

# Peconic Dunes Sea Adventures 4-H Camp

## Contact Information

### **Peconic Dunes Sea Adventures 4-H Camp**

at the Southold Marine Environmental Learning Center

3690 Cedar Beach Road

631-852-8629

631-852-8627 (fax)

[peconicdunescamp@cornell.edu](mailto:peconicdunescamp@cornell.edu)

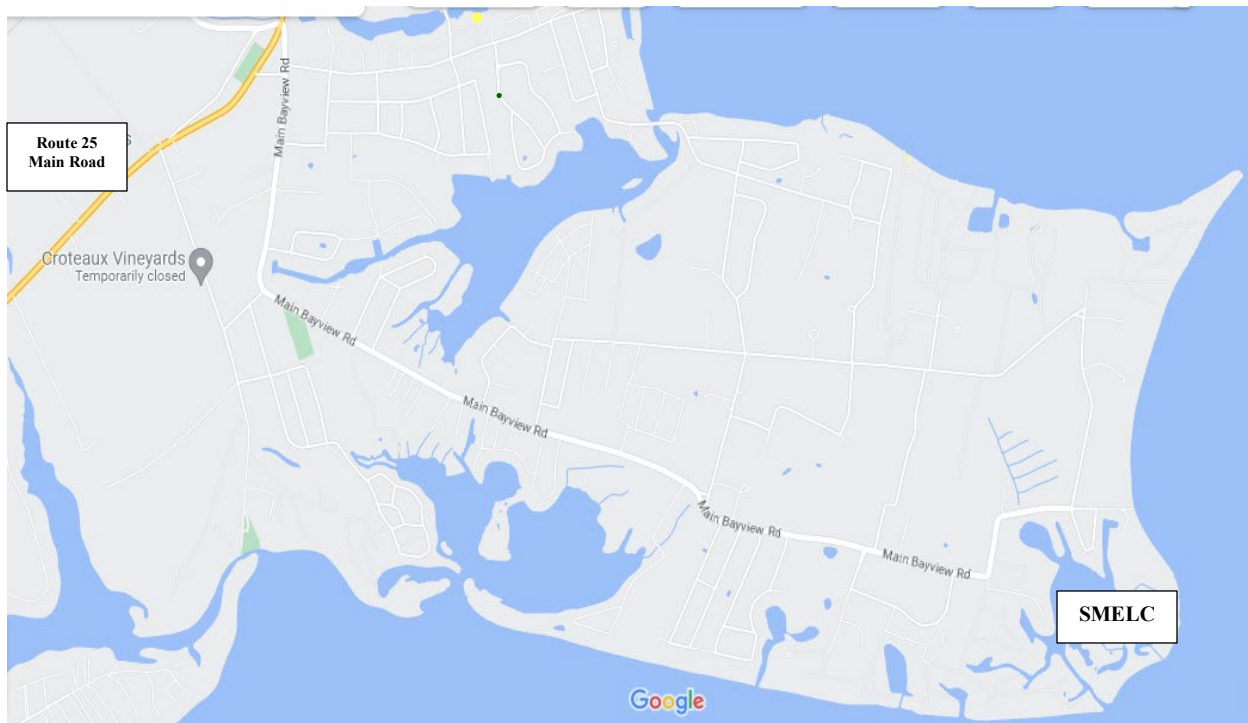
You can also visit at Peconic Dunes Facebook, Instagram and TikTok to connect with us, campers, or other parents.

## Directions to Peconic Dunes Sea Adventures 4-H Camp

Take Route 25 (Main Road) to Main Bayview Road. Turn right (from west or left from east) and continue 3.5 miles to Cedar Beach Road. Continue to beach and turn right for the Suffolk County Marine Environmental Learning Center (SCMELC).

### *From Peconic Dunes 4-H Camp*

Turn right on Soundview Ave to Mill Road. Turn left and continue across Route 48 (Middle Road) to Peconic Lane. Proceed to Route 25 (Main Road), turn left, and follow directions above.





## **Peconic Dunes Sea Adventures 4-H Camp is a Safe Space**

As part of the Cornell Cooperative Extension NYS 4-H Program, Peconic Dunes Sea Adventure 4-H Camp is committed to providing a safe space for all youth. A safe space is one that honors diversity, fosters inclusion, encourages self-expression, and prohibits harassment and discrimination. Peconic Dunes Sea Adventures 4-H Camp welcomes youth from all backgrounds, cultures, and perspectives.

Diversity includes, but is not limited to: race, color, religion, political beliefs, national or ethnic origin, immigration status, sex, gender, gender identity and expression, transgender status, sexual orientation, age, marital or family status, educational level, learning style, physical appearance, body size, protected veterans, and individuals with disabilities.

Your understanding, acknowledgment and support of the **NYS 4-H Code of Conduct** is the first step in building a welcoming, inclusive, and safe camp community. Please review it carefully with your camper and help her/him/them appreciate how he/she/they can contribute to a safe space at camp.

## **Before Camp**

### **Camper Health Forms**

The NYS Department of Health requires a current and complete health profile on every camper. You will complete a health history during registration. After registration you will need to log into your Peconic Dunes account to upload:

- ▶ Immunization record (only medical exemptions accepted)
- ▶ Allergy plan (if your child has a life-threatening allergy)
- ▶ **Medication Authorization Form** (for inhalers and epi-pens only)

To upload the Immunization Record and Medication Authorization Form, log into your Peconic Dunes account, select **additional options** then **document center**. Uploading forms is the same process as attaching a file to an email...it's easy!

**IMPORTANT: The New York State Department of Health prohibits the camp from admitting children with missing or incomplete medical forms. All health forms are due by May 1<sup>st</sup>.**

## **Preparing Your Child**

To help your child get the most out of camp, try the following words of encouragement.

1. *"You'll have the opportunity to try new things."* Camp has a lot of stuff you can't do at home or school. It's a place to discover something brand new that you're good at or enjoy.
2. *"You can meet new people and make new friends."* Many returning campers can't wait to reunite with their camp friends, some of whom will be lifetime friends.
3. *"You can show off your strengths and special skills."* campers will have lots of opportunities during camp activities to display their talents and take on leadership roles.
4. *"You'll have the chance to work with others and be helpful."* At camp, your child will be asked to help with clean-up and other activities.
5. *"There will be supportive camp staff who can answer your questions and listen to any concerns."* If your child has a problem, your child can always ask for help.

## **Preventing Homesickness**

Homesick can even happen at Day Camp! Homesickness feelings are normal for many campers have not been to camp before. There are several steps that parents/guardians can do to prevent homesickness and help your child adjust to camp.

1. Look online with your child so that your child will become familiar with the camp and its programs. The more a child knows about the camp, the greater the comfort level.
2. Be positive about all the activities and opportunities camp has to offer. Highlight activities that aren't available in school or at home.
3. Prepare together. This may include shopping for camp supplies and packing.
4. Set reasonable expectations for your camper. If you went to camp, share your experience but remember, each child is unique and leave room for your child to have his or her own unique experience. If you did not go to camp, just be positive and optimistic as you would in preparing your child for any new experience.

Facebook, Instagram and TikTok are great tools to connect with other parents and ask for advice. You can also contact the camp office and we'll be happy to help.

### **Important note about homesickness**

Camp staff make every effort to help campers who struggle with separation from home. If, a camper is not able to adjust to camp life, the parent will be asked to take the child home from camp, in which case, there will be no refund or credit.

## **FAQs**

**Bathrooms and Changing Areas:** There are plenty of bathrooms that also double as changing areas for our campers. There are no showers at this facility.

**Camp Visits/Early Release:** For safety reasons, visitors are not allowed at camp. If family plans require you to pick up your child before the end of the camp day, please contact the office in advance so we can make the necessary arrangements. Best way to reach camp is via email at [Peconicdunescamp@cornell.edu](mailto:Peconicdunescamp@cornell.edu)

**Camper Attire:** Kids get dirty at camp so your child should not bring anything you wouldn't want stained. Clothing with obscene or offensive text and graphics is prohibited. Campers *cannot* wear string bikinis or thong swimwear. Campers should arrive in a swimsuit every day under their clothes and bring a second bathing suit each day.

**Cell Phones:** Cell phones and other electronic devices are *not* permitted at camp for a variety of reasons: we want campers to disconnect from technology; cell phones are expensive and can easily be lost or damaged at camp; they can be misused. *Please do not send your child to camp with a cell phone. Camp management will ask campers to surrender cell phones or electronic devices which will be returned to parents at departure.*

**Lunch and Snack:** Campers should bring lunch safely packed (there is no refrigeration available) and a reusable water bottle each day. Water is available to refill the water bottles throughout the day. Camp will provide a snack daily. Campers with dietary restrictions should list their allergies/restrictions on the health history.

**Field Trips:** Each Thursday, campers will take a field trip to a Long Island attraction. Please make sure your camper wears their Peconic Dunes Sea Adventures t-shirt on Thursday. This is needed so we can quickly identify and safely supervised our campers in public.

**Problems with Other Campers:** Staff are trained in conflict resolution skills and will be available to help any camper. We consider our community to be family and expect all members to treat each other with respect. We will contact parents whenever their child is involved in an *unresolved* conflict with another camper.

**Refunds:** Please refer to our refund policy on our website at <https://ccesuffolk.org/peconic-dunes-4-h-camp>

**Security:** No visitors or guests are permitted on camp property while camp is in session. **Please note the Suffolk County Marine Environmental Center is operational with other CCE employees and volunteers during the day. Our campers will have no unsupervised time with non-camp staff.** Our staff is advised to address any unknown persons on the property and request they leave the premises.

**Special Needs:** If your child requires any sort of special accommodation (e.g. physical adaptation, verbal, or otherwise), please notify the camp when you register. We will do our best to make reasonable accommodations within the limits of our outdoor camp environment.

**Telephone:** It is important for the safety of all campers that our phone lines be available for incoming and outgoing calls. For this reason, we ask that you refrain from calling camp unless you need to change his/her pick-up time or there is an emergency requiring your child's immediate attention.

**Temperatures:**

The average air temperatures in July and August range from a low of 63°F to a high of 81°F. The average water temperature in July and August ranges from 68°F to 72°F.

**Tipping**

The American Camp Association discourages tipping to prevent any sort of favoritism and inequities that may arise. While tipping is at the parent's discretion, we ask parents to be fair and reasonable when expressing gratitude to counselors.

## **FRIEND REQUESTS**

**Our Philosophy**

Camp has always been a place where campers forge some of their closest, lifelong friendships. Peconic Dunes Sea Adventures 4-H Camp encourages campers to attend without being concerned whether they will know their cabin group-mates since there will be many opportunities to meet and make friends.

Our goal is to create cabin groups that offer campers the opportunity to meet as many new people as possible from a variety of backgrounds, interests, and life experiences.

With this goal in mind, we will do our best to accommodate (but can't guarantee) **one and only one** friend request from each camper.

**Friend requests must be mutual;** that is, the other camper must submit a request for your camper.

Campers making requests to be together must be the **same age or grade or within one year of each other.**

**Requests for more than one friend will not be honored.**

**Friend requests or changes to existing requests will not be accepted after May 15th.**

## **Camp Rules**

Please review the camp rules with your child before he or she comes to camp. We have 3 simple rules to create a healthy and happy community:

- 1.Be Safe
- 2.Be Respectful
- 3.Have Fun!

Being safe and respectful means different things to different people. Here are some consequences for specific violation of these rules:

A camper will be immediately expelled from camp if he or she uses or possesses:

- Cigarettes, cigars, and other tobacco products
- Alcoholic beverages
- Illegal drugs or controlled substances
- Matches, lighters, candles, fireworks, and other combustibles.
- Dangerous devices, including but not limited to pocketknife, folding knife, slingshot, firearm, paintball gun.

After investigating the incident, a camper will be expelled from camp if he or she:

- Leaves camp property without authorization, runs away, or is found in restricted areas without permission.
- Provides false identification, including falsification of one's age.
- Damages, destroys, or defaces personal or camp property.
- Is found in possession of property that doesn't belong to him or her.

After investigating the incident, a camper may be expelled from camp for any of the following forms of misconduct:

- Sexual, racial, religious or any other form of harassment
- Fighting, bullying, threatening and other forms of violence and aggressive behavior
- Non-compliant behavior: failure to comply with camp rules and directions of camp staff or failure to adjust to camp routines.
- Non-participation: cutting activities, refusing to participate in programs and activities.
- Disruptive behavior.
- Profanity, obscene gestures, indecent conduct

**To ensure that no camper is harmed or adversely affected by the actions of another camper, we will apply these camp rules fairly and consistently. If a camper is expelled from camp, the parent will be notified immediately and MUST provide transportation home for the child. There are NO refunds for campers who are expelled for violating these rules.**

## **First Aid**

A number of camp staff will be certified in first and CPR. These staff will be able to provide basic treatment for bumps, scrapes and ouches.

Only epi pens or inhalers are permitted in camp. Campers must be able to self-carry and self-administer their medication. These medications must be accompanied by a Peconic Dunes Sea Adventures Medication Authorization form. These forms need to be uploaded to your account and a physical copy must accompany the medications. Camp is not responsible for medication that is lost or stolen.

### **Camper Illness or Injury**

Parents are usually not notified if their child is treated for minor medical concerns such as cuts or scratches. Parents are notified by phone:

- If a camper becomes ill with a fever of 100.4°F or above, or is vomiting, has diarrhea, or respiratory difficulty, in which case, they will be asked to pick their child up.
- If their camper requires medical treatment that cannot be provided by camp staff

## **What to Bring**

**Important!** The following items are not permitted at camp: cell phones or any other technology; aerosol sprays; and weapons of any kind.

**Be sure to clearly *label* your child's belongings!**

Day Campers should wear comfortable, weather-appropriate clothing: shorts, t-shirt, either sneakers or other closed-toe shoe, and water shoes for water activities.

Each Day Camper should bring a backpack with the following items:

- ☐ \*Refillable water bottle clearly labeled with camper's name
- ☐ Lunch – No refrigeration provided.
- ☐ Bathing suit (one-piece or athletic type for girls)
- ☐ Beach towel
- ☐ Water shoes or water socks
- ☐ Hat (optional)
- ☐ Change of clothes
- ☐ Rain gear (if needed)
- ☐ Sunscreen (non-aerosol)
- ☐ Insect repellent (non-aerosol)

**The camp is not responsible for lost or missing personal property.  
Do not bring expensive or irreplaceable items to camp.**



# At Camp

## **Day Camper Check-In**

Camp activities begin at 9:00am each day. Please drop off your child between 8:35 and 8:55am each day. Drivers will not be permitted to exit their vehicles at drop off. Please have your child wear a bathing suit under his or her camp attire and apply sunscreen and bug spray before leaving home.

## **Camp Store**

If parents want their children to purchase camp clothing and souvenirs from the camp store, they must deposit money into their camper's account. Store deposits can be made during registration or any time thereafter by clicking on camp store. The camp store is open Tuesday through Friday during lunch. Please do not send cash to camp. Peconic Dunes Sea Adventures is not responsible for lost or stolen money.

## **Contacting Your Child at Camp**

*Calling home:* campers are not permitted to use the office phone to call home. If necessary (injury or illness, or severe homesickness), camp staff will contact parents.

## **Day Camp Pick-Up**

Pick-up time is between 3:15 pm and 3:30 pm Campers will be waiting with their counselors. Late pick-ups cannot be accommodated. We ask that you not pick your child up earlier than 3:15 pm because it disrupts the camp schedule. However, if special circumstances require an earlier pick-up time, please arrange it with the camp office in advance. Parents/Guardians will not be permitted to exit their vehicles. Our parking lot cannot handle cars arriving early. Please do not arrive prior to 3:10.

**IMPORTANT for ALL CAMPERS: Only authorized individuals listed in their Peconic Dunes account are permitted to be pick up campers. To add an authorized pick-up, login to your Peconic Dunes account, scroll down to the authorized pick-ups heading and click add/edit. Be prepared to show appropriate identification. Changes to authorized list should be done by Thursday night of the week before your camp session.**

## **Lost and Found**

Every effort will be made to return lost items to campers before they depart camp. At the end of the week, all unclaimed property will be disposed of. Please do not send valuable items to camp.

## **Inclement Weather Plans**

Inclement weather can impact camp activities. Light rain does not alter the camp schedule, but, for the safety and well-being of our campers and staff, severe weather conditions require changes in schedule and program.



If the weather is extremely hot, some activities will be cancelled or modified. Counselors will make sure campers take frequent breaks out of the sun and drink plenty of water.

When rain is heavy, outdoor activities will be cancelled. Campers will move inside for alternate activities.

In emergency weather situations, such as a hurricane threat, day camp will be cancelled,

### **Camp Photos**

Every day camp will post photos on social media. Please follow us on Facebook, Instagram, and Tic Toc to see posts.

### **Other Concerns**

Our goal is to support your child's development. With that in mind, we would like to know about potential issues before camp. Please email us at [peconicdunescamp@cornell.edu](mailto:peconicdunescamp@cornell.edu).