



Finger Lakes (FLX) Adventure Camp at Paddle-N-More

Located at Myers Park, 1 Lansing Park Road, Lansing, NY 14882

Welcome Parents and Guardians! Thank you for considering FLX Adventure Camp at Paddle-N-More!

Our program is designed to help your child gain a fuller appreciation, curiosity and respect for aquatic activities, while having fun adventures. They will have opportunities to build skills under the instruction of certified instructors in kayaking, canoeing, standup paddleboarding, windsurfing, and sailing.

Below are some guidelines to help ensure a safe and rewarding experience for everyone. Please read them carefully as a lot of this information will answer many of your questions.

Camper Drop-Off

Camper drop-off will be at Myers Park in Lansing, NY at Paddle-N-More (the main pavilion in the park where the restrooms are located).

Drop off time is between 8:45 and 9:00 am, camp starts promptly at 9:00 am so please do not be late. Our water-sports activities **require us preparing** the campers to be on the water. If you will be late, please make sure to **notify us ahead of time**. We do offer before and after care.

The following are guidelines to follow during drop-off:

- Park your car and **escort** your child or children to a camp counselor to confirm arrival on our attendance sheet (you must sign our attendance sheet)
- Do not block traffic, please use the parking spaces to drop off your child. Do not park in the parking spaces reserved for individuals with disabilities.

Camper Pick-up

- Please pick up your child promptly at the end of camp (4:00 pm).
- Park in the designated parking lot and be sure to sign your child out with a camp counselor.
- Anyone authorized to pick up your child from camp, including yourself, must present a photo ID (i.e. driver's license) for release of your child. Once we get to know you, of course this will not always be necessary.
- **Please do not pick up a child early without notifying staff.** We are on the water and cannot always accommodate early pickup time due to being away from shore.
- Tardy pick-up will be charged \$10 per 10 minutes after a one-time warning.

Personal Items

- All personal items brought to the program are your child's responsibility and **must be labeled**.
- Sunscreen and insect repellent will not be provided by our camp staff.
- Staff will encourage safe and proper application.
- Leave all electronics, valuables, and pocketknives at home. **This means phones and apple watches.** If this is an issue please speak to us personally.



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Lunch and Snack

- Your child should bring a sack lunch each day with healthy food. *Note: refrigerated lunch storage is not available – do not send perishable food items.*
- Lunches should **avoid single-use plastics** such as plastic bags, utensils, straws, and single-use water bottles. We suggest Tupperware or similar and metal utensils from home.
- Lunch will be around noon each day.
- A mid-morning and mid-afternoon snack and water break is scheduled as well, please provide a quick snack for your child to eat at this time.
- Please send your child with a **reusable water bottle** to stay hydrated throughout the day. Bottled water and other beverages in single-use plastic bottles are highly discouraged, as are drink-boxes and pouches with plastic straws.

Attire

This is an active water-sports camp. Your child will get wet and dirty! Please send your child in appropriate clothing and footwear. Children will be in or on the water the majority of the day, please send them with an appropriate swimsuit. Please refrain from sending two-piece suits. They are often not designed for the types of activity and should be worn with caution. We highly recommend board shorts as all activities are highly active.

While rash guards or swim shirt are not required, **they are highly recommended**. Life vests or personal flotation devices (PFDs) will always be worn and can cause chafing. This layer of protection is a good idea. Long sleeve sun shirts are excellent for protection from the sun as well!

Please send with your child each day with:

- Backpack
- **Environmentally Safe** sunscreen!
- Swimsuit (1-pieces recommended)
- Board shorts
- Long sleeve sun shirt
- **Sweatshirt** for warmth
- Towel
- Close toed water shoes – flipflops are not recommended
- Sunhat or visor

Optional Equipment:

- Wetsuit (especially early in the summer with chilly water and air temps-you can purchase a wetsuit at [Instant Replay](#) in Ithaca)
- Rash guard or swim shirt
- Board shorts
- Personal Life Vest - must be approved by the Coast Guard

All items must be marked with your child's name. Paddle-N-More's Summer Camps are not responsible for lost or stolen items. Found items will be held at paddle-shop until the end of September, and then donated to campers who need proper clothing.



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Weather

- **Camp will not be cancelled due to rain.** Rain gear is a must on rainy days, as activities will continue as planned.
- In hot weather, children take regular water breaks and activities are less active, held under pavilions or in shady areas as much as possible.
- Camp will either be moved or cancelled in the event of severe weather (thunder and lightning).
- Note: it is very rare to cancel camp during severe weather. We typically take cover during storms in the Rental Shop.
- Camp staff will call parents immediately in the event of severe weather. If parents cannot be reached, we will begin contacting Emergency Contacts as listed on the form.

Essential Eligibility Criteria

To participate in Camps, campers must be able to by themselves:

- Self-medicate with prompt from a camp counselor.
- Swim and feel comfortable in deeper water.
- Independently take care of personal needs, such as bathroom.
- Exhibit appropriate group behavior (doesn't disrupt the flow of teaching/learning) with minimal verbal prompts (no more than two prompts per hour).
- If child needs a personal aide, personal aides must be over 18 years of age with two years of college or 1 year of personal aide experience.

Code of conduct

Children are expected to display **appropriate behavior** at all times. To assure the maximum enjoyment of the program by all participants, please review following guidelines with your child. Your child is expected to:

- Show respect to all participants, staff, gear, and the natural environment.
- Be pleasant to others and refrain from using foul language.
- Refrain from causing harm to self, other participants, and staff.
- Use equipment, supplies, and facilities properly.
- Always wear shoes.
- Stay with the group.

If behavior problems arise, parents/guardians will be contacted that day to discuss the nature of the problem.

The following disciplinary techniques will be used for uncooperative children:

- Verbal warning
- Time out: the child is removed from the activity (but not from the vicinity) for the duration of up to 20 minutes.
- Parent involvement: if the child has difficulty controlling themselves, the parent will be contacted to handle the situation.
- Removal from the program: if problems persist or the behavior is severe such as causing intentional harm to others or the environment, or consistent disruptions of camp activities, the child will be removed from the program for the day or the rest of the week without refund.



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Medical Issues

- You or your emergency contact need to be available to pick up your child from camp in the event of a medical emergency. These include: Camper illness or Severe injury.
- You will be notified in the event of any injury IF so requested on the Contact and Health Form.
- All camp staff are First Aid and CPR-trained and will take whatever emergency medical measures are deemed necessary for the protection and safety of the camper. This may include transportation by ambulance to the nearest medical treatment facility.

Medications

- If your child has special needs for medication during the day or is on a drug holiday, please make those needs clear on the health section of the registration form.
- Children are expected to bring whatever medical supplies or medications they will need each day and turn it in to staff, along with written instructions. Staff will be happy to remind them to take medication if we are notified in writing about their schedule.
- If your child has a strong allergy to bee stings or other conditions that require the use of an epi-pen, a staff member trained to provide assistance will do so.

Communicable Diseases

Campers (including their siblings) with an infectious illness (H1N1, pink eye, hand, foot, and Mouth disease, etc.) must be removed from camp immediately for the safety of the other campers.



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Please read the following permission and release form and sign where appropriate. Please contact Jennifer Wells at jennifer@paddle-n-more.com if there are any concerns or arrangements for other transportation need to be made prior to camp starting.

Please bring this signed form to the first day of camp.

Finger Lakes Adventure Camp at Paddle-N-More participants and campers will on occasion travel to offsite locations for activities this summer. Please read and sign the statements below.

I, _____, (give) / (do not give) permission to the Finger Lakes Adventure Camp at Paddle-N-More permission to transport my child(ren) _____ to and from offsite activity areas such as the Taughannock Falls State Park using specialized watercraft, including sailboats, kayaks, canoes, standup paddle boards and motorboats.

If you do not give permission for the Finger Lakes Adventure Camp at Paddle-N-More to transport your child, please make arrangements for transportation and communicate those arrangements to Camp Director or Assistant Camp Director before the start of camp.

Photographic Release

I, _____, (give) / (do not give) permission to the Finger Lakes Adventure Camp at Paddle-N-More program to use photos of my child(ren) _____ for future publication use on our website, social media pages, and print media.

Sunscreen Application

I, _____. (give) / (do not give) permission to Finger Lakes Adventure Camp at Paddle-N-More staff to help apply sunscreen (that you supplied) to my child(ren) _____ throughout their time at camp.

Approval for drop off and pick up of child/children (other than parents or guardians)

I, _____, GIVE permission for _____
_____ to Drop
Off or Pick Up my child/children _____ from Finger Lakes
Adventure Camp at Paddle-N-More



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MINOR PARTICIPANT INFORMATION FORM AND WAIVER

Please complete this form to help us prepare a fun, safety-oriented paddling trip for the participant.

PARTICIPANT'S NAME: _____ AGE: _____

PLEASE LIST ANY MEDICAL/HEALTH CONDITIONS: _____

WAIVER & RELEASE OF LIABILITY

IN CONSIDERATION OF FLX ADVENTURE CAMP AT PADDLE-N-MORE furnishing services and/or equipment to enable the minor listed above to participate in water sport and paddle related activities including but not limited to sea kayaking, stand up paddle boarding, canoeing, wind surfing, sailing, wakeboarding, and wake surfing ("Activities"), I agree as follows:

I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, understand the nature of the water sport related activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity. I recognize and acknowledge that there are certain risks of physical injury to participants in these activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of said participation.

I HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE Paddle-N-More, its respective instructors, guides, owners and other staff (each considered one of the "releasees" herein), from all liability, claims, demands, losses, injuries, damage to property, or other damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

PARENT/GUARDIAN NAME (print): _____

SIGNATURE: _____ DATE: _____