



## Community Youth Sailing Program

### Parents' Guide to Camp

*Welcome to sailing camp!* We're excited to share our love of sailing with you this summer. Please read through the Parents' Guide to Sailing Camp, check out our FAQ page, and download Medication Forms and other information on our website at:

<https://www.squamlakes.org/summer-youth-programs/cysp>

**Mission:** The Community Youth Sailing Program (CYSP) is designed to deepen children's connection to the lake through the sport of sailing. Campers will learn the fundamentals of sailing, explore the lake, strengthen their leadership skills inherently through the sport of sailing, and construct relationships with other campers and instructors through teamwork, positivity, and a mutual passion for enjoying and maintaining Squam Lake.

The Squam Lakes Association is located at 534 US Route 3, Holderness, NH. Sailing camp is held both outdoors on our beautiful property, on Squam Lake, and in the Fisher Family Barn dependent on the activity and the weather. The Squam Lakes Association office is open Monday-Friday 9:00am-5pm: during this time you can contact our Director of Education, Leigh Ann Reynolds, by phone, email, or stopping by the office.

**Leigh Ann's Contact Information:**

Phone: 603-968-7336 x17

Email: [leighannreynolds@squamlakes.org](mailto:leighannreynolds@squamlakes.org)

#### **Day to Day**

Campers sail and explore the lake on a daily basis. Campers are expected to participate meaningfully in classroom time, on the water activities and stewardship projects. Every week, campers will take part in age appropriate activities, stories, and games along with the occasional opportunity for camp-wide games and activities. Schedules will be available at the beginning of each week and you can pick one up on Mondays.

**What to Wear:**

- Comfortable clothing that can get dirty and wet with swim suit underneath.
- Closed-toe shoes (water shoes or an old pair of sneakers work well!).
- Hat that protects the face, sunglasses (attaching the arms of the glasses together so they stay on the campers head easily!), or both.
- Optional: Lifejacket (campers can bring their own U.S Coast Guard approved lifejacket if they so desire, our instructors will inspect them before used out on the water).

**What to Bring Every Day:**

- Sunscreen (campers will apply sunscreen in the morning and if they are staying for the full day, they will apply sunscreen again at lunch).
- Extra set of clothing (Required for full day and optional for half day)
- Closed-toe shoes (water shoes or an old pair of sneakers work well!).
- Bathing Suit and Towel
- Rain gear
- Warm Layer
- Water bottle(s) – we often are not able to refill water during the day, so bring what you'll need (2 liters is generally enough) (preferably a water bottle that you can tie securely to your boat)
- Healthy snacks (fruit, granola bars, trail mix)
- Lunch– send a hearty, non-perishable lunch with your camper each day; keep in mind that we DO NOT provide refrigeration. We encourage trash-free lunches to promote environmental stewardship. Recycling and composting are available. (Only for Full Day Weeks)
- Bag– for day to day needs you will need a bag to carry the above listed items.

**What to Leave at Home:**

- ✓ Anything breakable or valuable
- ✓ All electronics
- ✓ Gum or excessive candy (a piece or two in the lunch is fine; a bag becomes a problem)
- ✓ Cell phones are not permitted during camp hours

**Inclement Weather:** Camp is outdoors unless there is severe weather. On rainy days, please prepare your camper for outdoor exploration. Be sure to pack a rain jacket, extra shoes and clothes. If there is thunder and/or lightning storms we move campers to a safe location and follow our lightning protocol.

## Lightning Protocol

(Adapted from the National Lightning Safety Institute)

To prevent a lightning emergency:

1. Check the weather and radar frequently.
2. Do not go on the lake if a storm is nearby.
3. Wait 30 minutes after you hear the last thunder before heading back out.

In the event that you are caught out during lightning,

1. If you are on the lake, GET OFF THE LAKE, and find a small stand of evenly sized trees to take shelter.
2. If you are near an SLA building, GO INSIDE.
3. If you are on a trail, DESCEND and find a stand of small even trees to take shelter.
4. Once in a stand of small trees, spread the group out slightly and place leaders on either side of the group.
5. If there is a strike, be prepared to give CPR.

Places & things to avoid during lightning:

1. Summits of mountain or hills
2. Water
3. Being the tallest (or being near the tallest) object in a field
4. Small caves or overhangs
5. Shorelines
6. Open Spaces
7. Metallic Objects
8. Close contact with others-spread out 15-20 ft. apart
9. Contact with dissimilar objects (water & land; boat & land; rock & ground; tree & ground)

**Labeling:** All personal items need to be labeled including backpacks, water bottles, lunches and clothes. The Squam Lakes Association is not responsible for any lost/stolen personal items. The Lost and Found basket will be out during pick up on Fridays and then moved to SLA Headquarters. After one month in Lost and Found, items will be donated to a local charity.

**Drop Off and Pick Up:** Morning Drop off is at 8:30am in our Fisher Family Barn. Parking is in the field – walk over the bridge to the barn. Please DO NOT park in front of the barn or along Route 3 as this is too dangerous for our campers with the high rate of speed on the road. See the schedule for times as they vary from week to week.

**Late Pick Up:** Campers arriving or being picked up late places undue stress on our program and staff. A fee of \$10 will be charged to parents for campers not picked up by scheduled time, payable on the following day upon arrival.

**First Day of Camp:** Please be prepared to show ID and stay a few minutes to meet with the instructors on the first day of each session. You or a designated person is required to sign your child in and out with one of the instructors daily.

**Pick Up Protection:** For your child's safety, only the individual(s) designated on the registration form can pick up your child and for the first pick-up they will need to show their ID. The person that completed the health form is the only one who can add or delete individuals with pick-up authority.

**Waste-Free Lunches:** Much of the trash we generate comes from the packaging on the food we buy, and lunch foods are no exception. We highly encourage the use of reusable food containers, drink containers, utensils, and napkins. We discourage the use of disposable packaging, such as prepackaged foods, plastic bags, juice boxes and pouches, paper napkins, and disposable utensils. We provide recycling and composting. For ideas for waste-free lunches, visit: <http://www.wastefreelunches.org/parents.html>.

**Tick Checks:** The staff will remind campers to check for ticks throughout the day. It is also very important that you check your camper at home thoroughly after each camp day.

**Allergies:** Please make a point to inform our instructors of any allergies that your child may have on the first day of camp.

**Medications:** Children who must take medications while at camp must be able to take their own medications under the supervision of our instructors. Our instructors are not allowed to administer medicines. We must have parent authorization for over the counter medicines and a physician's authorization for prescription medications. Please fill out all necessary information pertaining to this information in the Medical and Legal forms packet as well as speak to one of our instructors.

# **CYSP Sailing Camp**

## **Frequently Asked Questions**

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### **What do I need to pack for my child?**

- Please pack the following: water bottle; sunscreen; waste-free, filling lunch & snacks; swimsuit and towel; sturdy closed-toe shoes for running around; water shoes; change of clothes; rain gear; a backpack in which to store your campers' items

### **Where do I park and drop my child off for camp?**

- Please park in the main parking area – the field located to your right as you pull into the Squam Lakes Association parking lot. From there look for the Barn Event / Youth Programs sign that will lead you to the bridge that accesses the Fisher Family Barn. Please do not park alongside Route 3 or in front of the Barn. The traffic can be heavy at times on the road creating an unsafe location for drop-off and pick-ups.

### **Do you serve food at camp?**

- You will need to provide lunch and snacks for each day that your camper attends the full day mixed boat weeks. For half-day camps pack your camper a healthy snack. If you have any food allergies please note that on the medical forms and make sure to communicate that with your child's Sailing Instructor on the first day of camp.

### **Can CYSP staff administer medications?**

- No. Children who must take medications while at camp must be able to take their own medications under the supervision of CYSP staff. CYSP staff is not allowed to administer medicines. We must have parent authorization for over the counter medicines and a physician's authorization for prescription medications. Please fill out all necessary information pertaining to this in the Medical and Legal forms packet.

### **My child has special needs. Can they attend camp?**

- If your child is able to participate in normal daily activities and are able to swim, they are welcome to join us. However, we are unable to provide one-on-one assistance in our camp programs. Please give us as much information as possible to allow camp staff to most appropriately assist your camper.

### **I need someone to pick up my camper who is not on the authorization list. What do I do?**

- Email the Director of Education and the Head Sailing Instructor. You may also drop off a note with the written information on it with a provided signature. We must have the name of the person picking up your child in writing and we will check their ID at pick-up.

### **Do you offer a scholarship for my child to attend camp?**

- Each Squam Lakes Watershed school is offered three scholarships that are awarded to deserving students who could benefit from a week of summer fun. The watershed schools include: Ashland, Holderness, Inter-lakes, Moultonborough, Sandwich, and Plymouth. The MJ LaFoley Foundation generously donates one JSLA scholarship to a child from each school who exemplifies outstanding humanitarian qualities. Follow this link, <https://www.mjfoundation.org/>, to learn more about the MJ LaFoley Foundation. The SLA offers one JSLA and one CYSP scholarship to a child from each school who demonstrates good citizenship. If you are a NH resident and your child does not attend one of these schools there is a separate application process. For more information contact our Director of Education, Leigh Ann Reynolds, at [leighannreynolds@squam lakes.org](mailto:leighannreynolds@squam lakes.org).

### **How do you group kids together at camp?**

- Each camp group is arranged by age and sailing experience. Optimist 1 is for children ages 7-10 who have never sailed before or have only one year of prior experience; Optimist 2 is for children ages 7-10 with at least one year of prior sailing experience; Club Junior 1 is for ages 11-14 who are new to sailing or new to the CJ class; Club Junior 2 is for ages 11-14 with plenty of prior sailing experience; Full Day Mixed Boat class is open to ages 8-14 regardless of sailing ability. Our Instructor in Training (IIT) program is designed for older sailors ages 15-17 with plenty of prior experience who want to gain confidence teaching others. Each program has between 6-10 campers per group with two leaders and one IIT. There are times when our camp program groups overlap for all camp activities but most of the time each respective age group has their own schedule of activities. Please note that at times of low enrollment our groups may be combined in an effort to help with group dynamics and logistics.

### **What if my child gets hurt?**

- If your child sustains a minor injury – they will be given the medical attention allowing for them to comfortably finish the day (band-aid, cold pack, etc). You will be informed at pick-up that they had a minor injury and we will keep it on record. In the unfortunate event that your child needs serious medical attention – you will be called, if you cannot be reached the next emergency contact will be called. We will continue to call the numbers you listed on your form until we reach someone we can speak to. We typically use Speare Memorial Hospital in Plymouth. Dependent on your location, the time and the type of injury we will either ask you to pick up your child; meet the ambulance or meet us at the hospital. You will be contacted by the Director of Education, Leigh Ann Reynolds.

### **I have ideas on how to make camp better...how do I share them?**

- We value your opinion! We strive to make every day at camp a meaningful and enriching experience for all. You will find a link to an online web-form to fill out on our website at: <https://www.squam lakes.org/summer-youth-programs/cysp>. We will also have a hard copy hand out on Fridays at the end of camp.