

# LA VIDA ADVENTURE CAMP NOTES FROM THE DIRECTOR

The following are recommendations and reminders of our environment and camp health policies:

## Proper Hydration

Due to the nature of Adventure Camp, dehydration can be a serious issue for children. We recommend that all campers come to camp with a water bottle in order to carry water to remote locations and refill frequently. Water coolers will be placed at several locations frequented by the campers.

## Camper Food Policy

Campers are expected to bring their own drinks and lunches to camp each day (with the exception of the day after any of the Explorers' overnights). If a camper forgets lunch, water, etc., please notify us (your child may have already), and we will provide them with a prepackaged meal and a clean water bottle.

La Vida Adventure Camp is not a guaranteed nut-free location, especially since many campus areas are open to the public. However, if you have a concern about cross-contamination, please let us know, and we'll do our best to find a solution that works for your child.

## Basic First Aid

La Vida may use soap, water, antibacterial wipes and/or ointment to treat minor cuts and scrapes unless otherwise noted on a camper's medical form.

## Ticks and Mosquitoes

Ticks and mosquitos can transmit disease, including some serious ones. We highly recommend wearing appropriate clothing and using insect repellent. We will have this available for use by any camper that does not supply their own. In addition, parents/guardians should check campers for ticks nightly.

## Protection from Ultraviolet Exposure

Ultraviolet rays are powerful and can burn skin even on cloudy days. Due to the nature of Adventure Camp, it is strongly suggested that your child take precautionary measures such as wearing sunscreen of a minimum SPF 30, lip balm, a hat, and/or long clothing.

Parents/guardians should provide sunscreen for use during the camp day. Families are responsible for applying

the first layer of sunscreen prior to morning drop-off. Sunscreen sent to camp should be placed in a sealed plastic bag and labeled with the child's first and last name. The American Academy of Dermatology recommends everyone use sunscreen that offers the following:

- Broad-spectrum protection (protects against UVA and UVB rays)
- SPF 30 or higher
- Water resistance

La Vida will have SPF 50 sunscreen with broad spectrum UVA/UVB protection for use by any camper that does not supply their own.

During the camp day, our staff will take all reasonable and appropriate steps to help each child reapply sunscreen to exposed skin—including the face, the tops of ears, and bare shoulders, arms, legs and feet—prior to campers' participation in outdoor programs. Staff will only apply sunscreen when another staff member is present.

## Camper Attire Reminder

Campers should wear loose, comfortable clothing that can get dirty and is appropriate for athletic movement. As a part of our larger effort to respect ourselves and others, we ask that campers and staff do not wear revealing or midriff shirts or shorts.

They should also bring a bathing suit for water activities. One-piece or modest tankini swimsuits are suggested for girls and swim trunks for boys (i.e. not Speedos) because of the athletic nature of the water activities.

## Camper Drop-off

Please do not leave campers until you are sure they've checked in with a La Vida staff member. Unfortunately, we must make this explicit as parents have left campers alone before camp in the past.

## Explorers Travel Itinerary

Any trips a camper takes off campus (such as to canoe down the Ipswich) will be communicated with parents or guardians ahead of time.

## Camper Tech Policy

La Vida Adventure Camp is a fast-paced, activity-filled experience with lots of fun activities for campers. While campers may often want to record memories through camera phones and apps or parents may rely on the accessibility of cell phones, we have a "no tech" policy for campers.

At Adventure Camp, we've discovered that the simple presence of technology has a significant impact on a child's camp experience (whether it's theirs or someone else's), often decreasing overall focus, engagement and safety. Since we're striving for the best camp experience for each camper, we ask that you hold onto your child's technology while they're at camp. It really does help us to provide each child the best of our camp traditions and regular opportunities to try new things while protecting them from a permanent, digital record of any potential mistakes they may make while trying something new.

You'll always have a direct line to our staff (978.867.4504). If you need to reach campers during the day, please contact us. And after filling out the camper contact forms, we'll have the best number AND a backup to reach you, in case something needs your attention. If your child needs you and doesn't remember the best number to reach you, we'll have it available.

And those memories? They're more than digital. But in case you're worried about that, know that we'll be taking lots of photos and videos throughout the week, and we'll compile a great slideshow and video for the end-of-week Celebration. In addition, those slideshows and videos, along with all the individual photos, will be available free online following each camp session.

If we see a camper pull out a phone, iPad, drone, Gameboy, HDTV, etc., we'll ask them if we can hold onto it until they get picked up. If you have any concerns, please let us know. We do hope you understand, and we look forward to a wonderful tech-free week with your child.