



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 registering your child/children with FLX Adventure Camp at Paddle-N-More!

We are back for another season of FLX Adventure Camp! Please read to prepare your children for a week of fun on the water! We are working hard to continue to develop games and activities on and off the water that are engaging because we feel it is important to provide programs that are designed to help your child gain a fuller appreciation, curiosity, and respect for aquatic activities, while having fun adventures.

This summer season all campers will have opportunities to build skills under the instruction of highly trained instructors/counselors in kayaking, canoeing, standup paddleboarding, windsurfing, and sailing.

Several changes are occurring, and we need you, as parents/guardians, to cover these requirements with your children **BEFORE** you bring them to camp. Please read the Camp Guidelines carefully and follow all requests within. This document provides details for what to expect on Monday morning drop-off, COVID-19 screening, our drop-off and pick-up guidelines, what to expect during camp, and how to prepare your child for an enjoyable week. Please read and discuss the Code of Conduct with your child/children. It is expected that you and your child/children will have reviewed and signed our Code of Conduct as part of your registration prior to the start of camp.

Please read our Camp Guidelines carefully and email Sydney@FLXAdventureCamp.com with any questions.

Regards,

Sydney Bishop
Camp Director

2023 Updates

Programing

For the summer of 2023, FLX Adventure Camp will be returning to our original program format! Wind N Waves (ages 9-15) and Juniors (ages 5-8) camps will have a selection of activities to participate in each day. Groups made within each camp will mix and match daily, based on available equipment and weather conditions. All children signed up for a specific program with their siblings and/or friends are guaranteed to have time to socialize and play with each other during lunch and other free time. Still, we will be in a park with other camps, park patrons' families, so it's important to tell your child that they cannot run off from our group or mingle with outside campers or friends while in the park.

COVID-19 Camper Screening and Monitoring

As a licensed camp through the Tompkins County Health Department, in guidance with the CDC, your child will be screened each morning. This monitoring process helps with contact tracing. Parents/guardians are expected to bring their child to the Check-In area that will be staged at Paddle-N- More's shop to be screened daily prior to checking in with their main counselor. We are asking for all children to stay home if they have a fever or any symptoms related to COVID-19 or other illnesses. All information is kept confidential and will be recorded in our daily monitoring log. Masks are not required at check-in. If you would like more information pertaining to licensed camp requirements, please visit the [Tompkins County Health Department](#) website for more details.

Monday Morning Check In

Changes are being made to our routine this year in hopes to streamline drop off for parents and guardians. On the first day of camp each week, parents and campers will be directed to check in with our Assistant Director to verify our records for the following information:

- Initial Health screening
- Approved pickups names
- Submitted medical paperwork (Camp medical form, annual physical, and immunizations)
- Photo and social media release permissions
- Prescribed and Over The Counter medicines permissions

If any of the above was submitted late or missing, or you have been flagged as carrying prescribed medications, you will be directed to our Camp Director. Once your entire party has been initially checked in by the Director or Assistant Director, campers may say goodbye to parents and find their camp's welcome area and meet their counselors for the week.

Camper Drop-Off & Pick up

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). Check-in and Screening will take place during Drop off time, between 9:00 am and 9:15 am. Campers start getting water ready promptly at 9:15 am, so please give yourself enough time to check-in your child as there may be some wait time. The Camp Director and Assistant Camp Director must confirm arrival and screening on our check-in sheet. You are required to sign the check-in sheet daily. Our water-sports activities require us preparing the campers and equipment to be on the water. If you will be late, please make sure to notify the director, by email, ahead of time.

Drop-off Guidelines:

- Arrive at Myers Park by 9am. Follow the circle driveway to the right to come to the parking area nearest to Paddle-N-More's rental shop. **YOU MUST PARK YOUR CAR TO SIGN-IN AND SIGN-OUT YOUR CHILD/CHILDREN** – unless special arrangements have been made in advance with the Camp Director.
- The Assistant Camp Director, or a counselor will have a binder for you to check in and complete the health screening for your child.
- Again, please give yourself enough time to check-in your child as there may be some wait time. The camp director and assistant camp director must confirm arrival and screening on our check-in sheet. You are required to sign the check-in sheet daily.
- Parents/Guardians are not permitted to visit any of the activity spaces during camp hours, unless there is permission to do so granted by the director. All camper designated areas are for camp counselors and camper groups only.

Pick-up Guidelines:

- Please pick up your child promptly at the end of camp (between 3:45 and 4:00 pm).
- Park in the designated parking lot and be sure to sign your child out with your designated 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.
- **Please do not pick up a child early without notifying the Camp Director ahead of time.** We are on the water and cannot always accommodate early pickup time due to being away from shore.
- Tardy pick-ups will be charged \$1 per minute after a one-time warning.

What To Expect At Camp

Essential Eligibility Criteria

To participate in camps, campers must be able to complete the following by themselves:

- Self-medicate (if necessary) with a prompt from a camp counselor.
- Feel comfortable in deeper water with the support of a PFD. The ability to swim is not a requirement, but always helpful.
- Independently take care of personal needs, such as the bathroom.
- Exhibit appropriate group behavior (doesn't disrupt the flow of teaching/learning) with minimal verbal reminders (no more than two reminders per hour).
- If a child needs a personal aide, aids must be over 18 years of age with two years of college or 1 year of personal aide experience. Please contact the camp director prior to registration.

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 these types of activities and should be worn with caution. We highly recommend board shorts as all activities are highly active. While **rash guards or swim shirts** 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!

Personal Items

For our Juniors campers, we have "camper cubbies" for your child/children to keep their backpack and other personal items contained to one spot. Our Wind-N-Waves campers will keep their belongings in one of two places: either in their pavilion or within the vicinity of our rental shop location. To help reduce lost or stolen items, we ask the following:

- All personal items must fit into a school sized backpack.
- Items brought to camp are your child's responsibility and **must be labeled**.
- Leave all electronics, valuables, and pocket knives at home. **This includes phones and apple watches**. If this is an issue, please speak to us personally. Electronics cause distraction and are highly valuable. If your child brings electronics, we are not responsible for loss or damage of the item. If a counselor sees a camper with electronics, it will be confiscated during camp and returned at pickup. So - it's just best to leave them at home.
- We will discuss the need to stay organized. Please, help prepare your child by telling them they need to keep all personal items in their backpack when not in use.

Weather

We may need to cancel camp due to stormy weather. Camp will either be moved or canceled in the event of severe weather. In the past years, it has been very rare to cancel camp during severe weather. We typically take cover during storms in the Rental Shop. For severe situations, we have school bus transport lined up in collaboration with Lansing Parks to move us if necessary. You will be contacted in advance if we need to move campers from Myers Park.

- 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 staff will call parents immediately in the event of an expected cancellation due to severe weather. If parents cannot be reached, we will begin contacting Emergency Contacts as listed on the form.

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 everything in to the camp director, along with written instructions from a doctor. 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.

Note: Epi-pens and Inhalers may be carried by the child. All medications must be in their original packaging!

Medical Issues

You or your emergency contact must be available to pick up your child from camp in the event of a medical emergency. These include: Camper illness, Severe injury, and Camp Closure due to potential outbreak. 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.

Communicable Diseases:

Campers (including their siblings) with an infectious illness (H1N1, COVID-19, pink eye, hand, foot, and Mouth disease, etc.) must be removed from camp immediately for the safety of the other

campers. Parents are required to sign an electronic waiver/release specific to communicable diseases through the registration process.

Photos and Social Media

As social media continues to dominate modern society, we are becoming increasingly aware of the risks that come with featuring young children in our website content and distributing group photos to families. This is why we have added a social media specific clause to our release permissions.

Photos

When you register a child to our camp, you may choose to allow your child to be included in any photos that are taken during the week. If yes, you are agreeing to allow these photos to be shared with the families of that week's participants.

Social Media

When registering a child, you may also choose to allow any photos that include that child to be used on a number of social media pages. Reasons for these posts may include but are not limited to: advertisement, promotional content, viewer engagement and more.

The following is a current list of social media sites used by Finger Lakes Adventure Camp:

- FLXAdventureCamp.com
- PaddleNMore.com
- Instagram
- Facebook
- TikTok
- Twitter

What To Bring To Camp

Packing List

Please send the following with your child each day:

- **1 Backpack** - (To keep personal items contained)
- **Sunscreen** - (Environmentally friendly of course!)
- **1-2 Swimsuits** - (1-pieces are highly recommended)
- **Sweatshirt and long pants** - (for warmth)
 - ★ Layers are highly encouraged as temperatures in Ithaca fluctuate frequently
- **1 Towel** - (to dry off between water activities)
- **Close toed water shoes** – (flip flops, slides and crocs are not allowed for water sports but may be worn on land)
- **1 Packed lunch and snack** - (Plastic Free please! See guidelines on the next page)
- **1 Reusable Water Bottle** - (A free one will be gifted on your first day of camp)

Optional Equipment

The following items are not required, however have been helpful to campers in the past:

- Sun hat or visor
- Sunglasses
- Glasses strap (aka croakies)
- *Wetsuit - (especially early in the summer with chilly water and air temps)
- Board Shorts
- Rash Guard/ Sun Shirt
- *Personal life vest - (must be approved by the Coast Guard and sized appropriately)

*Paddle-N-More will provide life jackets to all campers, and has a small selection of wetsuits that may be borrowed.

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 the paddle-shop until the end of summer, and then donated if not claimed.

Lunch and Snack

Your child should bring a packed lunch each day with enough healthy food to sustain them all day. Packed lunches should **avoid single-use plastics** such as plastic bags, utensils, straws, and single-use water bottles. We suggest Tupperware and metal utensils from home. Garbage cans are available at Myers park however, we encourage families to practice **Take in- take out** strategies with their kids.

Lunch time will be around noon each day. A mid-morning and mid-afternoon snack and multiple water breaks are scheduled as well throughout the day. **Please provide a quick snack** for your child to eat one of these times. For younger kids, it is preferable snacks be stored in a different area of the bag to ensure they do not eat all their food at one 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. There is drinkable water available at camp to refill.

Note: refrigerated lunch storage is not available – do not send perishable food items.