CAMP PINEHURST

C
P
75th Season

2021

Parent-Camper Handbook

Camp Pinehurst
Summer Camp for Boys and Girls

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CAMP PINEHURST MEDICAL FORM (Completed and signed prior to start of camp!)

FOUNDED IN 1946
BY
MR & MRS. G. HARTLEY CURTIS

Camp Pinehurst

Summer Camp for Boys and Girls

23 Curtis Road
Raymond Maine 04071
Telephone: 207-627-4670
FAX: 207-627-4793
www.camppinehurst.com
director@camppinehurst.com

DIRECTORS
MR. & MRS. JOHN L. CURTIS
23 CURTIS ROAD
Raymond, ME 04071
TELEPHONE: 207-627-4670

MR. & MRS. JOHN L. CURTIS, JR.
12 CIDER LANE
NASHUA, NEW HAMPSHIRE 03063
FAX/TELEPHONE: 603-880-6287

2021 Season

Dear Camp Pinehurst Campers and Families,

We have never been more excited to welcome our staff, campers, and families to beautiful Camp Pinehurst! This summer we will be focusing on safety while enjoying the opportunities that we missed so much last summer. Plus, we will be celebrating our 75th season!

This handbook includes answers to frequently asked questions, a **packing list,** and **medical forms**. Closer to the start of camp, we will be sending information regarding our **COVID Protocol** for the summer. ******Please note- ALL campers must have a COVID test with a negative result 3 days before they arrive at camp.******

If you have any questions, please send us an email (director@camppinehurst.com) or give us a call (603-880-6287 for Jack & Elizabeth during the school year and 207-627-4670 for all four directors during the summer). We are more than happy to help! We are ready to give your kids a safe and wonderful experience!

Pinehurst Proud,

John & Jean Curtis
Jack & Elizabeth Curtis

Checklist:

_____ - Complete Tuition Payments

_____ - Order uniforms from Amerasport

_____ - Mail signed medical forms and current physical with immunizations *before* your camper(s) arrive at Pinehurst

_____ - Send summer travel plans with emergency phone numbers

_____ - Read camp policies and send signed blue permission form

ARRIVAL & DEPARTURE TIMES:

ARRIVAL:

- Campers arrive from 10:30-11:15am on Sunday morning
- Pull onto the field and check in with Jack
- Your camper will be screened by our medical personnel
- Staff will carry belongings to the cabin and help your camper unpack and settle in

DEPARTURE:

- Departing campers will be ready by 9:30am
- Campers must be picked up before 10:15am

DAILY PHOTOS:

Pictures are taken daily of campers engaged in different activities at Pinehurst. Family and friends can get a peek at the fun, and campers love to see the pictures when they return home from Pinehurst. Jack keeps them on the site so campers can look at earlier years, too!

MAKING TUITION PAYMENTS:

Payments are due May 1st. **Checks** should be mailed to Camp Pinehurst, 12 Cider Lane, Nashua, NH 03063. (Any balance not paid by June 1st will result in a $100 dollar late fee.)

Payments can also be made by **credit card**. On the Camp Pinehurst site, under Registration, select the Make a Payment page, and click the Pay Here button. This brings you to Simply Easier Payments (our secure payment provider) where you can also pay with an **electronic check** (ACH).

Note: If you desire to **wire** money to the Camp Pinehurst account instead, please contact the directors for instructions.

MEDICAL FORM REQUIREMENTS:

- ****The Camp Pinehurst Medical Form** is required and your **signature** for parent authorization is essential! **

- **Please include a **current physical** (must be less than one year old) along with **immunization records**. These are required!**

- The **Physician's Health Form** is also enclosed. This is needed for campers who will be taking medication and especially if they have authorization to self-administer emergency medications, such as an asthma inhaler or an epinephrine pen. Both the physician and parent should complete the health form.

- **Please mail medical forms** and tuition to Camp Pinehurst, 12 Cider Lane, Nashua, NH 03063, or email a scanned PDF to director@camppinehurst.com.

- We require health histories and important signatures **before** opening day.

- Forms mailed after June 1st should be mailed to Camp Pinehurst, 23 Curtis Road, Raymond, ME 04071, or scanned as a PDF and emailed to director@camppinehurst.com.

SUMMER ADDRESSES and TRAVEL PLANS:

If you will be traveling, *please provide us with an itinerary*. If grandparents or other family members will be responsible for your camper(s) in your absence, we must have their names and contact information on file at Pinehurst. Please inform us of any changes of address, telephone numbers, or email addresses.

UNIFORMS:

Uniforms are ordered directly from **AmeraSport**; they are not sold at camp. Using the Packing List will help you to determine each camper's needs (please contact AmeraSport with questions about sizes and Elizabeth with any other questions!). **Thank you for labeling** ALL articles of clothing and belongings.

CAMP POLICIES

SPENDING MONEY – Campers do not need any spending money (no trips to the mall!). The camp and directors will not be responsible if this rule is violated.

PASSPORTS – The directors will store passports, travel money, and cell phones in the camp safe for campers who are traveling.

TELEPHONE CALLS – The only telephone calls for campers are for birthdays (or family emergencies, of course).

REACHING the DIRECTORS – If parents wish to inquire about their children or discuss specific situations, please call (207) 627- 4793 or email director@camppinehurst.com.

ELECTRONICS –

- Cell phones and electronic games are NOT PERMITTED at Pinehurst.
- Electronic music devices – although permitted – are not the responsibility of Camp Pinehurst and must be labeled. If the music device is also a smartphone, please remove the SIM card from the device before sending your camper.

MAIL and PACKAGES –

- Mail call is a highlight of the day; we make a big production out of it each evening after the meal! Campers love to receive a letter or a postcard!
- Food packages should NOT be sent to campers!
- Chewing gum and candy are not permitted.
- Email correspondence is for contacting directors. Campers do not have access to the Internet or email while at camp.

MAIL IDEAS: Letters, post cards, books, comic books, magazines, puzzles, comics from the newspaper, card games, and board games. Please label all items!

Camper's Name: _____

CAMPER PERMISSIONS 2021

Please note: Any permission, such as having someone other than a parent collect the camper(s) at the end of camp, must be submitted in writing to the directors prior to pick-up day and must indicate the name and relationship of the person to the camper.

_____(person's name) is permitted to pick up _____ (camper) on _____ (date).

_____ (person's name) is NOT permitted to pick up _____ (camper).

WHITE WATER RAFTING YES NO

If your camper is 10 years of age or older and is a camper for five (5) weeks or more at Pinehurst, this camper is eligible to take the white water rafting trip. There is an additional charge for this trip. Prior to the trip, you will be sent a separate permission and release form from the rafting company requiring a parent's signature in addition to your signature below issued to Camp Pinehurst.

Signed _____ Parent or Guardian

I have read and discussed the Camp Policies with my camper.
Signed _____
Parent or Guardian

Thank you for signing and returning this <u>form</u> with tuition check (or having made a payment through Simply Easier Payments) and with completed and signed <u>medical form(s) and immunizations</u>:

Before June 1st	***After June 1st***
Camp Pinehurst	Camp Pinehurst
12 Cider Lane	23 Curtis Road
Nashua, NH 03063	Raymond, ME 04071

PACKING for PINEHURST

Label everything you send with your camper. For clothing, use a Sharpie laundry marker. Use a permanent marker for all other items. Check off a **packing list** so we can find all of your camper's items when it's time to return from camp! Please send one with your camper(s).

Order These Items:

- 6 (or more) Pinehurst t-shirts
- 4 shorts of choice
- 1 Pinehurst sweatshirt
- 1 WHITE Pinehurst laundry bag
- 7 reusable 2-ply masks

Essential Clothing:

- 3 (or more) bathing suits: one piece for girls, trunks for boys
- 9 pairs of socks
- 9 pairs of undergarments
- 2 pairs of pajamas
- 1 long sleeve shirt
- 1 extra t-shirt
- Extra shorts
- Pair of sweatpants
- 2 pairs jeans/pants
- 1 warm jacket and/or fleece
- Rain jacket

Towels and Bedding:

- 3 Blankets
- 1 Pillow
- 2 Pillowcases
- 2 sets of TWIN sheets
- 2 bath towels
- 2 beach towels (at least)

Footwear:

- 1 pair of flip flops
- 1 pair of sandals
- 2 pairs of sneakers
- Optional- hiking boots & cleats

Other Gear:

- Duffle bags (for packing - please no trunks or suitcases!)
- 1 Sleeping bag for 5-6 week campers
- 1 Flashlight (extra batteries)
- Shower caddy or toiletry kit for toothbrush, toothpaste, soap/body wash, deodorant, shampoo, etc.
- Sunblock
- Bug spray
- 1 Water bottle
- Baseball cap
- Tennis racquet, 1 can tennis balls
- Books, stationery, pens, stamps, addresses
- Fishing equipment
- Optional - swim goggles/mask, swim fins, baseball glove, shin guards, bathrobe

AIR TRAVEL ARRANGEMENTS

****Due to the COVID Pandemic, these policies are subject to change.*

To make arrivals easier for everyone concerned, please try to schedule flights in the following manner.

ARRIVALS- Flights should be scheduled to arrive in **PORTLAND, MAINE**, in the late afternoon or early evening on the day your child will begin camp.

DEPARTURES- Departing flights should be scheduled for the morning, before noon, of the day leaving camp.

The requested timing of arrivals and departures is necessary in order for us to provide transportation service to and from the airport. It is a 45-minute ride each way. There is a taxi fee charged of $40.

ALL FLIGHTS MUST HAVE PORTLAND, MAINE, AS THEIR FINAL DESTINATION. A Pinehurst representative or director will meet the camper at that point.

UNACCOMPANIED MINORS can request assistance from the airlines for transfers and delivery at final destinations. Parents must sign and pre-pay for this service in advance. Please indicate that the camper will be met by a "representative of Camp Pinehurst" or Mr. or Mrs. Curtis.

TICKETS and PASSPORTS, etc. will be stored in the camp safe until needed for the return trip. Flights will be reconfirmed.

ALL FLIGHTS must be confirmed **in writing** with the directors including information for airline, flight #, departure and arrival times. If using connecting flights, please send us an itinerary. **PLEASE DO THIS BEFORE JUNE 15TH.**

CALL the directors if there are any changes in your written plan or if you have any questions as you plan air travel.

DIRECTIONS TO CAMP PINEHURST

A. From Boston Area: Route 128 to I-95 North. Continue to New Hampshire Turnpike and Maine Turnpike.

B. From Connecticut and New York area: Route 84 from Hartford to the Mass. Pike. From Mass Pike take exit 10 (Auburn-Worcester) onto Rt. 290. Follow 290 to Rt. 495 North. Proceed to I-95 North at New Hampshire Turnpike. Then on to Maine Turnpike. After Portland, Maine, be sure to stay straight on the Maine Turnpike, which is now 95 North, until Exit 63 (formerly Exit 11).

1. Leave Maine Turnpike at Exit 63 in Gray. At the traffic light after the tollbooth, turn LEFT onto Rte. 202. Move over to the right hand lane and at the first traffic light go RIGHT onto Rte. 26A.
2. Travel Rte. 26A for 1.4 miles to the junction of Rte. 26. As the road bears left, Rte. 26A becomes Rte. 26. Follow Rte. 26 for 2.9 miles to a blinker light. Turn LEFT at blinker onto NORTH RAYMOND RD. Travel 4.8 miles to your second left and turn LEFT onto LEDGE HILL ROAD.
3. Proceed on Ledge Hill for 0.8 mile and be very cautious as you approach a SHARP RIGHT onto SPILLER HILL ROAD. Continue for 1.7 miles and as you come to a "T" in the road, bear LEFT onto RAYMOND HILL ROAD.
4. Travel 0.4 and take the first RIGHT onto CONESCA RD.
5. Travel one mile and you will see the tall green Pinehurst sign. Turn LEFT onto the camp road. Parking will be on your right on the athletic field.

The total distance from the Gray exit to camp is approximately 12 miles. Please call if you have difficulty. The Camp Pinehurst phone number is (207) 627-4670 and we are in Raymond, Maine, on Crescent Lake.

PHYSICIAN'S HEALTH FORM for CAMP PINEHURST

TO BE COMPLETED BY A LICENSED PHYSICIAN

ATTACH COPY OF CURRENT IMMUNIZATIONS AND INSURANCE CARD FRONT/BACK

CAMPER'S NAME: _____ **DATE OF BIRTH:** _____

Children cannot attend Camp Pinehurst without a current medical form on file. You may also attach a doctor's office generic sports physical form if available.

Name of the Physician: _____ Tel: _____

Address: _____

MEDICATIONS:

☐ **This camper will not take any medications on a daily basis while attending camp.**

☐ **This camper will take the following medications while at camp:**

Name of med	Date Started	Reason for taking it	When is it given	Amount or dose given	How is it given
			☐ As Needed (PRN) ☐ Breakfast ☐ Lunch ☐ Dinner ☐ Bedtime ☐ Other time ----------		
			☐ As Needed (PRN) ☐ Breakfast ☐ Lunch ☐ Dinner ☐ Bedtime ☐ Other time ----------		
			☐ As Needed (PRN) ☐ Breakfast ☐ Lunch ☐ Dinner ☐ Bedtime ☐ Other time ----------		
			☐ PRN ☐ Breakfast ☐ Lunch ☐ Dinner ☐ Bedtime ☐ Other time ----------		
			☐ PRN ☐ Breakfast ☐ Lunch ☐ Dinner ☐ Bedtime ☐ Other time ----------		

Please comment on any current health problems that we would need to know about.

_____

HEALTH CARE RECOMMENDATIONS BY LICENSED MEDICAL PHYSICIAN

I examined _____ _____

Child's Name Date

BP _____ Height _____ Weight: _____

The above named child may participate in the full camp program without restrictions.

The above named child may participate with the following restrictions: _____

Signature of Licensed Physician:

_____

Date

PARENT PERMISSION FORM

USE OF SELF-ADMINISTERED EMERGENCY MEDICATION

As the parent or guardian of _____,
Camper Name

during his/her time at camp, the above listed camper is permitted to have readily available (carry or possess outside of the regular supervision of the camp's health staff) and self-administer as medically necessary: (Circle all that apply or list other emergency self-medication device.)

a. Asthma Inhaler

b. Epinephrine Pen

c. Other (please list) _____

I have read the State of Maine Law as listed below and confirm that my child has the knowledge and the skills to safely have readily available and self-administer the indicated emergency medication in camp.

_____

Parent or Guardian signature Date

Summary of Maine Law on Self-Administration of Emergency Medications:

Recreational camps for children; emergency medication. A recreational camp for boys or girls must have a written policy authorizing campers to self-administer emergency medication, including, but not limited to, an asthma inhaler or an epinephrine pen. The written policy must include the following requirements:

A. A camper who self-administers emergency medication must have the prior written approval of the camper's primary health care provider and the camper's parent or guardian;

B. The camper's parent or guardian must submit written verification to the camp from the camper's primary health care provider confirming that the camper has the knowledge and the skills to safely self-administer the emergency medication in camp;

C. The camp health staff must evaluate the camper's technique to ensure proper and effective use of the emergency medication in camp; and

D. The emergency medication must be readily available to the camper.

The full statute may be viewed at:

http://janus.state.me.us/legis/statutes/22/title22sec2496.html

Please mail before June 1st:
Camp Pinehurst
12 Cider Lane, Nashua, NH 03063

If mailed **after** June 1st:
Camp Pinehurst
23 Curtis Road, Raymond, ME 04071

Camp Pinehurst Medical Form

Camper's Name: _____ M/F Date of Birth: _____
Parent(s) / Guardian(s): _____
Home Address: _____
Town: _____ State: _____ Zip: _____
Cell #1: _____ Cell #2: _____ Home#: _____
Work #1: _____ Work #2: _____

Emergency Contact (if parents cannot be reached)

Name: _____ Relationship: _____ Phone #: _____
Name: _____ Relationship: _____ Phone #: _____

Medical Contacts

Pediatrician or Family Doctor: _____ Phone #: _____
Dentist: _____ Phone #: _____
Orthodontist: _____ Phone #: _____

Medical History or Restrictions

Please list any medical history or restrictions for your child (if not already in the physical): _____
_____
_____

Allergies

_____
_____

Parental Statement

When the camp secures medical attention for my child, I grant permission to doctors to utilize medical tests and x-rays. In the case of an emergency, and I cannot be reached, I authorize doctors to immediately begin proper treatment including injections, anesthesia, and surgery.

Signature: _____ **Date:** _____

The camp must be notified if this child has or has been exposed to any communicable disease within three weeks prior to entering camp.

Forms Needed:

1. Copy of the latest **physical** (must be less than one year old) along with the immunization records.
2. If your child will be taking any **prescribed medication** during camp, the medication must be listed in the physical and provided in **original containers**. If they are not listed in the physical, we must receive a separate note from your doctor stating the medication and dosage to be administered.
3. If your child has an **epi-pen or inhaler**, please fill out the "Use of self-administered emergency medication" form.