



117 Ridge Road, Hollis, NH 03049
(603) 465-7787 / Fax (603) 465-9546
www.beaverbrook.org

Get Ready for Summer Nature Camp

This year our classes will be held outdoors, rain or shine. (There will be open-air shelters for severe weather) To promote a positive experience, here are some guidelines.

COVID-19 Policy:

Campers and staff will wear face masks at drop off and dismissal, when gathering in a group, or when six-foot distancing cannot be ensured. When appropriate, campers will be allowed breaks from masks when snacking, eating, or spread-out hiking on the trail.

- Should your camper or any household member have any of the following symptoms, we ask your camper to remain out that week and notify the office.
 - Fever of 100.4 F or higher, now or in the preceding 72 hours (or would have, but have used fever reducing medicine)
 - Cough
 - Sore Throat
 - Muscle Aches
 - Difficulty Breathing
 - New Loss of Taste or Smell

*In the interest of limiting the opportunity for transmission,
we are taking the following precautionary measures:*

Your household must remain out of the program if any member of your household has:

- A suspected or confirmed case of COVID-19 or
- Traveled: outside of New England

*10 days after the last potential exposure,
your household may return provided these three things have happened:*

- (a) At least 10 days have passed since any household member first experienced symptoms or returns from travel
- (b) Symptoms have improved for any household member that experienced symptoms (for example, cough or shortness of breath has improved); and
- (c) The household has been fever-free for at least 72 hours without the use of fever-reducing medicines.

*****Or*****

the family member has had a negative COVID 19 test.

Camp Closure Due to COVID 19:

If a camper or teacher tests positive for COVID 19, that program will be temporarily suspended, the New Hampshire Health Department will be notified, and their advice will be followed.

COVID 19 Cleaning Policy:

We will be using nature items for activities as much as possible, other items will be disinfected as required.

Hand washing stations and porta-potties will be set up on both campuses, and both teachers and counselors will have hand sanitizer and wipes readily available.

Clothing

Campers should wear old clothes that can get dirty. Long but lightweight pants will provide protection against insects, poison ivy, cuts, and scrapes. Shoes should be comfortable for walking, especially over rough terrain, and wet feet are always a possibility. Students should bring a labeled backpack containing a raincoat or poncho for unexpected weather. Your teacher will notify you if specific clothing or footwear is required for any special activities. Please pack a complete change of clothes for preschoolers.

Insects & Ticks

1) Apply insect repellent to clothes before class. Send along a non-aerosol spray repellent. **The repellents most effective in repelling ticks contain 30% DEET or 20% Picardin or Lemon Eucalyptus Oil (Repel brand).** Here is some research from Consumer Report

Ratings ● Excellent ● Very good ○ Good ● Fair ● Poor

In order of overall score. Those with the same score are ranked by cost per ounce. Recommended

| Recommendation | Rank | Product | Cost per ounce | Active ingredient | Overall score | Effectiveness (hours) | | | Damage to materials |
|-------------------------------------|------|--------------------------------------|----------------|-------------------|---------------|-----------------------|------------------|-------|---------------------|
| | | | | | | Aedes mosquitoes | Culex mosquitoes | Ticks | |
| <input checked="" type="checkbox"/> | 1 | Off Deep Woods Sportsmen II | \$1.25 | deet 30% | 98 | 8+ | 8+ | 8+ | ○ |
| <input checked="" type="checkbox"/> | 2 | Cutter Backwoods Unscented | 1.33 | deet 23% | 98 | 8+ | 8+ | 8+ | ○ |
| <input checked="" type="checkbox"/> | 3 | Off FamilyCare Smooth & Dry | 1.63 | deet 15% | 98 | 8+ | 8+ | 8+ | ○ |
| <input checked="" type="checkbox"/> | 4 | 3M Ultrathon Insect Repellent 8 | 1.67 | deet 25% | 98 | 8+ | 8+ | 8+ | ○ |
| <input checked="" type="checkbox"/> | 5 | Natrapel 8-Hour with picaridin | 2.00 | picaridin 20% | 87 | 7 | 8+ | 8+ | ○ |
| | 6 | Bite Blocker Xtreme (Organic) * | 1.34 | plant oils | 56 | 3 | 8+ | 7 | ○ |
| | 7 | Cutter Skinsations Clean Fresh Scent | 1.04 | deet 7% | 55 | 4 | 6 | 7 | ○ |
| | 8 | Burt's Bees All Natural Herbal | 2.00 | plant oils | 24 | 1 | 5 | 2 | ● |

* "Organic" has no meaning in this repellent.

2) Students can wear long pants and tuck them into socks to protect against ticks. Pre-treating clothing with 0.5% Permethrin is quite effective for repelling ticks and sanctioned by the American Academy of Pediatrics. Read more about [pretreating outdoor clothing here](#).

3) Students should wear light colored clothes and a hat. Ticks are very difficult to see on dark colors. Make a habit of doing careful body and clothing checks for ticks at the end of the program. A lint roller can be a helpful way to remove surface ticks from clothing and exposed body.

Sun Protection

Please apply sunscreen to your child before arriving at class. Consider wearing a hat that shades the face and ears.

Food and Drink

Four- and five-year-old students will need only a snack as their camp ends at noon. Each student in grades 1 and up should bring a well labeled water bottle, bag lunch and snack each day. Students may refill their water bottles at Beaver Brook. No glass bottles, please. **Please use recyclable, compostable or reusable containers for food to reduce trash.**

Special Concerns

Please make sure that the Beaver Brook staff are aware of any special emotional, educational, medical, or behavioral needs regarding your student. The registration form provides space for you to describe these. **If your student utilizes an aide or shared aide in school, then BBA's policy is that for learning and safety, an aide is necessary for participation in camp. Some parents send an aide with the student and others are able to seek aides through summer school programs.** With all pertinent information ahead of time, we can do our best to make sure that all students have an enjoyable and safe experience.

Drop Off / Pick Up Procedures

Drop Off:

Classrooms will be open 5 minutes before the scheduled program begins. Signs will be posted marking drop-off loops for each age group. A counselor will be there to check your child off and get him/her to the correct program. Please introduce yourself and give written information about any car-pooling or pick-up that may change day to day.

We will be following recommended CDC and NH COVID guidelines concerning daily health checks.

Beaver Brook staff cannot be responsible for supervising your children before the scheduled program time.

Pick Up:

Students should be picked up from camp at the scheduled end time. Teachers will release students when the program is over and ensure that campers are picked up in the designated area for that age

group. Adults should make sure that the teacher or counselor knows you have picked up your child. Beaver Brook staff cannot be responsible for supervising your children beyond the scheduled program time.

Our programs are nature-based which means much time will be spent in the fields and forest. Please avoid picking your child up early if at all possible. This affects the activities of the whole class if they need to come back to the buildings for one person's early dismissal.

Late Pick Up:

If an unexpected event causes you to be late for pick up, please call the Beaver Brook office (603-465-7787) so that we can notify the teacher and the student. We will keep the student at the office until you arrive.

Discipline Procedure

Beaver Brook's programs are meant to be educational and fun for all children involved. However, we recognize that different environments, circumstances, and settings can impact a child's behavior and interactions with peers. Beaver Brook's staff works pro-actively to create a positive group environment, to set clear expectations at the beginning of each program, and to use positive reinforcement so that behavior does not become an issue.

Inappropriate behavior by any individual may have an effect on the enjoyment and safety of the entire group and is not acceptable.

Teachers and aides will work to resolve common offenses such as being too loud, testing the rules, cliques, putting down others, and bad language. One-on-one conversations, positive-reinforcement, and take-a-breaks will be used in an attempt to correct these behavior issues. If inappropriate behavior continues or if a student commits a serious offense especially one that endangers others, the parent or guardian will be notified. We are willing to invest considerable effort to restore appropriate behavior but reserve the right to expel a child from class if reasonable measures on our part have failed to be effective. *If you have any questions or concerns, please contact us M-F (603)465-7787 between 9:00am-and 3:00pm.*