



Tamarack Nature Center

Day Camp Newsletter

2021 Summer Camp Adventures

Welcome to Tamarack...

Your 2021 Summer Camp Adventure is about to begin! Tamarack's summer camps are jam-packed with hikes, games, songs, stories and, of course, KIDS!

Communication

We want summer camp to be a great experience for everyone. Please make sure we have your current email addresses and phone numbers (cell, work, home), so we can reach you in case of emergency. Let us know if your child:

- Has a severe allergy. Remember to download and submit the ***Epinephrine and Benadryl Medication Order & Consent Form*** from our website before the first day of camp. [This form needs to be signed by a physician.](#)
- Has any particular fears, allergies or physical limitations that would affect his/her experience.
- Will be carpooling with another family.
- Is taking any medication we should know about or has stopped taking medication that could affect behavior.

We will make every effort to inform you of your child's activities at camp. Please do not hesitate to come to us with any concerns or questions along the way.

Drop-Off & Pick-Up

Sign-In/Out: As a safety measure, parents are required to sign-in and sign-out each child every day.

Sign In/Out Location: Please review the map emailed prior to the camp week to find your camper's check in location.

Rain Plan: If it is raining, Sign-In/Out may be inside. Please look for signage to direct you on these days.

Mondays: Be on the lookout for staff assistance if you don't know how to find your child's camp location.

Drop-Off/Pick-Up Times: We cannot accommodate children arriving early or being picked up late, as this is important prep time for our camp staff. If your child is not picked up in a timely manner a fee may be assessed.

Parking: You may park in the Summer Camp Lot (first lot on your right), or the main Lot (second lot on your right). Walk your child(ren) to their designated sign-In location. **Please do not park in the circle drive in front of the building.**

COVID 19 Policies and Procedures

Tamarack programming follows MN *COVID-19 Prevention Guidance for Certified Child Care, Youth Programs, and Camps* for policies and procedures. Tamarack policies are as follows:

- **Masks:** All camp participants are expected to arrive wearing masks. Mask breaks will be provided throughout the day.
- **Cohorting:** Camps are conducted in cohorts of up to 15 participants, plus staff and volunteers.
- **Distancing:** Distancing measures will be utilized.
- **Outdoors:** Camps will take place outdoors even MORE than ever before.
- **Daily Health Screenings:** must be completed prior to arriving at camp. Signing them in implies they are symptom free:
 1. Do you feel sick or do you have any of the following symptoms of COVID-19?
 - Fever of 99.5 degrees Fahrenheit or higher, or feeling feverish
 - New cough
 - Shortness of breath
 - Chills
 - Headache
 - Muscle pain
 - Sore throat
 - Fatigue
 - Congestion
 - Loss of taste or smell
 2. Have you cared for or have you had close contact within the last 14 days with someone who has COVID-19 or who has symptoms of COVID-19?
 3. Please inform the camp director if your camper has a positive diagnosis of COVID-19.

Please note: Policies and Procedures are subject to change as new guidance is issued.

Behavior Guidelines

Our goal is for every child to have a positive experience at camp. Tamarack Nature Center staff will identify and enforce clear, reasonable limits for child behavior. Our staff reinforces positive behavior, while attempting to redirect negative behavior. Staff will remove a child from any activity where that child's behavior is harmful to him/herself or others.

In the case of extreme behavior issues, Tamarack Summer Day Camp Staff reserves the right to remove any child from camp. For more information, see the Day Camp page of our website.

What to Bring to Camp Each Day

Please mark all belongings with your child's full name and send them along in a backpack or bag each day.

- **Half-Day Camps:** Healthy snack and beverage for each camper (refrigeration not available).
- **Full-Day Camps:** Substantial lunch, 2 healthy snacks and beverages for each camper (refrigeration not available).
- Refillable water bottle (filled with water).
- Hat to protect from sun and insects.
- Light jacket or sweatshirt for cool mornings.
- Extra set of clothing and closed-toe shoes are recommended (no flip flops).
- Sunscreen and insect repellent (no spray).
- Rain gear, as necessary.
- Mask(s)

Please leave all items of sentimental or monetary value (including toys) at home.

Lunch and Snacks

Due to the increasing frequency and potential severity of nut allergies, **please avoid sending any peanut or nut-related food items.** We ask that you send food and beverages in a travel-safe, insulated container marked with your child's name. Supervision during snack and lunch is provided. Refrigerated storage space is not available.

PreK & Half-Day Programs: Please send a healthy snack and beverage.

Grade School & Full-Day Camps: Please send a substantial lunch, plus 2 healthy snacks and beverages to sustain your child's energy throughout the day.

Water: We take frequent water breaks during the day. Please send a refillable water bottle, filled each day.

Insect Repellent/Sunscreen

Please apply insect repellent and sunscreen to your child each day before camp. For campers staying all day, we will remind everyone to reapply protection after lunch. Please mark your repellent/sunscreen with your child's name. For safety reasons, we discourage spray applicators, in favor of wipes or lotion. As an extra precaution, we recommend you check your child for ticks every evening after camp.

Camp T-Shirts Available

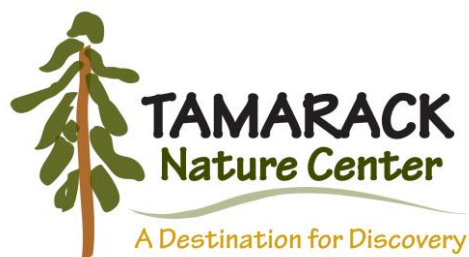
Tamarack Nature Center Summer Camp T-Shirts are available in youth and adult sizes and in multiple colors throughout the camp week. Show your camp spirit by purchasing a T-shirt for only \$15.

Weather

Nature never stops, so during light rain or wind, outdoor activities will continue. During severe weather, children will be moved to a safe location. Children should be dressed in appropriate gear for outdoor fun regardless of the weather!

On days when the heat and humidity are high, we bring out special games and activities designed to keep kids cool while having fun!

In case of severe weather, children will be moved to a safe room inside the building. Off-site groups will be brought to the nearest safe shelter. You will be notified if you need to pick your child up at a different location.



5287 Otter Lake Road
White Bear Township, MN 55110
(651) 266-0360
www.tamaracknaturecenter.org
info@tamaracknaturecenter.org

Tamarack Director: Marcie Oltman (651) 266-0362
Camp Coordinator: Grace Henry/Megan Nysse (651) 266-0364

A Facility of
RAMSEY COUNTY

