

WELCOME TO TEEN X DAY CAMP!

The Teen Expeditions staff at URI's W. Alton Jones Campus is looking forward to involving your teen in an unforgettable outdoor adventure.

We would like to help you and your teen understand and prepare for your Teen X week by answering some commonly asked questions. Please take a moment to read over this information and complete the Day Camp Health History Form, Parent/Guardian Agreement, and Day Camp Confirmation Form.

What is the W. Alton Jones Campus? The University of Rhode Island's unique 2,300-acre wilderness area is devoted to preservation, research, educational conferences, and year-round environmental education. Over 40,000 acres of state parks and forests adjoin the Campus, making this one of the largest preserved regions in southern New England. Special features of the campus include Eisenhower Lake, the historic Woodvale Farm, a 1,000-acre Environmental Research Area, and the botanically unique Nettie Marie Jones Nature Preserve.

Where will the camp take place? Teen X Day Camp will be based out of the Teen Expeditions Poor Farm base camp. Located on the W. Alton Jones Campus, it has fields, meadows, picnic area, tenting area, logistics garage, bathhouse, and the historic Poor Farm Barn. Teen X Day Camp is operated by the Environmental Education Center, which serves as a year-round outdoor school for more than 10,000 children each year providing experiences with nature as the subject, classroom, and teacher. We strive to help youth develop a familiarity with our natural surroundings and an active concern for the quality of the environment.

What will my child do at Teen X? Teen X Day campers enjoy outdoor experiences in the company of like-minded teens. They will participate in group-building activities, learn about ecology, and take part in adventure activities such as rock climbing, tree climbing, hikes, and canoeing. Wednesday features an optional extended-day and campout.

Who conducts the program? Teen Expedition Leaders have training and background in high adventure activities and are chosen for their ability, enthusiasm, and dedication to youth and outdoor adventure programs. They are primarily college students who have previous experience working with adventure programs. Each staff member is subjected to a screening process, which includes a criminal background check. They receive training in safety, logistics, and methods in experiential education.

Do I have to fill out a medical form? State law and the American Camp Association require a signed Health History Form; we cannot accept your teen into the program without one. A physician's exam or signature is not required for day camp programs. Please send your completed form with your Day Camp Confirmation Form by June 15th.

How can I help keep my teen sun-safe? We will be spending extended time in the sun each day and teens should arrive with sun block (minimum of SPF 15) applied to all exposed areas. A hat with a brim and a T-shirt or swim shirt for swimming are also suggested (tight fitting shirts only as baggy shirts can be a swimming hazard). We strongly recommend these sun-safe precautions.

We hope this has answered some of your questions. If you require further information concerning day camp or payment, please call 401-397-3304 ext. 6043. Thank you for offering your teen this educational adventure. We are looking forward to an exciting week!

Teen X Day Camp. Every Day...A New Adventure!

PACKING LIST:

What will my teen need at camp? Your teen needs to arrive wearing comfortable clothes appropriate for spending an active day outside. Closed shoes such as sneakers or hiking boots are required. We will provide the materials and gear necessary for the many planned activities. Your teen should bring:

- Snacks
- Bag lunch and drink
- Raincoat
- Swim suit (with them or worn as clothing every day)
- T-shirt or swim shirt for swimming (snug fit, for sun protection)
- Change of clothes (for after swim—note: some campers prefer to remain in their swimsuit after swimming)
- Towel
- Extra pair of sneakers and socks (in case one gets wet)
- Hat with brim
- Sun block (please apply to exposed areas before arrival)
- Day pack (such as a school backpack)
- Required prescription or over-the-counter medicine (note: all medicine will be turned over to staff except for emergency medicines such as inhaler or epi-pen which the teen will carry with them in their day pack)
- Water bottle (labeled with name)

For Wednesday Campout:

- Sleeping bag
- Pillow and Sleeping pad (optional)
- Flashlight or headlamp with spare batteries
- Bag lunch and drink
Send 1 lunch to be eaten Wednesday. We will provide Wednesday dinner, Thursday breakfast and lunch.
- Toothpaste & toothbrush
- Insect repellent (stick, lotion, or pump spray)
- Water bottle
- Warm clothes for evening/Change of clothes

ARRIVAL AND DEPARTURE TIMES:

Teen X Day Camp begins at 9:00 am and ends at 3:30 pm each day. On Wednesday there is an optional extended day with pick-up at 9:00 PM or sleepover with meals provided. Please be prompt and leave pets at home.

For safety, please stay with your teen until they have been checked in and after they have been signed out at pick-up. Proper behavior is expected at all times. Whoever picks up your teen must be listed on the Parent/Guardian Agreement (even if they are your spouse) and must present a photo driver's license upon pick-up. If your teen will be riding the shuttle, please refer to the Day Camp Shuttle information sheet.

DIRECTIONS:

How do I get to Camp? From I-95, take exit 5B to Route 102 North and travel for approximately 2½ miles. Turn left at the "URI W. Alton Jones Campus" sign onto Brown's Corner Road. Travel approximately 1½ miles following the paved road straight onto the campus continuing past the gray "Office and Information" building and the duck pond. At the "T" in the road turn left and continue to the Environmental Education Center. Drop-off will be directly outside the Environmental Education Center main lodge.

UNIVERSITY OF RHODE ISLAND W. ALTON JONES CAMPUS
TEEN X DAY CAMP HEALTH HISTORY FORM

SEND IN BY JUNE 15

Parent/Guardian: Please **complete both sides** of this form and **send it to camp by June 15** with the Day Camp Confirmation form. If your child requires special treatments, injections, is immune compromised, or has mobility limitations (e.g. crutches or wheelchair), no spleen, food allergies, or dietary restrictions, **you must contact the nurse by phone** at least **two weeks before** the program (401-397-3304 ext. 6043). When you call, state whether the issue is medical or dietary.

Dates of Camp Session(s) _____
Child's Name _____ Age _____ Weight _____
Address _____ Boy Girl
_____ Birth Date _____

Mother's Name _____
Telephone home:(____) _____ work:(____) _____ cell:(____) _____

Father's Name _____
Telephone home:(____) _____ work:(____) _____ cell:(____) _____

Name of another person to be contacted in case of emergency if you cannot be reached: _____ Relation to child: _____
Telephone home:(____) _____ work:(____) _____ cell:(____) _____
Parent/Guardian's Health Insurance Company _____
Policy Number _____

NOTES TO PARENTS:

1. URI provides limited insurance coverage for all campers up to \$3,500.00 per injury. The parent/guardian is responsible for costs beyond this limit.
2. If your child has had or has been exposed to a contagious disease or gets a serious cut, bruise, sprain, break, other injury or skin rash during the week prior to coming to Alton Jones, please contact our nurse by phone.
3. All medications will be stored safely in a centrally located area except Inhalers and Bee Sting Kits/Epi-pens, which may be carried by children at all times. Please include a fanny pack or daypack for campers who must carry these emergency medicines.
4. **All medications** must be properly labeled, correlated with instructions and placed in a ziploc bag.
5. **Prescription Medication:** If your child is bringing medication prescribed by a physician, the medication must be in the original container with the doctor's orders on the container. Medications will be dispensed as specified on the container unless a physician's note is attached indicating a change in dosage. The medication will be dispensed under the supervision of an R.N. or other authorized staff member.
6. An information sheet on ticks and tick-borne illnesses is included in this packet. Please read it carefully.
7. If it is OK to administer Tylenol, Benadryl, or ibuprofen as needed, parents please initial here: _____

If your child is bringing prescription medication please complete the following:

<u>Medication</u>	<u>Dosage/Time</u>	<u>Reason</u>

MEDICAL BACKGROUND

If YES is checked, give **approximate dates, method of treatment, and or restrictions.** If your child is under the care of a Social Worker, Psychologist, Behavioral Therapist etc., please fill in specific information concerning your child's needs.

Bleeding Disorders Yes No _____

Epilepsy Yes No _____

Diabetes Yes No _____

Abscessed Ears Yes No _____

Asthma Yes No _____

Nebulizer? Yes No _____

Allergy Injections Yes No _____

Sleep Walking Yes No _____

Fainting Yes No _____

Kidney Trouble Yes No _____

Heart Trouble Yes No _____

Bed Wetting Yes No _____

Compromised Immune System Yes No _____

Spleen Removed Yes No _____

Emotional Issues Yes No _____

Behavioral Issues Yes No _____

Learning Disability Yes No _____

Requires an Aide at School Yes No _____

Traveled out of U.S. in last 3 mo. Yes No Country(s) _____ Dates _____

Other Yes No _____

Does your child have any allergic reactions to: (Please note reaction)

Bee Stings Yes No _____

Medications Yes No _____

Food or Drink Yes No _____

Other Allergies? Yes No _____

Is child under special treatment? Yes No _____

Any Dietary Restrictions? Yes No _____

Vegetarian? Yes No _____

Any restrictions at school? Yes No _____ **A doctor's note is required.**

Has child had a tetanus booster? Yes No Date: _____

Are immunizations up-to-date? Yes No _____

Bringing **over the counter meds**? Yes No Please complete the following:

Medication	Dosage	Reason

Permission to secure treatment: I give permission to have my child treated by the W. Alton Jones Campus nurse, authorized staff, or a physician in case of severe illness or emergency in which I cannot be reached. In the event that an illness or injury should arise in which a doctor's diagnosis is required, I authorize the campus management to dismiss my child early, in which case I will assume responsibility for arranging transportation. I hereby assume responsibility for all medical expenses for my child not covered by the University of Rhode Island accident insurance policy. (Please note that some hospital emergency rooms require notarization for permission to treat a minor. To promote optimal treatment security for your child, please have this form notarized.)

Parent/Guardian Signature (must sign)

Date

Notary (optional)

Date

UNIVERSITY OF RHODE ISLAND W. ALTON JONES CAMPUS
ENVIRONMENTAL EDUCATION CENTER

TEEN EXPEDITIONS BEHAVIOR AGREEMENT

At Alton Jones Teen Expeditions, we strive to create a caring and supportive community. We want all teens to feel safe, welcomed, and accepted. Following and abiding by the rules and directions ensures a memorable experience for all. Expedition members are expected to respect themselves, others, and the environment. Inappropriate behavior negatively affects everyone and can compromise the safety of the group.

Since the Alton Jones experience passes so quickly, we try to address behavior by setting clear expectations the first day at camp. The Expeditions Coordinator will review the rules with everyone. These include: respect the leaders, respect other program participants, respect the environment, and respect the privacy of sleeping areas, changing areas, and restrooms (no boys in girls' tents, etc. and vice versa). We also do not allow pocket knives, real or toy weapons, alcohol, tobacco products, or recreational drugs. In addition to the rules, each group will create its own charter to allow participants to express their expectations for group behavior. Once the group agrees on the charter each member signs their word that they will abide by it.

If a participant breaks the rules or charter, an expedition leader will speak with the teen to let him know that the behavior is unacceptable. Depending on the behavior, the group as a whole might talk about how breaking the charter affected each member as well as ways to prevent future issues.

If negative behavior continues, if a teen's conduct is deemed unmanageable by the leaders, or if the teen's behavior is believed to be a danger to themselves or others, the teen will be sent home.

Working with a teen individually and with the group is meant to give the teen feedback and opportunities to make better choices. The goal is to change negative behavior in order to prevent a teen from being sent home.

I know that how I act affects the people around me. I have read and understand this behavior agreement. I know that proper behavior is expected of me and that if I act badly I might be sent home. I pledge that I will follow the rules and treat others with respect and dignity.

Camper Signature

Date

I have read and understand this behavior agreement. I understand that proper behavior is expected and that inappropriate behavior could potentially lead to my child being sent home and that no refund will be given. I understand that in addition to not following rules, my child may be sent home if they are acting or talking about acting in a way that is physically or emotionally unsafe to themselves or others. I understand that the W. Alton Jones Campus reserves the right to deny access to children who have been disruptive or sent home due to behavior issues in the past. I have discussed this behavior agreement with my teen and have impressed upon him/her the importance of following the rules and behaving appropriately.

Parent/Guardian Signature

Date

TICKS AND YOUR TEEN

Blacklegged ticks, also known as deer ticks (*Ixodes scapularis*), which can carry Lyme Disease as well as the less common Human Granulocytotropic Anaplasmosis (HGA) and Babesiosis, are prevalent in Rhode Island. Disease carrying ticks have been found in 43 states and are common in many parts of the Northeast. Caution is appropriate for anyone spending time in the outdoors. Here are answers to some commonly asked questions about ticks.

What is the likelihood of my child getting a tick-borne disease at Alton Jones? Spending time outside in natural areas increases the possibility of getting a tick-borne disease. We work diligently to minimize risks and provide maximum protection for each child. We feel it is important to keep parents informed so that if a child displays symptoms, a prompt diagnosis can be made and proper treatment can be given.

What measures are taken to prevent tick bites? At W. Alton Jones we take a proactive approach. We teach children to be aware of ticks and methods of tick-bite prevention. We talk to them about ticks at their first orientation meeting. We teach them how to check themselves for ticks and frequently remind them to do so. We work to keep our trails trimmed and we make every effort to avoid high-tick areas.

What if a tick bites my child? In the event that an embedded tick is found on a child, a trained staff member will promptly remove the tick. It is possible for an infected tick to be embedded for up to 48 hours before transmitting a disease. Prompt tick removal will reduce the likelihood of disease transmission. We call parents of any child who is bitten by a tick so that they can monitor the child for symptoms once they are home.

What are the symptoms of tick-borne diseases? We encourage all parents and children to become familiar with the symptoms since a tick bite can go undetected. If any symptoms occur, contact your doctor and tell them that your child may have been exposed to ticks. Many symptoms are flu-like while tick-borne diseases are most likely to occur outside of the normal flu season.

- **Lyme Disease:** Early symptoms generally appear within a week and include an expanding (often but not always bulls-eye shaped) skin rash that can be, but is not always, near the bite site. The rash occurs in 60% to 80% of all cases, appears 3 days to 1 month after the bite, and confirms a diagnosis of Lyme Disease. Also watch for chills, fever, headache, stiff neck, fatigue, swollen lymph nodes, dizziness and aching joints and muscles. Another possible symptom is swelling and pain in the joints, especially the knees. These symptoms may not seem serious enough to warrant initial concern. Lyme Disease is the most common tick-borne disease and is treatable with antibiotics.
- **Human Granulocytotropic Anaplasmosis (HGA):** Symptoms include fever, headache, malaise, chills, sweating, muscle aches, nausea and vomiting. Symptoms may be severe and it is sometimes initially misdiagnosed as meningitis. This disease is rare but has been increasing in recent years. It is treatable with tetracycline derivative drugs (used with caution since some drugs will permanently stain children's teeth).
- **Babesiosis:** Symptoms are generally mild or go unnoticed and may require no treatment but can be severe in rare cases. Symptoms occur within 1 to 4 weeks and include a gradual onset of malaise, loss of appetite, and fatigue followed within a week or so by fever, drenching sweats, shaking chills, nausea, vomiting, headache, muscle pain, weakness, and depression. This disease is extremely rare particularly in children, however people with impaired immune systems or those who have had their spleen removed are at risk of severe and possibly fatal reactions.

What can parents do to help prevent tick bites? Insect repellents can be sprayed on clothing or skin to help prevent tick bites. Be sure that the label says it is effective against ticks and that it contains 30% or less of the chemical DEET since that is the maximum concentration currently recommended for children. Permethrin is highly effective against ticks but can only be applied to clothing (see: www.insectshield.com). Light colored clothing helps in locating ticks. Keeping ticks off children and removing them before they bite or transmit a disease are the keys to prevention.

Assist us in tick bite prevention by helping your son or daughter thoroughly check themselves for ticks as soon as they return home. Remove any embedded ticks with tweezers. Launder dirty clothing promptly and dry at high temperatures. Know and watch for symptoms of tick-borne diseases.

Please call 401-397-3304 ext. 6043 if you have further questions or if your child contracts a tick-borne disease and you believe it was from attending a program at Alton Jones (we try to keep track of cases). We welcome your comments.

PARENT/GUARDIAN AGREEMENT

Teen X Day Camp SEND IN BY JUNE 15

In order that the W. Alton Jones campus staff may provide each Teen Expeditions participant maximum opportunity for personal growth, I understand that in signing this agreement I certify that my child is healthy and free of problems that could be detrimental to his/her safety or that of other campers while participating in Teen X Day Camp and I have disclosed any possible issues in writing to the camp management or nurse. I have read and I understand the brochure description, the welcome packet information, the packing information, and the trip descriptions in the brochure and online at www.altonjonescamp.org.

In the event that my child's behavior is felt to be unsafe or unmanageable, or if an illness or injury should arise in which a doctor's diagnosis is required, I authorize the program management to dismiss my child early, in which case I will assume responsibility for transporting my child from the W. Alton Jones Campus or another location convenient to the expedition route, at a time specified by the program management. If I am not available, I authorize the people listed (see below) to pick up my child.

I grant permission for the minor named on this form to participate in off-campus trips both in RI and out of state by camp-authorized transportation (primarily 12 or 15-passenger vans). I grant this same participant permission to participate in all planned activities dictated by the program my child is attending including, but not limited to swimming, canoeing, kayaking, water slide, rockclimbing, rappelling, use of low-ropes challenge courses, hiking, sailing, tree climbing, or surfing. I understand that the Teen Expeditions program activities by nature will expose my child to potential dangers both from known risks and from unanticipated risks. I further understand that at times my child may be away from the safety net of civilization, more than an hour from a local hospital, and that the potential exists for my child to be exposed to severe and dangerous weather, wild animals, ticks, biting and stinging insects, people who are not program participants, loss or separation from the group, forest fires, and harmful falls, among other things. I realize that, while at least one teen expedition leader on each trip will carry a cellular phone, some of the areas that my child will visit may be out of range of cellular signals. I recognize that the W. Alton Jones Camp reserves the right to change plans if circumstances dictate. I also understand that if the health or safety of other campers or staff or suspicion of theft indicates the need, campers may be required to inventory their belongings in the presence of staff members. The W. Alton Jones Campus is not responsible for lost or stolen items.

I authorize the University of Rhode Island to have and use without charge photographs, recordings, and computer images of the camper named on this form as may be needed for its records or for public relations purposes. It is my understanding that the University of Rhode Island provides limited accident insurance coverage for all Teen Expeditions participants up to \$5000.00 maximum per injury. I understand that in signing this agreement, I hereby assume responsibility for all medical expenses for my son/daughter not covered by the University of Rhode Island accident insurance policy.

I understand that a photo driver's license (or equivalent photo ID) is required to pick up my child. In an emergency when I cannot be reached, or if I (the person signing this form) cannot pick up my child at the end of camp, I authorize the following people to sign out my child upon presentation of a photo ID.

✓ Check all that apply:

- I plan to send my child on the shuttle bus from Kingston W. Warwick/E.G. E. Providence Cranston
 Every day **Mornings:** Monday Tuesday Wednesday Thursday Friday
both AM & PM **Afternoons:** Monday Tuesday Wednesday Thursday Friday

Camper's Name (please print) _____

Spouses and ex-spouses must be listed if you would like them to be able to pick up your child.

Name _____ Relation to Child _____
Telephone home:(_____) _____ work:(_____) _____ cell:(_____) _____

Name _____ Relation to Child _____
Telephone home:(_____) _____ work:(_____) _____ cell:(_____) _____

Parent Guardian Signature: _____ Date _____
Telephone home:(_____) _____ work:(_____) _____ cell:(_____) _____

Print Name: _____

**UNIVERSITY OF RHODE ISLAND W. ALTON JONES CAMPUS
ENVIRONMENTAL EDUCATION CENTER**

DAY CAMP SHUTTLE BUS SERVICE

Thank you for choosing to use the shuttle service to and from Day Camp. To reserve shuttle space, you must pre-register. Safety is our primary objective. Please carefully read over the following information and review key points with your child.

1. Plan to arrive at the pick-up site 10 minutes early. Watch for the shuttle, which is a yellow school bus.
2. Let your child know if he/she is to take the shuttle home.
3. Whoever picks up your child must be listed on the Parent/Guardian Agreement (even if they are your spouse) and must present a photo driver's license upon pick-up.
4. For safety purposes, since the pick-up sites are in parking lots, please have your children remain in your car until the shuttle arrives and then escort them to the bus. In the afternoon, the children will remain on the shuttle and will be dismissed one at a time as parents sign them out. Please escort them safely to your car.
5. While on the bus proper behavior is required. Children must remain in their seats and keep noise to a minimum.
6. If there is no one present to pick up a child, or if the pick-up person cannot produce an acceptable photo ID, the bus cannot wait. The child will be taken to the last stop where the staff will wait with the child for pick up.

KINGSTON/EAST GREENWICH-WEST WARWICK SHUTTLE:

Kingston Pick-up/Drop-off Location: University of Rhode Island Athletic Complex/Ryan Center south side parking lot off Route 138 (at the intersection of Keaney Road and Kingstown Road/Route 138). Look for the shuttle close to Route 138.

East Greenwich/West Warwick Pick-up/Drop-off Location: In the parking lot of Cardi's Furniture Superstore 1681 Quaker Lane, W. Warwick (Route 2 north of exit 8 on Route 95). Take Route 95 to exit 8 (Route 2 North), turn left at the lights into Cardi's, turn left as you enter the parking lot. The bus will meet in the side of the parking lot closest to Route 2.

7:50 AM Leave Kingston

8:25 AM Leave E. Greenwich/W. Warwick

9:00 AM Arrive at W. Alton Jones

3:30 PM Leave W. Alton Jones

4:00 PM Arrive E. Greenwich/W. Warwick

4:40 PM Arrive Kingston

EAST PROVIDENCE/CRANSTON SHUTTLE:

East Providence Pick-up/Drop-off location: East Providence High School, 2000 Pawtucket Avenue. From I-195 East take Exit 8/From I-195 West take Exit 3 for Route 6. Turn right onto Route 6 West/Warren Avenue. Take first right onto Pawtucket Avenue. East Providence High School will be on the right.

Cranston Pick-up/Drop-off location: Garden City Office Max, 200 Hillside Road. Take Route 95 to Route 37W (Exit 14). Take first exit (Pontiac Avenue). Turn right onto Pontiac Avenue. Turn left at the first set of lights onto Sockanosset Crossroads. Turn right at Hillside Road and into Office Max parking lot. Meet shuttle on left side of Office Max near the large stonewall.

7:50 AM Leave East Providence

8:15 AM Leave Cranston

9:00 AM Arrive at W. Alton Jones

3:30 PM Leave W. Alton Jones

4:00 PM Arrive Cranston

4:40 PM Arrive East Providence

Directions to the W. Alton Jones Campus

Take Exit 5B off Route 95 from the North or South. Follow Route 102 North for 2 ½ miles. Turn left at the W. Alton Jones Campus sign onto Brown's Corner Road. Travel straight on the paved road for approximately 1½ miles. Turn right at the "T" for Woodvale Farm and Eco-Zone. Woodvale Farm parking is on the left. For the *Eco-zone* Ecology Day Camp, continue ½ mile down the hill. The Nettie Marie Jones Nature Preserve is on the right. Turn Left at the "T" for Teen X Day Camp and follow signs to the Environmental Education Center. Meet outside the Main Lodge.