Dear Campers and Parents,

Welcome to summer camp at the Wheaton Park District’s Lincoln Marsh Natural Area! As the start of camp for your child draws near, the Lincoln Marsh staff is busy making final plans for your child’s session at camp. We have planned a very exciting summer and look forward to welcoming your child back to camp or to meeting him or her for the first time.

All the information you need prior to the start of camp is in this manual. Please take the time to read this information over carefully. This helps minimize some of the confusion the first day of camp.

Our goals for Team Adventure Camps are that our campers connect with others, grow in appreciation for our natural world, and experience fun outdoor adventure activities.

There will be several forms and waivers that you will need to complete. A packet of forms and waivers will be emailed to you along with the parent manual or can be downloaded from wheatonparkdistrict.com. Each camp will have a specific packet including a forms checklist and weekly camp schedule. All forms and waivers must be completed and turned into your camp counselor on the first day of camp.

We hope that this information is helpful to you. Please feel free to let us know if you have questions. We are looking forward to a great summer!

Sincerely,
Lincoln Marsh Natural Area
Summer Camp Staff

Lincoln Marsh Natural Area Staff
Mike Kelly, Challenge Course Supervisor
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Where is my camp located?
Camps are located at the Lincoln Marsh Natural Area. All Team Adventure Camps will meet at the east entrance of the Lincoln Marsh at 1000 W. Lincoln Avenue, near the Lincoln Marsh Natural Area sign. We encourage those who are not familiar with the area to find Lincoln Marsh before the first day of camp.

What is the camp phone number for my child’s camp?
630.234.9351

Please do not call for your camper at camp unless there is an emergency or if you have questions for the camp director.

What are the camp hours?
Adventure Edge
M-F | 9A-12P

Adventure Edge 2
M-F | 9A-12P

Short Cut
T-Th | 9A-12P

Junior Adventurers
M-F | 9A-12P
What are the arrival procedures at camp?
- Check in with the camp director each day. There is a sign-in/out form that you are required to initial each time you drop your child off at camp. On the first day of camp, the director reviews your camper’s forms and makes sure that everything is filled out correctly.
- Staff uses the time before camp begins to prep for the day’s activities; therefore, campers should not arrive more than 5 minutes (10 minutes on the first day) prior to start time.
- If a camper has not shown up for camp and you have not called the director, he/she will call your home number to make sure your child will not be at camp.

Forms that need to be turned in on the first day
There will be several forms and waivers that you will need to complete. A packet of forms and waivers will be emailed to you along with the parent manual or can be downloaded from wheatonparkdistrict.com. Each camp will have a specific packet including a forms checklist and weekly camp schedule. All forms and waivers must be completed and turned in to your camp counselor on the first day of camp.

What is the Health History and Emergency Form used for?
Please fill out the Health History and Emergency Form (front & back) that is included in your forms packet. When filling in phone numbers please include cell phones for all contacts. Please return this form on the first day of camp. If your camper does not return the form, he/she will not be allowed to participate in camp. Please note any allergies, existing medical conditions, and who is picking your child up at camp. Camp staff carries these forms with them at all times.

If you have a camper who needs to have medicine available at camp, please contact the Lincoln Marsh office at 630.871.2810 or you can download the Medicine Dispensing form at wheatonparkdistrict.com. This form must be filled out and accompany any medication in its original container.

What are the dismissal procedures from camp?
- Campers are only released to their parents, guardians or another adult who has been listed on their Health History and Emergency Form.
- Campers should be picked up where they were dropped off. Check in with the camp director when picking up your child and initial the sign-in/out form.
- There is a $1 a minute late charge, payable immediately for children left past the end of their camp day. If you are running late, please call the camp phone or the Lincoln Marsh Natural Area office.

Where can I park?
The east entrance to Lincoln Marsh is located in a residential area. Please be considerate of our neighbors and drive slowly and cautiously on the streets. You may park in the last row of the Church of the Resurrection parking lot next to the east entrance to Lincoln Marsh. The parking lot can be a high traffic area with patrons and cars during camp arrival/dismissal so please continue to drive cautiously through the parking lot.

What if my camper will be absent?
As a courtesy, please call us if your camper will miss a day of camp due to illness, vacation, appointment, etc. We won’t wait if we know you won’t be there. If you know ahead of time that your child will not be at camp, please give the director a written note with the dates that your child won’t be at camp.

Will camp take place if it is raining or severe weather?
Lincoln Marsh staff monitors weather conditions during camp. If sprinkles or light rain are expected, wear a raincoat. If heavy storms are forecast and conditions are threatening, camp is held at Sandburg Elementary School on Jewell Rd. If the weather clears, campers may walk back to Lincoln Marsh. If weather is questionable or the forecast calls for camp to be cancelled or moved, check the RainOut Line for updates. The Lincoln Marsh office, which is located onsite (about a 5 minute walk) may be used as a shelter if severe weather conditions develop after camp has begun. You will receive a phone call notifying you where to pick up your child if it will be at a different location than where you dropped off.
How will I know what is happening each day at camp?
The weekly schedule is included in your forms packet. While we strive to stick to the schedule, flexibility is necessary. Activities may be adjusted due to weather and other circumstances.

What about lunch and/or snacks?
All campers should bring a snack and a water bottle in a backpack each day. Those campers attending Adventure Edge 2 should bring a lunch in addition to a snack and water bottle. All items brought to camp including backpacks, water bottles, lunch boxes, etc. should be labeled with the camper’s name. Please remember to pack an ice pack in your child’s lunch/snack to keep things cool if necessary. We do not refrigerate lunches at camp.

“Green” snacks/lunches:
The park district’s environmental policies promote recycling and reducing solid waste. For this reason, we ask that your camper bring a no waste lunch/snack each day. If there is leftover packaging or wrapping, your camper may bring it home.

To help you know how a waste-free lunch/snack can be packed, please read the guidelines below. Thank you for your efforts to go green!

Waste-Free Tips
• canvas lunch bag/plastic or metal lunch box
• cloth napkins or washcloth
• refillable drink container
• metal silverware or reusable plastic utensils
• small servings put in Rubbermaid/Tupperware or similar container

Are there kids with allergies at camp?
Yes. The Wheaton Park District requests the cooperation of parents with children in our programs to partner with us in promoting a safe environment for children with allergies. The district will attempt to accommodate each program participant who has such an allergy within each camp. Please refer to the park district’s camps page at wheatonparkdistrict.com/programs/camps/camp-forms/ to review the agency’s allergy guidelines. While the Wheaton Park District is committed to monitoring foods and responsibly limiting potential food allergens, the District cannot guarantee a 100% nut-free or allergen-free environment.

Health Requirements
For each camper’s protection, the following health regulations are required:
• Camp staff has the authority to refuse any camper who shows signs of illness. In such cases, the camp staff’s judgment is final. It is the parent’s responsibility to verify that their camper’s daily health is adequate for his/her participation in the program before bringing him/her to camp. A camper who shows signs of illness should be kept home for his/her own good as well as for the protection of other campers.
• If a camper becomes ill or injured at camp, the parent is notified promptly. Staff follows directions stated on the Health History and Emergency Form concerning your physician and others who are to be notified if a parent or guardian is unavailable.
• If your camper is exposed to a communicable disease, you must notify us immediately so that incubation dates can be verified and/or health of all campers concerned can be protected.

Please do not send your camper if they display any of the symptoms below, as they may indicate a real illness.
• Temperature above 99 F in the morning.
• Diarrhea, where more than one abnormally loose stool has occurred in the last 24 hours.
• Vomiting anytime after 6 pm the preceding evening.
• Severe coughing where the child gets red or blue in the face or the child makes a high-pitched croupy or whooping sound after he or she coughs.
• Difficult or rapid breathing.
• Yellowish skin or eyes.
• Pink eye (conjunctivitis), evidenced by tears, redness or eyelid lining and irritation, followed by swelling and discharge of pus.
• Infected skin patches that are crusty, bright yellow, dry or gummy.
• Any contagious disease, like chicken pox, measles, mumps, mono, etc.
• If an antibiotic has been given for an ear infection or sore throat, wait 24 hours before sending a child back to camp.
• Severe itching of the body or scalp could indicate the presence of lice.
• Severe sore throat or trouble swallowing.
• Constant runny nose.

When validated, keeping children from camp when sick prevents the spreading of disease, so that all kids in the camp are healthier and miss fewer days.

How should my camper dress for camp and what should they bring?
Ready to play! Campers should wear clothes that they can get dirty or stained. Old clothes and sneakers are strongly recommended. Campers should also dress for the weather. **Campers are responsible for their own belongings; please label everything.**

- Backpack (to carry belongings)
- Water bottle
- Sunscreen and **bug spray** (please apply before you get to camp)
- Gym shoes. **No open toed shoes, including but not limited to sandals and Crocs.** These create a tripping hazard and do not protect feet from being harmed when stepped on.
- When it is **cold** add layers. Remember it is always easier to take off layers than to not have enough.
- When it is **hot** wear light colored clothing, black shirts absorb heat/sunlight.
- Hat and sunglasses
- Wet Ones or moist paper towels for clean up. There is no running water in our restroom.

What should my camper **not** bring to camp?
- Pets of any kind
- Cell phones (unless turned off and stored in backpack)
- Electronic games
- Any clothing with inappropriate sayings or pictures
- Personal items that can be lost

What about mosquitoes?
We want to remind you that mosquitoes make their presence known at Lincoln Marsh. These tiny buzzing blood suckers can make camp miserable if your child is not adequately protected. The simplest way to make sure that your child has an enjoyable experience is to dress them in long, lightweight pants and apply insect repellent prior to your arrival. **We will not provide insect repellent to campers. If a camper wishes to bring insect repellent, he/she is responsible for carrying it. Camp staff can help campers re-apply insect repellent during camp. The repellent must be spray-on and be clearly labeled with the camper’s name. We highly recommend applying insect repellent before you get to camp.**

Is there a lost and found at camp?
Yes, items left behind at camp are stored by the camp director or at the Lincoln Marsh office. Call the camp phone or the Lincoln Marsh office to inquire about any missing items. At the end of the summer all remaining articles are donated to charity.

What happens if my camper misbehaves at camp?
Misbehavior at camp is not tolerated. Persistent problems can harm the safety of other participants or ruin the short camp experience. Campers are given verbal warnings before parents are contacted. When parents are contacted, a conduct report is filled out and signed by all persons involved. If the problem persists, the camper is expelled from the camp. **No refund is given.**

Will my camper receive a camp T-shirt?
Yes. Campers receive and tie-dye a Lincoln Marsh T-shirt during camp.