



PARENT HANDBOOK - 2014

1. CAMP FORMS

- All forms can be found online via our parent dashboard. Visit www.breezemontdaycamp.com and click on 'parent dashboard'. If you cannot log-in, please call the office for assistance.
- **Camper Information Form:** Please complete online by **MAY 15th**. This form will help us learn more about your child.
- **Medical form:** *A CAMPER MAY NOT ATTEND CAMP WITHOUT A CURRENT MEDICAL FORM ON FILE, SIGNED BY A PARENT (OR GUARDIAN) AND DOCTOR.* This form is invaluable should a medical emergency arise. The medical form is broken up into five parts. The first four are filled out online. The last part, also known as "Camper Health Care Recommendations", needs to be downloaded, printed, signed by a doctor, and then returned to us via upload, email, fax or mail. **Please complete all five parts by May 15th.**
- **Supplemental Medical Form:** The Westchester County Board of Health requires additional questions that are not part of the standard American Camp Association medical form. Your **child's social security number**, which is one of the questions, is required in case of a visit to the emergency room. **Please complete this form by May 15th.**
- **Clothing Labels:** Please be sure to label all belongings with your camper's first and last name. We have partnered with Mabel's Labels for your labeling needs. Please visit www.breezemont.mabelslabels.com. We suggest purchasing the Limited Edition Camp Combo (with an early bird pricing of only \$37.95 until April 30th). All proceeds from the Mabel's Labels fundraiser will benefit [Project Morry](#).
- **Breezemont Logo'd Items:** To purchase Breezemont clothing items and to order your complementary t-shirt, please visit our clothing partner's website: <http://www.amdaycamps.com/breezemont/default.aspx>

2. TRANSPORTATION

- Campers are driven to camp by professional drivers employed by our bus company. Each bus also has at least one bus counselor, who is a Breezemont Day Camp counselor. All drivers are adults with clean driving records verified with the DMV. The drivers have been thoroughly trained in safe and courteous driving procedures, and drive a route planned and tested by our transportation experts. If additional camp vehicles are driven by Breezemont Staff, they are also have met the safe driver guidelines set by AM SKier Insurance.
- The 'trial run' takes place several days before camp begins. You will be notified by your driver and bus counselor by phone or email, so that the driver will have an opportunity to meet you and your child prior to the start of camp. If you will not be home at the designated time, a Breezemont bag and card giving an estimated time of pick-up and drop off will be left in your mailbox, by your door, or with a neighbor. If you are not contacted by your driver or bus counselor at least 48 hours prior to the first day, please contact the office.
- Our main goal is that the ride to and from camp is safe and pleasant for everyone.
- On the **first day of camp**, please have campers ready and waiting 10-15 minutes earlier than usual, leaving time for first day jitters and adjustments for the bus route.
- In the morning when the bus arrives, the bus counselor will get off the vehicle to greet your child(ren). The camp day begins the minute your child steps onto the bus. The bus counselors will make every effort to make the ride as fun as possible!
- The trip home begins between 4:15 and 4:30 pm. If there is a delay, we will call you as soon as we are aware of the situation. We expect that an adult will be at home when your camper arrives. The bus counselor will get out of the vehicle to greet you. Please try to be at home at least ten minutes before the scheduled drop-off time, since there may be campers absent, which may shorten the ride. If you are picking your child up from camp, it must be after 4:30pm when all the buses have departed.

LATE ARRIVAL

- All campers arriving late must be brought to the main office for late check-in. Campers will then be taken to their group.
- All campers must be signed in and signed out, if they do not use camp transportation.

EARLY PICK UP

- Please notify us in advance if you plan to pick up your camper early. **ALL CAMPERS BEING PICKED UP MUST BE SIGNED OUT.** We will have your camper waiting for you.
- Campers can be scheduled for an early pick up **IN BETWEEN PERIODS**. It is disruptive for a counselor and camper to leave an activity in the middle of a period. Campers may also be picked up during snack time (3:15 pm). **Campers may not be picked up between 3:00-4:30 pm, due to limited parking for parents, and to avoid a dangerous traffic condition on Cox Avenue.**

- You may pick up your camper after all the camp vehicles have left (after 4:30 pm).
- **ANYONE PICKING UP A CAMPER WILL BE EXPECTED TO SHOW PROPER IDENTIFICATION (government issued ID).**
- **EXTENDED HOURS:** If you need to drop off your child at camp early, or need them to stay late, Breezemont offers extended hours. You may drop off your child as early as 8:00 am, and/or pick him or her up as late as 6:00 pm. There is no additional charge for this service. Please contact the office for more information.



BREEZEMONT

3. GROUPING

- Campers are grouped by age and grade they just completed, so they are with their peers. You may request friends by completing the camper information form, located on the parent dashboard.
- You will be notified of your child's group during your bus counselor visit and also by email before camp begins.
- Visiting Day Schedule by Group

For more information about Visiting Day, please see section 9.

Tuesday, July 15	Wednesday, July 16	Thursday, July 17	Friday July 18
Cubs Hunters Doves	Cougars Larks Flamingos	Robins Sparrows Archers Eagles	Bears Broncos Braves Butterflies
Tuesday, August 5	Wednesday, August 6	Thursday, August 7	Friday, August 8
Cubs Hunters Doves	Cougars Larks Flamingos	Robins Sparrows Archers Eagles	Bears Broncos Braves Butterflies

Groups and Ages as follows:

Bears (boys and girls) Entering Nursery
Broncos (boys and girls) Entering Pre-K
Butterflies (girls) Entering Kindergarten
Braves (boys) Entering Kindergarten

GIRLS/BOYS

Robins/Cubs Entering 1st Grade
Sparrows/Cougars Entering 2nd Grade
Larks/Archers Entering 3rd Grade
Flamingos/Eagles Entering 4th & 5th Grades
Doves/Hunters Entering 6th Grade and Older

4. HEALTH AND SAFETY

- If your child is sick, please do not send him or her to camp, as it may spread an illness throughout the camp. The nurse has no facilities to keep a sick camper in the infirmary all day. We will expect you to take the child home as soon as possible. A sick camper should go home in a parent's car. It is not advisable for the sick camper to travel home on the bus.
- The medical form is part of your child's camp registration *requirement*. Because health and safety issues are of primary importance, we ask that you take a few minutes to review and answer the questions. It is extremely important to have the **completed** medical form returned to the camp office by **May 15th, 2014**. This deadline is established because the nurse has to review each camper's medical form, and needs adequate time to contact both parents and pediatricians when any health issue is indicated. Because of liability issues, no child will be allowed to attend camp without a completed and signed (by parent **and** physician) physical examination form.
- If your camper's history indicates the use of daily medication, medication for special situations (allergy, asthma, dietary, etc.), or any health problem that may present the need for special planning or prevention, you will receive a phone call from the nurse. The nurse will be available to meet parents and children on the two Saturdays before camp begins. Please take that opportunity to schedule a visit if needed, and bring any medication with you that is to be kept at camp. New York State Health laws require that all medications to be given should be kept in their pharmacy-labeled containers. All children on medication must have signed consent from a parent/legal guardian **AND** physician with explicit instructions for times given and dosages of medication.
- The camp infirmary stocks common over-the-counter medications, which will only be dispensed according to the information provided on your camper's medical form.
- Allergies related to food and insect stings are of particular concern to Breezemont. Please be sure that essential information is noted on part one of the online health form. If there are known allergies, please indicate the type of allergy, and what specific reaction(s) can occur. **Make sure to indicate on the medical form if your child requires an Epi-Pen.**
- The safety of children has always been our main concern. In the unlikely event of a significant release of radiation in the local area, we keep a stock of potassium iodide (KI) pills. This tiny pill can be easily taken with water or applesauce, and is a proven protection against thyroid cancer. Although we are outside the area for which the Nuclear Regulatory Commission has mandated, we believe it is prudent to be prepared as best we can. In this regard, on Breezemont's Supplemental Medical Form, we are providing an opportunity for you to opt-in or opt-out of this KI pill plan. If the remote possibility comes to pass that would cause us to delay dismissal and keep children at camp, we are prepared with a supply of food and bottled water.
- **LYME'S DISEASE:** Although chances are minimal that a camper might contract Lyme's Disease at Breezemont, there have been enough cases in Westchester in which we feel a responsibility to inform our parents about it. A germ is transmitted by the bite of a deer tick. Although this tick is about the size of a pinhead, there are eight different varieties that are called 'look-a-likes.' The tick has to be attached to the skin for at least a few hours in order to transmit the disease. A tick bite does not always result in Lyme's Disease and only a deer tick, not a 'look-a-like,' can

transmit the disease. Symptoms of Lyme's Disease are not clear-cut, and are therefore difficult to diagnose. People often complain about headaches, joint pain, or a stiff neck. A small red area at the site of a bite can often be found a few days after the bite. This small area enlarges over several days, and can become the size of a quarter or larger. The affected area is usually lighter in the center, and darker around the edges in a ring or donut shape. If you suspect your camper has Lyme's Disease, you should contact your physician immediately. Antibiotics are usually prescribed, and with early detection, Lyme's Disease is a fully recoverable disease. While there is no sure way of avoiding Lyme's Disease, we suggest our campers wear light colored clothing and socks all the time, and wear insect repellent containing DEET on their clothes only, not on their skin. In addition, to help prevent the likelihood of contact with a deer tick, Breezemont keeps the grass short, keeps the campers out of the woods, and provides extra drying racks so towels are not left on the ground. Please be assured that Breezemont is doing its best to provide a safe and happy summer for all campers.

- If your child should come down with a fever, please keep him/her home from camp for 24 hours after the fever has subsided. It is advisable keep your child home if he/she did not feel well the night before, or if your child complains of illness in the morning. If your child needs to take medicine, please send it to camp with a PROPERLY LABELED PRESCRIPTION BOTTLE THAT SUPPLIES THE NECESSARY DIRECTIONS (time to be administered, whether the medication needs to be refrigerated and any other pertinent information). If parents/legal guardian(s) are going away, and your child is still attending camp, please call and leave extra emergency numbers and name and phone number of those responsible for your child.

5. PROGRAM

- The Breezemont program offers: swimming, boating, canoeing, tennis, platform tennis, archery, theater, art, crafts, gaga, wilderness, nature, softball, wiffle ball, dance, Breezercise, basketball, soccer, kickball, volleyball, and more. The program and activities offered are dependent upon age level.
- Our elective period allows campers to choose a favorite activity, and have an additional five periods per week of that activity.
- The counselors and specialists work together to motivate campers to participate in all activities to their fullest capacity, but no camper is forced to do any activity.
- The **abreeze**iated program is an optional program for three and four year olds (not entering kindergarten). Daily instructional and recreational swims, as well as lunch, are provided. The AM transportation is provided by the camp, but the PM transportation is provided by parent. **Pick-up is at 2:10 pm at the Gazebo in front of the office.**

6. SWIMMING

- Waterfront staff counselors possess current Water Safety Instructor or Lifeguard Training certificates. Written records are kept on each child's progress. We follow the American Red Cross swim program, and campers are grouped according to their individual swimming ability.
- If campers are consistently reluctant to participate in the swimming program, and resist all reasonable efforts from the instructor, parents will be notified.
- It is important to teach beginners how to enjoy the water. There are many children who have developed a fear of the water. This fear must be overcome gradually. The process, requiring the utmost patience, can take days, weeks, or even months. Each child's swimming ability is evaluated at the start of the camp season. The child is then placed in the appropriate free swim and instructional group. Records from the previous year are studied and used to assist us in determining the proper instructional classification for returning campers. **Red Cross** swim certificates earned from other facilities will be honored and utilized for instructional swim placement. Please send in a copy of swim cards earned from other facilities to ensure proper swim placement.
- Breezemont understands that the winter months can be detrimental to a child's swimming abilities. Because most children do not swim during the winter months, it is not unusual for them to lose some of their previously learned skills. Accordingly, these skills will be reviewed and refined as necessary before new ones are introduced. This review does not mean that a child is "repeating" a swimming level. The Red Cross swimming program consists of seven levels of proficiency. Aquatic skill development is accomplished in a logical progression. The degree of proficiency necessary to successfully complete Red Cross swimming levels increases at each new level.
- Instructional group sizes vary depending upon each camper's age and proficiency level. Campers needing extra help will receive individual attention whenever *possible*, and for a limited amount of time. When campers successfully complete a Red Cross swimming level, they will be moved up within the group to begin the next Red Cross level. Please remember that children progress at different rates. Campers sometimes get upset when they see their friends progressing more rapidly than they are. It is *imperative* that both instructors and parents *do not compare* one child's skill level with that of another child. Our goal is to have all children achieve their maximum potential, but children have different talents and abilities, and possession of these abilities does not make one child better than another.
- Our main objective is to make your child "water-safe." Instruction takes place in varying depths of water, in direct relation to the skill being taught. Generally, the children are instructed in shallow water. Having instruction in deep water *does not* promote better or more rapid learning.
- Breezemont has five pools, with graduating depths from three to eight feet, and one pool with depths from two to three feet, used primarily for younger campers. Each water depth is designated with float lines and deck markings. Each camper has one free swim and one instructional swim per day. Periods range from 40-45 minutes. All campers swim with a "buddy," and are supervised by one of their counselors. Lifeguards are **always** on duty during free swim and instructional swim.
- Free swim takes place in three different depths of water: "A" (eight feet), "B" (five feet), or "C"

(three feet). This placement is determined by an *endurance test* in which the child *must swim the crawl stroke continuously* for multiple laps, and immediately tread water for a specified time. This testing is completely separate from instructional grouping, which is based upon *skill* level proficiency. The highest standards *must* be observed at waterfront activities. Your child's **safety** is our **primary** concern.

- When Breezemont campers successfully complete a Red Cross swimming level, they will receive a Red Cross certificate. While the standards we set at Breezemont are very high, we *do not* differentiate between those children who receive a Red Cross card and those who do not. There is *no* ceremony for giving out the cards. All Breezemont campers are positively reinforced for their progress, and the level of proficiency achieved.
- The Breezemont Waterfront Staff works in conjunction with the individual group counselors to teach the children the basics of swimming and water-related activities. We are always available to answer any questions concerning a child's swimming progress throughout the summer. It is our goal to see each child receive the very best instruction available while enjoying a safe and happy summer.
- The most important aspect in teaching children any water-related activity is **safety**. Helping children understand and respect the potential dangers involved is essential. For example, everyone, whether adult or child, swimmer or non-swimmer, should wear a P.F.D. (personal floatation device) whenever they are engaged in a water-related activity. This includes boating and fishing. However, it should **never** be assumed that because children are wearing P.F.D's, they are safe and can be left alone. Children should **NEVER** be left alone around pools, lakes, or any bodies of water.

7. MENU & BIRTHDAYS

- The weekly menu is available on our [website](#). Our menu is planned by a nutritionist to include healthy, tasty, and interesting varieties of kid-friendly food. A salad bar, pasta, and fresh fruit, soy peanut butter and jelly, and other alternatives are available. A hot lunch and cold lunch are offered daily.
- If your camper has a special dietary need, we will do our best to accommodate whenever possible. Please contact the office with specific dietary requests or concerns.

Camper Birthday

If your child has a birthday during the summer, we have a special birthday celebration.

When (s)he arrives to camp on their birthday, they will receive their very own BZMT Birthday T-shirt. At camp, they will get to raise the flag and have a photo taken, and then the entire camp will sing “happy birthday.” Throughout the day, our photographer will take a number of candid photos to make the day memorable.

During afternoon snack time (2:50 pm), your child and their group will have a special ice cream birthday party with hats, balloons, and noisemakers.

If you wish to attend the 2:50 pm birthday bash, please let us know in advance. There is no need to send in any food, treats, and/or gifts because everything is provided.

If your child has any allergies, we will accommodate their specific needs for the birthday celebration.

8. STAFF

- **BREEZEMONT** has an extremely high return rate of staff from year to year. New counselors are often recommended by former counselors, and are often friends or relatives of returning staff.
- All counselors have experience working with children, and our group leaders are teachers and educators.
- During our pre-camp orientation program for staff, counselors are thoroughly familiarized with the **Breezemont** philosophy. Counselors understand that we are a relaxed, flexible camp with realistic goals of achievement for each camper.
- Criminal background checks, social security number checks, and random drug testing are performed on all of our staff members.

TIPPING

- It is not necessary, but encouraged if you feel your counselor(s), bus counselor, driver, and/or swim instructor have done a nice job throughout the summer.

9. VISITING DAYS & POLICIES

- Visiting days coincide with your child's cookout schedule. We trust that our **BREEZEMONT** families will adhere to our visiting procedure. Your child's visiting days will be sent out prior to the first day of camp.
- Familiarize yourself with your camper's visiting day. Contact the camp office one day in advance to schedule your visit.
- Please park outside the camp grounds in front of camp on Cox Avenue or on our front lawn. Leave a note on your dashboard with your name, your camper's name, and the group you are visiting.
- **ALWAYS** sign in at the Visitors Desk. Schedules will be available online. An official visitors pass will be given to you. **This** is for the safety and welfare of all our campers.
- Sign out and return your visitors pass after your visit.
- **There is no smoking on camp property.**
- **Please do not bring any pets when visiting your camper.**
- Please remember to notify the office if you will be taking your camper home with you after a visit.
- **Breezemont is a cell phone free environment. Please do not use your phone when you are at Breezemont.**
- **ALCOHOL & FIREARMS ARE NOT PERMITTED ON THE CAMP GROUNDS.**

10. MISCELLANEOUS

- We urge you **NOT** to allow your camper to wear jewelry or bring valuable items to camp. (i.e., video games, radio, ipods, etc.)
- **EXTENSIONS** – Campers wishing to extend their stay can do so. All extensions are subject to room in the camper's group and vehicle.
- **WATER BOTTLES** – The local health authorities have advised us to ban the use of water bottles for sanitary reasons. Adequate drinking fountains, water supplies, and disposable cups will be placed strategically on our grounds.
- All sports equipment is provided; campers do not need to bring their own.
- **CAMERAS** – to protect against the possibility of an invasion of privacy, we have a **no camera policy** for our campers.

COMMUNICATION

Feel free to contact us any time by email or phone. We will keep you fully updated at all times via phone, email, our daily newsletter, and our website at www.breezemont.com. Group leaders will contact you after week one either via email or phone.

BREEZEMONT DAY CAMP CHARITIES:

- **FRIENDS OF KAREN:** As many of you know, Friends of Karen is a charity that provides financial, emotional, and advocacy support for children with cancer and other life-threatening illnesses. Since 1985, thousands of Breezemont campers of all ages have participated in the Swim and Walk-A-Thon (dates to follow), raising much needed funds to help us assist critically ill children in the community. <http://www.friendsofkaren.org/>
- **PROJECT MORRY:** Project Morry is a nationally recognized, youth development organization that empowers youth from at-risk, economically challenged communities to envision a positive future. Each child benefits from a network of support, and gains increased social skills, enhanced self-esteem, positive core values, and a greater sense of personal responsibility. <http://www.projectmorry.org/>

CAMP DATES – 2014 SEASON

New Family Orientation: June 21st 11:00am - 1:00pm. Come meet your child's group leader, learn more about the daily program and take a tour of camp. Children are welcome! Refreshments will be served.

Picture Day: Monday July 14th Individual photos and a group photo are taken free of charge, and sent to you in September.

Breezemont July 4th Picnic: Come play at camp! Bring the family from 11:00 am to 3:00 pm. Activities include swimming, tennis, basketball, and a BBQ picnic lunch.

Week One: June 30th - July 3rd

Week Two: July 7th - July 11th

Week Three: July 14th - July 18th

Week Four: July 21st - July 25th

Week Five: July 28th - August 1st

Week Six: August 4th - August 8th

Week Seven: August 11th - August 15th

Week Eight: August 18th - August 22nd

Campfire Nights: Open to family and friends of Breezemont campers. Held on Thursdays from 6:00-9:00 pm (during weeks two, three, four, five, six, seven). Activities include swimming, basketball, and tennis. We provide a BBQ dinner, followed by a campfire with songs and s'mores.

Camp Cloz (ADCO): [Click this link](#) to order your complimentary Breezemont t-shirt. Breezemont is not a uniformed camp. However, many families like to purchase additional t-shirts, sweatpants, and other camp apparel.

[End Of Handbook]

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