



Parent Handbook

2018



Dear Echo Lake Parents,

We are thrilled to have your family as part of the CEL family as we celebrate our 73rd summer at camp! Whether this is your child's first or fifth summer with us at camp, we look forward to sharing a growthful and fun-filled summer together. Each summer our campers enjoy making new friends, reuniting with old friends, building skills in activities, developing as a person, and feeling a part of our special camp community! We hope that you are looking forward to going on this journey with us and your child as well.

We are sending you our brand new and updated CEL Parent Handbook to help you prepare for camp. It contains information on our policies and procedures, tips for a successful summer, where to stay on visiting day, departure and arrival information, and more! We update this handbook each year with important information. We encourage parents of both new and returning campers to read through it, hold onto it, and use it as a resource leading up to camp and during the summer. Each year we review our rules and policies in order to create the safe and fun community that we all want for our campers and staff. To accomplish this goal, we need the support of both campers and camp parents. The easiest and most important way that you, as parents, can help promote the values of the CEL community is by adhering to our rules and policies, while ensuring that your camper understands them as well. As always, we are here to discuss any questions or concerns you may have as we partner with you to help your child have the most wonderful summer possible.

We are counting down the days to another incredible summer at Camp Echo Lake! Please give your camper big hugs from us and enjoy our 2018 Camp Echo Lake Parent Handbook.

Warm regards,
Tony and Laurie



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CEL Foundations

Camp Echo Lake values are centered around the CEL Foundations: Safety, Connection, Empathy, Discovery, Effort, and Resilience. Our program, policies, and actions all connect back to, and uphold, our CEL Foundations.



Safety: “Protect it”

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



Connection: “Bridge it”

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



Empathy: “Care about it”

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



Discovery: “Go for it”

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



Effort: “Be in it”

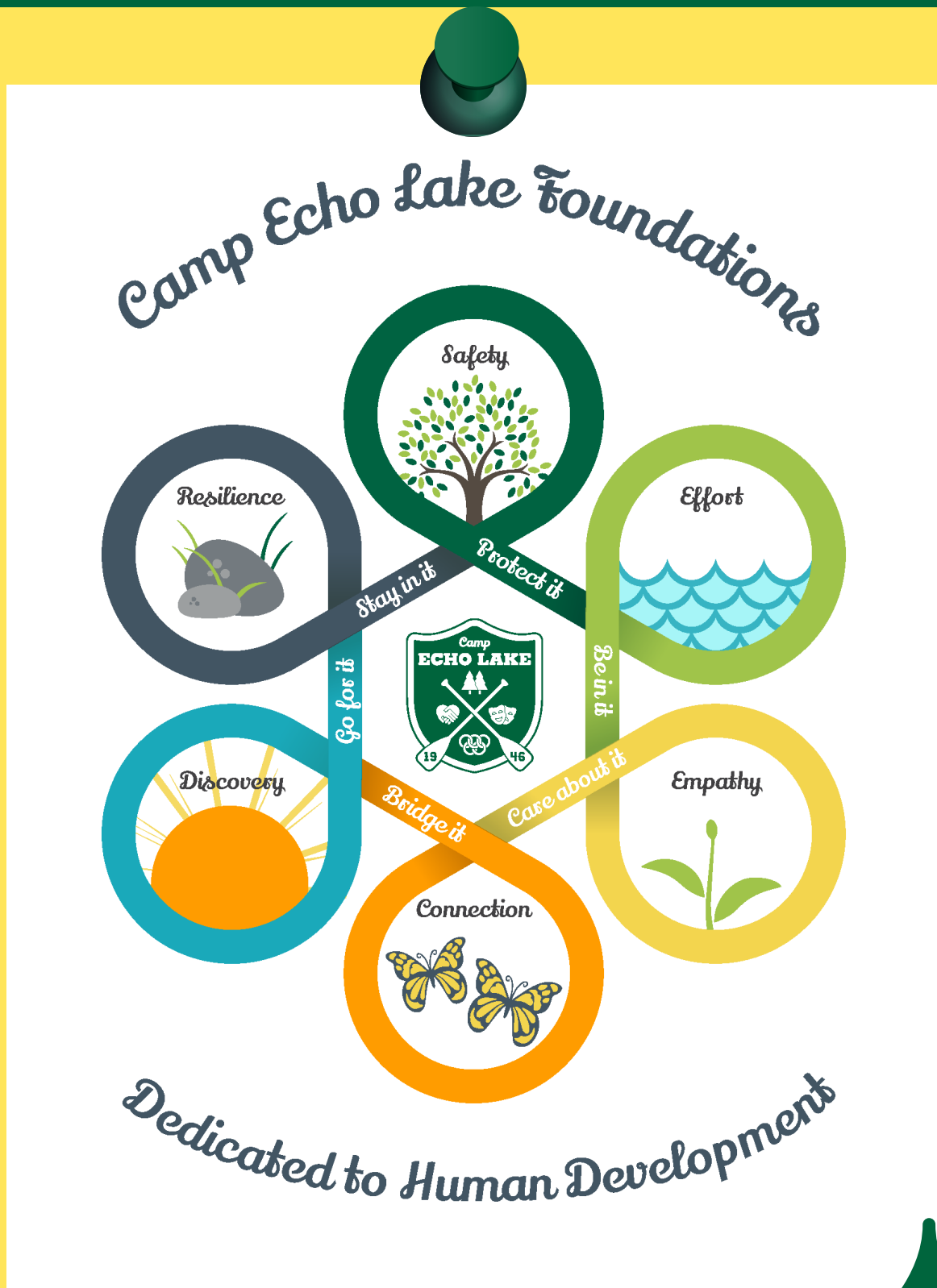
As Echo Lakers we take initiative, participate, and work hard.



Resilience: “Stay in it”

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

CEL Foundations



Creating Community at Camp

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

Group name	Age	Grade in Sept '18	Abbreviation
Main Village Girls Camp			
Frosh Girls	8 yrs old	Entering 2 nd and 3 rd	FG
Lower Junior Girls (East & West)	9 yrs old	Entering 4 th	LJGE & LJGW
Upper Junior Girls (East & West)	10 yrs old	Entering 5 th	UJGE & UJGW
Lower Inter Girls (East & West)	11 yrs old	Entering 6 th	LIGE & LIGW
Upper Inter Girls (East & West)	12 yrs old	Entering 7 th	UIGE & UIGW
Main Village Boys Camp			
Frosh Boys	8 yrs old	Entering 2 nd and 3 rd	FB
Lower Junior Boys (East & West)	9 yrs old	Entering 4 th	LIBE & LIBW
Upper Junior Boys (East & West)	10 yrs old	Entering 5 th	UIBE & UIBW
Lower Inter Boys (East & West)	11 yrs old	Entering 6 th	LIBE & LIBW
Upper Inter Boys (East & West)	12 yrs old	Entering 7 th	UIBE & UIBW
Senior Village			
Lower Village Girls (East & West)	13 yrs old	Entering 8 th	LVGE & LVGW
Upper Village Girls (East & West)	14 yrs old	Entering 9 th	UVGE & UVGW
Lower Village Boys (East & West)	13 yrs old	Entering 8 th	LVBE & LVBW
Upper Village Boys (East & West)	14 yrs old	Entering 9 th	UVBE & UVBW
4n4 1&2 (Girls & Boys)	15 yrs old	Entering 10 th	4n4 1 & 4n4 2
LIT (Leaders in Training)	16 yrs old	Entering 11 th	LITs

Creating Community at Camp

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

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

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

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

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

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

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

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

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

Typical Daily Schedule

Camp Echo Lake provides a Developmentally Progressive program for campers, which grows and changes with the children as they continue through their summers at camp. Through a mix of age appropriate group and elective activities, plus off-camp trips and special events, campers at Echo Lake have the opportunity to do the things they love, try new activities, develop skills through high level instruction and always have fun.

Camp Echo Lake "Typical" Daily Schedule by Division

	<u>JUNIORS</u>	<u>INTERs</u>	<u>SENIOR VILLAGE</u>
7:45am-8:15am	Breakfast	Wake up/Clean up	Sleep
8:15am-8:45am	Clean up	Breakfast	Sleep
9:00am - 9:20am	Morning line-up	Morning line-up	Breakfast
Period 1 9:30am - 10:20am	Group activity	Group activity	10am Morning line-up
Period 2 10:30am - 11:20 am	Group activity	Group activity	Elective (M, T, W, F, Sa)
Period 3 11:30am - 12:20pm	Group activity	Elective (M, T, W, F, Sa)	Elective (M, T, W, F, Sa)
12:30pm - 1:20pm Period 4	Lunch (12:30) / Rest hour	Lunch (12:45) / Rest hour	Elective (M, T, W, F, Sa)
1:30pm - 2:00pm Period 5	Rest hour	Rest hour	Lunch
Period 6 2:00pm - 2:50pm	Group activity	Elective (M, T, W, F, Sa)	Rest hour
Period 7 3:00pm - 3:45pm	Elective (M, T, W, F, Sa)	Group activity	Bring The Juice
3:50pm - 4:10pm	Snack	Snack	Snack
Period 8 4:15pm - 5:00pm	General Swim	General Swim	Team Awesome (M, W, F); Elective (T, Sa); Thur Trip Day
5:00pm - 5:30pm	Free Play	Free Play	General Swim
5:30pm - 5:45pm	Evening Line Up	Evening Line Up	
5:45pm - 6:20pm	Dinner	Showers / Free Play	Showers
6:20pm - 7:00pm	Free Play	Dinner	Showers
7:00pm - 7:45pm	Evening Activity	Showers / Free Play	Evening Line Up at 7:10pm
7:30pm - 8:15pm	EA / Canteen	Evening Activity	Dinner
8:15pm - 9:00pm	Showers	Canteen	Evening Activity
9:00pm - 9:30pm	Lights Out (Flash Light Time)	Back to Cabin	Canteen
9:30pm - 10:00pm	Sleep	Lights Out (Flash Light Time)	Back to Cabins (Lights out at 11pm)

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

Inters are campers entering 6th and 7th grade.

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

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

Suggestions for a Successful Start to Camp

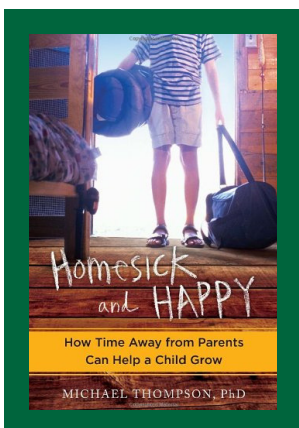
We know that the start of a camp experience can be both exciting and anxiety provoking. We want to partner with parents to help make this start to camp as smooth and easy as possible. The best guidance we can offer is that your camper needs to borrow your confidence that you have chosen a wonderful camp. Remind them that we are there to help them in any way, and that you know that they will be successful at camp. We also recommend that you reach out to us with any questions or concerns you may have and read the book we sent you called, “Homesick and Happy.”

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

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

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

Additionally, try to attend all of the New Camper and New Parent events as they will go a long way in helping to ease anxiety and create positive connections with camp.



Suggestions for a Successful Start to Camp

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



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

New Campers! *What we do for them and for you!*

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

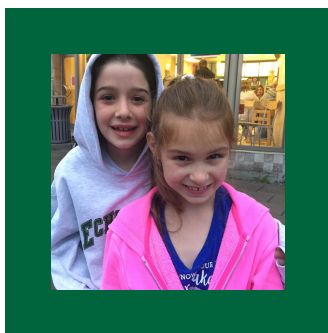


New Camper Bowling Event at Bowlmor Lanes Sunday, January 28th

There your camper will receive a First-Year Camper T-Shirt! Even before hopping off the bus, we want your camper to be able to celebrate being a camper at CEL!

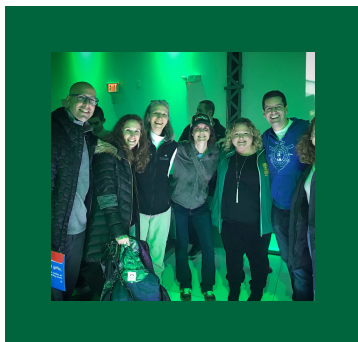
New Camper Picnic at Breezemont Day Camp Sunday, April 29th

Your camper will have their second experience connecting with other new CEL campers and CEL staff members.



Camp Big Brother / Big Sister Program

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



New Parent Night at Avenues The World School on Tuesday, April 17th

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

Important Dates

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

CAMP ECHO LAKE OFF SEASON 2017-2018 DATES

EVENT	LOCATION	DATE
Montreal December Reunion (for returning campers)	The Forum	Sun December 3rd 2017 from 12:30pm-2pm
New York Area Reunion (for returning campers)	Life in Ardsley NY	Sat December 9th 2017 from 9:30am-11:30am
New Camper Bowling Event	Bowlmor Lanes in White Plains	Sun January 28th 2018 from 2:00pm-3:30pm
Main Village Winter Weekend (for returning Main Village campers)	Lake George NY	Sat-Sun March 3rd and 4th 2018
New Parent Night	Avenues The World School – NYC*	Tues April 17th* 2018 from 7:00pm-9:00pm
New Camper Picnic	Armonk NY	Sun April 29th 2018

* note new location and date

CAMP ECHO LAKE SUMMER 2018 DATES

EVENT	DATE
Camp Echo Lake 2018 Season Begins	Sat June 23rd
Parent Visiting Day	Sat July 14th
Alumni Weekend 2018	Fri August 3rd to Sat August 4th
Camp Echo Lake 2018 Season Ends	Sun August 12th

Camper Forms Checklist

The camper forms are an opportunity for you to share any and all physical, social and emotional insights and information about your camper. Please include any and all impactful family events (i.e. divorce, death of a family member, moving homes, etc...) as well. Any changes for your camper and/or your family, or updates from one summer to the next are vital for us to know. This information allows us to provide campers with the best care and helps us give them a safe, healthy and happy summer experience.

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

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

All forms are due by May 15, 2018.

177 Hudson Street
Warrensburg, NY 12885

Camp
ECHO LAKE

(518)-623-9635
www.campecholake.com

Home Enrollment Forms Camp Today E-mail my camper Financial My account Log out

Welcome to the Parent Dashboard!

Camper Forms	Parent Handbook	Phone Call Scheduling
All camper forms	All your questions answered here!	Not available until 6/13/18 @ 8am
Camp Today	My Account	Enrollment
Summer Photos and Videos	Update family information*	Enrollment Options
Tennis Signup (coming soon)	Financial	Packing List
Private tennis lessons	View and Pay your invoice	What to pack
4n4 Handbook	Camp Spot	
Special 4n4 Information	Order your camp clothing	

*Use the My Account link to update your contact information, information about your child(ren) and to assign "extended family members" access to summer photos and permission to email your child.

Camper Forms Checklist



To Be Completed Online



To Be Printed and Requires a Signature

Introduction



Please Begin Here

General Camp Forms



2018 Camper Information Form Part 1



2018 Camper Information Form Part 2 - Bunk Requests



2018 Camper / Parent CEL Letter of Agreement



2018 Ice Hockey Information and Sign Up



2018 Off-Site Swim Permission Form

Transport and Baggage



2018 Baggage Form

Medical Forms for 2018



Online Health Form Part 1



Online Health Form Part 2



Camper Health Care Form

Additional Medical Forms

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



2018 Meningitis Form



2018 Insurance Card Copy

2018 Immunization Record (Please upload)

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

Camper Forms

Below you will find a description of each Camper Form.

Introduction

Please Begin Here



This form asks questions which may add additional health forms to your [Parent Dashboard](#). We ask that you begin with this form to be sure all of the correct forms are present on the dashboard for your camper.

General Camp Forms

Camper Information Form Part 1



Reviewed by Laurie, Brenda, Tony and then pertinent information is shared with your camper's Head Counselor and cabin counselors before camp begins. This enables us to know as much as possible about your camper and helps us to provide them with the best possible summer. Campers and circumstances change from year to year, therefore, we need the most updated information about your camper.

Camper information Form Part 2: Bunk Requests



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

CEL Camper/Parent Letter of Agreement



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

Off-Site Swim Permission Form



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

Camper Forms

Transportation and Baggage

Baggage Form:

This form indicates how your camper's camp duffels will be transported to camp in June and back home in August.

Optional Activities

(Please complete both forms and indicate whether or not your camper will participate)

Ice Hockey Info and Sign Up:

Campers may participate in ice hockey (off camp) one or two times per week during the summer (\$100 per camper for the summer).

Private Tennis Lessons:

Campers may sign up for private tennis lessons with USPTA Level 1 Professional Tennis Instructors by filling out the flyer provided and mailing payment to Arup Dutta.



Camp Echo Lake
Tennis Program

Under the direction of:
Arup Dutta - USPTA Level 1 Professional
Led by his staff of nationally-ranked college players from across the country, Camp Echo Lake brings top-flight tennis instruction to our campers.

Private Lessons offered at \$40 per hour

Top level instruction and coaching for all group activities, electives, tournaments and private lessons.

Quality Supervision and Instruction
Movement Drills
Stroke Productions & Analysis
Conditioning & Footwork

Interested in private lessons?
Click this flyer for online registration form.

Questions?
Call us at 518.623.9635

www.campecholake.com

Private lessons for one, two, or three sessions per week for four or seven weeks

Camper Forms

Medical Forms for 2018

Each camper must have complete, up-to-date, signed Camper Health Care Form and Health History Forms in order to attend camp.

Online Health Care Form Part 1:



Families need to complete this form to provide basic contact information and insurance information, as well as the opportunity to note any allergies your camper has.

Online Health Care Form Part 2:



Families need to complete this form to provide emergency contact information, health care provider's contact information and a general health history for your camper.

Camper Health Care Form:



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

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

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



Camper Forms

Additional Medical Forms:

The forms in **blue** will appear on your [Parent Dashboard](#) based on questions answered in the “Please Begin Here” form.

With any of the forms, please be sure to check if each form requires a parent signature, doctor’s signature or both.

2018 Asthma Action Plan

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

2018 Diabetes Action Plan

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

2018 Dietary Restrictions

If your camper has any Dietary Restrictions (Gluten-Free, Dairy-Free, Vegetarian, Vegan), this form needs to be completed.

2018 Food Allergy Action Plan

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

2018 Medication Form

If your camper needs to take ANY prescription medications and/or ongoing over the counter (OTC) medications, or vitamins during the summer, this form needs to be completed and signed by you and your doctor.

2018 Mountain Meds Information

For US campers, if your child needs to take prescription medications and/or ongoing over the counter (OTC) medications, or vitamins during the summer, these enrollment forms need to be completed. The “Summary Sheet” needs to be reviewed by your doctor and you need to arrange with your doctor to have all prescriptions submitted to Mountain Meds at least 60 days prior to the start of camp.

2018 Seizure Action Plan

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

Camper Forms

Additional Medical Forms:

The forms in **red** are required to be completed for every camper.

With any of the forms, please be sure to check if each form requires a parent signature, doctor's signature or both.

2018 Immunization Record

We need to have a current immunization record for every camper provided by the camper's doctor. We require campers to be immunized according to the current recommendations of the New York State Immunization Requirements. Our medical staff requires that the exact and actual dates of immunizations be provided. The statements: "All immunizations are up to date" or "this child is in good health" are not acceptable.

2018 Insurance Card Copy

We need to have a copy of both the front and back of the health insurance card for every camper.

2018 Meningitis Form

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

All forms are due by May 15, 2018.



Health and Medical

The health of our camp community is a priority. Below is information about how to ensure your camper's health prior to camp, at the start of camp, and during camp. We also want to share with you information about what happens when your camper has medical needs during the summer.

Health Check Protocol

We share this Health Check Procedures & Illness Prevention Protocol (developed based on CDC and NYS Department of Health recommendations) with you so that you may partner with us to ensure the health and safety of our camp community. We thank you, in advance, for your assistance.



Before Camp

If your camper has been exposed to any communicable disease within three weeks of departure, notify the camp immediately. Prior to the start of camp, if your camper has had a fever and/or a combination of flu-like symptoms (cough, sore throat, nausea, vomiting, aches/pains, general malaise) they should remain home until your family physician indicates that they are no longer contagious or is 24 hours asymptomatic without the use of medication (whichever is longer). Please notify us immediately; we will make arrangements for a warm welcome to camp when your camper is well. Upon arrival to camp, please bring a note from your camper's pediatrician.

Arrival Day Health Check

ALL campers will go through a health screening when they arrive at camp. Should a camper exhibit any of the following symptoms (without a fever): cough, sore throat, nausea, aches/pains, general malaise or an elevated low-grade temperature (99.0-99.9) he or she will be reassessed once a day for at least two more days until his or her symptoms subside or worsen, in which case the camper will be isolated. We will notify you of this immediately.

Health and Medical

During Camp

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

Lice Head Checks

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

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



Health and Medical

Food Allergies

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



- Staff are informed of any campers in their group that have allergies, both anaphylactic and non-anaphylactic allergies, and help work with those campers to keep them safe at meals and snack times, both on and off camp.
- We have a dedicated person in our Dining Room who oversees all food needs and concerns for campers with food allergies. Our Special Foods Manager has been part of camp for over 17

years and is excellent at reassuring campers about safe foods at camp and providing information and food options for anyone with food allergies.

- We have Epi-Pens located in key areas around camp and all members of the Echo Lake staff go through Epi-Pen training prior to campers arriving.
- When campers leave camp on a trip, or for any other reason, any campers with food allergies always travel with their Epi-pen and we send the trip with additional food allergy response tools (i.e. Benadryl).
- Echo Lake is a “nut-aware” environment, which means we do not serve any products that contain peanuts or tree nuts and we do not cook with any peanut or tree nut oils. We work closely with families that have a camper who cannot consume products made in a facility that processes peanuts or nuts and ask that you discuss this with camp as soon as possible, if your camper fits into this category. We ask that all families adhere to our “nut aware” policy and do not send or bring peanut or nut products on the bus to camp or on visiting day.

Health and Medical

Orthodontic Check-Up

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

Eyeglasses

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

Medications at Camp

Our Health Center stocks a variety of over the counter medication, as well as having a Rite Aid Pharmacy one mile from camp in case a camper needs a medication prescribed during the summer.

If your camper will take ANY medications or supplements regularly over the summer (including prescription medications, over the counter medications, vitamins or rescue medications such as inhaler or epi-pen) it is crucial you adhere to our protocols for both delivering those medications to camp and administering those medications to your camper. This information can be found in detail on your [Parent Dashboard](#) along with the accompanying forms you will need to complete.

U.S. camp families must send ALL medications pre-packaged to camp through Mountain Meds. The ONLY exceptions are insulin, growth hormone, allergy shots, Epi-pens and inhalers; and all meds for Canadian / International campers.

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

Health and Medical

Communication with our Health Center

Our medical staff will contact you if:

- Your camper needs to be seen by an outside practitioner, either in a scheduled appointment or for an emergent matter.
- Your camper needs to spend the night in the Health Center.
- Your camper is prescribed any prescription medication by our Camp Doctor.
- Your camper is diagnosed with lice.
- They have a general medical concern or question about your camper's health or medications.
- Your camper menstruates for the first time during camp, Laurie or Brenda will call you. You will have an opportunity to speak with your daughter as well.

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

Michelle Estes is our Health Center Director and the primary contact for any questions regarding your camper's health, medication or camper forms. You can reach Michelle by calling our main office line 518-623-9635 or emailing her at michelle@campecholake.com. Prior to the summer, you can expect to receive a response within one week. While your child is at camp, you will hear back from the Health Center as quickly as possible.



Staying Connected to Your Camper

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

Communication with Directors and Head Counselors / Office

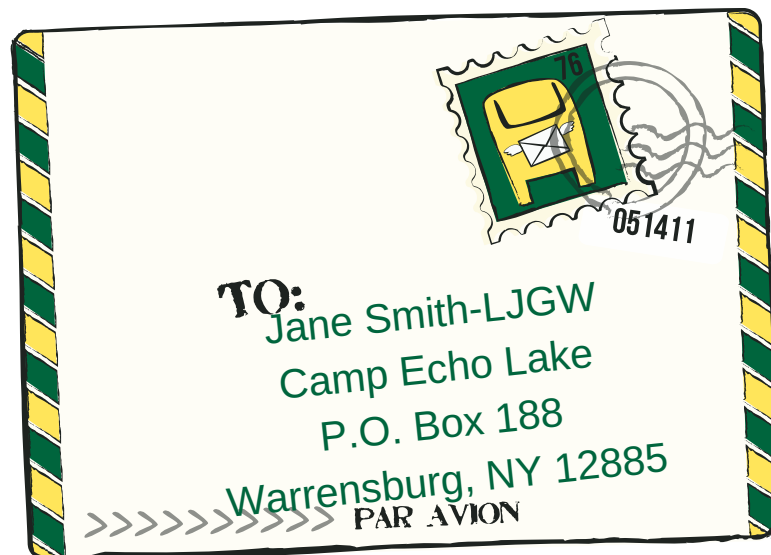
If you have basic questions about camp or summer logistics, please contact our friendly and helpful office staff between 8am - 8pm. After 8pm you can either leave a message or if it is an emergency, you will be transferred to an after hours emergency number.

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



Staying Connected to Your Camper

Mail



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

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

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

Staying Connected to Your Camper

Website / Email: www.campecholake.com



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

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

Phone Calls



We can schedule two phone calls (a birthday phone call counts as one of these phone calls) per camper during the course of the summer (where there is a divorce or separation, each parent can schedule two calls). Because 4n4 campers can call home during their trip, we schedule only one phone call prior to their trip departure. We do not schedule any calls for LIT's.

Phone calls are scheduled on-line beginning June 13th via the [Parent Dashboard](#). Directions on how to schedule calls will be emailed to you in early June.

Due to the initial adjustment to camp, and in recognition of all the special events that take place at summer's end, we ask you to understand that we do not schedule phone calls either prior to July 2nd or after August 6th. Due to the busy camp schedule, there are no phone calls on Thursday's or Sunday's (except in the case of a birthday call).

Due to the volume of calls we have to conduct during the summer, we cannot schedule phone calls with grandparents or additional calls with parents, even for family occasions like birthdays.

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

Staying Connected to Your Camper

Packages



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

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



Birthdays at Camp

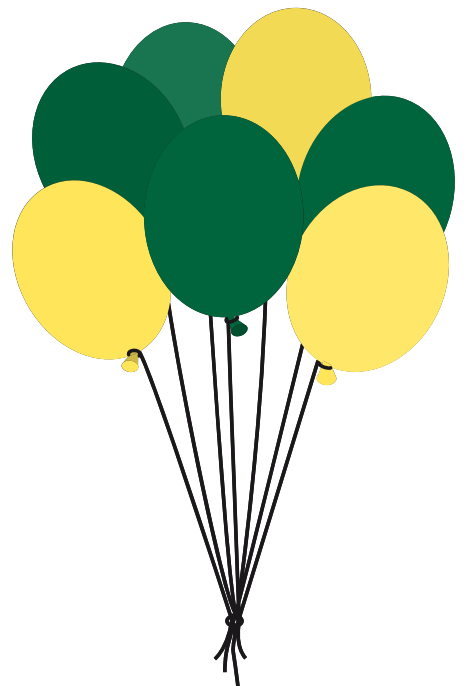
We know that Birthdays are VERY important to you and your child and they're equally important to us! We want to make it as HUGE as possible for them.

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



- Have their entire village sing to them!
- Get a birthday fuzzy!
- Receive a special CEL Birthday shirt!
- Get a birthday cake to share with their friends!
- Have a phone call with you. We just ask that you schedule this in advance similar to regular phone calls.

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



Visiting Camp

Camp Echo Lake invites parents and siblings of current campers to visit their camper's summer home for the day, three weeks into the summer. Visiting Day is a wonderful opportunity for parents to see their happy campers, meet their staff and camp friends, and play camp as a family for the day. While Visiting Day is a ton of fun, it is also an emotional day for everyone as the end of Visiting Day brings another goodbye. We will email all parents of our campers the week before Visiting Day with additional logistics and tips to help Visiting Day be as much fun as possible and help manage any emotion that may come up at the end of the day. We encourage you to book your hotel for visiting day now. Additionally, the only day that campers are allowed visitors is on Visiting Day. While grandparents and extended family are allowed, with parental permission, on Visiting Day, we encourage parents to consider if additional family members are going to enhance the fun of the day or add to the emotional goodbye, when deciding if they should join.

Visiting Day



Visiting Day is Saturday, July 14th from 9:00 AM to 3:00 PM.

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

We ask that you remain on campus for the duration of the day and enjoy all of our facilities with your children. Please do not bring any pets with you. Grandparents are welcome

to visit with you as well – this is the only day grandparents may visit camp.

We provide lunch for all families on Visiting Day. Please bear in mind that any food brought in by parents must be consumed by the end of the day. Visiting Day ends at 3:00 PM sharp. We start into activities right away as the end of Visiting Day can be difficult for some campers. Getting right back into activities is the best way to alleviate those difficulties.

LITs and their parents also have Friday night visiting hours (on-site or off-site) from 6:00 PM to 9:30 PM. (Younger siblings of LIT's do not visit with parents at this time.) For additional information regarding visiting day, please visit campecholake.com/blog/camp-echo-lake-visiting-day.

Bunk Gifts are not allowed on Visiting Day or at any time during the summer.

Visiting Camp

Directions to Camp:
177 Hudson St. Warrensburg, NY 12885



Where to Stay:
Visit campecholake.com/current-families/staying-local for a list of local lodging options.

Please make your Visiting Day reservations now!

WARRENSBURG	
VENUE	PHONE
Seasons B&B	(518) 623-2449
Cornerstone Victorian	(518) 623 3308
Alynn's Butterfly Inn	(518) 623 9390
Merrill Magee Inn	(518) 260-7729
DIAMOND POINT/BOLTON LANDING(15 MIN NE)	
VENUE	PHONE
Sagamore Resort	(800) 358-3585
GLENS FALLS (20 MIN SE)	
VENUE	PHONE
Queensbury Hotel	(518) 792-1121
Ramada	(518) 793-7701

NORTH CREEK (25 MIN NW)	
VENUE	PHONE
The Summit at Gore	(518) 251-4180
LAKE GEORGE (10 MIN SE)	
VENUE	PHONE
Comfort Suites	(518) 761-0001
Great Escape Lodge & Waterpark	(518) 824-6060
Hampton Inn & Suites	(518) 668-4100
Holiday Inn	(518) 668-5781
CHESTERTOWN (15 MIN N)	
VENUE	PHONE
Friends Lake Inn	(518) 494-4751

SARATOGA SPRINGS (30 MIN S)	
VENUE	PHONE
Saratoga Hilton	(888) 866-3591
Hyatt	(518) 885 1109

Transportation To and From Camp

Both logistically and experientially we want to help families make the departure to camp and the return home from camp as smooth and easy as possible. Additional suggestions for emotional and social success at departure to camp will be sent in June.

Procedures at Departure Point

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

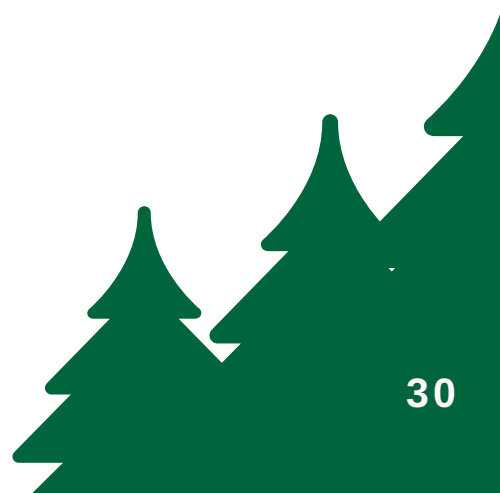
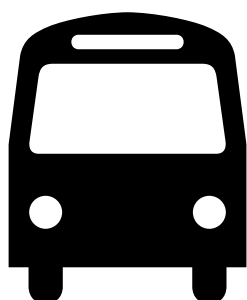


Transportation To and From Camp

To Camp on Saturday, June 23

BUS STOP	DEPARTURE TIME	ADDRESS
Long Island	10:30 AM	Macy's – 1100 Northern Blvd. Manhasset, NY 11030
Manhattan	10:30 AM	Fifth Avenue between 85 th & 86 th West Side of the Street
Montreal	11:00 AM	Hampstead Elementary School 83 Thurlow Road, Hampstead, QC H3X 3G8
Westchester/ Connecticut/ Riverdale/Rockland	10:30 AM	SUNY Purchase, LOT W2 Anderson Hill Road Purchase, NY 10577
New Jersey	11:00 AM	Paramus Catholic 425 Paramus Road Paramus, NJ 07652

Any family not covered by this transportation schedule or any family making special transportation plans, please contact camp by June 1st.



Transportation To and From Camp

From Camp on Sunday, August 12th

BUS STOP	APPROXIMATE ARRIVAL TIME	ADDRESS
Long Island	12:45 PM – 1:15 PM	Macy's – 1100 Northern Blvd. Manhasset, NY 11030
Manhattan	1:00 PM – 1:30 PM	Fifth Avenue between 85 th & 86 th West Side of the Street
Montreal	12:15 PM – 12:45 PM	Hampstead Elementary School 83 Thurlow Road, Hampstead, QC H3X 3G8
Westchester/ Connecticut/ Riverdale/Rockland	12:45 PM – 1:15 PM	SUNY Purchase, LOT W2 Anderson Hill Road Purchase, NY 10577
New Jersey	12:45 PM – 1:15 PM	Paramus Catholic 425 Paramus Road Paramus, NJ 07652

Any family not covered by this transportation schedule or any family making special transportation plans, please contact camp by June 1st.



Packing/Baggage

While it is important for campers to pack the variety of essentials for the summer, it is also important to remember that everything they pack they must keep track of and have room for. Our packing and baggage information below will help guide you in terms of what (and how much) your camper should bring so they have the right amount of what they need for camp. Consider it the Goldilocks and the Three Bears policy - you don't want your camper to have too much or too little but our packing guidelines are just right!

Clothing and Packing

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

- Carefully review the camp packing list.
- Each camper is allowed to bring two large sports equipment bags or soft trunks, available from [The Camp Spot](#). If you are purchasing new camp baggage, we specifically recommend the DELUXE SOFT TRUNK (36" x 20" x18") from [The Camp Spot](#). ALL CAMP BAGGAGE MUST HAVE CAMPER'S NAME PRINTED ON THEM.
- No dressy clothes are needed, and we remind you that skirts, skorts, blow dryers, straighteners, and make-up are not allowed at Echo Lake. Tank tops or t-shirts that allow undergarments to show through are not allowed.
- Campers and staff are allowed to wear one piece bathing suits, board shorts / swim trunks, or a rash guard shirt and board shorts only, both on camp and on off camp trips (including the 4n4 and LIT trips off camp). One-piece bathing suits must provide full coverage, including no deep plunging necklines, no backs that dip below the waist, and no exposed sides or midriffs. Bikinis, monokinis, and tankinis are not allowed.
- All campers must bring their own sheets, blankets, pillowcases and pillows.
- No lockboxes are allowed and will be held in the HQs if they are sent to camp.
- Please make sure to send your camper with a backpack.
- Please make sure that every single item your camper brings to camp is labeled with their first and last name.
- Drawers that go next to the bed or under the bed (for main village campers), may not be brought to camp.



Packing/Baggage

Clothing and Packing (Continued)

- Storage Space – Main Village (campers going into 7th grade and younger & LITs): Each Main Village camper is provided a bedside two-shelf cubby for additional personal items. Plastic or cardboard drawers and/or multi-shelf drawers may not be brought to camp.
- Storage Space – Senior Village (campers going into 8th, 9th & 10th grades): Only drawers that can fit underneath a bed will be allowed. As most campers in the Sr. Village share bunkbeds, any drawer or storage box must take up no more than half the underbed space. Thus, the maximum size for a Senior Village drawer is 32" in length x 32" in width x 9" height. See the "Large Stor-n-Slide Underbed Box" at www.containerstore.com for a good example of a storage unit that would work nicely and fit these space requirements.

This is an example of an average sized under the bed box which would be acceptable for Senior Village campers only.



Packing/Baggage

Each camper will have one vertical row of cubbies for their belongings as shown in the picture or six cubby spaces total.



In addition, each camper in Main Camp will have two cubby spaces in a bedside cubby as shown in the picture.

Packing/Baggage

Baggage Instructions

All campers must send their baggage to camp ahead of time except campers from Montreal who have the option of using CEL Baggage on the first and last day of camp.



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

Camp Trucking (Entire United States and Canada):

Camp Trucking provides door-to-door pickup and drop-off service. You will receive information from Camp Trucking about their service at the end of April and they will advise you around June 1st as to the exact date of your pick-up. We suggest that all baggage shipped via Camp Trucking be locked. Please make sure we receive your camper's baggage combinations at office@campecholake.com by June 15th.



Please remember to submit your camper's baggage method in the forms section of the [Parent Dashboard](#).

Packing/Baggage

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

CEL BAGGAGE STOP	JUNE 16 TH PICK UP	AUGUST 14 TH DROP OFF	LOCATION
Paramus, NJ	12:00 PM – 12:15 PM	5:00 PM – 5:30 PM	NIA – 66 Route 17 Main Parking Lot in Paramus is 1/3 mile north of the intersection of Routes 4 17 on the Northbound side of 17 just north of The Holiday Inn.
Chappaqua, NY	11:30 AM – 11:45 AM	5:30 PM – 6:00 PM	Robert E. Bell Middle School 50 Senter Streer, Chappaqua, NY
Livingston, NJ	11:45 AM – 12:00 PM	7:30 PM – 8:00 PM	Livingston Mall- Walnut Street and South Orange Avenue. Truck will be in the Park & Ride lot closest to the Walnut Street entrance.
Manhasset, NY	9:00 AM – 9:30 AM	6:00 PM – 6:30 PM	Macy's – 1100 Northern Blvd. Manhasset, NY 11030
Montreal, Canada	NONE	NONE	All campers' bags will be picked up with the campers on June 23 rd and dropped off with the campers on August 12 th at Hampstead Elementary School, 83 Thurlow Road, Hampstead, QC. H3X 3G8
New York City	9:00 AM – 9:30 AM	5:00 PM – 5:30 PM	West End Towers – 63 rd Street. Just west of West End Avenue.
Westchester, NY	9:00 AM – 9:30 AM	7:30 PM – 8:00 PM	SUNY Purchase – LOT W2. Anderson Hill Road Purchase, NY 10577

Policies

At Echo Lake we make sure that all of our policies and guidelines serve to make our community safe and uphold the values that make Echo Lake who we are. All of our policies were created intentionally and with the goal of positive human development for our campers, staff, and camp community.

Drugs / Tobacco / Alcohol Policy

No smoking or possession of any tobacco or alcohol products or any controlled substance is allowed at camp. Camp is a non-smoking (this includes vaping), non-alcoholic and drug-free environment. Any camper or staff member violating this policy is subject to immediate dismissal from camp.

Bullying Policy

Bullying and the use of disrespectful and/or inappropriate language or behavior to peers or staff is not allowed.

Vandalizing Property

Campers who deface camp property, will:

- Be billed for damages
- Be required to remove graffiti
- May be asked to leave camp

Knives, weapons, fireworks, lighters and matches are prohibited

Food

Campers are not permitted to have food, candy, gum, bottled water or other food items at camp. We provide a very healthy choice of food at camp and our campers always have plenty to eat and drink!

Gratuities

It is our firm policy to prohibit the offering of gratuities to our counselors and staff. Our staff has been apprised of this policy. Staff members understand that if they accept a gratuity, they will be forfeiting their position at camp. It is our philosophy to compensate our staff fairly. The American Camp Association has made this policy one of its standards.

Electronics Policies

One of the ways we provide positive experiences for our campers is by limiting electronics in our camp environment, thereby encouraging our campers to socialize through traditional camp activities. We thank you in advance, for your cooperation with and support of these policies.

Examples of permitted and not permitted electronics:

Yes ✓

- ✓ iPod Shuffle
- ✓ iPod Nano with music/picture files only
- ✓ Alternative mp3 player with music/picture files only that does not connect to the internet or have the ability to play games
- ✓ Disposable Camera
- ✓ Digital Camera
- ✓ Go Pro
- ✓ Battery-Operated Fan
- ✓ Battery-Operated Clocks
- ✓ Battery-Operated External Speakers
- ✓ Charger for acceptable iPods or mp3 players

No ✗

- ✗ Any Cell Phone (including old or disabled phones)
- ✗ Any version of an iPod Touch
- ✗ DVD Player
- ✗ Laptop Computer
- ✗ Handheld video gaming systems
- ✗ Tablet/E-Reader (iPad, Kindle, Nook, etc.)
- ✗ Video Camera
- ✗ Apple Watch / any other kind of smart watch
- ✗ Voice activated devices (Alexa, Google Home, etc.)
- ✗ Electric Fan
- ✗ Electric Clock
- ✗ Electric External Speakers

Electronics Policies

NOTES:

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

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

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



Outside the Normal Daily Fun

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

Special Days



Throughout the 7-week summer, there are many times for campers to show their spirit, get dressed up, or just add to the camp fun with Special Events. Our Tribal (Echo Lake's version of Color War), our 4th of July Hoe-Down, Halloween in July, Winter in July, Camp Carnival and numerous team sports and dress-up theme days are only some of the special memories created at camp. Look for an email in the spring with more details about what to bring to camp, but feel free to start collecting fun items now - especially anything GREEN and GOLD!



Change of Schedule Due to Weather

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

On days when it is raining lightly and there is no thunder or lightning, camp goes on as usual with the occasional mudslide always a possibility. In the case of heavy rain or thunder and lightning, Echo Lake has many indoor facilities with plenty of opportunities for rainy day fun. Whether our Field House, Rec Hall, Fine Arts Center or Lodge, there is indoor space to accommodate our entire community together or smaller spaces for individual groups.

On days when the temperature is so hot it's uncomfortable, we alter our schedule so campers are swimming more, resting when needed, or getting time in our air-conditioned Lodge when needed.

Outside the Normal Daily Fun

Trips and Spending Money

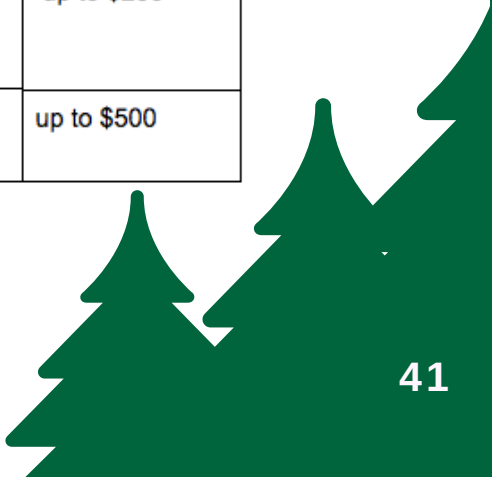
For “special” trips off camp, campers may want to bring spending money to camp for snacks or souvenirs. The Main Office will be happy to hold their money prior to these trips. Spending money is, of course, optional and at the parent’s discretion.

Spending money can be held by the Main Office or by the camper, but cannot be held by the staff members for campers. Any money not kept in the office is solely the camper’s responsibility and camp takes no responsibility for such money kept in cabins by campers.

Campers who choose to keep trip money in the office will get their money prior to departing for an off-camp trip. When they return to camp, any remaining money can be brought back to the office.

Keep in mind that some trips happen before Visiting Day and some happen after, so you may want to send an initial amount and re-evaluate on Visiting Day. Below are suggested amounts to cover trips for the entire summer. We also recommend having a conversation with your child about budgeting money over several trips.

TRIP	SUGGESTED AMOUNT
Junior Water Slide World Trip plus 2 evening trips	up to \$25
Inter Great Escape Amusement Park Trip plus 2 evening trips	up to \$50
Lower Village Weekly Trip Days plus 1 evening trip plus 4-Day Trip to VT	up to \$200
Upper Village Weekly Trip Days plus 2 evening trips plus 5-Day Trip to Cape Cod/Boston	up to \$250
4n4 28 days out west plus 1 or 2 Weekly Trip Days	up to \$500



Swimming

When it comes to swimming at Echo Lake, safety comes first and last. We want all of our campers to become strong swimmers so they feel comfortable and happy in the water. We offer many opportunities for campers to enjoy the water and many water sports and activities, and, if they are interested, be part of our swim team as well.

Lifeguard and Staff Training

Like all of the counselors, the Waterfront Staff is rigorously screened for skills, maturity and commitment to the mission of Echo Lake. In fact, we bring the Waterfront Staff to camp a full week before regular staff orientation begins. During this time, all Waterfront, Boating, TREK (outdoor) and 4n4 Staff are Red Cross certified in lifeguarding, CPR and first aid. Those possessing these credentials when they arrive at camp receive the training as a refresher course so that we can make certain that everyone is equally prepared. Once the training is completed, all staff who supervise the campers on or around the water are completely equipped to do so.

Cabin specialists and activity specialists also participate in a Waterfront Orientation. They are trained to assist the Waterfront Staff so that during each Waterfront Activity, there are many sets of eyes on each camper.



Swimming

Camper Swim Tests

One of the first activities that campers participate in once camp begins is a session on Waterfront rules and procedures. All campers receive the same message, and hear the same expectations for safe and enjoyable participation, regardless of how long they have been attending Echo Lake.

Each camper is evaluated by the Waterfront Staff to assess their swimming ability. During this evaluation, we are looking mainly for confidence and endurance in the water. The results of the evaluation allow us to place each child in one of three categories for general swim: Shallow, Middle or Deep. The initial assessment is often just a starting point, as many children who don't swim much at home, quickly improve in strength and confidence and move up to another level quite rapidly. For those for whom this presents a bigger challenge, we immediately begin one-on-one lessons so that each child can move on to the highest level possible.

Swim Instruction



The Junior campers have an instructional swim period four to five days per week and a general swim period daily. The Inter campers have an instructional swim period two days per week and a general swim period daily. Our Senior Village campers have general swim, and may also choose other water-related activities as an elective.

Each of the Red Cross levels contain specific stroke competencies for the campers to demonstrate before moving on to the next tier of skills. In addition, each level contains an important set of safety skills that align with the technical skills that the campers learn. A record of each camper's swimming progress is kept at the end of every summer. Returning campers are placed the following summer based on the highest level that they attained the previous summer.

Classes are very small – with a 1:6 ratio on average – and are designed to make sure that each camper gets as much individual attention as possible. Our waterfront staff submits written lesson plans that our Waterfront Director, Terry Begly, reviews and keeps on file for future reference.



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





**DEDICATED
TO HUMAN
DEVELOPMENT**

Camp Echo Lake
177 Hudson Street
Warrensburg, NY 12885

Phone: 518.623.9635
Email: office@campecholake.com