



2023 CEL PARENT HANDBOOK



Dear Echo Lake Parents,

We are thrilled to have your family as part of the CEL family as we celebrate our 78th summer at camp! Whether this is your child's first or fifth summer at Echo Lake, we look forward to sharing an impactful and fun-filled summer together. Each summer our campers enjoy making new friends, reuniting with old friends, building skills in activities, developing as people, and feeling a part of our special camp community! We hope that you are looking forward to going on this journey with us and your child as well.

Our updated for 2023 CEL Parent Handbook is a valuable tool to help prepare you and your camper(s) for camp. It contains helpful and important information about camp – some of which is new for 2023. There are valuable details, for both new and returning families, about policies and procedures, summer logistics, communication over the summer, packing information, travel and baggage information, tips for a successful summer, and more... including some really fun details about camp too!

With time, we have all learned to live with COVID being a part of our lives. We know that COVID will likely continue to evolve and we will adapt if needed / as needed and bring you up to speed quickly on any necessary COVID protocols between now and the start of camp.

As always, we are here to discuss any questions or concerns you may have as we partner with you to help your child have the most wonderful summer possible. We are counting down the days to another incredible summer at Camp Echo Lake! Please give your camper big hugs from us and enjoy our 2023 Camp Echo Lake Parent Handbook.

Warm regards,
Laurie and Tony

TABLE OF CONTENTS

- 4** CEL Foundations
- 6** Creating Community at Camp
- 8** Typical Daily Schedule
- 9** Suggestions for a Successful Start to Camp
- 12** How We Help Our New Campers Prepare for the Summer
- 13** Important Dates
- 14** Camper Forms
- 21** Health and Medical
- 25** Staying Connected to Your Camper
- 30** Birthdays at Camp
- 31** Visiting Camp
- 33** Transportation to and from Camp
- 34** Packing/Baggage
- 41** Policies
- 42** Electronics Policies
- 46** Outside the Normal Daily Fun
- 48** Contact Information/Our Team

CEL FOUNDATIONS



Safety: "Protect it"

As Echo Lakers we prioritize physical, emotional, social, and psychological safety in everything we do and in every interaction we have.



Connection: "Bridge it"

As Echo Lakers we believe in creating meaningful relationships, valuing each person in the community, respecting the individual, and including everyone.



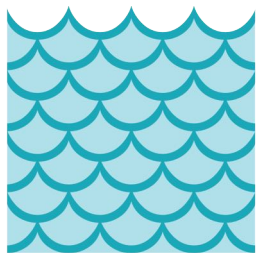
Empathy: "Care about it"

As Echo Lakers we acknowledge and relate to, the feelings of others and operate under the understanding that our actions and words impact others.



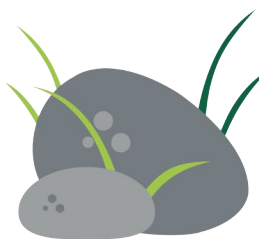
Discovery: "Go for it"

As Echo Lakers we try new things, build new friendships, and continue to learn new skills in order to grow and evolve.



Effort: "Be in it"

As Echo Lakers we take initiative, participate, and work hard.



Resilience: "Stay in it"

As Echo Lakers we learn from mistakes, setbacks, and failures and keep going even when things are tough.

Camp Echo Lake Foundations



Dedicated to Human Development

CREATING COMMUNITY AT CAMP

Camp Echo Lake believes in the benefits of positive group experience, inclusion, and healthy social dynamics. We group campers by school grade, have smaller group sizes to increase staff-camper ratios, and mix our cabins from year to year within the group. Creating groups and cabins in this way builds the most positive cabin dynamics and overall group social success.

Group Name	Grade in Sept.	Abbreviation
Frosh Girls	Entering 3rd	FG
Lower Junior Girls	Entering 4th	LJG
Upper Junior Girls	Entering 5th	UJG
Lower Inter Girls	Entering 6th	LIG
Upper Inter Girls	Entering 7th	UIG
Frosh Boys	Entering 3rd	FB
Lower Junior Boys	Entering 4th	LJB
Upper Junior Boys	Entering 5th	UJB
Lower Inter Boys	Entering 6th	LIB
Upper Inter Boys	Entering 7th	UIB
Lower Village Girls	Entering 8th	LVG
Upper Village Girls	Entering 9th	UVG
Lower Village Boys	Entering 8th	LVB
Upper Village Boys	Entering 9th	UVB
4n4 (Girls & Boys)	Entering 10th	4n4
LIT (Leaders in Training)	Entering 11th	LITs

CREATING COMMUNITY AT CAMP

We recognize the friendships that are created and nurtured at camp are essential to every camper's success. One of our Camper Forms asks for campers to give bunk requests or names of campers they would like to be in a bunk with. We want to offer a few important reminders and tips with bunk requests.

1. We do not repeat cabins from year to year, which means that each summer your camper returns to camp they will get to live with a different mix of campers.

We have always found this helpful at Echo Lake, both in terms of making our new campers feel more welcomed, and in assisting our campers in reaching out beyond their own existing friendships.

2. We ask for at least five and up to six different requests, so that we can ensure that your camper will be with at least one of the friends they requested.

It is always our goal to meet as many of your camper's cabin requests as possible. The cabin request mix of 500 campers, however, simply does not allow for every camper to get all of their requests met.

*If this is your camper's first summer, and your camper doesn't have any bunk requests, simply put "First Summer" in the boxes.

3. It is important that your camper's bunk requests are listed in order of importance. We know that request numbers 1, 2 & 3 are more important than 4, 5 & 6. While we will give each camper at least one of their requests, having six options gives us a better chance of meeting some of his or her requests with order of importance in mind.

If your camper comes to camp expecting to receive all of their requests, they will likely be disappointed.

4. In all cases, we want to ensure that every camper is placed in a cabin in which they can thrive! That includes a social environment in which your camper can both enhance existing friendships and develop new ones.

TYPICAL DAILY SCHEDULE

Camp Echo Lake provides a Developmentally Progressive program for campers, which grows and changes with the children as they continue through their summers at camp.

Through a mix of age appropriate group and elective activities and special events, campers at Echo Lake have the opportunity to do the things they love, try new activities, develop skills through high level instruction and always have fun.

	Juniors	Inters	Senior Village
7:45am-8:15am	Breakfast	Wake Up/Clean Up	Sleep
8:15am-8:45am	Clean Up	Breakfast	Wake Up/Clean Up
9:00am-9:20am	Morning Line Up	Morning Line Up	Breakfast
Period 1 9:30 am-10:15am	Group Activity	Group Activity	10:00 am SV Line Up
Period 2 10:30am-11:15am	Group Activity	Group Activity	Elective (M, T, W, F, Sa)
Period 3 11:30am-12:15pm	Group Activity	Elective (M, T, W, F, Sa)	Elective (M, T, W, F, Sa)
Period 4 12:30pm-1:15pm	Lunch 12:30pm Rest Hour	Lunch 12:45pm Rest Hour	Elective (M, T, W, F, Sa)
Period 5 1:30pm-2:00pm	Rest Hour	Rest Hour	Lunch
Period 6 2:00pm-2:45pm	Group Activity	Elective (M, T, W, F, Sa)	Rest Hour
Period 7 3:00pm-3:45pm	Elective (M, T, W, F, Sa)	Group Activity	Free Play
3:45pm-4:10pm	Snack	Snack	Snack
Period 8 4:15pm-5:00pm	General Swim	General Swim	Team Awesome (M,W, F) Elective (Tues, Sat)
5:00pm-5:30pm	Free Play	Free Play	General Swim
5:30pm-5:45pm	Evening Line Up	Evening Line Up	
5:45pm-6:20pm	Dinner	Showers/Free Play	Showers
6:30pm-7:00pm	Free Play	Dinner	
7:00pm-7:45pm	Evening Activity	Showers/Free Play	Evening Line Up (7:10pm)
7:30pm-8:15pm	Canteen	Evening Activity	Dinner
8:15pm-9:00pm	Showers	Canteen	Evening Activity
9:00pm-9:30pm	Lights Out (Flashlight Time)	Back to Cabin	Canteen
9:30pm-10:00pm	Sleep	Lights Out (Flashlight Time)	Back to Cabins (Lights out at 11:00 pm)

Juniors are campers entering 2nd, 3rd, 4th or 5th grade.

Inters are campers entering 6th and 7th grade.

Senior Village are campers entering 8th, 9th, and 10th grade.

LITs are campers entering 11th grade and have their own day to day schedule.

SUGGESTIONS FOR A SUCCESSFUL START TO CAMP

The pointers below are designed to help prepare your child for the enriching and fruitful experiences that camp provides.

- You've signed your camper up for the full camp experience. Under no circumstances should you promise that you'll take your camper home mid-summer.
- If your camper is showing an initial struggle with adjustment to camp, won't it be a wonderful accomplishment and confidence builder when they do adjust!
- If your camper is having ongoing adjustment issues, we'll be in contact with you.
- We have a very developed and well-practiced approach to helping campers deal with homesickness. A "try it out" approach does not work. You may think it's comforting to tell your child that if they're unhappy you'll come get them, but it actually gives them a sense of your own insecurity that it may not work.
- Reassure your camper that everything at home will be the same as when they left. This means that pets will be cared for, possessions will be protected from siblings, and that their room will stay as it was left. If for any reason this cannot be promised (i.e. you'll be moving or redecorating), please let us know - we can be most helpful when we are informed. Please reassure your camper that you and any younger siblings will be going about the normal routine while they are away at camp.
- Please notify the office of any upsetting event that may have occurred prior to camp or is going to occur during the summer. In this category would be an illness or death in the family, poor school grades, divorce, or moving to a new house or city.
- Please discuss with the camp directors if your camper has been under any psychological/psychiatric care at any time prior to camp. Camp Echo Lake is more than adequately prepared to deal with most campers and the common problems of growing up. Our knowledge of the facts will give your camper the best chance of success.
- Please tell us if your camper has any special interests or talents that should be encouraged at camp. While the camp program is designed to provide basic skills in many activities, certain campers may have a more rewarding summer if encouraged in a specific area.

SUGGESTIONS FOR A SUCCESSFUL START TO CAMP

Social and Emotional Health

As we all know, the mental health and social and emotional experiences in the past year have certainly been challenging. For children, teenagers, and young adults (yes, for parents too!) there has been additional stresses to their mental health and a lack of consistent social experiences. These are some of the many reasons why camp is a tremendous gift to the campers and staff in our camp community. This summer, we know there is a continued need for campers and staff to build additional independence, socialize with peers, spend time outdoors, and get back to some active play and skill building is critical. In every decision we make about the physical and medical protocols and practices at camp, we always consider the mental health and social and emotional impacts of those decisions. We will continue to weigh and balance the importance of accounting for all factors when creating protocols for our campers, staff, our camp community, and parents.

Separation from parents and family creates an adjustment for all campers (and parents) during the summer, and we know how challenging that can be, not only at the start of camp, but in the anticipation leading up to camp as well. Learning to manage that anxiety, use tools to feel better, and know that you “can do hard things,” is part of the incredible benefit of camp. As always, we train our staff to understand and recognize these transitions for campers and work with our staff and Leadership Team to meet any additional social and emotional needs our campers and staff may have. If there was ever a time for campers to practice independence, build self-esteem, work on social skills, and engage in activities, this is it. For parents too, we know that the anticipation of camp and the separation from your child(ren) can be very challenging, and we are here for you as well. Please reach out to us if you or your child(ren) have any concerns leading up to the summer and know that we will partner with you while your child is with us at camp. There are tremendous social, emotional, and mental health benefits of the camp experience, especially for campers, but for staff and parents as well. We look forward to experiencing those benefits with you and your child(ren).

SUGGESTIONS FOR A SUCCESSFUL START TO CAMP

For New Campers

We know that the start of a camp experience can be both exciting and anxiety provoking. We want to partner with parents to help make this start to camp as smooth and easy as possible. The best guidance we can offer is that your camper needs to borrow your confidence that you have chosen a wonderful camp. Remind them that we are there to help them in any way, and that you know that they will be successful at camp.

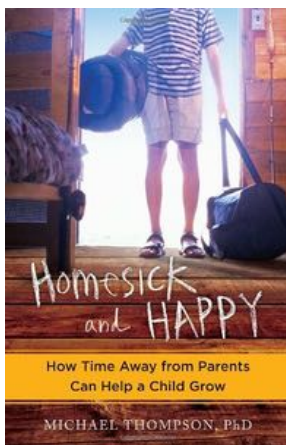
It is not only normal, but expected, that all new campers have moments of worry, concern, or anxiety before going to camp for the first time. These feelings DO NOT mean they are not ready for camp and DO NOT mean they should not go to camp. It DOES mean that they are looking for additional information about what they can expect when they go off to camp. They are looking for a positive connection and association with camp, and they are looking to feel your confidence in camp and in them to be successful at camp.

If your camper is expressing anxiety about camp, here are three things you can do:

1. validate their feelings
2. help give them concrete and specific information about what to expect
3. reach out to us for support for you and your camper!

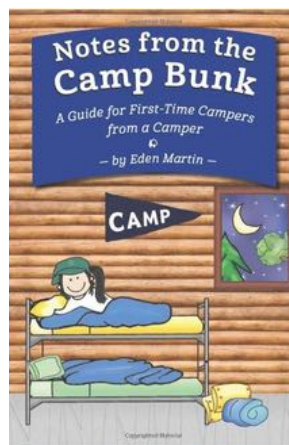
Additionally, try to attend all of the New Camper and New Parent events (both virtual and in-person) as they will go a long way in helping to ease anxiety and create positive connections with camp. We encourage you to reach out to us with any questions or concerns you may have as the summer approaches.

Here are two books we recommend as you prepare yourself and your camper for their first summer at camp!



Homesick and Happy by Michael Thompson

This is an excellent resource for parents of first-year campers! Families of new campers should have received their copy in the mail this past fall.



Notes from the Camp Bunk by Eden Martin

Current CEL camper Eden Martin wrote this fantastic guide to help new campers prepare for their first summer! You can order Eden's wonderful book [here](#).

HOW WE HELP OUR NEW CAMPERS PREPARE FOR THE SUMMER

We have created a series of events designed to create positive connections between your family and camp. These events also give you an opportunity to spend time with the Echo Lake leadership staff and let us get to know you and your camper.



New Camper Virtual Event Sunday, February 12

11:00am – entering 3rd grade; 12:00pm – entering 4th grade; 1:00pm – entering 5th grade and up

Your camper will have an opportunity to meet the other new campers in their age group and get to know our CEL leadership team!

Camp Big Brother/Big Sister Program

In March, your camper will hear from a current CEL camper who is excited to be a positive connection and a friendly face for them when they get to camp.



Virtual New Parent Night

Tuesday, April 4 from 7-9 pm EST

There are a number of ways that we help to set new campers up for success once they get to camp, which we will review at our New Parent Night.

New Camper Picnic at Breezemont Day Camp

Sunday, May 7 from 1-3 pm EST

Your camper will have an in-person experience connecting with other new campers and CEL staff members. We will give new campers a New Camper T-shirt so they can show their Camp Echo Lake pride before even arriving at camp!



IMPORTANT DATES

Below is a list of the Off-Season events and Summer dates for you and your camper(s). Please mark your calendar and expect email communication leading up to the date.

Camp Echo Lake 2023 Off Season Dates

New Camper Virtual Event - Sunday, February 12

New Parent Night - Tuesday, April 4

New Camper Picnic - Sunday, May 7

Camp Echo Lake Summer 2023 Dates

Camp Echo Lake 2023 Season Begins - Sunday, June 25th

*Family Visiting Day - Saturday, July 15th

*Alternate Visiting Day for Divorced or Separated Families - Sunday, July 16th

Camp Echo Lake 2023 Season Ends - Saturday, August 12th



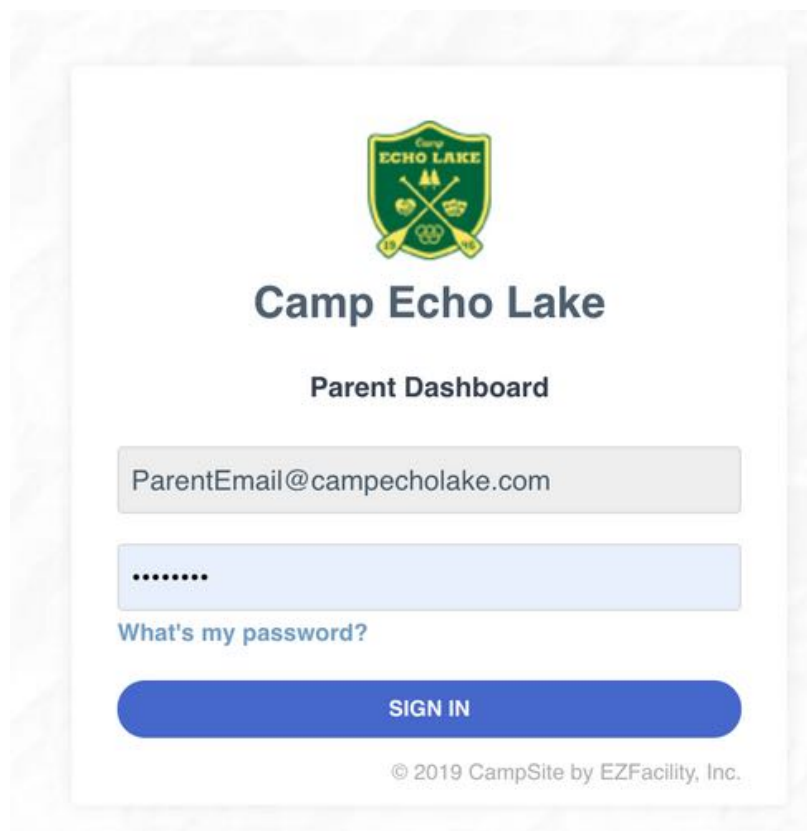
CAMPER FORMS

The camper forms are an opportunity for you to share any and all physical, social, and emotional insights and information about your camper. Please include any and all significant physical, emotional, or social events for your child or your family over the past year as well. Any changes for your camper and/or your family, or updates from one summer to the next are vital for us to know. This information allows us to provide campers with the best care and helps us give them a safe, healthy, and happy summer experience.

All forms are found online on your “[Parent Dashboard](#).” Forms must be completed every year as they help us provide the best care and experience for your camper. Through the [Parent Dashboard](#), parents are able to complete most forms online, as well as download/upload any paper forms that need a signature from you or your doctor.

Log in by visiting our website, www.campecholake.com. Click on “[Parent Login](#)” located in the lower right hand corner. Your login/username is your email address. To retrieve your password click on “What’s my password” and it will be sent to your email address. Once you login to your account, click on “Camper Forms” to complete and/or print forms.

All forms are due by May 15, 2023.



The image shows a screenshot of the Camp Echo Lake Parent Dashboard login page. At the top is the Camp Echo Lake logo, which is a green shield with a yellow border, containing a yellow tent and the text "Camp ECHO LAKE". Below the logo is the text "Camp Echo Lake" in a large, bold, dark blue font, followed by "Parent Dashboard" in a smaller, bold, dark blue font. There are two input fields: the first is a light gray box containing the text "ParentEmail@campecholake.com", and the second is a light blue box containing seven dots. Below the second input field is a link that says "What's my password?". At the bottom is a large blue button with the text "SIGN IN" in white. Below the button is the copyright notice "© 2019 CampSite by EZFacility, Inc." in a small, gray font.

CAMPER FORMS CHECKLIST

 Indicates a form to be completed online.

 Indicates a form to be printed and scanned, requires a signature.

Introduction

 ☐ Please Begin Here

General Camp Forms

 ☐ 2023 Camper Information Form

 ☐ 2023 Bunk Request Form

 ☐ 2023 Camper/Parent Letter of Agreement (please upload)

 ☐ 2023 Off-site Swim Permission Form

Optional Activities

 ☐ Private Tennis Lessons

Medical Forms for 2023

 ☐ Online Health Form Part 1

 ☐ Online Health Form Part 2

 ☐ Doctor's Form (please upload)

Additional Medical Forms

The forms below are required to be completed for every camper.

 ☐ 2023 Meningitis Form

 ☐ Insurance Card Copy (please upload)

 ☐ Immunizations

 ☐ Covid Proof of Vaccination Form (please upload)

Additional forms may appear on your Parent Dashboard based on your answers to the "Please Begin Here" form.

CAMPER FORMS

Below you will find a description of each camper form.

Introduction

Please Begin Here 

This form asks questions which may add additional health forms to your Parent Dashboard. You **MUST** begin with this form to be sure all of the correct forms are present on the dashboard for your camper.

General Camp Forms

Camper Information Form 

Reviewed by Laurie, Tony, Kelly (Main Village Director), and Nick (Senior Village Director) and then pertinent information is shared with your camper's Head Counselor and cabin counselors before camp begins. This enables us to know as much as possible about your camper and helps us to provide him or her with the best possible summer. Campers and circumstances change from year to year, therefore, we need the most updated information about your camper.

Bunk Requests Form 

This form is one of the many tools we use to put bunk groups together. We ask campers to provide a minimum of 5 and up to 6 requests. We spend a great deal of time and energy creating compatible bunk communities that meet as many camper requests as possible, create a healthy living situation, and support our value of mixing cabins from summer to summer in order to enhance healthy friendships and diminish cliques.

CEL Camper/Parent Letter of Agreement 

All parents and campers need to complete the Letter of Agreement. Please review the letter with your camper to ensure they understand the rules and expectations of campers.

CAMPER FORMS

Off-Site Swim Permission Form

This form needs to be completed for all campers to allow them to swim or boat with our Trek (outdoor) program.

Baggage Information

On this form, you will indicate how your camper's camp duffels will be transported to camp in June and back home in August from our three baggage options.

Optional Private Tennis Lessons

Campers may sign up for the Camp Echo Lake Tennis Academy private tennis lessons with USPTA Level 1 Professional Tennis Instructors by printing the flyer on the Parent Dashboard. Please mail the flyer and payment by check to Arup Dutta.



The flyer for Camp Echo Lake Tennis Academy features a green and white color scheme. At the top left is the camp's logo, a shield with a tennis racket and the text 'Camp ECHO LAKE'. To the right, the title 'Camp Echo Lake Tennis Academy' is prominently displayed. Below the title, a photo of three young women holding tennis rackets is shown, with text indicating 'Private lessons offered at \$50 per hour'. To the right of this photo, text states 'Under the direction of: Arup Dutta - USPTA Level 1 Professional' and describes the instruction as top-flight. A green box lists services: 'Quality Supervision and Instruction', 'Movement Drills', 'Stroke Productions & Analysis', and 'Conditioning & Footwork'. Another green box highlights 'Top level instruction and coaching for all group activities, electives, tournaments and private lessons.' A photo of a young boy with a tennis racket is shown, with text for 'Private lesson packages: 8, 16 or 24 lessons'. At the bottom, a green banner asks 'Questions? Call Arup 561.634.0097'.

Camper's Name: _____ Age: _____

Phone Number: _____

☐ 8 Lessons for the summer: \$440 ☐ 16 Lessons for the summer: \$880 ☐ 24 Lessons for the summer: \$1320

In order to register for private lessons, please complete this bottom portion and return with payment to Arup Dutta.

6330 NW 61st Ave. Parkland, FL 33067 | email: dutta_arup@hotmail.com

CAMPER FORMS

Online Medical Forms

The forms in **red** are required to be completed for every camper. With any of the forms, please be sure to check if each form requires a parent signature, doctor's signature, or both.

Online Health Form Part 1

- Basic Health Information
- Insurance Information
- Questions
- Allergies
- Forbidden OTC Medications

Online Health Form Part 2

- Health Care Providers
- Emergency Contact Information
- General Health History
- Mental Health History
- Immunizations (must enter each immunization date)
- Permission to Treat

All families are required to read and sign the information about Meningitis and inform us whether or not your camper has received the Meningitis Immunization, and if so, when they received it.

Doctor's Form

To be printed via the [Parent Dashboard](#), completed and signed by licensed medical personnel.

Campers need to have an annual physical with their pediatrician. Schedule your child's check-up as soon as possible. Physicians must sign and print or stamp their address and phone number on the form. Once completed, please upload the form to your Parent Dashboard.

Note: Some physicians have their own medical examination form. If this is the case, please attach their signed medical form to ours and make sure all requested information is included.

CAMPER FORMS

Additional Medical Forms:

The forms in blue will appear on your Parent Dashboard based on questions answered in the "Please Begin Here" form. With any of the forms, please be sure to check if each form requires a parent signature, doctor's signature, or both.

2023 Asthma Action Plan

If your camper has Asthma and will be using an inhaler at camp, this form needs to be completed and signed by both you and your doctor.

2023 Diabetes Action Plan

If your camper has Diabetes, this form needs to be completed and signed by both you and your doctor.

2023 Dietary Restrictions

If your camper has any dietary restrictions (gluten-free, dairy-free, vegetarian/vegan, etc), this form needs to be completed.

2023 Food Allergy Action Plan

If your camper has any food allergies, this form needs to be completed and signed by both you and your doctor.

2023 Cross Contamination Form

This form needs to be completed if your camper has a peanut or nut allergy.

2023 Stone's Pharmacy Information

For US campers, if your child needs to take prescription medications and/or ongoing over the counter (OTC) medications or vitamins during the summer, learn about Stone's Pharmacy on page 23.

2023 Seizure Action Plan

If your camper has a seizure disorder, this form needs to be completed and signed by both you and your doctor.

2023 Oral Immunosuppressive Therapy Information

If your child will be doing Oral Immunosuppressive Therapy for an allergy this summer, please fill out this form and have it signed by a doctor.

CAMPER FORMS

Additional Medical Forms:

The forms in **red** are required to be completed for every camper. With any of the forms, please be sure to check if each form requires a parent signature, doctor's signature, or both.

2023 Insurance Card Copy and RX Card Copy

We need to have a copy of both the front and back of the health insurance card for every camper. If they have a separate RX card please include a copy of the front and back as well.

2023 Meningitis Form

All families are required to read and sign the information about Meningitis and inform us whether or not your camper has received the Meningitis Immunization, and if so, when they received it.

Immunizations

We need to have up-to-date immunization information for each camper. Please type in the dates for each of your child's immunizations. This information will carry forward from year to year, so if you have a returning camper you will just need to add any new immunization your child has received in the past year.

Covid Proof of Vaccination Form

Please scan and upload a copy of your camper's COVID-19 vaccination card with all applicable doses.

All campers and staff will need to be fully vaccinated against COVID before they arrive at camp, except for those with medical exemptions. "Fully vaccinated" as determined by the CDC's recommendations and the New York State Department of Health includes the two original of the COVID vaccine doses plus one additional booster. Having a fully vaccinated camp will allow us to run the most normal possible camp experience and minimize risk and disruption to the camp experience for everyone in our camp community.

All forms are due by May 15, 2023.



HEALTH AND MEDICAL

During Camp

Despite our effort to keep campers and staff healthy throughout the summer, illnesses can spread quickly in camp communities. We will contact you should your camper become ill with an illness that requires them to stay overnight in the Health Center. Our doctors and nurses will make every effort to ensure campers who are in the Health Center are comfortable, resting and able to rejoin their groups and the fun of camp as quickly as possible.

Lice Head Checks

Have your camper inspected for the presence of head lice two weeks prior to departure and immediately before camp begins. If your camper had head lice or was exposed to it (family member, friend, schoolmate, etc.) within four weeks of their arrival to camp, please notify us. We have partnered with The Lice Treatment Center (LTC), a New York City based company specializing in lice detection and treatment, to check each camper's head upon arrival to camp, midway through the summer, and in the last few days of the summer.

Lice Treatment Center will treat campers with nits and/or live lice. CEL will bill parents for lice treatment. For more information on LTC and their products, go to www.licetreatmentcenter.com.



HEALTH AND MEDICAL

Food Allergies

At Camp Echo Lake, we work closely with campers who have food allergies to ensure their safety around food, both on and off camp. Any camper with an anaphylactic allergy is required to inform camp of this allergy and bring an Epi-Pen with them to camp. For a camper with an anaphylactic allergy, direct or indirect exposure to these products could be life threatening for them and we do everything in our power to keep them safe at camp.

- Staff are informed of any campers in their group that have allergies, both anaphylactic and non-anaphylactic allergies, and help work with those campers to keep them safe at meals and snack times, both on and off camp.
- We have a dedicated person in our Dining Room who oversees all food needs and concerns for campers with food allergies. Our Special Foods Manager has been part of camp for over 17 years and is excellent at reassuring campers about safe foods at camp and providing information and food options for anyone with food allergies.
- We have Epi-Pens located in key areas around camp and all members of the Echo Lake staff go through Epi-Pen training prior to campers arriving.
- If campers leave camp on a trip, or for any other reason, any campers with food allergies always travel with their Epi-pen and we send the trip with additional food allergy response tools (i.e. Benadryl, Epi-pens).

Camp Echo Lake is NUT AWARE.

At Echo Lake, we do not serve any food – in the Dining Room or in the canteen - that contain any peanuts or treenuts. We do not cook with nuts, nut derivatives or any nut oils. We check all food labels prior to cooking and serving any foods but please note the following:

- Once or twice each week, we use baked goods from a local bakery that DOES have peanuts and tree nuts in their facility.
- We occasionally bake items in our kitchen at camp with ingredients that were packaged/processed at facilities that may also process peanuts and tree nuts.
- Lastly, our own research tells us that most nearly all ice cream is processed in facilities that also process nuts – but due to the way the equipment is sanitized, ice cream suppliers are not required to label their packaging as such.

On those occasions, when any of the above items are served at camp, campers and staff will always see an “CC” next to that item on the menu board. In those cases, we always have a safe alternative available for campers and staff who need one.

HEALTH AND MEDICAL

Orthodontic Check-Up

Parents of campers undergoing orthodontic treatment should relay any special instructions to us. If a wire snaps or a similar problem arises during the summer, our local orthodontist will make your camper comfortable.

Eyeglasses

If your camper wears prescription eye-glasses, send a second pair of glasses to camp.

Medications at Camp

Our Health Center stocks a variety of over the counter medication, and we have a Walgreens Pharmacy one mile from camp in case a camper needs a medication prescribed during the summer.

If your camper will take ANY medications or supplements regularly over the summer (including prescription medications, over the counter medications, vitamins or rescue medications such as inhaler or Epi-pen) it is crucial you adhere to our protocols for both delivering those medications to camp and administering those medications to your camper.

Simply follow these easy steps if your child takes medication at camp:

- Select YES to the first question about medications on the "Please begin here form" on the Parent Dashboard.
- Click on the link in the email you then receive.
- Complete the online medication form (make sure to list ALL medications, even OTC and Vitamins.)
- Print the PDF form you will then receive and bring it to your physician's office for a signature.
- Upload the signed copy to the Parent Dashboard.

We cannot legally dispense any medication, including OTC and Vitamins to your camper without a signed physician's form!

U.S. camp families must send ALL medications for pre-packaging to camp through Stone's Pharmacy. There is a \$25 packaging fee charged by the pharmacy. The ONLY exceptions are insulin, growth hormone, allergy shots, Epi-pens and inhalers; and all meds for Canadian / International campers.

All medications must arrive at camp prior to arrival day. The only exceptions are for medications that are required to travel with your camper to camp (Epi-pens, inhalers), medications for which our Health Center has provided an Arrival Day Medication Authorization Number and for campers traveling to camp from outside the U.S. **For any unauthorized medications sent to camp with the camper, there will be a \$150 medication administrative fee charged.**

HEALTH AND MEDICAL

Communication with our Health Center

Our medical staff will contact you if:

- Your camper needs to be seen by an outside practitioner, either in a scheduled appointment or an emergent matter.
- Your camper needs to spend the night in the Health Center.
- Your camper is prescribed any prescription medication by our Camp Doctor.
- Your camper is diagnosed with lice.
- They have a general medical concern or question about your camper's health or medications.

If your camper gets their period for the first time during camp, Laurie or Kelly will call you. You will have an opportunity to speak with your camper as well.

We have a doctor on site twenty-four hours a day, seven days a week while camp is in session. The doctor is always in contact with the Health Center and overseeing the medical needs of our community. Each week during the summer we will introduce you to our Camp Doctor for the week ahead on the summer website.

If you have any questions regarding your camper's health, medication or camper forms, please contact the Health Center at 518-623-9635 or by emailing healthcenter@campecholake.com. Prior to the summer, you can expect to receive a response within one week. While your child is at camp, you will hear back from the Health Center as quickly as possible.



STAYING CONNECTED TO YOUR CAMPER

Part of the gift of camp to campers is learning to confidently exist outside of their parents. That said, we know that parents are eager to have contact with both their campers and camp during the summer. All of our communication policies are created with the best interest of your campers and with the strong desire for camp to partner with parents in helping their campers have a happy and successful summer.

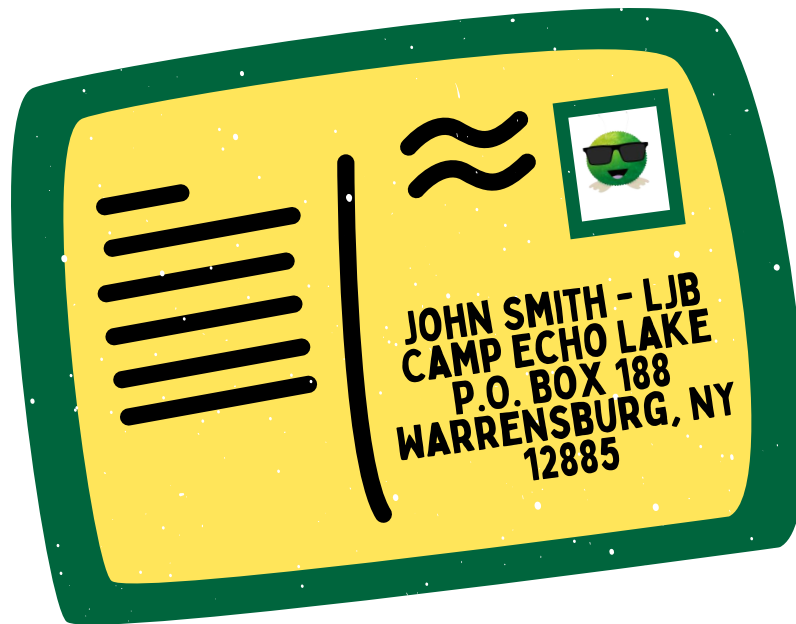
Communication with Directors and Head Counselors/Office

If you have basic questions about camp or summer logistics, please contact our friendly and helpful office staff between 8am - 8pm. After 8pm you can either leave a message or if it is an emergency, you will be transferred to an after hours emergency number.

If you would like to speak with someone about your camper, you can call the Main Office and they will connect you with the appropriate director: Laurie, Tony, Kelly or Nick (who also is referred to as Stu) or with your camper's Head Counselor. You are also always welcome to email Laurie, Tony, Kelly, or Nick at any time. Please know they are often out of their offices interacting with campers and staff, so they may not be in front of their computer, but they will respond to you as soon as possible.



STAYING CONNECTED TO YOUR CAMPER



Mail

Please provide your camper with an adequate supply of postage and stationery. Before camp begins, please talk to your camper about how to address an envelope. Pre-addressed envelopes for younger campers are very helpful. When addressing a letter to your camper at camp, please put the group name on the envelope (we will e-mail your camper's group assignment to you on the first day of camp).

Main Village campers (those going into 7th grade and younger) are required to write home to parents two times each week. Senior Village campers (those going into 8th, 9th and 10th grades) are required to write home to parents one time each week. Please keep in mind that letters written during the first week of camp, particularly from new campers, may reflect the challenges inherent in the natural adjustment to camp. If you have any concerns, please don't hesitate to call us.

For Canadian campers, we provide, for purchase, U.S. postage through our office. This mail will go out daily to our local post office with all of our other camp mail. In June, we will email you to complete a form on your [Parent Dashboard](#) to indicate whether you would like us to purchase a book of 25 or 50 U.S.P.S. to Canada stamps. We will give them to your camper the first day of camp when they arrive. You are, of course, free to provide your own stamps for your camper.

STAYING CONNECTED TO YOUR CAMPER

Website/Email: www.campecholake.com

You may email your camper at camp via the [Parent Dashboard](#). We print out emails daily and distribute them with the regular mail. Campers are not allowed to send email. Please remember that campers love receiving “regular mail.”

Through the [Parent Dashboard](#), you may designate additional family members and friends the ability to email your children. This feature is called “extended family login.”

Zoom Calls

Each of our campers has two fifteen-minute ZOOM calls with their parents, one before Visiting Day and one after Visiting Day. The Zoom calls allow campers and parents to connect, not only verbally, but visually as well! Your camper’s entire group does their Zoom calls on the same evening. This allows everyone in the group to connect with their families on the same day and then the entire group can participate together in some fun, uplifting, distracting group activities together to bring them back to the camp mindset after their calls. Because 4n4 campers can call home using public phones during their trip, we schedule only one Zoom prior to their trip departure.

*It is very important that you mark your calendar now for your camper’s two Zoom calls...

All Zoom calls will take place sometime between 5pm and 8pm on the dates listed below.

Group Name	Zoom #1	Zoom #2
Frosh Boys and Girls	Wednesday, July 5th	Monday, July 24th
Lower Junior Boys and Girls	Thursday, July 6th	Tuesday, July 25th
Upper Junior Boys and Girls	Saturday, July 8th	Wednesday, July 26th
Lower Inter Boys and Girls	Sunday, July 9th	Thursday, July 27th
Upper Inter Boys and Girls	Monday, July 10th	Monday, July 31st
Lower Village Boys and Girls	Tuesday, July 11th	Saturday, July 29th
Upper Village Boys and Girls	Wednesday, July 12th	Tuesday, August 1st
4n4	Monday, July 3rd	n/a
LITs	Monday, July 3rd	Tuesday, August 1st

STAYING CONNECTED TO YOUR CAMPER

Camper summer birthday communication:

If you have a camper with a birthday between June 25 and August 11, we will schedule a five-minute Birthday Zoom, on your camper's birthday, between you and your camper. **The Birthday Zooms will be on your camper's birthday between 8:30 am and 9:00 am** so you can see and hear each other early on their birthday and they do not miss out on all the celebrating we do of them at line ups and meals and more! There is nothing you need to do further; **we will send you your camper's birthday Zoom time and Zoom link closer to camp that will be scheduled on their birthday.**

Due to the volume of calls and zooms we conduct during the summer, we do not schedule phone calls or zoom call with grandparents or additional calls with parents, even for family occasions like birthdays.

Calling Camp:

Our camp office is open from 8:00 AM to 8:00 PM and you can reach us at 518-623-9635. We use a voicemail system between the hours of 8:00 PM and 8:00 AM. If you ever need to reach us in an after-hours emergency, our voicemail system will connect you to a special number.

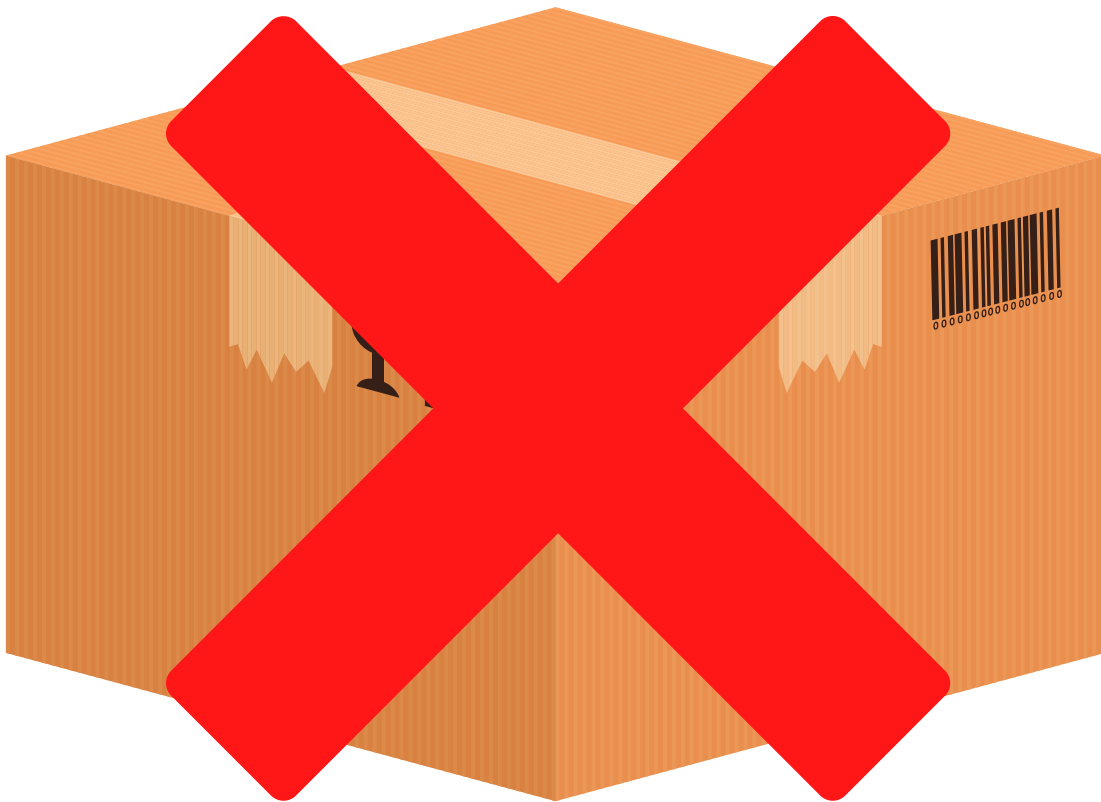


STAYING CONNECTED TO YOUR CAMPER

Our No Package Policy

We do not accept packages at camp, including books and/or magazines, with the exception of birthday packages (which may not contain food items or bunk favors). Books and magazines must be sent up to camp with a camper's carry-on luggage on the first day of camp.

If your camper has forgotten an essential item at home and you need to send it to camp, please contact the Main Office for approval and you will be given a package authorization number to send such items to camp.



BIRTHDAYS AT CAMP

We know that Birthdays are VERY important to your child and you and they're equally important to us! We want to make it as HUGE as possible for them.

If your camper has a birthday at camp they will....

- Have their entire village sing to them!
- Get a birthday fuzzy!
- Receive a special CEL Birthday shirt!
- Get a birthday cake to share with their friends!
- Have a phone call with you - every child that has a birthday at camp will have a 5 minute Zoom call on their birthday.

Information about scheduling your camper's birthday Zoom call will be communicated closer to the start of the summer.

They are allowed to receive a Birthday Package (please no food/candy or bunk gifts). Please write "Birthday Package" on it and we will hold it in the office until we deliver it on your camper's birthday!



VISITING CAMP

We plan to have an in-person Visiting Day on Saturday July 15 from 9am to 3pm. We will be determining any appropriate covid safety protocols for an in-person Visiting Day as we get closer to camp and communicate them to you as soon as possible.

We will email all parents of our campers the week before Visiting Day with additional logistics and tips to help Visiting Day be as much fun as possible and help manage any emotions that may come up at the end of the day. We encourage you to book your hotel for visiting day now.

The only day that campers are allowed visitors is on Visiting Day.

Camp Echo Lake invites parents and siblings of current campers to visit their camper's summer home for the day, three weeks into the summer. While Visiting Day is a ton of fun, it is also an emotional day for everyone as the end of Visiting Day brings another goodbye.

Visiting Day is Saturday, July 15th from 9:00 AM to 3:00 PM. Our alternate Visiting Day for parents who are divorced or separated is Sunday, July 16th from 9:00 AM to 3:00 PM.

Please do not bring any pets with you. In terms of grandparents, or other family members, we encourage you to weigh the costs and benefits of having additional loved ones seeking your camper's attention and wanting goodbyes at the end of the day. Visiting camp is often on a hot summer day and our camp property is large enough that it requires the ability to walk quite a bit. **We cannot provide golf carts on Visiting Day.** You may want to consider any challenges that may cause for additional visitors as well.

We ask that you remain on campus for the duration of the day and enjoy all of our facilities with your children. We provide lunch for all families on Visiting Day. Please bear in mind that any food brought in by parents must be consumed by the end of the day. Visiting Day ends at 3:00 PM sharp. We start into our fun (and distracting) activities right away as the end of Visiting Day can be difficult for some campers. Getting right back into activities is the best way to alleviate those difficulties.

For additional information regarding visiting day, please visit campecholake.com/blog/camp-echo-lake-visiting-day.

VISITING CAMP

Directions to Camp:

177 Hudson St, Warrensburg, NY 12885



Where to Stay:

Visit campecholake.com/current-families/staying-local for a list of local lodging options. You can also click on the lodging options listed below to view their websites.

- Cornerstone Victorian
- Super 8 by Windham
- Sagamore Resort
- Home2 Suites by Hilton
- Queensbury Hotel
- Ramada
- The Summit at Gore
- Courtyard Marriott
- Great Escape Lodge & Waterpark
- Hampton Inn & Suites
- Holiday Inn
- Friends Lake Inn
- Saratoga Hilton
- Hyatt
- VRBO
- Air BnB
- Other Options

TRANSPORTATION TO AND FROM CAMP

In June, you will receive an email about your child's bus assignment. Buses are assigned based on your home address.

Procedures at Departure Point

- Please arrive at least 15 minutes prior to departure time.
- Check in with the Trip Leader and have your camper go directly to their assigned bus with any carry-on luggage.
- Please provide your camper with a bag lunch, including a drink. Please do not send excessive food or sweets on the bus. Any food unconsumed on the bus is thrown away upon arrival at camp. Because we have campers with allergies riding the bus, please do not send any foods containing peanuts or tree nuts.
- Please limit carry-on luggage to one piece per camper. ALL CARRY-ON LUGGAGE MUST HAVE CAMPER'S NAME CLEARLY PRINTED ON THEM.
- If you should miss the camp bus, please call camp immediately at (518) 623-9635 for further instructions.
- We have bus staff at the bus departure point to ensure that all campers get a seat on the bus. We ask parents to stay off the bus so that our staff can help get the campers into seats and settled.



TRANSPORTATION TO AND FROM CAMP

Bus Stop	Departure Time on June 25	Address
Long Island	10:30 AM	Manhasset Park District 62 Manhasset Ave Manhasset, NY 11030
Manhattan	10:30 AM	Riverside Church 480 Riverside Drive New York, NY 10027 (On Riverside Dr. between 120th and 122nd St.)
Westchester/ Connecticut/ Riverdale/ Rockland	10:30 AM	Manhattanville College 2900 Purchase St. Purchase, NY 10577 Spellman Lot
Montreal	11:00 AM	AMG Medical Employee Parking Lot 8480 Darnley Road, Mont-Royal
New Jersey	10:30 AM	Fashion Center 747 NJ-17 Paramus, NJ 07652 Parking Lot off E. Firehouse Lane

Campers are assigned to the most convenient bus location based on their home address. Any family not covered by this transportation schedule or any family making special transportation plans, please contact camp by June 1st. Locations and times will be confirmed via email as we get closer to the start of camp.

Buses will arrive back at these locations around 1:00 PM on August 12th. We will confirm the locations and give you a more precise time the week before the last day of camp.

***These locations may change prior to the start of camp. We will email out any changes that may arise.**

PACKING/BAGGAGE

At Camp Echo Lake we strive to focus on who campers are on the inside and not what they look like - or dress like - on the outside in order to reinforce healthy self-esteem and diminish the superficial pressures of the outside world. We also want campers to be dressed comfortably to participate and be active in all of our many activities, no matter what the activity or event is. Be you, be comfortable, and be active.

Although we support what parents buy and pack for their campers, we do ask that you keep in mind our previously stated goals and a few basic guidelines:

- Fancy, dressy, or expensive clothes or shoes are not needed at camp.
- Skirts are not allowed at camp.
- **One-piece bathing suits, tankini style bathing suits, board shorts and rash guards / board shorts are all allowed at camp.** We ask that you do not send your camper with bikinis, monokinis, bathing suits with cutouts, or speedos. These guidelines apply to on camp swimming and off camp trips (including the 4n4 and LIT trips off camp).
- Sports bras, bikini tops, corset / bustier tops, bandeau tops, and tank tops with completely open sides that show skin and chest are not allowed at camp as shirts.
- Shirts must be worn at all times by all campers and staff (except when in a bathing suit, showering, or in your own bunk) at activity areas and around camp.
- Blow dryers, Hair straighteners, and make-up (other than nail polish) are not allowed at camp.

As you pack for camp, we ask that you please follow a few simple guidelines:

- Carefully review the camp packing list and suggested quantities of items.
- Each camper is allowed to bring two large sports equipment bags or soft trunks, available from the Camp Spot. If you are purchasing new camp baggage, we specifically recommend the DELUXE SOFT TRUNK (36" x 20" x18") from The Camp Spot. **ALL CAMP BAGGAGE MUST HAVE CAMPER'S NAME PRINTED ON THEM.**
- All campers must bring their own sheets, blankets, pillowcases and pillows.
- Please make sure to send your camper with a backpack.
- Please make sure that every single item (including clothing, bedding, sports equipment, games, toiletries, etc...) your camper brings to camp is labeled with their first and last name.
- Lockboxes are not allowed at camp and will be held in the HQs if they are sent to camp
- Drawers that go next to the bed may not be brought to camp.

PACKING LIST

Please visit <http://thecampspot.com> to access our camp store and view a PDF version of the CEL Packing List.

WHAT WILL I NEED FOR CAMP ECHO LAKE 2023?

LABELING

All clothing and equipment must be labeled with the camper's full name.

- ___ 100-200 Sew-on or Iron-on Name Tapes
- ___ 1-3 sheets Equipment Stickers

REQUIRED CAMP UNIFORM

- ___ 2 Grey Ts with Logo
- ___ 2 Gold Ts with Logo
- ___ 2 Green Ts with Logo

ADDITIONAL APPAREL

- ___ 4 White Ts (Any Style)
- ___ 10 Additional Ts (Any Style)
- ___ 2 Sleeveless Tanks / Shirts
- ___ 2 Sweatshirts
- ___ 4 Long Pants (Jeans, Khakis, etc.)
- ___ 7 Shorts
- ___ 2 Baseball Caps

OUTERWEAR

- ___ 1 Lightweight Jacket / Pullover - Vest
- ___ 1 Heavyweight Jacket
- ___ 1 Waterproof Rain Jacket or Poncho

SOCKS & SHOES

- ___ 18 Pairs of Socks
- ___ 2 Athletic Sneakers
- ___ 1 Field Cleats
- ___ 1 Shower Shoes
- ___ 1 Rain Boots or Shoes
- ___ 1 Hiking Boots

UNDERWEAR & SWIMWEAR

- ___ 15 Pairs of Underwear
- ___ 5 Swimsuits (swim trunks, one piece, or Tankini)

BUNKWEAR & BATH

- ___ 2 Sets of Warm Sleepwear
- ___ 2 Sets of Lightweight Sleepwear
- ___ 1 Shower Caddy
- ___ 1 Terry Bathrobe
- ___ 7 Bath / Beach Towels
- ___ 2 Washcloths

BEDDING & LAUNDRY

- ___ 1 Comforter / Blanket
- ___ 2 Twin Size Sheets Sets
- ___ 1 Pillow
- ___ 1 Laundry Bag with Name

CAMPING & OUTDOORS

- ___ 1 Sleeping Bag
- ___ 1 Insect Repellent
- ___ 1 Crazy Creek Chair (Optional)

BAGS

- ___ 2 Soft Trunks with Name (No wider than 44")
- ___ 1 Backpack/Bookbag (REQUIRED)
- ___ 1 Set of Luggage Tags

EQUIPMENT

- ___ 1 Pair of Shin Guards
- ___ 1 Tennis Racquet
- ___ 1 Baseball Glove
- ___ 1 Rollerblades (Optional)
- ___ 1 Helmet with face shield (Required for Roller Hockey)
- ___ 1 Knee/Shin Guard Unit (Required for Roller Hockey)
- ___ 1 Elbow Pads (Required for Blading/Roller Hockey)
- ___ 1 Hockey Gloves (Required for Roller Hockey)
- ___ 1 Mesh Sport Bag with Name for Equipment (Required for Roller Hockey Equipment)

Roller Hockey is offered strictly as an elective at camp. Roller Hockey equipment is not needed to participate in hockey group activities.

ESSENTIALS & FUN STUFF

- ___ 1 Flashlight with Extra Batteries
- ___ 2 Water Bottles
- ___ 1 Battery Operated Fan
- ___ 4 Sets Stationery and Stamps
- ___ 2 Disposable Cameras (Or Inexpensive Camera)
- ___ Books and Non-Electronic Games

SUGGESTED PERSONAL ITEMS

- ___ Toothbrushes and Toothpaste
- ___ Hair Brush
- ___ Soap
- ___ Shampoo/Conditioner
- ___ Sunscreen
- ___ Pair of Extra Eyeglasses
- ___ 1 Box of 3-ply Disposable Masks (25 or more)
- ___ 1 Bottle of Hand Sanitizer (Optional)

All intellectual property in The Camp Spot Catalogs and website are owned by The Camp Spot. All trademarks, service marks and trade names are owned, registered and/or licensed by The Camp Spot. All content on The Camp Spot website, including but not limited to text, designs, graphics, photos and all other content is a collective work under the United States and other copyright laws and is the proprietary property of The Camp Spot. All rights reserved.



PACKING/BAGGAGE

Storage Space

Main Village campers will be provided with approximately 6 cubby spaces for their clothes and 2 bedside cubbies. Senior Village campers will have approximately 9 cubby spaces in total. The exact size of each cubby varies by cabin.

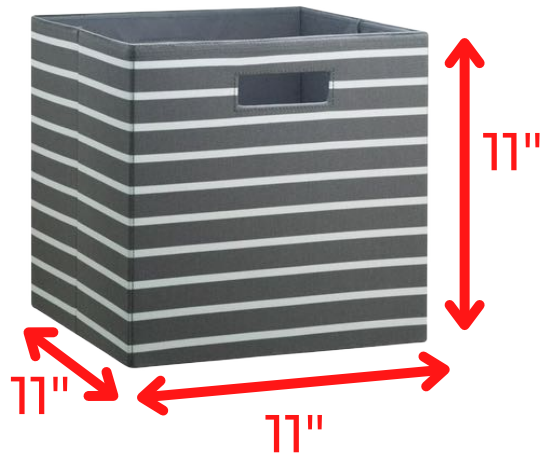
All campers are also allowed to bring 1 storage box that can fit underneath a bed.

The maximum size for an under the bed storage box is 34" in length, 18" in width, and 7" in height. We also suggest using cubby cubes to help your camper's bedside cubbies remain organized.

This is an example of an average sized under-the-bed box.



This is an example of an average sized cubby cube that would fit in our bedside cubbies for Main Village Campers.



PACKING/BAGGAGE

Each Main Village camper will have 1 vertical row of cubbies for their belongings as shown in the picture or approximately 6 cubby spaces total. Each Senior Village Camper will have 1 1/2 vertical rows of cubbies equaling approximately 9 cubby spaces total. Exact cubby size varies by cabin.



In addition, each Main Village Camper will have two cubby spaces in a bedside cubby as shown in the picture. Please feel free to send your camper with cubby cubes to organize their bedside cubbies.

PACKING/BAGGAGE

Baggage Instructions

All campers must send their baggage to camp ahead of time using one of the following three methods. Canadian families must select from either Camp Trucking or Ship Camps.



CEL Baggage (Metro NY, NJ, CT)

CEL Baggage is a baggage service we operate. It provides regional baggage drop-off and pick-up service at convenient locations around the NY metro area. It is also the most economical way to ship baggage to camp. As this service is provided by Echo Lake personnel and baggage goes directly to camp, there is no need to lock any baggage.



Camp Trucking (Entire United States and Canada):

Camp Trucking is a private, independent company that we contract with. At a base cost of \$320 (cost is dependent on location and there may be an additional cost for certain items), they provide door-to-door pick-up and they pick up a few days prior to June 13th. If you choose Camp Trucking, in addition to selecting them below, you will need to register with them separately for their service at <https://www.camptrucking.com/signup.php?campId=84>. We suggest that all baggage shipped via Camp Trucking be locked. Please make sure we receive your camper's baggage combinations at office@campecholake.com by June 22nd.



Ship Camps (Entire United States and Canada):

Ship Camps is a private independent company. Their pricing is based on route, baggage size, and service level chosen. If you are choosing Ship Camps in addition to selecting them below you must register with them separately. You can visit <https://shipcamps.com/camp-echo-lake> to receive a quote and register for their service. We suggest that all baggage shipped via Ship Camps be locked. Please make sure we receive your camper's baggage combinations at office@campecholake.com by June 22nd.

Please remember to submit your camper's baggage method on the Baggage Form on the [Parent Dashboard](#).

PACKING/BAGGAGE

CEL Baggage Pick-Up and Drop-Off Dates, Times, and Locations

CEL Baggage Stop	Location	Saturday, June 17th Drop Off	Monday, August 14 Pick-Up
New York City, NY	Riverside Church 480 Riverside Drive New York, NY 10027 (On Riverside Dr. between 120th and 122nd St.)	10:30-11:00 am	5:00-5:30 pm
Manhasset, NY	Manhasset Park District 62 Manhasset Ave Manhasset, NY 11030	11:00-11:30 am	4:30-5:00 pm
Purchase, NY	Manhattanville College 2900 Purchase St. Purchase, NY 10577 Spellman Lot	11:30-11:45 am	5:00-5:30 pm
Paramus, NJ	Fashion Center 747 NJ-17 Paramus, NJ 07652 Parking Lot off E. Firehouse Lane	12:00-12:15 pm	7:30-8:00 pm
Livingston, NJ	Livingston Mall Walnut St. and South Orange Ave. Truck will be in the park and ride lot closest to the Walnut Street entrance.	1:15-1:30 pm	7:30-8:00 pm

*These locations may change prior to the start of camp. We will email out any changes that may arise.

POLICIES

Ensuring the safety and well-being of our campers is our first priority. In addition to providing all of the necessary resources to ensure that your child has a wonderful time at camp, we also have established clearly defined standards and expectations to ensure that all program participants have a safe experience. Outlined in this section are our camp policies and rules. These policies also appear in the Letter of Agreement form in the Parent Dashboard that parents and campers must review, sign and return to us by May 15th.

There are three specific Letters of Agreement - one for LITs, one for 4n4 and one for all other campers.

1. DESTRUCTION OF PROPERTY:

Destruction of property on or off camp is strictly prohibited and may result in the dismissal of a camper. Should you damage or destroy any camp property through vandalism or willful disregard of proper use, above the normal wear and tear, the camper and the Camper's family will become liable and will be asked to reimburse the camp for the costs of repairing or replacing any damaged property. This includes defacing cabins with graffiti (graffiti also includes signing your name) or causing damage/destruction in hotels, campgrounds and other public places. In such instances, campers will be required to participate in the repair or cleaning of the damaged or destroyed property.

2. ELECTRONIC DEVICES:

Cell phones and other electronic methods of communication are not permitted in camp or off campus. Personal electronic devices that show movies and/or television and/or have internet access are also prohibited both in and out of camp as well. Any such device found will be held by camp and returned just prior to camper departure at the end of the camp season. Other examples of prohibited devices: Laptops, iPads, iPod Touch, e-readers, Smartphones, Smartwatches, Smart Glasses etc. iPods models shuffle, nano and classic are allowed at camp. iPods with video playing capability must have all video deleted prior to arriving at camp. All iPods will be checked by staff on the first day of camp and any holding any videos will be confiscated. iPhone, iPod touch, iPad, laptops, tablets or any other items that provide internet access via Wi-Fi or 3g/4g/LTE are not allowed. Kindles or other e-readers are not permitted at camp. Cameras are permitted at camp, as long as there are no pictures taken inside of cabins, tents, hotel rooms or shower houses. Any cameras used in such places will be confiscated and returned at the end of the summer. Should a camper have an electronic device at camp they should not - as outlined in the Letter of Agreement that camper will be sent home for three nights. Parents will be responsible for picking up their child, whether that camper is on camp, or out west on the 4n4, or on another camp trip.

POLICIES

3. POSSESSION OF ALCOHOL, TOBACCO, VAPES, VAPE PRODUCTS, AND DRUG SUBSTANCES OR PARAPHERNALIA:

While in camp or out of camp, possession, distribution or use of alcohol, vapes or vape products (i.e. juuls, e-cigarettes, etc), tobacco (cigarettes, chewing tobacco, etc), drugs and/or drug paraphernalia, is prohibited and not part of our community. We have a “ZERO TOLERANCE POLICY” on this issue and visual observation need not be necessary for immediate dismissal from camp if there is enough evidence to corroborate that these risk taking behaviors have occurred. Additionally, campers may not bring locked cases, lockboxes and/or locked containers to camp.

4. PERSONAL RELATIONSHIPS (Romantic or sexual):

In regard to interpersonal relationships, on or off camp, we expect campers to refrain from inappropriate public displays of affection and/or sexual behavior. Additionally, campers are not allowed to visit the bunk, hotel room, tent or other living quarter of the opposite gender while in camp or out of camp.

***We appreciate that some of our policies pertain more to campers as they get older, which is why we have three age-dependent versions of our Letter of Agreement. Please be sure to read the specific Letter of Agreement for your camper(s), on your dashboard, so you and your camper(s) are clear on the rules and policies. Thank you.



POLICIES

Camp Echo Lake Behavior Philosophy and Approach

Every action and decision at Camp Echo Lake is made very thoughtfully and intentionally. Our approach to working with campers, staff, and parents is based in our over 75 years of being Dedicated to Human Development and anchored by our foundations of safety, connection, empathy, effort, discovery, and resilience. Our approach to managing and coaching behavior at camp is no different. At the most basic level we ask our campers and staff to “Be Nice” and “Try Hard.” We encourage that behavior with our camp values, Fuzzies, and a variety of positive reinforcement techniques.

We also have a deep expertise in working with children and adults to know that sometimes an individual may say or do something that is not nice, possibly hurtful and goes against the values of Echo Lake. We are all human, after all, and believe that for us at Camp Echo Lake, encouraging individuals to be nice and working with individuals to coach, correct, and grow from mistakes is the real benefit of camp and helps in the building of life skills.

When it comes to behavior that goes against the values of our community, we do not use a “one size fits all” approach. The way we look at it is that sometimes individuals can do things that are rude (say or do something that is unintentionally hurtful), are mean (say or do something that is intentionally hurtful), or “bully” others (say or do things repeatedly that are intentionally hurtful). Neither rude, nor mean, nor “bullying” behavior is acceptable at Camp Echo Lake. Just like there are degrees of behavior that are not in line with our values, so are there degrees of our responses that are driven by the specific behavior.

When rude, or mean, or behavior deemed “bullying” happens at Echo Lake we address it immediately. We assess the context and dynamics of why it happened, and implement a variety of coaching, counseling, and/or consequences that are appropriate to the hurtful action that took place. Whether it is through a conflict resolution process between campers, consequences of being removed from social or programmatic opportunities at camp, involving parents, or any number of other response techniques, all behaviors that are seen or interpreted as negative, hurtful, disrespectful, mean, etc..., to others or to oneself, will be addressed and coached / corrected at Camp Echo Lake.

We work very hard with our campers, staff and parents when such situations arise. Our default position is always to help a camper find a solution or a better way through a situation. In the very rare case that an individual’s behavior is persistently and dramatically negatively impacting other campers or the group, or him or herself, and/or an individual’s behavior requires extensive and continual one on one management, beyond what is safe or responsible at camp, we may feel that the camper should no longer remain at camp.

Camp Echo Lake is a connected community that focuses on individual growth and development, starting with the importance of being nice and trying hard. Our philosophical approach to behavior management will always focus on the good of the individual as well as the good of the group, the assessment of the specific situation and the context, and the premise that through appropriate coaching, counseling, and consequences, growth and human development occurs.

ELECTRONICS POLICIES

One of the most important ways camp provides such positive experiences for our campers is by limiting electronics in our camp environment, thereby encouraging our campers to socialize through traditional camp activities. We thank you in advance for your cooperation with and support of these policies. To help you understand exactly which electronics are and are not allowed at camp, please take a look at the table below.

Examples of permitted and not permitted electronics:



YES

- The Mighty music player
- The Campfire Player
- iPod Nano (original) or Shuffle
- Alternative mp3 player with music/picture files only that cannot connect to the internet or have the ability to play games
- Disposable camera
- Digital camera
- Go Pro
- Battery operated Fan
- Battery operated clocks
- Battery operated external speakers
- Chargers for approved devices



NO

- Any cell phone (including old or disabled phones)
- Any version of an iPod Touch
- DVD player
- Laptop computer
- Handheld video gaming systems
- Tablets/E-readers (iPad, Kindle, Nook, etc.)
- Apple watch/any other kind of smart watch
- Voice activated devices (Alexa, Google home, etc.)
- Plug-in electric fan
- Plug-in electric clock
- Plug-in external speakers

ELECTRONICS POLICIES

Notes on electronics:

- Any item that makes phone calls or accesses the internet is not permitted at camp.
- iPods and/or MP3 players that have capacity to play videos MUST be cleared of videos before arrival to camp.
- We recommend campers bring an iPod Shuffle/Nano or similarly inexpensive device like an MP3 player, The Mighty, or the Campfire Player.
- We recognize that many digital cameras have the ability to record videos. We ask campers and staff to refrain from taking videos inside of the cabins.
- Camp will not take responsibility for replacing electronic devices brought to camp, which may be damaged or lost. If any of the items not permitted are brought to camp, we will collect them and return them at the end of camp.

In the instance of a camper being in possession of a non-permitted item that camper will have to go home for three nights.

Parents will have to make arrangements to pick up and return the camper to camp. Should the camper be away from camp on a trip (4n4 or any other trip), parents will need to pick up their child from the trip location.



OUTSIDE THE NORMAL DAILY FUN

Rain or Shine, regular schedule of activities or Special events, every day is fun at Camp Echo Lake! We wanted to share with you some of the opportunities campers have for extra fun at camp, no matter the weather, but with tons of spirit and the occasional costume!



Special Days/Events

Throughout the 7-week summer, there are many times for campers to show their spirit, get dressed up, or just add to the camp fun with Special Events. Look for an email in the spring with more details about what to bring to camp, but feel free to start collecting fun items now - especially anything GREEN and GOLD!



Change of Schedule Due to Weather

At Echo Lake, safety comes first and last, especially when it comes to our response to weather.

On days when it is raining lightly and there is no thunder or lightning, camp goes on as usual with the occasional "mudsliding" fun always a possibility. In the case of heavy rain or thunder and lightning, Echo Lake has many ventilated indoor facilities and event tents (with roofs and no sides) to pull any of our indoor activities "outside" under event tents, with plenty of opportunities for rainy day fun. Whether our Field House, Rec Hall, Fine Arts Center or Lodge, there is indoor space to accommodate individual groups.

On days when there is excessive heat, we alter our schedule so campers are swimming more, resting when needed, or getting time in our air-conditioned Lodge when needed.

OUTSIDE THE NORMAL DAILY FUN

For “special” trips off camp, campers may want to bring spending money to camp for snacks or souvenirs. The Main Office will be happy to hold their money prior to these trips. Spending money is, of course, optional and at the parent’s discretion.

Spending money can be held by the Main Office or by the camper, but cannot be held by the staff members for campers. Any money not kept in the office is solely the camper’s responsibility and camp takes no responsibility for such money kept in cabins by campers. Campers who choose to keep trip money in the office will get their money prior to departing for an off-camp trip. When they return to camp, any remaining money can be brought back to the office.

Below are suggested amounts to cover trips for the entire summer. Junior and Inter campers will only need spending money for their big trip towards the end of the summer, and can be given to the main office on Visiting Day to hold.

NOTE FOR JUNIORS AND INTERS: The Great Escape is now **cashless**. As this is the only opportunity for our Junior and Inter campers to use their spending money, we highly recommend sending their spending money in the form of a [Visa Gift Card](#). While there are Cash-to-Card kiosks within the park, sending your camper with a preloaded Visa gift card or similar will help streamline the trip and ensure your camper spends every possible moment enjoying the Great Escape!

Division	Trips	Amount Suggested
Juniors (entering 3rd, 4th, or 5th grade)	The Great Escape Water Park (spending money suggested) 2 evening trips (no spending money needed)	Up to \$25
Inters (entering 6th or 7th grade)	The Great Escape (spending money suggested) 2 evening trips (no spending money needed)	Up to \$50
Lower Village (entering 8th grade)	Trip Days 1 four day trip to VT	Up to \$200
Upper Village (entering 9th grade)	Trip Days 1 five day. trip to Boston/Cape Cod	Up to \$250
4n4 (entering 10th grade)	28 Days Out West 1 or 2 trip days	Up to \$500

CONTACT/OUR TEAM

If you have any questions about this upcoming summer, you can always call our office at (518) 623-9635 or email us at office@campecholake.com. Alternatively, you can contact the following people:



Laurie Rinke
Owner/Director
laurie@campecholake.com



Tony Stein
Owner/Director
tony@campecholake.com



Kelly Wilkinson
Assistant
Director/Main
Village Director
kelly@campecholake.com



Sam Wilkinson
Assistant
Director/Program
Director
sam@campecholake.com



Amanda Saperstone
Junior Girls HC
amanda@campecholake.com



Conor Vandendries
Junior Boys HC
conor@campecholake.com



Jakob Weisblum
Inter Boys HC
jakob@campecholake.com

We are looking forward to partnering with you to give all campers and staff a safe, happy and healthy summer. Over the course of the spring, we look forward to being in touch with you to share reminders, tips and excitement for the summer ahead. Please keep this Parent Handbook easily accessible as a valuable resource as you prep for the summer and throughout your child's summer at camp.





Camp Echo Lake
177 Hudson Street
Warrensburg, NY

Phone: (518) 623-9635
Email: office@campecholake.com