



A Home Without Walls

Parent Handbook

610-847-5858

www.camponas.org ~ friends@camponas.org

Camp Onas

609 Geigel Hill Road
Ottsville, PA 18942

Camp Onas is owned and operated by the
Friends Camp Association of Pennsylvania, Inc.
A nonprofit 501(c)(3) corporation.

Federal Tax Identification Number
23-6396158



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Friends Camp Association of Pennsylvania, Inc.

Mission Statement

Friends Camp Association of Pennsylvania, Inc., a nonprofit corporation, owns and operates Camp Onas: a camp, outdoor education facility, and retreat center.

Friends Camp Association strives to be a faithful steward of its heritage, people, land and other resources based on the Quaker belief of that of God in everyone.

Onas is a caring community where individuals are nurtured and encouraged spiritually and group unity is fostered through recreation and education in a peaceful and simple environment.

Camp Onas is owned and operated by the Friends Camp Association of PA, Inc., a nonprofit 501 (c)(3) corporation, and is overseen by a Board of Directors. To contact the Board of Directors, please contact the Camp Office.

Gifts to Camp Onas and its funds – the Camper Aid Fund and the Russ and Jane Neiger Fund – are tax-deductible to the extent permitted by law.

Camp Onas participates in the USDA milk program. The U. S. Department of Agriculture prohibits discrimination in all its program and activities on the basis of race, color, national origin, religion, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

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Welcome to Camp Onas!

We at Camp Onas extend a heartfelt welcome to you and your child. Whether you are new to the Onas community or returning for yet another summer, we are glad you are a part of Camp Onas!

Camp Onas was founded in 1922 by the Religious Society of Friends (more commonly known as Quakers) and is still owned and operated by the Friends Camp Association of Pennsylvania. Quakers have a commonly accepted tenet of not proselytizing or actively converting non-Quakers. No Quaker practice is forced upon campers, beyond a short explanation of the open silent worship.

The rules at Camp Onas, and the spirit of the camp, are guided by Quaker values of simplicity, peace, integrity, community, equality, and a belief that there is “that of God in everyone.” Our simple facilities, our camping program and activities, as well as in the actions and attitudes of our staff and campers reflect these values. We are committed to non-violent resolution of conflict, and advocate respect and acceptance regardless of the differences between us. The influence of these beliefs creates a loving, nurturing, and healthy environment for your children to learn, grow, and play.

As a parent, there are many things you can do to enhance your child’s experience here at Camp Onas. We hope you will find this handbook a useful tool for preparing your child for Camp Onas. Please take time to read through it, and discuss its contents with your child. As always, if you have any questions, please call the Camp Office at 610-847-5858, or e-mail us at friends@camponas.org.

-Holly, Matt, and the rest of the Onas staff

Registration Policy

We hope you chose your session(s) carefully so that your camper may experience the whole wonderful session from beginning to end. Campers must start their session on Check-In day and leave on Check-Out day at the stated times. Arriving late, leaving early, or removing your child for part of a session affects their experience as well as the experience of other campers in their unit. It also creates more work for our staff on already very busy days. **Non-emergency late arrivals, early departures, and leaving during the session must be approved by the director(s) and are subject to a \$50 service charge.**

Final payments are due 8 weeks before arrival. There is a \$35 late fee and a \$30 fee for returned checks. Late payments must be made 4 weeks before arrival. **There is a \$35 per session fee for paying tuition on a credit card. This fee does not apply to deposit payments.**

If your payment is not received 4 weeks prior to arrival, and payment arrangements have not been made, we will offer the space to a child on our waiting list. If you need to make payment arrangements, contact us before your final payment is due. Payments received after the 4-week mark will need to be paid by cash or money order. Registrations made within 8 weeks of arrival must be paid in full at time of registration.

A cancellation fee of \$150 is charged until April 15. After that date, the full \$300 deposit is forfeited. It is very difficult for us to replace campers after April 15. Cancellations less than 4 weeks before the start of the session will not be refunded.

This Registration Policy has been written so that we may continue to create a peaceful, fun, stress-free and affordable experience for our campers. While we fully understand the pressures family schedules are subject to, campers are most successful when they attend the session from start to finish.

About Camp Onas

One of our main focuses at Camp Onas is building a strong community where every individual feels nurtured and cherished in a simple and natural setting. Our expectations and rules help us achieve this goal.

One of the things that our campers enjoy is having a lot of activities to choose from. On normal weekdays, there are four activity periods where your child will choose from 5-8 activities 'pitched' by our counselors. Activities range from traditional summer camp activities like arts & crafts, softball, canoeing, and pool games, and also include many Onas originals like Leprechaun Houses, Cloud Watching, and Bushwhacking.

An Onas Day

7:30 am	Wake-Up
8:00 am	Breakfast
	Crews and Tent Clean-Up
9:10 am	First Activity Period
10:30 am	Second Activity Period
11:30 am	Free Time
12:00 pm	Lunch
	Rest Hour
1:50 pm	Third Activity Period
3:00 pm	Fourth Activity Period
4:00 pm	Free Time and Free Swim
6:00 pm	Dinner
	Free Time
7:30 pm	Evening Activity
	Snack
9:00 pm	Bed-Time

Sleeping Assignments

Creating a friendly community starts in the sleeping tents and pavilions. Each unit sleeps 8 or 9 campers, placed by birthdate, and 2 or 3 counselors. Boys and girls live on separate “sides,” each with a modern shower house.

Our living units are open-air tents and pavilions with flaps that are lowered when it rains and rolled back up when they dry. Storage space is split under each of the bunk beds, space is limited, so please don’t pack more than can fit under half of a twin-sized bunk bed.

Requests for “bunking together” or not bunking with a particular camper will not be honored. Activities are not scheduled by sleeping units; your child will choose activities on a daily basis and will have free time to be with old and new friends. This policy has proven to be the best way for our campers and staff to build a community based on equality and appreciation for each individual.

Meals at Onas

Mealtime is an important time at Camp Onas. All of camp sits down together for family-style meals three times a day. The meal is started with a short grace or moment of silence.

Campers sit at assigned, co-ed tables of all ages at meals, which helps build our camp community, and gives campers a chance to meet people who are not in their bunk. They are at the same table for one week. Meals are a time when all of camp is together, after the meals we usually have announcements (but don’t say the “A” word), and sing camp songs together.

During meals, the camp meal and a vegetarian option are offered, along with a salad bar (fruit at breakfast) and a Peanut Butter & Jelly station. We offer nutritious, balanced meals, but cannot provide for alternative diets or special dietary needs. Please contact us if your child has specific dietary restrictions -- we will

want to discuss how, and whether, your child's dietary needs can be met at Onas.

Please talk to your child before coming to camp about how their dietary needs will be met here, this will help picky eaters confidently navigate meal time.

Crews

At Onas, everyone helps keep Camp clean and comfortable. In the spirit of equality, every camper and staff member participates in Crews after breakfast. Crews include tasks such as setting up for or cleaning up after meals, sweeping and tidying up our program areas, keeping our grounds free of litter, and cleaning the boys’ and girls’ shower houses.

Quaker Meeting for Worship

Quaker Meeting for Worship is held twice a week in a peaceful, outdoor setting. This is a quiet time for individual thoughts and the sharing of ideas. Meeting for Worship does not interfere with other religious traditions but recognizes the spiritual needs common to all people. Your child is expected to be able to sit in shared silence for 30 minutes. Please talk to your child about Meeting for Worship before camp, or consider attending a Quaker meeting in your area with your child, so you both have an idea what to expect.

Mail & Packages

Mail time is very popular; please write to your child early and often. Cheerful letters with news from home and encouraging words for their camp experience are helpful. Sad or negative news should wait until your camper returns home, it can be difficult to process bad news away from home. Campers are encouraged to write home at least once a session. If your camper sounds homesick or unhappy in the letters you receive, contact the Director(s). If you feel you need to tell your child news that may be upsetting, please call the Director(s) to arrange when and how to tell them. *Please do*

not send letters by fax or email unless asked to do so by the Camp Director(s).

Campers may receive packages with clothing, books, magazines, toiletries, stationery and other items useful at camp. Many parents send their child's favorite comics or sports page from the paper.

Please do not send food, drink mix, treats, money, or large objects. These items will be confiscated. Please let family and friends know about our prohibited items as well. We will attempt to return confiscated items to parents at check-out, but we have limited storage space, and will not be held responsible if prohibited items are lost.

We ask that you resist the urge to send frequent packages to your child. When one child receives a large number of packages it can create feelings of inequality and jealousy among other campers. Sometimes receiving a lot of letters (several in a day, every day) can make campers self-conscious as well. There is also very limited space in the bunks for non-essential items.

Please help us avoid a constant stream of delivery trucks, which disrupt camp life, coming into Camp Onas by limiting the packages you send. Instead, channel your love and support into writing letters or postcards to your child. They create much less waste and are just as appreciated by children.

Phone Policy

As a policy, we do not allow campers to make or receive phone calls. The Camp Director(s) or Nurse will communicate to parents any problems a camper may be having. We do allow phone use in the case of a family emergency, and special arrangements may be made for a birthday call. Please do not promise your child that they will be able to call you. A promise like that usually makes it harder for your child to adjust to camp and actually increases the likelihood of homesickness.

Cell phones and Wi-Fi devices are prohibited, and your child will be sent home from camp, without refund, if they are in possession of one. Please make sure your child leaves their cell phone home with you.

Out-of-Camp Trips and the Pioneer

Day trips are taken to local museums, parks, rock climbing areas and nature centers. Day-long canoeing trips use the nearby Delaware River. Your signature on the camp form acts as a permission slip for out of camp trips. These are optional trips chosen by campers with no additional parent permission forms required. If you do not want your child to participate in out-of-camp trips, please notify the Director(s).

All transportation is done in the camp vans with Onas drivers trained and evaluated in defensive driving, except an occasional special trip and the in-between session evening activity, when a professional bus company may be hired. All trips are led by Onas counselors.

The Pioneer Program is a 4-day trip for campers 12 years and older experienced in backpacking and canoeing. The Junior Pioneer Program for 2-week campers under 12 is an overnight trip of canoeing, camping at a local campground, and rock climbing. There are additional fees associated with the Pioneer and Junior Pioneer programs. A Pioneer program permission form is included in the online registration. Your child will be able to make the decision to participate in one of these programs during the summer, but will only be considered if they have permission at the start of their session.

If your child participates in a Pioneer Program, you will be expected to pay the fee at check out. Please bring cash or a checkbook.

Camp Store

Camp essentials such as stationery, stamps, pens, toiletries, batteries, and flashlights are sold in the camp store. The store account is paid at Check-Out. This account is limited to \$35 per session, and very rarely do children meet this limit. Please bring a checkbook or cash when you check-out your camper.

Camper Safety & Health

Camper Eligibility

Camp Onas respects the idea that not all camps are for all kids. In spite of all the fun, Camp Onas can be hot, buggy, rainy, and tiring. It is possible Camp Onas may not be the right fit for your child, so if you are having doubts, please include us in the conversation.

To attend Camp Onas your child must be able to have effective interactions in group-based activities and live and cooperate in a close, community-based environment. They must be able to meet their own personal needs (eg: able to walk distances, participate in their self-care, use the bathroom independently, advocate for themselves...) to successfully enjoy camp.

Behavior Rules and Guidelines

We expect campers to behave in a way that contributes positively to the camp community; campers quickly learn that our rules and guidelines help everyone have a fun and safe time at Onas. We help campers learn from mistakes and peacefully solve conflicts. Parents will be notified by the Camp Director(s) if a problem is developing with their child so we can work together to find a solution.

Camp Onas will dismiss any campers for the following:

- The use of cigarettes, alcohol, or drugs
- Harmful or anti-social behavior
- Physical, sexual, or mental abuse, bullying
- Willful destruction of camp property

- Gross misconduct
- Possession of cell phone or Wi-Fi device

Fees are nonrefundable in such cases. If a camper is dismissed early for behavior reasons, re-enrollment would require conversation with the directors to determine suitability.

Safety

Providing a fun, safe environment is our primary goal. Our staff is trained to safely conduct activities and respond to emergencies. Camp Onas is an outdoor, rural environment and we do run around all day long. Bumps, scrapes, and bug bites happen. We do our best to minimize accidents and injuries by maintaining camp and by teaching and following established safety guidelines. Campers are taught about some of our natural hazards, including poison ivy, ticks, and insects, and are instructed what to do if contact is made. Campers are encouraged to put on sunblock a minimum of twice a day. Please instruct your child in how to use sun block and insect repellent for deer ticks; and be sure to pack these items (please no aerosol cans). Also, please pack one to two light-weight, long pants/long shirt outfits for games in the woods. We recommend these long clothes are pre-treated with permethrin at home before arrival at camp. Permethrin is a tick and insect repellent for clothing that lasts several washes and repels ticks and mosquitos. You can read more about permethrin on the CDC website, www.cdc.gov.

Health

We maintain an infirmary staffed by a nurse and a certified first aid person. A physician is on-call 24 hours a day, but for most middle-of-the-night situations we would go to the Doylestown Hospital's Emergency Department, 25 minutes away or the Urgent Care Center 30 mins away. Indoor sleeping facilities are available at Camp for sick or injured campers.

With active, outdoor activities and communal living, campers sometimes become injured or sick. If there is a serious or

prolonged injury or illness, we will do our best to contact a parent or guardian at the emergency numbers provided on the health form in a timely fashion. We will act in the best interest of your child until you can arrive or provide instruction over the phone, including doctor's appointments or a trip to Doylestown Hospital. If your child is seriously injured or sick we will expect you or your emergency contact to meet us at the hospital or camp and assume responsibility for your child.

Camp Onas will provide first aid and symptom relief as best we can. Please understand that we are not a doctor's office, and recuperating in our infirmary is not the same as recuperating at home.

If your child is sick for an extended period of time, does not seem to be actively getting better, or their symptoms are not improving, we expect that the parent or a designee will pick up the sick child as soon as possible and no longer than 12 hours after the request was made. The decision to send a child home will be at the discretion of the Nurse and/or Camp Director(s). Once campers are better they are welcome to return to camp with the permission of the Nurse and/or Camp Director(s).

Here are some examples of conditions for which we would expect a child to leave camp:

- Fever over 101.5°
- Unable to participate in activities for a full day due to sickness or injury
- In need of specialized care or to visit a specialist
- Any contagious or infectious condition
- Illness or sickness that is making the camper's experience miserable or causing him/her distress

24 Hour Pre-Camp Health Check

To help us keep our camp community healthy, you are expected to check your child for head lice and his/her belongings for bed bugs.

We also need to know if your child has been sick within the last 24 hours or has been in contact with any communicable diseases.

Please check your child's head for lice and if you find lice, please hold them back until treatment is completed. All campers will be checked for head lice on the first full day of each session. If lice are found, you may either pick up your child before bedtime that day or request that we treat it (Camp Onas generally uses an outside professional service that costs around \$300, though for light infestations Camp Onas staff may do the treatment for a cost of \$100). If your child needs to be treated for head lice he or she will generally miss most of the first days' activities. Coming to camp with head lice makes the first day of camp more difficult for campers, places a burden on our staff, and it is much more difficult for campers than being treated at home. Please check and treat your child for head lice before arrival, and notify the health care staff at healthcenter@camponas.org.

Medication

All medications must be given to the Nurse at Check-In. **No medication is to be left with a camper.** If your child has an inhaler or epi-pen that they are accustomed to carrying with them, please contact the Nurse prior to coming to camp. All prescriptions must come in the original container with the child's name, drug name, and instructions. If you no longer have the original box or bottle, your pharmacy will reprint the slip for you.

It is our policy not to deviate from the listed instructions of the prescriber, this includes dosage, timing, etc. While we agree that kids are sometimes able to monitor their own healthcare needs, we will not follow instructions such as: "She knows when she needs her medicine and how much to take." if it conflicts with the instructions from the prescriber.

Our infirmary supplies over-the-counter medicine for headaches, stomach aches, allergies, etc. If your child takes a daily anti-

histamine please bring a supply for your child's session to Check-In, in the **original packaging**. Please double-check that all allergies are listed on the health form.

We do our best to accommodate our campers' medication needs, but our infirmary has set medication administration times. They are **before each meal** and at **bedtime**. Even if they take the medication after the meal, your child needs to come to the infirmary before the meal to get the medication. Please review this with your child. There is no 3PM med time at Camp Onas. Make sure you go over your child's medication schedule with them prior to coming to camp, it will make their experience that much easier. Please contact the nurse prior to the summer to go over special medication considerations before coming to camp and only send medically necessary medications with them.

Illness and Injury

The Nurse, Director(s), or Health Care Manager (HCM) will notify parents if a camper is seriously injured, treated for lice, (via email or voicemail), is in the infirmary overnight, or must see a doctor for treatment. For emergency care, Doylestown Hospital is 15 miles away with a complete range of medical services.

Your camper's participation agreement includes a release to allow us to communicate health care information to you via email and voicemail. This policy is in place to allow more efficient communication between busy parents, nurses, and directors. Email and voicemail will only be used to communicate basic and routine information. You also have the option to receive information via text message, if you opt to on the Health Form.

Medical Bills

Medical bills for doctor visits, emergency hospital care, lice treatments, and prescriptions for routine treatments are the responsibility of the camper family.

We have a relationship with a local PCP who sees our campers quickly and without requiring them to be existing patients, as a courtesy to us. Because our campers are from many different areas, and participate in a variety of insurance plans, one of the conditions of this arrangement is that they will not bill campers' insurers directly. Instead, they bill Camp Onas, and we pass the bill on to campers' families for reimbursement. It is our expectation that we will receive payment for any medical expenses at check-out. It is the responsibility of the camper family to seek reimbursement from their private insurer.

In some cases, we are able to offer secondary camper insurance to help with large bills, please let us know if that is needed. Parents are responsible for arranging any specialized medical care beyond those offered by our camp doctor or emergency services.

Health History Form

You are required to return the Health History Form to Camp Onas by June 1st so it can be reviewed by our healthcare staff. There is a \$35 late fee for health forms received after that date. We will not assume care of your child on check-in day without adequate time before-hand to review his or her health history.

Camp Onas requires all new-to-Onas campers to be immunized. Current campers are exempt from this rule but may need to be picked up at the first sign of an infectious outbreak or if there is an immunocompromised camper or staff member.

Please be sure to complete the Camper Health Check within 24 hours of your camper's scheduled arrival, and bring the form with you to Check-In. This form will be mailed to you, and is also available on our website.

Preparing for Camp

Our Office Phone Number is (610) 847-5858. Please program this into your phone so you recognize our number if we call you. Please do not 'screen' your calls while your child is away at camp, this can prevent us from reaching you in a timely manner.

Talking with your child

One of the best ways to prepare your child for camp is to talk about what to expect, and to involve them in the process of getting ready. Pack for camp *with* your child, (not for them) so they know what has been packed and where to find it. Mark all clothing and belongings with your camper's name. Place your camper's name on the outside of their trunk or luggage and laundry bag. We will not be responsible for lost or damaged clothing or belongings.

Bring: Enough clothing to last two weeks (or one week, for a one-week session). Laundry is done only for campers staying two consecutive sessions, sessions 1&2 or 3&4. If your camper wears glasses, send a back-up pair if you have them. A packing list will be sent to you in the mail, is included in this handbook, and can be found at www.camponas.org.

Do Not Bring: Cell phones or any Wi-Fi devices, money, food, drink mix, candy, gum, radios, electronic devices of any kind, skateboards, rollerblades, valuables, or knives. Please think about any nice clothing or shoes you pack for camp – they can be worn pretty hard during a camper's time at Onas, and often do not look the same at the end of the session. Personal music devices are allowed, but there is no place for campers to charge these items. *Campers found in possession of cell phones or other Wi-Fi enabled devices will be sent home immediately, without refund of camp fees.*

(There is a copy of the packing list on the next page).

Camp Onas Packing List

YOU'LL NEED A TWO WEEK SUPPLY OF THESE ITEMS

- underwear
 - socks-lots of these (long and short)
 - shorts-2 weeks supply
 - pants, sweats or jeans
 - shirts (1-2 long sleeve tops also)
 - jacket, sweatshirt, or fleece
 - bathing suits-it's nice to have 2
 - pajamas (or whatever you sleep in)
 - towels for swimming and showering
 - toiletries
 - 1-2 lightweight long sleeve/ long pant outfits for games in the woods. We recommend these be treated with permethrin, a long-lasting tick and insect repellent for clothing.
- Note: Laundry service is only provided for campers staying two back-to-back sessions, it is optional for campers staying sessions 2 & 3 (additional fee applies).



MAKE SURE YOU HAVE

- two pairs of sneakers or sturdy shoes
- flip-flops or shower shoes
- rain gear
- laundry bag-MARK WITH NAME!
- flashlight (not a huge one)
- insect repellent
- sun block



FOR SLEEPING

- For health and comfort reasons, please use sheets and blankets for in-camp use. Sleeping bags will be used for the "overnight".
- set of sheets
 - 2 heavy blankets
 - pillow and pillow case
 - sleeping bag (can serve as 1 of the blankets)

ADDITIONAL SUGGESTIONS

- musical instrument
- fishing rod – we have fish in the pond!
- a nice outfit for the Saturday dance
- baseball glove/lax stick if desired
- camera that uses film or is an OLD digital camera (no Wi-Fi). Disposable cameras work well.
- stationery/pen
- playing cards, books
- bandana - needed for camp games
- hiking boots (well broken in!)
- extra pair of glasses if you use contacts or glasses



Sneakers or sturdy shoes are worn during activity periods. Only sandals with thick soles and ankle straps are allowed to be worn around camp during non-activity times. **Flip-flops may only be worn to the pool and shower house.**

THE CAMP STORE

Postcards, stationery, stamps, pens, pencils, toiletries, flashlights and batteries are available at the camp store. Please don't bring money. Your parents will pay your account at check-out. (Don't worry parents, we limit your camper to \$35 a session, including the automatic charges for the camp photo and candy nights.)

DO NOT BRING!!

CELL PHONE OR ANY Wi-Fi DEVICE
ELECTRONIC GAMES and DEVICES
E-READERS or DEVICES with SCREENS
ANYTHING THAT NEEDS A PLUG
FOOD, CANDY, GUM, DRINK MIX
SKATEBOARDS/ROLLERBLADES
KNIFE or WEAPONS
VALUABLES or MONEY
CANDLES/LIGHTERS
AEROSOL CANS – Manual sprays are fine
SUPER STYLISH STUFF

Note: Personal music devices may be brought but can only be used during free time in the sleeping units. We are not responsible for the loss or damage of these items. (There is no place to charge these items.)

Note: All cellular or Wi-Fi enabled devices will be confiscated and donated to an area family services program.

PACK YOUR THINGS IN

Camp trunk-13.5 inches or less in height. (Most Common)
Suitcase
Large Duffel Bag

Crates or plastic bins – please check height!
Note: There is limited space in the sleeping units. Your things will be stored under 1/2 of the floor space under your bunk. Trunks should be 13.5 inches or less in height to fit under the bunk. "Everything Summercamp" is one company that sells trunks this size. We will email you a link to their website.



MOST IMPORTANT!!!

MARK ALL YOUR CLOTHING AND BELONGINGS WITH YOUR NAME IN INDELIBLE INK. A permanent marker or laundry pen works well.

Homesickness

Homesickness is a normal part of being away at camp. Most first-time campers experience homesick feelings the first few days until they learn the routine and feel comfortable with their counselors and bunk and then it lessens as the session moves forward. Our staff is very good at dealing with homesickness and will proactively plan activities in the first few days to help campers adjust to camp life. We specifically train our staff to combat this normal part of being away from home.

There are several things you can do to help your child avoid homesickness:

Involve your child:

Make the decision to go to camp together, learn about the camp together, and come to the May Open House together. One of the greatest ways to alleviate ‘first day jitters’ is to come to camp and see what it’s about. When it is time to pack for camp, choose clothing and pack together. Prepare letter writing materials with them so they know where their materials are, and how to write a letter home.

Provide some practice time away from home:

Going away for one or two weeks is a long time for a child who has never been away from home without a parent. Provide opportunities for your child to be away from home for one or two nights with friends or relatives without either of you calling to check in. Remember, you will not be communicating with your child by phone at camp. Make sure your child understands this and is okay with it. The more opportunities your child has to be away from home, the easier it becomes for both of you.

Talk with your child about homesickness:

Prepare them for homesick feelings by explaining that these are normal feelings that everyone experiences and that homesick feelings go away as they become familiar with camp life and

participate in camp activities. Share stories of your first time away from home and how you felt. Assure them that Onas counselors understand and will help them deal with homesickness. Show your confidence in their ability to have a positive experience.

Don’t make deals for early pick-ups or phone calls:

If you find yourself doing this, it is a strong indication that you or your child is not ready for camp. (If you are not sure about your child’s readiness for camp, please contact the Camp Director(s) to discuss your options.) You can tell your child that the Camp Director(s) or Nurse will contact you if your child needs you. Your child will feel more secure knowing that you think their needs will be met.

Have confidence in our ability to take care of your child:

It is essential that you feel comfortable with your decision to send your child to Camp Onas. Your child will sense your confidence in Onas and this will help them feel comfortable about coming to camp. Rest assured that each camper is important to us and we will work hard to make every camper’s experience a great one. We will contact you if your child is unhappy, and will work with you to find a solution. We are available by phone or email if you have concerns about your child.

Arrival, Departure and Visiting Day

Arrival (Check-In)

Check-In requires between 1 and 1 ½ hours and is always on a **Sunday**.

Check-In is an exciting time for campers and parents. The Onas staff and counselors want to welcome each child and help them settle in. Please follow these guidelines for an enjoyable and stress-free Check-In:

- Girls Check-In starts at 2 pm and Boys at 3 pm. Families with both boys and girls can check their girls in first, and then come to the front of the line for Boy's Check-In. Boys may not go onto the Boys Side until 3 pm.
- Come to the Penn Pavilion, you will see it when you arrive. Campers must stay with their parents until they have been fully checked in, and your camper will need to be present to check in. Do not go onto the "Sides" until you have checked in.
- Girls bring their luggage to the Penn Pavilion. Boys' luggage should remain in their cars until bunk assignments are received.
- At the Penn Pavilion, campers are given their bunk assignments and medications are given to the Nurse or Health Care Manager.
- Girls have their trunk or largest piece of luggage delivered to the Girls Side, and carry the rest. Boys drive their luggage to their units.
- Parents should go with their campers to their bunks to meet the unit counselors. General and helpful information about your child can be shared with the unit counselor. Special needs, medical concerns, recent traumatic experiences or anxieties your child may be having should be noted on their health form and communicated to the Nurse or Camp Director(s) before your camper arrives. Sensitive information will be shared only with staff who need it to care for your child.
- We ask that parents leave camp once campers are settled and involved with their bunk so that group activities can begin.

Departure (Check-Out) for Two-week Sessions

Check-Out normally requires at least 1 hour and is always on a **Saturday** for two-week sessions. *For one-week sessions, please see inside cover for Check-In and Check-Out times.*

Campers may only be picked up by their custodial parents unless there has been advanced notification to the Camp Director(s) in writing. Arrangements can be made at Check-In.

Check-Out on the last day of the session is from 10:00 – 11:30. It is a busy time for campers and counselors as we prepare everyone to leave or be visited. Our staff is unable to prepare campers to leave early or late on Check-Out day so plan on arriving within the Check-Out times. Come first to the Penn Pavilion where you will check out your camper, and pay your camper's store fee, special program fees, medical expenses, and pick up any unused medication. Please bring a check or sufficient cash. We cannot accept credit card payments.

You will then head to your camper's bunk where your camper will be eagerly waiting with their things packed.

You can speak with the bunk counselor about your camper's experience at camp. Please carefully check that all of your camper's belongings are packed and check the lost and found area. The lost and found for the session will be on display at the Penn Pavilion – please look for your campers belongings. After your child has said their goodbyes, you are welcomed to tour the camp or visit the camp store at the Penn Pavilion for T-shirts and other camp items.

Visiting Day

All campers staying for two sessions must be visited on **Visiting Day from 11:00 am to 4:00 pm**, on the **Saturday** between sessions.

Campers truly enjoy and benefit from a visit with family members or family friends, and the Onas staff need this time to prepare for the next session and cannot supervise campers. You will be responsible for supervising your camper from 11-4. Please inform the Director(s) **ahead of time** if someone other than a parent will be visiting your child on visiting day.

Come first to the Penn Pavilion to sign your camper out. Families can leave camp for lunch or bring a picnic to enjoy at Onas. There are places nearby for lunch and many interesting places in Bucks County to visit. See the Bucks County Visitors' Bureau website for ideas. The Onas pool is open from 2:00 – 4:00 for families to enjoy.

Note: Campers staying Second and Third Sessions must leave camp overnight in between sessions.

Tipping Policy

It is the spirit of our Quaker camp that every staff member does his or her job gladly, to the fullest measure of their ability. If you wish to express appreciation, it should only be done as a contribution to a special Counselor Fund which benefits all the counselors. This can be done at Check-Out. Please do not place our counselors in a difficult position by offering them individual tips.

All contributions go directly to the counselors, and are genuinely appreciated by our young and dedicated staff.

Guidelines for Parents while Visiting Onas

Visiting Days are only for campers staying **two** two-week sessions. Visiting Day takes place on the Saturday between sessions. Parent visits at other times are unlikely to be approved by the directors unless there are special circumstances because they disrupt the camp experience for all campers.

Smoking: Please do not smoke anywhere on Camp Onas property, at any time.

Pets: Please control and leash your pet while on camp grounds, if that is not possible please leave your pet at home. Our camp animals will not be leashed.

Special Assistance: If a family member needs assistance getting around Onas, please contact the Camp Director(s) before arriving so we can be ready to assist you.

Cell Phones: Please severely limit cell phone use while at Camp, please do not have your cell phone out.

Be prepared to wait in line: There will be a line for check-in and check-out. This line can take more than an hour to go through, depending on the number of campers coming or leaving. We try to move the lines as quickly as we can, but we have limited staff available to check campers in and out, and often parents have questions or concerns that need to be addressed.

Hot summer weather can make the wait feel longer, and try peoples' patience. We thank you in advance for your patience on these busy days, and ask that you model the same behavior we ask from our campers by being courteous and following directions. Yelling, cursing, and other outbursts directed at our staff will not be tolerated.

We are looking forward to seeing you and your camper(s)
at Camp Onas soon!

Thank you for taking the time to review the Parent Handbook

Important things to remember from this handbook:

Final payment is due eight weeks prior to your camper's arrival date.

Health History Forms are due to Camp Onas by June 1st, there is a \$35 late fee for forms received after that date. We will not admit your child on Check-In day if we have not had the time to review the health form prior to his or her arrival.

Please complete the Camper Health Check within 24 Hours of your camper's scheduled arrival, and bring the completed form with you to check-in. Please carefully check your child for head lice, and treat your child before arrival if they are found. If your child becomes ill before arrival, please call the camp nurse before you bring your child to check-in.

All prescription medications must be in packaging that shows the patient's name, drug, route, dose, and frequency. This is all on the pharmacy label, and must be brought! (This is most frequently forgotten with inhalers, and can be reprinted by your pharmacy if it is missing).

Please be sure you have reviewed the list of prohibited items, and that your camper does not bring any of those items with them.

Please send letters to your camper while he or she is at Camp Onas. Write early and often. We will do our best to make sure you hear from your camper as well.

If someone other than a parent/guardian will be picking up your child on Check-Out or Visiting Day, you must make arrangements with the Camp Director(s) ahead of time, in writing.

Please call our office if you have any questions (610) 847-5858, or email us at friends@camponas.org.

Parent Handbook Acknowledgement Page

You will be asked to verify that you have read the following sections of the Parent Handbook by completing a form in your camper's registration.

Please be sure you have read the Parent Handbook and are familiar with the following camp policies and procedures:

- Registration Policy (Cancellation, Late Arrival, Early Departure & Associated Fees)
- Payment Due Dates
- Packing List
- Prohibited Items
- Phone Policy
- Camper Eligibility
- Camper Behavior Rules & Guidelines
- Health History Form – Deadline June 1
- 24-Hour Pre-Camp Health Check
- Expenses accrued during the session (store, medical, and special program fees)
- Check-In, Check-Out and Visiting Days

If questions arise as you review the Parent Handbook, please do not hesitate to contact our office!

Quick-Reference Contact Information:

Email: Camper Concerns, General Inquiries, Billing Questions-
friends@camponas.org

Phone: 610-847-5858

Fax: 610-847-8447

Please add Camp Onas as a contact in your phone so you recognize our number should we need to call you.