



**CAMP HAIASTAN 2009 PARENT AND CAMPER SUMMER GUIDE**  
**PARENTS: PLEASE REVIEW THE SUMMER GUIDE WITH YOUR CAMPERS!**

Parents & Campers:

Welcome to the 59<sup>th</sup> consecutive season at A.Y.F. Camp Haiastan! We're excited to know that you will be joining us and participating in the premier Armenian overnight camping experience in North America. Parents, we take pride in our legacy of providing a safe and healthy environment in which to offer you our Armenian camping program. Campers, you'll come away with a great appreciation for being Armenian and having the unique opportunity to join with other Armenian kids from all over the U. S. and even the world in partaking of all the wonderful, exciting and stimulating activities that are A.Y.F. Camp Haiastan. Here we have put together a combination of helpful information and guidelines as well as answers to frequently asked questions that we hope both parents and campers will find meaningful.

*Board of Directors & Staff, A.Y.F. Camp Haiastan*

**Why Camp Haiastan?**

For 58 years there have been and will continue to be many great reasons to enroll your camper in Camp Haiastan. We are sure that three generations of campers coming to Camp Haiastan over the past 58 seasons that make up thousands of alumni is one of the best reasons, but here are some other reasons for parents and their campers to think about and discuss:

- To make life-long friends by living, working and playing with other Armenian kids from far and near.
- To learn about our Armenian heritage, outdoor adventure skills, sports skills and competition, creative arts, nature and the outdoors, and many more activities that are not only fun but also useful throughout life.
- To experience personal growth and self-reliance by questioning and discovery under the watchful supervision of caring adults, independent of school, family, and the familiar home environment.
- To learn to be responsible as a young Armenian with other young Armenians sharing and contributing in decision making while learning the art of compromise in small group living.
- Finally, to experience the unforgettable thrill of the first time sleeping under the stars, building a campfire, paddling a kayak, earning an archery award, competing for your team in Olympics or learning an Armenian dance with other Armenian kids.

**Personal Readiness For Overnight Camp – Knowing When The Time Is Right:**

If your child meets the minimum age requirement (8 years of age), can dress, feed, and bathe him or herself, then your child is probably ready for camp. In some cases being away from home for the first time, or for one or two weeks, is the biggest hurdle for your child to overcome. With parent participation this can often be minimized. We rely first on establishing the trust of parents in our organization, and then we rely on parents to communicate that relationship of trust between them and us to their campers through frequent discussions with them in the time leading up to coming to camp (see *Homesickness* and *The Best Ways To Prevent Strong Homesickness*).

Often kids themselves are the best judges of when they are ready. When they show spontaneous interest in camp, that's a good clue that the time is right. Sometimes, kids' interest is sparked by a friend or relative who has attended Camp Haiastan. Many of our campers and future campers have parents,



Aunts, Uncles or Grandparents who generate interest by describing their own childhood experiences as a former Camp Haiastan camper and /or staff member. Kids always listen to other kids when it comes to figuring out what's fun. So, your child's friends at church, at A.Y.F. or at Homenetmen who have been to Camp Haiastan, or want to go, will bring up the topic and you can bet that will influence your child more than just about anything else. In the end, there are factors to consider when deciding whether the time is right for overnight camp:

- *EXPERIENCE*

It's been said that experience is the best teacher. Some experiences away from home will give your child the idea of whether the time is right. Such as a sleep-over or a long weekend at a friend's house, a week alone with relatives, a two-day school trip, or an overnight Scout or youth group outing to name some.

- *ATTITUDE*

Your child's attitude about living at overnight camp is an important factor to consider. Kids who have positive expectations about camp generally have more fun and are less homesick than children who think that camp is going to stink. One big way to help your child develop a positive attitude about camp is to include him or her in decisions about camp. Try to help your child know as much as possible about Camp Haiastan (in small but frequent doses), and include him or her in deciding what session to attend, what things are important to bring to camp and what happens at camp (like the daily schedule). Just like adults, kids feel less apprehensive when they know what's going to happen, where it's going to happen, and what's expected of them.

- *FAMILY*

Families are constantly changing. New babies are born. Grandparents die. Friends move away. Parents get separated or divorced. Kids change schools. Many of these changes are joyous, others are stressful and sad. To a child, going away to Camp Haiastan can be happy, stressful, and sad all at once. Here's the good news: Studies have demonstrated that stressful family events do not necessarily make it harder for children to have fun at camp, however there is no sure-fire indicator to tell for sure if your child can adjust to overnight camp after recent stressful family events. It's hard for kids to have fun at camp when they are worried about things that are happening at home. Avoid using camp as a place to sequester your child during a period of family transition. However, if your family has had enough time to deal with a recent stressful event, and your child is enthusiastic about overnight camp, then camp might be the perfect thing for both of you!

- *PARENTS*

It is important to consider your own attitudes and behaviors because they influence your child's. If you are nervous about your child going away to camp, it will show, no matter how hard you try to hide it. It's perfectly normal for parents to be a little sad and nervous when their child goes away, and kids know that, but once again studies about this won't surprise you: Children who are very nervous or sad in the time leading up to going to camp are more likely to feel homesick at camp than children who are relatively cheerful in the time prior to going to camp. The principle is simple: If your child is worried about you because you exhibit constant sadness about him or her going to camp, it is harder for your child to concentrate on having fun at camp. It is important for you to assure your child through what you say, do, and how you act that you'll be fine, and that you'll have a lot to do while your child is away at camp. Your child is more likely to appreciate your unwavering vote of loving confidence and have "his or her own good time" at camp.

### **Talk It Over & Practice:**

Sit down with your child and discuss the camp and the new experiences and life to be found there, i.e. living with other kids, some of whom are new and in unfamiliar surroundings. If you want your child to go to camp for his or her own sake, it's almost sure to be a success! Help build confidence in your future camper by taking a weekend camping trip. Try testing out some of the camping skills your prospective camper will meet later at Camp Haiastan. Assist your camper in doing a "trial run" for packing for camp.



Talk to us about visiting Camp Haiastan during the off-season, or even more effective is to visit while camp is in session. These strategies are sure to lower your child's anxiety about camp and boost enthusiasm.

### **Homesickness:**

*Before I went to camp for the first time, I was nervous. I started thinking, "What are the other kids going to be like? What if they don't like me? What if I'm homesick?" I guess most kids are a little nervous before they go to camp, but it wears off. I mean, I still get butterflies in my stomach when we drive to Camp Haiastan, but that's because I'm excited.*

-Anahid, age 13

Homesickness is the distress or impairment caused by an actual or anticipated separation from home. Research finds that about 95% of all kids miss something about home while away at camp. In other words, homesick feelings are normal. Even the staff at camp get a little homesick, they spend up to nine weeks away from their homes! Homesickness has a silver lining, here's what Anahid above told us: "When you miss home, it means that you love your parents, plus, you know that you've got a lot to look forward to once you get home."

Parents can control the strength of homesick feelings of their campers by addressing the evidence of these predictors ahead of time:

- Your camper never having spent time away from home before
- Your camper feeling as if they can't trust other people very much
- Your camper is worried about spending time away from home
- Your camper is thinking that camp is going to be crummy
- Your camper feels forced to go away to camp
- You lack positive influence when you and your camper talk about going to camp

Although severe homesickness at camp is rare, you might be surprised to know that:

- Kids who live far from Camp Haiastan do not get more homesick than kids who live close to Camp Haiastan
- Kids who don't go to Camp Haiastan with a friend or relative are no more likely to have homesick feelings than kids who go to Camp Haiastan with a friend or relative

If you feel assured about your child going to Camp Haiastan, there should be no need for worry. The camp staff is well prepared to handle homesickness. We have always taken the well being of our campers, your children very seriously. After all, giving your children over to the care of other people is perhaps the greatest act of trust you as a parent can engage in. We aim to do everything we humanly can to earn and keep that trust. When children come to Camp Haiastan they and you are making a leap of faith, temporarily transferring their primary care from you as their parents to us. This is one of the growth producing, yet challenging aspects of camp. As children learn to trust other caring adults, they grow and learn to solve some of their own challenges. We believe this emerging independence is one of the greatest benefits of camp. It is one way your child develops greater resilience. We agree to tell you immediately if your child is experiencing a challenge in their adjustment to camp. You can help by talking with your child before they leave for camp, telling them that there is always someone here that they can trust and reach out to, whether it be their counselor, Director or Nurse to name a few. You can also help by displaying a positive and supportive attitude in your written and Bunk1 communication to your camper while they are at camp. Your support means the world to your camper especially because they are adjusting to being away from home. We are all here to help, we need your trust first and then we know from that trust in us will come your child's trust that he or she will be loved and cared for in the same unconditional manner by us as he or she would be by you.



### **The Best Ways To Prevent Strong Homesickness:**

- **INCLUDE YOUR CHILD IN CAMP PLANNING.** We have already suggested how important it is for kids to feel they have some participation in the decision to go away to camp. Now you know why. It's important to include your child in the whole process.

- **TALK WITH YOUR CHILD ABOUT HOMESICKNESS.** Since part of living at Camp Haiastan means parents and children are apart, now (the months before camp) is a good time to spend time together discussing the points made in the Homesickness section above. Such a discussion will help educate your child about homesickness, how and why it is normal, that they will probably feel homesick, and that there are lots of things that your child can think or do to feel better if they feel a little homesick. Help your child to start to "develop" the two or three favorite ways of dealing with homesickness so that they might be confident to try them at camp.

- **PUT THE LENGTH OF STAY IN PERSPECTIVE.** Kids, especially younger ones, don't have an accurate concept of time. To them, two weeks can sound like an eternity. Putting time in perspective is a method of giving them an accurate idea of how long they'll be away from home, which will usually diminish anxious feelings. Try marking off two weeks Sunday to Sunday on a calendar later this month. Mark the passage of time each day with your child, let him/her cross off each of the 14 days. On the fourteenth day discuss and ask, did it feel like a long time, a short time, or just right? The answer doesn't matter, rather the mental focus on "re-framing" the passage of time. Try putting time in perspective by "referencing time". Refer to a memorable time of similar length such as Christmas break, winter break or a family vacation and again discuss with the focus on the idea of the passage of time.

- **KEEP DOUBTS TO YOURSELF.** Try not to say things that will make your child worry about how you'll feel when he or she is away at camp. Better to say, "Of course I'll miss you, because I love you. But I know you'll have a great time at camp," than to say, "I don't know what I'm going to do while you're gone having a great time at camp. I'm going to miss you so much, but I'll survive somehow." Your vote of confidence that your child will have a good time at camp and will make it through on its own will mean a lot to him or her. Stress that camp will be a fun challenge and that you sense your child's anxiety, but remind that your child is learning things now to help them get the most out of camp.

- **PRACTICE TIME AWAY FROM HOME.** Simulate the camp separation as much as possible with a long weekend at a friend's house, a stay with grandparents, or a simple sleepover. The more familiar your child is with the feeling of separation, the less likely he or she is to be severely homesick at camp. What does that mean? For starters, it means not talking on the phone (especially the cell phone if you have given one to them) during this separation since Camp Haiastan has a no phone call policy. It means that you, and especially your child, should practice writing a letter or two. After all, that's the primary way you'll stay in touch during camp. Always take time after these practice separations to discuss on your child's level, about how they coped, what things they would suggest be changed or not changed, and how they may have had to use their two or three favorite ways of dealing with homesick feelings during the separation.

- **AVOID TRAUMATIC SEPARATIONS AND STRESSFUL ISSUES IN THE WEEKS BEFORE CAMP.** Needless to say, this may be a tall order and may well be out of your control. Be truthful with your child no matter how poor the timing of a stressful event. You may think that you are shielding your child from stress, and temporarily you are, but when they return home from camp, you don't want them shocked with a new life situation. A result to avoid is your child thinking, "What's going to happen next time I leave home?"

- **SEND YOUR CHILD A LETTER OR BUNK1 MESSAGE BEFORE THE FIRST DAY.** Getting mail or a Bunk1 message the day after they arrive at camp makes kids feel loved and remembered. Personal letters, and postcards from parents, friends, and relatives renew the connection with home. Even pets can write letters!! Handing out communication from home to campers is a big event at Camp Haiastan especially for campers who get them on the first full day after they arrive. Obviously, plan ahead to make this work out for the best for your child.



- **DON'T MAKE DEALS ABOUT EARLY PICK-UPS.** Making pick-up deals is an innocent but destructive attempt to reduce pre-camp anxiety. It's normal, especially for first time campers, for children to be worried about homesickness and ask themselves whether camp is such a good idea in the first place. Parents may think it is well meaning to say something like "Well, if you still don't like camp after three or four days, or even the first week, I'll come to camp and pick you up." This destructive promise will almost guarantee that a child will feel homesick, and that the parent will be forced to fulfill the promise. Your child will not gain independence or self-confidence, and even worse, feel like a failure. No matter how much you, the parent, feel like you are letting your child down by not giving into their pleas for a "deal", you are actually planting the seed for more unhappiness down the road long after you have caved in and picked them up early from camp. The best bet, no matter how difficult you find it, is to try the strategies listed above. We are always here to help you and your child experience the rewards of gaining self-confidence, self-reliance, independence, and resiliency, after all, besides just plain fun and Armenian fellowship, your child learning these qualities in the process is what Camp Haiastan is all about.

### **Enrollment, Forms & Deposits:**

Enrollment Application Forms are due in our office by May 15, 2009; after that date a \$50 Late Enrollment Fee will be charged and the application may be wait-listed. For most families the following 2-step enrollment process is helpful (the 2-step process is not mandatory):

**STEP ONE** To enroll, submit a completed OVERNIGHT CAMP ENROLLMENT APPLICATION FORM (recent 2"x2" photo required) along with at least ½ of session fee deposit. In addition complete and submit originals of the following forms at this time:

- MESSAGE TO PARENTS & GUARDIANS FORM (signed by parent)
- CAMPER BEHAVIORAL AGREEMENT FORM (signed by parent & camper)
- CELL PHONE & ELECTRONIC DEVICE POLICY FORM (signed by parent & camper)
- LEGAL INFORMATION FORM (signed by parent & camper)
- FIELD TRIP PERMISSION FORM (signed by parent)
- PARENT PAYMENT WORKSHEET FORM (tells us how to credit payments to your account)
- CREDIT CARD AUTHORIZATION FORM (only if you plan to make payments with your credit card)
- TRANSPORTATION REQUEST FORM (only if you request fee-for-service transportation for your camper from and/or to an airport, rail or bus station – ANOTHER 2"x2" RECENT PHOTO REQUIRED)

**All forms must be submitted as originals; faxed copies will not be accepted.**

**STEP TWO** You must submit not later than 2 weeks prior to your camper's session:

- The balance of all fees and Camp Store/Laundry deposit (see Camp Store & Laundry At Camp)
- HEALTH HISTORY & EXAMINATION FORM (signed by parent – ANOTHER 2"x2" RECENT PHOTO IS REQUIRED)
- CONFIDENTIAL INFORMATION FORM
- MEDICATION AUTHORIZATION FORM (only if your camper will bring medications, prescription or over-the-counter of any kind and will take these medications under the supervision of our Nurse while at camp)

**Full payment of camp fees and Camp Store/Laundry deposit along with completed originals of all required forms must be received no later than 2 weeks prior to your camper's session. After this date, a \$25 Service Fee will be charged before your camper is allowed to register and is admitted into camp upon your arrival. Faxed forms will not be accepted.**



### **Enrollment, Age Requirements, Discounts, Refunds & Eligibility Policies:**

Please consult the OVERNIGHT CAMP ENROLLMENT APPLICATION for age requirement and eligibility policies for:

- “Zartonk” Teen Session
- Sessions 1, 2 & 3
- Session 3 “First Time Camper Special” - \$995
- 1-Week “First Time Camper Try-It-Out” Session
- Refund and Cancellation
- General Early Enrollment Discount

### **Health History, Physical Examination & Immunization Form:**

In order to attend, all campers must have had a physical examination by a licensed physician within 24 months of their scheduled stay at camp that includes health history and a record of immunizations. We strongly advise that children are examined by their regular physician. It is important that you and your physician provide complete information regarding any physical, mental, emotional or psychological condition, recent illness and recent and current medications taken that may require our attention while your camper is at camp. **THIS IS EXTREMELY IMPORTANT IF WE MUST SEEK EMERGENCY CARE FOR YOUR CAMPER – AN IMPORTANT REASON WHY A RECENT 2”x2” PHOTO MUST BE ATTACHED TO THE HEALTH HISTORY & EXAMINATION FORM. *These forms and the information contained in them are kept in strict confidence by the camp administration, however they are absolutely mandatory for us to be able to offer the highest level of health and medical attention to your child. Administrative staff who can review these forms: Executive Director, Camp Director, Camp Nurse and our Licensed School Social Worker.***

**ORIGINALS OF HEALTH RELATED FORMS WITH A RECENT 2”x2” PHOTO ATTACHED MUST BE SUBMITTED NOT LATER THAN 2 WEEKS PRIOR TO YOUR CAMPER’S ARRIVAL.**

Under no circumstances will campers be admitted without proof of a recent health examination and certification of Massachusetts’s immunization requirements. Because your camper will attend camp in Massachusetts, the following immunizations are required regardless of what is required in your state or country of residence:

- MMR (Measles, Mumps, Rubella)
- Polio
- DTP (Diphtheria, Tetanus, Pertussis)
- Hepatitis B

### **Camper’s Taking Medication At Camp (refer to optional Medication Authorization Form):**

Massachusetts’s regulations require all medications (prescription and over-the-counter) to be turned over to our Camp Nurse at Check-In and kept locked in the Health Center and administered only by the Camp Nurse according to the instructions outlined on the MEDICATION AUTHORIZATION FORM. No medication of any kind is to be left with campers or their counselors. Prescription medications must be in closed containers labeled with camper’s name, med identification, dosage and prescribing physician’s name and contact information. Over-the-counter medications must be in original manufacturer’s container with label intact. **AVOIDANCE OF MEDICATION CONFUSION IS ANOTHER IMPORTANT REASON WHY A RECENT 2”x2” PHOTO MUST BE ATTACHED TO THE HEALTH HISTORY & EXAMINATION FORM.**



## **Conduct and Behavior Expectations: (Refer to required forms: Message To Parents & Guardians & Camper Behavioral Agreement)**

Camp Haiastan is successful because we have:

- High standards of care for all of our campers, which are not compromised for a particular individual.
- High expectations of our staff and ourselves.
- A value system based on high expectations of conduct and behavior and the system is made clear to staff, campers and families and is non-negotiable.
- Boundaries and limitations as related to conduct and behavior that are clearly defined for campers and for staff that are non-negotiable.

Parents, it is essential that you communicate to your child that we have zero tolerance for, and will not accept behaviors such as bullying, violence, property damage, possession of weapons, profanity, disrespect, bigotry, inappropriate sexual behavior, tobacco, alcohol or controlled substance possession or use, or any unsafe behaviors that are potentially harmful to themselves or others. Campers, you must understand that a consequence of your negative behavior can mean your immediate removal from the camp at your parent's expense with no refund of unused fees and that you and your parents or guardians can be held legally liable for your actions as well as responsible monetarily for documented property damage. With these rules in mind, we reserve the right to ask that any child at risk to one's self or to others be picked up and removed from camp immediately.

There may be circumstances where we have agreed to accept a child with full knowledge of his or her history of behavioral problems and have attempted to take necessary steps to make the experience successful, but find that we are unable to do so. For the good of the child and/or the camp community, that child may have to return home.

### **Our Licensed School Social Worker:**

Camp Haiastan employs on its staff a Massachusetts Licensed School Social Worker (currently Mrs. Claudia Antranigian). The LSSW reports to the Executive Director and Camp Director and works closely with our Registered Nurse and the Counseling staff as a consultant. The LSSW usually works every Sunday and is on call 24/7. The role of the LSSW is:

- To assist the Registered Nurse with the review of Health History and Examination Forms submitted by parents for their campers and/or by staff. Specifically the LSSW deals with cases where the above mentioned form reveals that the camper or staff may be under professional care (e.g. physician, psychiatrist, therapist) with regard to an ongoing or previous management plan (including medications) addressing mental, emotional, behavioral and/or learning diagnosis with regard to the camper's ability to participate satisfactorily with the camp program, or the staff's ability to satisfactorily perform their function. Voluntary confidential consultations at camp with parents, campers and/or staff and the LSSW are arranged through prior contact initiated by the LSSW.
- To assist with and provide the camp administration with crises intervention in the event of a camp-wide crisis, i.e. serious injury, accident, threat or death.
- To assist the camp administration with Staff Training and Orientation workshops dealing with child development and behavioral skills, homesickness prevention and dealing with challenging behaviors such as teasing and bullying.
- To facilitate a group lesson and activity for all campers on the first Sunday of each session. Topics addressed include, but are not limited to camper behavioral expectations and issues specific to teasing and bullying.
- As a clinician, provide voluntary confidential consultation with parents, campers and staff on a case by case basis regarding specific behavioral, social, emotional, and/or mental health needs



that arise during the camper's or staff's stay at camp. These voluntary confidential consultations are usually as a result of communication between the LSSW and the above-mentioned parties.

### **Health, Safety and Sanitation Information:**

Every precaution is taken to assure the health, safety and welfare of all of our campers and staff. We maintain a Health Center managed by a Licensed Registered Nurse who resides at Camp Haiastan and is on duty at all times. Our own Consulting Physician (required by State law) has written Standing Orders (required by State law) for our Registered Nurse and Health Center and is on call 24 hours. The nearest hospital is Milford Regional Medical Center (about 10 miles distance from camp), which maintains a 24-hour emergency and triage center as well as an occupational health department. Camp Haiastan is located within the legal jurisdiction of the Town of Franklin, Massachusetts that maintains fulltime 24-hour Police, Fire and Emergency Response departments (911).

A certified Water Safety Instructor supervises our aquatic program at both our pool and pond. Certified Lifeguards are on duty at the pool during swimming activities as well as instruct and supervise smallcraft use on Uncas Pond (required by State law).

An independent laboratory checks our well water quality and our water system is over seen by a Public Water System Administrator (required by State law) both our lab and our PWSA are licensed by the State of Massachusetts.

A Serv-Safe licensed Food Service Administrator (required by State law) on our staff supervises our food service.

A licensed operator treats cabins and grounds regularly for mosquitos, rodents, pests and poison oak.

Camp Haiastan is inspected annually by the Town of Franklin Health Department, which is a representative of the State of Massachusetts. This extensive inspection includes:

- State Criminal and Sexual Offender Background checks and/or local police department arrest record of all employees and volunteers.
- Evidence of required suitability, certification and licensure of key administrative staff.
- Evidence of valid licensing to operate a children's summer camp, food service establishment, health center, swimming pool and Public Water System.
- Inspection of required documents, forms and procedures for the enrolling of campers, and the hiring of staff.
- Inspection of all buildings, grounds and facilities to include but limited to: Food Service, Health Center, swimming pool and pond, wells and water system, camper and staff living quarters, bathrooms, shower rooms, and activity and program facilities.

Each summer, Camp Haiastan employs staff assigned to scheduled maintenance duties daily, 7 days each week. Daily maintenance is an important and necessary function at Camp Haiastan at all common facilities and areas of the camp including but not limited to Bathrooms, Showers and Washstand. Although campers and their counselors are required to keep our Dining Hall and their own living quarters clean and neat as well as the grounds around them free from litter and refuse, *CAMPERS ARE NEVER REQUIRED TO, OR ASSIGNED TO CLEAN COMMON AREAS SUCH AS BATHROOMS, SHOWERS OR WASHSTANDS, OR TO USE HARSH OR DANGEROUS CLEANING CHEMICALS AT ANY TIME.*



### **Packing List – What Should I Bring? What Shouldn't I Bring?**

Please do not pack excess items! Cabin space is limited and must be shared with other campers. Please limit baggage to no more than one footlocker or suitcase and one carry bag or duffel bag.

### **WHAT TO BRING:**

**PLEASE LIMIT CAMPERS' CLOTHES TO SPORT, ACTIVE AND CAUSAL WEAR. THERE ARE NO ACTIVITIES THAT REQUIRE CAMPERS TO EXCESSIVELY DRESS UP AT CAMP!!**

The following are suggested minimum of amounts and types of clothing and supplies a camper should bring to camp:

- |                      |                      |                        |                                 |
|----------------------|----------------------|------------------------|---------------------------------|
| 12 sets of underwear | 1 raincoat/poncho    | 4 sport shirts/blouses | 1 laundry bag                   |
| 12 prs. socks        | 4 prs. shorts        | 6 T-shirts or similar  | 1 flashlight                    |
| 3 prs. jeans         | 1 sweater            | 1 light jacket         | 1 pr. hiking boots/shoes        |
| 4 bath towels        | 3 prs. gym shoes     | 2 sweatshirts          | 2 long sleeve shirts            |
| 3 wash cloths        | 2 one pc. swim suits | 1 hat or cap           | 1 water bottle w/name (nalgene) |
| 2 hand towels        | 2 pairs pajamas      | 1 day/school backpack  | w/loop top)                     |
- 1 sleeping bag & pillow or sheets, blankets & pillow (bunks are smaller than twin bed – we do not supply pillows)**

**Necessary Personal items:** Comb, toothbrush & case, toothpaste, soap & case, (box, bag or kit is recommended for personal bathroom/shower items), eye glasses w/strap or lanyard or contact lenses w/cleaning kit if necessary, tissue, sunscreen (a must to protect against the harmful effect of sun's rays), insect repellent containing DEET, flip-flops for shower and pool use only, pens & pencils, postcards and envelopes (pre-addressed and stamped), phone numbers and addresses, pre-paid phone cards. All clothing, sports equipment, musical instruments and cameras should have nametags.

**A Note On Sharing Of Personal Items:** Parents should instruct campers not to share personal items because they can transmit without their knowledge common communicable or contagious health conditions that we experience every summer at camp such as "pink eye", poison ivy/sumac, sore throat, strep throat, tonsillitis, head lice, ect. Personal items not to be shared are: Water bottles, toothbrushes, towels, underwear, glasses/sunglasses, make up, sleeping bags, comb, hair brush, clothes and ear phones.

**A Note On Bottled Water/Water Bottles/Drinking Water:** For environmental reasons, we do not sell bottled water in our Camp Store. Campers who bring bottled water to camp will be asked to label it with their name and it will be stored in the Camp Store for their access during scheduled Camp Store times (never in cabins). Empty bottles are not to be reused (for health reasons) and will be disposed of properly in refuse receptacles. **CAMPERS ARE REQUESTED TO BRING A BPA-FREE NALGENE WATER BOTTLE WITH LOOP TOP (SOLD AT CAMP STORE) TO BE FILLED AT OUR FOUNTAINS AND KEPT ON THEIR PERSON TO AVOID DEHYDRATION. OUR WELL WATER IS AS SAFE OR BETTER THAN ANY BOTTLED WATER AND WE WILL WASH CAMPER'S WATER BOTTLES IN OUR DISHWASHING MACHINE DAILY.**

**REMEMBER TO PUT NAME TAGS AND LABELS ON ALL ITEMS.  
CAMP HIASTAN CANNOT ASSUME RESPONSIBILITY FOR LOST ARTICLES**



**WHAT NOT TO BRING:**

**THE FOLLOWING ITEMS WILL BE CONFISCATED AND RETURNED AT CAMPER'S DEPARTURE, ABSOLUTELY NO:**

Aerosol Shaving Cream	Candy	Open Toe Sandals For All Day Use (closed shoes)
Hair Dryers	Gum	Flip Flops For All Day Use (bath/shower/pool only)
Radios	Snack Food	Scented Personal Toiletries (attracts insects)
Stereos	Personal Money	Valuables & Jewelry
iPod/CD/DVD Players	Markers	Electric Fans (Cabins have them)
Cell Phones	Spray Paint	Excessive/Inappropriate Cosmetics
Valuables & Jewelry	Weapons/knives	*Revealing And Inappropriate Clothes/Swimwear
Butane lighter & matches	Laptop/PDA	Electronic games/communication device

\*Girls: Do not bring a 2-piece bathing suit or low-cut spaghetti strap blouses, you will be required to change or cover over these items if worn.

**Electronic Equipment To Not Bring Policy:**

With more and more children using cell phones, iPods, computers, PDA's and digital video recorders and other technologies at younger ages, we appeal to you as parents to partner with us to ensure that your children will have the safest and most wholesome experience as possible at Camp Haiastan. The items listed below present challenges to the health and safety of our camp community as well as being inappropriate for a camp environment. Therefore we implore parents to check the luggage of campers before they leave home to help us eliminate these items from camp:

- Cell Phones (except for campers traveling without parental or adult supervision by air, rail or bus to camp. These will be held by the Camp Director upon arrival for departure)
- iPods that can download and store video & video data storage devices
- Video Cameras
- Laptop Computers, Personal Hand Held Computers
- Electric Fans

Parents and campers are asked to review MESSAGE TO PARENTS & CAMPERS REGARDING CELL PHONES, AUDIO & IMAGE RECORDING DEVICES AND OTHER ELECTRONIC EQUIPMENT FORM which is mandatory for both parents and campers to understand, sign and submit with the enrollment application. Banned items confiscated after Check-In on the first day will be held and not returned until departure.

**Arrival And Departure Days:**

Campers should arrive at the Main Camp Office near the entrance for Registration & Check-In between 12:00 NOON and 4:00 P.M. on the Sunday beginning their camp session. Departing campers should be picked up at the lower camp Director's Office area between 9:00 A.M. and 2:00 P.M. on the Sunday ending their stay.

**A CAMPER IS NOT ALLOWED TO DEPART CAMP AT THE END OF A SESSION WITH ANYONE OTHER THAN HIS OR HER PARENT OR LEGAL GUARDIAN UNLESS PRIOR WRITTEN AUTHORIZATION FROM THE PARENT OR LEGAL GUARDIAN IS ON FILE AND THE ACCOMPANYING ADULT PROPERLY IDENTIFIES HIMSELF OR HERSELF TO THE SATISFACTION OF THE CAMP DIRECTOR – NO EXCEPTIONS TO THIS RULE!**

**Checking In Upon Arrival At Camp:**

Arriving parents and campers must Register and Check-in at the Main Camp Office near the entrance gate – **NOT BEFORE 12:00 NOON OF REGISTRATION SUNDAY – A REPRESENTATIVE OF THE**



**CAMP ADMINISTRATION WILL BE PRESENT AND EXPLAIN AND DIRECT THE REGISTRATION AND CHECK-IN PROCEDURE FOR A LESS STRESSFUL EXPERIENCE.** You will save time and a \$25 Service Fee at check-in by having had ORIGINALS of all required forms along with full payment of fees and deposits in the Camp Office NOT LATER THAN 2 WEEKS PRIOR TO YOUR CAMPER'S SESSION. Please do not proceed to the lower camp until you have Registered and Checked In. You will be issued a lower camp gate pass after you complete Registration and Check-In. Without a gate pass, you will be sent back to the Main Camp Office by the Camp Director. Only campers and their parents who have completed Registration and Check-In and have a gate pass will be will be allowed access to cabin and bunk assignments at the Lower Camp.

Be prepared for the following at Registration and Check-In:

- **Forms:** In order to register you camper for admission into camp, all required forms must be on file at the Camp Office in ORIGINAL form. Faxed forms are not accepted.
- **Express Check-In List:** Your camper's name will appear on this list if ORIGINALS of all forms and all payments due are on file in the Camp Office no later than 2 weeks prior. You and your camper may proceed to the Camp Nurse adjacent to the Camp Office for a confidential brief meeting to review all health related forms. This is mandatory by State of Massachusetts law for all parents and campers. Following you will be issued a gate pass for the lower camp – YOUR CAMPER IS NOW REGISTERED AND ADMITTED TO THE LOWER CAMP.
- **Non-Express Check-In:** If your camper's name does not appear on the Express Check-In List, you must meet with the Executive Director at the Camp Office on a first-come-first serve basis. ORIGINALS of all required and necessary forms not on file and delinquent payments due that have not been received 2 weeks prior to your camper's session will need to be filed at this time along with a \$25 Service Fee. Then you and your camper may proceed to the Camp Nurse adjacent to the Camp Office for a confidential brief meeting with the Camp Nurse to review all health related forms. This is mandatory by State of Massachusetts law for all parents and campers. Following you will be issued a gate pass for the lower camp – YOUR CAMPER IS NOW REGISTERED AND ADMITTED TO THE LOWER CAMP.

**DO NOT PROCEED TO THE LOWER CAMP UNTIL YOU HAVE REGISTERED AND CHECKED IN AND BEEN ISSUED A GATE PASS TO ENTER THE LOWER CAMP- AVOID BEING SENT BACK TO THE MAIN OFFICE. YOU WILL RECEIVE ASSISTANCE UNLOADING LUGGAGE AND PASSENGERS AND DIRECTED TO PARK IN THE DESIGNATED PARKING AREA.**

#### **Cabin & Bunk Assignment Requests:**

Only parents and campers who have completed Registration & Check-In at the Main Camp Office and who have a gate pass will be permitted entry to the Lower Camp to be given the cabin assignment and allowed to select a bunk in the assigned cabin at the Cabin Circle on the first day of the session.

Every effort is made to honor requests for cabin and bunk assignments, however every request is not possible. Our goal, when possible, is to make cabin assignments with the following criteria in this order:

- Assignment request made by parent on initial Enrollment Application.
- The camper's gender and the camper's age at the beginning of the session.
- The realization that activity participation within a given age group is as important as cabin sleeping assignments, if not more.
- The affect that assignment requests could have on cabin assignments of other campers of that age group.



- There are 8 campers per cabin maximum under the direction of at least one counselor.

The Camp Director is always willing to discuss cabin assignments with parents upon your arrival in the lower camp, however discussions should not be in the presence of your camper or other parents or campers. The camp administration reserves the right to consider all cabin assignments final.

**PARENTS MUST COMPLETE REGISTRATION & ADMISSION AT THE MAIN OFFICE NEAR THE CAMP ENTRANCE IN ORDER TO RECEIVE CABIN AND BUNK ASSIGNMENTS**

**Age Groupings And Cabin Assignments For Sessions 1, 2, 3 and the “Try-It-Out Session:**

Campers are grouped by age and, of course, by gender for the purpose of cabin assignments and activity participation.

- Youngers: Ages 8, 9 and some younger 10 year olds (usually first timers).
- Middles: Ages 10 (usually older 10's), 11, and 12 year olds.
- Olders: Ages 13 and 14 year olds.

We try very hard to maintain this grouping model, however some situations arise where we consider alternative grouping. Our goal is to appropriately place every camper in a cabin assignment that they are pleased with by the end of the first full day of camp. In most cases we achieve this goal. The decision of the Camp Director is final with regard to age group and cabin assignments.

Our intent is to not differentiate cabin assignments between 1-Week “Try-It-Out” campers and 2-week Session 3 campers. 1-Week campers are encouraged to stay the second week of Session 3, however should they decide not to stay the second week, we are intent upon the 1-Week camper leaving on the middle Sunday feeling fulfilled and successful and desiring to return for 2 weeks next season.

**Activities & Proficiency Levels:**

Camp Haiastan is a unique summer camp. Our overlying goal is to insure a safe, healthy, wholesome and happy environment for our campers as we instill in them a sense of Armenian identity and pride as well as a basic working knowledge of our Armenian heritage and culture (campers need not be able to speak Armenian to benefit from this program). We offer a sound program of varied traditional physical camp activities, cognitive activities geared to a camp setting, as well as creative activities within the disciplines of arts and crafts, music, performing arts, and computer oriented technology projects flavored with an influence of Armenian culture, language and history. Please pay close attention to questions on the CAMP ENROLLMENT APPLICATION that are designed to help us better place your camper in the appropriate proficiency level for the “Hye Time” Armenian Program classes and Aquatic Program classes (approximate Red Cross/YMCA swimming level). These classes are mandatory for every camper to attend every day.

**Daily Schedule:**

On the following page is the Basic Daily Schedule for Sessions 1, 2 and 3 (and the one-week “Try It Out” Session) for 8 to 14 year old campers that we follow Monday through Saturday. First Sunday, middle Visiting Day Sunday and last Sunday each have their own unique schedules which take into account the overlying function of each of those Sundays (refer to **Arrival & Departure Days, Checking In Upon Arrival At Camp** and **Visiting Day Sunday**). As is the case with all “well laid plans”, weather, unforeseen situations and special events may and will cause temporary deviations from our Basic Daily Schedule. However we believe, just like at home and at school, that children adjust quickly to camp life, and get the most out of their experience with us when their basic daily schedule is laid out for them ahead of time and understood by them to be fairly uniform and consistent from day to day. All counselors, instructors and program staff understand that gender groups, age groups, and even an individual cabin can, and are encouraged to from time to time, deviate from the Basic Daily Schedule for special projects or experiences that they want to plan for and submit to the Camp Director for approval.



Parents and campers, as you can well see, there's a lot going on in an average Camp Haiastan day, and each day is an adventure in fun as well as an exercise in cooperation and teamwork.

### **CAMP HAIASTAN BASIC DAILY SCHEDULE FOR SESSIONS 1, 2 & 3**

7:00 A.M.	STAFF RISE & SHINE
7:30 A.M.	CAMPERS RISE & SHINE TO WASHSTANDS FOR WASH-UP/BRUSH TEETH
7:45-8:30 A.M.	FLAG RAISING FOLLOWED BY BREAKFAST
8:35-8:55 A.M.	CABIN CLEAN-UP
9:00-10:10 A.M.	ACTIVITY PERIOD 1
10:15-11:25 A.M.	ACTIVITY PERIOD 2
11:30-12:40 A.M.	ACTIVITY PERIOD 3
12:45 P.M.	LUNCH
1:20-1:55 P.M.	FREE TIME
2:00-3:00 P.M.	ACTIVITY PERIOD 4
3:05-4:05 P.M.	ACTIVITY PERIOD 5
3:45 P.M.	YOUNGER & MIDDLE GROUP CAMP STORE
4:10-5:20 P.M.	ALL GROUPS FREE SWIM
5:10 P.M.	YOUNGER GROUP TO SHOWERS
5:15 P.M.	MIDDLE GROUP TO SHOWERS
5:20 P.M.	OLDER GROUP TO SHOWERS
6:00 P.M.	DINNER
6:45 P.M.	FLAG LOWERING
6:50-7:25 P.M.	FREE TIME & OLDER GROUP CAMP STORE
7:30-8:45 P.M.	EVENING ACTIVITY
9:00 P.M.	YOUNGER GROUP TO WASHSTANDS & TO BED
9:15 P.M.	MIDDLE GROUP TO WASHSTANDS & TO BED
9:30 P.M.	OLDER GROUP TO WASHSTANDS & TO BED – YOUNGER LIGHTS OUT
9:45 P.M.	MIDDLE GROUP LIGHTS OUT
10:00 P.M.	OLDER LIGHTS OUT – FIRST NIGHT WATCH DUTY BEGINS
3:00 A.M.	SECOND NIGHT WATCH DUTY ENDS



### **Teen Session Schedule:**

The Teen Session follows the framework of the Basic Daily Schedule, however the program content of the Teen Session includes the possibility of experiences away from camp as well as unique experiences in camp that are not as structured as the 8 – 14 year old sessions, and are evolving during the session because of our desire for the Teen Session campers to have some input into the content of their program. Because the age differences of Teen Session campers is not great, appropriately planned and supervised daily social events and bonding activities are key to the success of the Teen Session.

### **Airport Transportation Policy:**

For an additional fee, Camp Haiastan will provide fee-for-service transportation to and from Boston Logan or Providence Green airports (or rail and bus stations in these cities) with approved volunteer adult drivers and vehicles. If you want this service you must complete the REQUEST FOR CAMPER TRANSPORTATION FORM and submit it no later than two weeks prior to the beginning of your camper's session. We do not provide transportation for anyone other than campers, and we only pick up campers from, and deliver campers to airports, rail or bus stations (not private homes or other places) Please note the following transportation policies:

- Transportation Fee: \$75 each way Boston Logan; \$50 each way Providence T.F. Green (family discounts available).
- ***Transportation provided only for flights arriving no earlier than 9 a.m. and no later than 4 p.m. on session start date, and flights departing no earlier than 10 a.m. on session end date. Departing international flights no earlier than 12 Noon. We may not accept requests for transportation outside of these days or times of day. Please call the Ex. Director, Baron Roy Callan (508 520-1312) if you are experiencing problems with reservations.***
- Submit a separate CAMPER TRANSPORTATION REQUEST FORM for each camper.
- Requests submitted less than 2 weeks prior to your camper's session start date may not be accepted.
- Transportation provided only from or to Boston or Providence airports, rail or bus stations.
- You must attach a recent 2" x 2" photo of your camper to the CAMPER TRANSPORTATION REQUEST FORM for positive identification of your camper by our staff NO EXCEPTIONS.
- Send your camper with a cell phone and submit the cell phone number on the form. Cell phones will be turned in upon camper's arrival at camp and returned for departure.
- Send your camper with minimum \$10 cash each way for food and beverage in terminals.
- Camp Haiastan is not responsible for paying overweight or excess baggage fees.
- You must pay Unaccompanied Minor Service Fee each way to your airline in advance – check with your airline when booking tickets. Camp Haiastan cannot be responsible for paying this fee. Each airline defines Unaccompanied Minor differently – Check in advance with your airline.
- Camp Haiastan, by law, cannot provide an adult escort at the gate for any camper flying as an adult (usually 16 yrs. and up – check with your airline). Campers flying adult status will be met at baggage claim upon arrival and taken to security check-in at departure.
- Non-U.S. campers must have a valid passport and parents must guarantee that camper will clear customs.

**IMPORTANT:** Because of increased security at airports and ever-changing security conditions, Camp Haiastan staff are not always guaranteed gate passes to meet arriving campers at gate areas or to escort departing campers to gate areas. Therefore, we urge parents to seek the advice of their airline and to request that airline personnel accompany their children to and from the gate in the event that our staff cannot which may incur an additional fee.



**Parents are strongly encouraged to book travel well in advance in order to be in compliance with these policies. Requests submitted less than 2 weeks prior to camper's session start date may not be accepted.**

### **Mail & "Care Packages":**

A letter with pictures from home, or a postcard from you to your camper is worth more than a phone call. Your camper can read your letter any number of times and can respond during quiet times in the cabin area. Campers are encouraged to write home often. If you have packed pre-addressed and stamped

postcards and envelopes along with pens and stationary, campers have few excuses for not communicating with you via mail. Mail comes in and goes out through the Franklin Post Office to us daily except Sunday.

- We accept flat mail only, no bulky envelopes or food packages.
- Food, candy and snack items shipped from outside camp are not allowed. Sanitary and pest control conditions dictate no exceptions to this rule.
- Please do not send certified or registered mail requiring a signature; it only delays receipt of the letter.
- Address envelopes and cards to your camper by US Mail as follows:  
(Your Camper's Name) c/o Camp Haiastan  
P. O. Box C  
Franklin, MA 02038
- Anything shipped to Camp Haiastan via UPS or FedEx, etc. must be addressed as follows:  
(Name of Recipient) c/o Camp Haiastan  
722 Summer Street  
Franklin, MA 02038

### **Telephone Calls - Emergency Contact:**

Campers are not permitted to receive calls from home or elsewhere or to make calls home or elsewhere during their stay at camp unless conditions warrant it. The Camp Director will decide when conditions warrant a camper receiving calls from home or making calls home. We seek the counsel of parents whenever a camper is ill, abnormally homesick, or whenever something extraordinary occurs. We agree to call you immediately if your child is experiencing a challenge in their adjustment to camp. Parents can request phone consultation with the camp administration regarding their camper's adjustment to camp life, or for any other important concern. Campers will not be included in this communication unless the Camp Director deems that it is of extreme importance to do so. When children come to camp they, and their parents, are making a leap of faith, temporarily transferring primary care from parents to us. This is one of the growth producing, yet challenging aspects of camp. As children learn to trust other caring adults, they grow and learn to solve some of their own challenges. This emerging independence is one of the greatest benefits of camp. It is one important way your child develops greater resilience. *Contact from the parent by phone from home essentially means they have not made this transition. It prevents us from getting to problems that may arise and addressing them quickly. Allowing phone calls to campers from home is like saying to your child that you as the parent haven't truly come to peace with the notion of them being away from you and in our care.*

Campers may call home on visiting Sundays from the pay phone near the Camp Office between the hours of Noon and 4 p.m. EST. Use of the pay phone is for outgoing calls only, and your camper should pay for calls with a pre-paid phone card, by calling collect reverse charge, or coins. Make sure you send with your camper all phone numbers where you can be reached on that day and at that time.



Be sure to indicate on the CAMP ENROLLMENT APPLICATION FORM, CONFIDENTIAL INFORMATION FORM, and HEALTH HISTORY & EXAMINATION FORM how we may reach you during your campers' stay. You must provide an emergency contact person other than you and the telephone number. Should you feel the need to contact the camp administration, please call in this order:

1. Roy Callan, Executive Director: 508 520-1312 (message can be left for ASAP return call)
2. Peter Jelalian, Camp Director: 508 528-0505 (message can be left for ASAP return call)
3. Camp Nurse: 508 541-2451
4. **24/7 Emergency Only** if no answer at above numbers: 508 277-0157 (message can be left for ASAP return call)

#### **Email:**

Campers and family members and friends are strongly encouraged to use Bunk1.com, our everyday fee-for-service two-way email service provider (please click on the Bunk1.com button that appears throughout our website [www.camphaiastan.org](http://www.camphaiastan.org) for complete information). Your camper does not need a computer to participate with you in the Bunk1.com program. When you register with Bunk1.com and purchase one-way or two-way email packages, other family members can also share them with you. An added benefit to Bunk1.com is the gallery of photos that we post on their website every day. To contact a camper, counselor, or administrator via conventional email, please address your email to [haicamp@verizon.net](mailto:haicamp@verizon.net) and enter the recipient's name on the subject line. Campers cannot return conventional email messages.

#### **Visiting Day Sunday:**

**YOUR VISIT WITH YOUR CAMPER SHOULD BE POSITIVE AND SUPPORTIVE OF THEIR FIRST WEEK AT CAMP. If YOU'RE POSITIVE & SUPPORTIVE, THEY REMAIN CONFIDENT AND HAPPY AND WILL ENJOY THEIR SECOND WEEK AT CAMP!**

Visiting day is the middle Sunday of the session from 12:00 p.m. to 4:00 p.m. Please observe these hours. **At no other times will visitors be permitted.** Family and friends are welcome at camp during Visiting Day.

Please observe these Visiting Day policies:

- Visitors must park at the paved picnic ground parking lot and take the short walk to the lower camp (elderly or handicapped visitors can be dropped off at the lower camp).
- No visitors are allowed in the lower camp until 12:00 p.m.
- Parents will be notified in advance of special programs and events that may include a meal for visitors as part of Visiting Day festivities.
- Bringing food is permissible, however it must be confined only to the Dining Hall, never camper cabins or outside. Before entering the camp with food, you must first check with the Camp Director or Nurse for campers in residence that may have serious food allergies. There is no refrigeration space available for left-overs, they have to be taken away or thrown away.
- *No Smoking* anywhere in the children's camp. If you must smoke, go into your car in the paved parking lot.
- Family pets are not appropriate visitors to camp. No dogs, cats or other family pets allowed.

Campers cannot leave Camp Haiastan property with family or friends on visiting day. This can result in immediate Lost Camper procedures that include the assistance of the Franklin Police and Massachusetts State Police.



- If a picnic is in progress in the picnic grounds a sign-out procedure will be in place for families and campers to walk to the picnic grounds during Visiting Day hours.
- Parents are permitted to use camp washers and dryers during Visiting Day for their campers' clothes. You must provide your own soap. Keep in mind that machines are not full size machines and load sizes are limited (please see Laundry At Camp). Campers are not permitted to use washers and dryers on their own at any time.

**CAMPERS ARE NOT ALLOWED TO LEAVE CAMP HAIASTAN PROPERTY WITH THEIR FAMILIES OR FRIENDS DURING VISITING SUNDAY AS CAMPERS ARE THE RESPONSIBILITY OF CAMP HAIASTAN ONCE THEY ARE REGISTERED AT THE START OF A SESSION UNTIL THEY ARE RELEASED AT THE END OF A SESSION. NO EXCEPTIONS TO THIS RULE!**

### **Camp Store:**

A camp store is maintained at select times of day to provide campers with limited refreshments, snacks, toilet articles, film, batteries, Camp Haiastan apparel and souvenirs, memory photo CD's, stamps and stationary, etc. Campers do not need money for camp store. Parents should deposit money in their camper's Camp Store Accounts not later than 2 weeks prior to their session in the following manner:

- Included with the deposit when submitting the CAMP ENROLLMENT APPLICATION FORM (see PARENT PAYMENT WORKSHEET FORM).
- Not later than 2 weeks prior to your camper arriving at camp by check or credit card (see CREDIT CARD AUTHORIZATION FORM) along with final fee payment.
- At Main Office Check-In upon arrival at camp (you cannot be on Express Check-In List if you choose this method). No Camp Store deposits can be paid at the lower camp.

We recommend a minimum of \$50 per camper, per session. At the conclusion of your campers' session we encourage that any unspent Camp Store Deposit be donated to our Campership Financial Aid Fund (see CAMP ENROLLMENT APPLICATION) otherwise unused deposits are refunded to parents upon the camper's departure at the conclusion of the session. Campers can purchase beyond their deposit balance and parents will receive a due bill payable prior to departure at the conclusion of a session. Limiting your camper's purchasing to only their account balance must be done in writing at Check-In. Under no circumstances should money be left with your camper, counselor or camp staff.

### **Laundry At Camp:**

You may arrange for our outside laundry service (wash, dry & fold) for your camper through the Camp Store at a nominal charge. We recommend adding \$15 per use, per camper to Camp Store Accounts. Laundry service can be utilized once each week (twice per session if necessary - \$30). You must provide your camper with a sturdy laundry bag.

Camper use of camp washers and dryers is not permitted unless in an emergency situation and with the supervision of a staff member. Camp washers and dryers are reserved for staff. Parents are permitted use of the washers and dryers during Visiting Day (you must have your own laundry supplies).

### **Rainy Days:**

The wise old saying, "Problems are opportunities in disguise" is a perfect description of our rainy day activity program. Our main rainy day activity area is Tzamour Hall (near the Picnic Grounds) that has been outfitted with a variety of arcade, table and floor games and activities from active to passive for the enjoyment of campers during inclement weather.



### **Bathroom, Washstand, Showers & Personal Hygiene:**

Our counselors are responsible for supervising and assisting all campers with their bathroom and shower hygiene needs. The level of assistance can vary from age to age and from camper to camper depending upon their maturity level, adjustment to camp and what they are used to at home. All campers are given orientation to these facilities and our daily personal hygiene standards during the first days at camp. Be assured we are flexible and understanding of our campers' needs. However, a high level of daily health and hygiene is important and mandatory for all campers and staff to participate in. Our staff is trained to deal with fears, anxieties, uncertainties as well as uncooperativeness in regard to personal hygiene at camp. Just like a good parent, we are firm but gentle in our approach to campers meeting the standards of daily hygiene, and we do not hesitate to employ a team approach which may include the Camp Director, Nurse or our licensed School Social Worker consultant whenever necessary.

- The Bathroom and Washstand buildings are supervised by staff during peak use times: Morning wake-up, before and after meals and prior to lights out at bedtime.
- The Shower building is supervised by our staff during showers each afternoon before dinner. Daily showers for all campers are mandatory and scheduled by age group, cabin group and by gender. It is useful for parents to remind their campers that, like home, we do not have an unlimited supply of hot water, and unlike home, we have many bodies that must be showered. Quick showers are necessary for all to enjoy hot water showers.
- After lights out campers needing to use the Bathroom are escorted by night watch staff. Outdoor night lighting illuminates the cabin circle and paths leading to the Bathroom building.

### **Camp Food Service:**

Have you ever been to camp? Have you ever been to the Ritz? Yes, we are right there in between! Camp Haiastan operates a food service facility inspected annually and passed by the Town of Franklin Health Department that meets standards required of camps in the Commonwealth of Massachusetts. Actually, our meals are prepared fresh daily with the acceptance of our campers in mind. We are always exploring new menu ideas that are fresh, nutritious and fun for our campers. Plenty of fruits, vegetables and abundant fluids for our campers are important to us. A licensed Food Service Director on staff throughout the summer supervises our food service.

Counselors are instructed to make sure that campers in their stead eat properly and nutritiously. Dietary restrictions or concerns that are noted on the HEALTH HISTORY & EXAMINATION FORM and the CONFIDENTIAL INFORMATION FORM (and discussed at Check-In with the Nurse) are strictly adhered to and accommodated. Please refer to "Typical Menu" in both the PARENTS and CAMPERs sections of our website ([www.camphaiastan.org](http://www.camphaiastan.org)).

### **Swimming Pool & Swimming Lessons:**

- Campers are scheduled daily for an activity period at the swimming pool (weather permitting).
- Our main pool area is a consistent 3-foot depth with easy in and out steps to accommodate all ages and sizes of campers.
- All Campers are swim tested during the first few days of camp and are placed appropriately for swim lessons and pool activities accordingly.
- Our Certified Lifeguards and other camp staff are trained to teach swimming lessons and pool safety procedures to non-swimmers as well as to beginners. Camp Haiastan adheres to swimming pool guidelines set forth by the Red Cross and YMCA.
- We adhere to the philosophy that we are committed to providing instruction to campers in order that they achieve at least beginner swimmer level status during their two-week stay at camp. A variety of other pool and pond activities are then introduced during the daily pool activity period for campers who demonstrate minimum beginner level proficiency.
- Please assist us by encouraging your camper to participate in the swimming program.



- Please cooperate with us by excusing your child from the swimming program for physician prescribed medical reasons only and notify the Camp Director.

### **The Health Center & Illness, Injury & Medical Emergencies:**

Camp Haiastan maintains a Health Center inspected annually and passed by the Town of Franklin Health Department that meets standards required of camps in the Commonwealth of Massachusetts and is managed by a Licensed Nurse who resides at camp during the season and is on duty at all times. The Nurse is experienced in dealing with medical situations that may arise in a camp setting. The camp has doctors on call who have written our State approved Standing Orders and are available for advice around the clock. Our Health Center operates with the objective of being the first responder to routine as well as emergency medical needs of our campers and staff. Beyond routine, and for serious or life threatening emergencies, we never hesitate to enlist the service of The Town of Franklin Emergency Medical Response Unit provided by The Town of Franklin Fire Department (911). As well, for medical attention that may not be life threatening but is beyond the scope of the Health Center and Registered Nurse, we do not hesitate to enlist the service of the closest hospital, Milford Regional Medical Center in Milford, MA. (about 10 miles from camp). We establish a medical provider protocol relationship with this hospital and its emergency room physician group each summer prior to the opening of camp. Parents are called immediately and kept apprised of medical services provided their camper when the scope of the service exceeds basic minor first aid. Camp Haiastan is required by law to maintain a health record for every camper while they are at camp that includes a detailed log of every service provided and or visit to the Infirmary by the camper, and or any other outside medical provider services rendered. It is our policy to telephone and inform parents when their camper receives Health Center services beyond routine first aid (i.e. band aid, aspirin, etc.).

### **Camp Haiastan Counselors & Your Camper:**

Our hiring practices dictate that we strive to hire Cabin Counselors who are at least 18 years of age and have had previous resident camp experience if at all possible. We are often able to fill these positions from the ranks of young Armenian men and women who have been in our Staff-In-Training program for 17 year olds during the previous summer as well as returning counselors from the previous summer. It is not uncommon for qualified young Armenian and non-Armenian men and women from all over the U.S. and even the world to work at Camp Haiastan as a result of our broad based staff recruitment outreach. By law, Camp Haiastan submits a series of background checks on all staff candidates during the application process. Certain staff positions require certifications that are mandated by the Commonwealth of Massachusetts.

All camp staff are supervised and evaluated constantly by our Administrative Staff that consists of by order: Executive Director, Camp Director, Assistant Camp Director, Nurse, Food Service Director and Property Caretaker. A nine member Board of Directors is responsible for overseeing the year-around operation of Camp Haiastan. Any of these can be contacted by email at [haicamp@verizon.net](mailto:haicamp@verizon.net), enter the appropriate position name into the subject line of your email, or by conventional mail (see contact information for the mailing address). We respond to all correspondence.

All staff are given initial training and orientation prior to the opening of camp, as well as in-service review and follow-up training during the duration of their assignment. Staff training includes topics such as: Staff and camper behavior expectations, camper discipline policy, emergency preparedness, CPR/First Aid training, sexual harassment policy, all camp programs and activities orientation, and review of our Staff Handbook to name several. Our campers are supervised throughout the entire day. Each counselor is held accountable for supervising their campers at all times as well as for learning about their likes and dislikes. Our staff prides itself on the bonds they make with individual campers. Although it is not uncommon for campers to have some off-season contact with staff that they meet during the summer



(Church, AYF, Senior & Jr. AYF Olympics, etc.), in general we caution our staff in what is appropriate and acceptable contact and behavior with campers during the off-season since they are no longer employees of Camp Haiastan at that time and are not under our supervision or responsibility. Many children exchange contact information e.g. email addresses, profile screen names, cell phone numbers, etc. with counselors without our or your specific awareness or permission.

As is the case with anyone that your children come in contact with, we recommend that parents supervise their children's activities as it may relate to online activities as well as any other type of contact activity from those that you may not be familiar with outside the summer camp setting just as you do other aspects of their life in your home.

Counselors and staff are trained and oriented to our Discipline Policy. Under no circumstances are counselors and staff permitted to physically discipline a camper or inflict punishment that involves menial labor or demeaning acts. In some cases we have curtailed privileges as a disciplinary measure, but in no case is physical punishment or the withholding of basic needs of safety, health, welfare, food, water or hygiene withheld from a camper. We will always seek the participation of and counsel of the parent when dealing with any extraordinary camper disciplinary concerns. We use a team approach in addressing any negative or deviant camper behavior. Our team consists of the Executive Director, Camp Director, Nurse, our licensed School Social Worker, and the counselor. We adhere to the premise that camp, in theory, is beneficial for all children, but in practice may not be for all.

Parents should know that our Executive Director, Camp Director and Licensed School Social Worker are all, by law, required to be Mandatory Reporters to the Commonwealth of Massachusetts. Any one or all must report on official documents submitted to the State any evidence of or suspicion of (physical or verbal) of physical, mental, emotional or psychological abuse that is apparent in a camper during his or her stay at Camp Haiastan regardless of if the abuse is suspected to have happened prior to a campers arrival at camp or during a campers stay at camp.

**Financial Hardship:**

- Camp Haiastan refuses no one for financial reasons. Arrangements can be made for deferred fee payments upon request, please contact the Executive Director Baron Roy Callan (508 520-1312).
- Camp Haiastan offers confidential Campership/Financial Aid to assist financial hardship cases. Please download a [REQUEST FOR CAMPERSHIP/FINANCIAL FORM](http://www.camphaiastan.org) at [www.camphaiastan.org](http://www.camphaiastan.org) and submit to the Executive Director, Baron Roy Callan (you may also call the Executive Director at 508 520-1312 for Financial Aid information. All requests and contact are kept strictly confidential).

**Non-Discrimination & Compliance:**

By law, Camp Haiastan maintains a racial and gender non-discrimination policy toward all campers and in all activities. Camp Haiastan must comply with regulations of the Massachusetts Department of Health (105 CMR 430.000), and be licensed by the Town of Franklin Board of Health. Information on CMR 430.000 can be obtained at 617 983-6761.

**\*\*\*HAVE A GREAT TIME AT CAMP HAIASTAN!\*\*\***