



Map is not to scale.



A Home Without Walls

Parent & Guardian Handbook

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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.

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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 camper to learn, grow, and play.

As a parent or caregiver, 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 directs staff attention away from campers on already 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 is in place to help us create a peaceful, fun, stress-free and affordable experience for our campers. While we 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, and you may be asked to send additional food to augment the camp menu.

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. 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 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 parent/guardians 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, as they send the message that it is okay to break the rules. Food items are prohibited because they attract bugs and rodents, and present a danger to children with food allergies. Please let family and friends know about our prohibited items as well. We will attempt to return confiscated items to parent/guardians 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. Receiving a lot of letters (several in a day, every day) can make some campers self-conscious, and frequent packages can create feelings of inequality and envy among other campers. 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 parent/guardians 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/guardian 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

The Pioneer is a four-day (three-night) out-of-camp trip for campers 12 years and older comprised of two days of backpacking and two days of canoeing. The Junior Pioneer Program (for 2-week campers under 12) is a two-day (one-night) out-of-camp adventure designed for younger participants. There are additional fees associated with the Pioneer and Junior Pioneer programs, and financial aid is available to campers who applied for tuition assistance. 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 pay online the day before arrival, or bring cash or checks.

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 pay online the day before arrival, or bring cash or checks.

Camper Eligibility, Rules & Guidelines

Camper Eligibility

Camp Onas respects the idea that not all camps are a great fit 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 (e.g.: 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. Parent/guardians 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, e-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 Director(s) to determine suitability.

Camper Safety & Health

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 run around all day long. Bumps, scrapes, and bug bites are common. 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; practice their application; 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. In some cases, a consultation may occur via telemedicine with a local urgent care center. 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/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 making doctor's appointments or taking a camper to Doylestown Hospital/ Urgent Care. 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 getting better, or their symptoms are not improving, we expect that the parent/guardian 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 for illness or injury 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).

These 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

- Contagious or infectious conditions
- Illness or sickness that is making the camper's experience miserable or causing him/her/them distress

24 Hour Pre-Camp Health Check

To help us keep our camp community healthy, we ask you to tell us if your child has been sick within the last 24 hours or has been in contact with any communicable diseases. If they have, we may ask you to delay your camper's arrival, for the wellbeing of all. We also ask that you check your camper for head lice and their belongings for bed bugs prior to arrival.

If you find head lice prior to arrival, please hold your camper 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 will need to either pick up your child before bedtime that day or request that we treat the head lice. Camp Onas uses an outside professional service that costs around \$300 per treatment. For infestations that are light, or in short hair, Camp Onas staff may do the treatment for a cost of \$100. Coming to camp with head lice makes the first day of camp more difficult for campers, and they will likely miss some activities. It is easier on campers and our staff if campers are treated at home, prior to arrival.

Medication

All medications must be given to the Nurse at Check-In or delivered by a pharmacy. **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. Campers do not generally carry emergency medications with them while at Camp Onas.

**Medications: All products given by our nurses. Includes all prescription and over-the-counter medications, vitamins, supplements, probiotics, ointments, inhalers, saline nasal spray, and homeopathic remedies. (Examples include: Zyrtec, Claritin, Allegra, Zantac, Lactaid, melatonin, preventive swimmers' ear drops, daily miralax, "eczema creams", Flonase, Zaditor drops, local bee pollen)*

Medications* must be accompanied by two things: a **prescription** and an **order**. Both of these come from a *licensed prescriber*. Medications must arrive at Camp Onas in individual packaging (pill packs or blister packs) prepared by a pharmacy. For more information about how medications* need to be packaged, please see the information posted on our website.

(This information was also mailed and emailed to families). If your child will need to take medications* while at camp, please start planning now, as you will need to work with both your prescriber and a pharmacy to meet the requirements.

Note on prescriptions: We have a good relationship with the Horsham Pharmacy, a local business, and encourage you to fill your prescriptions through them. They are affordable, helpful, and knowledgeable; and can save you time by using some of the information you provided through our online health form.

Our infirmary supplies over-the-counter medicine for headaches, stomach aches, temporary allergies, etc. Your indication on the health form gives us permission to administer these medications* per the box instructions if symptoms arise during your camper's stay.

We do our best to accommodate campers' medication needs, but our infirmary has set medication administration times. They are **before each meal** and at **bedtime**. Even if a camper takes the medication* after the meal, your child will be expected to come to the infirmary before the meal to get their 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. Doing so will make their experience 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 to camp.

Illness and Injury

The Nurse, Director(s), or Health Care Manager will notify parent/guardians if a camper is seriously injured, requires treatment for lice, (via email or voicemail), is in the infirmary overnight, or must see a doctor. For emergency care, Doylestown Hospital is 15 miles (approximately 25 minutes) away and provides a 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 parent/guardians, 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's parent/guardian.

We have a relationship with a local Urgent Care who sees our campers quickly even though they are not existing patients, and when appropriate, campers may be seen via telemedicine. Because our campers are from many different areas, and participate in a variety of insurance plans, one of the conditions of our arrangement with the Urgent Care center is that they bill Camp Onas directly, instead of going through insurance companies. Camp Onas will pass the bill on to campers' families for reimbursement. It is our expectation that Camp Onas will be reimbursed for any medical expenses at session check-out. It is the responsibility of the camper family to seek reimbursement from their private insurer, where applicable.

In some cases, we are able to offer secondary camper insurance to help with large bills, please let us know if that is needed. Parent/guardians 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 submit 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 to review their health history prior to arrival. This is for the health and safety of all campers.

Camp Onas requires all campers to be immunized. There are a few campers who are either medically restricted from receiving immunizations or their attendance at Onas preceded our immunization policy. Unimmunized campers will need to be picked up at the first sign of an infectious outbreak or if there is an immunocompromised camper or staff member. On the health form, returning campers' immunization history should carry forward year over year; please review & update it annually.

Please 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

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) this way, they will know what they have 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. Please do not send precious or irreplaceable items to camp.

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 (1&2, 2&3, 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 and via email, is included in this handbook, and is available on our website, 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 twice about any nice clothing or shoes you pack for camp – they can be worn pretty hard during a camper's time at Onas, and will often not look the same at the end of the session. Personal music devices are allowed for use at bedtime and other down-times, 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.

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.)

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 down 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 development. Most first-time campers experience some sort of homesick feelings the first couple of days until they learn the routine and feel comfortable with their counselors and bunk. Homesickness generally lessens as the session moves forward. Our staff is very good at managing homesickness and will proactively plan activities in the first few days to help campers adjust to camp life. We train our staff and give them plenty of tools to help with this normal part of being away from home.

There are several things you can do to help your child avoid and cope with 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. Sometimes it is helpful (and fun) to try mailing letters to one another ahead of coming to camp.

Ask your camper what questions they have. Listen to their concerns and work together to come up with strategies to deal with those concerns.

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/guardian. Before camp, 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 ... acknowledge that it can be hard, and focus on why you are glad you stuck it out. Assure them that Onas counselors understand and will help them deal with homesickness. Show your camper you are confident in their ability to have a positive experience.

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

In our experience, a promise of early pick-up can significantly undermine your camper's chances of successfully working through homesickness. If you find yourself feeling like you need to make deals of this nature, 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) so we can help you assess the situation.) You can tell your child that the Camp Director(s) or Nurse will contact you if your child needs you (we will!). 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.

What to do if I get a homesick letter?

Just like homesickness is a part of development, so is trying to solve the problem by asking a parent/guardian to fix it. If you get a homesick letter, please take a moment to appreciate your child's effort to express how they are feeling, and their attempt enlist your help. Then, give us a call. We will usually find a time to check in with and observe the camper in an un-obtrusive way. We will report back to you about what we find, and work with you and/or your camper to develop a strategy for managing their homesickness. More often than not, by the time a homesick letter reaches home, the camper has already found ways to cope with their homesickness and their outlook is improving.

Arrival, Departure and Visiting Day

Arrival (Check-In)

Check-In requires between 1 and 1 ½ hours and it is always on a **Sunday (never on a Saturday)**.

Check-In is an exciting time for campers and loved ones. Please follow these guidelines for an enjoyable and stress-free Check-In:

Check In Times:

- **Girls Side (G-Side)** camper check in is at **2pm**
- **Boys Side (B-Side)** camper check in is at **3pm**

*If you are checking in campers on both the G-Side and the B-Side, you will check in your G-Side camper first. When they are settled, return to the Penn Pavilion, proceeding to the **front of the line** to check in your B-Side camper.*

- **Parking** in on the field when you first drive in. Walk to the Penn Pavilion, there will be signs, and likely a lot of other people.
- **Campers must be supervised by a parent/guardian** until they have checked in. Your camper is the person "checking in," so they must be present. **Please have your camper with you** when you reach the front of the line.
- **Please do not go onto the "Sides" or explore camp before you have checked in.** Exception: The closest bathroom is the B-Side Shower House, which you are welcome to use.
- **Luggage: G-Side campers** bring their luggage to the Penn Pavilion. **B-Side campers** should leave their luggage in the vehicle until they receive their bunk assignment.
- The check-in process involves receiving **bunk assignments**, turning in **24-Health Forms**, and giving any medications to the Nurse or Health Care Staff. The Director(s) will be available to talk to you about any specific concerns.
- **G-Side campers** will have their trunk or largest piece of luggage delivered to their unit, and carry the rest. **B-Side** units are accessible by car, and you will drive luggage to the units on the B-Side.

- **Parent/guardians** should accompany campers to their bunks to meet the counselors and help campers make their beds and get settled in. You are encouraged to **share general information that will help our staff work with your camper** with the counselors.
- **We ask that information about specific medical concerns, special needs, recent traumatic experiences, anxiety, and other serious concerns** be communicated with the Nurse or Camp Director(s) before your camper arrives, so we can devote our full attention to understanding the situation. The health form is a good place to share this information. Calling or emailing the office is also a good way to convey this information. We will share sensitive information only with the staff who need to know it to care for your camper.
- **We encourage parent/guardians leave once campers are settled.** This allows campers and staff to direct their attention toward group activities and getting to know one another.

Departure (Check-Out)

Check-Out normally requires at least 1 hour.

2-week session check-out is always on a **Saturday, 10:00-11:30am**

1-week session check-out is always on a **Sunday at 1:30pm**

Campers may only be picked up by their custodial parent/guardians unless Camp Onas is provided other instructions in writing. There is a space to list authorized individuals through the Parent Portal, or you may email your instructions to the camp office.

Check-Out is a busy time for campers and counselors as we prepare everyone to leave or be visited. Our staff is unable to prepare campers for early or late departure on Check-Out day so please arrive within the designated times.

- **Come to the Penn Pavilion before going to your camper's bunk.** Here, you will:
- **Pay your camper's balance**, if they have one (this may include their camp store purchases, Pioneer program fees, medical bills, etc.). We will email you account balance to you on the Thursday before check-out. You can pay your bill online before check-out, or pay by cash or

check day-of. We are unable to take credit card payments during check-out.

- **Pick up any unused medication**
- **Check for unclaimed mail** and confiscated package contents.
- **Receive a check-out slip**, indicating that you have checked out your camper. Please give this slip to your camper's unit counselor.
- **Then, proceed to your child's bunk, where they will be waiting for you.** Your camper's bunk counselor will be happy to speak with you about your camper's experience at camp.
- **Please carefully check all of your camper's belongings**, and make sure you have everything. **Please visit the lost and found.** The session's lost and found items will be displayed on fence around the pool.
- After your child has said their goodbyes, you are welcomed to have them take you on a tour of camp or visit the camp store at the Penn Pavilion for T-shirts, water bottles, and other Camp Onas memorabilia.

Visiting Day (for campers staying two sessions, 1&2, 3&4)

All campers staying for two sessions must be visited on **Visiting Day, 11:00 am to 4:00 pm**, the **Saturday** between sessions 1&2 and 3&4. Campers truly enjoy and benefit from a visit with family and/or friends, and the Onas staff need this time to prepare for the next session, meaning we are unavailable to 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/guardian 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. Weather permitting, the Onas pool will be open from 2:00 – 4:00 for families to enjoy.

*Note: **Campers staying Sessions 2&3** must leave camp overnight in between sessions.*

Tipping Policy

It is the spirit of our Quaker camp that every staff member does their job gladly, to the best of their ability. If you wish to express appreciation monetarily, we ask that you do so by making a contribution to the Counselor Fund, which benefits all counselors. This can be done at Check-Out, via cash or check. Please do not place our counselors in a difficult position by offering them individual tips.

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

Guidelines for Adults while Visiting Onas

Visiting Days are only for campers staying **two** two-week sessions. Visiting Day takes place on the Saturday between sessions 1&2 and 3&4. 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, this includes the use of e-cigarettes.

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

Special Assistance: If a family member needs assistance getting around Onas, we want to help. Please contact the Camp Director(s) ahead of time so we can be prepared to lend a hand.

Cell Phones: Please limit cell phone use while at Camp, we ask that if you need to use your phone, you do so out of eye-shot and hearing-range of others.

Be prepared to wait in line: There will be a line for check-in and check-out. The amount of time the line takes can vary, depending on the number of campers coming and going. We try to move the lines as quickly as we can, but we have limited staff, and often parent/guardians 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, following directions, and making the best of it.

**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 & Guardian 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 their arrival.

Please complete the Camper Health Check in the 24 Hours preceding your camper's 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 individual packaging prepared by a pharmacist, and accompanied by prescribers' orders. More information about these requirements is available on the website. Prescriptions and orders are most commonly forgotten for emergency inhalers and epi-pens.

Please review the list of prohibited items (on the packing list), and be sure your camper doesn't bring any of them to camp.

Please send letters to your camper while they are at Onas. Write early and often. We will do our best to encourage your camper to write, too.

If someone other than a parent/guardian will be picking up your child on Check-Out or Visiting Day, please communicate this with us in writing, via email or via the form in the Parent Portal.

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

Parent & Guardian Handbook Acknowledgement Page

You will be asked to verify that you have read the following sections of the Parent & Guardian 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/guardian 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.

Please program the Camp Onas phone number into your phone.

The main Camp Onas phone number (610) 847-5858. Our secondary number (used when the primary line is busy) is (610) 847-3072.

If you save our numbers in your phone, you will recognize our number if we call you from the office.

We ask you to avoid 'screening' your calls while your camper is with us, as doing so can prevent us from reaching you in a timely manner.

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 in an equal opportunity provider and employer.