

2010  
Camp Echo Lake  
Parent Handbook

*Dedicated to Human Development*

## CAMP ECHO LAKE

Tony Stein, Director  
Amy Medine Stein, Director Emeritus  
Laurie Rinke, Associate Director

Dear Parents:

This handbook is intended to serve as a helpful guide for your summer preparations. By following the information within, we hope that you will find camp preparations quite simple. Please feel free, as always, to call us any time should you have any questions. Please note that the handbook is also posted in the “Current Families and Campers” section of our website at [www.campecholake.com](http://www.campecholake.com).

We are looking forward to another great summer – our 65<sup>th</sup> – at Echo Lake!

Warm Regards,

Tony, Amy and Laurie

### Contact Information:

Winter (thru May 20)  
3 W. Main St.  
Elmsford, NY, 10523  
Phone: (914) 345-9099  
Fax: (914) 345-2120

Summer (after May 20)  
P.O. Box 188  
Warrensburg, NY, 12885  
Phone: (518) 623-9635  
Fax: (518) 623-3316

[www.campecholake.com](http://www.campecholake.com)

## IMPORTANT DATES

March	New campers hear from Camp Big Brothers and Sisters
March 15	Make appointments for medical and dental check-ups. Complete your ordering from the Cloz Company.
April 14	New Parent Night
May 1	All Completed Camp Forms due to camp office
May 6	New Camper Picnic
June 18-21	Camp Trucking Baggage Service home baggage pick-up.
June 20 (Sunday)	CEL Baggage Service area baggage pick-up.
June 26 (Saturday)	Campers depart for camp.
July 17 (Saturday)	Parents Visiting Day
July 18 (Sunday)	Alternate Visiting Day
August 15 (Sunday)	Campers return home from camp.
August 17 (Tuesday)	CEL Baggage Service area baggage drop-off.
August 17-20	Camp Trucking Baggage Service home baggage drop-off.

## CAMP POLICIES

**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:** There is NO TIPPING at Echo Lake. Our staff is aware of this rule and knows that anyone accepting “tips” will be dismissed from staff.

**Drugs/Tobacco/Alcohol:** No smoking or possession of any tobacco or alcohol products or any controlled substance is allowed at camp. Camp is a non-smoking, non-alcoholic and drug-free environment. Any camper or staff member violating this policy is subject to immediate dismissal from camp.

**Electronics/Communications devices:** Cellphones, beepers, pagers, digital video players, video games, **e-readers** and video cameras are not allowed at camp. ***Personal music players such as iPods, are allowed at camp. Please be sure to label each camper’s iPod with their name. Any such items that have video capabilities must have the videos removed before they come to camp. Staff will be checking all such items for videos – any that contain videos will be confiscated.***

Electric Fans are not permitted. Only hand-held battery-operate fans are permitted.

iPhones and the iPod touch or any other device that is equipped with a wireless internet connection capability are not permitted at camp.

**Digital Cameras/Cameras:** ***Cameras are permitted at camp, as long as there are no photographs taken inside of cabins, tents, hotel rooms and showerhouses.*** Any cameras used in such places will be confiscated and returned at the end of the summer.

**Spending Money:** For “special” trips (only those listed below), campers may want to bring spending money to camp. The camp office will be happy to hold such moneys prior to these trips. Spending money is, of course, optional and at the parent’s discretion.

Spending money, for anything besides the trips listed below, will not be held by the camp office and cannot be held by the staff members for campers. Such moneys are solely the camper’s responsibility and camp takes no responsibility for such moneys kept in cabins by campers.

In order to provide parents with some helpful guidelines, should you want to provide your child with spending money FOR THESE SPECIAL TRIPS ONLY, we suggest:

**Inter Day Trip:** up to \$30

**Lower Village Trips to Lake Placid/Vermont:** up to \$75

**Upper Village Trips to Cape Cod/Boston:** up to \$100

**4n4:** up to \$400

## CAMP POLICIES (CONT'D)

**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 child has forgotten an essential item at home and you need to send it to camp, please contact either Laurie Rinke (Main Village Director) or Brenda Levine (Senior Village Director) for approval to send such items to camp.

Any packages received addressed directly to campers from parents, grandparents, other relatives or friends, or from family friends who are touring camp, will be held in the office until Visiting Day. If received after Visiting Day, the package will be given to the camper on packing day at the end of camp.

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

1. We recommend the use of two large sports equipment bags or soft trunks, available from Cloz. If you are purchasing new camp baggage, we specifically recommend the Cloz Jumbo Ballistic Cargo Bag. For storage, durability and ease of handling they are far superior to the standard camp trunk. **ALL CAMP BAGGAGE MUST HAVE CAMPER'S NAME CLEARLY PRINTED ON THEM.**
2. We do our own laundry on camp grounds. Please pack wash and wear items only. We also ask that all items sent be colorfast.
3. No dressy clothes are needed, and we remind you that skirts, skorts, blow dryers, make-up and jewelry are not allowed at Echo Lake. Tank tops or t-shirts that allow undergarments to show through are not allowed.
4. Girls may bring only one-piece bathing suits to camp. Monokinis or bathing suits that are risqué are not permitted.
5. All campers must bring their own sheets, blankets, pillowcases and pillows to camp.

## MAIL

Please provide your child with an adequate supply of postage and stationery. Pre-addressed envelopes for younger children are very helpful. When addressing a letter to your child at camp, please put his or her group name on the envelope (we will e-mail your child's group to you on the first day of camp).

Campers are required to write home to parents three times 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.

## E-MAIL

You may e-mail your child at camp. At the beginning of camp, we will post instructions on our website as to how you can e-mail your child. We print out e-mails Monday through Saturday and distribute them with the regular mail. Campers are not allowed to send e-mail. *Please remember that campers love receiving "regular mail."*

## FAX SERVICE

Due to our inability to handle a large number of faxes, only Canadian parents or parents traveling outside the United States may send faxes. Our fax number is (518) 623-3316.

## BAGGAGE INSTRUCTIONS

All campers from the United States must pre-ship their baggage to camp.

**CEL Baggage (Metro NY, NJ, CT):** CEL Baggage is a baggage service we operate ourselves and provides regional baggage drop-off and pick-up service at convenient locations around the metro area. It is the most economical way to ship baggage to camp and in April, you will receive information about this service. 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 (Metro NY, CT, NJ, PA, FL, MD, VA, DC and ILL):** Camp Trucking provides door-to-door pick-up and drop-off service. You will receive information about this service at the end of April and they will advise you on or about June 1 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 child's baggage keys or combinations by June 16th.

**Canada:** All Canadian baggage will accompany campers to and from camp. To facilitate the baggage handling, staff will be on hand. Baggage should not be locked.

## PHONE CALLS

We can schedule up to three phone calls (**a birthday phone call counts as one of these phone calls**) per child during the course of the summer (where there is a divorce or separation, each parent can schedule up to three calls). These calls are not mandatory, and many campers (particularly in the Sr. Village) do just fine with two calls during the summer. Because 4n4 campers can call home anytime throughout 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 by you on-line starting June 16, 2010 at 7:00 AM. Instructions for how to do this will be e-mailed to you in the spring.

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 7th.

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 an answering machine between the hours of 8:00 PM and 8:00 AM. If you ever need to reach us in an emergency, we check our answering machine each night at 11:00 PM and our machine also provides a beeper number at which you can reach us during the overnight hours.

## BIRTHDAYS

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 the birthday girl or boy.

If your child has a birthday while at camp...

- Their entire village will sing to them!
- They will get a birthday fuzzy!
- They will wear a birthday hat all day!
- They will get a birthday cake to share with their friends!
- They will have a phone call with you. We just ask that you schedule this in advance similar to regular phone calls.

## HEALTH CARE

**Medical Information:** Please complete your Medical Forms and return them to our office by May 1st. No camper will be allowed to depart for camp unless we have received his or her Medical Forms. Please make your appointments now so that you can complete the forms by May 1st. New York State requires a full listing of up-to-date physician-documented immunizations (including current tetanus).

**Medical Form 1:** *Camper Health History Form*; this must be filled out by you and must be reviewed by your child's physician.

**Medical Form 2:** *Camper Health-Care Recommendations by Licensed Medical Personnel*; this must be filled out by your child's physician. **Any medical forms from your physician may not be substituted in place of the required camp forms.**

**Medical History:** Each camper's medical history is reviewed carefully by our Medical Staff prior to the start of camp. Please keep in mind that the more we know about your child's health history, the better care we can take of him or her. Please advise us of any injury, illness or communicable disease your child has experienced within three weeks of arrival at camp.

Any and all information pertaining to your child's psychological or social development (including any counseling) is invaluable as we work to maximize your child's experience at camp. Our medical form requires it and we ask you to be as detailed as possible. Be assured this information is treated in a confidential manner.

**Medications:** Camp families must have all prescription and non-prescription camper medication which is in pill form and taken daily or at regular intervals pre-packaged and sent to camp prior to arrival day through Camp Meds. (Please see the Camp Meds instruction sheet included with the Parent Handbook e-mailing for further reference.)

Any medication not covered by this policy, such as inhalers, vitamins and liquid medications, must be sent to camp one week prior to arrival day.

***The camp Health Center stocks most over-the-counter items, such as Tylenol, Advil, Benadryl, Claritin, etc., so please do not send these medications to camp as campers are not allowed to keep any medication in the bunk.***

## HEALTH CARE (CONT'D)

**Filling Prescriptions during the summer:** Should your child develop a need for additional medication during the summer, we have a fully-stocked Rite-Aid pharmacy one mile from camp. In order to make paying for prescriptions as easy as possible (whereby you would be billed directly from Rite-Aid), the following is mandatory (for U.S. parents only):

- Provide us a front and back copy of your Prescription Plan card. **With some plans, the Prescription Card may be different than the Health Insurance Card. We must have a copy of the front and back of the Prescription Card for the pharmacy.**

- Where possible (in most U.S. areas), you can register at your local Rite-Aid so prescriptions can be billed directly to you. (You can call Rite-Aid at 1-800- RITEAID, or check their website at [www.riteaid.com](http://www.riteaid.com) to locate the store nearest you.)

- We will bill you directly from camp for any co-pays.

- Canadian parents will be billed directly from camp for prescriptions.

**Dental Work:** Please complete all dental and/or orthodontic work prior to camp.

**Eyeglasses:** Please send a second pair of glasses with your child if he or she wears glasses.

## DEPARTURE -SATURDAY, JUNE 26<sup>th</sup>

**Long Island:** 10:30 AM at T.G.I. Friday's at 1445 Northern Boulevard, Manhasset.

**Manhattan:** 10:30 AM at Fifth Avenue between 85th and 86th Street, on the west side of the street.

**Montreal:** 11:00 AM at Cavendish Mall parking lot – on the Cavendish side.

**Westchester, Connecticut, Riverdale and Rockland:**

10:30 AM at Congregation Kol Ami, 252 Soundview Avenue, White Plains.

**New Jersey:** 11:00 at the Syms store parking lot at 330 Route 17, Paramus, NJ.

Directions to all locations are available on our website at [www.campecholake.com](http://www.campecholake.com)

Any family not covered by the transportation schedule or any family making special transportation plans should contact our office prior to June 1st.

## PROCEDURES AT DEPARTURE POINT

1. Please arrive at least 15 minutes prior to departure time. Check in with the Trip Leader and have your child go directly to his or her assigned bus with any carry-on luggage.
2. Please provide your child 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.
3. Please limit carry-on luggage to one piece per child. ALL CARRY-ON LUGGAGE MUST HAVE CAMPER'S NAME CLEARLY PRINTED ON THEM.
4. If you should miss the camp bus, please call camp immediately at (518) 623-9635 for further instructions.

## VISITING DAY -SATURDAY, JULY 17<sup>th</sup>

Visiting Day is Saturday, July 17th from 9:00 AM to 3:00 PM. Our alternate Visiting Day for parents who are divorced or separated is Sunday, July 18th 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 and please bear in mind that any food brought in by parents must be consumed by the end of the day. Camper activities commence at 3:15 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.

LIT's and their parents also have Friday night visiting hours (on-site or off-site) from 6:00 PM to 11:00 PM. (Younger siblings of LIT's do not visit with parents at this time.) Directions to camp are available on our website at [www.campecholake.com](http://www.campecholake.com).

Bunk Gifts are not allowed on visiting day or at any time during the summer.

AREA LODGING (Area Codes for all are 518)

### **Warrensburg**

Super 8 623-2811

Alynn's Butterfly Inn (B&B) 623-9390

Cornerstone Victorian (B&B) 623-3308

Seasons B&B 623-3832

Emerson House (B&B) 623-2758

### **Bolton Landing** (20 minutes east of camp)

The Sagamore Resort 644-9400

### **Chestertown** (15 minutes north of camp)

Friends Lake Inn (B&B) 494-4751

Landon Hill Bed and Breakfast 494-2599

### **Lake George** (15 minutes south of camp)

Great Escape Lodge 888-708-2684

Hampton Inn 668-4100

Holiday Inn 668-5781

Comfort Suites 761-0001

For other choices, please visit [www.visitlakegeorge.com](http://www.visitlakegeorge.com) and [www.adirondackbb.com](http://www.adirondackbb.com).

Please make your Visiting Day reservations now.