

Parent Handbook 2021



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Dear Camp Families,

Thank you for your continued trust, support and patience as we navigate our way towards the summer. Our Parent Handbook has been amended to include important information regarding COVID19. It includes our plan to ensure each camper's safe and healthy arrival, as well as our preventative and containment measures. As a one session, 3-week experience, Kents Hill Sports Camp has the advantage of having a "no coming and going" policy. This means that all campers who arrive on day one will finish together at the end of the 3 weeks, thereby minimizing outside exposure. Our hired staff have committed to staying on property for the entire summer. Once inside the camp bubble, campers can expect the sports, activities, traditions, and camp spirit that makes Kents Hill Sports Camp so amazing. With camp still 3 months away our plan will continue to evolve as we receive updated guidance from healthcare professionals. We will communicate all changes with you as we get closer to opening day. **It's imperative that you read through the content of this handbook so that we are all on the same page as we prepare for camp.**

Our goal at camp is not only to have all of our campers improve in athletics but also to grow in our safe, structured, and spirited environment. For this to happen we need the support of both campers and camp parents. The most important way that parents can help is by following our rules and policies and by ensuring that your child understands and appreciates their value as well.

The purpose of this handbook is to help you prepare for camp. It contains information on our policies and procedures, travel to/from camp, a packing list and much more.

After thoroughly reading this Handbook, please don't hesitate to contact us anytime with questions or concerns. We are looking forward to a great and much needed summer.

Best,
Kevin, Lisa, and the Kents Hill Sports Camp Team

COVID Protocols

COVID19 TESTING

PRE-CAMP

- **It is imperative to the success of camp that all campers maintain social distancing for 7 days prior to camp. We ask that families remain extra vigilant during this time period and not schedule non-essential activities or participate in gatherings that would potentially risk exposure.**
 - Each camper will be required to complete a health screening the week prior to arrival at camp. This will be located in your CampMinder account.
- We have partnered with Vault Health. They are a company we used last summer and that supplied the first FDA & EUA saliva test kit. **All campers and staff must have a negative PCR test prior to camp. Ordering and testing instructions will be emailed to all camp families in a subsequent email as we get closer to camp.** Test results are required to be uploaded into CampMinder prior to arrival. (see Required Forms section below for instructions on how to access your CampMinder account)
 - ****You DO NOT have to use this specific test. We are ok with you going to your local Doctor office, minute clinic or testing site but the test must be taken no earlier than the Wednesday prior to camp. Any test you take should be covered by your insurance company through the Cares Act. We DO NEED a negative PCR test result uploaded to CampMinder prior to arrival and your guarantee that your child will remain socially distant the week prior to camp.****

SESSION 1

- Order tests by June 13th at the latest (tests can sit in a cabinet)
- Social distancing and daily health checks begins June 20th and continues up until camp.
- Test on the morning of June 23rd, bring the test package to UPS dropoff prior to 3pm.
- Results by June 25th - Required to log in and upload test result to Campminder account
- Buffer day June 26th
- Campers arrive June 27th

SESSION 2

- Order tests by July 5th at the latest (tests can sit in a cabinet)
- Social distancing and daily health checks begins July 11th and continues up until camp.
- Test on the morning of July 14th, bring the test package to UPS drop-off prior to 3pm.
- Results by July 16th - Required to log in and upload test result to Campminder account
- Buffer day July 17th
- Campers arrive July 18th

ARRIVAL DAY

- All campers will be tested (antigen/rapid test) prior to or upon arrival at camp. (please visit the transportation section of the handbook for further details regarding this test)
 - If a camper tests positive they will not be allowed to enter camp.

FIRST 3 DAYS OF CAMP

- Campers will remain in 2 separate cohorts aka 'divisions'
 - These divisions will stay together throughout the day for activities and meals
 - Divisions will follow appropriate mask wearing and social distancing procedures when interacting with the other division.
 - Campers will be separated at their Major based on division.
- On Day 3, all campers will be re-tested in camp with a PCR test.
 - A negative test result for all campers will indicate that we are "all clear", allowing the divisions to interact with each other, and permit us to responsibly run our daily schedule of activities.

COVID PROTOCOLS

- Nurses inspection will take place daily and include temperature and symptoms screening for campers & staff (this will continue for the entire summer)
- If a camper shows any Covid19 symptoms:
 - Camper will be given a rapid (antigen) test
 - If the test is positive camper will be re-tested with a PCR test.
 - Camper will be isolated within a separate section of our Health Center
 - Parents will be called
 - If PCR test comes back positive, the camper will remain isolated in our air conditioned Health Center. Camper must be picked up from camp within 24 hours.
 - After the camper is cleared by both their home and our camp medical staff, the camper will be eligible to return to camp.
- Dorms, bathrooms, dining hall, hockey locker rooms and any other indoor facility will be cleaned and sprayed by a Professional Electrostatic Sprayers (that were purchased specifically for COVID) daily or between each use.

POST-CAMP

- We recommend that your child takes another PCR test 3 days after returning home for peace of mind.

Required Forms

HOW TO ACCESS MY CAMPMINDER

1. www.kentshillsportscamp.com
2. Click on "MENU"
3. Click on "Current Families"
4. Enter Log In information (if you forget your password, click on "retrieve password" to reset)
5. Click on "Forms and Documents"

Listed below are several important forms that need to be completed by June 1st. All forms can be found online at www.kentshillsportscamp.com (follow instructions to the left to access "My CampMinder"). This information is very important for our planning and for your child's smooth transition to camp. We greatly appreciate your cooperation.

- Activity Selection Form
- Room Requests
- Camper Profile
- Parent Authorization Form
- Additional Options
- Covid Terms & Conditions
- Health History
- Physician Examination/ Immunization Form - (must be signed by a doctor)
- Transportation Form
- Pre-Camp Covid test result

Please note that the **Parent Authorization, Physical Examination, Immunization form, and Pre-Camp Covid Test result** need to be printed, filled out, and uploaded back into Campminder. Remaining forms can all be completed online. If you need help with any of this, please email info@kentshillsportscamp.com.

Travel Information

Session 1: Sunday, June 27 -
Saturday, July 17

Session 2: Sunday, July 18 -
Saturday, August 7

Drop Off/Pick Up

Drop your camper(s) off at camp on Sunday, between 3pm & 5pm

Pick your camper(s) up at camp on Saturday, between 8:30am & 10:30am

Follow the signs when you arrive at camp to a welcome table where staff will assist you.

Please note that drop off & pick up will be completely contactless. All campers will be given a rapid (antigen) Covid test upon arrival. If result is negative, staff will help take all baggage out of the car and take the campers to the dorms and get them situated, while parents will be required to exit the camp grounds. If test result is positive, camper will not be permitted to stay at camp. We will all unpack together (with counselors help) after everyone has arrived at camp.

Directions to camp can be found at www.kentshillsportscamp.com by clicking on "Menu", then "Location". On this page we also have accommodation suggestions if you are planning to stay in Maine.

If using a GPS the address is:

**1614 Main Street
Readfield, Maine 04355**

Baggage: All campers baggage and sports equipment can be dropped off on arrival day and picked up on departure day.

Bus Transportation

All campers will be on an assigned bus which will begin our cohort (or as we will call it “division”) mandatory grouping that will continue for the beginning of camp. If siblings are in different divisions they will have to ride on separate buses but we will make time for them to see each other at camp with social distancing.

All campers will receive a rapid (antigen) test prior to getting on the bus. These test results take about 10 minutes. Please be patient throughout the process of getting everyone tested and bags loaded onto the bus

- **NY/NJ Bus**

Departure to camp: We will meet at 8am in the parking lot of the Vince Lombardi Service Area off of the NJ Turnpike. The buses will leave promptly at 9:30am (allowing extra time to accommodate covid testing). **Be sure to search the parking lot on both sides of the service Station as it can be confusing but this Service plaza allows access from both directions on the NJ Turnpike.**

- Once you locate the buses please wait in the car for loading/testing instructions from our staff.
- We will load the buses one car at a time to prevent a crowd.
- Staff will wear masks but once on the bus it's not necessary for campers.
- Pack a nut free lunch/snacks/drink The bus will not stop.
- We will send an email once the bus arrives at camp

Arrival after Camp: The bus should arrive at the Vince Lombardi Service Area at approximately 2pm.

Directions: The Vince Lombardi Service Area is the last service area on the NJ Turnpike and is located between exits 18E & 18W. Coming from the south it is just past the sports complex and from the north it's the first service area after you cross the GW Bridge.

Baggage: We will reserve space for all baggage, including sports equipment on the bus to/from camp.

Cost: \$150 each way

- **Boston Bus**

Departure to camp: We will meet at 12:45am in the parking lot of the Natick Service Plaza off of the Mass Pike. The buses will leave promptly at 1:45pm. Please bring a nut free, bagged lunch with drinks for the ride

- Once you locate the buses (they will be driving up from NJ so could be a few minutes late with traffic + covid testing) please wait in the car for loading/testing instructions from our staff. We will load the buses one car at a time to prevent a crowd.
- Staff will wear masks but once on the bus it's not necessary for campers.
- Pack a nut free lunch/snacks/drink The bus will not stop.
- We will send an email once the bus arrives at camp

Arrival after Camp: The bus should arrive at the Framingham Plaza at approximately 9 am.

****Note that pickup and drop-off for Boston campers are at different locations****

Directions: The Natick Service Plaza is the last service area on the Mass Pike heading East. The plaza is between exits 13&14. The Framingham Plaza is located between exits 13&12 heading West on the Mass Pike.

Baggage: We will reserve space for all baggage, including sports equipment on the bus to/from camp.

Cost: \$115 each way

Air Travel

Campers & parents traveling with campers must wear a mask on the plane and in the airport. Campers will also be tested (rapid, antigen test) prior to getting onto the bus at the Portland Jetport. If your child tests positive at the airport we will stay with her until plans are made for her to be picked up.

All campers should fly into the Portland International Jetport. When booking your flight, try to arrive between 12-4pm on arrival day and depart no later than 12pm on departure day. Camp staff will be by the baggage claim in a camp uniform to greet the campers. Please ensure that you have completed a "unaccompanied minor" form (available from your chosen airline) if your child is flying unaccompanied. The form must accompany your child on the flight. Please contact camp with your itinerary as soon as it's confirmed.

Baggage: All baggage must be shipped 1 week prior to the start of camp. For shipment home, please prepay & schedule pickup with either Fedex or UPS for the Monday following camp.

The address for shipping bags to camp is:

Kents Hill Sports Camp
Attn: Campers Name
1614 Main Street
Readfield, Maine 04355

Packing List

- Your child’s clothes are sent out to the local Laundromat. They are picked up and will be returned to camp two days later. You should provide approximately one and a half week’s worth of clothing and several days extra in the event that unusual circumstances occur.
- Use this check off list as a guide; adjustments should be made to provide for your child’s individual interests and needs.
- The washers and dryers are commercial machines. We recommend that delicate/expensive clothing not be sent to camp
- Please use only duffle bags when packing your child for camp (limit two per camper).
- Remember everyone tends to over-pack, be careful.
- All items should be labeled with camper’s name.
- If your child wears glasses or prescription sports goggles, please send an extra pair to camp. If your child wears contact lenses, send extra contact lenses and solution which will be kept in our Health Center.
- Please do not send your child to camp with any candy/food. We do not want this in the dorms.
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	Clothing	Quantity
<input type="checkbox"/>	Socks	12
<input type="checkbox"/>	Underwear	12
<input type="checkbox"/>	T-Shirts/Tanks	12
<input type="checkbox"/>	Long Sleeve Shirts	3
<input type="checkbox"/>	Sweatshirts	2
<input type="checkbox"/>	Shorts	12
<input type="checkbox"/>	Sweatpants	2
<input type="checkbox"/>	Jeans or Long Pants	2
<input type="checkbox"/>	Pajamas	4
<input type="checkbox"/>	Swimwear	5
<input type="checkbox"/>	Bathrobe	1
<input type="checkbox"/>	Rain Jacket / Poncho	1
<input type="checkbox"/>	Baseball Hats / Visors	2
<input type="checkbox"/>	Nice Outfit for Final Banquet	

	Toiletries	Quantity
<input type="checkbox"/>	Toothbrush / Toothpaste	1
<input type="checkbox"/>	Comb / Brush	1
<input type="checkbox"/>	Soap (in container)	1
<input type="checkbox"/>	Shampoo / Conditioner	1
<input type="checkbox"/>	Plastic Drinking Cup	1
<input type="checkbox"/>	Deodorant	1
<input type="checkbox"/>	Nail Clippers	1

	Bedding / Linen	Quantity
<input type="checkbox"/>	Warm Blankets	2
<input type="checkbox"/>	XL Twin Size Sheets	2 sets
<input type="checkbox"/>	Pillow	1
<input type="checkbox"/>	Pillow Cases	2
<input type="checkbox"/>	Bath Towels	6
<input type="checkbox"/>	Wash Cloths	2
<input type="checkbox"/>	Laundry Bags	2

	Miscellaneous	
<input type="checkbox"/>	Flashlight	
<input type="checkbox"/>	Self Addressed Stamped Envelopes with Paper	
<input type="checkbox"/>	Pens / Pencils	
<input type="checkbox"/>	Sunscreen	
<input type="checkbox"/>	Insect Repellent	
<input type="checkbox"/>	Mouth Guards (3)	
<input type="checkbox"/>	Refillable Water Bottles (4) *LABELD	
<input type="checkbox"/>	Large Fan	
<input type="checkbox"/>	Clip Fan	
<input type="checkbox"/>	Books (optional)	
<input type="checkbox"/>	Masks (7)	
	Footwear	Quantity
<input type="checkbox"/>	Sneakers	1
<input type="checkbox"/>	Flip Flops	1

SPORTS EQUIPMENT

***All campers must bring all sports equipment relative to their “major” and “minors”. There will be no sharing of equipment this summer.**

Ice Hockey		Basketball	Lacrosse	Field Hockey	Dance
Stick	Jersey	Sneakers	Mouth Guard	Plastic Cleats / Turf Shoes	Jazz Shoes
Skates	Mouth Guard		Eye Goggles	Eye Goggles	Ballet Shoes, Leotard, Tights, Skirt
All Hockey Pads	Throat Protector	Soccer	Lacrosse Stick	Shin Guards & Socks	Lyrical Shoes
Athletic Cup	Helmet	Plastic Cleats			
Hockey Pants	Garner Belt / Hockey Socks	Shin Guards	Softball	Mouth Guard	Pointe shoes (Not required)
Gloves	Tape (2 rolls)		Plastic Cleats	Field Hockey Stick	
1 Light and 1 Dark Jersey (minimum)		Tennis	Softball Pants		
		Tennis Racket	Glove		
		Tennis Sneakers			

Homesickness

Homesickness is, above all, a normal feeling. It is the natural result of separation from home and loved ones. In a recent study, nearly 96 percent of all boys and girls who were spending two weeks or more at overnight camp reported some homesickness on at least one day. Almost all children (and grown-ups) feel homesick when they’re away from home. Most feelings of homesickness are not problematic. In fact, missing home isn’t a problem until it becomes a preoccupation.

PLEASE NOTE
We spend a good portion of staff orientation talking about homesickness and how to help campers overcome it.

The best at-home prevention strategies include:

- Working together as a family to plan and pack for camp
- Spending practice time away from home, such as a long weekend at a friend’s house
- Experimenting with different coping strategies during this practice separation
- Preparing pre-stamped and pre-addressed envelopes to bring

The best in-camp interventions for homesick campers include:

- Staying busy
- Talking with someone
- Remembering that you’re not at camp for your whole life - just a few weeks
- Remembering all the fun activities that camp offers... and doing them!

Please do not make promises or ‘private deals’ with your child, such as, “If you don’t like camp after one week, I will come and get you”. These comments tend to undermine a child’s ability to get through the transition from home to camp life. When parents are supportive of efforts to stay at camp, campers have the opportunity to gain independence and self-confidence while spending valuable time away from home. You are our best ally! Of course, you are always welcome to contact us for an ‘update’.

Communication

Telephone

If your child has a cell phone she may bring it with her to camp. We will collect all of the cell phones upon arrival and they will be redistributed every **Sunday** for phone calls home. You should expect a phone call at approximately **7 pm**. If your child does not have a cell phone she will call from the office between **7-9 pm**.

Letter Writing

It is important that campers receive frequent mail from home. This is especially important in helping new campers adjust to camp. We strongly urge every parent to write at least a couple of times per week (your child has mandatory letter writing 1 day per week). Some parents will write a letter before their child leaves for camp so they have a letter waiting for them when they arrive. Please send pre-stamped and addressed envelopes for your child to use.

Include the addresses of friends and family that your child may want to write during the summer.

Letters should be sent to the following address:

**Kents Hill Sports Camp
Your Daughter's Name
PO Box 405
Kents Hill, ME 04349**

E-mail

Parents and approved family members will be allowed access to the password protected "My CampMinder" section of the web site. You will have the ability to send email, view photos and daily updates. Emails to your child will be printed and distributed daily. All of this will be available to you online once camp gets started.



Official KHSC Clothing

Each camper will receive an official camp t-shirt when they arrive. To order extra shirts along with other official clothes and merchandise, you can visit our online store, by visiting www.kentshillsportscamp.com, click on Menu => Current Families => (scroll down) Online Store.



Rules and Policies

1. Vaping, drugs, and alcohol are strictly prohibited. Any camper disobeying the rule will be asked to leave after her parents are notified.
2. Kents Hill Sports Camp will not tolerate disrespectful and/or inappropriate behavior to peers or staff. We also do not tolerate bullying.
3. Any camper defacing camp property will be billed for damages and will be asked to leave camp. Kents Hill is given to us in pristine condition and we have made a promise to the school that it stays that way.
4. No camper or staff member will be allowed to come to camp with facial jewelry, inappropriate tattoos, or body piercings.

*** All campers will sign a statement when they arrive at camp that they understand all policies and agree to abide by them this summer**

Prohibited Items at Camp

Dart guns or any type of toy gun (nerf, foam, rubber, water, etc.), knives, laser pointers, scooters, hover boards, skateboards, scissors, lighters are all prohibited. These items can cause hazardous situations in camp.

Do not send watches, jewelry, or other valuables to camp. The camp will not assume responsibility for the loss or damage of campers' personal property.

PLEASE NOTE

If any of these items are found in camp, we will collect and return them to your child at the end of camp. It would be impossible to list everything that should not be brought to camp, therefore we need your help and parental authority when packing your child for camp.

Electronics Policy

There is **NO WIFI** access at camp. We want the girls to unplug while they are with us. To ensure camp is a wholesome experience where campers focus on activities and each other, we prohibit DVD players, iPads, iTouch, old phones and ALL other electronic video playing devices. Video gaming devices are also prohibited. Furthermore, all electronic devices with internet capability (3g, 4g, 5g, LTE, Wifi) are prohibited. Campers are allowed to listen to music from an iPod shuffle, iPod Nano, or other music only playing devices. A kindle e-reader is allowed but all books must be downloaded prior to arrival as there is no way to do that once they are at camp. We are not responsible for any item that is lost or damaged.



Extra Charges

Out of Camp Trips (to be determined due to COVID)

All trip costs are covered by tuition (excluding senior rafting trip). If you would like your child to have additional spending money on trips, you can fund their Trip Account through CampMinder (after logging in, follow the link for "view camp accounts") and we will distribute cash before each trip. Alternatively, you can send your child to camp with a VISA gift card (no more than \$100).

Transportation

The transportation fee is for use of camp buses to/from camp. This fee is only for campers who use this method of transportation

Horseback Riding

Campers who choose horseback riding as one of their minors will be charged \$95 for private lessons.

Senior Rafting Trip

8th-9th graders have the option of going on this trip. Information is available online in the "Form and Documents" section of "My CampMinder".

Ice Hockey

There is an Ice Hockey arena/maintenance fee. Ice Hockey majors will be charged \$225 during the enrollment process.

Health Care

Communicable Diseases

Please be sure to check your child for the presence of head lice two or three weeks prior to camp and immediately before camp begins. We provide a professional lice check upon each campers arrival to camp. In addition, check for ingrown nails, planters warts, rashes, etc. and take care of these before camp begins. Please notify the camp of any medical issues prior to camp. You will be contacted if health issues arise over the summer.

Dental Checkup

Parents of campers undergoing orthodontic treatment should have a orthodontic check up before arriving to camp. Please relay any special instructions to us.

Prescription Medication

Campers are NOT ALLOWED to have any medications in their possession. Our Health Center stocks basic over the counter medication. If a camper requires prescription medication from a pharmacy, the charge will be made to your medical carrier. Parents are responsible for payment of all special orders for prescription and non-prescription

PLEASE NOTE

We require families to use CampMeds pharmacy for packaging of all medication in pill form. We will only dispense pills that have been dispensed and packaged by the CampMeds pharmacy (**you can login to “My CampMinder” to learn more about CampMeds and to enroll your child for the summer**). This is only necessary if your child requires medication in pill form for the summer. All medication in non-pill form should be clearly marked and sent to camp via FedEx or UPS, to arrive no later than one week before the start of your session.

If your child requires medication that needs to be refrigerated, the counselor at your departure point will collect it. If your child needs the medication while on the bus to camp, please give that dose to the counselor with your child’s name and the time she needs to ingest it. Do not pack medication in your child’s bag.

Packages, Gifts & Food

Only flat envelopes will be accepted at camp. If you need to send a larger package, please call our camp office to make arrangements. Food, candy, and any type of liquid is not permitted and will be donated. We suggest that you send magazines, books, games, and letters. Please advise friends and relatives of this policy.

Birthday Packages

You may send a package for your child’s birthday. Please mark it clearly “Birthday Gift” with the date of the birthday outside. We provide cake and a special birthday celebration for each camper whose birthday falls during the camp season. Your child will also have the opportunity to speak with you on her birthday. Please do not send balloons.

Visiting Camp

Due to COVID19 we are attempting to create a bubble for the duration of the summer. There will be no visitors allowed to enter camp for any reason.

Contact Us

Winter Address:

140 Ivy Lane
Suite 100
King of Prussia, PA 19406

Summer Address:

P.O. Box 405
Kents Hill, ME 04349

Phone:

866-271-9691

Email:

info@kentshillsportscamp.com