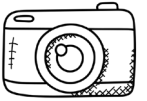
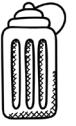
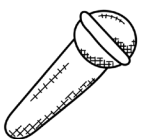
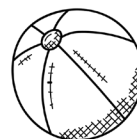
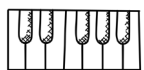
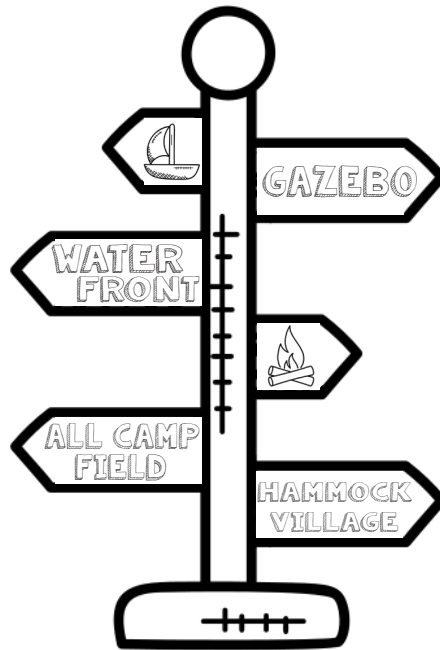
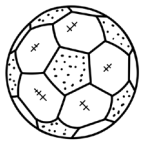


QUINIPET

CAMP & RETREAT CENTER



OVERNIGHT SUMMER CAMP HANDBOOK



WHAT'S INSIDE...

GENERAL

- 1 WELCOME TO QUINIPET
- 2 OFFICE CONTACT INFO/CAMPER EMAIL
- 2 GETTING TO SHELTER ISLAND/MAP
- 3 ACCREDITATIONS
- 3 RELIGIOUS FOUNDATION
- 3 PLAN A VISIT
- 3 CAMPER-TO-COUNSELOR RATIO

PREPARING FOR CAMP

- 4 REQUIRED FORMS & YOUR CAMP-IN-TOUCH ACCOUNT
- 4 THE "COMPANION" APP (NEW!)
- 4 CELL PHONE POLICY
- 5 SENDING YOUR CAMPER MAIL
- 5 PHONE CALLS WHILE AT CAMP
- 5 REQUESTING A BUNKMATE
- 6 OVERNIGHT CAMP CHECK-IN
- 6 OVERNIGHT CAMP PICK-UP
- 6 ARRIVING LATE/LEAVING EARLY/MISSING A DAY

LIFE AT CAMP

- 7 OVERNIGHT CAMP WEEKLY SNAPSHOT
- 7 A TYPICAL DAY (SAMPLE SCHEDULE)
- 8 DINING
- 8 CAMP STORE
- 8 SWIM TEST

FINANCIAL

- 9 MAKING PAYMENTS
- 9 REFUND/CANCELLATION POLICY

MEDICAL

- 9 MEDICAL NOTIFICATION POLICY & HEALTH INSURANCE
- 10 CAMPER MEDICAL FORM, IMMUNIZATIONS & ONLINE HEALTH HISTORY FORM
- 10 HEAD LICE PROCEDURE
- 10 TICK PROCEDURE
- 10 FOOD ALLERGIES & DIETARY RESTRICTIONS
- 10 MEDICATIONS INCL. NON-PRESCRIPTION, VITAMINS & HOMEOPATHIC PREPARATIONS

APPENDIX: CAMPER MEDICAL FORM, CODE OF CONDUCT & CAMPER PACKING LIST
(THESE FORMS ARE AVAILABLE ONLINE FOR DOWNLOAD VIA CAMP-IN-TOUCH.)



QUINIPET

CAMP & RETREAT CENTER

OVERNIGHT SUMMER CAMP HANDBOOK

Whether you are a new or returning Quinipet family, we welcome you!

Camp on an island is just as much fun as it sounds! Since 1947, the NY Conference of The United Methodist Church has provided this special place for children, complete with a full program of land and waterfront activities fostering children's confidence, cooperative skills and connection to the natural world. In this setting, it's easy for campers to make friends, feel accepted and learn of God's love for us. Children of every faith are welcome.

This Overnight Summer Camp Handbook will provide you and your camper with all kinds of great and important information about Camp at Quinipet. Use this Handbook and follow us on social media (@quinipet) where we post all about Quinipet!

Preparing for Camp means becoming familiar with **CampInTouch**. You created your CampInTouch account when you completed the camper application. You can easily log back in to your account via quinipet.org by clicking on "Returning Family Log In."

Your CampInTouch homepage is your direct link to all of your camper's required medical and permission forms, packing list, financial information and camper accounts.

This year we are excited to announce the new CampInTouch App, "Campanion," which makes uploading forms so much easier!

For details on how to download and use the Campanion App, check out page 4 inside this Handbook!

WELCOME TO QUINIPET'S 75TH SUMMER SEASON!

2022 SATURDAY OPEN HOUSES

MARCH 19, APRIL 23 & MAY 14

In-person at Quinipet! 1:00-4:00 pm

No registration needed!

CRITICAL DUE DATES

JUNE 1, 2022: ALL FORMS & FINAL
PAYMENTS MUST BE SUBMITTED
IN FULL*

*** CAMPERS MISSING ANY FORMS OR PAYMENTS AFTER JUNE 1st WILL BE MOVED TO THE WAITLIST. SEE PAGES 4 AND 9 FOR MORE INFORMATION.***

GENERAL

CONTACT THE CAMP OFFICE:

Office email: quinipet@nyac.com
Telephone: 631.749.0430
E-Fax: 631.749.3403
Address: P.O. Box 549
99 Shore Road
Shelter Island Heights, NY 11965



SEND AN EMAIL TO YOUR CAMPER!



We offer a one-way email service for parents to email their children, and campers are encouraged to write letters home. Parent emails are printed daily, M-F, and are delivered to campers after lunch. Please limit your emails to one a day. We are unable to print photos. **To send an email please put the camper's FULL NAME & CABIN NAME in the subject line and email to:**



GETTING TO SHELTER ISLAND

Beautiful Shelter Island is located on the East End of Long Island, NY and accessible by ferry from either the North Fork (Greenport) or South Fork (North Haven). Both ferry companies do not take reservations (simply roll-on) and are cash-only. For updated pricing and please visit their respective websites: northferry.com and southferry.com.

For detailed driving directions, please visit Quinipet's website at quinipet.org/directions. Older campers MAY NOT bring vehicles to camp and need to be accompanied by an authorized adult at Check-In. (More on Check-In and Pick-Up procedures on page 6.)



GENERAL

ACCREDITATIONS

Quinipet is proud to be accredited by the American Camp Association, a community of camp professionals dedicated to safe, quality camp experiences. The American Camp Association collaborates with experts from the American Academy of Pediatrics, the American Red Cross, and other youth-serving agencies to assure research-based best practices. As an accredited camp, we undergo ACA's comprehensive review of our operation, from staff qualifications to emergency management.



In addition to ACA accreditation, Quinipet meets the stringent New York State Department of Health Children's Camp requirements. Quinipet has a Registered Nurse onsite in the Health Center. We use the Shelter Island Family Medical Health Clinic and the Eastern Long Island Hospital for care requiring a physician.

RELIGIOUS FOUNDATION

Quinipet is a progressive Christian camp owned and operated by the New York Conference of The United Methodist Church since 1947. It is our belief that God gave us earth and humankind, and it is our job as loving, faithful Christians to love and care for each of these things. Our hope is that each camper will grow, not only by new experiences, but in their spiritual walk with God as well. Centering our space around the five rocks of Courage, Love, Faith, Humility and Honesty, Quinipet is an ideal environment for inner spiritual reflection. Each day begins with a short Morning Gathering, and ends with a sunset, Vesper service, where campers participate in skits, songs and prayer. Grace is sung before each meal and camper groups may participate in devotions. Quinipet is a community that is open and affirming to all who come. To learn more about The 7 Foundations of the United Methodist Camp & Retreat Ministry visit umcrm.camp/about-us/7-foundations/

PLAN A VISIT

2022 SATURDAY OPEN HOUSES
MARCH 19, APRIL 23 & MAY 14

In-person at Quinipet! 1:00-4:00 pm
No registration needed!

Visiting Quinipet ahead of time for an Open House is a great way for first-time campers to get to become familiar with Camp. We also offer guided tours at your convenience. *Please email or call ahead to schedule a private tour.*

CAMPER-TO-COUNSELOR RATIO

Quinipet meets and exceeds New York State and American Camp Association standards for camper-to-staff ratio. These ratios vary based on the age of the children, but are typically 6 campers to every 1 counselor, in addition to many other support staff members.

PREPARING FOR CAMP

REQUIRED FORMS & YOUR CAMP-IN-TOUCH ACCOUNT

When you completed the Camp application, you created a CampInTouch account using your email and a password of your selection. Now that your camper is enrolled you can log back into your account by visiting quinipet.org and clicking on the “Returning Family Log In” button. All required Camper Forms are listed within the yellow “Forms & Documents” link on your CampInTouch account home page. Some of the forms are completed online, some forms require downloading, completion and then uploading back into your account. This can be done on a computer via your CampInTouch account or by using the new “Companion” App detailed below.



Forms Dashboard

- Forms & Documents**
Complete forms online and print important documents.
- Your Camper**
 - Camper Application**
Fill out our online camper application.
 - Camper Information**
Review and update the information we have on file for your children.
- Your Family**
 - Update Addresses/Phone Numbers**
Review and update your contact information.
 - Financial Management**
Review and update your financial information for tuition and other payments to camp.
 - View Accounts**
Review transactions and/or fund accounts.

FORMS ARE DUE JUNE 1, 2022
Please note the current Parent Handbook and Packing List here are pre-COVID 19. These documents will be updated based on NY State Guidelines, once announced. In the meantime, please check quinipet.org for COVID-19 updates and email quinipet@nyac.com with any questions.

These **REQUIRED FORMS** include, but are not limited to:

- > 2022 QUINIPET CAMPER HEALTH FORM (Requires physician stamp AND signature)
- > ONLINE MEDICAL HISTORY FORM
- > IMMUNIZATION RECORDS
- > 2022 CAMPER CODE OF CONDUCT

CAMPERS MISSING ANY FORMS OR PAYMENTS AFTER JUNE 1st WILL BE MOVED TO THE WAITLIST.

THE “COMPANION” APP!

We know filling out and uploading forms your CampInTouch account can be a bit tricky using your phone so we are excited to introduce the Companion App to our camp families! The Companion App is free to use and allows parents to easily fill out online forms as well as scan and upload physical forms straight through the App. Along with easy form uploading, we will also be sending out camp updates this spring and your camper’s cabin photo this summer using Companion. Scan the QR code here with your iPhone or Android device to download Companion!



NO CELL PHONE POLICY

Cell phones at camp are prohibited. We believe that camp is one of the last places where kids are free to play, socialize and explore without the distraction and influence of technology. Studies show that taking a break (even if just for a week) from screens, social media and texting is extremely beneficial in child and adolescent development.

By signing our required “Code of Conduct,” parents and campers are pledging to keep cell phones out of camp.

PREPARING FOR CAMP

SENDING CAMPERS MAIL (NEW POLICY!!!)

Quinipet's important cell phone policy does not mean we want to discourage parents and other family members from keeping in touch. Sending an email (see page 2) or receiving mail at camp is a great way to combat missing home!

Mail and **flat envelopes*** (ex: magazines, books, MadLibs) can be mailed via USPS to:(Camper Name/Cabin) c/o Quinipet, PO Box 549 Shelter Island Heights, NY 11965.

Our goal is for campers to have a shared experience. When some campers receive packages and others don't, it leads to issues within the cabin. **ONLY flat envelopes** will be accepted; any packages will be refused and returned to sender.

*Please note all envelopes are opened in front of a staff member in the Camp Office to ensure only appropriate items are brought back to the cabin. **Please do not send any food (including gum and candy), fireworks, or other items prohibited on the packing list.** Any inappropriate items will be held in the Camp Office until Pick-Up. Post cards and letters are appreciated the most!

PHONE CALLS WHILE AT CAMP

Believe it or not, contact with parents actually makes children even more homesick. We have found that most children, with the help of supportive counselors, get over the hump of missing home fairly quickly. If a child does not seem to be adjusting to camp, one of the camp directors will contact you. Parents are welcome to call the Camp Office any time to check on their camper. Campers do not use the phone except for family emergencies, medical situations or serious camper adjustment issues. Get expert advice on missing home at <https://www.acacamps.org/campers-families/planning-camp/preparing-camp/coping-homesickness-camp>

REQUESTING A BUNKMATE

One of the best parts of camp is spending time with friends, old and new. At Quinipet, we want there to be opportunities for old friendships to flourish and new friendships to begin. Time in the cabin is a great opportunity for both to take place. Campers in the same age group tend to be in the same cabin, so if your camper's friends are coming they will likely be in close proximity to each other.

When it comes to bunks, each camper may request one to two bunkmates. Here's why: time in the bunk is an opportunity to get to know someone new. We do not want to neglect an opportunity for a new friendship to grow, and having the bunk be all friends from home is not conducive to that. When campers stay together in groups, other campers get left out, especially in bunk rooms that hold a limited number of beds. Thank you for understanding and respecting this important policy.

PREPARING FOR CAMP

OVERNIGHT CAMP CHECK-IN

Each camp session begins on Sunday afternoon at Wesley Hall in the center of Quinipet. Designated Check-In times are assigned alphabetically by **camper last name** to ensure a smooth, unrushed experience.

Last names beginning with:

A through M check-in from 2:00-3:00 pm

N through Z check-in from 3:00-4:00 pm

Please follow directions from the attendant and park at Wesley Hall, leaving all camper belongings in your vehicle. All campers and authorized adult(s) will go through the following “stations”:

Forms & Financials

Brief Medical Assessment*

Lice Screening

Cabin Assignment

*Campers with medications, or other medical/physical needs while at camp, will then have the opportunity to meet directly with the Camp Nurse on duty that session. Families will then have the opportunity to drive to the cabin, unload the camper’s belongings and meet the cabin counselors. We encourage families to keep “good byes” brief to allow the new cabin mates to get to know one another independently.

OVERNIGHT CAMP PICK-UP

Overnight Pick-Up for all campers is the following Saturday morning between 9:00-10:00 am at Wesley Hall. If a camper needs to be picked up early, the Camp Office must be notified well in advance by calling 631.749.0430 or by emailing quinipet@nyac.com. We do not offer stayover weekends.

All campers must be picked up on Saturday morning (with the exception of campers enrolled in the CREW leadership program). If campers are attending consecutive sessions, campers will be able to Check-In again through an expedited line on Sunday afternoon. (See Check-In times above.)

If a camper is being picked up by an adult other than a parent or legal guardian, a completed “Authorized Adult” release form must be completed authorizing them to pick up the camper. All Authorized Adults will be required to present their driver’s license. This release form is located in your CampInTouch account.

Quinipet has a firm “no tipping” policy.

ARRIVING LATE/LEAVING EARLY/MISSING A DAY

We recommend that you pick a session when your child will be able to enjoy the whole experience, but we understand sometimes this is not possible. **Please call the Camp Office in advance to work out details with one of our Directors directly.**

(Please DO NOT simply inform your camper’s cabin counselor. Thank you!)

We are unable to prorate camp fees for missing a day of camp.

LIFE AT CAMP

OVERNIGHT CAMP WEEKLY SNAP SHOT

SUNDAY is all about checking in and getting comfortable at camp. Sunday ends with an all-camp orientation by the campfire complete with games and songs. Campers will learn basic camp rules, select electives for the week and learn how to stay safe and comfortable while at camp.

MONDAY-FRIDAY is when camp is in full swing!

SATURDAY mornings are about cleaning up, packing up and preparing for the journey home.

A TYPICAL DAY AT CAMP (SAMPLE SCHEDULE)

TIME	ACTIVITY
7:00 AM	RISE & SHINE!
8:00 AM	BREAKFAST
9:10 AM	MORNING GATHERING A time for us to fully wake up and celebrate another beautiful day at Quinipet!
9:30 AM	ACTIVITY BLOCK Age groups are scheduled for a waterfront block every day, as well as special bunk ("Family") activities*. Additional blocks are for camper electives.
10:30 AM	ACTIVITY BLOCK
11:30 AM	ACTIVITY BLOCK
12:30 PM	LUNCH
1:30 PM	"F.O.B." "Feet On Bed" is a time for campers to relax with their bunkmates- inside games/reading/writing/hanging out, etc.
2:30 PM	ACTIVITY BLOCK
3:30 PM	ACTIVITY BLOCK
4:45 PM	ADVENTURE PERIOD: Each day counselors create a menu of fun activities for campers to choose from such as tie dye, water carnival and karaoke!
5:30 PM	BUNK CLEANUP
6:00 PM	DINNER
7:00 PM	ALL-CAMP EVENING ACTIVITY
8:00 PM	VESPERS Morning Gathering's counterpart, Vespers is a time for campers to slow down and reflect on their day.
8:30 PM	CANDLE CHATS & BUNK TIME Great opportunities for campers and counselors to connect and bond as a cabin
9:00 PM	LIGHTS OUT Bedtime varies by each age group, but all between 9 and 10 pm
*"Family" activities can include any of the following: arts & crafts, sports & games, outdoor education, low ropes course, waterfront time or themed group discussion.	

LIFE AT CAMP

DINING

Quinipet is dedicated to serving our campers and staff only fresh, healthy meals in a clean and safe environment.

Breakfast, lunch and dinner are served daily in our Dining Hall. Grace is sung in a fun, “camp style” way before each meal. Quinipet emphasizes the use of fresh ingredients and offers a wide variety of options over the course of each week. Each meal features a hot selection (with vegetarian alternative) served buffet style at the main window, as well as either a full breakfast bar or a salad bar at lunch and dinner. Main meals feature healthy, kid friendly options like Taco Tuesday and our “Fancy Friday” banquet.

Campers and counselors sit with their cabin at meals. At dinner each evening, the cleanest cabin is announced and that Family Group gets to spin the prize wheel for fun rewards like a free treat at the Camp Store!

Our breakfast bar features freshly cut fruit, yogurt, gluten-free granola, cold cereals (Raisin Bran, Rice Chex, Cheerios, etc) and toast. The salad bar at lunch and dinner offers fresh greens, tomatoes, cucumbers, shredded carrots, beans, tofu, croutons, house-made grain salads and a variety of seasonal produce. Daily sandwich selections are also available, ex: Turkey & Cheese, Sunbutter & Jelly. Quinipet does not use nuts, or nut products, in any of our recipes. **All allergies and dietary restrictions are recorded by parents completing the required online “Medical History” form in your CampInTouch account.**

CAMP STORE

The Camp Store is available to all campers daily. You may add funds to your enrolled camper’s account via the CampIn Touch Parent Portal (under “View Accounts”) and/or at Check-In.

The Camp Store provides a variety of reasonable treats and snacks (nut free), beverages, ice cream, apparel, water bottles & other items. Any unspent money may be donated to our Scholarship Fund or refunded (for \$5 or more).

SWIM CHECK

All campers must complete a swim check upon arrival at the waterfront to demonstrate their comfort in open, bay water. Our swim test consists of four laps (without stopping) in the camp swim area, treading water for 1 minute, and floating on their backs for 1 minute. Campers enrolled in our sailing program must also be able to demonstrate donning a life jacket in deep water.

Forms Dashboard



Forms & Documents

Complete forms online and print important documents.

Your Camper



Camper Application

Fill out our online camper application.



Camper Information

Review and update the information we have on file for your children.

Your Family



Update Addresses/Phone Numbers

Review and update your contact information.



Financial Management

Review and update your financial information for tuition and other payments to camp.



View Accounts

Review transactions and/or fund accounts.

FORMS ARE DUE JUNE 1, 2022
Please note the current Parent Handbook and Packing List here are pre-COVID-19. These documents will be updated based on NY State Guidelines, once announced. In the meantime, please check quinipet.org for COVID-19 updates and email quinipet@nyac.com with any questions.









FINANCIAL/MEDICAL

MAKING PAYMENTS

Once the deposit is received and the camper is enrolled, additional payments can be made electronically through your CampInTouch Parent Portal under “Financial Management.” Please note any *credit* card payments are subject to a 3% processing fee. (This fee is not applicable to debit cards or other payment methods.)

Forms Dashboard

-  **Forms & Documents**
Complete forms online and print important documents.
-  **Camper Application**
Fill out our online camper application.
-  **Camper Information**
Review and update the information we have on file for your children.
-  **Your Family**
 -  **Update Addresses/Phone Numbers**
Review and update your contact information.
 -  **Financial Management**
Review and update your financial information for tuition and other payments to camp.

FORMS ARE DUE JUNE 1, 2022

Please note the current Parent Handbook and Packing List here are pre-COVID 19. These documents will be updated based on NY State Guidelines, once announced. In the meantime, please check quinipet.org for COVID-19 updates and email quinipet@nyac.com with any questions.

Please make any check or money orders payable to **Quinipet Camp & Retreat Center**. Be sure to write your camper’s name and session date in the memo area.

Our mailing address is:
Quinipet Camp & Retreat Center
P.O. Box 549
Shelter Island Heights, NY 11965

All final payments are due by June 1, 2022.

If registering for camp after June 1, the full balance is due upon registration.
Checks are not accepted after June 1st.

*****CAMPERS MISSING ANY FORMS OR PAYMENTS AFTER JUNE 1st
WILL BE MOVED TO THE WAITLIST.*****

REFUND/CANCELLATION POLICY

Fees for camp include a non-refundable \$100 administrative fee. Refunds cannot be made after June 1st unless accompanied by a physician’s note. Please contact the Camp Office via email: quinipet@nyac.com or call 631.749.0430.

MEDICAL NOTIFICATION POLICY

Parents will be notified by the Camp Nurse or Camp Director of any injury, accident or illness that requires treatment by a physician, or of any illness that lasts more than one day. The Nurse at Quinipet may be reached during the summer season at our Health Center in the lower level of the Welcome Center.

Quinipet Nurse/Health Center:

tel: 631.749.0430 | email: quinipet@nyac.com | fax: 631.749.3403

HEALTH INSURANCE

Quinipet does not provide health insurance. Parents are required to provide current health insurance information for their campers on the online “Medical History” form in their CampInTouch account.

MEDICAL

CAMPER HEALTH FORM, IMMUNIZATIONS & ONLINE MEDICAL HISTORY

We are required by New York State to collect the Quinipet Camper Health Form, online Health History and Immunization records ANNUALLY. The Quinipet Camper Health Form needs to be signed and stamped by an authorized health provider, as well as signed by a parent or legal guardian. All forms are due June 1, 2022.

For instructions on how to upload your camper's forms and documents, please see page 4 of this Handbook.

CAMPERS MISSING THESE FORMS AFTER JUNE 1 WILL BE MOVED TO THE WAITLIST

HEAD LICE PROCEDURE

Each overnight camper will be screened for head lice at Check-In. If any head live/nits are found we will confirm with our camp medical professionals. If the lice/nits are confirmed, campers must be treated at home. We look forward to welcoming them back after treatment! Cabin assignments are only given out after the lice screening.

TICK PROCEDURES

Staff receive tick prevention training through Southampton Hospital as part of staff training each year. Counselors avoid tick spots with campers and encourage campers to have a buddy with whom to perform tick checks daily.

If a tick is found on a camper, it will be removed by the Camp Nurse. The parent is called and a follow up trip to the doctor may be arranged if the parent wishes.

We recommend that you send your camper with non-aerosol anti-bug/tick spray. NY State Department of Health requires us to have a permission form for applying bug spray on your camper. This permission form can be found in your CampInTouch Account. For more resources on ticks, visit eastendtickresource.org

SEVERE FOOD ALLERGIES & DIETARY RESTRICTIONS

Quinipet is a nut-free camp, which is why it is so important that campers not bring food to camp. Parents are asked to clarify specific needs and requests within the online Medical History form in your CampInTouch account. We will work with you to ensure your camper enjoys safe and delicious meals at camp!

NON-PRESCRIPTION MEDS, VITAMINS, HOMEOPATHIC PREPARATIONS

The NY State Department of Health requires that ANY medicine provided must be in its original packaging, be accompanied by a copy of the original prescription, and be given to the Camp Nurse at Check-In. "Medication" is any substance a person takes to maintain or improve their health (incl vitamins and natural remedies). The Health Center is stocked with the over-the-counter medications listed on the Quinipet Camper Health Form. The Nurse must be advised about any treatment your child may need administered during camp. A healthy camper is a happy camper!

THANK YOU & SEE YOU THIS SUMMER!