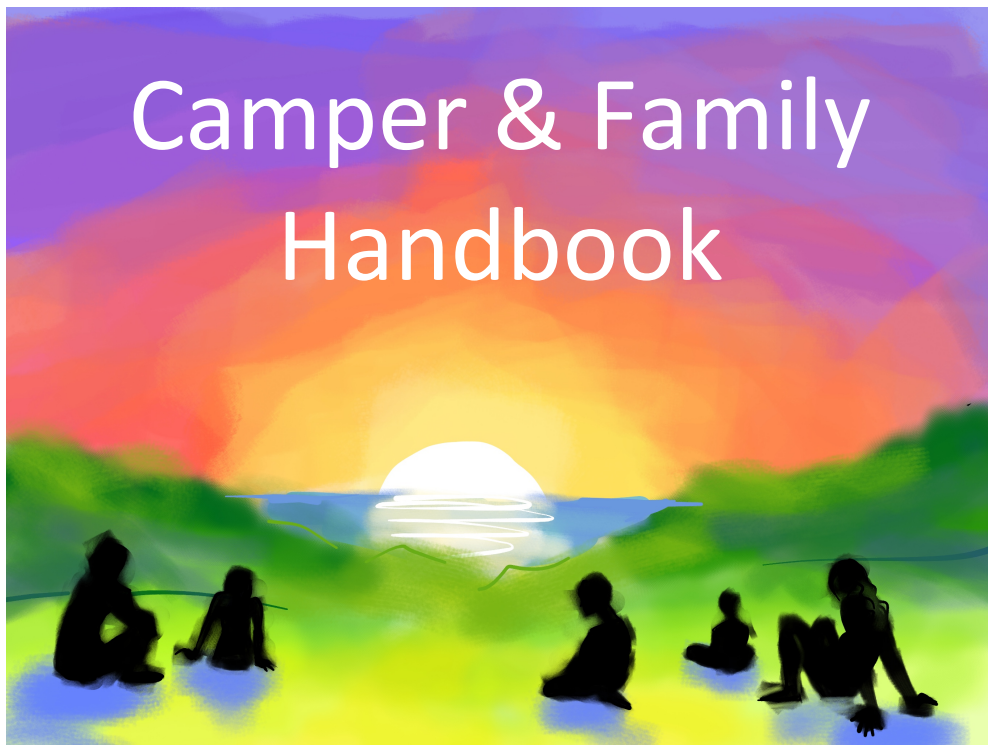


Camper & Family Handbook



Welcome to Friends Camp! We are so glad that you will join us this upcoming summer. Use this handbook to learn more about Friends Camp and prepare for your upcoming camp session. It will be helpful to talk through some of the contents of this handbook with your child before the summer.

Always feel free to get in touch with us with any questions you may have! You'll find contact information along with a table of contents on the second page of this handbook.



Friends Camp Contact Information

Anna Hopkins, Camp Director

(207) 445-2361 (on-site camp phone, June- August)

(207) 877-4302 (Year-round office cell phone. If you need to reach us overnight during camp, you may call this number. Otherwise please use office number.)

director@friendscamp.org

Winter Mailing Address (Oct-May):

Friends Camp
7 Moore St
Natick, MA 01760

Summer Address (Jun-Sep):

Friends Camp
729 Lakeview Dr.
South China, ME 04358

Illustrations in this handbook are courtesy of Friends Camp staff member Alex Kuehne!

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Handbook updated March 15, 2024

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Goals for Camp

The mission of Friends Camp is to give youth and families a unique outdoor camp for spiritual, emotional, and creative growth. Friends Camp strives to be a caring and accepting community that embraces the faith and practices of Friends (Quakers) as one of many ways of helping youth discern a true and healthy path into adulthood with group worship, recreational activities, artistic pursuits, and work projects.

We aim to foster an environment where every camper and staff member can feel a sense of belonging. We believe that camp is the perfect environment to educate campers about inclusion, a value stemming from our Quaker belief that there is a Light of Goodness inside every person.

Every camper's needs and goals for their time at camp will differ. We aim to offer every camper the following experiences:

- Increased confidence in and knowledge about oneself
- A sense of belonging in a loving and accepting camp community
- New or continued friendships
- Experiences living in and contributing to a community with those different from oneself
- An opportunity to nourish the physical body with nutritious food, joyful movement, and time spent in nature
- Creative play, noncompetitive games, and fun

If you have feedback about Friends Camp or would like to get more involved, please feel free to reach out to our Camp Director. We rely on involved volunteers and parents for work weekends, ad hoc projects, and on our Camp Committee.

Packing for Friends Camp

Clothing

Summer clothing for 8-10 days
Long pants
Sneakers
Pajamas
Warm sweater or jacket
Raincoat or poncho
Swimsuit(s)



Other Necessary Items

Sleeping bag
Pillow
2 - 3 towels
Toothbrush & toothpaste
Soap, shampoo, etc.
Flashlight or headlamp
Sunscreen lotion or spray
Insect repellent
Paper, pen, stamps
Water bottle
Laundry bag

Optional Items

Single-size sheets
Musical instruments
Disposable camera
Books or board games
Journal or craft supplies
2 cotton, white T-shirts (tie-dye)
Sleeping pad for tent camping
Light-colored towel to sit on during
Vespers (optionally treated with
permethrin)

Do not bring to Friends Camp:

Money
Televisions
CD players or iPods
Cell phones, iPads, computers
Smart watches
Electronic games
Weapons or knives
Drugs or alcohol
Candy or food of any kind

A few notes on camper property:

- Camper laundry is washed by an outside service once in the middle of each 2-week session. Please pack a laundry bag with a zipper or drawstring. Trash bags or duffel bags do not work well as laundry bags. We cannot guarantee that laundry will not be damaged or lost.
- Friends Camp is not responsible for any belongings brought to camp.
- Please mark as much as possible with your camper's name.
- Family pets are asked to stay in the car or on a close leash during drop off and pick up.
- If age eligible, campers may drive to camp and must turn in car keys to the camp office during their camp session.

Friends Camp Daily Schedule

7:15 AM First Bell

7:45 AM Breakfast Prep

8:00 AM Breakfast

8:45 AM Jobs & Free Play

9:30 AM Meeting for Worship, Meeting for Business, Snack

10:00 AM – 12:00 PM Morning Programs

12:15 PM Lunch

1:00 PM Rest time

2:00 PM - 4:00 PM Waterfront

4:30 PM - 5:30 PM Elective Activities, Free Time, Snack

6:00 PM Dinner

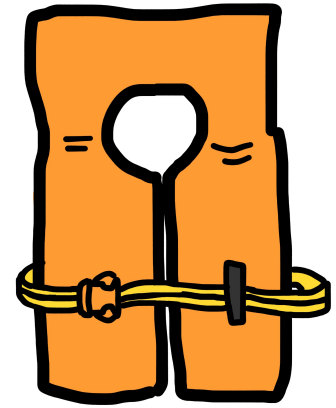
Evening Games: Non-competitive outdoor games

Vespers (watching the sun set over China Lake)

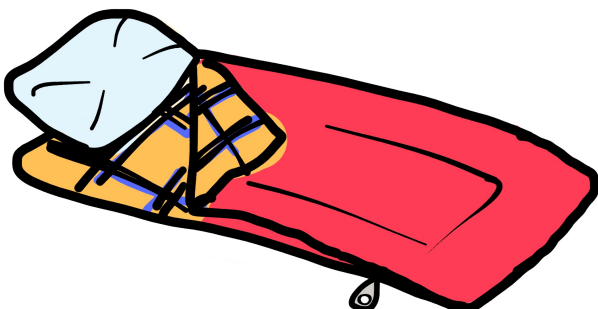
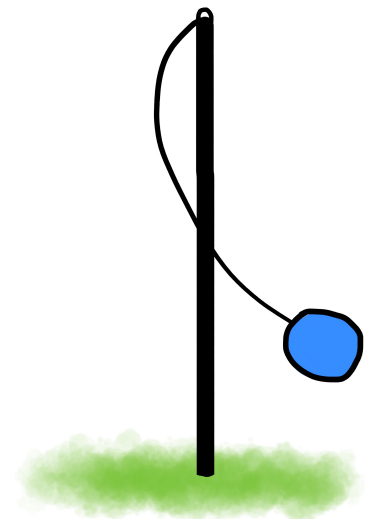
Evening Programs

Snack & Bedtime

We follow this schedule most days. Sometimes we have all-day activities or surprises that mix things up!



Morning Programs are different every week. Campers sign up early in their camp session for programs that interest them. Programs might include sports, arts & crafts, and tons of other wacky stuff.



The times of our evening activities depend on the sunset time and the age of campers. Younger campers (7-12) go to bed around 8:30-9:00, while teenagers go to bed around 10:00.

Quakerism at Friends Camp

Friends Camp is a Quaker camp and a ministry of the New England Yearly Meeting of Friends. Friends Camp does not try to convert any camper or staff member to Quakerism. Most people who come to Friends Camp are attracted to the ideas and beliefs of Friends (Quakers). People of all faiths are welcome at Friends Camp, and about 25% of Friends Camp campers and staff are Quakers.

The Religious Society of Friends believe that there is that of God in every person and often refer to God as the Light within. Meeting for worship is the heart of every Friends Community. Friends worship is silence while they wait in expectancy for a sense of God's presence. Out of communion with God a message may come to one of the worshipping individuals, so anyone in a Friends Meeting may be a minister. Most Friends believe in six testimonies or social concerns: Simplicity, Peace, Integrity, Community, Equality, and Stewardship. Friends believe that all people should have the opportunity to develop their talents and skills under the leadings of the Spirit. At Friends Camp these principles guide our interactions with each other and are the foundation of the programs and activities we offer.

Meeting for Worship

Every day, campers and staff gather in the morning for a period of silent worship. Campers are encouraged to sit in a comfortable way during Meeting for Worship. Staff members will sometimes read a story or a poem or offer a message to share with campers. Campers are also encouraged to practice sharing a message “out of the silence.”

Meeting for Business

Daily Meeting for Business allows campers and staff to raise questions, comments, concerns, or affirmations with their community. This meeting is camper-led when possible.

Vespers

In this evening period of silent worship, campers and staff watch the sun set over China Lake and have an opportunity to reflect on their day at camp and connect with the natural world around them.

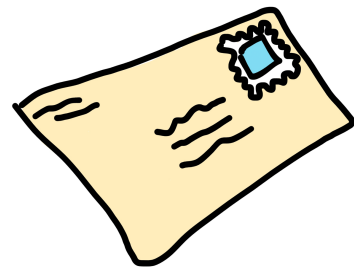
Getting in Touch

While your camper is at Friends Camp, we may contact you by email or phone. We'll send non-urgent updates or reminders by email, but we will more often use phone to reach you in the case of a medical or other matter. If we cannot reach any of the phone numbers provided for guardians, we may also contact emergency contacts.

Mail & Packages

You may send mail and packages to your child while they are at camp. Please address them as follows:

Camper name (first and last)
Cabin name, e.g. Whippoorwill (optional)
Friends Camp
729 Lakeview Drive
South China, ME 04358



Please **DO NOT** mail any food or candy, medications, cell phones, electronic devices, or any other prohibited items to your camper. We cannot take responsibility for these items, and food will NOT be stored and returned to the camper.

Emails to Campers

Camper emails should be sent to the following address: **FriendsCamper@gmail.com**.

Emails will be printed out by our staff and delivered to the campers at rest hour, right after lunch. Please limit your emails to one per child, per day.

Please include the camper's first & last name and cabin in the subject line.

Example: Anna McLeod-Murphy, Loon Cabin

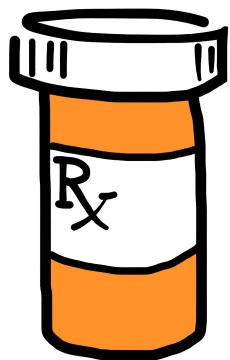
We cannot guarantee delivery of emails within any time frame. The Internet is not reliable in the woods. We cannot print any attachments or photos for your campers. Campers may not reply by email or phone, but camp is a wonderful place to practice the art of writing a letter. Please send stamps with your child so that they can easily send you a letter. Thank you for observing these guidelines!

Medical and Health Information

Health Forms

Every camper must have several health forms and permissions signed before arriving to Friends Camp. It is absolutely essential that you complete these forms, or your child will not be able to stay at Friends Camp.

Mandatory health forms can be found on your online CampBrain account and are due June 1st. They include the following:



- Health History. This contains vital information about your child's allergies, health history, insurance information, and it includes permission to treat. *You* fill this out, not your doctor.
- Physician's Form. Have your child's doctor complete this form and email it back to our office. You can also upload a PDF of this form directly to your online account. Your child needs to have had a physical in the 24 months before their camp session. You may substitute any form that your doctor provides as record of a physical.
- Immunization Record. You will need to provide a copy of your child's immunization records. Friends Camp allows only medical waivers for vaccination requirements, including a letter from your doctor stating there is a medical reason the child cannot be vaccinated.

If you need help completing the health forms online, please don't hesitate to get in touch with Anna at (207)877-4302. **We cannot accept faxed forms**; please upload directly to your account, email the forms, or mail a hard copy.

Medication

Any medications, including over-the-counter medications, vitamins, cough drops, and alternative remedies must be turned over to our Health Hut staff during the first day sign-in. Please send the exact number of pills for the number of days of camp, plus a few extra if it is an essential medication (just in case). **Medications must arrive to Friends Camp in their original container with the name of the camper, the name of the medication, dosage amount, frequency, and name of the medical provider.** We cannot administer medications that are expired, not labeled, or prescribed to someone else. Before you arrive to camp, you must fill out information about each

form of medication your child will take in your online CampBrain account. We cannot administer a dosage of melatonin higher than 10 mg without a doctor's note. It is not necessary to pack common over-the-counter medications, as our Health Hut is well stocked should your child need something.

Since many campers take necessary medications at Friends Camp, the lines can be long at meal times. If your camper takes only vitamins, please consider taking a break for the two weeks at camp to avoid waiting in a long line every breakfast. Please do NOT take your child off any prescribed behavioral medications just prior to or while they are at Friends Camp.

Parental Notification

During each camp session, there may be instances when we need to be in touch with a parent or guardian. We do this when there is an important health issues or an ongoing discipline/ homesickness concern. We will do our best to reach you; if needed, we will leave a message with your emergency contact person. Any medical crises that cannot be handled by the Friends Camp nurse or staff will be referred to Sheepscot Medical Center or Maine General Hospital. Parents will not normally be called about minor medical issues like an upset stomach, a headache, a scrape, or a bruise.

We work hard to keep your campers safe, and there are inherent risks in attending overnight camp. We will notify your family in the following instances:

- Unconsciousness
- Serious Head Injury
- Bone fracture
- Hospitalization
- Suturing
- Spinal cord injuries
- Animal bite
- Tick Bite
- Use of Epinephrine (Bee Stings)
- Muscle paralysis
- Burns (Second Degree)
- Long-lasting diarrhea
- Louse infestation
- Poison
- Stomach upset with high pain or prolonged vomiting
- Non-minor punctures or punctures that could cause tetanus
- Water related emergency
- Loss of hearing
- If a camper has been physically or sexually harassed or harmed
- Anytime a camper needs to stay in the health hut for more than 24 hours

Friends Camp Immunization Policy

Overnight summer camp carries a risk for communicable diseases. We require that program participants (campers and staff) receive certain vaccinations. You can see the vaccination requirements below.

Participants who are unable to be immunized due to medical reasons will be exempted from this requirement. In order to secure exemption, a participant must submit a letter from the participant's doctor. A waiver will be issued upon receipt of a letter signed by the participant's doctor explaining that the participant cannot be vaccinated due to medical restrictions.

All health forms are due by June 1st.

Vaccination Requirements

For Jones and Mott Sessions

- 5 DTaP (4 DTaP if 4th is given on or after 4th birthday)
- 4 Polio (if 4th dose given before the 4th birthday, an additional age appropriate IPV should be given on or after the 4th birthday)
- 2 MMR (measles, mumps, rubella)
- 1 Varicella (chickenpox) or reliable history of disease

For Rustin and Fell Sessions (and all staff):

All of the above, plus

- 1 Tdap
- 1 Meningococcal Conjugate (MCV4)



Campers are strongly encouraged to obtain up-to-date Covid-19 vaccinations prior to attending camp. This vaccine is required for all staff members (unless through a medical exemption).

Mental Health at Camp

Our goal at camp is to provide a nurturing, warm, and encouraging environment to campers and staff. We hold a concern about the mental health crisis for youth and young adults and seek to provide a safe environment in that wider context. If your camper experiences mental health concerns such as anxiety or depression, please be proactive in sharing information with camp. We can do our best work when informed before camp about challenges that campers may face while at camp. Together, we can develop a strategy to address your camper's needs in a new environment. In the past we have established phone calls home to a therapist, strategies for handling common symptoms, and goals for time at camp.

We must also recognize that Friends Camp does not have the capacity to support every mental health concern. During some sessions we may have a mental health resource person at camp, but in general we do not employ mental health experts. If you are interested in seeing Friends Camp's mental health response plan or learning more about our care for those experiencing mental health concerns, please contact Anna. Below please see a chart outlining some of the care we can and cannot provide in the Friends Camp environment.

Can Usually Provide	Cannot Safely Provide
Prescheduled phone calls with a therapist from home 1 time/ week, within camp scheduling constraints	On-demand phone calls, or video calls with therapist from home at any time.
Care for campers or staff members who have self harmed in the past year	Care for campers or staff members who are recently or actively self harming (cutting, etc.)
Care more effectively when families are open about hospitalization or previous treatments.	Care for campers or staff who have received residential treatment for mental health concerns within roughly the past 3 months, although this is on a case-by-case basis.
Alternative activities for short periods of time.	Alternative activities every day or for significant stretches of time.
Strategies for coping with anxiety and depression	Therapeutic treatment
A supportive environment to a camper or staff member who has struggled with an eating disorder in the past or whose eating disorder is well-managed.	Safe environment for a camper actively struggling with a severe eating disorder.

Infectious Disease Prevention and Policies

Friends Camp will layer many preventative measures to reduce the chance of infectious diseases spreading at camp, in order to reduce the risk of harmful health outcomes and to reduce the impact of disease spread on our camp operations. We acknowledge that there are always health risks to gathering in groups, including at overnight camp, and we cannot eliminate the risk of infectious disease spread or serious illness at camp this summer.

As needed, the Friends Camp staff or committee may change our infectious disease response plan during the summer season. This is an excerpt of our current infectious disease response plan and is subject to change. Please inquire if you would like to see the entire plan.

Pre-Camp Protective Steps:

We strongly urge campers and families to carefully consider their exposure to illness before arriving at camp. The more that each family is able to limit their contacts and exposure to illness before arriving to camp, the safer the entire community will be.

We ask that you take the following measures for 1 week prior to attending camp:

- If traveling by plane, bus, train, or other public transportation, please wear a well-fitting KN-95 mask while traveling.
- If attending a large indoor event such as a wedding, conference, or sporting event, please wear a well-fitting KN-95 mask. Do the same when navigating crowded areas such as malls or airports.
- Before hanging out with friends or family, please check to make sure everyone is feeling well. If you catch a cold or norovirus and bring it to camp, you will be in a position to expose many more people to your illness than you would in normal life. It could also make camp a whole lot less fun!

Pre-Camp Screening for Illness

- On arrival, all campers will undergo general health screening.
- If your camper has been sick with any of the below symptoms within the week prior to camp, please contact camp staff prior to arrival.
 - Fever (oral of over 100 degrees F)

- Diarrhea or vomiting
- Fatigue
- Muscle Aches
- Coughing or congestion
- Campers may attend camp when they are feeling better and have been fever free for 48 hours (without fever reducing medication). Campers who have been sick with symptoms of Covid-19 will be asked to take 2 rapid antigen tests 48 hours apart in order to be cleared for attendance at camp.
- If a camper or staff member has been exposed to Covid-19 by a household or family member within 1 week of arriving to camp, we will ask that they take 2 rapid antigen tests before arriving to camp, spaced 48 hours apart.

During Camp Sessions:

- **Hand-Washing**
- **Ventilation/ Outdoor Activities**
- **Cohorted groups during meals or when inside during the first 48 hours of each session or as needed.**
- **Mask-Wearing/ Face-Coverings: Generally, mask-wearing will be optional at Friends Camp this summer.** Exceptions will include if a camper is sick with a respiratory virus or if a respiratory virus is spreading widely at camp.
- **Use of Testing and Isolation**
 - If campers are feeling unwell and it is impeding their ability to participate in camp activities or if our camp health staff are concerned about their symptoms, we will send them to our local urgent care or doctor's office. Doctors at these sites may pursue testing for viruses such as Covid-19, Influenza, Strep Throat, or more.
 - Campers who are exhibiting symptoms of infectious diseases may be asked to stay in the health hut during the day or overnight. At Friends Camp, we do not have extensive isolation facilities for sick children.
 - Since we cannot isolate campers effectively for long periods at camp, campers with highly contagious illnesses including Strep Throat, Norovirus, and Covid-19 will need to go home from camp if sick. Friends Camp will follow the CDC recommendations about isolating any patients with confirmed cases of Covid-19 and send any campers with confirmed cases of Covid-19 home for at least 5 days since the onset of symptoms.

Things That Crawl: Lice and Tick Prevention



Head Lice Policy

Summer camp is a time when lice can be easily transmitted from child to child, and a very mild case of head lice can increase in severity in a short time. Campers often create close relationships with other campers, allowing lice to be spread through head-to-head contact. Although lice do not spread illness or disease, it is extremely difficult to control a lice infestation at camp. **It's important to remember that any camper can get lice; a case of head lice does not indicate lack of a clean home or poor hygiene. While it is important for us to avoid a lice outbreak at camp, it is also important that every camper feels valued and included in our camp community.**

Our nurse and health hut staff are trained in how to detect lice or nits (eggs). Friends Camp follows the prevention and treatment guidelines outlined by the American Camp Association.

We encourage parents/guardians to have the camper's hair checked for lice or nits two weeks prior to the start of camp and again immediately before camp begins. If you don't feel confident in your ability to detect lice, you can ask a school nurse or pediatrician for help, or visit a professional lice removal facility.

At the beginning of each session we screen all campers for lice or nits (eggs). If your child is found to have viable eggs or lice in their hair, the camper will need to be treated before joining camp. In a very minor case, we may be able to do this treatment at camp. For moderate to severe cases, our small staff will not be able to handle the treatment. Treatment includes shampooing with either an over-the-counter or prescription pediculicide and combing out all nits. You may need to treat your camper's hair at home or visit a lice removal company.

We can also help wash a camper's clothes and bedding in the hot water laundry cycle and the high heat drying cycle. After treatment, the camper may return to Friends Camp following an examination by our health staff to determine if treatment was effective.

If a camper is found to have lice while at Friends Camp, it is likely that they will need to be sent home to be treated before returning to camp. In some cases, we may be able to provide treatment; however, much of the time, the treatments required are simply too labor-intensive for our small staff. If a case is found we will re-check cabin-mates, and we'll notify their parents/guardians.

Our goal is that all campers can have a positive and uninterrupted experience at camp. Please share this policy with your camper so that if they do need to leave for treatment, it does not come as a surprise.

Preventing Tick-borne Illnesses

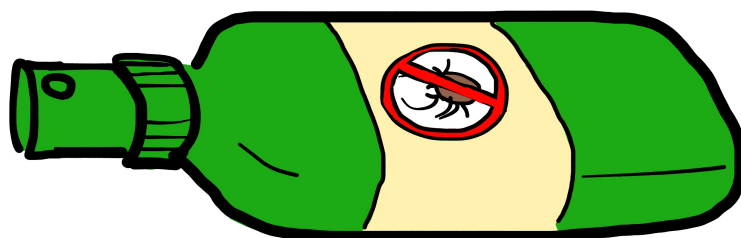
While lice can be very inconvenient and a nuisance, they do not produce a serious health threat. Ticks, however, present a serious health risk. Ticks can carry disease, the most concerning of which is Lyme disease. Deer ticks, which are very small, carry Lyme disease. They can be difficult to see, so it's important to talk about them with your child before they come to Friends Camp.

Ways to Prevent Tick-Borne Illnesses:

- Insect Repellent including DEET is an important way to repel deer ticks. Campers should apply this at least twice a day while at camp. Some families choose to pre-treat clothing with insect repellent.
- Campers should wear long pants and socks during our evening vespers and during any hikes in the woods.

While camps and families do their best to prevent tick bites, it is also important to know the symptoms of Lyme disease and take your child to a doctor right away if you suspect your child may have had a tick bite. Symptoms of Lyme disease include:

- Muscle Aches
- Headaches
- Fatigue
- Fever
- Rash, sometimes ring-shaped



Housing Options

Cabin groups are arranged by gender in boys, girls, and gender-expansive cabins, depending on interest and need each session. When registering your camper, please check in with them about what cabin option makes the most sense for them. Families can choose whichever cabin type best fits their needs and experiences.

Our cabins are designed to be inclusive rather than exclusive. For example, a nonbinary camper or transgender camper who would feel most at home in a girls or boys cabin is allowed to stay there. To be with others experiencing similar challenges and joys around growing up can be an important factor in youth development. We are proud to be a camp for kids of all genders, where campers are free to make platonic friendships with others regardless of gender, in and out of the cabin.

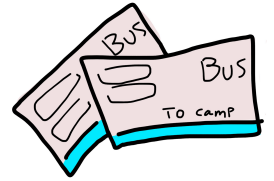
In order to offer a gender-identity affirming experience for all campers, we offer a gender-expansive cabin option. This option is for any camper who feels that this is the best space for them, especially those who fall outside the gender binary or who do not feel comfortable in a boys or girls cabin. We hope that by offering a gender-expansive cabin option, campers who are often targeted by misunderstanding or forced to conform to gender expectations not true to who they are will be able to fully be themselves in a safe and supportive space, alongside other campers and staff members who also identify outside the binary. Campers in *all* cabins are asked to respect boundaries around personal space, allowed to change in changing rooms or bathrooms, and have the same rules around personal relationships.

If you have questions about the gender-expansive cabin option, or about housing in general, please contact our office. We are happy to speak with you about what makes the most sense for your camper specifically. **Cabin choices are part of the registration process and may be changed up to 2 weeks prior to a camp session. We are not able to change a camper's cabin during a session.**

A note on camper privacy: Campers grow, change, and experiment during their sessions at camp. This is a normal and expected part of growing up and of being at camp! Sometimes they try out a new friendship, performing at the variety show for the first time, or playing soccer when they usually choose reading. Sometimes campers try out a new nickname, camp name, chosen name, or pronoun while at

camp. We do our best to refer to campers how they would like to be referred to. A camper's "paperwork name" may remain in some places at camp, like the Health Hut and office, to ensure safety and prevent confusion. We do not proactively notify campers' families about name or pronoun requests while at camp. If a camper asks us to keep their name or pronoun private, we will do so to the best of our ability.

Transportation to and from Friends Camp



Drop-Off: Nearly all campers will be dropped off directly at Friends Camp (unless you wish to use the Augusta, Maine Bus Station option below). You will be assigned a suggested 30-minute drop-off window between 1:30 pm- 3:30 pm on the first day of each session. Spreading out arrivals simplifies arrival for all. If a camper is a no-show to a session, the summer office manager will contact your family by dinner that day.

Pick-Up: Campers depart Friends Camp on the last day of the session, between 10:00 am and 11:30 am. All parents, guardians, or authorized pick-up adults must visit the sign-out table at the exit of camp. **Parents who are going to be more than thirty minutes late for regular drop-off or pick-up times are asked to call the camp office at (207) 445-2361 with an estimated time for arrival.** If your child will be picked up by anyone other than a legal custodian, please inform the camp office by email.

Augusta, Maine Bus Station: By arrangement, we can pick campers up or drop them off at the bus station in Augusta. If you are interested in this option, please sign up through your Camp Brain account, and we will work together to establish a bus schedule. Campers should bring a cell phone if traveling by bus and turn their phone in for safe-keeping in the camp office on arrival. Camp staff will wear a camp t-shirt at the bus stop to identify them as a Friends Camp employee.

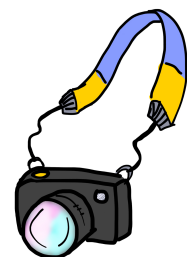
Photo Policy

We often have families inquire about photo sharing at Friends Camp. We do not have a full-time camp photographer, so we do not share daily or weekly session photos online. It is an intentional decision not to employ a photographer. This decision helps us keep our camp fees low and accessible to more families, and it means that the staff we hire are employed primarily for their ability to work with children.

Sometimes our camp director or other camp staff have some time to take a few photos and capture some of our camp memories. You are welcome to follow our **Instagram page (@friendscamp)** or our **Facebook page** to catch some of these updates. We can't guarantee that a photo of your child will be posted online during their camp session; you are always more than welcome to call our camp office at (207) 445-2361 to inquire about your child's session. We're happy to give you an update or have their cabin counselor give you a call.

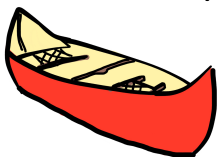
Campers are permitted to bring cameras to camp that don't access the Internet. **We do not recommend bringing expensive digital or polaroid cameras to camp**—camp is full of dirt and water and the wilderness, and we cannot guarantee that the cameras will return home safe. Any cameras should be labeled with the camper's name.

We understand that in today's smartphone world, it is difficult to spend two weeks away from your child without seeing a photo. However, we believe that this time is important for campers. Their focus is on their surroundings, their bodies, and their friends, without being focused on photos taken or shared online. We think it helps us be in the moment. We hope campers return home from camp with memories of a warm campfire, arms around friends' shoulders as they sing, quiet moments of silent grace before a meal, the beautiful sun dipping below the horizon, feet splashing in a summer lake, and the frogs peeping as they fall asleep.



Camper Code of Conduct

1. At Friends Camp, we live by Quaker values and try to see the Light of Goodness in every person. This means being kind and inclusive to others in our community, even when they are different from you.
2. We live in close quarters at camp. Because of this, we sometimes need to work extra hard to be respectful of each other's space and possessions. We ask that you are considerate of sharing space and contribute by helping clean camp through "jobs."
3. Physical boundaries and consent are important at camp. So that everyone at camp feels safe, we only touch each other (such as hugs or handshakes), when we have consent. Physically romantic relationships are a positive part of many teens' and adults' lives, but they are not allowed at camp.
4. Campers at Friends Camp agree not to bring items that we do not allow (including cell phones, food, alcohol or drugs, weapons, or vaping devices). These rules have all been designed for a reason, and following them helps build trust in our community.
5. Being at camp requires an understanding of and respect for the staff's desires to keep you safe. We can't list every possible thing that is not safe at camp; rather, being at camp is an opportunity to practice responsibility and exercise your good judgment!
6. When conflict or difficulties arise at camp, we try to work together to find a way forward that works for everyone. This involves listening and communicating from all parties. When it is possible, we look for restorative ways to keep everyone involved in our community, and we often learn about ourselves and each other by working through conflict. Friends Camp reserves the right to deny admission to any camper at any time or ask campers to leave camp at any time.



Essential Eligibility Criteria

At Friends Camp, the health and safety of everyone in our community is a top priority. This includes the physical, emotional, and mental safety of our campers and staff. Camp is a special place where youth get the experience of being independent, caring for themselves and their community, and stepping out of their comfort zone. Generally, all campers are eligible to participate in all programs, with the exception of swimming and boating based on competency testing. Overnight hiking trips also sometimes require clearance from camp staff.

We must acknowledge that Friends Camp does not have the capacity to support every mental or physical health issue. The following criteria are guidelines for whether Friends Camp is an appropriate fit for your child. If you have any questions about your camper's ability to thrive at Friends Camp or our ability to support their needs, please reach out at any time. We would love to brainstorm with you and form a collaborative team whenever possible.

- Camper can be responsible for their personal hygiene (brushing their teeth, showering, using the bathroom, washing hands, getting dressed, etc.) with minimal help from adults.
- Camper can communicate with adults and peers.
- Camper can navigate around camp, over uneven ground and up and down hills.
- Camper can live in a group setting, following appropriate physical and emotional behavior. Camper must be able to demonstrate tolerance and respect for others, and respect for themselves.
- Camper is relatively strong in their mental health.
- Camper can participate in activities.

Essential Eligibility Criteria	Friends Camp can typically provide	Friends Camp cannot safely provide
Camper can be responsible for their personal hygiene with minimal help. This includes brushing teeth, showering, using the toilet, washing hands, getting dressed, etc.	Counselor and staff support in locating camper's hygiene products, orienting campers to the functions in the bathrooms, washing sheets & clothes when campers have an accident.	Consistent, one-on-one help with campers' physical needs. Staff are not prepared to help campers clean their bodies or dress/undress campers.
Camper can communicate with adults and peers.	Assistance and support for campers who may have challenges in communicating.	One-on-one supervision and aid for campers who cannot communicate in a primarily English-speaking environment.
Camper can live in a group setting, following appropriate physical and emotional behavior. Camper must be able to demonstrate tolerance and respect for others, and respect for themselves.	Staff support in conflict resolution and interpersonal relationships. Counselors and staff can help campers moderate their responses to situations and help find ways of calming down.	Staff support for a camper who puts themselves, other campers, or staff at risk of harm.
Camper must be in relatively strong mental health.	Strategies for dealing with depression and anxiety. Camp can help set up a call with the camper's therapist. Friends Camp can often provide a safe environment for those who have self-harmed in the past, or who have a history of an eating disorder, but their eating disorder is well-managed.	Friends Camp cannot provide therapeutic treatment, or on-demand phone calls with a therapist at any time. Friends Camp cannot provide a safe environment for people who have recently or are currently self-harming, for people experiencing suicidal ideation, or for people who are actively struggling with an eating disorder.
Camper can participate in activities.	Assistance in making campers feel welcome and comfortable in joining activities. A variety of activities to suit campers' interests. Support if a camper occasionally needs to sit out of activities.	Support for campers who consistently sit out of most activities or require alternative activities for significant periods of time.
Camper can navigate around camp, over uneven ground and up and down hills.	Support for campers who have a physical disability or chronic illness that occasionally makes mobility challenging. A van to and from our waterfront site can be provided for campers who have trouble walking a distance.	An environment safe for campers who need full time, one-on-one support in their mobility. Not all spaces at camp are currently accessible by campers using wheelchairs or assistive devices.

Frequently Asked Questions

When are the drop-off and pick-up times?

Drop-off time happens between 2:00 pm- 4:30 pm. Pick-up times will also be coordinated, in the morning on the last day of camp between 10:00- 11:30 am.

Can my child be in a cabin with their friend?

For 2024, we are allowing campers to make friend requests, but they are not guaranteed. Campers do not need to make a cabin request; most are not.

Will I be able to talk on the phone with my child?

Not unless it is an extreme circumstance. It does not work very well to have over one hundred people using our one phone line! Check out page 6 to see how to get in touch with your camper.

Can we visit camp before the start of camp?

Yes. We'd love to give you a tour when it's seasonally appropriate (May or during the summer). Anna can also meet you in person elsewhere or schedule a video call.

Can we tip the counselors and staff?

No. We do not let our staff accept tips. Camp counselors greatly appreciate thank-you notes or care packages, and you are also welcome to donate to our campership fund.

Can my child get a ride to or home from camp?

For 2023, we are planning to offer transportation only from the Concord Coach bus station in Augusta, Maine. Otherwise, please plan on direct transportation to camp.

What if my child is homesick?

Homesickness is healthy and curable! We think that going to summer camp is a great way to "practice" being homesick AND happy. Before the summer starts, talk to your child about what camp might be like and discuss possible strategies for when they miss home. Strategies might include making a new friend, hugging a favorite stuffed animal, or telling their counselor how they are feeling. If homesickness persists, we'll call home and let you know.

FRIENDS CAMP



Sketch by
Diana Sprague
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