

JSLA Day Camp

Frequently Asked Questions

What do I need to pack for my child?

- Please pack the following: extra mask, change of clothes, 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 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. Stay in your car and a staff member will come by to check your camper in and direct them to their camp group.

Do you serve food at camp?

- You will need to provide lunch and snacks for each day that your camper attends camp.

My Child has a remote drop-off and pick-up scheduled – how will I know where to go?

- On the first day of camp you will be given a detailed handout with the weekly schedule on it including directions.

Can JSLA staff administer medications?

- No. Children who must take medications while at camp must be able to take their own medications under the supervision of JSLA staff. JSLA 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, 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. You may also drop off a note with the written information on it. 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 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 also offers one JSLA 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 lreynolds@squamlakes.org.

What is SLA's lightning protocol?

Lightning Protocol

(Adapted from the National Lightning Safety Institute)

To prevent a lightning emergency:

1. Check the weather frequently.
2. Do not summit if a storm is nearby.
3. Do not go on the lake if a storm is nearby.
4. Do not camp on a ridgeline.
5. 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 the SLA, GO INSIDE your designated indoor space.
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)

How do you group kids together at camp?

- Each camp group is arranged by age. Discovery is for children entering grades 3 and 4; Explorer is for children entering grades 5 and 6; and Expedition is for children entering grades 7, 8 and 9. Our Leader in Training (LIT) program is for youth entering grades 10, 11

and 12. Each program has about ten kids per group with two leaders and one LIT. 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. 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.

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.squamlakes.org/summer-youth-programs/jsla>. We will also have a hard copy hand out on Fridays at the end of camp.