

## PROGRAM LOCATIONS

Camp Wey-Fun @ Wessagusset - Wessagusset Primary School – 75 Pilgrim Road, N. Weymouth

Wey-Fun @ Great Esker Park - At the end of Elva Road, N. Weymouth (off Green St. at sharp curve)

Great Esker Adventure Programs - At the end of Elva Road, N. Weymouth (off Green St. at sharp curve)

Great Esker Nature Programs - At the end of Elva Road, N. Weymouth (off Green St. at sharp curve)

Pond Meadow Park Nature Program- Pond Meadow Park- 470 Liberty Street, Braintree

Lane Beach – Kayak and Stand Up Paddle Board Rentals - 40 River St., N. Weymouth (parking pass required in lot.)

Leaders in Training – Varies w/program

Swimming Lessons - Connell Pool 220 Broad St. E. Weymouth

## DROP OFF TIMES

**Wey-Fun @ Wessagusset** - 8:00-8:30 a.m.

**Wey-Fun @ Great Esker Park** - 8:00-8:30 a.m.

**Great Esker Park Nature Camp** – 8:00-8:30 a.m.

**Pond Meadow Park**- 8:00-8:30 a.m.

**Leader in Training** - 8:00-8:30 a.m.

**Vendor Programs** - Varies – See Specific classes.

**Early Drop Off – 7am – 8:30am (Camp Wey-Fun at Wessagusset/Great Esker Park & Great Esker Park Nature Camp)**

## PICK UP TIMES

**Wey-Fun @ Wessagusset** - 4:00-4:30 p.m.

**Wey-Fun @ Great Esker Park** - 4:00-4:30 p.m.

**Great Esker Programs** -4:00-4:30 p.m.

**Pond Meadow Park**- 4:00-4:30 p.m.

**Leader In Training** - 4:00-4:30 p.m.

**Vendor Programs** - Varies – See Specific classes.

**Extended Care** - 4:30-6:00 p.m. - Late fees of \$5.00 per minute/per child will be charged if children are picked up beyond 6:00 p.m.

**Bus** - See the bus schedule for specific pick up and drop off times. Unless authorized to walk home, parents, guardians or authorized adults must be at the Bus Stop to pick up children. Failure to be at the bus stop will result in the child being brought back to the Wey-Fun campus for a \$20.00 charge. Parents will then have to pick the child up at the drop off site.

Please call the main office if you are running late and need your child to stay for Extended Pick Up.

- 6:00 p.m. is the latest. - Late pick up will result in Late fees charged to household accounts.

## How do I check my child in and out each day?

Each day, you will sign your child in and turn in your child's ID. The ID confirms your child has been dropped off to Weymouth Recreation. At the end of the day, you will sign your child out and take the ID home with you. (*see T-shirts and ID's for more information*)

## What if we're going to be arriving late to a program?

Stop at the sign in/out table and wait for a staff person to check your child in. Do NOT just let your child into a program w/o checking them in.

## How do I pick my child up in the afternoon?

At the end of the day, pick up your child at the checkout table, you will sign your child out and please make sure your child's ID comes home with you. Children will only be allowed to leave with adults authorized to do so.

All adults should be prepared to show a valid ID to verify their identity.

**Drive SLOW and SAFELY in the parking lots** (like you would if your own child was walking through it)



## What if I need to pick up my child after 4:30 p.m.?

Children who stay later than 4:30 p.m. **MUST** register and pay for Extended Care. You may register for Extended Care on a weekly basis. In emergency situations please contact the Recreation Office at 781.682.6124 to let them know you are running late. Any child who is picked up late, without the knowledge of the Program Supervisor, and has not registered for Extended Care will be added to our roster and billed accordingly.

## What if I can't pick my child up? Can a neighbor or family member pick them up?

Please contact us if someone who is not on the authorized pick up list is picking up your child. Written notification is required. We will need specific information about them including their address and phone number and will ask to see their ID to confirm.

## What if my child will be absent for the day?

No worries. Please keep sick and contagious children at home so they can recover faster and get back to playing and having fun!

## Authorized Pick Up Changes

Requests should be made in person and at the office whenever possible. If making the change by phone, the following procedure will be followed. After the parent/guardian has called in the request, the office will take the name and end the phone call. The Office staff will then look up the parent/guardian's information in our computer system and call back to confirm the request was made by the parent/guardian and take down the requested information. An email will then be sent to the parent to confirm the request once again. Once an email

is returned and confirmed then change will be made in the system and the information relayed to the camp staff.

### **TRANSFERS/CREDITS AND REFUNDS**

- Deposits are NON-REFUNDABLE.
- If notification of cancellation is received 2 weeks or more prior to the first day, a refund/credit minus the deposit will be issued.
- If notification of cancellation is received within 2 weeks of the first day or after the program has started, credits/refunds will be issued minus the deposit and dollar value of the number days the program has run. Credits and refunds are not available for days missed by participants due to personal conflicts, sickness, suspension or removal due to disciplinary reasons. \*exception for COVID
- Programs without deposits will have a \$25.00 fee deducted from a refund or credit where applicable.
- 100% Credit/Refund will be issued to participants that need to cancel due to severe medical reasons. A doctor's note citing the reason(s) the child could not attend is required for the credit/refund to be issued.
- In the event a program is cancelled due to adverse weather or other conditions, the day(s) missed will be credited to household accounts.
- If Weymouth Recreation must cancel a program outright, a full refund will be issued.
- Refunds will be by Town of Weymouth check for payments by cash or check or by crediting the credit card used during registration. **Please allow a minimum of four weeks for check processing.**
- Refunds for credit cards have to be processed during regular business hours at the Recreation Office. We can only refund the same card used at the time of registration.
- **Transfers** will be made whenever possible. Requests must be made as early as possible.

**Scholarships:** Are available to Weymouth Residents – Weymouth Recreation provides scholarships to those who cannot afford the program fees. Application and proof of financial need are required. Scholarships are limited; please apply early.

Please call 781.682.6124 for more information.

**Gift Certificates** – Gift Certificates can only be redeemed in person at the Recreation Office.

### **T-SHIRT AND ID'S**

**ID's-** Children enrolled in the Wey-Fun and Esker must have ID's. At a cost of \$5.00. ID's last 2 years and contain vital information for the staff. Including: Medical alerts, Sun and Water Avoidance. ID's also serve as Pick Up and Drop off confirmations. (Meaning we know we have the child on site or that the child has been picked up at the end of the day) Each morning, ID's need to be brought to

the site and given to the staff. At the end of the day, ID's go home with the children.

**T-shirts** - Are color coded by age and are required for children in Wey-Fun and Esker. T-Shirts allow the staff to manage the children and their activities by age groups. This insures a safe playing environment, speedy identification and keeps children of similar ages together. T-shirts cost \$10.00 each. There are also previously worn shirts that have been donated back to Weymouth Recreation for \$3.00. The proceeds from previously worn shirts support Weymouth Recreation Scholarships. LIT shirts are given out on the first day of the program and are included with the LIT fee.

### **BEHAVIOR EXPECTATIONS**

Children are expected to behave in a manner that does not pose a safety risk to themselves or others. Children are expected to follow rules and instructions from the staff. Bullying will not be tolerated by Weymouth Recreation. Children should report bullying to staff immediately. Whether they see it or if they feel they are being bullied.

### **What is Weymouth Recreation's Discipline Policy?**

Staff will communicate with parents and guardians with any discipline issue. Should a discipline problem arise, we follow a three-step process. Each step will be documented for reference purposes by the Program Supervisor/Camp Director. We will communicate with children and their families at each step along the way to help them to understand why they have been disciplined.

- **1st Offense – Verbal Warning (from the Counselor, communicated to site supervisor)**
- **2nd Offense – Child meets with site supervisors**
- **3rd Offense – Child meets with site supervisors and/or Weymouth Recreation Management**

Repeat visit to the office will result in a phone call to the parent about the behavior, and a meeting may be scheduled. Suspensions\* will be issued for violent or inappropriate behavior, or repeated visits to the Office for 3rd offenses. Expulsions\* from the programs occur when a child's behavior puts anyone at risk (including themselves), or the child has already received one suspension.

**\*No refunds will be issued for suspensions or expulsions.**

### **Per Massachusetts Public Health Policy 105 CMR**

430.000:

MINIMUM STANDARDS FOR RECREATIONAL CAMPS FOR CHILDREN (STATE SANITARY CODE, CHAPTER IV)

(1) Corporal punishment, including spanking, is prohibited;

- (2) No camper shall be subjected to cruel or severe punishment, humiliation, or verbal abuse;
- (3) No camper shall be denied food or shelter as a form of punishment;
- (4) No child shall be punished for soiling, wetting or not using the toilet.

### FAQ

**This is my child's first time at a Weymouth Recreation and they don't know anyone. Will they be ok?**

Absolutely! Our staff takes part in an extensive pre-season training and we dedicate considerable time learning techniques to help make new children feel comfortable. Every session, we have a lot of new children and our staff makes a point to help them all transition into the group and get to know the others. By the end of the day, children usually know their counselors and a lot of the children in their group.

### STAFF

**Who are the Weymouth Recreation counselors?**

We take great pride in our staff. Each year approximately 75% of our staff are returning staff and are comprised of teaching professionals, local college and high school students. All of our staff have been interviewed, and have had a CORI & SORI background check completed.



#### Staff Training:

During the early weeks of June, our staff receive extensive training and many staff possess additional certifications such as Lifeguard, CPR, First Aid, Certified Food Safety, OSHA Serve Safe, Boating Safety Training and more.

**Staff-to-child ratios minimums** are as follows (most of the time we beat this ratio):

- Ages 3-6 - 1:5 staff to child ratio
- Ages 7-13 - 1:10 staff to child ratio

#### Beach

- Lifeguard to swimmer ratio  
1:25 lifeguard to Camper Ratio



**Will the counselors apply sunscreen to my child during the day?**

No, staff are not allowed to apply sunscreen to children. However, they will supervise and encourage the application of sunscreen during the day, particularly after time at the beach or in other bodies of water. Parents should teach their child/children how to apply his or her sunscreen and how often to do so. UV protective shirts

and bathing suits, hats and lip balm are very helpful in preventing burns and sun exposure.

### Weather

**What happens if it rains? Or gets REALLY hot?**



With the exception of a few of our Vendor Programs and Camps, Weymouth Recreation Programs are set outdoors. In the event of inclement weather, the staff will utilize tents and buildings for activities when possible. Severe weather conditions (i.e., lightning) may dictate the use of indoor facilities, including the Wessagusset Primary School, George Clark Nature Center, Pond Meadow Nature Center, and the Connell Pool & Rink. Lane Beach kayaking and SUP, Wessagusset Beach and Water Based Great Esker Adventure programs will be cancelled. Be sure to dress your child appropriately for such days – umbrellas, rain coats, sweatshirts and a dry change of clothes on rainy days, extra layers on colder days and hats and other items of clothing to protect from the sun on hot days. If the forecast calls for a “wash out” we will more than likely cancel for the day. We constantly monitor the weather conditions and make appropriate modifications to the schedule to ensure child safety. Notifications of changes to our schedule will be posted on our website.

### BEACH AND WATER SAFETY

#### Swimming and boating

Are available for Wey-Fun participants and are included with the fee. Campers will be provided opportunities to use kayaks, Stand Up Paddleboards and will be provided basic swimming and water safety instruction while at the beach.

In the Summer Guide, there are descriptions and a schedule of swimming lessons (held at the Connell Pool) to choose from. The general public should be registering for swimming lessons separate from the Wey-Fun Camp.

#### Kayaking & Stand Up Paddle Boards

Kayak and Stand Up Paddleboards are available for rent during the summer months by the public. Daily fees or Summer Passes are available. Classes and programs will also be offered. Please see the Summer Guide and/or website for full descriptions, fees and schedules.

Registration is required. Coast Guard Approved Personal Floatation Devices will be worn at all times while on a kayak or SUP.



**Swimming Evaluations and PFD's** – All Wey-Fun campers will be swim tested each week to identify (in accordance to Massachusetts Christians Law) non or at-risk swimmers. Individuals will then be marked appropriately. Non and at-risk swimmers will be required to wear a properly fitted lifejacket and confined to a swimming area consistent with the limits of their ability. We will always have Lifejackets available for use by Campers or provide one to a camper who wants one.

### **Great Esker Park and Water Avoidance**

Since the exploration of tidal pools and water in general at Great Esker Park is an integral part of the program, it cannot be avoided. Parents who wish for their children to avoid water should NOT register them for any Great Esker Park Program. (Including travel programs)

### **Great Esker Park Nature programs involve children being in water that is moving.**

GEP is located on a tidal basin, the water that is explored is most often moving. Staff will be trained & take precautions as to when the water is moving too fast for safe exploration but it should be understood by parents & participants that part of the program involves being in the water & as such, children that are non-swimmers, scared of the water or very weak swimmers may not be able to partake in water focused activities & explorations. All Esker participants will wear a properly fitted PFD to insure safety around excessive water.

## **WHAT SHOULD MY CHILD BRING EACH DAY?**

First - Be sure that all items are labeled properly to help ensure that everything that comes with your child to our program goes home with your child. If it doesn't – Items that are labeled are far easier to return to their owners. Please note that **Weymouth Recreation is not responsible for lost or damaged items.** *(Please see Lost and Found for further explanation)*

### **Things to Bring**

- Backpack
- **Refillable** Water Bottle
- Bathing Suit & Towel (if going to the beach or enrolled in water-based activities)
- Bagged Lunch & Drinks (Lunches will be kept in backpacks and cannot be refrigerated or reheated.
- Insulated lunchboxes with icepacks are suggested.
- Healthy Snack(s)
- Sunscreen, hat and/or other sun protection
- Bug Spray
- Change of clothes (especially for younger children)
- **Label EVERYTHING**

**Lunch and Snack** – Children staying the whole day should have a nutritious lunch, snack and drink. Fruit and veggies are great for snacks and plenty of water. Refillable water bottles are highly recommended. Water jugs and/or water bottles are available every day for the kids to get drinks from and stay hydrated. **\*\*We are working once again with WPS Food Services to provide healthy lunch options\*\*** - Separate Registration will be available at a later

### **What should my child wear each day?**

The most important thing when getting ready in the morning is to make sure your child is comfortable for the day's weather. Check our website for the daily weather forecast and tides if your child plans on going to the beach or other water-based Esker program. Low Tide at the beach traditionally means creature discovery time i.e. crabs, hermit crabs, little fish, periwinkles etc. and involves walking on shells and rocks.

### **Feet Protection**

To prevent injuries, it is highly recommended that children wear water shoes while at the beach. Especially at Low Tide.

WATER SHOES ARE HIGHLY RECOMMENDED DURING THESE TIMES. Closed toed shoes should be worn for all other activities, as children will be very active throughout the day.

### **Should my child wear her/his flip-flops?**

**No!** Footwear such as flip-flops and sandals are not appropriate for most of the summer activities. Excluding water-based activities; children should wear closed-toed shoes which provide proper support for running, playing, and travel over uneven surfaces, on the fields and in the wooded areas. Please see feet protection for beach footwear recommendations.

### **Are electronic games, smartphones and other tech devices allowed?**

For a few reasons - No. Children should leave all electronic devices, and other valuables at home. First and foremost, we do not want children to lose or ruin any of their valuables. In addition, we view our summer programs as a time for children to partake in social games and activities. When children use electronic and other portable games, they tend to isolate themselves from others and miss out on valuable outdoor summer childhood fun. Weymouth Recreation is not and cannot be held responsible for the loss or damage of toys, games, clothes or other personal belongings.

Examples of items to be left at home include, but are not limited to, the following:  
Cell Phones/money/valuable items or weapons of any kind – real or fake.

## LOST AND FOUND

### What happens if my child loses their bathing suit.... or towel...or socks.... or hat???

The best prevention to your child losing belongings is to make sure EVERYTHING is labeled. Misplaced items found over the course of the day and week will be collected and placed in lost & found at a central location at each site. It's best to check before leaving for the day that your child has everything he/she came with. At the end of every session, any items that have not been claimed will be donated to local charities or disposed of. We cannot keep lost items indefinitely.

## GREAT ESKER PARK PROGRAMS

### ESKER NATURE PROGRAMS (ages 4-12)

In the Nature Exploration classes, kids will learn how glaciers of unimaginable size shaped GEP 10,000+ years ago and will discover wonderful examples of plants and animals that inhabit the park as well as the various ecosystems eager to be explored. The Nature Programs include a lot of shallow water nature exploration. Incoming and outgoing tides provide exploration that is ever changing and often reveals surprises that will provide a lifetime of great childhood memories! These programs are "rain or shine." Particularly hard rain or thunder/lightning will drive the programs under shelters or into the building; otherwise they will continue to explore nature - please dress accordingly. If the forecast calls for a "wash out" we will more than likely cancel for the day.



**ESKER ADVENTURE PROGRAM** (ages 9-13) provide your child with unique opportunities to take part in activities that will allow them to be outside, connect with nature, challenge themselves physically and mentally, and offer a reprieve from technology. Each program offers kids a natural setting to engage in outdoor activities such as biking, fishing, tubing, canoeing, kayaking and more.

### Where do the Esker Adventure trips go?

The Esker Adventure Program has several destinations and travels all around the South Shore. Each day's adventure will be posted at Great Esker in the morning with the specific destinations.

- Fishing, Kayaking and Canoeing will travel to Abington, Norwell, Weymouth and Braintree.

- Lazy River Tubing - Working with the tides, kids will enjoy classic summertime adventures tubing in the Back River or at Lane/Wessagusset Beach.
- Biking takes place Wompatuck State Park.
- Geo Hiking Takes Place at Great Esker, Blue Hills and Wompatuck State Park.

### Bathroom Breaks at GEP

During hikes or other exploration adventures at GEP, and in order to get back to the Nature Center "in time", children should give the staff AS MUCH NOTICE AS POSSIBLE. When that is not possible, nature may have to take place in nature. In that case, the staff will be sure to provide the kids with all of the privacy and sanitary supplies necessary. (TP/Hand Sanitizer will be w/Staff)



### How are groups organized? Can my child be in the same group as their friend?

Children are grouped by age but have the unique ability to choose their activities each day so seeing their friends can be a part of their day.

### WEY-FUN PROGRAMS (ages 3-12)

Camp Wey-Fun @ Wessagusset - Wey-Fun programs offers the unique opportunity for children to decide what activities they will participate in each day. Wessagusset Beach, The O'Sullivan Sports Complex, and staying at the Wessagusset School offer the kids a variety of games and activities to play. Each day at morning announcements children are given the option of where they will be going and are assigned to staff and grouped by age. There are daily trips to Wessagusset Beach and O'Sullivan Park. The school grounds are available all day, scheduled with playground games, dance, drama, arts and crafts, and other carefree childhood summer activities.

Camp Wey-Fun @ Wessagusset and Great Esker Park Nature Camp are licensed Camps for the Town of Weymouth and meets the Dept. of Public Health requirements 105 CMR 430.000. State Vouchers are accepted for Camp Wey-Fun @ Wessagusset and Great Esker Park Nature Camp

### Activities at offsite locations:

- O'Sullivan Park – Sport themed games and activities are played each day. Baseball, soccer, lacrosse, football, kickball, street hockey and more.
- Wessagusset Beach – Kids will enjoy Swimming, shoreline creature exploration, sand castles,

kayaking, Stand Up Paddle boarding and other beach games and activities.

**Wey-Fun @ Great Esker Park** - Wey-Fun @ GEP is located at Great Esker Park in North Weymouth while the Wessagusset Primary School is still in session or being readied for the upcoming school year. Playground games, arts, drama, sports, and nature activities will take place.

**POND MEADOW NATURE PROGRAM** (ages 6-11)  
Under the guidance of experienced counselors at Pond Meadow Park, the Summer Nature Program provides children ages six through eleven with a week of fun and education with nature. Through a combination of hikes, arts and crafts, fishing and more, children learn about the outdoor world around them. This program will be held "rain or shine" so plan accordingly. Space is limited to one session per child.

#### **Leaders in Training** (ages 13-15)

Under the guidance of staff, Leaders in Training will actively work with children in our summer programs at Great Esker Park, Wey-Fun. They will learn new skills; such as developing confidence in themselves and in front of a group. Independence skills will also be practiced by taking on responsibilities and challenges. LIT's would normally spend time together as a group and work on leadership and performance skills through teambuilding, activity planning, brainstorming and preparation. Time as a LIT is eligible to be counted as community service for Weymouth High School. (up to a maximum of 35 hours in total) Registration is required and will start with regular registration. All LIT's will receive a handbook and a uniform.



#### **TRANSPORTATION**

Weymouth Recreation offers a variety of Transportation options. The fee is \$40/week.



**Bus** - The Weymouth Recreation bus will pick up children at different stops in the morning. Stella Tirrell Park and the Murphy Primary School. (Please see the Summer Guide for specific times/dates.) It will drop kids off at GEP and Wey-Fun @ Wessagusset in the morning. A drop off trip at the end of the day.

Transportation questions must be answered in full at the

time of registration. Failure to do so may result in your child being delayed to his or her destination.

#### **HEALTH FORM REQUIREMENT**

Weymouth Recreation requires an up to date Health Record to be submitted prior to a child attending a summer Camp. This has been instituted for the health and safety of participants and staff and required by the Weymouth Health Dept.

#### **IMMUNIZATION FORMS/MEDICATION/FIRST AID**

##### **IMMUNIZATION & HEALTH FORMS**

**Weymouth Recreation requires children attending the summer program to provide an up to date Health Record. (no more than 18 months old). This requirement is for the safety and well-being of all of our participants and staff.**

**It is required per the Massachusetts Department Public Health regulations. Forms can be delivered to the Recreation office via mail, or in person.**



**CHILDREN WILL NOT BE ALLOWED INTO CAMP WEY-FUN @ WESSAGUSSET OR GREAT ESKER PARK NATURE CAMP WITHOUT THEIR HEALTH RECORD ON FILE WITH**

**US.**

**Please submit to one of the following:**

**Easiest Way: [weymouthrec.com](http://weymouthrec.com)**

**Drop off or mail to Address:**

87 Wharf Street, East Weymouth, MA

#### **What if my child needs to take daily medication?**

Parents/Guardians that have children who require medication while participating in a program should meet with the site supervisors prior to the program beginning and provide specific written instructions and review any and all precautions.

***In certain instances, families may need to provide a nurse or other healthcare provider to administer medications, food, or water to their child while attending a Weymouth Recreation Program.***

#### **What happens if my child gets sick while at a Weymouth Recreation program?**

CPR and First Aid certified staff members are on site at all times. Children must be healthy enough to participate in the program's daily routine. We have limited facilities to care for sick children. If your child gets sick while at the program (i.e. vomiting or any high temperature etc.) a

staff person will call you to pick up your child. If we are unable to reach either parent, phone calls will be made to the other individuals listed as Emergency Contacts. For the safety and comfort of your child and all other children, if your child has had a fever or vomited within 24 hours please keep them at home until they feel better and no longer present the danger of passing on the illness to others. In addition, please notify Weymouth Recreation if your child has any communicable conditions (i.e. whooping cough, head lice, chicken pox, etc.) so that we can notify all parents as soon as possible.

**CPR and First Aid certified staff members are on site at all times.**

**I don't have an extra inhaler or EpiPen to leave at Wey-Rec. on the first day. Can I drop it off at a later time?**

**NO**, these items are essential in emergency situations. For your child's safety, children are not allowed to remain at a summer program if their proper, up-to-date medications are not on site. Please make sure to order extra inhalers, EpiPens and other prescription medications prior to your child's first day.

**My child is attending a Vendor Program that is requiring an immunization record.**

Some of our Vendor programs are defined as "Camps" by the State of Massachusetts and as such, the Weymouth Board of Health is required to verify that each child attending has an up to date physical & immunization record. If the required paperwork is not turned in on time, children cannot & will not be able to attend the program.

**HEALTH CARE at Camp Wey Fun @ Wessagusset (including emergency health care) and Great Esker Park** During the summer, we have a Healthcare Supervisor (CNA or nursing student) with two departmental RNs on hand program wide. The healthcare supervisor will help with all medical needs that arise, including dispensing medication and providing first aid.

**ILLNESS-** In the case that your child becomes ill during the camp day, you will be contacted as soon as possible. If the parent guardian is unable to be reached, the emergency contacts will be notified in the order listed in the Household account. (Please make sure all contacts are up to date and accurate) It is the responsibility of the parents/guardians/emergency contacts to arrange for the child to be picked up from camp as soon as possible.

**LICENSING:** Camp Wey-Fun @ Wessagusset and Great Esker Park Nature Camp are following state regulations and licensed by the local board of health.

**MEDICATION POLICY** (please complete the Medication Authorization Form located at the end of this guide)

- **Prescription medication** must be submitted directly to the camp nurse in its original container bearing the pharmacy label, which shows the date of the filling; the name of the pharmacy, patient, doctor and medication; directions for use and cautionary statements, if any, and medication quantity.
- **Over the counter medication** must be submitted directly to the camp nurse in its original container bearing the original label, and a **doctor's note** which shall include the directions for use.
- **All medication**, with the exception of EpiPens and inhalers, will be kept in the camp office and administered by the camp nurse at the required time of dosage. Expired medications will not be administered. On camper's first day, you will be required to fill out and submit a Medical Information Form (found at end of this packet). All EpiPens and emergency inhalers will be kept in a backpack that will stay with the camper's staff during the day. All medication is expected to stay at camp for the duration of the week. Medication can be picked up from the camp nurse on the camper's last day of camp.

**Respect for our neighbors:**

Please be considerate of the residents whose streets we drive up and down each morning and afternoon when dropping off and picking up our children.



**Photo Consent**

Registration of camps/programs authorizes Weymouth Recreation to use pictures, images or likeness taken of a child during participation at Weymouth Recreation programs for publicity purposes including social media, flyers, brochures, cable, newspapers, other marketing materials and our webpage. If for legality or child safety reasons, you cannot have your child's photo used, please contact the Recreation office directly.

**Weymouth Recreation Drone**

Weymouth Recreation will occasionally operate a drone to gather video footage of our parks, programs and other such Town related jobs. The Drone is marked with the Weymouth Seal and operated by a licensed staff person. The Drone is compliant with all FAA regulations.

# Meningococcal Disease and Camp Attendees: Commonly Asked Questions

## **What is meningococcal disease?**

Meningococcal disease is caused by infection with bacteria called *Neisseria meningitidis*. These bacteria can infect the tissue (the “meninges”) that surrounds the brain and spinal cord and cause meningitis, or they may infect the blood or other organs of the body. Symptoms of meningococcal disease may appear suddenly. Fever, severe and constant headache, stiff neck or neck pain, nausea and vomiting, and rash can all be signs of meningococcal disease. Changes in behavior such as confusion, sleepiness, and trouble waking up can also be important symptoms. In the US, about 350-550 people get meningococcal disease each year and 10-15% die despite receiving antibiotic treatment. Of those who survive, about 10-20% may lose limbs, become hard of hearing or deaf, have problems with their nervous system, including long term neurologic problems, or have seizures or strokes. Less common presentations include pneumonia and arthritis.

## **How is meningococcal disease spread?**

These bacteria are passed from person-to-person through saliva (spit). You must be in close contact with an infected person’s saliva in order for the bacteria to spread. Close contact includes activities such as kissing, sharing water bottles, sharing eating/drinking utensils or sharing cigarettes with someone who is infected; or being within 3-6 feet of someone who is infected and is coughing and sneezing.

## **Who is most at risk for getting meningococcal disease?**

People who travel to certain parts of the world where the disease is very common, microbiologists, people with HIV infection and those exposed to meningococcal disease during an outbreak are at risk for meningococcal disease. Children and adults with damaged or removed spleens or persistent complement component deficiency (an inherited immune disorder) are at risk. Adolescents, and people who live in certain settings such as college freshmen living in dormitories and military recruits are at greater risk of disease from some of the serotypes.

## **Are camp attendees at increased risk for meningococcal disease?**

Children attending day or residential camps are **not** considered to be at an increased risk for meningococcal disease because of their participation.

## **Is there a vaccine against meningococcal disease?**

Yes, there are 2 different meningococcal vaccines. Quadrivalent meningococcal conjugate vaccine (Menactra and Menveo) protects against 4 serotypes (A, C, W and Y) of meningococcal disease. Meningococcal serogroup B vaccine (Bexsero and Trumenba) protects against serogroup B meningococcal disease, for age 10 and older.

## **Should my child or adolescent receive meningococcal vaccine?**

That depends. Meningococcal conjugate vaccine is routinely recommended at age 11-12 years with a booster at age 16. In addition, these vaccines may be recommended for children with certain high-risk health conditions, such as those described above. Otherwise, meningococcal vaccine is **not** recommended for attendance at camps.

Meningococcal serogroup B vaccine (Bexsero and Trumenba) is recommended for people with certain relatively rare high-risk health conditions (examples: persons with a damaged spleen or whose spleen has been removed, those with persistent complement component deficiency (an inherited disorder), and people who may have been exposed during an outbreak). Adolescents and young adults (16 through 23 years of age) who do not have high risk conditions may be vaccinated with a serogroup B meningococcal vaccine, preferably at 16 through 18 years of age, to provide short term protection for most strains of serogroup B meningococcal disease. Parents of adolescents and children who are at higher risk of infection, because of certain medical conditions or other circumstances, should discuss vaccination with their child’s healthcare provider.

## **How can I protect my child or adolescent from getting meningococcal disease?**

The best protection against meningococcal disease and many other infectious diseases is thorough and frequent handwashing, respiratory hygiene and cough etiquette. Individuals should:

1. wash their hands often, especially after using the toilet and before eating or preparing food (hands should be washed with soap and water or an alcohol-based hand gel or rub may be used if hands are not visibly dirty);
2. cover their nose and mouth with a tissue when coughing or sneezing and discard the tissue in a trash can; or if they don’t have a tissue, cough or sneeze into their upper sleeve.
3. not share food, drinks or eating utensils with other people, especially if they are ill.
4. contact their healthcare provider immediately if they have symptoms of meningococcal disease.

If your child is exposed to someone with meningococcal disease, antibiotics may be recommended to keep your child from getting sick.

You can obtain more information about meningococcal disease or vaccination from your healthcare provider, your local Board of Health (listed in the phone book under government), or the Massachusetts Department of Public Health Divisions of Epidemiology and Immunization at (617) 983-6800 or on the MDPH website at [www.mass.gov/dph](http://www.mass.gov/dph).

# Parks and Recreation

Weymouth, Massachusetts



## Authorization to Administer Medication to a Camper (completed by parent/guardian)

Camper and Parent/Guardian Information	
Camper's Name:	
Age:	Food/Drug Allergies:
Diagnosis (at parent/guardian discretion):	
Parent/Guardian's Name:	
Home Phone:	Business Phone:
Emergency Telephone:	
Licensed Prescriber Information	
Name of Licensed Prescriber:	
Business Phone:	Emergency Phone:
Medication Information 1	
Name of Medication:	
Dose given at camp:	Route of Administration:
Frequency:	Date Ordered:
Duration of Order:	Quantity Received:
Expiration date of Medication Received:	
Special Storage Requirements:	
Special Directions (e.g., on empty stomach/with water):	
Special Precautions:	
Possible Side Effects/Adverse Reactions:	
Other medications (at parent/guardian discretion):	
Location where medication administration will occur:	

## Medication Information 2

Name of Medication:

Dose given at camp:

Route of Administration:

Frequency:

Date Ordered:

Duration of Order:

Quantity Received:

Expiration date of Medication Received:

Special Storage Requirements:

Special Directions (e.g., on empty stomach/with water):

Special Precautions:

Possible Side Effects/Adverse Reactions:

Other medications (at parent/guardian discretion):

Location where medication administration will occur:

## Authorization Information

I hereby authorize the health care consultant or properly trained health care supervisor at

\_\_\_\_\_ (name of camp)  
to administer, to my child, \_\_\_\_\_ (name of camper) the medication(s) listed above, in accordance with 105 CMR  
430.160(C) and 105 CMR 430.160(D) [see below].

### If above listed medication includes epinephrine injection system:

I hereby authorize my child to self-administer, with approval of the health care consultant  Yes  No  Not Applicable

I hereby authorize an employee that has received training in allergy awareness and epinephrine administration to administer

Yes  No  Not Applicable

### If above listed medication includes insulin for diabetic management:

I hereby authorize my child to self-administer, with approval of the health care consultant  Yes  No  Not Applicable

Signature of Parent/Guardian:

Date:

# Diabetic Individualized Healthcare Plan (DIHP)

Camper: \_\_\_\_\_  
 Site Location: \_\_\_\_\_ Diabetes Type: \_\_\_\_\_  
 Age: \_\_\_\_\_ Color Group: \_\_\_\_\_  
 DIHP Completed by: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parent/ Care Giver Signature: \_\_\_\_\_  
 Plan Approved and Reviewed by Primary Care: \_\_\_\_\_ Date: \_\_\_\_\_  
 Acknowledged and Received by Staff: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis	Interventions and Activities	Outcome Indicator
<p><b>Managing Potential Diabetes Emergencies</b></p> <p>(risk for unstable blood glucose)</p>	<p>Camper's routine for maintaining blood glucose within goal range while at camp:</p> <ul style="list-style-type: none"> <li>• Where to check blood glucose:               <ul style="list-style-type: none"> <li><input type="checkbox"/> CGM</li> <li><input type="checkbox"/> Health Room w/ HCS</li> <li><input type="checkbox"/> Other: _____</li> </ul> </li> <li>• When to check blood glucose:               <ul style="list-style-type: none"> <li><input type="checkbox"/> After Sign In</li> <li><input type="checkbox"/> Mid-morning Snack</li> <li><input type="checkbox"/> Before lunch</li> <li><input type="checkbox"/> After lunch</li> <li><input type="checkbox"/> Before Afternoon snack</li> <li><input type="checkbox"/> Before Sport Activity</li> <li><input type="checkbox"/> After Sporty Activity</li> <li><input type="checkbox"/> 2 hours after correction dose</li> <li><input type="checkbox"/> Before Sign-Out</li> <li><input type="checkbox"/> As needed</li> <li><input type="checkbox"/> Other: _____</li> </ul> </li> <li>• Camper's self-care skills:               <ul style="list-style-type: none"> <li><input type="checkbox"/> Independent</li> <li><input type="checkbox"/> Supervision</li> <li><input type="checkbox"/> Full assistance</li> </ul> </li> <li>• Brand/model of BG meter: _____</li> <li>• Brand/model of CGM: _____</li> </ul>	<p><b>Blood glucose remains in goal range</b></p> <p style="text-align: center;">Percentage of time</p> <p style="text-align: center;">0% 25% 50% 75% 100%</p> <p style="text-align: center;"><b>Notes:</b></p>

Diagnosis (continued)	Interventions and Activities (continued)	Indicator (continued)
<p><b>Supporting the Independent Camper</b></p> <p>(effective therapeutic regimen management)</p>	<p><b>Hypoglycemia and Hyperglycemia Management Camper WILL:</b></p> <ul style="list-style-type: none"> <li>• Check blood glucose when hypoglycemia/hyperglycemia suspected</li> <li>• Treat hypoglycemia (follow Emergency Care Plans for Hypoglycemia and Hyperglycemia)</li> <li>• Take action following a hypoglycemia episode</li> <li>• Keep quick-acting glucose product to treat on the spot</li> <li>• Type: _____</li> <li>• Routinely monitor hypoglycemia and Hyperglycemia trends and insulin dosing</li> <li>• Report to and consult with parents/guardians, Camp Director, Health Care Supervisor as needed</li> </ul>	<p><b>Monitors blood glucose and appropriately responds to results</b></p> <p>Percentage of time 0% 25% 50% 75% 100%</p> <p><b>Notes:</b></p>
<p><b>Supporting Positive Coping Skills and Goals for Camp Success</b></p> <p>(readiness for enhanced coping)</p>	<p><b>Create Positive Camp Environment</b></p> <ul style="list-style-type: none"> <li>• Ensure inclusion</li> <li>• Discuss with parents/guardians and camper preferences about how the camp can support campers coping skills</li> <li>• Collaborate with parents/guardians and school personnel to meet student's coping needs</li> <li>• Collaborate with camp personnel to create an accepting and understanding environment</li> </ul>	<p><b>Demonstrates positive coping</b></p> <p>Percentage of time 0% 25% 50% 75% 100%</p>

Helpful Information to know:

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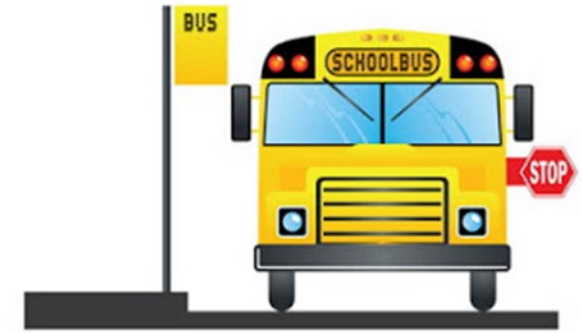
**open space,  
conservation &  
recreation.**



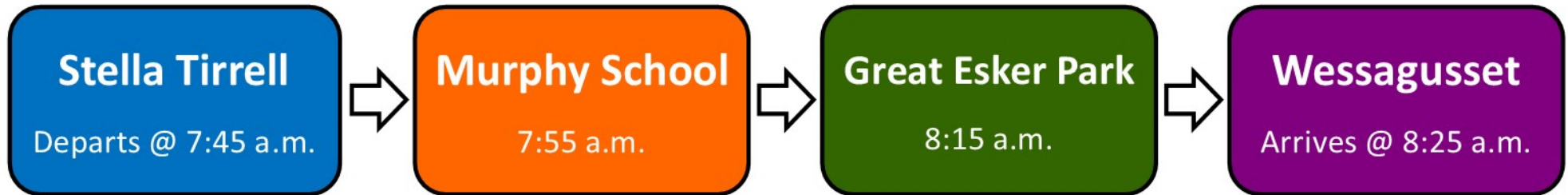
*Our  
mission*

**The mission of the Weymouth Parks and Recreation Department is to enhance the quality of life in the Town of Weymouth by offering programs and services, in a co-operative spirit, that encourages participation in recreation, sport, leisure, and cultural activities while carefully promoting and utilizing the open space, water, conservation, and recreational resources or facilities available in the community.**

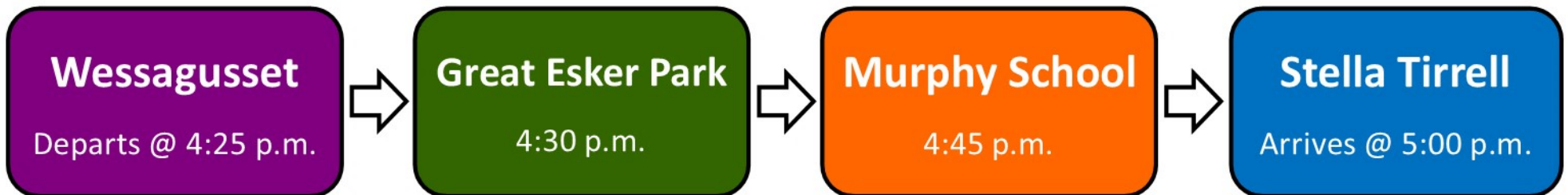
# WEYMOUTH RECREATION TRANSPORTATION SCHEDULE



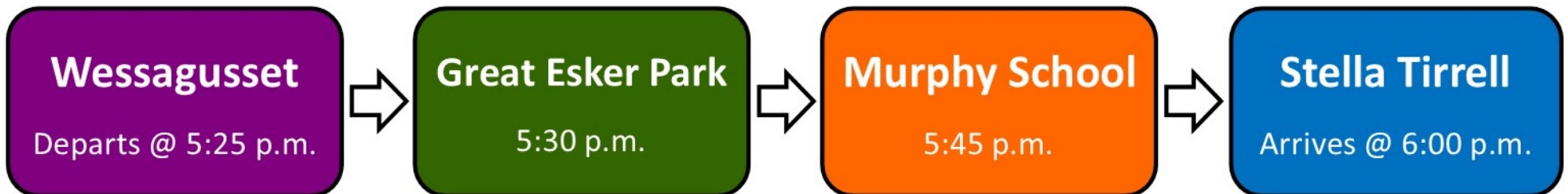
## Morning Route



## End of Day Route



## Extended Route





## Protect children from Mosquito Bites!



Mosquitoes are out! But there are simple steps you can take to help prevent mosquito bites and the diseases they can cause.

Always apply an EPA approved mosquito repellent to children before they go outside.

- To apply, put some on your hands first, and then apply it to the child's arms, legs, neck and face. Be sure not to put any repellent on their hands.
- Don't apply any repellent underneath their clothing or facemasks.
- Try to avoid getting repellent on any cuts or irritated skin.



EPA approved repellents contain DEET, permethrin, picaridin IR3535 or oil of lemon eucalyptus to protect against mosquitoes. Always follow the directions on the label.



If a child will be outdoors at a school or camp, send repellent with them so someone can help them reapply during the day, as needed.



When weather permits, long sleeves and pants can help protect children when they go outside.



Be aware of peak mosquito hours.

The hours from dusk to dawn are peak biting times for many species of mosquitoes. If you notice mosquitoes are biting, reapply repellent, or think about going inside.



# Parks and Recreation

Weymouth, Massachusetts



## Tick Checks

**Campers should be instructed to self check after activities.**

**Check your clothing and body for ticks after being outdoors in grassy, brushy, or wooded areas where ticks live!**

CHECK THESE PARTS OF YOUR BODY AND YOUR CHILD'S BODY FOR TICKS:

**IN AND AROUND THE HAIR**

**IN AND AROUND THE EARS**

**UNDER THE ARMS**

**INSIDE BELLY BUTTON**

**AROUND THE WAIST**

**BETWEEN THE LEGS**

**BACK OF THE KNEES**





# BRAIN INJURY IN KIDS

## ALMOST *half* A MILLION KIDS

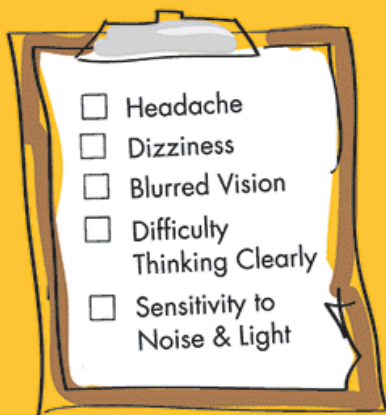
are treated in an emergency department each year for traumatic brain injury\*, including concussion.

\* alone or along with other injuries or conditions.

THAT'S MORE THAN 5,000 OF THE NATION'S LARGEST SCHOOL BUSES FILLED TO CAPACITY.



## SOME BRAIN INJURY SIGNS AND SYMPTOMS



- Headache
- Dizziness
- Blurred Vision
- Difficulty Thinking Clearly
- Sensitivity to Noise & Light

**LEARN MORE SYMPTOMS @**

[www.cdc.gov/TraumaticBrainInjury](http://www.cdc.gov/TraumaticBrainInjury)



# 50%

of BRAIN INJURIES AMONG KIDS

## ARE DUE TO FALLS

## WHAT TO DO if you think a child has

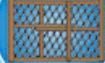
### A BRAIN INJURY



- |          |   |
|----------|---|
| <b>A</b> | <b>ASSESS</b> THE SITUATION                         |
| <b>B</b> | <b>BE ALERT</b> FOR BRAIN INJURY SIGNS AND SYMPTOMS |
| <b>C</b> | <b>CONTACT</b> A HEALTH CARE PROFESSIONAL           |

## HELP KEEP KIDS SAFE *from* BRAIN INJURY

### STAIR GATES



Use gates at the top and bottom of stairs to prevent serious falls among infants and toddlers.

### CAR SEATS



Use child safety seats and booster seats that are correct for a child's age and weight. Make sure they are properly installed.

### HELMETS



Make sure your child always wears the right helmet for their activity and that it fits correctly.

### SOFT SURFACES



Use playgrounds with a soft landing surface (such as sand or wood chips, not dirt or grass).



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

**LEARN more AT:**

[www.cdc.gov/TraumaticBrainInjury](http://www.cdc.gov/TraumaticBrainInjury)

## Diabetic Management Plan

### Hypoglycaemia Symptoms

low blood sugar

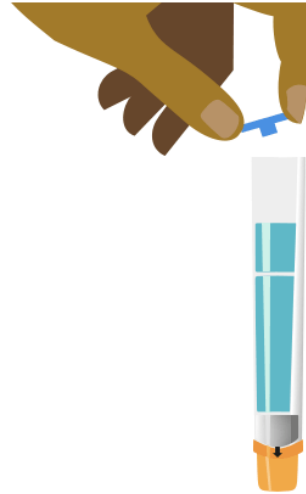


### Hyperglycaemia Symptoms

high blood sugar

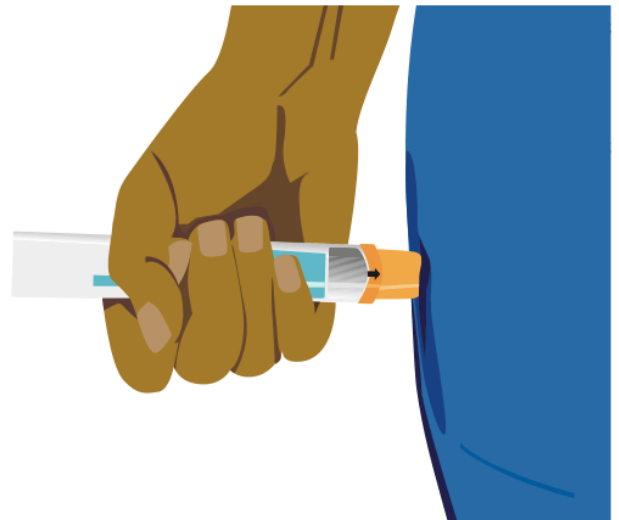
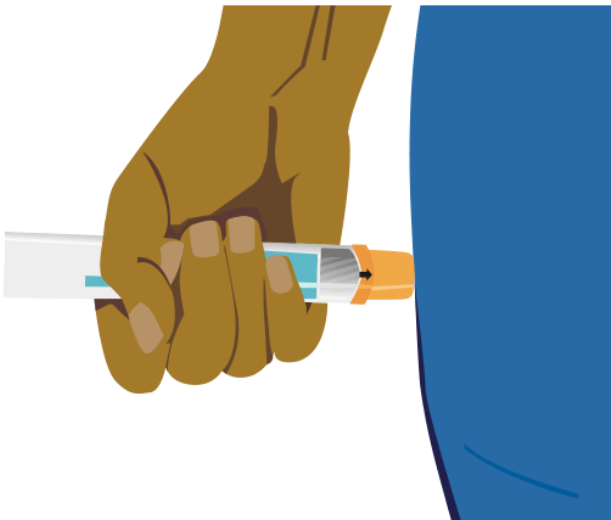


## EpiPen Injector Steps



1. Grasp the injector with the orange tip pointing down.

2. Remove the blue safety cap.

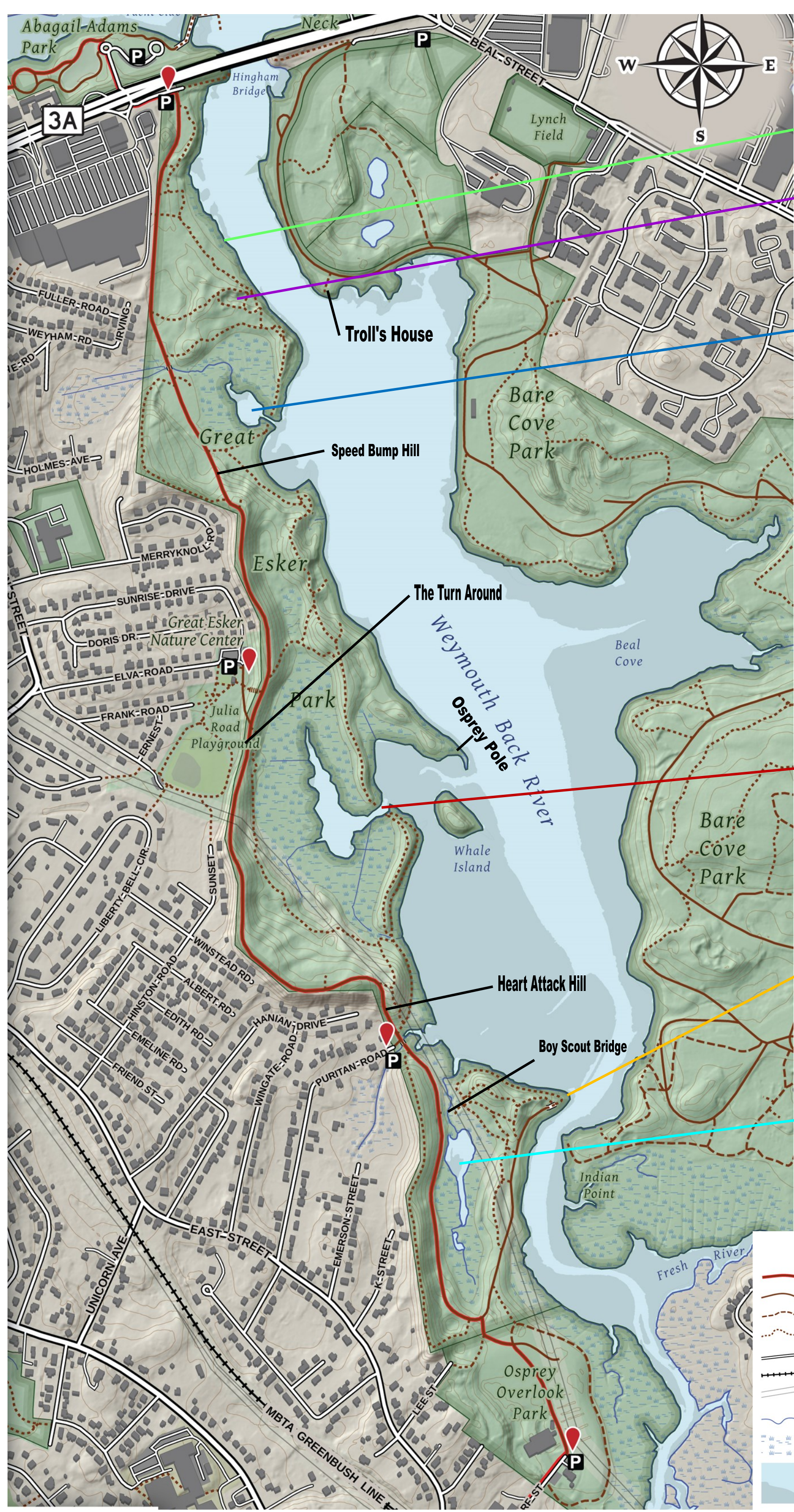


3. Place the orange tip against the middle of the outer thigh. Keep thumbs, fingers and hand away from the orange tip to avoid accidental injection.

4. Swing the injector and push it into the thigh until it clicks. The click means the medicine is entering the thigh.

**\*\*Call 911\*\***

5. Hold the injector in place and count to three slowly before you remove the injector from thigh.



Indian Beach

Fish Bowl

Rocky Bottom Pond

Reversing Falls

The Point

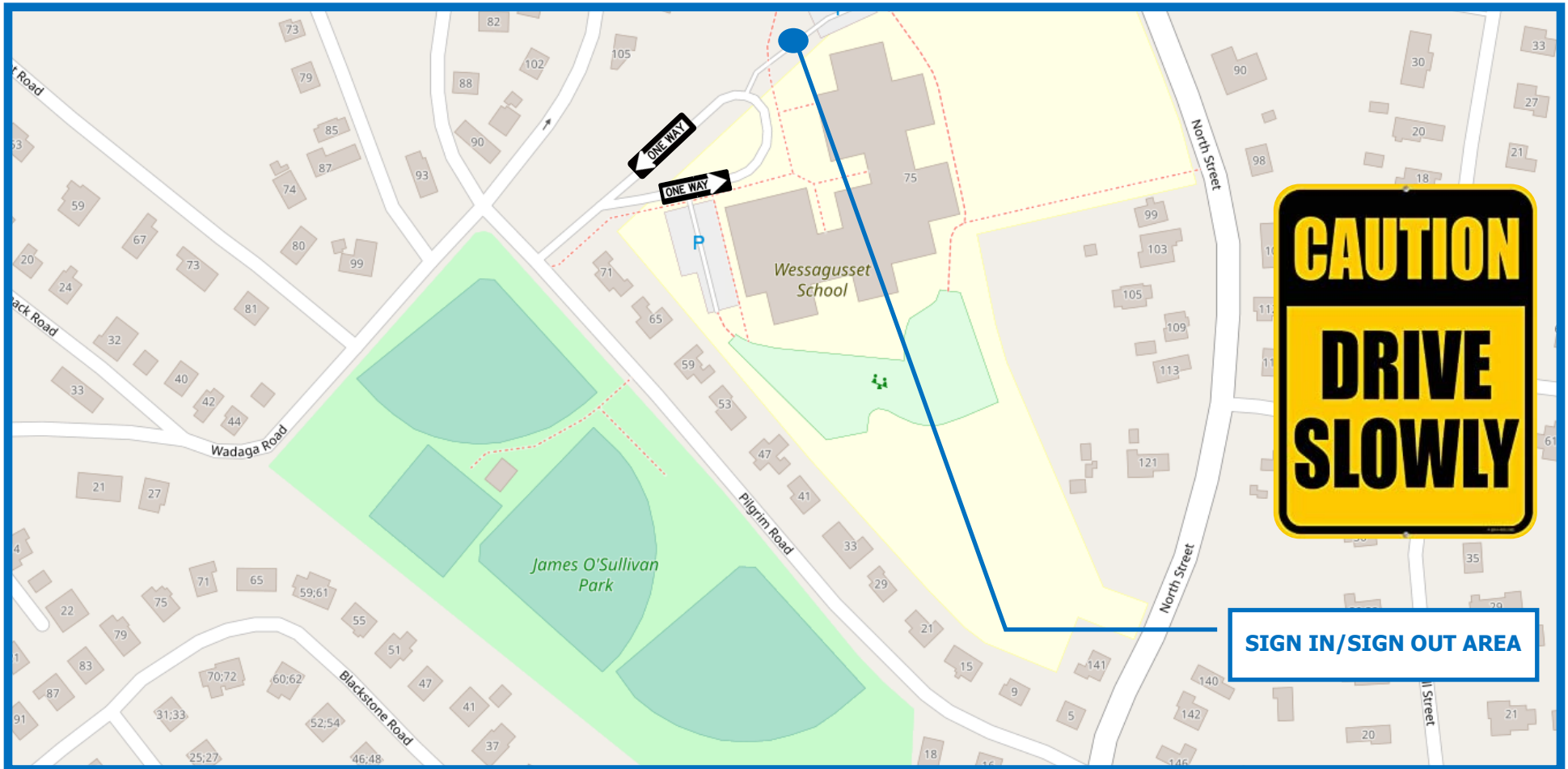
Aunt Molly's Pond

**Legend**

- Back River Trail
- Paved path
- Unpaved path
- Trail
- Road
- Railroad
- Power lines
- Stream
- Wetland
- Open water
- Tidal flats
- Trailhead
- Parking
- Building
- Park boundary
- Contour lines (interval: 10 ft)



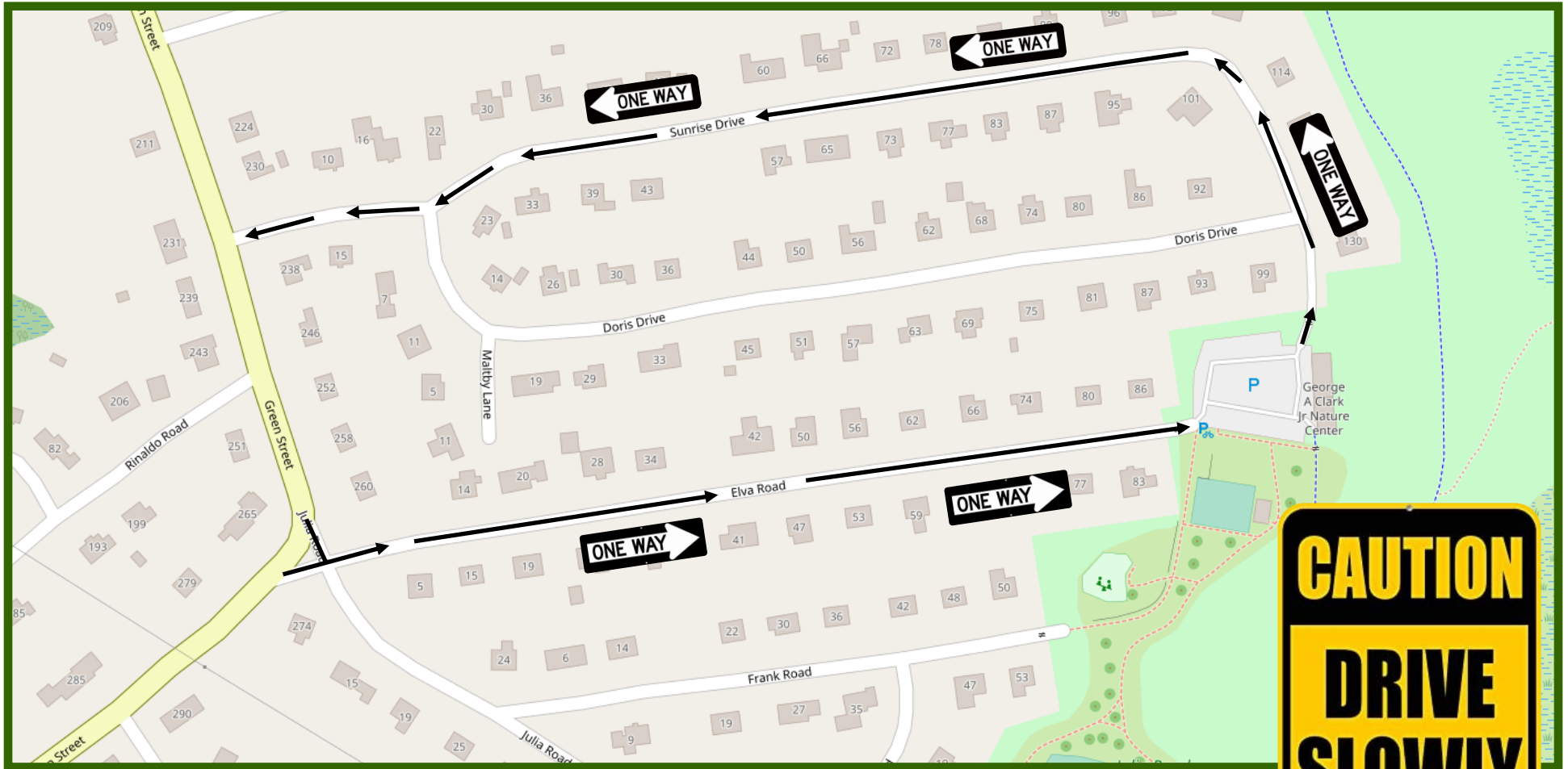
Town of Weymouth  
**Parks and Recreation Department**  
**Wessagusset Traffic flow for Drop Off and Pickup**



- **Enter and exit off of Pilgrim Road - Please Drive Slowly**
- **Do not drive around school**
- **Please drive slowly through neighborhood**



Town of Weymouth  
**Parks and Recreation Department**  
**Great Esker Park Traffic flow for Drop Off and Pickup**



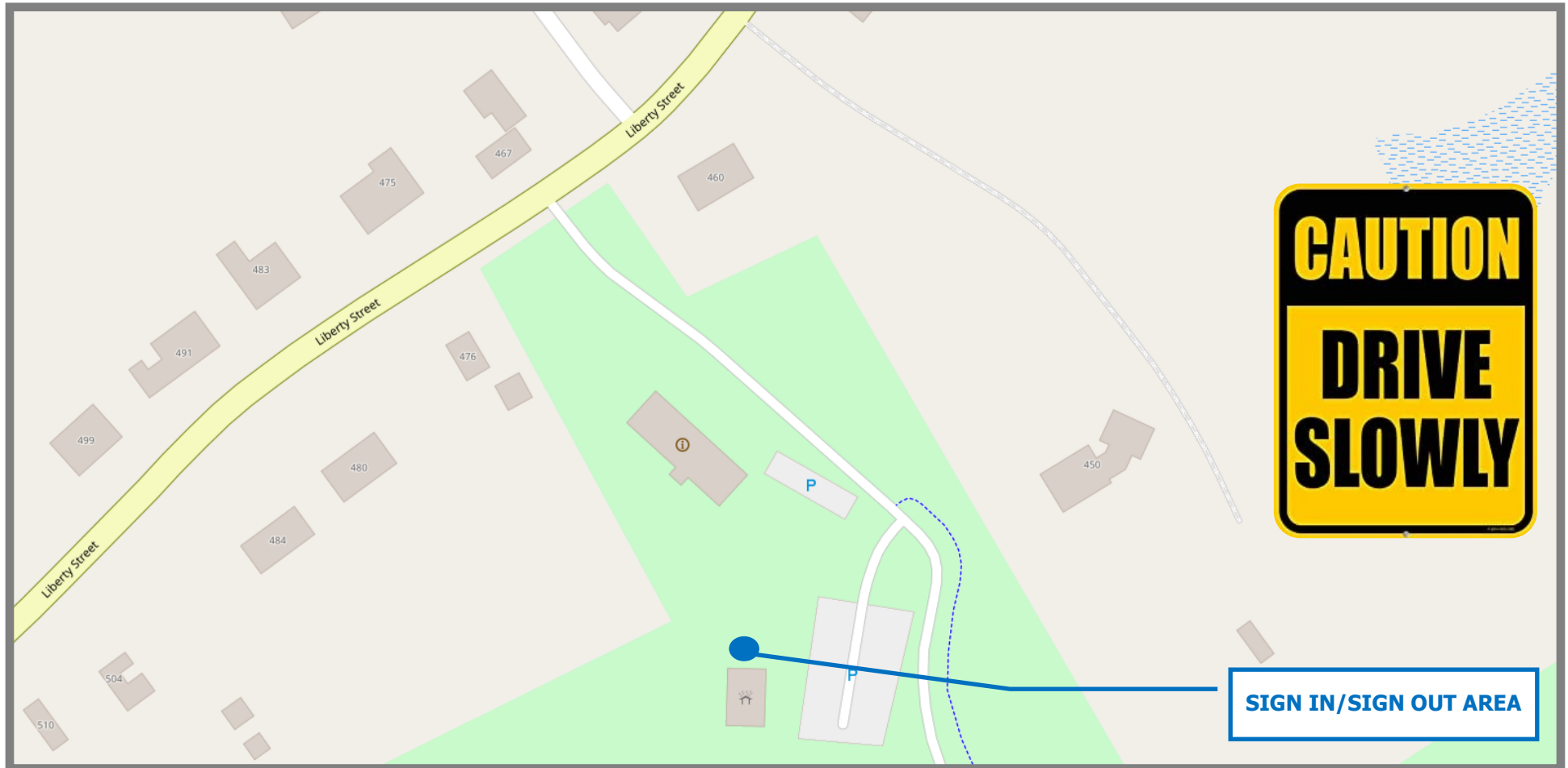
- **Enter on Elva Road - Please Drive Slowly**
- **Exit via Sunrise Drive on the opposite side of the lot**



Town of Weymouth

# Parks and Recreation Department

## Pond Meadow Park Traffic flow for Drop Off and Pickup



- Enter and exit off of Liberty Street in Braintree - Please Drive Slowly
- Active Park that has frequent public visitors.