



## DAY CAMPER HANDBOOK



### **Welcome to Project O Camp!**

We are thrilled you will be attending a day camp at Project O! Campers have been coming to summer day camp at Project Oceanology for over 45 years, and many of our campers return every year (maybe you?). We are proud to continue this tradition and look forward to an amazing summer!

At camp, your days will be spent cruising the waters of Long Island Sound aboard our research vessels and skiffs. Campers will explore and study local environments like salt marshes and rocky intertidal zones. Under the guidance of professional marine scientists, campers will use oceanographic equipment, measure water quality parameters such as dissolved oxygen and salinity, and capture marine organisms using a variety of fishing nets. Campers will also spend time in our laboratories examining organisms up close and conducting experiments. At the end of the week, expect to be sun soaked and sandy!

This handbook will help you and your family prepare for your week-long adventure so please look it over and get ready! If you still have questions after reading through it, send us an email at:

[projecto@oceanology.org](mailto:projecto@oceanology.org)

## Camp Staff

- Licensed Captains operate Coast Guard inspected vessels
- Marine Educators are the Camp Directors and have degrees in Marine Science or related fields
- At least one licensed lifeguard per camp

As mandated by the Connecticut Office of Early Childhood – Division of Licensing requirements:

- All camp staff are American Heart First Aid/CPR/AED certified
- All camp staff are certified in the self administration of medication and EpiPen
- All camp staff are certified mandated reporters
- State background checks and Drug tests are required of all staff
- Boat Captains and crew are also part of a random drug pool testing – per U.S. Coast Guard requirements
- Camp enrollment is capped at 24 students. Project Oceanology will provide each camp with two staff
- Required as of 1/1/22, please refer to this link to review the [Ct Safe Sport Policy: Child Abuse Prevention](#)

## **BEFORE CAMP**

Once you have registered for camp, you will receive a confirmation email that contains a link to your online camp account and forms that will need to be completed well in advance of camp. These forms can also be found on our website: [www.oceanology.org/summer-camps](http://www.oceanology.org/summer-camps)

### **Before the start of camp:**

- **Begin completing your child's pre-camp health screening form 14 days before they arrive at camp.** The last date on the form should be the day before camp begins for your child (bring this form to check-in on Monday)
- **Complete all required health forms** and upload them into your camp account (Active Network) **AT LEAST 30 days** prior to camp check-in (these forms must be reviewed and accepted by our camp directors well in advance of the first day of camp).
- **Please note: the COVID vaccination is required for all campers who are eligible for the vaccine.**

## What to Bring

- Bathing suit - If possible, please have your camper wear their bathing suit under their clothes each day to camp to reduce the need for bathroom use
- Beach towel
- Sunscreen
- Refillable water bottle with name on it
- Water shoes (flip flops are not good water shoes)
- Dry shoes to change into
- Dry clothes to change into
- Sweatshirt or long sleeves for in the lab

## Optional Items

- Masks
- Sunglasses
- Hat
- Rain gear
- Notebook
- Insect repellent

\*Please do not bring valuables to camp\*

## Medication

If you are bringing medication for your camper, please check these items before arriving at camp:

- The medication is in its original container that has the original prescription label.  
*ex. Inhalers need to have the box with the prescription label*
- The medication is not expired, or in a bottle with an old label that is expired.
- If the form from the doctor lists a specific brand of medication, a generic brand cannot be used as a substitute.
- It would be helpful to bring a copy of your medical administration papers.
- Each medication needs its own form and requires a Doctor's signature. Even over-the-counter medications such as Advil (Ibuprofen), Tylenol (Acetaminophen), Vitamins, etc. require a form with a Doctor's signature. Please call us if you are unsure if a form is required.
- The medication should remain at camp for the duration of the week to avoid the daily transfer of medication between home and camp

**State law permits no exceptions so please take the time to ensure each medication, container and label is in order and matches the forms submitted.**

# DURING CAMP

## Arriving at Camp

Directions to Project Oceanology, 1084 Shennecossett Rd., Groton, CT 06340

- I-95 to Exit 87 (Rt. 349) the Clarence B. Sharp Highway
- Turn right at the second traffic light onto Rainville Ave
- Turn left at the next traffic light onto Benham Rd
- Straight on Benham Rd. approx. 1.7 miles to the UCONN Avery Point campus
- Enter via the second entrance and follow the small blue signs for Project Oceanology

## Camp Hours

8:30am - 4:00pm Monday- Friday

## Morning Check-in

- **Daily Check-in is staggered** to reduce wait time so please adhere to this schedule:
  - **8:30am check-in for camper last names beginning with A-M**
  - **8:45am check-in for camper last names beginning with N-Z**
- Check-in will take place at the front entrance of the Project O building. Please proceed around the circle, remaining in line as each camper is checked in from their vehicle
- Please have the Pre-Camp Screening form ready for our camp staff at **Monday check-in**
- Please have medication ready for **Monday check-in** if applicable

It's important to note that campers cannot be "dropped off". The mandated daily wellness screening outlined below requires parents and campers remain in their vehicle until our camp staff clears the camper to attend camp.

- Please do not plan to drop off your camper before check-in time, as our educators will be preparing for the day.
- The first car in line will begin the check-in process. Please be patient and remain in your vehicle. All campers will be screened for any observable illness, including cough or respiratory distress. This screening process will take place in the campers vehicle and it will occur daily.
- Project O camp staff will sign the camper in (to avoid a shared pencil and clipboard)
- Once all the campers have been checked in, they will head to their indoor or outdoor classroom space (depending on the weather).

## Afternoon Pick-Up (Monday-Friday)

Afternoon "curbside" pick up at 4:00pm will take place at the same location the camper was dropped off in the morning. All parents/caregivers will be asked to remain in their vehicle until their turn in line. A Project O camp staff member will approach the vehicle and ask for a photo ID. Camp staff will confirm that the person is listed as authorized to transport. At that point the camper will get into the vehicle. Please note additional people can be added to the list of authorized to transportation list prior to pick up.

## Running Late or Absent

If a camper will arrive late or miss a day of camp please call Project O at 860.445.9007 or email one of the Camp Directors as soon as possible:

Ocean Explorer Academy Camp:

- Marissa Gustafson [mgustafson@oceanology.org](mailto:mgustafson@oceanology.org)

Undersea Technology Camp:

- Debbie Sayer [dsayer@oceanology.org](mailto:dsayer@oceanology.org)

## How to reach your camper while they are at camp

If you need to reach your camper during the day please call the Project O main office at 860.445.9007 and staff will help you get a message to our camp right away. All camp staff carry personal cell phones.

## A Typical Day at Ocean Explorer Academy Camp

8:30 or 8:45	Check in (depending on camp assignment)
9:00-9:15	Stow personal gear, gather science gear for the day
9:15-12:15	Habitat Exploration by skiff or research vessel
12:15-1:15	Lunch in the field
1:15-3:00	Art project in outdoor classroom
3:00-4:00	Team building, games
4:00	Check out

## A Typical Day at Undersea Technology Camp

8:30-9:30	Build/Modify SeaPerch ROV for Bottom Retrieval Challenge
9:30-10:00	Complete Bottom Retrieval Challenge from docks in the harbor
10:00-12:30	Ride skiffs to local sandy beach: Beach Clean-up, Swimming, Seining
12:30-1:00	Lunch in the field
1:00-2:30	Current Drogue Study and Erosion Engineering Challenge
2:30-3:30	Return to Project O, Clean up
3:30-4:00	Group Games/Science Notebooks
4:00	Check out

## **Camper Code of Conduct**

Honesty, Kindness, Responsibility, Respect and Safety.

We expect all campers to demonstrate care, respect, and responsibility at all times; campers must also exhibit self-control, kindness and follow instructions. If a camper does not abide by these expectations, s/he will be asked to take responsibility for their actions as part of our “3 strikes” disciplinary protocol:

1. Verbal discussion with a counselor or camp director
2. If discussion is ignored and poor behavior/choices continue, a constructive plan for improvement will be created through discussion with the camper, parent/guardian and camp director
3. If behavior does not improve after implementing a constructive plan and discussion with the parent/guardian, s/he will be asked to leave camp without refund of tuition.

Please note any camper who exhibits behavior that is harmful to themselves or to others, including but not limited to bullying, theft, dishonesty, disrespectful actions or language, can be dismissed without our “3 strike” disciplinary protocol. Camp Administrators assume the right to determine when such an incident has occurred. The same applies to any camper found possessing or using alcohol, illegal drugs, or weapons.

## **Parent Feedback**

Please share your feedback with us! Expect an email containing a survey about your camper’s experience. Your thoughts and comments help us make our day camps better each year.

## **Camper Photos**

The photos taken throughout the week will be shared via email with google photos. These photos will not include any camper with a written request on file not to be photographed.

## **Promoting behaviors that will help at camp**

Wellness starts at home. Campers eating healthy, exercising, getting adequate sleep, and finding time to unwind before arriving at camp ensure they are fit and ready for the camp experience.

## **Maintaining a Healthy Environment at Project O camps: What’s the plan**

- COVID vaccination is required for all campers eligible to receive the vaccine
- Staff will clean and disinfect frequently touched surfaces (e.g., door handles, sink handles, water filling station, bathrooms) within the camp facility
- Daily routine cleaning and disinfection schedule increased throughout each day
- No nonessential visitors, or activities in our facility during camp sessions
- Daily Health Screening of camp staff as well as campers
- Staff and campers will increase hand washing and hand sanitizing during throughout each day
- Camp experiences will prioritize outdoor activities on our boats, in the field and in our outdoor classroom spaces. Meals and snacks will be consumed outside whenever possible

## Illness at Camp

If a camper becomes sick during the day, they will be isolated from other campers and supervised by one camp staff member until their parent/guardian can pick them up.

If one or more of these symptoms exist during camp, if possible, we will provide an antigen rapid test to the parent to be completed at home:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If a camper tests positive for Covid, all camp families will be notified. Please refer to the following "Quarantine and Isolation" for more guidance.

## **QUARANTINE & ISOLATION GUIDANCE FOR VACCINATED CAMPERS**

**(YOU MUST BE FULLY VACCINATED TO ATTEND CAMP IN 2022)**

### **What Should I Do If I've Been Exposed To Someone With COVID-19?**

- No quarantine: You do not need to stay home unless you develop symptoms
- Get tested: Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19
- Watch for symptoms until 10 days after you last had close contact with someone with COVID-19
- If you develop symptoms, isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting mask around others for 10 full days any time you are around others inside your home or in public.

### **If you test positive for COVID-19 or have symptoms**

- Stay home for at least 5 days and isolate from others in your home
  - If you have symptoms, you can end isolation after 5 days if you are fever-free for 24 hrs and your symptoms are improving
  - If you did not have symptoms, you can end isolation 5 days after your positive test
- Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public
- Do not travel

Please follow this link for the complete [COVID-19 Quarantine and Isolation guidelines from the CDC](#)