



# 2022 NATURE DAY CAMP NATURE ADVENTURE TREK HANDBOOK

Week-long camps in July and August  
9am-4pm

Please be sure to read over the whole handbook carefully with your camper so that you're ready for a fantastic week!

## **MONDAY MORNING (and only Monday) CHECK-IN PROCEDURES**

- 9:00am** Staff will meet campers out in the big grassy field to the east of the Discovery Park ELC.
- 4:00pm** Pick your camper up and sign them out in their den

## Nature Daycamp Checklist

**It's always fun to be prepared!**

**Appropriate Clothing** ☺ We want campers to be safe and comfortable.

- Rain Gear                       Warm Play Clothes                       Extra Set of Clothes                       Hat  
 Comfortable Walking Shoes                       Sunscreen                       Backpacks (for your camper to carry lunch/water)  
(**NO flip-flops!** We don't want any stubbed toes)                       Facial covering (optional for participants)

**Food** ☺ **Daycampers are very active!**

*(We do not have any overall restrictions on food that campers can bring. Please check the Den Lists (available the week before your child starts camp) to see if your child's den has any restrictions. Please notify us if your child has an allergy so we can make accommodations.)*

- Healthy Lunch, Snack, and Drink (campers do not have access to a refrigerator or microwave)  
 **An adequate-sized reusable, refillable water bottle is HIGHLY RECOMMENDED**  
 Reusable lunch containers

**Beach Day (Thursday)**

- Closed-toe shoes that can get wet**                       Warm clothes                       Sunscreen                       Hat  
 Clothes that can get wet (bathing suits are not necessary, we do not swim)  
 Dry socks, shoes and clothes to change into after the beach, campers must wear shoes, and dry shoes are always nicest.

♥♥♥ Nature Daycamp is a 501c3 non-profit. ♥♥♥

# **THE RIGHTS WE HAVE AT NATURE DAYCAMP**

**I have the right to be treated with kindness at camp.**

This means no one will laugh at me, tease, or insult me.

**I have the right to be myself at camp.**

This means no one will treat me unfairly because I am fat or thin, fast or slow, boy or girl.

**I have a right to feel safe at camp.**

This means no one will threaten me, bully me, push me, or destroy my property.

**I have a right to be heard at camp.**

This means no one will yell or shout at me and my opinions will be considered in any plans we make.

**I have the right to learn about myself at camp.**

This means I will be free to express my feelings and opinions without being interrupted or criticized.



## **The Goals of Discovery Park Nature Daycamp**

- 🌿 To provide a positive experience in nature
- 🌿 To foster appreciation and wonder of our natural world
- 🌿 To provide positive adult and teen role models
- 🌿 To provide opportunities for stewardship within the park
- 🌿 To provide a variety of hands-on, interdisciplinary environmental education activities to program participants
- 🌿 To develop a meaningful volunteer experience involving environmental activities and camper supervision for junior naturalists

## **Camp Details**

### **Where can I find my camper's den assignment?**

Your camper's den assignment will be posted at the Discovery Park Environmental Learning Center the week before the child's scheduled week and e-mailed to the e-mail address in the registration system.

### **What can you tell me (the camper) about Nature Daycamp?**

#### **Who will be there?**

Each week children ages 4 -12 participate in **Discovery Park's Nature Daycamp!** Children are placed into groups (dens) of 11-12.

#### **Who will be in charge of my den?**

Discovery Park Nature Daycamp's camp counselors/group leaders are called Environmental Educators. We all have CPR and First Aid Training and are Washington State Patrol background checked and have lots of experience working with kids to help foster appreciation and respect of our natural world.

# What are we going to talk about and when?

*Through nature walks, hands-on exploration, games, stories, songs, crafts, simulation, and imagination, we will have a positive, fun and exciting experience in nature!*

## What will we (me and my new friends) be doing?

At Nature Daycamp we spend a lot of time outside enjoying nature: rain or shine. ***“If you always have dry feet, you miss half the fun of life”– Thoreau*** We feel very lucky to have such a beautiful place to explore and we want to try and see every inch of it by walking, hiking, running, skipping and crawling a GREAT, GRAND, GOOD amount of the time. Each day the dens visit one of the Park’s four main habitats (Pond, Beach, Meadow, and Forest) to explore and learn about the plants and animals that live there! So grab your boots, walking shoes, rain coat, jacket, imagination and join us for a ton of fun!

## What should I wear?

We love to get dirty playing and making crafts at Nature Daycamp so please wear play clothes--like the fun memories we make, our stains may last forever. It’s a good idea to have comfortable shoes (closed-toe shoes are the best) or boots that are good for walking, a jacket, and extra clothes just in case—you will have your own cubby to use for the week and you’re welcome to leave extra clothes there.



## Misc. (but important) Info

### CONTACT INFO:

Nature Daycamp Office: (206) 386-4273  
Daycamp Director: [Trixie.Magsarili@seattle.gov](mailto:Trixie.Magsarili@seattle.gov)

Visitor Center Front Desk: (206) 386-4236  
(The Visitor Center is open Tuesday-Saturday 8:30am-5pm.  
They are CLOSED Sunday-Monday.)

**MANDATORY CHECK IN AND OUT PROCEDURE:** A parent or authorized adult must sign in and out their child every day when arriving and leaving. Signatures must be at least your first initial and full last name. Children will be released only to those individuals authorized by legal guardians, please keep your environmental educator updated on changes to your pick-up list. **We are grateful for your patience, your environmental educator meets lots of adults and it is their job to make sure who you are. They may ask you everyday to remind them of who you are-remember this is for your child’s safety. Thank you in advance!**

**LATE FEE:** Nature Daycamp hours are 9am-4pm. Children look forward to seeing their adults after a busy and exciting day, and it is confusing when no one is there to pick them up. Please help us and your child by being on time. A late fee of \$1 per minute will be charged at time of pick-up.

**REPORTING ABSENCES:** The guardian is responsible for notifying Nature Daycamp when a child will not be in attendance for the day or any part of the day. Each camper is important to us and we worry when they are not here on time, please let us know if your camper will be late or unable to attend. **Please call the Nature Daycamp Office at 206-386-4273 or e-mail the camp director.**

**ILLNESS:** Children not well enough to follow the day's routine of hiking and outside play must not attend camp. This includes children with the following symptoms: fever, sore throat, active rash, discharging eyes, nausea, diarrhea, stomach pain, early cold.

**CONTAGIOUS DISEASE:** Adults must inform the camp director immediately if a child contracts contagious disease or is exposed to one. This includes but is not limited to COVID-19, chicken pox, conjunctivitis, mumps, measles, viral infections, Fifth's disease, and lice. Nature Daycamp will post a notice to alert others. Children being treated with antibiotics for a contagious disease may not return to our facility until s/he had been using the medication for a 24 to 48 hour period and/or the danger of infecting others is over. Incidents of contagious disease are reported to the Public Health Department.

#### **ADMINISTRATION OF MEDICATION:**

**Prescription Medication-** Written parental consent is required to administer any medication.

**Please request and complete a Medical Treatment Authorization Form prior to start of your camp week(s). The form needs to be signed by your child's doctor, so don't wait until the last minute!** You can request the forms by contacting Trixie. All medication must be in its original container and properly labeled with the child's name, date the prescription was filled or the medication's expiration date and legible instructions for administration such as manufacturer's instructions or a prescription label.

**Non-prescription medication-** The following medication can be given with written parental consent, only at the dose recommended and only for the duration and method of administration recommended on the manufacturer's label:

- Antihistamine
- Non-aspirin fever reducer/pain reliever
- Anti-itching ointment or lotion (specifically for itch relief only)
- Decongestant
- Sunscreen/Sunblock

A physician's written authorization is required for non-prescription medication not listed, medication that is to be used in a way other than specified on the manufacturer's label, or that lacks a label. Parents must fill out a Medical Treatment Authorization Form and sign it for each medication that is to be dispensed. All unused medication will be returned to parents or disposed of.

**EMERGENCY PROCEDURES:** In case of a serious illness or injury the following procedures will be followed:

1. Administer immediate first aid/CPR
2. Contact 911
3. Call guardian or emergency contact
4. Transport to nearest hospital (if necessary)
5. File accident/medical report
6. Report to Camp Director/Park Manager



If an emergency arises and you need to contact a child during camp, please call the Visitor's Center at 206-386-4236. Park staff will locate the child for you.

**DISCIPLINE:** To maintain a safe and cooperative setting, Discovery Park Nature Daycamp has specific policies and limitations that govern our facilities, program staff, and the behavior of each child. Compliance with imposed limits and policies of the facility and program is expected. Should it become necessary to correct or resolve any dangerous or disruptive behavior, Nature Daycamp staff will follow the following steps:

1. **Reasoning:** Communication between the child and staff where problems and solutions are identified
2. **Time out:** Removal from specific activity for a short period of time followed by child/staff conference
3. **Guardian/Child/Staff conference and contract**
4. **Dismissal from program**

Nature Daycamp staff use a positive behavior reinforcement system to promote appropriate behavior. No form of physical discipline is allowed. We hope to minimize the need for disciplinary methods.

**Your attendance at Nature Daycamp demonstrates your agreement to these discipline guidelines.**

**REFUNDS:** A participant may be issued a refund for a day camp program, if he/she notifies the city staff in writing ([discovery.park@seattle.gov](mailto:discovery.park@seattle.gov)) at least fourteen (14) days prior to the beginning date of the camp. If you have only paid the deposit, the deposit is non-refundable and no refund will be given. If you have paid in full and made a request at least fourteen (14) days prior, you will receive a refund minus the non-refundable deposit. No refunds will be made for requests received within fourteen (14) days prior to the beginning of the camp.

**PRO-RATING:** We do not pro-rate tuition fees for illness, absences, behavioral suspensions, or unannounced vacations. Children enrolled in Nature Daycamp are reserving time, space, supplies, and staff whether or not the child actually attends.

**LOST AND FOUND:** We have a "Lost and Found" bin outside of the Red/Orange Dens. If requested, we can also leave items at the Visitor Center front desk.

**CONTIGENCY PLAN FOR POOR AIR QUALITY:**

Poor air quality from wildfires have been a health issue during the summer months in recent years. The staff closely monitors the air quality over the days and hours when air quality becomes an increasing health concern.

There is a consistent Air Quality Index used and the categories of the Air Quality Index range from Good, Moderate, Unhealthy for Sensitive Groups, Unhealthy, Very Unhealthy, and Hazardous.

We will cautiously conduct camp when the air quality moves into the Unhealthy for Sensitive Groups and may possibly cancel camp any day the air quality reaches or is forecast to reach the Unhealthy range.

When the air quality rises above the Moderate level, we may modify our activities and adjust our programming. Health officials recommend reducing activity and spending more time indoors when the air quality moves beyond the Moderate level.

If camp were to be cancelled due to poor air quality, we will do our best to notify families as soon as possible. A refund may be issued for days cancelled due to poor air quality from wildfire smoke.



### **DIRECTIONS TO DISCOVERY PARK:**

**From I-5:** Take the 45th St. Exit. Go west on 45th St. Follow the arterial as it zigzags, changes names, and eventually becomes Market St. Continue west until you intersect 15th NW. Turn left on 15th, crossing the Ballard Bridge. Take the first right after the bridge onto W. Emerson. Follow W. Emerson to Gilman. Turn right onto Gilman. Follow this arterial as it turns and changes names until you get to 36th Ave W. Directly in front of you is the main entrance to Discovery Park. Go straight through and take the first left. You have arrived in the East Parking Lot. Please follow the path and walk around the Environmental Learning Center to the Nature Daycamp building.

**From Downtown:** Take Denny Way to Elliot Ave. W. Continue north on Elliot as it turns into 15th W. Take the Dravus St. exit. Turn left onto Dravus and continue until 20th W. Turn right on 20th W. Follow this arterial as it changes names until you get to 36th Ave. W. Directly in front of you is the main entrance to Discovery Park. Go straight through and take the first left. You have arrived in the East Parking Lot. Please follow the path and walk around the Environmental Learning Center to the Nature Daycamp building.