinn.com

Holderness, NH (approx. 60 minutes to camp)

Manor on Golden Pond - 800-545-2141/603-968-3348; www.manorongoldenpond.com

Lebanon, NH (45 minutes to camp)

Courtyard by Marriott - 888-236-2427/603-643-5600; www.marriott.com/hotels Days Inn - 603-448-5070; www.daysinn.com/lebanonnh Residence Inn by Marriott - 603-643-4511; www.marriott.com/hotels

Lyme, NH (25 minutes to camp)

Breakfast on the Connecticut - 888-353-4440 /603-353-4444; www.breakfastonthect.com The Lyme Inn - 603-795-4824; www.thelymeinn.com

Norwich, VT (40 minutes to camp)

Norwich Inn - 802-649-1143; www.norwichinn.com

Plymouth, NH (35 minutes to camp)

Federal House Inn - 866-536-4644/603-536-4644; www.federalhouseinnnh.com The Common Man Inn & Spa - 866-THE-CMAN/603-536-2200; www.thecmaninnplymouth.com Fairfield Inn & Suites by Marriott Plymouth - (603) 536-0100; www.marriott.com/hotels/travel/lcipl-fairfield-inn-and-suites-plymouth-white-mountains/

West Lebanon, NH (45 minutes to camp)

Fireside Inn & Suites - 877-258-5900/603-298-5900; www.firesideinnwestlebanon.com Sunset Motor Inn - 603-298-8721; www.sunsetinnnh.com

White River Junction, VT (40 minutes to camp)

Comfort Inn - 802-295-3051; www.comfortinn.com
White River Inn and Suites - 802-295-3015; www.whiteriverinnandsuites.com
Holiday Inn Express - 802-299-2700; www.hiexpress.com
Hampton Inn - 802-296-2800; www.hamptoninn.com
Super 8 Motel - 802-295-7577; www.super8.com/whiteriverjunction
Hotel Coolidge - 802-295-3118/800-622-1124; www.hotelcoolidge.com

RESTAURANT RECOMMENDATIONS

Bradford, VT

Colatina Exit - 802-222-9008; www.colatinaexit.com

Hanover, NH

Pine Restaurant, Hanover Inn - 603-646-8000; www.pineathanoverinn.com Molly's - 603-643-2570; www.mollysrestaurant.com Lou's Restaurant & Bakery - 603-643-3321; www.lousrestaurant.com Salt Hill Pub - 603-676-7855; www.salthillpub.com

Lebanon/West Lebanon, NH

Three Tomatoes Trattoria - 603-448-1711; www.threetomatoestrattoria.com Weathervane - 603-298-7805; www.weathervaneseafoods.com

Lyme, NH

Stella's Italian Kitchen and Market - 603-795-4302; www.stellaslyme.com Ariana's Restaurant - 603-353-4405; www.arianasrestaurant.com

Orford, NH

Peyton Place - 603-353-9100; www.peytonplacerestaurant.com

Plymouth, NH

Lucky Dog Tavern and Grill - 603-536-2260; www.luckydogtavernandgrill.com Italian Farm House - 603-536-4536; www.thecman.com Foster's Boiler Room at The Common Man Inn - 603-536-2764; www.thecman.com







CIT BEHAVIOR CONTRACT

As a CIT at Camp Walt Whitman I will take responsibility for my actions and adhere to these policies of camp. This contract applies to my behavior both in camp and out of camp:

- 1. POSSESSION OF ALCOHOL, TOBACCO AND DRUG SUBSTANCES OR PARAPHERNALIA: While in camp or out of camp, possession, distribution or use of alcohol, tobacco (cigarettes, e-cigarettes, Juules, vaporizers of any kind, chewing tobacco, etc.), drugs and/or drug paraphernalia, is prohibited. We have a 'ZERO TOLERANCE POLICY' on this issue. Visual observation need not be necessary for immediate dismissal if there is enough evidence to corroborate that these risk-taking behaviors have occurred. Additionally, CITs may not bring locked cases, lockboxes and/or locked containers to camp.
- **2. ELECTRONIC DEVICES:** Cell phones **are** permitted for CITs at camp and may be used in Counselor's Kitchen for internet access, while working out, in the CIT cabin, or when out of camp. Neither the phone itself, nor contents of the cell phone are to be shared with campers. Content containing pornography is forbidden.
- **3. PERSONAL RELATIONSHIPS:** In regard to interpersonal relationships, on or off camp, we expect CITs to refrain from inappropriate public displays of affection and/or sexual behavior. CITs are not allowed to visit the bunk, hotel room, tent or other living quarter of the opposite gender while in camp or out of camp, without the permission of the CIT Director. Physical and/or romantic relationships between a CIT and a staff member are strictly forbidden.
- **4. RESPECTING OTHERS:** Pushing, kicking, hitting, fighting or any form of physical or emotional abuse directed towards campers, staff, or other CITs are not acceptable and will not be tolerated. In addition, CITs agree to respect the property of other CITs, staff members, and camp. Stealing, property damage, and vandalism are prohibited.
- **5. PARTICIPATION:** CITs are expected to fully participate in all scheduled CIT activities as well as the activities of their assigned cabins.
- **6. DEPARTURE FROM CAMP:** CITs will only leave camp with the CIT Director/Assistant Director or with their express permission.

Acknowledgement of Contract

We recognize that these guidelines are for the protection and benefit of all CITs and our camp community. Our signatures below indicate that we have read and accept the guidelines. We do understand that any breach of these guidelines will result in consequences up to and including immediate dismissal from Camp Walt Whitman.

CIT Signature	_ CIT Printed Name
-	
Parent/Guardian Signature	Date

WALT WHITMAN EST. 1948

DIRECTORS

Carolyn and Jed Dorfman

WINTER

September 1 - May 31

Camp Walt Whitman
4 New King Street, Suite 130, White Plains, NY 10604
phone: (914) 948-9151 • fax: (914) 652-2433

SUMMER

June 1 - August 31
Camp Walt Whitman
1000 Cape Moonshine Road, Piermont, NH 03779
phone: (603) 764-5521 • fax: (603) 764-9146

WEBSITE & EMAIL

www.campwalt.com • cww@campwalt.com