

# 2024 Apex Summer Camp

Sign up and Information Packet



Biodiversity  
Survival  
Fun in the Sun  
The Great Outdoors  
Gardening  
Community  
Health and Fitness  
Crafting and Creation

## ***Mission Statement***

*Apex is dedicated to enriching the lives of youth through hands-on activities and outdoor adventure, while fostering meaningful mentorships by creating an environment where every child feels safe and valued.*

# Apex Summer Camp Basic Information

## Start Date and Hours

Apex Summer Camp is an 8-week summer camp operated through the APEX Youth Connection. The camp is designed for youth in grades five through twelve who are looking to have fun and get out of the house over the summer. The camp operates Tuesday through Friday from 2:00pm to 6:00pm. Due to certain field trips, camp hours may be extended. First day of camp is June 25th, 2024 with an end date of August 16th, 2024. We will be closed on the Fourth of July, 2024.

## Cost and Questions

Apex Summer Camp's total cost is \$100 per camper for the entire 8-week program. Payment can be completed by cash, check made out to Apex Youth Connection, or card. This amount must be paid in full prior to your child beginning camp. If you would like to discuss financial assistance options, payment arrangement, or other camp questions, please contact Sarah Hoover at (207) 282-9700 x 1.

## Transportation

Transportation for all campers is provided by the APEX staff once at camp. Transportation is not available for pick up and drop off to camper's residence. All camp days will begin at the APEX Headquarters.

## Weekly Schedule

APEX Summer Camp's weekly schedule is always subject to change. Field trips and activities will be moved around to fit the daily weather as well as the desires of the campers. If the campers are not excited or unanimously don't want to participate in an activity, then we will change it to something they would like to do. We strive for a flexible schedule based on campers' choice.

We'll be collaborating with partners in the community to help make this summer great! Our local 4-H staff will be joining us once a week for programming on healthy outdoor habits and spending time in nature. Lex from SNAP-Ed will be joining us once a week for four weeks with a nutrition class called 10 Tips for Teens. We will also have local artists coming in to teach their crafts.

## Gear List:

For each day of Apex Summer Camp, please be sure your child brings:

- Sunscreen/bug spray
- Hat
- Towel
- Closed-toed shoes
- Reusable water bottle
- Snacks, if your child prefers or needs something in particular. A snack is provided.

Please be sure your child does **NOT** bring:

- Pocket knives or other knives, lighters, clothing that cannot be damaged.

# Participant Information Summer 2024

Participant Name Printed \_\_\_\_\_

Preferred Name or Nickname \_\_\_\_\_

Gender - Please Circle One: Male Female Non-Binary Other Preferred

Pronouns \_\_\_\_\_

Grade \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Street Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Camper's Phone # \_\_\_\_\_

## Parent/Guardian Information

**Parent/Guardian 1 Name** Printed \_\_\_\_\_

Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Street Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

**Parent/Guardian 2 Name** Printed \_\_\_\_\_

Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Street Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

**Camp T-shirt Size:** Adult \_\_\_\_\_ / Youth \_\_\_\_\_

## Health Information:

Are there any health conditions, allergies, or other concerns that staff should be aware of?  
Please list below:

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Will you need to take medication while attending camp? This includes both prescribed and over the counter medications or carrying EpiPens or inhalers. **Yes / No**

**\*\*\*Please be aware that camp staff cannot administer medication to campers\*\*\***

## Camp Rules and Expectations

- Possession or use of alcoholic beverages or illegal drugs is prohibited. Use of vapes, Juuls, or tobacco is not allowed.
- Safety of all staff, students and guests must be respected at all times.
- Foul and inappropriate language is not allowed.
- Zero tolerance for vandalism, littering, physical violence or bullying.
- Campers must clean up after themselves wherever they go.
- Weapons of any kind are not allowed at camp.
- No public displays of affection are allowed.
- Camp participants must follow all staff directions. Campers must respect all rules put in place by staff.
- Campers must follow staff and lifeguards rules and expectations while swimming.
- Transportation guidelines must be followed while in an Apex transportation vehicle.

## Actions & Consequences

Below are a few actions and the standardized consequences to follow. These may be altered at the discretion of the Apex Staff on a case-by-case basis. Staff will not hesitate to inform the Biddeford Police Department of any serious incidents.

### ***Weapons and Vandalism***

*1st time: Full week suspension and notifying of parents/guardian*

*2nd time: Out indefinitely and notifying of parents/guardians*

### ***Disobeying Lifeguards***

*1st time: Water privileges will be immediately revoked until further notice and a report written.*

### ***Fighting, Bullying & Disrespecting Staff or Volunteers***

*1st time: A verbal warning and report written*

*2nd time: A single day suspension*

*3rd time: Full week suspension*

*4th time: Out Indefinitely*

## **Use of Foul Language**

*1st time: A warning will be issued*

*2nd time: A warning will be issued and a report written*

*3rd time: Single day suspension*

## **Disobeying Rules**

*1st time: Warning and notifying of parents*

*2nd time: One Day suspension and notifying of parents*

*3rd time: One Week suspension and notifying of parents*

*4th time: Out indefinitely*

## **Disrespecting Equipment, Camp and Bike Shop Equipment**

*Direct repair or cost charged to camper or parent/guardian*

***I have read and understand camp Rules and Expectations***

**Participant Signature**\_\_\_\_\_ **Date**\_\_\_\_\_

## **Electronic Device Guidelines:**

### **\*No Expensive Personal Electronic Devices Permitted During Camp; Exception Is Phone Only**

- Devices are only permitted in vans and at breaks.
- No foul language. This also applies to all music, jokes, videos, and social media, or other material.
- All games and websites need to be rated T, pg-13 and lower.
- Headphones must be worn when playing personal electronic devices. This also applies to all music, videos, games and social media.

**If you are caught not following these rules the following steps will happen depending on the severity of the offense.**

## **Disobeying Device Guidelines**

*1st time: Verbal warning*

*2nd time: Loss of device privileges for one day*

*3rd time: Loss of device privileges for one week*

*4th time: Loss of device privileges indefinitely*

***I have read and understand the Electronic device guidelines***

**Participant Signature**\_\_\_\_\_ **Date**\_\_\_\_\_

## **Illegal Substance Procedure**

**If found using or carrying drugs, alcohol, cigarettes, vapes, or Juuls at camp the following will occur:**

1. Your parent/guardian will be notified over the phone.
2. Your parent/guardian will be asked to pick you up immediately.
3. An incident report will be completed, and a copy given to the police.
4. You will not be allowed back at summer camp.

***I have read and understand the Illegal Substance Procedure***

**Participant Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

## **Camp Policies:**

### **Water Bottles**

Campers are expected to bring their own water bottles from home every day while attending camp.

### **Sunscreen**

Participants are required to apply their own sunscreen while attending camp and staff will consistently remind them to do so. Campers may be asked to stop their current activities to reapply sunscreen and are expected to comply. If campers do not have sunscreen with them, camp sunscreen will be provided. Staff are not responsible for sunburns received by campers as it is each camper's responsibility to thoroughly apply their own sunscreen.

### **Photos and Videos**

Campers are required to respect the privacy of all staff and fellow campers. Recordings and photographs of staff and other campers are prohibited at all times unless taken by staff. Campers will be allowed to take photos of themselves and the scenery around them as long as staff and other campers are not present in these photos. Please Sign attached Media release form.

### **Communication**

Staff and campers will need to keep consistent communication with each other throughout the summer. This is necessary as participants will often be exploring around parks and other places without staff present and need to be able to communicate efficiently at all times. For these reasons, participants will have the ability to call camp staff at (207) 282-9700 x1. Campers are expected to keep all messaging appropriate and only message staff for necessary reasons. All staff members will be keeping active records of all messages received on the phone.

## **Public Activities and Interaction**

Participants are expected to demonstrate appropriate behavior while in public. Appropriate manners, language and volume are expected at all times. Staff must be notified right away of any discourse between a camper and the public so that it can be handled appropriately. Campers are expected to report all incidents to staff immediately.

## **Calendar Activities**

The activities for each week are not set in stone, but do run on a system of themed activities each week. Activities for each week are tentatively planned out, but can change based on daily weather, water quality and campers desired activities for the day. Trips are always subject to change so campers are encouraged to bring swim gear, towel, water bottle and sneakers each day, so they are always prepared.

## **Camp Boundaries and the Buddy System**

Camp and activity boundaries will be explained to participants on their first day of camp. Staff will show campers what areas may be explored freely and what areas are prohibited. The same will be done for all field trips. All campers are also expected to stay with a buddy and not wander off alone under any circumstance. It's mandatory that at least one person in each partnership carry an active cell phone so that they can contact staff in case of an emergency. In instances where neither buddy has a phone, they will either be assigned to a larger group or given a third member.

## **APEX Youth Connection Headquarters**

Apex is located at 45 Granite Street in Biddeford. This is where campers are to arrive for camp and be picked up at the end of day. Campers will spend most of their time at Apex while not on field trips. Apex rules of operation are to be abided by the campers while on campus. Campers are not permitted to use the pump track, Quarry, or Clifford Park without staff. Failure to do so will result in disciplinary action.

## **Swimming and Bodies of Water**

Appropriate behavior while swimming needs to be upheld by campers at all times. No wrestling, dunking, excessive splashing, or otherwise dangerous behavior is allowed. Campers must remain in areas supervised by lifeguards and must request permission before swimming to outside zones such as docks and sand bars. On bodies of water with large waves, campers will not be allowed past their chest regardless of their swimming ability. Camper safety is staff's number one priority. Campers who disobey swim rules will not be allowed to swim.

## **Snacks**

Campers will have free snacks provided. Campers who wish to bring their own food are allowed to do so. Apex will have a small snack selection. Campers are also allowed to purchase items while on field trips and shopping trips with their own money.

## **Late Camp Days**

Late camp days may occur during summer camp. On those days, participants will be back at Apex Headquarters later than traditional drop off times. Late days are due to extended field trips. Campers will be notified of these events a week in advance.

## **Check In**

Students who are running late or feel ill can call a staff member to alert them of the situation. Parents can also call staff to notify them that a camper will not be attending that day. You can reach Apex staff at (207) 282-9700 x1. Please leave a message if the call is before 1:30 p.m.

## **Movies**

Campers may have access to movies while at camp. Movies will be rated PG-13 or lower.

## **Injuries illnesses and Accidents**

Accident reports are written out for all injuries received by campers while attending summer camp. Parents/guardians may be notified of instances of noticeable, but not dangerous injuries such as bruising and scrapes. In instances of serious injuries or illnesses, staff will immediately notify a parent/guardian who may be requested to come pick up their camper. Emergency services may also be called in instances of severe injury. Campers are expected to stay home from camp if they are injured or ill.

## **Camper Cellphone Policies**

Campers are not prohibited from using their cellphones while attending camp, but they are expected to use this privilege responsibly. Phones are permitted in the van, during snack and breaks. If participants are found to be cyber bullying, taking photos of staff and campers, or viewing inappropriate material, they will immediately have this privilege revoked until further notice. Participants are expected to use headphones while listening to audio on electronic devices so they do not distract or interfere with others nearby.

***I have read and understand Camp Policies***

**Participant Signature**\_\_\_\_\_ **Date**\_\_\_\_\_

### **Swim Level Capabilities: (Check one)**

**Non Swimmer/Beginner-** Demonstrate paddling and kicking coordination but uses assistance when swimming

**Intermediate-** Demonstrates forward motion in the water on back and front without assistance, technique needs improvement

**Advanced-** Able to swim a length of 1000 meters without stopping, demonstrates proficient stroke skill



## **Transportation Guidelines**

- Participants must always follow the driver's directions
- No spitting, no standing, no switching seats, and no throwing things out of windows
- No sharing or switching of electronics or any other personal items and headphones must always be worn when using devices with audio
- No open food or drinks other than what's provided or water bottles inside the van and sharing of food or drink is prohibited
- Always stay seated and wear seatbelts when required
- Pick up after yourself and dispose of trash when exiting the bus
- Foul language, yelling, or screaming on the bus is not acceptable, and no PDA is allowed
- Keep the aisle clear of feet, legs, bags, and other belongings.

\*If at any time the driver feels they are being disrespected or the safety of other students is being compromised by a specific offender, they have the right to pull the bus/van over and have that person removed.

### ***Disobeying Bus/Van Rules***

*1st time: A verbal warning and loss of transportation privileges*

*2nd time: A written report and loss of transportation privileges for one day*

*3rd time: A full week suspension from transportation privileges*

*4th time: Suspended indefinitely*

***I have read and understand the Transportation Guidelines***

***Participant Signature***\_\_\_\_\_ ***Date***\_\_\_\_\_