Green Acres Camp

2026 Family Handbook

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Community Agreement

Green Acres Summer Camp fosters an environment of trust, safety, and kindness to support the learning of each member of our community. Trust is a value supported by honest and honorable conduct and must be both earned and given confidently. Safety is achieved when the social, emotional, and physical well-being of each member is protected by the community. Kindness is a result of each person's willingness to consider the feelings and thoughts of others and to treat others as one would like to be treated. These are the most basic values which we expect all members of our community to uphold. Every member of our community—including campers, staff, and parents/guardians—is expected to be actively involved in supporting the quality of life and the values of our camp. We each have a responsibility to each other and ourselves to see that rights and feelings are respected and that we maintain common goals to support and strengthen our community.

Families and campers are expected to adhere to the guidelines outlined in this handbook. Green Acres Camp also works in alignment with the broader policies of Green Acres School, which can be reviewed here.

Guidelines for the Green Acres Community

To maintain health and safety for all, the following activities are not permitted: playing hardball or tackle football; playing in driveway areas; throwing unsafe objects; climbing on roofs, fences, or trees; and skateboarding, roller-skating, use of scooters, or in-line skating (including sneakers with wheels). Students and families will be held responsible for destruction, damage, or loss of personal or camp property.

The following rules are essential to the well-being of our community. Failure to observe these rules may result in suspension or dismissal from the camp:

- Campers may not leave the campgrounds or enter the woods without supervision.
- Members of the camp community are expected to use language that respects every person, especially with regard to ethnicity, race, religion, disability, socioeconomic background, gender, body image, and sexual orientation.
- Members of the camp community must protect the physical and emotional safety of others. Individuals may not cause injury to others intentionally, either because of disregard for others or through reckless behavior. ("Injury" includes gross disrespect and irresponsible behavior, which the camp believes is likely to result in harm.)
- Members of the camp community must respect and help maintain camp property, including the camp's technology and the belongings of others.
- Members of the camp community must conduct themselves honestly. Dishonesty, such as stealing, is a violation of the trust on which this community is based.
- Members of the camp community not possess or use tobacco, alcohol, drugs, fireworks, or weapons at Green Acres Camp or at camp-related events. Matches, knives, and

power tools may be used only under direct adult supervision and may not be brought to camp by campers.
- Members of the camp community may not bring any animals to camp.

The obligation to uphold the values of our community applies both on and off campus and includes the appropriate use of technology or other media.

Bus-Specific Behavior Expectations

Green Acres Camp uses buses to provide transportation to/from camp and camp-related activities. The camp requires that our contractors operate all buses with maximum care for the safety and comfort of our campers. Drivers attempt to be as prompt and efficient as weather, road conditions, and vehicle maintenance allow. Our bus companies make every effort to keep equipment in good condition and to ensure that drivers are experienced in bus operation and safety. All follow Maryland guidelines for safety and maintenance. To ensure a safe and comfortable ride for all aboard, Green Acres Camp has established camper behavior guidelines that expand on our camp behavioral expectations:

- Remain seated at all times
- Keep arms, head, and objects inside the windows.
- Do not throw objects inside or out of the bus.
- There is open seating unless camp staff or the driver deems it necessary to assign seats.
- Keep the aisle clear. Place belongings/items in your lap or under the seat.
- Please do not eat or drink on the bus. Remember that there are fellow riders who have allergies to certain foods!

Along this path to maturity, mistakes are a natural part of growth. We help campers reflect on errors in judgment and behavior and plan alternate ways of responding to situations. We teach and model positive behavior: listening, observation, cooperation, mutual respect, independent decision-making, standing up for what is right, and acting responsibly towards others and property. Campers are expected to advocate for themselves and others and reflect on both positive and negative experiences.

If there are multiple violations of any rules, further action will be taken that could include assigned seating or suspension from the bus for a period of time appropriate to the infractions.

Should an incident occur on the bus that is not observed by an adult, we strongly encourage campers to discuss the incident with an adult with whom they feel comfortable. If this adult is a family member or guardian, or someone not employed by the camp, we ask that this person contact our camp directors to coordinate any next steps.

In cases where a serious violation of bus safety occurs, a child can be removed from the bus for the remainder of the summer at any point.

Keeping Our Campus Safe

While we put a lot of time and effort into making camp fun, the safety of every camper is our number one priority. Part of keeping our campus safe means knowing exactly who is on our grounds at all times. We keep visitors to a minimum and require all visitors to be registered before accessing the campus. Parents, caregivers, and visitors are not permitted to wander campus while campers are on site and must remain in the front office unless given explicit permission by the Camp Director.

If you are visiting us for any reason, please come to the front desk first. Our team will be happy to assist you and get you checked in

Carpool Safety and Arrival/Dismissal Procedures

All families driving to campus must observe the following rules listed below.

If any carpool policies are adjusted at any point, families will receive an email from camp@greenacres.org

General Rules

- All drivers must follow all traffic laws and posted signs both in our neighborhood and on campus.
- At the ends of our driveways and at the corner of Danville Drive and Ibsen Drive, come to a complete stop at the stop signs and be sure that no cars or pedestrians are crossing. The neighborhood speed limit is 25 mph and is strictly enforced.
- Do not use your cell phone while driving on campus.
- Children exit your car on the PASSENGER SIDE ONLY. It is not safe for children to leave from the driver side of the car.
- We recognize carpool can take time, and families are busy. In absolutely all cases, do not pass other cars, unless directed by a staff member.
    - We provide AM and PM Care extended services for those needing extra time in the morning
- When walking from your car to a building, please walk on a sidewalk, rather than walking in a driveway. If you must park on the street, please walk up the lower driveway (near the Center) so that you can use the sidewalk. Please do not park your car in a way that impedes the flow of traffic in the neighborhood street, especially during carpool.
- Please visit this link for printable 2026 instructions, map, and our carpool plaque.

Morning Drop-Off (8:30 am-9 am)

- Unless registered for AM Care, families are not permitted to drop off children prior to 8:30 am, as there is no adult supervision before that time. If you arrive early, keep your

child with you in the car until 8:30 am. A staff member will greet you to signal the start of carpool.
- If walking from Danville Drive, please use sidewalks to come onto campus, and walk your camper into the front office.
- If you are coming to camp for a meeting in the morning or to drop something off in the main office, please drop off your child in the carpool line and then park your car in our parking lot, located at the end of the circle on your right.

All cars enter the campus using Lane 1, proceed up to the carpool circle, and in front of the Main Building. Staff members are present to direct traffic and will signal cars to proceed to one of the eight poles in front of the main building. Parents should stay in their cars. Staff members are on duty to open passenger-side car doors and help campers to unload gear. Carpools will not be unloaded until 8:30 am. You must wait in your car until that time. Please do not pass another car that has stopped to drop off children.

Late Arrivals/Early Dismissals

Drivers arriving after the morning carpool is over should park and come into the front office to drop off their children.

If your camper needs to be picked up before carpooling, please park in a designated spot and pick them up before 2:30 p.m. Pickups after 2:30 p.m. may not be accommodated and will need to go through the regular carpool process.

Picking up later than 3:30 pm will incur the PM Care daily drop-in fee ($45).

Afternoon Pick-Up (3:00pm-3:30pm)

- Do not arrive at campus prior to 2:45pm. If cars arrive early and back up and out into Danville Drive, they will be asked to circle the neighborhood and return.
- Cars should queue up following a LANE 1, LANE 2, and then LANE 3 progression. Do not block the fire lane.
- Have your carpool placard (emailed to you prior to the start of camp and available in the parent portal) printed, with your child's name and Unit, and displayed for staff to see.
- Carpool will begin as soon as the buses depart campus.
- Once in the carpool circle, pull forward to the next available numbered cone. Follow the instructions of the Green Acres Staff who will be there to direct you. Your camper will meet you at this pole, and staff members will help to load your camper into their car. PLEASE REMAIN IN YOUR CAR AT ALL TIMES!
- If you need to buckle your child's safety seat, once the carpool line begins to exit, you may follow the signs and pull into the buckle zone to safely secure them.
- If walking onto campus to dismiss your camper, use sidewalks to come on to campus, and wait outside of the front office.

- Wait in your vehicle until the Green Acres staff dismisses your wave of carpool. Do not try to pull around cars in the line, as this is dangerous to the campers loading into vehicles.

Driving and Walking on/around Campus

- When walking on campus, please use the sidewalks and refrain from walking on the driveway.
- Please do not park your car in a way that impedes the flow of traffic on any neighborhood street, especially during carpool times. Do not park on either side of the street between the two driveways.
- Walking your child to the classroom is not permitted.
- When on campus, please do not park in the reserved parking spots.
- Cell phone use is prohibited while driving on campus.
- Please be sure to come to a complete stop at the stop signs and ensure that no cars or pedestrians are crossing. Please come to a complete stop at the four-way stop sign at Marcliff and Tilden.
- On Marcliff and Tilden, do not use the bicycle lane to make turns.
- Please do not use Cushman Lane during the hours of 7:30 AM–3:30 PM.
- Please obey speed limit signs when in the neighborhood. Drive 25 on Danville Drive!
- If you are picking up a camper for early dismissal, park in the lot. Please do not park in the driveway circle.

Communication

At Green Acres Camp, we recognize that good communication can be key to your child's successful camp experience. Please be sure to notify us of any information that may impact their camp life. The best way to do this is by email. We value any information and feedback you think would be helpful for us to have regarding your child. Please email us at camp@greenacres.org.

While our first priority is always the campers in our care, we do our best to stay responsive! The camp email is checked during business hours and is not monitored over the weekend. Time-sensitive emails will be responded to first, and all others within 24–48 hours.

Once camp is in session, you can expect an end-of-the-week summary email, and Camp Program Directors will be in contact with families as needed throughout the day.

Important Contact Information

- MAIN Camp Email: camp@greenacres.org
- Camp Phone: 301-468-8110
- Junior Camp Director (monitored only during camp season): juniorcamp@greenacres.org

- Senior Camp Director (monitored only during camp season): seniorcamp@greenacres.org

Communication with Campers During Camp Day

Parents who need to get a message to a camper should call the front office and leave a message with the staff, who will ensure that your message reaches your child within a reasonable time. Cell phones, smart watches, or any other personal internet-enabled devices are not permitted at Camp. We ask that you respect this policy by not asking your camper to text you or to keep their phone on 'vibrate' while at camp. Please protect your camper from the risk of breaking or losing their device by sending them to camp phone-free!

Phones with caller ID will display 301.881.4100, the campus main number. If you should miss a call from Green Acres Camp, please listen to the message rather than immediately returning the call so we can quickly redirect your call.

Camp Services and Information

Before Camp Starts

All the necessary forms, calendar updates, newsletters, and your bill are available on the Parent Resource website page and Parent Portal in CampInTouch. To access your account, please click the "Parent Portal" link at the top of our website. You will log in using your email address. If you cannot remember your password, please call the Camp Office, and we will send you a reset.

The 2026 Camp Agreement and Health History Forms must be completed, and any outstanding balance must be paid BEFORE a camper can start.

Daily Packing List

Please make sure all your campers' items are labeled. Many of our camp families use labels like these for many of their items (including clothing, water bottles, and swim gear)

- Lunch (no refrigeration available; no gum, candy, or soda) & an extra snack (if necessary)
- Ice pack for lunch bag (We do not refrigerate lunches.)
- Backpack
- Wet bag (or other bag) for wet items like bathing suits
- Reusable water bottle
- Reusable Lunch Utensils
- Swimsuit, towel, goggles
- Sunscreen (spray sunscreen recommended for body, lotion recommended for face)
- Bug repellant
- Comfortable clothing

- Hat, raingear, etc. (weather dependent - please no umbrellas!)
- Closed-toe shoes or sandals are best—no flip-flops

Appropriate Dress

Campers are expected to come to camp with activity-appropriate clothing and footwear. Camp happens outdoors, rain or shine, and campers spend the day moving and running. Clothing should reflect the comfortable ability to be outside when it is hot, raining, or cool, and campers should wear footwear that securely ties or straps to the foot.

Flip-flops are not permitted. Clothing that is explicit, revealing, or offensive to others is not permitted. Clothing that reveals campers' underwear is not permitted.

Cubbies and Camper Property

Green Acres camp provides a space for each camper to store their possessions while at camp; as such, the camp owns these cubbies. When an administrator has, in their sole opinion, reasonable grounds to believe that a camper possesses items that violate the rules of the camp, the law, or the boundaries of common sense or good judgment, that administrator or a designee may search a camper and/or their property, including backpacks or other bags, computers, and other electronic devices, such as phones, while the camper is on camp premises or participating in any camp activity. The administrator or a designee may also confiscate any materials that violate any camp rule or which, in the judgment of the administrator or designee, should be removed.

Camp Lunches and Service

Campers who bring their own lunches will keep them in their assigned space. We do not refrigerate lunches but they are stored in an air-conditioned building. Lunch is eaten outside.

Green Acres Camp offers daily lunch service through MyHotLunchbox. Families will receive an email from the camp office in early June that allows them to set up their accounts and prep their orders for the summer. Once the lunches are delivered, a staff member from each Unit will pick up the lunches and deliver them to campers. We still ask that parents pack reusable utensils in their camper's backpack as our camp community continues to improve our sustainability efforts. Our campus also participates in a local composting program and campers will be encouraged daily to add food waste to designated containers around our campus.

Snack and Water

A daily snack is offered to all campers. All snacks are individually packaged and are nut-free. A sample schedule of snacks can be found on the FAQ page of our website. If your child has food allergies or dietary preferences, please provide your child with a snack each day.

We ask that all campers bring a reusable water bottle to camp with them each day. Throughout their day, campers will have the ability to refill their water at water fountains or water coolers, and staff will support as needed. Hydration in the hot summer months is very important, and our staff give frequent reminders to make sure everyone is staying hydrated!

Birthday Celebrations

We announce birthdays and sing Happy Birthday in Gully for all Junior Campers. Campers will be given a special birthday crown to wear, and camp will provide a special group treat. Please do not send celebration food or items with your child to camp.

Camp Attendance and Absences

If you know of any planned absences during your camper's summer, please contact our camp office via email so we can make a note for our staff members not to expect them on the bus or at camp.

If your camper has an unplanned absence, please contact the camp office as soon as possible via email so we can make a note not to expect your camper.

Camp Transportation Changes

If your camper's transportation plans change for a particular morning or afternoon, please notify us by email at camp@greenacres.org. While you are welcome to call to confirm we have received your update, all transportation changes must be submitted in writing.

When space allows, we are happy to accommodate campers on our buses. Please note that a $5 fee will be charged for bus service at the time the change is processed.

Camp Groups

Green Acres Camp makes every effort to accommodate friend requests submitted through the designated form on CampInTouch by the stated deadline. Each camper may submit up to two friend requests. While we strive to honor mutual requests, placement is not guaranteed. Camp leadership reserves the right to make final decisions on group assignments based on overall group dynamics, enrollment balance, and the goal of creating a positive and inclusive environment for all campers. Requests submitted after the deadline may not be considered.

Camp Photos

At Green Acres, we love our camp program and we love sharing it with parents! We hope you take advantage of the many opportunities to learn more about camp. Please choose the sources of information that are best suited to you and utilize the options below throughout this summer!

Campanion App

We're striving to bring parents closer to their camper's experience, and this summer we're using an amazing new app called Campanion to do just that. It helps with all of your pre-camp preparations and you get fun updates and photos of your camper right on your phone. Campanion makes you feel closer to your camper's experience than ever before.

To get started, follow these simple steps:

- Download the Campanion app
- Use your CampInTouch Account email address and password to log in
- Complete forms online and upload completed paperwork right in the app
- Upload a training photo of your child, which enables the app to send you photos of your camper over the summer
- Ensure you have push notifications enabled within your phone settings so you can receive important updates from camp all year long!

Social Media

Green Acres Camp uses social media regularly to engage parents with the camp experience. Social media is a way for us to enhance and supplement communication, but no single social media platform is intended to be a primary source of camp information. Therefore, participation in social media is optional. Photos are taken every day by our photographers and regularly uploaded to social media and Campanion.
If you would like to follow us on one or more social media platforms, the links are below:

- Facebook (Green Acres Camp)
- Instagram (GreenAcresCamp)

No Photo Policy

Those families who opted into the no photo policy (specified in the Camp Agreements Form) will not have photos included in Newsletters, social media, or in camp slideshows. If you wish to update your photo permission, please contact the camp office via email.

Camp Theme Days

Each week, Green Acres Camp has a fun theme day where campers are encouraged to dress up along with our staff team. This fun theme is optional but be sure to check our calendars for the theme each week and turn on your Campanion Push Notifications for reminders.

AM Care Program

An early morning drop-off is offered for all campers. Campers may arrive as early as 7:30 am and will enjoy supervised arts and crafts, toy playtime, and playground time. You may sign up ahead of time or on a drop-in basis. If payment is not included in your tuition bill ahead of time, your account will be charged for the service at the end of each week. When dropping off in the

morning, parents may drop off campers with the counselor in front of the Main Building. Prices for this program are available on our website.

PM Care Program

An afternoon program is offered for all campers. Campers can extend their day until 6 pm. Campers will enjoy playground time, a snack, and other camp activities. You may sign up ahead of time or on a drop-in basis. If payment is not included in your tuition bill ahead of time, your account will be charged for the service at the end of each week. Pick-up is in the main building. A late penalty of $15 per child, plus $2 per minute per camper, is assessed for all late pickups after 6:00 PM and will be added to your camp bill. Prices for this program can be found on our website.

THERE IS NO PM CARE ON JULY 2ND AND AUGUST 14TH.

Tutoring

If your child needs tutoring over the summer, space may be arranged through the camp office via email. Space is limited and available on a first-come, first-served basis. Tutors will be assigned a space through the camp office. Parents must arrange for tutors to be fingerprinted before starting, and tutors must provide a copy of their professional insurance for our files. Tutors must sign in and out in the Front Office and may not leave anything in the tutoring rooms between sessions.

Counselor In Training (CIT) Program

The CIT program at Green Acres Camp offers an excellent opportunity for campers to learn valuable leadership skills and gain work experience. CITs work closely with our campers, staff, and leadership team and take on responsibility in the day-to-day operations of camp.

The Counselor in Training (CIT) program is offered for campers who are in Unit's H and I who want to better understand the responsibility and leadership of being a counselor. This program is optional to any eligible camper and not required for enrollment at Green Acres Camp.

CITs can receive 5 SSL hours per week (must provide proper documentation to Green Acres Camp Leadership)

CIT Responsibilities

- Assisting with camper arrival and dismissal
- Shadowing and engaging with experienced counselors in various Junior Camper age groups for portions of their day
- Roleplaying to gain confidence in working with children
- Teambuilding and leadership training activities

Camp Calendar

Camp Session Dates

- Week 1: June 22nd - June 26th
- Week 2: June 29th - July 2nd (No Camp July 3rd)
- Week 3: July 6th - July 10th
- Week 4: July 13th - July 17th
- Week 5: July 20th - July 24th
- Week 6: July 27th - July 31st
- Week 7: August 3rd - August 7th
- Week 8: August 10th - August 14th

All Camp Dates Key Dates

- Sunday, June 21st: Meet the Staff (10am-12pm)
- Thursday, June 25th: Superheroes
    - Caped crusaders unite! Show off your superpowers by dressing as your favorite hero or invent one of your own. It's time to save the day!
- Thursday, July 2nd: Red/White/Blue Day (NO PM CARE!)
    - Celebrate the spirit of summer in red, white, and blue! Come decked out in patriotic colors as we enjoy our campus-wide parade and celebration.
- Friday, July 3rd: NO CAMP
- Thursday, July 9th: Under the Sea
    - Make a splash this week with your best underwater-inspired outfit. From mermaids to sea turtles, jellyfish to divers: We'll turn camp into an ocean wonderland!
- Thursday, July 16th: Out of This World
    - Blast off into a day of cosmic creativity. From astronauts to aliens, planets to shooting stars, we'll transform camp into a galaxy of imagination. Suit up for space and get ready for an interstellar adventure that's truly stellar.
- Thursday, July 23rd: Pirate Island
    - Yo ho ho - it's time for adventure! Dress like a pirate, parrot, sea creature, or castaway and help us uncover buried treasure on Pirate Island.
- Thursday, July 30th: Halloween in July
    - Who says Halloween only happens in October? Come in costume and enjoy a week full of spooky (but silly) fun. Superheroes, animals, princesses - we welcome you all!
- Thursday, August 6th: Down on the Farm
    - Dust off your boots and get ready for a barnyard adventure. Whether you come as a friendly farm animal, a hardworking farmer, or even a scarecrow, we'll turn camp into a country-style celebration full of fields, fences, and farmyard fun.
- Thursday, August 13th: Wacky Tacky
    - Get wild with your wardrobe! Mismatched socks, backwards shirts, clashing colors: If it looks silly, it's perfect. Let your creativity shine with the wackiest outfit you can find!
- August 14th: Last day of Camp (NO PM CARE!)

Junior Camp Key Dates

- July 16th: Unit C Late Stay (until 5 pm)
- July 21st: Unit B Late Stay (until 5 pm)
- July 28th: Unit D Late Night (until 8 pm)

Senior Camp Key Dates

- July 1st: GHI Day Trip
- July 15th: GHI Day Trip
- July 27st-28th: Unit E & F Overnight Trip
- July 28th - 30th: Unit GHI Overnight Trip
- August 12th: GHI Day Trip

Pool Information

Our Pool Facility & Staff

On our campus at Green Acres, we are so fortunate to have a beautiful outdoor pool facility for our campers to enjoy each summer. The pool has a shallow entrance that gradually gets deeper as swimmers move around the z-shaped pool.

Down at the pool, all of our aquatics team members are trained Lifeguards with current certifications. When campers are in the pool, they are accompanied by swim instructors and unit counselors who are all supervised by the on-duty lifeguard.

Next to the pool are two locker room facilities that campers can use to change before and after swimming. Each unit is also supplied with portable changing tents that can also be used for campers to change as needed.

We suggest that campers wear their swimsuits under their clothes if they have morning swim instruction.

Basic Pool Rules

We want all our campers to be safe and have fun at the pool. Some basic rules for all campers to keep in mind:

- Shower and/or rinse off before entering
- No running on the pool deck
- Follow all directions from the pool staff
- No diving in shallow areas
- No roughhousing (pushing, dunking, etc.)
- Use the buddy system
- Exit the pool immediately if you hear thunder/see lightning, or if instructed by staff
- Report unsafe behaviors or injuries to staff

Before and After Camp Swim Lessons

In addition to the 30-minute swim time for Junior Campers and free swim for Senior campers, parents can sign up for lessons before and after camp. More information on these lessons and sign-ups can be found here.

Deep Water Bracelets

Every camper has a chance to earn their deep-water bracelet. The bracelet is earned when a camper completes a swim check that demonstrates their ability to keep their head above water and swim to safety. The "swim check" includes a 25-yard swim and one minute of treading water immediately following the swim. The "swim check" is administered by the assigned swim staff during instructional swim or senior camp workshops. Once the bracelet is earned, the swimmer can venture past the bubble rope into the deep end of the pool.

Red-Cross Swim Levels

We use a Red Cross-certified instruction program. We want our campers to develop a love of swimming, so we do not force children to do anything other than dress in their bathing suits and sit on the side of the pool where their instruction group is meeting. We evaluate where campers are as it relates to their comfort level and skill and then divide them into small teaching groups to play games that work on skill-related development.

Pollywogs – Water Exploration

- Fully submerge face in water for 3 seconds
- Experience buoyancy – bounce up and down in chest-deep water 10 times
- Supported float on front
- Supported float on back
- Blowing bubbles
- Enter and exit the water independently
- Walk 5 yards in chest-deep water
- Supported kick on front
- Supported kick-on back
- Walk 5 yards, demonstrating alternating arms
- SAFETY SKILLS

Bonefish – Primary Skills

- Hold your breath and fully submerge your head for 3 seconds
- Prone and supine float or glide, unsupported, and recovery
- Leveling off from a vertical position
- Flutter kick on front and on back – support optional
- Combine stroke front, using alternating arms, and kick 5 yards (head can be out)
- Combine stroke back using kick and choice of arms

- Turn over front to back
- Turn over back to front
- SAFETY SKILLS

Mahi Mahi- Stroke Readiness

- Bob 15 times in chest-deep water
- Rotary breathing in water or on dry land
- Prone glide with push-off – 2 body lengths
- Supine glide with push-off – 2 body lengths
- Elementary backstroke kick 10 yards with or without a kickboard
- Reverse direction while swimming in front
- Reverse direction while swimming on back
- Dive from the side of the pool in kneeling and compact positions
- Explore deep water
- SAFETY RULES

Tarpon – Stroke Development

- Retrieve object – eyes open, no support
- Deep water bobbing
- Experiment with Buoyancy and floating position
- Elementary backstroke 10 yards
- Sculling on the back 5 yards or 15 seconds
- Front crawl 25 yards rotary breathing
- Back crawl 25 yards
- Breaststroke kick 10 yards with or without support
- Intro to turn on wall
- Dive from the side of the pool from a stride position
- SAFETY RULES

Sailfish – Stroke Refinement

- Alternate breathing
- Breaststroke 10 yards
- Swim underwater 3 body lengths
- Elementary backstroke 25 yards
- Butterfly kick 10 yards
- Front crawl 50 yards
- Back crawl 50 yards
- Open turn on front
- Open turn on back
- Dive from the side of the pool from a standing position, pushing off from the ball of the foot
- SAFETY RULES

Marlin – Skill Proficiency

- Front crawl 100 yards with 1 turn
- Back crawl 100 yards with 1 turn
- Breaststroke 25 yards
- Butterfly 10 yards
- Breaststroke turn
- Backstroke turn
- Flip turn for front crawl
- SAFETY RULES

Health and Safety Information

All Green Acres campers must have on file current health and medical records. Early each summer, health department officials visit the camp and require us to suspend campers whose records are out-of-date. To assist us in getting to know your child, the Camp posts a Health History Form on your Parent Page each spring to be completed online prior to your child starting camp, and Medication Authorization Forms (for Over-the-Counter and prescription medications), which must be completed by a physician.

Green Acres School and Camp employs a full time Registered Nurse to handle daily needs onsite. A member of our Admin team reviews each health form, and parents are contacted for further clarification as needed.

In addition to what is outlined above [i.e., eyes, head bumps, injuries serious enough that the child leaves camp], parents will be notified of a child's visit to the health room when the circumstances involve: an incident with another child; administering an as-needed medication such as Tylenol or Motrin; or, an injury that has left a visible mark on the child.

Should a parent wish to be informed each time their child visits the health room, that request should be submitted in writing to nurse@greenacres.org.

The following records are those required by the state of Maryland and Montgomery County for enrollment:

- Camper Information & Permissions Form
- Camper Immunization Records
- Camper Health History Form
- Medication authorization forms (See notes below)
- Allergy Action Plan for campers with allergies, signed by both parent/guardian and physician, along with Epinephrine kit if indicated
- Asthma Action Plan for campers with asthma, signed by both parent/guardian and physician, along with inhaler if indicated

Medications at Camp

The Camp follows state and county guidelines for the administration of medication at Camp. No prescription medication will be administered unless the medication is brought to camp by a responsible adult, is properly labeled (see below), and is accompanied by a completed authorization form (signed by parent and physician). Physician authorization is also necessary for the administration of over-the-counter medications. These forms are available on the Parent Resource page and Parent Portal. Camp medication and forms must be turned in to the Camp Nurse prior to your child coming to camp. No medications are to be kept by and/or administered by campers except by special permission from the Camp Nurse and their physician.

Any medication given to a child during camp hours must be in the original pharmacy bottle labeled with:

- The child's name
- The physician's name
- The name of the medication
- The dosage and the times medication is to be given
- Prescription medications must have the pharmacy label attached.

The Camp will maintain acetaminophen, ibuprofen, Benadryl, Tums, Benadryl cream and hydrocortisone cream, calamine lotion, and antibiotic ointment. Anything else must be provided by the parent and labeled according to the instructions above.

Further, any changes in directions (medication, dosage, schedule, etc.) must be sent to the office with a new medication authorization form signed by the parent and physician. All medications at Camp will be administered under the auspices of the Camp Nurse or Certified Medication Technician (CMT); Medication Authorization Records are kept to record the daily administration of each medication.

Children must stay home for the first day's administration of any medication and change in dosage; the Camp will not assume responsibility for the first administration of any new medication or dosage. Campers are expected to take some responsibility for remembering to go to the health room for their medicines, and counselors are often able to remind them as well.

If your camper takes medicine at camp, please be advised that state regulations prohibit us from being able to send any leftover medicine home with the camper. A parent/guardian will have to come to camp and pick it up by the last day. Any medications not picked up within a week of the end of Camp will be properly destroyed.

Illness at Camp

Children who become ill during the camp day are brought to the Camp Nurse's Office. The Camp Nurse evaluates the camper's complaints and by checking temperature, pulse, and respiration (if indicated). Any camper with a temperature of 100 degrees or higher is sent home. When a child has a fever, diarrhea, or vomits, they are required to stay home for 24 hours after they are fever-free, diarrhea-free, and vomit-free.

Communication between your child's healthcare provider and the school nurse can be an important part of supporting their needs at school. If your child is dismissed from the health room at school and subsequently seen by a healthcare provider, please be prepared to provide a note from the healthcare provider that states, at a minimum, the date of their appointment and the date they are cleared to return. The school at its discretion, reserves the right to request parents provide a note from the healthcare provider for reasons outside those outlined above.

When an emergency or epidemic of disease is declared by the county or state secretary of health officer, the camp operator may not:

- Admit a camper to camp that does not have vaccination or immunity to the disease
- Allow an individual who does not have a vaccination or immunity to the disease to work or volunteer at a camp.

Accidents and Injuries

In spite of rigid health and safety precautions, accidents do happen to children. For minor cuts and scrapes, a First-Aid certified staff member will attend to the injury with the camp-provided first aid kit and will fill out the Health Log for camp records. More serious accidents and any head injuries are referred to the camp Nurse. Parents are alerted if the injury seems serious and advised to come for their child and to seek further medical attention. Parents are called in all cases of head or eye injuries, even if the child can remain in Camp.

In an emergency situation, an ambulance will be called, and the camper will be transported to the hospital. A camp staff member will accompany the camper. Parents are asked to meet the ambulance at the hospital.

The Camp cannot assume responsibility for obtaining medical care. Your emergency card must be on file so that we can contact you or your emergency contact.

If an accident requires a child to see a physician, parents will be offered to complete a Camper Accident Report form for the camp's insurance. Family insurance is primary, and the camp's insurance is secondary.

For allergic reactions, campers are observed, and an antihistamine (such as Benadryl) may be given if indicated by the parent or guardian and physician on the authorization form. If severe

reactions occur, an ambulance will be called, and the camper will be transported to the hospital. Parents are asked to meet the ambulance at the hospital. Those campers with known anaphylactic reactions, and medication in camp, will be treated according to their individual care plans; usually, this involves administering medication (such as an Epi-Pen), calling an ambulance and a parent, and emergency transport to the hospital.

Emergencies

Green Acres Camp uses CampInTouch to notify all families by text and/or email of an emergency or an urgent situation. We expect such situations will arise very infrequently. The messages will arrive at the cell phone numbers and email addresses that families have entered in their CampInTouch account. If this information changes, you must update the information by signing into the Parent portal.

Text messages regarding Green Acres Camp will come from 301-781-5899. Please be sure to read these messages and check your email rather than calling our camp office. When there is an urgent situation or emergency at our campus, it is important to keep our phone lines as free as possible; the text and/or email message is likely to contain all the information you will need.

Green Acres Office Tip: We recommend all families "opt-in" to our texting service for time-sensitive information. This can be done through the parent portal and completed under "Forms and Documents."

Inclement Weather Procedures

We monitor the weather reports daily for Code Red alerts and other weather-related guidance from Montgomery County. Green Acres Camp may adjust the program to shift some activities indoors. Outside activity may be limited depending on the alert, but not necessarily eliminated, as campers can be outside as long as their activity is monitored and they stay hydrated. Regular announcements are made to remind campers and staff to hydrate. Extra water is made available in the classrooms, playgrounds, and gym.

Under guidance from the National Weather Service, when thunder is heard, the outdoor pool is immediately cleared for the next 30 minutes. Every time thunder is heard, the 30 minute timer starts over. The camp and pool director will notify staff when the pool is safe to reopen.

Food Allergies at Camp

Green Acres strives to be inclusive of all campers, and we understand that having a child with a food allergy can be very stressful. Accordingly, the Camp is committed to working in cooperation with parents, campers, and physicians to minimize risks and provide a safe educational environment for all its campers. The focus of allergy management is on prevention, education, awareness, communication, and emergency response.

We have set forth below what you can reasonably expect from Green Acres regarding food allergies and what the Camp expects from families. We hope that having this clarity helps alleviate stress and increase safety. Please note that this is not an Allergy Action Plan for a camper (That is something created in consultation with the Camp Nurse and your medical provider.)

Goals for Allergy Management

- To define a formal process for identifying, managing, and ensuring continuity of care for campers with serious allergies.
- To maintain health and protect the safety of children who have serious allergies in developmentally appropriate ways, promote self-advocacy and competence in self-care, and provide appropriate educational opportunities.
- To ensure that interventions and individual health care plans for campers with serious allergies are based on medically accurate information.

What Parents Can Expect from Green Acres Camp
By working with parents and their medical professionals, Green Acres will make every effort to reduce the exposure to allergens and accommodate children with allergies.

- The Camp requires that parents determine if the food likely to be present is an allergy concern for them. If a family chooses, the camp will support the family by storing and serving alternative food (provided by the family) or by seeking an allergy-friendly alternative.
- Our campus is nut-aware. We do not limit the food our camper may bring, but we do not provide nut-based products, and we make our staff aware of their campers with any food-related allergies.
- Sharing of food between campers is not permitted at any time.

What The Camp Expects from Parents with Children Who Have Food Allergies

- Parents will keep the allergy information updated with the Camp Nurse, and in CampInTouch in compliance with medical provider instructions.
- Parents will supply alternative foods/snacks when needed.
- Parents will communicate any needs and concerns with counselors or other staff members who are serving food.

Sunburn, Bugs, and Ticks

Campers spend time outdoors most days. Hats, shirts, and sunscreen will give some needed protection from the sun. Green Acres Camp does not provide sunscreen or bug repellent.

- Send sunscreen in your campers' backpacks daily. Label clearly with first and last name. We recommend you put sunscreen on your camper right before coming to camp for the day
- Staff will remind campers to reapply sunscreen throughout the day.

- Counselors can assist your child with spray or aerosol sunscreen, but do not apply lotion sunscreen to campers with their hands. Counselors will supervise sunscreen application for younger campers including ensuring they are rubbing in sunscreen. Counselors will encourage campers to help each other with sunscreen applications.
- Ticks exist on campus and in the woods. Please check your child for ticks daily. Common places for ticks are along the hairline, ankles, and along clothing lines. They can range from as small as the head of a pin to the size of a pencil eraser.
- We will be regularly checking our campus for areas of standing water in an effort to cut down on mosquitoes.
- There are several natural mosquito repellent products available that would be suitable for daily use. The CDC recommends products containing IR3535 (chemical name: 3-[N-butyl-N-acetyl]- aminopropionic acid, ethyl ester) or Picaridin. Products containing IR3535 include but are not limited to, Skin So Soft, Bug Guard Plus Expedition, and Skin Smart. A product called Natrapel contains Picaridin and is an all-natural mosquito repellent that parents can get at REI and many other places locally or online.

Poison Ivy

We have poison ivy in the woods, although we spray paths and the public areas. If your child is highly susceptible to it, you may send in a pair of long pants to be kept at Camp for walks in the woods.

Lice

Green Acres does not conduct lice screenings and follows the guidelines set forth by the American Academy of Pediatrics, the CDC, and the National Association of Camp Nurses. Please contact the nurse if your child has lice. If a child is suspected to have nits or lice while at camp, the nurse will contact the family and provide lice education and treatment information. Students will not be excluded from camp; however, the camper must receive treatment before returning to camp the next day. The camp nurse will confirm treatment has been initiated upon the camper's return to camp.

Communicable Disease Policy

Green Acres Camp is a community based on mutual trust and respect in which each camper, family member, and staff member has a responsibility to promote public health and ensure that risks from communicable diseases are minimized. If a Green Acres Camp camper has a communicable disease that is contagious and likely to be transmitted in the ordinary camp setting, the camp nurse must be promptly informed of the diagnosis and kept informed about the progress of treatment.

Green Acres Camp keeps in confidence all medical information regarding its campers who have communicable diseases, subject to the requirements of law and the need of camp personnel and families to know of the camper's condition, as determined by the Camp Director.

Should a camper contract a serious communicable disease, Green Acres Camp reserves the right to evaluate its response on a case-by-case basis with professional advice, as needed, including consultation with the family and their physician.

If three or more campers in the same cohort develop similar symptoms or receive similar diagnoses, the remaining members of that cohort will be notified to monitor for symptoms.

Green Acres Camp will continue to monitor public health information on communicable diseases and the need to modify policies and procedures accordingly.

Technology Use Policies

Green Acres Camp Summer Camp provides computers/devices and Internet access for campers to participate in structured camp activities. Camper's use of technology resources—whether at camp, accessing the Camp's network, or using technology in ways that affect the Green Acres community—is a privilege and must be exercised responsibly and ethically. Green Acres campers are expected to exhibit the values of community, caring for others, and responsibility when using technology resources. Expectations for appropriate use by all campers are outlined below. The purposes of computer use, Internet access, and other similar resources are not different from those of any other type of resource, and, as such, the Camp retains control over the manner in which these resources are used. The purpose of this Policy is to ensure that users recognize the limitations that the Camp imposes on their use of technological resources, to explain the limits of the Camp's provision of these resources, and to establish an Acceptable Use Policy for users.

Green Acres Camp Computers, Devices, and Network

These guidelines apply to all devices accessing the Camp network:

- Campers may use computers or technology resources and access computer applications only with staff permission and supervision.
- Campers must treat all hardware with care and respect to maintain our resources. Food and drink are not allowed while working on or near the computers.
- Campers may log on using their assigned camp logins. Campers must keep passwords confidential and must log off the network after using a computer. Campers who fail to protect passwords or leave their accounts open may be held responsible for computer activities by others under their login.
- Campers agree not to assume fictitious identities in any activities associated with Camp resources.

- Under no circumstances may a camper modify computer settings or attempt to access, tamper with, copy, or erase files that are not his or her own.
- Campers may not download and/or install software onto Camp-owned computers without both permission and supervision by a staff member.
- Campers may not copy software except as explicitly allowed by the authors or publishers of that software.
- Campers may not attempt to harm or destroy data that belongs to others (including the introduction of viruses or other forms of vandalism).
- The use of personal technology devices during the camp day must be approved by a staff member. If a device requires network access the network administrator must approve the use of the device on campus.

Internet

At camp, campers may use the internet and navigate to specific sites only with permission from a staff member. At camp, campers may not access private email, social networking sites, private chat applications, or other communication methods without staff approval of the specific site for educational purposes. YouTube is not accessible on camper devices.

Accessing or spreading material in violation of federal or state regulations is prohibited. This includes, but is not limited to, copyrighted material; threatening, abusive, rude, disrespectful, or obscene material; commercial activities; and political lobbying.
Students may not share their own or others' personal information on the internet, including posting depictions of others (such as photographs or video)—whether their own, another person's, or fictional representations— without staff approval.

The camp makes no warranties of any kind, either express or implied, for the internet access it provides. The camp will not be responsible for any damages users suffer, including, but not limited to, loss of data resulting from delays or interruptions in service. The camp will not be responsible for the accuracy, nature, or quality of information stored on camp hard drives or servers or gathered through camp-provided internet access. The camp will not be responsible for personal property used to access camp computers or networks, for camp-provided internet access, or for financial obligations resulting from camp-provided internet access.

Harassment of others online, including personal attacks against a camper, non-camper, or staff member, is serious, prohibited, and contrary to the camp's policies and values. Harassment, whether it is initiated on campus or off campus, should be reported immediately to a trusted adult or staff member and may lead to criminal prosecution.
Violation of this policy will result in disciplinary action, which may include loss of technology privileges.

Acceptable Use of Artificial Intelligence (AI) Technologies

As part of our commitment to preparing campers for a world shaped by innovation and ethical engagement with technology, our community recognizes the growing presence of artificial intelligence (AI) tools in education. The following guidelines apply to all use of AI tools by students and staff to ensure responsible use while protecting the rights and interests of the school community.

- All AI use must align with our camp's core values of respect, inquiry, integrity, and community.
- AI tools should be used to enhance learning, not replace original thought or creativity.

Prohibited uses include:

- Using AI to deceive, misrepresent, or create inappropriate, harmful, or misleading content.
- Abusive, harmful, or disrespectful conduct through AI platforms is unacceptable. Any form of communication with or through AI tools, including chatbots or virtual assistants, must align with our school's core values.
- Entering personal, private, or sensitive information into AI tools. This includes, but is not limited to, camper names, addresses, photos, or likeness of campers or staff without permission, passwords or other credentials to access school systems, protected health information, and/or information that is protected under federal and/or state privacy laws.

The misuse of AI tools and/or violations of this AI policy may result in consequences including warnings, banning use of the AI tools for violators, and/or disciplinary action.

Sexual Harassment Policy

Green Acres Camp Summer Camp is committed to having a community in which every individual is treated with sensitivity and respect, and in which each camper and counselor has an equal opportunity to work, learn, and develop to his or her full potential in an atmosphere free from all forms of sexual harassment. Furthermore, because our primary concern is the well-being of our campers, sexual activity between staff and campers is strictly prohibited under any circumstances.

Definition of Sexual Harassment

Sexual harassment is defined as unwelcome sexual advances, requests for sexual favors, and other inappropriate verbal, written, or physical conduct of a sexual nature that takes place under the following circumstances:

- When submission to such conduct is made, explicitly or implicitly, a term or condition of instruction, participation in camp activities, or employment.
- When submission to or rejection of such conduct by an individual is used as the basis for academic or employment decisions or benefits.

- When such conduct has the purpose or effect of substantially interfering with an individual's academic, extracurricular, or work performance or creating an intimidating, hostile, or offensive camp or working environment.

Application

This policy applies to sexual harassment by staff or campers of any gender against staff or campers of any gender.

Implementation-Information and Education/Training

The policy is distributed to all current staff via the employee handbook, which is circulated in the fall of each camp year. The guidelines and procedures of the policy will be discussed as part of the staff orientation at the beginning of each camp year.

Hearing Formal Complaints by Campers

The close and positive relationships that exist between staff and campers at Green Acres is an important quality and strength of the camp, and campers should feel comfortable discussing any camp-related concern, including sexual harassment, with a teacher or advisor.

Any camper who believes that they been subjected to sexual harassment should report such conduct promptly. The report can be made verbally or in writing to any staff member, who will then assist the camper in reporting the incident. Working with the camper, the staff member must write down the camper's complaint and refer the written complaint of sexual harassment to the appropriate administrator or the Head of Camp. The camper also may make the complaint directly to an administrator or the Head of Camp.

Any complaint of sexual harassment by a camper will be investigated promptly and thoroughly. The investigating administrator will consider all circumstances in determining whether the alleged improper conduct occurred and whether that conduct constitutes sexual harassment. To the maximum extent possible, the camp will protect the privacy of the parties involved. There will be no adverse action against a camper who, acting in good faith, reports an incident or participates in or cooperates with an investigation of an alleged incident.

The administrator will prepare for the Head of Camp, or the Head's designee, a written report that contains a synopsis of the allegations, the results of the investigation, and a recommended disposition of the complaint. The Head of Camp or the Head's designee will take appropriate action. Families of all campers involved in the incident will be informed of the situation and its resolution.

Hearing Formal Complaints by Staff

If a staff member believes that they have been the victim of sexual harassment, the staff member should immediately discuss and submit a written report to the Camp Director. Any

complaint of sexual harassment by a staff member will be investigated thoroughly and promptly. The administrator to whom the complaint is brought will consider the totality of the circumstances in determining whether the alleged improper conduct occurred and whether that conduct constitutes sexual harassment. To the maximum extent possible, the camp will protect the privacy of the parties involved.

Any attempt to interfere with or influence the investigation of a sexual harassment complaint is strictly prohibited. There will be no adverse action against an employee who acts in good faith to report an incident or who participates in or cooperates with an investigation of an alleged incident.

Confidentiality of Records

Green Acres Camp will make every effort to maintain confidentiality and protect the privacy of the parties involved in the investigation of a sexual harassment complaint. All written materials related to the investigation of allegations of harassment will be placed in confidential files, which are separate from camper and personnel records. Reasonable efforts will be taken to ensure that access to these records is limited to those persons with a need to know.

Disciplinary Action

Any staff member or camper who is found to have committed an act of sexual harassment as defined by this policy will be subject to remedial action, including warning, counseling, suspension, expulsion, or discharge. In addition, some forms of sexual harassment, such as sexual relations between an adult and a minor, may violate criminal laws. Green Acres Camp will cooperate with local authorities in the investigation of any alleged criminal activity.