

Lake Bluff Park District
**Adventure
Camp/ Teen
Travelers**
Parent Manual



Lake Bluff Park District

Mission Statement

As responsible stewards of community resources, the District will enhance the community through recreational experiences in a fun, safe, and healthy environment.

Our Vision

Strengthening the spirit of community.

Our Values

Continuous Improvement
Community
Stewardship
Service Orientation
Excellence

Camp Manager

Dustin Phelps

E-mail: dphelps@lakebluffparkdistrict.org

Phone: 847-387-9842



Dear Parent(s),

Welcome, and thank you for choosing Adventure Camp and/or Teen Travelers for your child's summer Camp. This summer we will be engaging in a number of fun and challenging activities like kayaking, Canoeing, Rock Climbing, Hiking and Orienteering. Our Teen Travelers will take off on biking excursions around the North Shore's bike paths and Nature Preserves. Every day is a new adventure!

COUNSELOR/CHILD RATIOS

There will be four counselors on staff at all times including the camp manager.

ARRIVAL- Artesian Park

Children should arrive at camp no later than 9:15a.m. to ensure ample time for traveling. Staff will be unable to accept children into the program or assume responsibility for them prior to the start of camp. Children are welcome to ride their bikes to camp. Please be sure that all bikes have locks as we cannot assume responsibility for them.

Bike Riders:

Campers must show up to camp when camp begins at 9:00am and will be allowed to leave once camp is over at 2:30pm. If campers need to come late or leave early, a parent must call the park district or send a note. Campers will not be released without parent/guardian permission.

ABSENCES

On days your child will miss camp, please email Dustin: dphelps@lakebluffparkdistrict.org and let him know. You can also call the park district and let the front desk know. [\(847\) 234-4150](tel:8472344150)

DRESS

Campers should wear comfortable, old, durable play clothing appropriate for the camp and weather conditions. Labeling clothing is recommended to keep lost items to a minimum. Clothing worn to camp may become dirty as the campers play and explore the outdoors. Children must wear gym shoes to participate in various activities. Please do not send your child in sandals or Crocs; they become a safety issue with our outdoor activities. Rain jackets/ponchos are not required but are highly recommended due to the sporadic nature of summer rains. In addition, **children must wear their camp T-shirt on all field trips.**

LUNCHES

Each camper should bring a lunch every day and a morning snack. Please have your child bring a **WATER BOTTLE EVERY DAY**. With regards to environmental matters, we encourage campers to bring their labeled lunch and beverage in a reusable lunch container. Lunches are kept in the camper's backpacks until lunch. **Refrigeration is not available.** A suggestion is to freeze a juice box and put it in your child's lunch bag; it will serve a dual purpose of keeping both the lunch and drink cold.

SUNSCREEN

Your child needs to be sent with sunscreen EVERYDAY! We put it on at least twice a day and reapply as needed. Please label your child's sunscreen.

PERSONAL ITEMS

All personal items (backpacks, tote bags, lunch boxes/bags, etc.) must be clearly labeled with your child's name on it. Please do not allow your child to bring items that may be broken or lost.

PARENTAL RESPONSIBILITY

It is the responsibility of the parent or guardian to notify and inform the Park District, at the time of registration, of any medical condition or disability that may require special consideration by Teen Traveler and Adventure Camp staff. Our goal is to serve your child in the most effective and inclusive manner possible. Your confidentiality will be respected.

MEDICATION

If a child needs to receive medication at camp, a written form is required and medication must be in the original prescription container. Please fill out the medication dispensing information form which can be found on line at <http://www.lakebluffparks.org/forms> on

the camp page. If needed, please complete this form and return to the park district guest service desk prior to the start of camp. Please discuss any special instructions with the camp service manager.

FIRST AID, ILLNESS AND MEDICAL EMERGENCIES

Staff will administer first aid to a child on a limited basis for small accidents such as minor cuts, scrapes, and bloody noses. Your consent for the staff to administer first aid to your child is part of your registration agreement.

If your child is ill or has a fever, we discourage their participation. If a child becomes ill during the program, a parent will be notified and requested to pick up their child. If you are not available, we will call the first person listed as an emergency contact on your child's information form. Your child must be fever-free for 24 hours before returning to the program. In the event of a medical emergency or an accident, we will call 911 for immediate emergency care and then contact the parents of the child.

Park District employees are not permitted to transport any program participant or injured parties in park vehicles or private automobiles.

CAMP T-SHIRTS

Campers will receive one camp T-shirt for the summer. T-shirts will be distributed the first week of camp and **MUST** be worn on all field trips.

LOST AND FOUND

A lost and found box will be located at the lake Bluff Recreation Center. After camp ends, all leftovers will be donated to charity. Please label all items that are brought to camp.

CALENDAR - FIELD TRIPS AND EVENTS (See Calendar)

Adventure Camp will be having one big field trip each session. We will be experiencing either climbing at Vertical Endeavors or Libertyville sports complex. In addition to the field trip, we will be visiting Nature Preserves frequently for Canoeing. Teen travelers will have one big field trip each session in which we will bike to either: Mini Golf, the Movies, Bowling, and a Waterpark. **Children must wear the camp T-shirt for all field trips.**