

GLEN HELEN ECOCAMP PARENT GUIDE

Registration & Camper Fees

- Register online at <https://glenhelenecocamp.campbrainregistration.com>
- The balance of your child's camp is due the Thursday before their camp session begins.
- We accept checks, cash, VISA, MasterCard and Discover.
 - Checks should be made payable to Glen Helen Ecocamp.
 - Credit card charges will appear on your statement as "Antioch College."

Cancellations

- If your child is unable to attend, please notify us as soon as possible.
- Deposits are 50% refundable with at least two weeks notice before the Monday of your child's camp.
- There is **no refund** if cancellation occurs within 14 days of the Monday of your child's camp.
- If you need to transfer your camper to a different week of camp, please call as soon as possible to discuss the available options.

Check-In

- Check-in will begin promptly at 9:00 am and end at 10:00 am on Monday.
- Please do not plan to check-in or drop off your child any earlier than 9:00 am.

Friday Departure and Parent Program

- Families of campers are invited to attend our Parent Program on Friday at 2:00 pm.
- Please plan to arrive promptly about 10 minutes early if possible, as parking can be tight.
- All campers will participate in the program, which will last about 20 minutes, with goodbyes and departure following.
- **All parents/guardians will need to present a PHOTO ID in order to sign out their camper(s) at departure.** Please fill out the 'Glen Helen Ecocamp Release' form if a non-guardian will be picking up your child. For your child's safety, campers will only be released to approved adults on the list with Photo ID!

Day Camp Schedule

- Day campers are to be dropped off at 9:00 am Tuesday through Friday at the Lodge.
- Day campers are to be picked up at 3:30 pm Monday through Thursday.
- **All parents/guardians will need to present a PHOTO ID in order to sign out their camper(s) at departure.** Please fill out the 'Glen Helen Ecocamp Release' form if a non-guardian will be picking up your child. For your child's safety, campers will only be released to approved adults on the list with photo ID!
- Optional Extended Hours: Your day camper may stay at camp until 5:30 pm Monday through Thursday for a special afternoon activity (additional \$25/week).
- Families of day campers are invited to attend our Parent Program on Friday at 2:00 pm.

Progressive Camp Schedule

- Progressive campers are to be dropped off at 9:00 am Tuesday through Thursday.
- Progressive campers are to be picked up at 5:30 pm Monday through Wednesday.
- All campers will be signed out at each departure by a parent/guardian with a photo ID. Please complete a Release Form if a non-guardian will be picking up your child.
- Progressive campers will spend the night in our dorms on Thursday evening.
- Please bring an overnight bag and bedroll to Thursday morning drop-off.
- Families of Progressive campers are invited to attend our Parent Program on Friday at 2:00 pm.

Special Pick-up Arrangements

- If someone other than a parent/guardian will be picking up a camper, we must have a signed 'Glen Helen Ecocamp Release' form for that individual, and **they must present a PHOTO ID in order to sign out your child!**
- If any campers will be picked up early from camp for any reason, the parent/guardian must sign an 'Early Pick-up' form at check-in and notify the child's Naturalist.

Health

- We must have a completed and signed Health Information Form for each child.
- We recommend, but do not require, that your child be examined by her or his physician before attending Ecocamp.

Medications

- If your child is coming with any medication, vitamin or supplement, the Medication Administration Form must be completed in full.
 - **A physician's signature is required for any prescription medications and/or non-prescription medications that are to be administered at a different dosage or schedule than recommended by the drug manufacturer.**
- Medications must be in their original containers with the child's name, dosage and schedule listed.
- Bring medications in a clear zip lock bag clearly labeled with your child's name and camp.
- Medication Administration Form can be found as an attachment to the registration confirmation email or on our website.

Food & Special Diets

- Day campers are served lunch and an afternoon snack each day.
- Transition campers are served lunch and an afternoon snack each day, and supper, an evening snack on Thursday, and breakfast on Friday morning.
- Overnight campers are served breakfast, lunch and supper, as well as an afternoon and evening snack each day.
- A vegetarian option is available at each meal.
- Special accommodations can be made for campers who have food allergies or dietary concerns. Please note any dietary needs in your campers health information form at least one week prior to arrival.
- Food and candy are not permitted in the dorms. Please do not send any food with your child unless your child has allergy or dietary concerns and you have made special arrangements with our staff.
- We strive to plan healthy and child friendly meals but we cannot make special arrangements for picky eaters.

Medical Assistance

- Co-Coordinator and Naturalists are certified through the American Red Cross in First Aid, CPR, and Epipen administration.
- In the event of sickness or injury, parents and guardians will be notified as soon as possible.
- The Miami Township Fire-Rescue squad is located within one mile of Glen Helen Outdoor Education Center. There are numerous doctors, urgent care centers and emergency rooms in the area as well.
- There is no refund in the event of a child's departure from camp due to illness or injury.
 - It is our policy that campers will be sent home if they have a fever over 101°F.

Behavior Management

- Our behavior management system is based on the "three strike" rule:
 - A camper may be given a strike for a violation of camp rules.
 - If a camper receives two strikes, a phone call is made to the camper's parent/guardian to inform them of the camper's behavior.
 - If a camper receives three strikes, the camper will be dismissed from camp. The camper's parent/guardian will be called to pick up the child.
 - Certain behavior will be grounds for an automatic dismissal. This includes, but is not limited to, physical violence, threats, or sneaking out of the dorms.
 - There is no refund if a camper is dismissed from camp for misbehavior.

Homesickness

- Expect your child to have a great time at camp! However, if homesickness arises, we will do our best to engage your child's interest while creating a friendly and comforting environment.
- We find that phone calls home often make the situation worse. If it is an extreme situation, our staff will keep you informed so that we can move forward with a solution that is best for your child.
- We find that the mere mention of it can trigger feelings of homesickness. Please do not mention homesickness before your child comes to camp so that she or he may have the best opportunity for an enjoyable growth experience.
- Visitations by parents are not permitted during the week, as we have found parent visits to be a trigger of homesickness among campers.

Forms

- All forms can be found both on the Camp Brain registration page, and can be submitted online. Auxiliary documents will be attached to the registration confirmation email or posted on the Glen Helen website's EcoCamp page.

Promotional Photos and Videos

- Glen Helen staff may take photos and/or videos of campers participating in camp activities for the purposes of marketing in print, electronically, or on the Internet. Campers will not be identified by name without further authorization from a parent/guardian. By signing the 'Glen Helen Ecocamp Release' form you give Glen Helen Ecology Institute permission to publish in print, electronic, or video format the likeness or image of your child.

Phone Calls

- Cell phones are strictly prohibited.
- Campers are not permitted to make or receive phone calls at camp, except in the event of emergencies.
- We will contact you if problematic issues arise. You can also call us during business hours to receive a report on your child's week.

Mail

- Ecocampers love to receive mail. Please send mail early enough to arrive before Friday to:
Campers name, camp, and week
Glen Helen Outdoor Education Center
1075 State Route 343
Yellow Springs, OH 45387
- Do not send food or candy to campers.

Birthdays

- Glen Helen campers and staff will be happy to celebrate birthdays that occur during camp!

Campstore

- Campstore is open during Monday check-in and Friday pick-up.
- We prefer cash for Campstore.
- Campstore items include:

• Ecocamp T-shirt	\$15.00
• Hat	\$15.00
• Cinch back pack	\$12.00
• Water bottle	\$15.00
• Lanyards	\$6.00

PACKING LISTS

OVERNIGHT CAMPS

Required items:

- 2-3 pairs of shorts
- 2-3 pairs of long pants
- 5-6 t-shirts
- Warm jacket or sweater for cool evenings
- Adequate changes of underwear
- 1-2 pairs of pajamas
- 1-2 pairs of sturdy shoes for hiking (no crocs or flip-flops)
- Hat or visor
- Rain coat or poncho
- Water bottle (available at Campstore)
- Sleeping bag or sheet and blanket
- Pillow
- Cloth napkin or handkerchief for meals
- 2 towels
- Wash cloth
- Soap in a travel case
- Shampoo
- Toothbrush & toothpaste
- Sunscreen
- Non-aerosol insect repellent
- Hair Brush
- Bag for dirty laundry
- Other essential toiletries

Water Wonders, Aqua Explorers, Wet & Wild, H2Whoa!

- Sturdy water shoes with a strap on the back of the foot (no flip flops or crocs)
- Quick drying synthetic clothes

Art-A-Palooza

- Clothes that can get dirty (e.g. w/ clay, paint)

Raptor Camp:

- Closed-toe shoes

Optional items:

- Sturdy sandals with a strap on the back of the foot (no crocs or flip-flops)
- Binoculars
- Camera
- Bathrobe and shower shoes
- Slippers
- Letter writing supplies (postcards and stamps are available Campstore)
- Book and/or journal
- Back pack or day pack (available at Campstore)

DAY & PROGRESSIVE CAMPS

Items may be left in the dorm throughout the week.

Required items:

- Weather appropriate clothing
- Sturdy shoes for hiking (no crocs or flip-flops)
- Extra clothing and shoes for weather changes or special circumstances
- Water Bottle (available at Campstore)

Optional items:

- Sturdy sandals with a strap on the back of the foot (no crocs or flip-flops)
- Non-aerosol insect repellent
- Sunscreen
- Hat or visor
- Rain coat or poncho
- Cloth napkin or handkerchief
- Back pack or day pack (available at Campstore)
- Sleeping bag or a sheet and blanket
- Pillow
- Comfort toy or blanket

PROGRESSIVE CAMP (Thursday morning drop-off)

Required:

- Outfit for Friday
- Sleeping bag or a sheet and blanket
- Pillow
- Jacket and long pants for evening hike
- Adequate changes of underwear
- Pajamas
- Toothbrush & toothpaste
- Hair Brush
- Bag for dirty laundry
- Other essential toiletries

Optional:

- Towel
- Wash cloth
- Soap in a travel case
- Shampoo
- Bathrobe and shower shoes
- Slippers
- Book and/or journal

STRICTLY PROHIBITED ITEMS

Cell phones
Electronic devices
Battery-operated toys or games
Hair dryers, curling irons, straighteners, etc.
Food or candy
Flashlights
Knives, firearms and other weapons
Fireworks

Many campers bring items that look similar. **Please label everything** that you send to camp to help ensure your belongings return with your camper on Friday. We will do our best to facilitate this; however, we are not responsible for lost items at camp.