



# NYSDEC ENVIRONMENTAL EDUCATION CAMPS

## COLBY, DEBRUCE, RUSHFORD AND PACK FOREST

### PARENT/CAMPER HANDBOOK

Welcome to the New York State Department of Environmental Conservation’s (DEC) environmental education camps. For over 70 years, DEC has provided a residential summer camp program in conservation education for youth. We are excited to spend time with your child at camp.

This parent handbook contains important information for both you and your child, including ways in which we can work together to ensure your child has a safe, educational, fun, and unforgettable experience at camp. It will help you both to understand our policies and procedures. **Read and review this booklet carefully with your camper.** It contains important health and safety information. Involving your camper in the process of planning for camp from the beginning will help to build a strong camp connection.

**We will use e-mail to contact you regarding camp updates.** You must provide an e-mail address when you register. The e-mail address can be updated as needed. Remember, only a parent or legal guardian may register a child for camp.

Connect with the camp program on Facebook at “NYSDEC Summer Camps.”

### *Table of Contents*

	PAGE
How to Reach Us.....	2
Sunday Check-in and Friday Checkout.....	2
Health and Medication Forms and General Camp Forms.....	3
Camp Staff.....	3
Daily Schedule and Camp Life.....	3
Meals.....	4
Volunteers.....	4
Cabin Assignments.....	4
Dress Code.....	4
Laundry.....	4
Lost and Found.....	4
Electronics.....	4
Safety at Camp.....	4
Out-of-Camp Trips.....	5
Hunter Safety, Sportsman Education and Shooting Sports Programs.....	5
Mail.....	5
Visiting.....	5
Telephone.....	5
Homesickness.....	5
Cancellation and Refund Policy.....	6
Illness while at camp.....	6
DEC Camper Code of Conduct.....	7
Five-Step Discipline System.....	7
Social Networking Sites.....	7
Driving Directions – Pack Forest.....	8
Driving Directions – Colby.....	8
Driving Directions – Rushford.....	9
Driving Directions – DeBruce.....	9
Packing Checklist.....	10
A Healthy Camp Starts at Home.....	11
Camp Safety (Children's Camps in New York State).....	12-15

## HOW TO REACH US

	<b>Mailing Address</b>	<b>Physical Address &amp; GPS Coordinates</b>	<b>Phone/Fax/E-mail</b>
Camp Administration	NYSDEC – Camps Program 625 Broadway, 3 <sup>rd</sup> Floor Albany, NY 12233-5256	<b>Physical:</b> 625 Broadway, 3 <sup>rd</sup> Floor Albany, NY <b>GPS:</b> N 42 39.087, W 073 44.554	<b>Year-round (Monday – Friday, 8:00 AM to 4:00 PM):</b> Phone: 518-402-8014 Fax: 518-402-9036 E-mail: <a href="mailto:educationcamps@dec.ny.gov">educationcamps@dec.ny.gov</a>
Camp Colby	90 Camp Colby Road Saranac Lake, NY 12983	<b>Physical:</b> 90 Camp Colby Road Saranac Lake, NY <b>GPS:</b> N 44 21.121, W 074 08.738	<b>Only during Camp Season:</b> Phone: 518-891-3373 Fax: 518-891-0077 E-mail: <a href="mailto:colby@dec.ny.gov">colby@dec.ny.gov</a>
Camp DeBruce	307 Mongaup Road Livingston Manor, NY 12758	<b>Physical:</b> 307 Mongaup Road Livingston Manor, NY <b>GPS:</b> N 41 55.959, W 074 42.746	<b>Only during Camp Season:</b> Phone: 845-439-4627 Fax: 845-439-4433 E-mail: <a href="mailto:debruce@dec.ny.gov">debruce@dec.ny.gov</a>
Camp Pack Forest	PO Box 777 Warrensburg, NY 12885	<b>Physical:</b> 276 Pack Forest Road Chestertown, NY <b>GPS:</b> N 43 33.238, W 073 48.809	<b>Only during Camp Season:</b> Phone: 518-623-2037 Fax: 518-623-4433 E-mail: <a href="mailto:packfore@dec.ny.gov">packfore@dec.ny.gov</a>
Camp Rushford	8717 Rush Creek Road Caneadea, NY 14717	<b>Physical:</b> 8717 Rush Creek Road Caneadea, NY 14717 <b>GPS:</b> N 42 20.667, W 078 13.788	<b>Only during Camp Season:</b> Phone: 585-437-5351 Fax: 585-437-5400 E-mail: <a href="mailto:rushford@dec.ny.gov">rushford@dec.ny.gov</a>

## SUNDAY CHECK-IN

### **Camper check-in is between 3:00 and 4:00 PM Sunday at the camp**

- Driving directions to the camps are located on pages 8 and 9.
- Check-in begins at 3:00 PM. We cannot accept early check-ins.
- If you anticipate a late arrival, please contact the camp in advance to let the director know.
- When you arrive for check-in, you must bring the camper's **completed** Health Care Provider Form, signed by the parent or legal guardian AND physician.

*All campers will meet with the camp director and health director on Sunday afternoon. The entire process of cabin assignments, health screening/collection of medications, moving in, and meeting camp staff takes about one hour to complete. Because the first few hours at camp are among the most important, we discourage late arrivals. All non-campers must be off camp property by 5:00 PM so that we may begin our camp program.*

## FRIDAY CHECKOUT

### **Closing ceremony and camper pickup is FRIDAY AFTERNOON AT 4:30 PM**

- All families are welcome and are encouraged to attend the closing ceremony.
- To ensure each camper's safety, parents must sign out their camper(s) before leaving camp. You will be required to show photo ID before signing out your camper.
- The camp does not have resources to care for campers after 4:30 PM. Please be on time, or make arrangements to have someone else pick up your camper. Notify the camp director at check-in on Sunday, or at least 24 hours beforehand, who will be picking up your camper if it will be someone other than the authorized pick up on your online account.
- Plan to pick up or make arrangements (provide written instructions during check-in) to have someone else pick up your camper. **The camp staff will not pick up or drop off campers using public transportation systems.**

## HEALTH AND MEDICATION FORMS AND GENERAL CAMP FORMS

Accurately completing all camp forms is essential to ensuring your camper has a safe and enjoyable time while at camp. It also ensures camp staff will know who to contact if questions arise. These forms are available in the Document Center located under the Additional Options tab found after you log into your account.

If your child will require medication while at camp—whether prescription, over the counter or dietary supplement—it must be provided to the camp health director in the original container; campers are not allowed to share medications with siblings and friends. Medications and supplements will be dispensed based on the doctor's written instructions only and done so individually for each child. All medicines and medical forms are locked in the health director's office when not in use.

If your camper has a medical issue, specific need related to a disability, or may face challenges related to language, paying attention, or socializing with others, please provide that information ahead of time by calling the camp administrator at 518-402-8014. The information will be shared with the camp's directors.

The use of sunscreen and insect repellent is authorized by the parent as part of the online "Camper Medical History."

For the well-being of your camper and the safety and well-being of other campers in our program, you may be asked to pick up your child if s/he shows signs of illness.

**Standard Over-the-Counter Medications:** Unless otherwise indicated there will be an Emergency Medical Technician (EMT) as the health director at each of the camps. An EMT, by law, cannot assess the health condition of any camper in order to administer Standard Over-the-Counter (OTC) and "as needed" (PRN) medications (e.g. cold remedies, allergy medication, analgesics, etc.) to campers. However, camper provided over-the-counter medications shall be available in the health office (see Health Care Provider form) and may be self-administered by the camper in the presence of the EMT if the appropriate Health Care Provider authorization is completed on the Health Care Provider form. In other words your physician must approve this by completing the section of the Health Care Provider form labeled Standard Over-the-Counter Medications. The EMT will witness and record all standard Over-the-counter Medications that are self-administered by the camper. Failure to complete the section of the Health Care Provider form for Standard Over-the-Counter Medications shall constitute non-authorization and the Standard Over-the-Counter Medications may not be self-administered by the camper. **Please remember that parents cannot authorize use of the Over-the-Counter medications, it is required to be done by a physician on the Health Care Provider form.** We strongly recommend that you meet with your child's physician to discuss the completion of this form. The Health Care Provider form was emailed with your camp registration confirmation and a copy can be located in the Document Center in your online account.

## CAMP STAFF

DEC summer camp staff are college students and graduates who have an interest in working with children and the outdoors. In addition to standard interviews and screenings, all camp staff complete a training program specific to DEC camps before the opening of camp. Directors and counselors are trained in CPR, AED and first aid. All counselors have at least two years of college in Science Technology Engineering Mathematics (STEM), natural resources, biological sciences, environmental science, environmental education or education-based programs.

## DAILY SCHEDULE AND CAMP LIFE

During check-in on Sunday, campers meet the directors, health director, counselors and other camp staff. After the camper is checked in, s/he will participate in team-building activities, discuss the camp program, tour the camp and, weather permitting, take a swimming test. Campers will be given an overview of the rules, review waterfront safety and have their first camp meal. The day ends with a special campfire to welcome everyone.

A typical camp day begins at 7:00 AM with some optional early morning activities. Everyone assembles at 8:00 AM for breakfast. Mornings typically include environmental education lessons, followed by lunch. Afternoons include either more lessons, or campers may choose from several other options. Campers don't always get their first choice, but they usually get one of their top three choices. Optional activities may include but are not limited to fly fishing, canoeing, archery, interpretive nature hikes, and arts and crafts. Some campers may go on out-of-camp trips during this time.

After dinner, there are camp-wide evening activities. These may include presentations by other DEC staff, a night hike or another special group activity. Most campers will spend one night camping outside. When in camp, all campers are in their cabins with lights out around 10:00 PM. Camp days are busy and long, so it is important for campers to get a full night's sleep.

All campers stay in rustic cabins, with a staff member assigned to each cabin. Campers are responsible for keeping their living areas neat and clean. Campers must stay with their groups or be supervised by camp staff at all times. *While staff are trained to spot potential problems, campers should not hesitate to inform counselors or directors if they have any questions or concerns.*

## MEALS

Our menu is nutritionally balanced and designed to appeal to most appetites. Fruit, salad and daily vegetarian selections are always available. If your camper has dietary restrictions, including food allergies, you must inform camp administration **at least two weeks** before arrival at camp so arrangements can be made (phone 518-402-8014). We may not be able to accommodate highly specialized diets, in which case campers may provide their own food to the camp cook, with **at least two weeks' notice**. Do not mail your camper a "care package" of food as it can attract unwanted animals into camper cabins. Any food will be held by the kitchen staff and returned to the camper at checkout.

## CABIN ASSIGNMENTS (BUNK MATE)

Campers and friends may ask to be in the same cabin; however, each must request the other on his/her camp application. If camp staff have concerns, campers may be separated. Please limit bunk mate requests to two people.

## VOLUNTEERS

Every week, each camp hosts four camp volunteers. Potential volunteers are selected by camp staff at the end of each camp session and are invited to apply to be volunteers the following summer. Campers who are selected to be volunteers are mature, enthusiastic, and very engaged in all camp activities. As volunteers, these campers participate in the camp program but are assigned other tasks as well to help camp run smoothly. Volunteer's main assignments are assisting the kitchen staff in setting up and cleaning the dining hall before and after meals. First-time volunteers get placement preference before returning volunteers. Also, during their camp stay, volunteers are evaluated based on performance, attitude and overall helpfulness. They may be asked to not return, depending on how well they do during the week.

## DRESS CODE

Camp is a place for learning and fun in a safe environment, and campers' clothing should reflect this. Clothing must provide adequate coverage from sun and protect feet from injury. The following dress code will be enforced. If a camper chooses to dress inappropriately, he or she will be asked to change.

- Shorts must have a minimum three inch (3") inseam.
- Clothing with slogans and/or pictures related to sexual innuendo and/or promoting unhealthy lifestyles are prohibited (e.g. alcohol, profanity, gangs, violence, and/or products or slogans which promote tobacco and alcohol).
- Pants and shorts must be worn at the waist.
- Closed-toe shoes must be worn at all times, except at the beach and bathhouse.
- Swimsuits should be modestly cut; one-piece suits are highly recommended, but modest two-piece suits are allowed.
- Swimsuits may be worn only during swimming and water-based activities.
- Transparent clothing is forbidden.

## LAUNDRY

There are no laundry facilities at camp except for emergencies. Please ensure your camper has enough clothing for the week.

## LOST AND FOUND

DEC assumes no responsibility for lost personal items, although we attempt to return all such items to campers during the week. At the end of each camp week, items left behind are placed in "lost and found." If your child is missing something, please check this area before leaving camp. Unclaimed items will be held until the end of the summer camp season, after which they will be donated to charity. The Camp Program **will not** mail lost/forgotten items after a camper has left.

## ELECTRONICS

Electronics are not allowed at camp. Electronics, such as cell phones, MP3 players, tablets, PlayStation Portables, etc. are expensive. They can be broken, lost or stolen. At camp, they are a major distraction to the program. If brought to camp, they will be securely stored in the camp office until checkout.

## SAFETY AT CAMP

While our staff make every reasonable effort to minimize risks associated with camp activities, not all hazards can be avoided. By participating in our program, campers and their parents knowingly and willingly assume all the risks associated with participation in a summer camp program. Even after reasonable precautions have been taken, accidents occasionally happen; parents will be notified immediately. In the event of weather emergencies, all camps have emergency plans in place that include shelters, back-up generators and evacuation routes.

## OUT-OF-CAMP TRIPS

Campers may take off-site trips during their stay at camp. They are transported in vehicles driven by trained staff. Campers are given safety guidelines to follow while on trips. Swimming is permitted only at locations approved by the Department of Health.

## HUNTER EDUCATION PROGRAMS

While at camp, campers aged 11 and up may participate in an optional New York State Hunter Education, Bowhunter Safety Education or Trapper Education class. To participate in a class the parent or guardian must enroll the camper during registration. Registration for the class is on a first-come, first-serve basis as the participation limit is 20 campers per class. **Campers who choose to participate in these programs are required to complete a home-study workbook prior to camp. The camper must bring their home study work book to camp with them or they cannot participate in the course.** To receive a certificate the camper must pass a test and demonstrate proper attitude and safety while at camp. Successful completion of one or more Hunter Education programs is required before hunters may purchase a New York State hunting license. Classes are taught by DEC-certified Hunter Education instructors. Hunter Education programs differ at each camp, depending on the week. Check our schedule to see which class is offered each week. Although campers may take the bowhunter safety class, to purchase a bowhunting license, they must first successfully complete a Hunter Education course.

Please note:

- \* The availability of Hunter Education classes is based on student interest. If fewer than five students register for any class, it will be canceled, and an alternate activity will be offered. There is a maximum of 20 students allowed in a class.
- \* Please contact DEC Summer Camps if your child changes his/her mind about taking a course before camp so someone from the waiting list can participate in that class.

## MAIL

Children enjoy receiving cheerful, positive letters while at camp. **Please consider sending a letter three days ahead of opening day so your child receives it within the first couple of days of their stay.** If you send mail early it will arrive when the camper is at camp, not after they have left on Friday. Consider packing stamped, self-addressed postcards so your child can write to you as well. Do not send food or anything from the “contraband” list found on page 10. If such items arrive, they will be held in the camp office until the end of the session. The mailing address for each camp can be found on page 2 of this booklet.

## HOMESICKNESS

Feeling homesick and missing family, friends and pets is normal. Knowing this beforehand, your child may be more tolerant of homesick feelings. You can help facilitate a successful camp experience by preparing your child for her/his stay away from home. Encourage her/him to help with packing and preparation. Please encourage your child to speak with a counselor or director if s/he has trouble adjusting to camp.

If you feel your child may become homesick while at camp, please talk with a camp director during the Sunday afternoon check-in. Knowing your wishes regarding your child’s camp experience will help us if a homesickness episode occurs. If your child is having trouble adjusting to camp, you will be called.

## VISITING

There are no visiting times during the week. Mid-week visits can cause homesickness, not only for your child but for other children as well.

## TELEPHONE

Each camp has only one telephone line, which must be kept free for camp business and emergencies. Campers may not use the office phone to call home or to receive calls, except for emergencies. We strongly believe that calling home prompts homesickness and interrupts the campers’ routines. If you have concerns about your child, please call the camp and speak with the director. (Contact information is on page 2.) If there are any problems with your child, the director will contact you.

## CANCELLATION AND REFUND POLICY

A cancellation policy has been created due to the increased demand for available camper space and to ensure fairness to all.

**Refunds:** Refunds will not be credited to credit or debit cards. A check will be issued by DEC. It may take up to 60 days to receive a check for a camp registration refund.

**Cancellations:** You may cancel your child's summer camp registration up to three weeks (23 calendar days) prior to the day that your child is scheduled to check in to camp to receive a refund. We do not give refunds for cancellations with less than three weeks' notice. To cancel a camp registration you must call 518-402-8014 between Monday – Friday, 9:00 AM – 4:00 PM. It must be done over the phone; do not call the individual camps. You will get a confirmation of the cancelation via email.

**Medical Reasons:** Refunds requested due to medical illness or injury occurring while at camp will be considered on a case by case basis.

If your child is unable to attend camp due to a medical reason, you may request a full refund at any time **prior** to the start of the camp week they are registered for (**not after camp has closed for the season**) by providing a doctor's note. The doctor's note must state that the child is unable to participate in camp activities due to a medical excuse and be signed and dated by the physician. Please send the doctor's note to:

NYSDEC Summer Camps Program  
625 Broadway, 3<sup>rd</sup> Floor  
Albany, NY 12233-5256

Or by fax at 518-402-9036 Attn: Mary Young

**Sponsored Campers:** Sponsored campers who cannot attend camp must inform their sponsor so another camper of the same sex may have the opportunity to attend camp. The parent or guardian, not the DEC camp administration, is responsible for informing the sponsor. Sponsors will not receive a refund if a camper does not show up at camp or leaves during the week.

**No Refunds:** No refunds or partial refunds will be made for:

- Cancellations less than 23 calendar days before your child is scheduled to attend camp
- Not showing up for a scheduled session
- Showing up for the wrong session
- Late arrivals to camp after check-in
- Early withdrawals from camp after session has started
- Dismissal due to misconduct. The camp director reserves the right to dismiss any camper whose influence and conduct become detrimental to the best interest of the program.
- Withdrawals resulting from homesickness

## ILLNESS WHILE AT CAMP

If your child becomes ill while attending camp, the health director will decide if the child will be sent home. In cases where there may be a chance of gastrointestinal illness a 72 hour quarantine period is recommended by the Department of Health; this will therefore mandate that the child be sent home. The camp does not have the resources to maintain one or more campers for a 72 hour quarantine time period. Parents and guardians should not be sending their child to camp if they have had a fever, stomach or intestinal illness 72 hours prior to the start of camp. This is for the health and safety of all campers and staff.

## **DEC CAMPER CODE OF CONDUCT**

We will provide your child with a safe and secure environment and create a warm, comfortable and fun atmosphere that will make him/her look forward to participating at camp each day. However, we are not equipped to handle continual behavioral problems. Certain behaviors are severe enough to merit immediate expulsion from camp (e.g. physical aggression, stealing, sexual harassment, defiance of discipline code, bullying, and/or repeated incidents of inappropriate language). These behaviors will not be tolerated and, if severe enough, may warrant visitation by a law enforcement officer. If a camper is sent home for disciplinary reasons, he/she will not be allowed to return to camp, nor will camp fees be refunded. If a camper's attitude and behavior is serious but does not warrant immediate dismissal from camp, it is the camp administration's decision whether or not to allow the camper to return to camp in subsequent sessions or years. If your child is not permitted to return to camp, you will be notified by DEC camp administration.

To promote good behavior, campers must agree to abide by the following guidelines (discipline code):

- I will be honest and respectful of peers, camp staff and myself.
- I will follow directions and rules at camp.
- I will respect other campers and staff members.
- I will respect property belonging to the DEC camp, other campers and staff members.
- I will behave appropriately and use appropriate language.
- I will stay within camp boundaries unless accompanied by a camp staff member.
- I will treat all campers fairly and equally.
- I will respect wildlife and natural spaces.
- I will do my best to HAVE FUN!

## **FIVE-STEP DISCIPLINE SYSTEM**

Each of our campers has a reasonable expectation to enjoy a positive camp experience. The misbehavior of one camper or of a group of campers should not be permitted to negatively affect the camp experience of others. We strive to ensure all campers practice social skills that will allow them to resolve conflicts and meet their needs without resorting to harmful or destructive behaviors. When problems occur, we act promptly. We follow a five-step system for discipline, described below. A camper's actions may warrant skipping a step or steps and going directly to step 4 or 5 outlined below. For example, hitting someone, bullying, sexual harassment or possession of illegal substances are automatic grounds for being sent home.

- 1) *Verbal warning* – The counselor speaks with the camper and identifies and describes the unacceptable behavior. The counselor offers methods to correct the behavior and describes the consequences if there is no change in behavior. The counselor notifies the camp director.
- 2) *Time out* – The counselor removes the camper from the activity. At the end of the time out, the counselor reminds the camper what is expected of them (appropriate behavior) and what the consequences will be if inappropriate behavior continues. The counselor notifies the camp director.
- 3) *Meeting with camp director* – The camp director meets with the camper. Together they complete and sign a written "behavior agreement" outlining acceptable behavior and acknowledging understanding of the consequences of continued poor behavior. Depending on circumstances the camp director may contact the parent prior to this meeting.
- 4) *Meeting with camp director and calling parents* – The camp director contacts the parents, typically via telephone. Together, the camp director, camper and parents discuss the camper's behavior/actions and develop a plan that allows the camper to stay at camp. It also impresses upon the camper the seriousness of the situation and the potential that s/he may be sent home if there is no improvement or if the poor behavior is repeated.
- 5) *Camper sent home* – The camp director contacts the parents to notify them that they must pick up their camper. The camper may not return to camp.

## **SOCIAL NETWORKING SITES (YOUR CHILD AND DEC STAFF AFTER CAMP)**

Online social networking sites such as Facebook, Twitter, Instagram, and many others can be fun and positive ways for children and adults to interact with friends. While DEC has an official Facebook page for the camps program, we cannot monitor unofficial camp pages on social networking sites. DEC is not responsible for interactions among campers, volunteers and staff after the camp season has ended or on other than our own Facebook page. We recommend our camp staff not "friend" campers on other sites, but we cannot monitor their actions during the off season or on sites where we have no control.

## **DRIVING DIRECTIONS FOR DEC CAMPS (AND CONTACT INFORMATION)**

### ***PACK FOREST***

276 Pack Forest Road  
PO Box 777  
Warrensburg, NY 12885

Phone: 518-623-2037  
Fax: 518-623-4433  
E-mail: [packfore@dec.ny.gov](mailto:packfore@dec.ny.gov)

[www.facebook.com/NYSDECsummercamps/](http://www.facebook.com/NYSDECsummercamps/)

#### ***From the South:***

Take the Northway, I-87, to Exit 23 (Warrensburg/Diamond Point). Please note this is not NYS Thruway Exit 23 in Albany. Turn left off the exit and then right onto US 9. Proceed on US 9 through the Town of Warrensburg for approximately 5 miles. You will see a large white sign on the left-hand side of the road stating "Charles Lathrop Pack Demonstration Forest." Turn left into the driveway, and continue slowly (15 mph) to camp, approximately 1.2 miles.

#### ***From the North:***

Take the Northway, I-87, to Exit 23 (Warrensburg/Diamond Point). Turn right off the exit and then right onto US 9. Proceed on US 9 through the Town of Warrensburg for approximately 5 miles. You will see a large white sign on the left-hand side of the road stating "Charles Lathrop Pack Demonstration Forest." Turn left into the driveway, and continue slowly (15 mph) to camp, approximately 1.2 miles.

### ***CAMP COLBY***

90 Camp Colby Road  
Saranac Lake, NY 12983

Phone: 518-891-3373  
Fax: 518-891-0077  
E-mail: [colby@dec.ny.gov](mailto:colby@dec.ny.gov)

[www.facebook.com/NYSDECsummercamps/](http://www.facebook.com/NYSDECsummercamps/)

#### ***From the West, via the NYS Thruway to Utica, through the Adirondacks:***

Take I-90 East to Route 8/Route 12, Exit 31. Go straight on Route 12 for 22.6 miles to the Route 28N Exit toward Old Forge. Merge onto NY 28 through Old Forge, Raquette Lake and Blue Mountain Lake. In Blue Mountain Lake, take Route 28N and Route 30 to Long Lake, and continue on Route 30 to Tupper Lake. Take Route 30/Route 3 to where they split, and continue on Route 3 to Saranac Lake. Turn left onto Route 86 at the second light. Follow the "airport" signs out of the village on Route 86. After passing the Adirondack Medical Center Hospital on the right, turn left at the four-way intersection. Bear left between the two stone pillars, and follow the signs.

#### ***From the South and East:***

Take the Northway, I-87, to Exit 30 (US 9 and Route 73). Turn left onto Route 9, and continue to NY Route 73 North by following the signs to Lake Placid. After passing the ski jump towers (as you enter Lake Placid), bear left onto Old Military Rd. (County Rd. 35), and follow it to the end. Turn left onto Route 86, and proceed to downtown Saranac Lake. At the second light, follow the "airport" signs out of the village on Route 86. After passing the Adirondack Medical Center Hospital on the right, turn left at the four-way intersection. Bear left between the two stone pillars, and follow the signs.

## **CAMP RUSHFORD**

8717 Rush Creek Road  
Caneadea, NY 14717

Phone: 585-437-5351  
Fax: 585-437-5400  
E-mail: rushford@dec.ny.gov

[www.facebook.com/NYSDECsummercamps/](http://www.facebook.com/NYSDECsummercamps/)

### ***From the NYS Thruway:***

Take the NYS Thruway, I-90 West, to Exit 46 (I-390 Rochester/Corning). Take I-390 South to Exit 8 (US 20A Geneseo). Turn right onto US 20A, and go straight to NY 39. Turn right at S. Main St./NY-39 W. Turn left onto NY 19A, which eventually becomes NY 19. NY 19 will lead you to Caneadea, NY. Turn right onto Route 49, and continue straight until you see a public beach on the right. Turn left onto Rush Creek Road and go approximately 2 miles. Turn left into the entrance to Camp Rushford. Look for the yellow and brown NYSDEC signs.

### ***From Jamestown (West):***

Go east on Interstate 86 to Cuba, Exit 28. Turn left onto State Route 305. Go north on Route 305 to Belfast. Turn left onto State Route 19 and go north. Turn left onto County Route 49 (just south of Caneadea), and continue until you see a public beach and the Rushford Lake inlet. Turn left onto Rush Creek Road and go approximately 2 miles. Turn left into the entrance to Camp Rushford. Look for the yellow and brown NYSDEC signs.

### ***From Elmira (East):***

Go west on I-86 to Belmont, Exit 30. Turn right on Route 19, and go north. Turn left onto County Route 49 (just south of Caneadea), and continue until you see a public beach and the Rushford Lake inlet. Turn left onto Rush Creek Road and go approximately 2 miles. Turn left into the entrance to Camp Rushford. Look for the yellow and brown NYSDEC signs.

### ***From Buffalo:***

Travel west on NYS Thruway I-90 to Exit 54 (Route 400). Merge onto Route 400 South toward East Aurora. Divided highway ends and becomes Route 16 South in the Town of Yorkshire. Turn left onto Route 39 East. In the Village of Arcade, turn right onto Route 98 South. Continue straight on Route 98, which becomes Route 243 East. After passing a few commercial buildings on your left, look for Hillcrest Rd./County Route 49 (blue and gold sign). Turn right onto Hillcrest Rd./Co. Route 49. Look for the Rushford Lake public beach on your left and Rush Creek Rd. on your right. Turn right onto Rush Creek Road. Go about 2 miles, and look for a large barn and the Camp Rushford entrance on your left.

## **CAMP DEBRUCE**

307 Mongaup Road  
Livingston Manor, NY 12758

Phone: 845-439-4627  
Fax: 845-439-4433  
E-mail: debruce@dec.ny.gov

[www.facebook.com/NYSDECsummercamps/](http://www.facebook.com/NYSDECsummercamps/)

### ***From the West:***

Take I-90 East to Exit 39 (Syracuse/Fulton). Take I-690 East to the I-81 South ramp toward Cortland. Take I-81 South to Route 17. Merge onto NY-17 East, and continue to Exit 96, Livingston Manor. Turn right onto White Roe Lake Road, and then turn left onto Old NY-17. Turn left again onto Route 82 (also known as DeBruce Rd.). Follow DeBruce Road for approximately 6 miles, and look for the Mongaup Pond Campsite and the DeBruce Environmental Education Camp sign. At the sign, turn left onto Fish Hatchery/Mongaup Pond Road; Camp DeBruce is 1.5 miles on the left.

### ***From the East and South:***

Take the New York Thruway to Exit 16 (US 6/Route 17 toward Harriman). Merge onto US 6 to Route NY 17 West. Stay on NY 17 West to Exit 96, Livingston Manor. Turn left onto Route 82/DeBruce Road. Follow DeBruce Road for approximately 6 miles, and look for the Mongaup Pond Campsite and the DeBruce Environmental Education Camp sign. At the sign, turn left onto Fish Hatchery/Mongaup Pond Road; Camp DeBruce is 1.5 miles on the left.

### ***From the North:***

Take the New York Thruway to Exit 19. Take Route 209 South to Ellenville, NY. Take Route 52 West to Liberty, NY. Take Route 17 West to Exit 96, Livingston Manor. Turn left onto Route 82/DeBruce Road. Follow DeBruce Road for approximately 6 miles, and look for the Mongaup Pond Campsite and the DeBruce Environmental Education Camp sign. At the sign, turn left onto Fish Hatchery/Mongaup Pond Road; Camp DeBruce is 1.5 miles on the left.

## PACKING CHECKLIST

Please label everything packed for camp with a permanent marker. It will help return misplaced items during the week back to campers before s/he goes home.

### What to Bring

#### **Clothing (also see Dress Code, page 4):**

*Pack old but functional clothes. Campers will get dirty and may tear their clothing.*

*Clothing with slogans and/or pictures promoting unhealthy lifestyles are prohibited (e.g. alcohol, profanity, gangs, violence and/or products or slogans which promote tobacco and alcohol).*

- Three (3) pairs of long pants
- Shorts (minimum 3" inseam)
- Three (3) long-sleeve shirts
- T-shirts (Must have sleeves or have straps that are more than two fingers wide. Halter tops, backless shirts, visible cleavage, spaghetti-strap shirts, muscle shirts or tops with a high midriff are prohibited.)
- Changes of underwear
- Seven (7) pairs of socks, including one (1) pair wool or polar fleece
- Sleepwear (2 changes—warm weather and cool weather)
- Swimsuit (modest styles)
- Sweatshirt/sweater (label with name)
- Warm jacket/fleece (label with name)
- Hat (label with name)
- Rain gear that will KEEP you dry (hooded jacket and pants, preferred; most programs and activities are held outside even when it's raining.)

#### **Footwear:**

*Do not pack new shoes; ensure shoes are comfortable to avoid blisters while at camp.*

- Pair of sneakers (label with name)
- Second pair of closed-toe shoes (e.g. hiking boots, sturdy shoes, pair of sneakers) (label with name)
- Closed-toe water shoes (will be wet!!!) (label with name)

#### **Bedding:**

- Sleeping bag or blanket and twin sheet
- Pillow with pillowcase

#### **Other:**

- Two (2) bath towels/face cloths
- Toiletries (soap, toothbrush, etc. Note: Unscented deodorant is less likely to attract insects than scented varieties.)
- Two (2) 16-ounce water bottles
- One white 100% cotton t-shirt or bandana, pre-washed for tie-dying
- Flashlight
- Sunglasses

*Signed permission from parent/guardian is required for below. It is part of the online Camper Medical History Form.*

- Sunscreen
- Insect repellent (lotion or other non-aerosol only)

### Optional

- Fishing gear (label with name)
- Small daypack/backpack (label with name)
- Archery equipment – bow and target arrows (These items will be stored securely and provided when needed for supervised programs.) (label with name)
- Camera (disposable is recommended, NO cell phone cameras)
- Binoculars (label with name)
- Stationary/postcards and postage
- Notebook/pen (label with name)
- Internal or external frame backpack (label with name)
- Camping sleeping pad (label with name)
- Tent (label with name)
- Musical instrument (label with name)
- Book (label with name)
- Shaving razors/blades (These items will be stored securely and provided when needed.)

### Do Not Bring (contraband)

*If any of these items are brought to camp, they will be confiscated and returned to the camper's parents at the end of the camp week. These items can be distracting, create an unsafe environment or attract wildlife.*

- Cell phone
- I-Pod/MP3/CD player/electronic tablet
- Food/gum/candy/snacks
- Money (There is no camp store)
- Knives (hunting, jack, pen, etc.)
- Hair dryer, curling iron, etc.
- Make-up/perfume/cologne/hairspray
- Valuables (jewelry, etc.)
- Firearms/ammunition
- Axe or hatchet
- Pets
- Cigarettes/matches/lighters
- Depilatories (Nair, Neet, etc.)
- Illegal substances (Possession of illegal substances will result in the child being sent home. It may also result in local authorities being notified.)

## A HEALTHY CAMP STARTS at HOME!

A healthy camp really does start at home. Below are some things you can do to assure your child has a great summer camp experience.

1. When children show signs of illness, keep them home. This greatly reduces the spread of illness at camp. Be aware of your camp's criteria regarding camper health.
2. Teach your child to sneeze into the crease of his/her elbow and to wash his/her hands often at camp.
3. Closed-toe shoes are a requirement for activities such as sports and hiking. This will help avoid slips, trips, and falls, which could cause injuries. Stress to your child the importance of wearing closed-toe shoes to prevent a toe, foot and/or ankle injury.
4. Send enough clothes so your child can wear layers. Mornings can be chilly, but afternoons get hot. By wearing layers, your child will be able to peel them off as the weather warms.
5. Fatigue plays a part in injuries. Explain to your child that camp is not like a sleepover. Emphasize that he/she should not try to stay up all night!
6. Don't forget to pack sunscreen (and a signed note permitting its use), and instruct your child in how to use it.
7. Please send a reusable water bottle. Your child can refill it frequently during her/his camp stay. Staying hydrated is very important in the summer.
8. Building a partnership between you and camp staff is essential for your child to have the best camp experience possible this summer!

Note: The information above is adapted from the American Camping Association's flyer, *A Healthy Camp Starts at Home*.

**Please Note: This is a New State Department of Health publication and does not reflect every aspect of the DEC Summer Camps Program.**

# Children's Camps in New York State



In New York State, summer camps must have a state, city or county health department permit to operate legally. These permits are issued only if the camp is in compliance with the state's health regulations. The permit to operate must be displayed in a conspicuous place on the premises.

The camp must be inspected twice yearly by a health department representative. At least one inspection must be made during the time the camp is in operation. Each camp is checked to make sure that the physical facilities are safe and that supervision is adequate.

When choosing a summer camp for your child, consider the following:

## **Staff Credentials/Supervision**

### **What are the qualifications of the camp director?**

The New York State Health Code requires that the director of an overnight camp be at least 25-years-old or hold a bachelor's degree; a day camp director must be at least 21-years-old.

All directors must have experience in camping administration or supervision. Camp directors' backgrounds are screened by the Office of Children and Family Services Central Register Database for reported incidents of child abuse and maltreatment. Their backgrounds are also screened by the Health Department for criminal convictions. Only individuals who are considered to pose no risk to campers are accepted by the Health Department as camp directors.

### **What are the qualifications of the camp counselors and how are campers supervised?**

Counselors must have experience in camping and supervision of children or have completed an acceptable training course. Stringent counselor-to-camper ratios and staff qualifications are mandated for supervision of swimming, archery, riflery and camp trip activities.

At overnight camps, 80 percent of the camps' counselors must be at least 18-years-old; up to 20 percent may be 17-years-old. There must be at least one counselor for every 10 children aged eight years or older, and one

counselor for every eight children younger than eight years old.

At day camps, counselors must be 16 years of age or older. There must be a minimum of one counselor for every 12 children.

Camps that must provide at least 10 counselors may choose to use counselors-in-training (CITs) to meet 10 percent of the required number of counselors. These CITs must be at least 16 years of age at an overnight camp and 15 years of age at a day camp. They must work with senior staff, have had previous experience as a camper and complete a training program. Ask the camp operator if any of their counselors are CITs and how they are used to supervise campers.

**Ask about the camp's staff and supervision procedures, including discipline policies. Do they meet your expectations?**

## Health

**Ask about medical coverage and when you will be notified if your child becomes ill or injured. Is a doctor or nurse in residence or on call for campers at all times?**

Physicians or nursing services must be available. All summer camps in New York State are required to have a health director and a written medical plan approved by the Health Department. The written plan must include, among other things, provisions for medical, nursing and first aid services. Injuries and illnesses must be reported to the Health Department and are thoroughly reviewed.

**Does the camp require medical records for campers?**

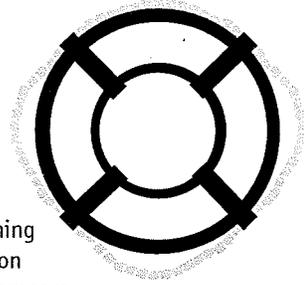
Camps must keep current medical history reports on file for all campers. Be sure to detail your child's history of immunization, illness, disability or allergy. Specify special diets and activity restrictions. Provide instruction for any medication your child must take.



## Camp Safety

**Are the camp facilities and activities safe?**

The camp operator must develop a written plan to include maintenance of facilities, provisions for training staff members and orientation of campers, supervision of campers, campsite hazards, emergency procedures and drills, safety procedures and equipment for program activities.



## Swimming

**Are waterfront personnel qualified?**

**Are campers always supervised while in the water?**

All waterfront activities at camps in New York State must be supervised by an experienced certified lifeguard or water safety instructor. On site, one qualified lifeguard is required for every 25 bathers. All aquatic staff are required to be trained in cardiopulmonary resuscitation (CPR).

Camps that use off-site pools or beaches operated by others must make special arrangements to provide a safe activity. Even off site, the camp remains responsible for supervising campers.

Some children's camps use sites for swimming that are not inspected by local health departments. Parental permission is required in these instances, and the camp must follow established guidelines to protect campers.

While campers are involved in aquatic activities on site, there must be one counselor for every 10 campers eight years or older; there must be one counselor for every eight children aged six and seven; and one counselor for every six children younger than six years old.

When swimming off-site, there must be one counselor for every eight campers six years or older and one counselor for every six campers younger than six years.



**Are bathing areas marked off for various swimming skills? Are campers tested to determine their level of swimming ability before participating in aquatic activities? Are nonswimmers kept in water less than chest deep? Is the buddy system used? Are campers required to wear life preservers when boating or canoeing?**

New York State regulation requires that the answers to all these questions must be "yes."

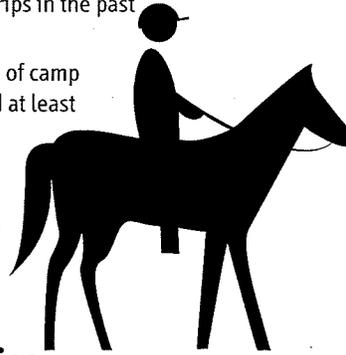
## Camp Trips

**Are camp trips supervised by counselors who have the maturity and experience to make decisions that could affect the safety of campers?**

All trips must be supervised by a trip leader who is at least 18 years old and competent in the activity. Counselors must accompany trips and all staff must review the safety plan prior to the trip.

Counselors should have the skills and expertise in the camp activity (canoeing, rock-climbing, etc.) to handle any emergency that might arise. Ask whether the camp has conducted similar trips in the past without incident.

In New York State, the drivers of camp vehicles must be licensed and at least 18-years-old. Seat belts must be worn when provided and vehicle capacities not exceeded. When transporting children in a truck, only a truck cab can be used.



## Sports and Activities

**How are activities in craft shops supervised, especially when campers are using dangerous tools, such as power saws and lathes? Are archery and rifle ranges at a safe distance from activity centers? Are spectators protected at baseball fields and similar areas? Do players wear protective equipment?**

State regulation requires that archery, riflery and horseback riding be supervised by counselors with special training in those activities.

## Fire Safety

**Are there periodic fire drills for both campers and staff? Does each floor of every building have fire exits in two different locations? Are flammable materials (gasoline, pool chemicals, etc.) stored away from activity centers and kept under lock and key? Are functioning smoke detectors located in every sleeping room?**

All of the above are mandatory in New York State.



## Location and Facilities

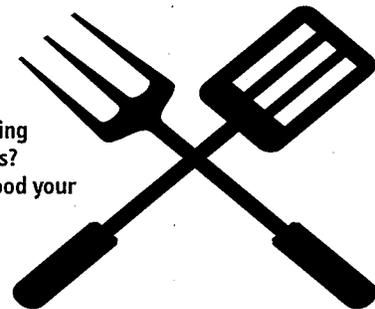
**Are barriers erected against such natural hazards as cliffs and swamps? Are foot trails located away from such dangerous areas and from heavily traveled roads and highways? Do the camp facilities (bunks, bathrooms, mess hall, recreation facilities) meet your aesthetic tastes and those of your child? Is the camp located in an area that will not aggravate your child's allergies? Will your child be required to perform chores, such as cleaning or cooking?**

For information on the camp's location and facilities, visit the camp or interview the camp operator by telephone, prior to making a decision to enroll your child at the camp.

## Nutrition

**Are good health practices observed in the camp kitchens, dining areas and food services? Does the camp serve food your child likes?**

At camps in New York State, food must be prepared from inspected sources. Food preparation and handling activities are reviewed to assure safe and sanitary practices. Kitchen employees must be healthy and follow hygienic practices. Potentially hazardous food must be maintained below 45°F or above 140°F.



## Rights and Responsibilities

The regulatory program of the New York State Department of Health places specific responsibilities on camp operators, and on local health departments that enforce department regulations. Following is a summary of rights and responsibilities:

### Rights of Parents and Guardians

- To be informed by the camp director, or his or her designee, of any incident involving your child, including serious injury, illness or abuse.
- To review inspection and investigation reports for a camp, which are maintained by the local health department issuing the camp a permit to operate (present and past reports are available).
- To review the required written camp plans. These are on file at both the camp and the health department issuing the permit to operate.

### Responsibilities of the Camp Operator

- To inform you and the local health department if your child is involved in any serious injury, illness or abuse incident.
- To screen the background and qualifications of all staff.
- To train staff about their duties.
- To provide supervision for all campers 24 hours a day at overnight camps, and during hours of operation for day camps.
- To maintain all camp physical facilities in a safe and sanitary condition.
- To provide safe and wholesome meals.
- To have and follow required written plans for camp safety, health and fire safety.
- To notify the parent or guardian, with the enrollment application or enrollment contract, that:
  - the camp must have a permit to operate from the New York State Department of Health or the designated permit-issuing official;

- the camp is required to be inspected twice yearly; and
- the inspection reports and required plans are filed (address of state, county or city health department) and available for their review.

### Responsibilities of Local Health Departments

- To review and approve the required written camp plans for compliance.
- To inspect camps to assure that: (1) all physical facilities are properly operated and maintained; and (2) adequate supervision exists to provide a healthy and safe environment in accordance with the New York State Sanitary Code.
- To issue a permit to operate when the required plans and inspection results are satisfactory.
- To investigate reports of serious incidents of injury, illness and all allegations of abuse or maltreatment.
- When requested, to provide parents or guardians of prospective campers an opportunity to review inspection reports and required plans.

The time and effort spent in selecting the camp your youngster will attend is important. Keep in touch, especially if it is your child's first camp experience. If possible, visit the camp before and during the camping season.

## Information

For further information about New York State health laws relating to summer camps, call the State Health Department's Bureau of Community Environmental Health and Food Protection in Troy at 1-(800) 458-1158, ext. 27600.



State of New York  
Department of Health