



WELCOME TO SUMMER CAMP 2026 at the Coastal Center at Milford Point

Below you will find a detailed list of logistical information that you need to prepare for your child's participation in The Connecticut Audubon Society's Summer Camp.

PLEASE READ this document carefully and retain a copy for your reference.

SUMMER CAMP GUIDELINES:

- AGES – Campers must have completed Kindergarten by June, 2026.

CAMP CLOTHING & GEAR – All gear should be labeled with child's name.

- Backpack to hold change of clothes, towel, etc.
- Water bottle – FULL, refillable & labeled with your child's name (16-32 ounces suggested)
- Play clothes and shoes that can get dirty during outdoor explorations
 - T-shirt and shorts, etc.
 - Closed-toed shoes or sneakers – **NO** flip flop type footwear
 - Sweatshirt or light jacket
- Water exploration clothes and shoes (that can get wet, muddy, and dry quickly)
 - Nylon shorts or bathing suit (2 piece bathing suit preferred)
 - **T-shirt or Sun Shirt – this required for all campers***
 - ***All campers are required to wear a sun-shirt, t-shirt or similar shirt with sleeves during beach & marsh explorations. Swimming is not an activity offered at our summer camp.**
 - **Water Shoes** – closed-toed water sandals, Tevas, croc-style shoes (no flip flops)
 - **Sun Hat** – strongly recommended for all outdoor activities
 - Beach towel
 - Sunglasses (optional)
 - Rainy Day Gear – raincoat and rain boots. Please no umbrellas. We do go out in the rain.

If it is necessary for your child to change their clothing during the camp day, they must be able to do so by themselves.

DO NOT BRING OR WEAR

- Personal items such as but not limited to: **electronics**, toys, games, pocketknives, stuffed animals. Connecticut Audubon Society is not responsible for damages to these items if taken to camp.
- Flip-flops, open-toed shoes or sandals, party shoes.
- "Party clothes" dresses, skirts etc.
- No pull-ups or diapers – *all children must be toilet trained.*

SUNSCREEN & INSECT REPELLANT

- Please apply these *before* your child enters the building. Do this at home or in the parking lot due to allergy concerns.
- Please label all containers of sunscreen and/or insect repellent with your child's name. Campers may keep these items in their bag and reapply sunscreen during the day by themselves.

TICKS:

- Every afternoon/night, please take a few moments to check your child for ticks. An excellent time is at bath time or just before bed. Especially check behind the knees, underwear lines, underarms and on the back of the neck near the hairline.

HEALTH AND INFORMATION FORMS

These are required no later than 2 weeks prior to the first day of the camp session your child is attending.

- All required Forms can be found on our website: ctaudubon.org/summer-camp-home/
 - **Health Record and Information Form** – required for every camper.
 - **Authorization to Administer Medication Form** – *only if bringing medications to camp.*
 - **Individual Plan of Care Form** for a child with special health care needs or disabilities – only needed if bringing medication to camp or for child with special needs.
 - **Dismissal Authorization Form** – *list anyone that may be picking your child up.*

Health Record and Information Form

- A physical examination, or health status certification, including a complete immunization history, completed by a physician, advanced practice nurse, registered nurse or a physician's assistant is required per State Mandated Health Regulations.
- Health Assessments submitted to a preschool or school are acceptable.

Authorization to Administer Medication Form

- The Connecticut Audubon Society Summer Camp staff are trained to administer Epi-pens. We administer only medicines that are needed in life-saving situations. These include Epi-pens, Benadryl, and inhalers.
- State regulations require ONE SEPARATE FORM FOR EACH MEDICATION (both prescription and non-prescription) that will be help at camp. For example, if you have both Epi-Pen and Benadryl, you must have one form for each medication.
- Along with the Authorization to Administer Medication form, an Individual Plan of Care Form must be given to the First Aider by the first day of camp for each medication.
- They must be completed by **BOTH** the prescribing physician and the parent/guardian.

All medication must be in one clear, plastic, zip-lock bag labeled with the camper's name and a recent photo of your child. Medications may not be left at camp unless all appropriate forms are attached.

Prescription medications must be in the original container with the prescription label showing:

- The child's full name (this name must match **exactly** the prescription label and dose and Authorization Form
- Prescription RX number
- Date of prescription
- Name of the medication
- Directions for proper administration

ALL EPI-PENS AND INHALERS MUST BE ACCCOMPANIED BY A PRESCRIPTION BOX/LABEL. Epi-pens and inhalers will not be accepted without the prescription label.

Non-prescription medication must come in its original container.

- The container must be labeled with the camper's name and must be accompanied by a properly completed Authorization to Administer Medication Form.
- The child's name on the container must match exactly the Authorization Form.
- The name of the medication on the container must match the medication listed on the Authorization Form. If the form says "Benadryl", we can only accept the prescribed "Benadryl", not a generic substitution.

Individual Plan of Care Form for a Child with Special Health Care Needs or Disabilities

- If your child is bringing medication to camp, this form must be completed and signed by a parent and submitted no later than **2 weeks prior to the first day of the camp** session our child is attending.

DISMISSAL AUTHORIZATION FORM:

Only the people listed on this form (parents, relatives, nannies, friends, etc.) will be permitted to pick up your child. They should be prepared to show photo identification at pick-up. You may list as many people as you like. **No telephone requests-all additional requests must be made in writing to lcrocco@ctaudubon.org.**

CONTAGIOUS ILLNESS:

If your child is diagnosed with a contagious illness, please alert your child's counselor or the Summer Camp Director so that appropriate steps may be taken to protect all the campers and staff. We will keep this information confidential but will alert parents that the risk exists.

SICK PROCEDURES:

Sick children and staff members shall remain at home.

All illnesses shall be reported to the Coastal Center by calling 203-878-7440. Please ask to speak to the Summer Camp Director or leave a message.

FOOD & BEVERAGES

Allergies:

- Please notify us of any allergies: food, animal, environmental. We are a nut/peanut aware facility.
- We will make arrangements for children with food allergies during snack time and lunch.

Water:

- **All campers – please send a FULL, re-fillable water bottle clearly labeled with your child's name.**
- We will refill water bottles as needed during the day.

Snacks:

- Please pack a nut/peanut-free snack with your child daily.

Lunches:

- When possible, pack a nut/peanut-free non-perishable lunch.
- Please make sure your child's lunch bag contains an ice pack.
- Pack the utensils needed to eat their lunch/snack. We will not be able to provide utensils.
- We are a NUT AWARE environment. We do not provide any foods that contain nuts or nut products and strongly encourage families to refrain from sending foods with nut products to camp. Sunflower butter and soy butter are great substitutions for PB&J. Your help in following this will ensure we are working together to provide a safe environment for everyone. We will not be providing additional snacks.

DROP OFF & SIGN-IN:

- Please follow the signs in front of the building for your child's age group. Staff will be available to direct you. You will be checking in your child at the door. A staff member will escort your child to their classroom.
- Camp starts at 9:00 am. Please be prompt.
- Please do not drop off your child early. No supervision is available.
- Camp hours start at 9:00 am and end at 3:30 pm.

LATE ARRIVALS:

Activities start promptly. If you know your child is going to be late, please notify your child's counselor the day before and please contact us by e-mail at lcrocco@ctaudubon.org or call 203-878-7440. When you arrive, please come to the front doors and someone will direct you to your child's group.

PICK-UP:

Weather providing, pick-up will be on the front lawn at 3:30 pm.

WEATHER POLICY:

- Camp is held rain or shine. We do go out in the rain. *We do not go out in thunder/lightning storms.*
- In the event of a rainy/drizzly day, please pack a rain jacket and rain boots for rainy day explorations.
- Outside activities may be replaced with an equivalent indoor activity as needed.
- In the event of inclement weather or high temperatures, groups will move indoors to their assigned rooms.

CAMPER BEHAVIOR POLICY:

The Connecticut Audubon Society Summer Camp provides a group setting for children. It is assumed that campers will benefit from and be able to successfully function in the appropriate group setting. We reserve the right to terminate the enrollment of a child if it is determined by the Camp Director, the teachers, and the family that an individual child will not benefit from our setting or requires closer supervision that is possible in a group setting, or is potentially harmful to himself/herself, to other children and staff.

CHANGE AND REFUND POLICY:

- **Registration changes** must be received by e-mail at least 2 weeks prior to the enrolled camp session.
- **Cancellations:** All cancellation requests must be received by e-mail. If we receive your cancellation before June 1, 2026, you will receive a refund minus a 20% fee per session cancelled. Membership fees will not be refunded. *After June 1, 2026, there are no summer camp program refunds.* If space is available, we can transfer your child to another camp session.
- E-mail all changes and cancellations to lcrocco@ctaudubon.org.