



## 2010 Parent's Guide

### Registration

#### Refund Policy

For cancellation 30 days or more before the first day of the event, all fees less the deposit will be refunded or transferred to another event. For cancellation less than 30 days before the event, no refund will be given except in the case of illness, accident or family emergency.

### Check In & Check Out

#### Location

The Barbara C. Harris Camp is located on Route 31 in Greenfield, New Hampshire, about an hour and a half drive from Boston, and 40 minutes west of Nashua, New Hampshire. Driving directions are enclosed.

#### Check-in

Check-in is from 2:00 to 4:00 pm on Sunday, June 27th. Campers need to arrive during this time to complete the required check in. Campers arriving after 4:00pm will be turned away and not allowed to attend camp. Late arrivals can only be accommodated by prior arrangement with the camp.

#### Check-out

Camper pick up is Friday, July 2nd. Parents are invited to an awards presentation at 11:00am. Check out will be immediately following the awards. Parents who do not pick up their children by noon will be charged a \$50 supervision fee. If someone other than a parent is picking up a child, the camp must have written permission from the parent.

## Health & Wellness

### Health Care

The camp has licensed health care professionals on site at all times to provide care in case of illness or injury. Normally we will not contact parents if children receive minor injuries such as a skinned knee that can be effectively treated by our staff. If a camper has an injury or illness that requires off site care or will require treatment following camp our health care staff will contact parents. In emergency situations we will attempt to contact parents first, but we will not withhold treatment if a parent can't be contacted. Campers who become ill at camp (fever, vomiting, etc.) will be sent home and parents will be responsible for providing transportation home.

### Health Screening

At check in our staff conduct a health screening of all campers. Parents can reduce the time this process takes by sending in health forms **prior to camp**. Campers who are sick or have any communicable illness will not be allowed to stay at camp and parents will be responsible for providing transportation home.

### Medications

All medications, both prescription and over the counter, must be turned into the health care center at check-in. All medications must be in their original containers. Our health care staff will keep all medications in a safe location and will provide campers medications as needed. Campers do not need to bring over the counter medications such as Tylenol, Ibuprofen, etc. Our health care staff can provide these medications on an as needed basis.

### Health Form

All campers must have a completed and signed health form. Incomplete or unsigned health forms cannot be accepted. Health forms should be returned to the camp at least two weeks before camp if possible. Campers arriving at camp without a health form on file will not be allowed to stay at camp and parents will be responsible for providing transportation home.

### Food

The camp offers campers a nutritious, well balanced menu. In addition to our main menu options such as a cereal or salad bar are available at most meals. If a camper has special dietary needs please let the camp know at check-in so that our food service can be prepared to meet those needs.

### Homesickness

Almost everyone leaving home for a new environment experiences some uneasiness. Such feelings are normal and usually pass quickly for most children. Our staff have been trained to help campers deal with any separation anxiety they may experience at camp. Parents also play a key role in helping prevent homesickness. Have children practice time away from home (staying overnight at a friend or family member's home.) Parents also should display confidence and enthusiasm regarding the child's upcoming experience. Parents are discouraged from telling children they can call home from camp. Our experience is that such phone calls usually increase homesickness.

## **Camp Community**

### Cabin Assignments

Campers are assigned to cabins by age. Each cabin of nine campers is supervised by a camp counselor or coach.

### Behavior

Campers are expected to behave in a manner consistent with the camp's goals of providing a safe, positive, respectful camp community. While the staff will work with campers to handle minor disciplinary problems, the camp does reserve the right to send home any camper whose behavior is consistently inappropriate. Any direct threat or actual physical harm to self or others will result in a camper being sent home.

### Prohibited Items

The camp strictly prohibits any weapons, alcohol, tobacco products or illegal drugs. Prohibited items will be confiscated and campers will be sent home for bringing these items to camp.

### Camp Store

The camp has a store which offers a wide range of drinks and snacks. To prevent loss or theft, all camp store money will be collected at check in and the remaining balance returned at check out.

## Communication

### Mail

Campers enjoy getting mail from home. We do ask parents to not send any food items. Please realize that mail sent late in the week may not reach the camp before the end of the session. Mail can be sent to campers at:

Camper's Name  
Barbara C. Harris Camp  
P.O. Box 204  
Greenfield, NH 03047

### E-mail

Campers can receive e-mail at camp. In order to help manage the large volume of camper e-mail, to offset the cost of printing and to protect us from computer viruses we use a system called Bunk Notes for camper e-mail. Information regarding how to use the Bunk Notes system will be provided at check in.

### Photo Gallery

Through a partnership with Bunk1.com we offer an on-line photo gallery of pictures from camp which will be updated daily. Parents will be able to view photos at no cost and will have the option to purchase any of the photos. Information on how to access the photo gallery will be provided at check in.

### Telephone

Due to the size of the camp and the active nature of the program it is not feasible for campers to receive phone calls at camp. The camp also does not provide campers access to phones to make outgoing calls. Calls disrupt the program, promote homesickness and distract campers from fully engaging in the camp's activities. To avoid disappointing campers, parents should not tell them that they can call home from the camp.

### Contact Information

If parents have questions contact Tod Silegy at (603) 352-4434 or [tsilegy@ne.rr.com](mailto:tsilegy@ne.rr.com). The camp may be reached at (603) 547-3400 or [camp@bchcenter.org](http://camp@bchcenter.org). In case of an emergency after normal business hours parents can call (603) 547-3400 to access the camp's emergency message system.

## What to Bring

The following list includes items campers should bring to camp. Please remember that campers will be very active and should bring clothing that is comfortable, durable and can be easily replaced if lost or damaged. Campers will not have access to laundry facilities so they need to bring enough clothing to last the length of camp. Any item of significant value should be left at home. To ensure the health and safety of all campers the staff may inspect camper's luggage and hold items that are inappropriate until the end of camp.

### Required:

- Soccer shorts
- Soccer socks
- Soccer shoes
- Shin guards
- Waterbottle
- Shorts
- Long pants (at least one pair)
- Tee shirts
- Sweatshirt/Fleece/Sweater (at least one)
- Socks
- Underwear
- Extra pair of shoes
- Bathing suit
- Raincoat/Poncho
- Towels/Washcloths
- Soap
- Shampoo
- Toothbrush & toothpaste
- Other toiletries desired
- Pillow
- Sleeping bag

### Optional:

- Flashlight
- Stationary, envelopes and stamps
- Insect repellent
- Sunscreen

**Barbara C. Harris Camp & Conference Center**  
**Driving Directions**

From Boston and Points South

From I-95/128 or I-495 take **Route 3 North**

Take Route 3 to **Exit 8**, toward "Peterborough and the Monadnock Region."

At the **third set of lights turn right on 101A West.**

Go approximately 6.6 miles. Take the **exit for 101 West** (be careful...the first left hand turn is for 101 East, take the second left hand turn onto 101 West)

Go approximately 5 miles to the **second set of lights and turn left to stay on Route 101 West.**

Continue approximately 1 mile to the **next set of lights and turn right** where the sign indicates "**Wilton Business District.**"

Go **straight** through the town of Wilton **without making any turns.** You are now on Route 31 North.

Continue for 11 miles to Greenfield.

In the center of Greenfield **turn right to stay on Rt. 31 North (Sawmill Road.)**

Travel 1.9 miles to the camp on the left side of the road.