

# Audubon Camp Information: Please read thoroughly

## Drop-off:

In order to provide our campers a full experience, we ask that you arrive on time. Please arrive between 8:45am-9:00 to sign your child in. Camp starts at 9:00am sharp. Camp sign-in location is across the street from the Audubon in the field adjacent to the swimming beach. On DAY 1 of camp, follow "AUDUBON CAMP" signs to the sign-in table where we will check you in and give you your child's camp t-shirt. Please keep your child with you until he or she is signed in. Please make a note at sign-in if your child is going home with someone else not previously listed as authorized.

## Pick-up:

Please arrive for pick up at 3:00pm sharp and be prepared to patiently form a line for sign-out with camp staff. All campers must be signed out before leaving the care of the camp staff. Please be sure to check that you have all of your child's belongings before leaving for the day.

## What Your Child Should Wear:

- Comfortable clothes that can get wet and/or dirty and are appropriate for the weather.
- Sturdy shoes that can get wet and/or dirty – we will be hiking a lot so please no flip-flops or sandals.
- Raingear only if rain is in the forecast.
- Brimmed hat for sun protection
- Sunblock (please apply before camp)
- Bug repellent (optional, and herbal-based is recommended as opposed to DEET-based)

## What to Pack in your Child's Backpack:

- Your child MUST bring and wear a small backpack packed with their daily necessities. DO NOT send your child to camp with a bag on wheels or a satchel they have to carry over one shoulder. Please pack lightly because your child will be with their pack all day.
- You MUST pack a mid-morning snack and sack lunch. Please make sure your camper has adequate provisions for the duration of the day.
- Full water bottle (1 liter minimum)
- Sunblock (for reapplication throughout the day as needed)
- Bug repellent (for reapplication as needed)
- Complete change of clothes (including underwear in case of an accident)

## Swimming and/or Beach Gear:

- Starting on DAY 2 of camp: Swim suit and/or sun shirt and towel in one tote bag separate from your child's camp backpack. Swimming bags will be stored at the Audubon Center until swimming time begins. Swimming typically occurs after 1pm Wed-Fri at the Andrew's Bay Swimming Beach with lifeguards on duty.
- Beach toys (e.g. sandcastle buckets, goggles, flippers, or paddle boards) are allowed but must fit into your child's one tote bag. Seward Park Audubon Center is not responsible for any lost or damaged beach gear.

## What NOT to Pack:

- To provide the best outdoor experience for your child, we do not allow electronics (e.g. iPads, speakers, handheld video games). If your child will be carrying a phone with them, it must be turned off and stored in their backpack during camp hours (9-3pm) unless instructed otherwise by the camp counselors. Seward Park Audubon Center is not responsible for lost or damaged phones or other personal items.
- We do not allow knives or other potentially hazardous objects or tools.
- Unnecessary items or extra weight. We will be hiking for long periods each day and heavy backpacks are a challenge for children. Bring only what you need.



## Our Teaching Philosophy & Camp Policies

At Seward Park Audubon, our goal is to create a safe space, both emotionally and physically for all children in our camps. We nurture a positive outdoor experience that encourages hands-on exploration, creativity, nature play, and sensory awareness. We create a feeling of community and trust among peers and mentors and empower children with responsibility and self-accountability. Audubon camp staff use positive techniques of guidance, including logical or natural consequences applied in problem situations, redirection of children to more acceptable behavior, anticipation of and elimination of potential problems and encouragement of appropriate behavior rather than comparison, competition or criticism. Consistent and clear rules are established. Staff members encourage children to solve problems rather than imposing solutions and help children to recognize, vocalize, and respect one another's feelings. Counselors encourage pro-social behavior such as cooperation, helping, taking turns and constructive verbal communication to solve problems.

### **Camp Conduct Policy:**

**Safety is our first priority.** Practicing safe behavior, both emotionally and physically, provides the foundation for a fun and enjoyable outdoor camp experience for everyone. Safety also includes the expectation that all campers cooperate and comply with instructions given by the camp staff. If a camper is unable to meet the safety demands of our course, both emotional and physical, or exhibits behavior that is unsafe or disrupts from the educational mission of a camp and/or interferes with the staff's ability to meet the needs of the other children in the camp, or violates Washington State law, Audubon reserves the right to expel the child from the camp at the discretion of the camp counselor(s) or the Center Director. If a camper is expelled, there will be no refund provided.

**Seward Park Audubon practices "Leave No Trace"** with our summer camps. This means that we honor our beautiful park and all of the living organisms that reside here by picking up, packing out, and disposing of any trash that your child accumulates throughout the day.

Please be sure you have discussed appropriate camp behavior with your child and they understand that they are expected to cooperate and comply with instructions given by the camp staff and are expected to meet the emotional and physical safety demands of the camp. Your child must understand that if he/she is unable to meet these needs they may be expelled from the camp.

### **Potty-trained Policy:**

All campers attending Audubon Summer Camps are expected to be fully potty-trained by their first day of camp. We ask that you pack an extra set of clothes with campers, including underwear in case of an accident.

Seward Park is a 277 acre peninsula and when camps venture deep into the forest there are no restrooms. In some urgent situations, be aware that we allow campers to go "nature potty." If you have any questions or concerns regarding nature potty practices, please contact our Director, Joey Manson at [jmanson@audubon.org](mailto:jmanson@audubon.org) or speak directly with our lead Camp Counselors, Maia and Sean.

### **Physical Health Policy:**

All participants should be in reasonably good health and be able to walk unassisted over uneven ground. The majority of Audubon camp time is spent hiking on trails that are not wheelchair accessible.

