



# QUINIPET CAMP AND RETREAT CENTER

HONESTY ~ FAITH ~ LOVE ~ HUMILITY ~ COURAGE

We offer natural settings where all are welcome. Here, the experience of and respect for God's creation connects people in an oasis where Christian community and adventures invite spiritual growth.

## Overnight Summer Camp 2011

**Dear Registered Overnight Camper and Parents:**

**Thank you for registering for camp!**

**Payment:** A \$200 deposit is due at time of registration for each camp. Your balance is due one month prior to your specific camp start date. The balance may be mailed or you can find the "Pay your camp bill" page on-line.

**Arrival Information:** Registration begins on the Sunday of your specific camp, between 2 and 2:30pm. **Both camper and parent must be present.** You will check in at the new **Klein Welcome Center** where you will meet the nurse. After check-in is complete, you may proceed to your specific building where you need to sign in with the program director.

**Pick Up Information:** Camp comes to a close on Saturday at 10am. There is no closing program. You can meet your child at the building where you dropped them off the previous Sunday. Saturday pick-up time is at 10 am sharp. There will be a charge for late pick-ups. You will need to sign your child out with the program director upon pick-up.

Your **Health Forms** are also enclosed.

- **They must be completed and signed by a parent or guardian and a Doctor.**
- A copy of your child's health insurance card must be attached.
- The box on the back of the form needs to be completed by your doctor
- Each camper must have had a physical examination within the past two years.
- Prescription and over-the-counter medications will be dispensed at camp if:
  - Medication and Information Release Form is signed by your physician
  - Medication is in its original container – please no pill cases
  - Health Forms **MUST** be received at least two weeks before your first camp

**Emails and Faxed Letters to Campers:** You can keep in touch with your camper a several ways.

- It is our policy that campers do not have cell phones while enjoying their camp experience. With cell phones ability to take pictures and access the web, cell phones do not allow us to ensure your child's privacy.
- Parents can email their campers at [campers@quinipet.org](mailto:campers@quinipet.org). Please include the child's and event name and in the subject line.
- You can chose to fax a letter or note to 631-749-3403, which we will deliver to the campers at meal times.
- You can send letters or packages to your campers. The mailing address is PO Box 549, Shelter Island Heights, NY 11965.

We, the Quinipet staff, sincerely pray for an awe-inspiring week for your camper!

Packing Lists, Other Q&A's Directions, and Health Department Information enclosed

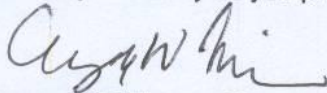
If you have questions about your **registration or billing** please contact Lauren: [lauren@quinipet.org](mailto:lauren@quinipet.org)


If you have questions about **your particular event or personal needs** of your camper, please contact Joe: [joe@quinipet.org](mailto:joe@quinipet.org)

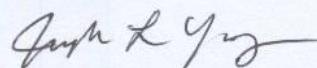
If you would like to speak with the **Director** of the Quinipet Program, please contact Greg: [greg@quinipet.org](mailto:greg@quinipet.org)

Our phone number is 631 749 0430.

God bless you and your family as you prepare for your camp adventure at Quinipet on Shelter Island!

  
Gregory W Nissen, Director

  
Lauren Ruiz, Administrator

  
Joseph Young, Program Director

PHONE: 631 749 0430  
INFO@QUINIPET.ORG  
FAX: 631 749 3403  
WWW.QUINIPET.ORG

POST OFFICE BOX 549  
SHELTER ISLAND HGTS, NY 11965

# **The New York Annual Conference** **of the United Methodist Church**

## **Camping and Retreat Ministry**

### *A Letter to Parents and Others Sending Campers to Quinipet*

It is the philosophy of United Methodist Camps that appropriate behavior must be clearly defined, modeled by adults, and expected from children. Children grow in their ability to make sound age-appropriate judgments as they are exposed to new environments and choices. Because a United Methodist camp is such a clearly defined Christian community, it is a uniquely safe setting for children and youth to learn new judgment and decision-making skills. We seek to help children develop these skills in this nurturing environment.

We seek to love, teach, care for, and share fun with your child at Quinipet. Staff is taught the importance of creating a safe place for children, a place where campers can explore physical and spiritual spaces knowing that their questioning and observations are encouraged. Staff have been trained to share joy, compassion, and Christ-centered love with each camper, thereby reminding your child that he/she is a unique person.

Staff training components include developmental age characteristics, group facilitation, spiritual development and conflict resolution. We do not intend to use expressions that describe a child's behavior as "better than" someone else's. We critique a child's inappropriate behavior or actions, and teach them to learn and apply new behavioral skills. We do not intend to criticize a child (or an adult).

The Program Director of each camp pursues age-appropriate avenues to modify inappropriate behavior. The use of humiliation or corporal punishment by staff as a means of discipline is strictly forbidden, as is any type of "hazing" or shaming of a camper's background, race, family, education, or appearance. The Director's decisions regarding discipline will be based upon the safety and well-being of the individual camper and her/his fellow campers. The Director will be available to work with parents to find suitable therapeutic intervention if needed and requested by the parents or guardians of children who have been sent home due to inappropriate behavior.

Creating a safe space for children requires that we meet or exceed American Camping Association requirements for site quality, food service, waterfront, adventure activity programming, vehicle maintenance, and health care. In addition, staffing our camps with strong compassionate staff members requires strict screening and training requirements. It also requires that we, the Camp Directors, clearly state our expectations of all involved in the camping program.

While never fully achieving that perfection to which Christ calls us, we strive to provide the best possible experience for your camper. For further discussion of the philosophy or policies of the camps of the New York Annual Conference of the United Methodist Church, please call the director.

***Gregory W Nissen – Director***  
***Betty Gastelua – Board Chairman***  
***Beth Ann Graf – Vice Chairman***

## The big Quinipet questions...answered!

**Vehicles:** Campers are not to bring a vehicle to camp unless prior written permission is obtained from the Camp Director. Adult campers are exempt from this directive.

**Camp Store:** The store provides a variety of snacks and beverages, including fruit juices and granola bars. Campers can bring \$ 10 - \$ 20 for their store accounts. T-shirts, sweatshirts, jackets, mugs, stuffed animals and other items are available. The store is also open during camper registration and pick-up times.

**Telephone Use Policy:** Please do not tell your camper to phone home when he/she arrives at camp or during their stay. Camp leaders will contact parent if a problem occurs and it is necessary for a camper to be in touch with home. **Cell phones or other electronic communication devices are not permitted.** This is to protect the privacy of your camper since most phones and devices have photo and video capacities.

**Sending Email, Faxes, and Mail** is a great way to make sure your camper still knows you love them...

Fax number: 631-749-3403

Email is [campers@quinipet.org](mailto:campers@quinipet.org),

Mailing address: PO Box 549, Shelter Island Hgts, NY 11965

Shipping address: 99 Shore Road.

Please put **campers name in the subject line and the event they are attending**, i.e. Greg Nissen, Athletics. All messages will be given at breakfast and lunch. It's best not to mention how much "fun" mom and dad are having without little camper "Timmy" – especially if you think homesickness is an issue. Letters are great from family and friends.

**Medical Notification Policy:** A camper's parents will be notified by the health staff of any injury, accident or illness that requires treatment by a physician or of any illness that lasts more than one day. The **nurse at Quinipet** may be reached by dialing **631 749 0430 (main number) and dialing ext. 19.**

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### Directions to Quinipet

We do not recommend the use of GPS navigation systems on Shelter Island...unless you don't mind dirt roads.

#### Directions From the North Fork:

Take the Long Island Expressway to the end. Continue straight (Route 58). Follow the signs to Greenport (Route 58 becomes Route 25 East). Once in Greenport, look for signs to the Ferry or Route 114 South. Take the Ferry across to Shelter Island – no reservations are needed, the cost is about \$12 round trip plus passengers and they only accept CASH. From the ferry proceed south on Route 114 approx. 1 mile to West Neck Road (sign for Crescent Beach), Route 114 makes several turns - watch the signs. Continue straight to beach, follow beach to far end to camp entrance.

#### Directions From the South Fork:

Take the Sunrise Highway (Route 27) until it turns into County Road 39. Continue north onto Sandy Hollow Road (Exit 8) to North Sea Road. Then to Noyac Road; and then left at Waterside onto Long Beach Road (turns into Route 114 at the traffic circle). Take Route 114 to the South Ferry to Shelter Island – the cost is about \$12 round trip. **There is no charge for passengers!** Continue north on Route 114 (South Ferry Road) approximately 3 miles. Turn left onto West Neck Road which is approx. 1/2 mile beyond the IGA Grocery Store. Then proceed to four-way intersection, continuing straight ahead to the beach, the road forces you to the left and 1.5 miles down the beach, Quinipet's entrance is on the right.

### Need some help planning for camp?

Don't worry about the homesick camper...

Get tips for getting ready for camp.. ..... <http://www.campparents.org/homesickness.php>

Packing Tips..... <http://www.campparents.org/travellight.php>

Worried about your teen away from YOUR supervision? ..... <http://www.campparents.org/leiken.php>

# Ready to Start Packing Up for Camp?

## Things to bring to camp:

- Cooperative spirit
  - Pillow and sleeping bag or sheets and blankets
  - Towels and washcloth (separate towels for swimming and for showering)
  - Toiletries (soap, toothpaste and brush, shampoo, deodorant, etc.)
  - Flashlight and batteries
  - Bible, if you have a favorite one or a particular version your child relates too.
  - Sunscreen and insect repellent (no aerosols – mist spray is acceptable)
  - Paper and pen or pencil
  - Water shoes or aqua shoes (Strongly Recommended at QUINIPET)
  - Rain gear: waterproof poncho or slicker. It does rain at camp!
  - Only personal music playing devices that could be used during quiet times with head phones
- Please remember there is no place to “lock” anything – so use your best judgment.  
Unfortunately we cannot be responsible for lost items by campers*

## Clothing:

- Comfortable clothes (T-shirts, shorts, jean, sweatshirts and sweater or light jacket)
- Sufficient undergarments for one-week stay
- Two pairs of shoes and/or sneakers and lots of socks – “No Flip-Flop” rule will be strictly enforced
- Bathing suit. (At least two suits for sailing, kayaking or aquatics campers)
- Jacket and/or sweatshirt. (It may get cool in the evening)
- Quinipet sometimes has a “dress up” dinner- so come prepared.

## Dress Code:

As a Christian camp, everyone is expected to dress appropriately. Clothes such as tube tops, net tops, plunging necklines and see-through garments are not appropriate. We are working to promote an atmosphere where physical appearance is not the most important aspect of an individual.

- Proper bathing suits must be worn. Underwear cannot be worn as a swimsuit. Please do your best to find modest comfortable swimwear for your camper.
- Clothing promoting and/or endorsing the use of alcohol, tobacco or illegal drugs cannot be worn.
- Clothing items that are vulgar, obscene, rebellious or denigrate others on account of race, color, religion, creed, national origin, gender, sexual orientation or disability cannot be worn.
- Camper must wear proper footwear at all times, to avoid foot injury - **no “flip-flops”** can be worn out side of the cabins.
- Undergarments must be covered completely. Visible bra straps or jog bras and the waistband of boxers are not acceptable.

## Things Not to Bring to Camp:

- Alcohol
- Cell Phones
- Drugs (except legitimate medications which will be given to the camp health director)
- Animals of any kind including pets
- Weapons (including pocketknives)
- Expensive jewelry or elaborate cosmetic and beauty care items
- All sports equipment (unless specifically requested by your program director)
- Electronic equipment (games, beepers, phones and stereo systems etc.)
- Food of any kind (food packages should not be sent to campers during their stay)
- Any items of value – sentimental as well.

### Connecticut Camper Connection

*New London to Orient Point on the Cross Sound Ferry!*

Call or email us for a space in our van shuttle for \$10 per trip.  
(631) 749 0430 or [info@quinipet.org](mailto:info@quinipet.org) - we only go if you call!

*All campers must be in 7<sup>th</sup> Grade or higher.  
All health forms and payments must be received in advance.  
All medications must be in original labeled containers.  
All campers travel at their own risk.*

Sunday - Boat departs New London – 11:00 AM  
Van Arrives in Orient Point for 12:30 Pick Up

Saturday - Drop Off at Orient Point– 11:00 AM  
Boat Arrives in New London for 12:30 Pick Up

# The **State of New York** requires we send you the following information: Quinipet is both Suffolk County and American Camping Association Accredited

## **Camp Safety**

Are the camp facilities and activities safe?

The camp operator must develop a written plan to include maintenance of facilities, provisions for training staff members and orientation of campers, supervision of campers, campsite hazards, emergency procedures and drills, safety procedures and equipment for program activities.

## **Swimming**

Are waterfront personnel qualified?

Are campers always supervised while in the water?

All waterfront activities at camps in New York State must be supervised by an experienced certified lifeguard or water safety instructor. On site, one qualified lifeguard is required for every 25 bathers. All aquatic staff are required to be trained in cardiopulmonary resuscitation (CPR).

Camps that use off-site pools or beaches operated by others must make special arrangements to provide a safe activity. Even off site, the camp remains responsible for supervising campers.

Some children's camps use sites for swimming that are not inspected by local health departments. Parental permission is required in these instances, and the camp must follow established guidelines to protect campers.

While campers are involved in aquatic activities on site, there must be one counselor for every 10 campers eight years or older; there must be one counselor for every eight children aged six and seven; and one counselor for every six children younger than six years old. When swimming off-site, there must be one counselor for every eight campers six years or older and one counselor for every six campers younger than six years.

Are bathing areas marked off for various swimming skills? Are campers tested to determine their level of swimming ability before participating in aquatic activities? Are non-swimmers kept in water less than chest deep? Is the buddy system used? Are campers required to wear life preservers when boating or canoeing? New York State regulation requires that the answers to all these questions must be "yes."

## **Camp Trips**

Are camp trips supervised by counselors who have the maturity and experience to make decisions that could affect the safety of campers? All trips must be supervised by a trip leader who is at least 18 years old and competent in the activity. Counselors must accompany trips and all staff must review the safety plan prior to the trip.

Counselors should have the skills and expertise in the camp activity (canoeing, rock-climbing, etc.) to handle any emergency that might arise. Ask whether the camp has conducted similar trips in the past without incident. In New York State, the drivers of camp vehicles must be licensed and at least 18-years-old. Seat belts must be worn when provided and vehicle capacities not exceeded. When transporting children in a truck, only a truck cab can be used.

## **Sports and Activities**

How are activities in craft shops supervised, especially when campers are using dangerous tools, such as power saws and lathes? Are archery and rifle ranges at a safe distance from activity centers? Are spectators protected at baseball fields and similar areas? Do players wear protective equipment? State regulation requires that archery, riflery and horseback riding be supervised by counselors with special training in those activities.

## **Fire Safety**

Are there periodic fire drills for both campers and staff? Does each floor of every building have fire exits in two different locations? Are flammable materials (gasoline, pool chemicals, etc.) stored away from activity centers and kept under lock and key? Are functioning smoke detectors located in every sleeping room? All of the above are mandatory in New York State.

## **Location and Facilities**

Are barriers erected against such natural hazards as cliffs and swamps? Are foot trails located away from such dangerous areas and from heavily traveled roads and highways? Do the camp facilities (bunks, bathrooms, mess hall, recreation facilities) meet your aesthetic tastes and those of your child? Is the camp located in an area that will not aggravate your child's allergies? Will your child be required to perform chores, such as cleaning or cooking? For information on the camp's location and facilities, visit the camp or interview the camp operator by telephone, prior to making a decision to enroll your child at the camp.

## **Nutrition**

Are good health practices observed in the camp kitchens, dining areas and food services? Does the camp serve food your child likes? At camps in New York State, food must be prepared from inspected sources. Food preparation and handling activities are reviewed to assure safe and sanitary practices. Kitchen employees must be healthy and follow hygienic practices. Potentially hazardous food must be maintained below 45°F or above 140°F.

## **Rights and Responsibilities**

The regulatory program of the New York State Department of Health places specific responsibilities on camp operators, and on local health departments that enforce department regulations. Following is a summary of rights and responsibilities:

### **Rights of Parents and Guardians**

- To be informed by the camp director, or his or her designee, of any incident involving your child, including serious injury, illness or abuse.
- To review inspection and investigation reports for a camp, which are maintained by the local health department issuing the camp a permit to operate (present and past reports are available).
- To review the required written camp plans. These are on file at both the camp and the health department issuing the permit to operate.

## **Responsibilities of the Camp Operator**

- To inform you and the local health department if your child is involved in any serious injury, illness or abuse incident.
- To screen the background and qualifications of all staff.
- To train staff about their duties.
- To provide supervision for all campers 24 hours a day at overnight camps, and during hours of operation for day camps.
- To maintain all camp physical facilities in a safe and sanitary condition.
- To provide safe and wholesome meals.
- To have and follow required written plans for camp safety, health and fire safety.
- To notify the parent or guardian, with the enrollment application or enrollment contract, that:
  - the camp must have a permit to operate from the New York State Department of Health or the designated permit-issuing official;

In New York State, summer camps must have a state, city or county health department permit to operate legally. These permits are issued only if the camp is in compliance with the state's health regulations. The permit to operate must be displayed in a conspicuous place on the premises. The camp must be inspected twice yearly by a health department representative. At least one inspection must be made during the time the camp is in operation. Each camp is checked to make sure that the physical facilities are safe and that supervision is adequate. When choosing a summer camp for your child, consider the following:

## **Staff Credentials/Supervision**

### **What are the qualifications of the camp director?**

The New York State Health Code requires that the director of an overnight camp be at least 25-years-old or hold a bachelor's degree; a day camp director must be at least 21-years-old.

All directors must have experience in camping administration or supervision. Camp directors' backgrounds are screened by the Office of Children and Family Services Central Register Database for reported incidents of child abuse and maltreatment. Their backgrounds are also screened by the Health Department for criminal convictions. Only individuals who are considered to pose no risk to campers are accepted by the Health Department as camp directors.

### **What are the qualifications of the camp counselors and how are campers supervised?**

Counselors must have experience in camping and supervision of children or have completed an acceptable training course. Stringent counselor-to-camper ratios and staff qualifications are mandated for supervision of swimming, archery, riflery and camp trip activities.

At overnight camps, 80 percent of the camps' counselors must be at least 18-years-old; up to 20 percent may be 17-years-old. There must be at least one counselor for every 10 children aged eight years or older, and one counselor for every eight children younger than eight years old.

At day camps, counselors must be 16 years of age or older. There must be a minimum of one counselor for every 12 children.

Camps that must provide at least 10 counselors may choose to use counselors-in-training (CITs) to meet 10 percent of the required number of counselors. These CITs must be at least 16 years of age at an overnight camp and 15 years of age at a day camp. They must work with senior staff, have had previous experience as a camper and complete a training program. Ask the camp operator if any of their counselors are CITs and how they are used to supervise campers.

Ask about the camp's staff and supervision procedures, including discipline policies. Do they meet your expectations?

## **Health**

Ask about medical coverage and when you will be notified if your child becomes ill or injured. Is a doctor or nurse in residence or on call for campers at all times?

Physicians or nursing services must be available. All summer camps in New York State are required to have a health director and a written medical plan approved by the Health Department. The written plan must include, among other things, provisions for medical, nursing and first aid services. Injuries and illnesses must be reported to the Health Department and are thoroughly reviewed.

### **Does the camp require medical records for campers?**

Camps must keep current medical history reports on file for all campers. Be sure to detail your child's history of immunization, illness, disability or allergy. Specify special diets and activity restrictions. Provide instruction for any medication your child must take

– the camp is required to be inspected twice yearly; and

– the inspection reports and required plans are filed (address of state, county or city health department) and available for their review.

## **Responsibilities of Local Health Departments**

- To review and approve the required written camp plans for compliance.
  - To inspect camps to assure that: (1) all physical facilities are properly operated and maintained; and (2) adequate supervision exists to provide a healthy and safe environment in accordance with the New York State Sanitary Code.
  - To issue a permit to operate when the required plans and inspection results are satisfactory.
  - To investigate reports of serious incidents of injury, illness and all allegations of abuse or maltreatment.
  - When requested, to provide parents or guardians of prospective campers an opportunity to review inspection reports and required plans.
- The time and effort spent in selecting the camp your youngster will attend is important. Keep in touch, especially if it is your child's first camp experience. If possible, visit the camp before and during the camping season.

## **Information**

For further information about New York State health laws relating to summer camps, call the State Health Department's Bureau of Community Environmental Health and Food Protection in Troy at 1-(800) 458-1158, ext. 27600.

State of New York  
George E. Pataki, Governor  
Department of Health

Antonia C. Novello, M.D., M.P.H., Dr.P.H., Commissioner