

# Quinipet

Camp & Retreat Center



Welcome to Summer!  
Parent Handbook

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## KEY

Sections are labeled with shapes according to whom that information is applicable to, as follows:

-  Day Campers
-  Overnight Campers
-  ALL Campers

# GENERAL

## Contact Us!



**Phone:** (631) 749-0430

**General fax:** (631) 749-3403

**Medical forms fax:** (631) 760-8270

**Billing & Registration, Medical, or Camp Questions:** [quinipet@nyac.com](mailto:quinipet@nyac.com)

**Mailing Address:** P.O. Box 549  
Shelter Island Heights, NY 11965

**Physical Address:** 99 Shore Road  
Shelter Island Heights, NY 11965

## Transportation

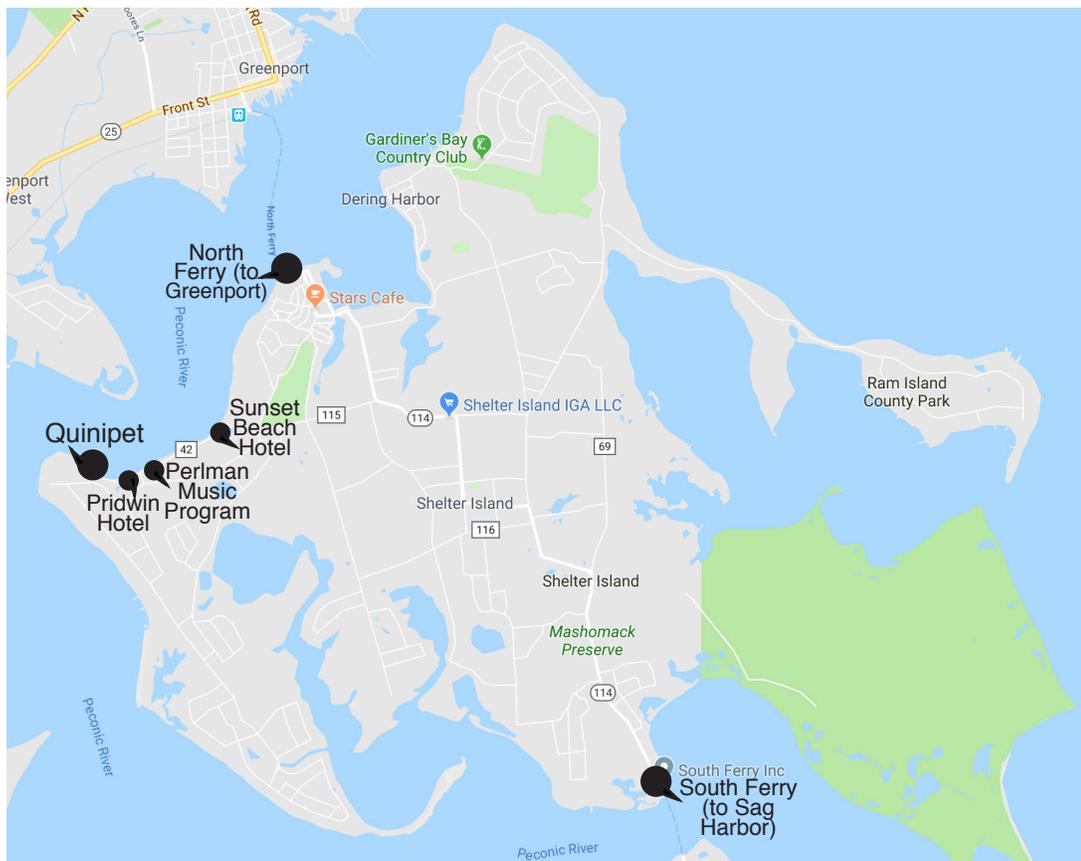


We do not provide transportation for campers to and from camp. **Campers may not bring vehicles to camp.**

## Directions



See the contact page of our website at [www.quinipet.org/directions](http://www.quinipet.org/directions) for detailed written driving directions to camp, including information on taking the ferry. Some GPS have difficulty locating our address. We recommend using “4 Rocky Point Road” as an alternative address for directions.



# GENERAL

## Tours and Open Houses



2018 Open House dates:  
Saturday, April 14  
Saturday, May 12  
Saturday, June 16

Visiting camp ahead of time is a good way for first time campers to get to know camp. All Open Houses run from 2 PM - 4 PM. We also offer guided tours at your convenience. Please call or email to schedule a tour.

## Accreditations



Quinipet is proud to be accredited by the [American Camp Association](#), a community of camp professionals dedicated to safe, quality camp experiences. The American Camp Association collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth serving agencies to assure research-based best practices. As an [accredited camp](#), we undergo ACA's comprehensive review of our operation, from staff qualifications to emergency management.



In addition to ACA accreditation, Quinipet meets the stringent [New York State Department of Health Children's Camp](#) requirements. Quinipet has a Registered Nurse onsite in the camp Health Center. We use the Shelter Island Family Medical Health Clinic and the [Eastern Long Island Hospital](#) for care requiring a physician.

## Camper:Counselor Ratio



We meet and exceed New York State and American Camp Association standards for camper to staff ratio. These ratios vary based on the age of the children, but are typically 6 campers to every 1 cabin counselor, in addition to many other support staff members.

## Religious Foundation



Quinipet is a progressive Christian camp owned and operated since 1947 by the New York Conference of the Methodist Church. It is our belief that God gave us earth and humankind, and it is our job as loving faithful Christians to love and care for each of these things. Our hope is that each camper will grow not only in new experiences, but in their spiritual walk with God as well. Centering our space around the five rocks of Courage, Love, Faith, Humility and Honesty, Quinipet is an ideal environment for inner spiritual reflection. Each day begins and ends with short Chapel and Vesper services, where campers participate in skits, songs and prayer. Grace is sung before each meal, and camper groups may participate in devotions. Quinipet is a community that is both open and affirming, to all who come.

## Arriving Late, Leaving Early, Missing a Day



We recommend that you pick a week when your child will be able to attend the whole experience, but we understand sometimes there are situations beyond your control. Please call the office in advance, and we will work with you on the details and advise your camper's counselor. We are unable to prorate camp fees for missing a day.

# GENERAL/OVERNIGHT CAMP

## Planning for Camp



The American Camp Association's website has some excellent tips on preparing for camp, homesickness, packing and many other topics:

[Camp Resource for Families](#)

[Coping with Homesickness](#)

[What to Pack Tips](#)

## Cell Phone Policy



Cell phones are prohibited. We believe that camp is one of the last places where kids are free to play, socialize, and learn without the distraction and influence of technology. Studies show that taking a break (even if just for a week) from screens, social media, and texting is extremely beneficial in child development. Here at Quinipet Camp & Retreat Center, we are committed to preserving the 'tech-free' tradition of summer camping to allow our campers to experience camp to the fullest. Quinipet cannot ensure your child's online safety or privacy while using cell phones or other technology.

This does not mean that we want to discourage parents and campers from keeping in touch. We offer a one-way email service for parents to write to their children at [cqcamper@nyac.com](mailto:cqcamper@nyac.com), and campers are encouraged to write letters home. Emails will be printed daily and delivered after lunch time. Phone calls can be made home in emergency situations.

Help us keep camp tech-free by leaving your child's phone at home. Any cell phones at camp will be collected and stored until pick-up. There are many helpful articles surrounding cell phones and summer camps, if you or your camper would like more information:

[https://www.huffingtonpost.com/common-sense-media/should-cell-phones-go-to-camp\\_b\\_1572169.html](https://www.huffingtonpost.com/common-sense-media/should-cell-phones-go-to-camp_b_1572169.html)

## Overnight Camp Check-in



**OVERNIGHT CAMP:** Overnight check-in is between 2-4 PM on Sundays at Wesley Hall. Please do not arrive early, as we're getting ready for your camper.

## Overnight Camp Pick-up



**OVERNIGHT CAMP:** Overnight Camp pick-up is from 9 AM - 10 AM the following Saturday at Wesley Hall. If a camper needs to be picked up early, the camp office must be notified in advance: (631) 749-0430 or [quinipet@nyac.com](mailto:quinipet@nyac.com). Unfortunately, we are no longer offering stay-over weekends. **All campers must be picked up on Saturday morning.** If attending consecutive sessions, campers will be able to check in through an expedited line the following Sunday afternoon.

\* **If your camper is going to be picked up by someone else,** you must fill out the Authorized Adult Release Form in advance. By law, we are unable to release campers to anyone other than their parents or legal guardians unless given express permission beforehand. Authorized adults will be required to present their driver's license at the time of pick-up. You can find the release form under "Forms" in your online registration account.

# OVERNIGHT CAMP

## Requesting Bunkmates



One of the best parts of camp is spending time with friends, old and new. At Quinipet, we want there to be opportunities for old friendships to flourish and new friendships to begin. Time in the cabin is a great opportunity for both to take place. Campers in the same age group tend to be in the same cabin, so if your camper's friends are coming, they will most likely be in the same cabin, making time together a given.

When it comes to bunks, each camper may request only one bunk mate. Here's why: time in the bunks is an opportunity to get to know someone new. We don't want to neglect an opportunity for a new friendship to grow, and having the bunk be all friends from home is not conducive to that. When campers stay together in groups, other campers get left out, especially in bunk rooms that hold a limited number.

We understand that there will be some disappointment with this change, but we feel that camp is a time to try new things and meet new people, both of which help our campers grow and experience new things.

## Phone Calls



Believe it or not, contact with parents actually makes children even more homesick. We have found that most children, with the help of supportive counselors, get over the hump of missing home fairly quickly. If a child does not seem to be adjusting to camp, one of the directors will contact you. Parents are welcome to call the camp at any time to check on their camper. Campers do not use the phone except for family emergencies, medical situations or serious camper adjustment issues. Get expert advice on homesickness at [Coping with Homesickness](#).

## Sending Your Camper Mail or Care Packages



Mail from home is a great way to combat homesickness! Please feel free to mail a letter, send a fax (631-749-3403), or send an email to [cqcamper@nyac.com](mailto:cqcamper@nyac.com). Make sure to include your camper's name in the subject line. Emails will be printed daily and delivered after lunch time. Parents may also leave letters with us on Opening Day to be handed out during the week.

Care packages will be opened in front of a staff member to ensure that only appropriate items are brought back to the cabin. **Please do not send any food, fireworks, or other items prohibited on the packing list.** Any inappropriate items will be held in the camp office until pick up on Saturday. Because of the limited space in cabins, the simplest packages are the best. We recommend things like puzzles, books, or magazines. Post cards and letters are appreciated the most!

Address mail in the following manner:

**Camper Name**  
**C/O Quinipet Camp & Retreat Center**  
**99 Shore Road** (if using UPS or FedEx)  
**P.O. Box 549** (if using USPS)  
**Shelter Island Heights, NY 11965**

# DAY CAMP AND COMMUNITY SAILING

## Day Camp Check-in



### Day Camp: 9 AM – 4 PM

Our drop-off/pick-up procedures are in place to create the safest environment for all campers here at Quinipet. Please read carefully to understand these procedures, and if you have any questions we'd be happy to answer them.

**DAY CAMP:** Day Camp check-in is Monday-Friday at 9 AM at Wesley Hall.

**Monday Drop-off:** Please park outside Wesley Hall and walk your child to their check-in table. From there you may go in with your camper, and meet their counselors.

**Tuesday-Friday Drop-off:** Follow the signs and staff members directing you to the drop-off line. A staff member will greet you and your campers at your car in the drop-off line. That staff member will help your campers out of the car and bring them to their groups.

Parents are more than welcome to park and talk to their child's counselor during drop-off or pick-up.

## Day Camp Pick-up



**DAY CAMP:** Day Camp pick-up is Monday-Friday at 4 PM at Wesley Hall.

**Monday-Friday Pick-up:** Follow the signs and staff members directing you to the pick-up line. Your campers will be waiting with the rest of their group. Please place your car in park, remain in your car, and your camper(s) will be brought to your car. If you need to speak with a staff member, please park in the traffic circle in front of the Welcome Center.

**\* If your camper is going to be picked up by someone else,** you must fill out the Authorized Adult Release Form in advance. By law, we are unable to release campers to anyone other than their parents or legal guardians unless given express permission beforehand. Authorized adults will be required to present their driver's license at the time of pick-up. You can find the release form under "Forms" in your online registration account.

## Community Sailing Check-in and Pick-up



### Community Sailing:

Meet at the Sailing Barn for all drop-offs and pick-ups.

**Mornings:** 9 AM - 12 PM

**Afternoons:** 1 PM - 4 PM

## Swim Test



Campers must complete a swim test upon arrival to demonstrate comfort in open bay water. Our swim test consists of four laps in the swimming area, and treading water for 2 minutes. Sailors must also be able to demonstrate donning a life jacket in deep water.

# LIFE AT CAMP

## A Typical Day at Camp



### OVERNIGHT CAMP:

**SUNDAY** is all about checking in and getting comfortable at camp. Sunday ends with an all-camp orientation by the campfire complete with games and songs. Campers will learn basic camp rules, select electives, and learn how to stay safe and comfortable while at camp.

**MONDAY through FRIDAY** is when camp is in full swing! Our sample schedule is below.

**SATURDAY** mornings are about cleaning up, packing up, and preparing for your journey home.

### DAY CAMP:

**MONDAY through FRIDAY**, from 9 AM - 4 PM. Our sample schedule is below.

Day Campers ages 5-8 will participate in activities with their family groups, and will receive Red Cross instructional swimming daily, weather permitting.

Day Campers 9+ have the opportunity to choose their own electives Monday morning with their counselors.

All Day Campers will interact with Overnight Campers and, depending on age, are able to go on trips!

### QUINIPET SAMPLE DAILY SCHEDULE - DAY & OVERNIGHT - SUMMER 2018

	Ages 5-6	Ages 7-8	Ages 9-11	Ages 12-14	Ages 15-17	
7:00	Rise & Shine for Overnight Campers					FAMILY ACTIVITY = scheduled group Waterfront, Land or Arts activity
8:00	Breakfast for Overnight Campers					
9:00	Day Campers Arrive					
9:15	All Camp Gathering & Chapel					ELECTIVES = Camper-chosen week-long activity. Sign ups at camp on Sunday Evening.
9:30 - 10:30	Family Activity	Family Activity	Electives	Electives	Family Activity	
10:30 - 11:30	Family Activity	Family Activity	Electives	Family Activity	Electives	ADVENTURE PERIOD = Camper-chosen daily activity. Sign ups each day during "FOB"
11:30 - 12:10	Lunch-Day Camp	Lunch-Day Camp	Break out into DAY & OVERNIGHT + Quiet Activity (11:45-12:15)			
12:15 - 1:00	Quiet Activity	Quiet Activity-DC Lunch-Overnight	Lunch	Lunch	Lunch	
1:00 - 2:15	Day Campers at Waterfront for Swimming. Overnight Campers at "FOB" in Cabins.					SAILING & OFF CAMP TRIPS*= Advanced sign up during online registration. Booked as double periods and scheduled in place of regular Activities/ Electives.
2:30 - 3:30	Family Activity	Family Activity	Family Activity	Electives	Electives	
3:40 - 4:40	All Day Campers Regroup in Wesley for Games & Playground. Day Campers Depart (4:00)					
4:45 - 5:45		Family Activity	Electives	Electives	Electives	
6:00	Adventure Period					
6:00	Dinner					
7:00 - 9:00	Overnight Camp Special Programming & Vespers					

\*Available Off Camp Trips for Overnight AND Day Campers: Tubing (ages 7+), Kayaking, Paddleboarding, Wakeboarding (ages 9+)

\*Family Activities could include any one of the following: arts & crafts, kayaking, sailing, water sports, swimming or beach fun, on or off-site hiking, nature education, team sports and games, playground, or themed discussion.

# LIFE AT CAMP

## Packing for Camp



### Overnight Campers TO PACK:

- Reusable water bottle
- Sun protection! (sunscreen, board shirt, wide brim hat, sunglasses)
- Enough clothing for 1 week: Shorts, T-shirts, etc. (be prepared for these to get dirty)  
Sweatshirt
- Rain jacket with hood
- 1-2 pairs of pants
- Pajamas/bed clothes
- Socks
- Underwear
- Appropriate bathing suit (no bikinis)
- Sneakers
- Sandals with a back (Flip flops allowed in cabin only)
- 2-3 Towels (for shower and waterfront)
- Toiletries and shower caddy (shampoo, toothbrush/paste, deodorant, etc)
- Pillow and bedding (sheets & blanket, or sleeping bag)
- Hat
- Flashlight
- Bug spray (non-aerosol, DEET recommended)
- Mesh laundry bag
- Enthusiasm and a great attitude!

### Day Campers TO PACK:

- A bathing suit & towel
- Sandals with a back (No flip flops)
- A reusable water bottle
- A change of clothes (just in case)
- Bug spray & sunscreen
- A rain jacket (when the weather calls for it)
- Enthusiasm and a great attitude!

Be sure to label all your camper's belongings! You can purchase inexpensive personalized labels or fabric markers online.

We recommend plastic storage bins or duffel bags. **Do not bring hard trunks, suitcases, or drawers**, as we want to maximize space in the cabins. Excessive luggage around the cabin can cause tripping hazards.

Quinipet Camp & Retreat Center is not responsible for any lost, stolen, or damaged personal items.

### Optional: (not required but can make camp more fun!)

- Journal/book/letter writing materials
- Nicer outfits for "Fancy Friday" (campers may wear a dress or "Sunday Clothes" to dinner Friday)
- Money for camp store (money may be added through CampMinder or deposited during check-in)
- White t-shirt to tie-dye
- Disposable camera
- School size backpack

### NOT TO PACK: (everyone)

- Non-prescription drugs/medicine (that have not been checked in with our camp nurse)
- Weapons, fireworks, alcohol, tobacco, lighters, cigarettes, vapes, or any illegal substances
- Electronics (cell phones, iPads, iPods, computers, etc.)
- Valuables or anything that can't be lost (including personal sports equipment)
- Clothing that can't get dirty
- Animals/pets
- Food/Snacks (No food allowed in cabins. Campers can buy healthy snacks at camp store.)

# FINANCIAL/MEDICAL

## Balance Due Date



Payment in full is required by June 1, 2018. If registering for camp after June 1, the full balance is due upon registration.

## Making a Payment



We accept eChecks, money orders, cash, checks, or VISA/MC/AMEX. When you register online, you will be brought to a page where you select the amount and your method of payment. If you opt to send us a check, please do so within the week of registering.

New this season - eChecks! All the convenience of paying with a credit card, without Quinipet incurring processing fees - that means more funding available for programming and scholarships!

Make check or money order payable to **Quinipet Camp & Retreat Center**.

Write the camper's name and session date in the memo area on the check.

Mail payment to:

Quinipet Camp & Retreat Center  
PO Box 549  
Shelter Island Heights, NY 11965

## Camp Store



The Camp Store is available to all campers daily. You may add funds to your camper's account via your CampInTouch parent portal or on Opening Day. The Camp Store provides a variety of healthy snacks with nut free options, beverages, t-shirts, sweatshirts, mugs, stuffed animals and other items. Any unspent money may be donated to our Scholarship Foundation or refunded (for \$5 or more).

## Refund/Cancellation Policy



Fees for summer camp include a non-refundable \$100 administrative fee. Refunds cannot be made after June 15. Please contact the office through email [quinipet@nyac.com](mailto:quinipet@nyac.com) or call (631) 749-0430 x22

## Medical Notification Policy and Insurance Policy



Parents will be notified by the Nurse or Camp Director 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 Camp & Retreat Center may be reached at the following (only reachable during our summer camp season):

**Nurse Phone:** (631) 749-0430 x19

**Nurse Email:** [quinipet@nyac.com](mailto:quinipet@nyac.com)

**Nurse Fax:** (631) 760-8270

# MEDICAL

## Health History Form



We are required by New York State to collect our online Health History Form from all campers ANNUALLY. We also require our Camper Health Form, signed by an **authorized health provider**, and a copy of each child's immunization records.

Online forms can be submitted via your CamplnTouch parent portal. Forms that require authorized signatures, etc can be uploaded into CamplnTouch parent portal or scanned and sent to the camp office, attn: Megan Schmidt at [mschmidt@nyac.com](mailto:mschmidt@nyac.com) or faxed to (631) 760-8270.

## Head Lice Procedure



Each Overnight camper will be screened for head lice at check-in. If any head lice/nits are found, we will confirm with our camp medical professionals. If the lice/nits are confirmed, campers must be treated at home. We look forward to welcoming them back to camp after treatment!

## Tick Procedure



Staff receive tick prevention training through Southampton Hospital as part of staff training. Counselors encourage campers to have a buddy and perform tick checks daily. Counselors also remind their campers to be on the lookout for ticks while showering.

Our protocol for ticks is as follows: if a tick is found on a camper, it will be removed by the camp nurse. We will then call the parent, and a follow up trip to the doctor may be arranged if the parent wishes after consulting with the nurse.

We recommend that you send your camper with non-aerosol anti-bug/tick spray. NY State Department of Health requires us to have a permission form for applying bug spray on your camper. Another helpful product, permethrin (<http://www.tickcounter.org/prevention/permethrin>), can be applied to clothing and sneakers, and is effective in tick prevention through 6 washings. Permethrin spray can be found at most outdoor stores, and Amazon. For more resources on ticks, visit [www.eastendtickresource.org](http://www.eastendtickresource.org)

## Severe Food Allergies and Dietary Restrictions



Quinipet is a nut-free camp, which is why it is so important that campers not bring food to camp. Parents are asked to clarify specific requests within your camper's Health History Form online. We will work with you to ensure your camper enjoys safe and delicious meals at camp!

## Non-prescription Medicine, Vitamins, and Homeopathic Preparations



“Medication” is any substance a person takes to maintain and/or improve their health. This includes vitamins and natural remedies. There is no need to send non-prescription drugs, as the Health Center is stocked with over-the-counter medications. The Nurse must know about any treatment your child may need administered during camp. According to New York State Department of Health requirements, any medicine provided must be in its original container, signed off by a doctor, and provided to the Nurse at check-in.