

What Parents Need to Know!

Introducing NorthBay

The Residential School Program

NorthBay Education
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At NorthBay, our mission is to challenge students to realize that their attitudes and actions have a lasting impact on their future, the environment and the people around them by using Common Core and Next Generation Science standards, character development and the outdoors as an integrating context. Class offerings are extensive and integrate the Maryland Voluntary State Curriculum.

OUTSTANDING LEARNING AND ADVENTURE OPPORTUNITIES...

- Enormous Waterfront
- Kayaks
- Observation Decks
- Snack Bar
- Art Studio
- 5+ miles of trails for hiking
- Camp Store
- Wetlab on the Chesapeake Bay
- Giant Swing
- Game Room
- Gymnasium
- Zip lines
- High Ropes Course
- Indoor and Outdoor Rock Walls
- Seine net fishing
- 90+ acres to explore
- NorthBay Live
- Talent Show
- Low Ropes Course
- Gaga Pit
- Fish touch tank
- Turtle aquariums
- Snake aquariums
- Fish aquariums
- Beach volleyball
- Social emotional learning
- Wetlands
- Teambuilding

Cabins

Lodging is provided in one of 18 different cabins. Each cabin consists of 2 rooms, with 6 bunk beds each, for a total sleeping capacity of 12 students per room and 24 per cabin. Inside the cabin, next to each room is a bathroom. Our cabins are heated and air conditioned, and separated by gender. Students are not allowed to be in or around a cabin of an opposite gender! Students are not allowed in the cabin without adult supervision. Each cabin will have at least one adult who will move throughout the week with that group from one activity to another.

Bed linens are provided by NorthBay!

Classes

Classes meet all over camp. On average, students spend 75% of their class time outside. Dressing in layers is recommended and boots are always a good idea as feet will be in wet areas during every season. Students are expected to come to class dressed appropriately for any and all weather conditions. During winter months, a warm jacket, hat, and mittens or gloves are essential to provide adequate warmth. Some form of rain gear is essential, especially during warmer months. Chaperones will know their schedule before the day begins and help students to prepare accordingly.

Meals

NorthBay serves each meal family style to make them fun, full of surprises, relationship oriented, nutritious, and tasty. NorthBay follows MSDE food and nutrition to supply students with healthy food options each meal. We can also accommodate special dietary requirements for your child assuming they are communicated in advance.





NorthBay

Safety & Wellness

At NorthBay safety is paramount. All of our class locations, adventure courses, and safety equipment are regularly certified and inspected. Our instructors are also qualified in their field, federally background checked, & drug tested. We make the safety of your child our highest priority.

NorthBays' Wellness Center contains a treatment area, isolation rooms, medication storage, and appropriate bathrooms. NorthBay's wellness center has 24 hour coverage with at least 1 licensed medical professional

Parents are discouraged from visiting their children at camp for security reasons and because it can cause disruption and home sickness for students. All visitors must announce themselves at the front gate, sign in/out at the office, show appropriate ID, and wear a NorthBay wristband while on the premises.

We ask that if you need to pick up/drop off your child for an extenuating circumstances, it is between the hours of 8:30am and 6:00pm.

A NorthBay phone is available at meal times for students. Parents can leave a message with administration to request that their child call home. Those messages will be delivered during meal times. Please understand that NorthBay can house up to 450 students per week and therefore students may not be able to call home every day of their stay.

NorthBay has a zero tolerance policy for the use/possession of drugs, alcohol, cigarettes, or weapons. Parents will be notified and children will be sent home, along with any additional appropriate measures.

What to Bring to NorthBay

Students and adults are responsible for bringing personal items and clothing appropriate for the season and the setting. We want your stay at NorthBay to be as pleasant and trouble free as possible. A suggestion list follows:

Clothing

- 2 pairs of tennis or hiking shoes(one old)
- shoes to wear in the water
- Sweater/Sweatshirt
- Several changes of clothing
- 5-6 pairs of socks
- Swimsuit(seasonal)
- Pajamas

Personal Gear

- Towel(s) & washcloth
- Water bottle
- Soap and shampoo
- Toothbrush & toothpaste
- Medications
- Sunscreen
- Insect repellent

Optional Personal Gear

- Flashlight
- Camera
- Store/snackbar money
- Sunglasses
- Backpack
- Rain gear & boots
- Winter hat(seasonal)
- Gloves(seasonal)
- Jacket(seasonal)

What NOT to Bring to



- IPad/Tablet/Switch/Headphones
- Skateboards/Scooters/Roller skates
- Drugs/Alcohol/Cigarettes/Weapons

NorthBay

Chaperone Information



- Chaperones are required to stay in the cabin that their school places them in
- Every cabin will have one adult chaperone
- If the school does not provide enough chaperones, NorthBay will place a counselor in those cabins
- NorthBay does have limited night counselors, so it is strongly encouraged for schools to bring coverage for all cabins
- If a cabin has a chaperone, NorthBay may still place a counselor in that cabin to assist with evening activities
- Schools may request that no counselors be added into cabins
- If schools request no counselor, a counselor may still be there to lead nighttime activities, but not sleep in the cabin
- Counselors arrive each night at 6:00pm and stay overnight until 8:30am each morning. They lead team building exercises, take students on night hikes, and/or teach night time lessons. Counselors also accompany students to the NorthBay Live show and lead cabin time discussions
- Monitoring your students in the theater and during meals is highly suggested

- There will always be at least one counselor per each cluster of cabins. If there are any issues at night you can refer to them
- If you are in need of assistance you can locate one of our call boxes, which are located at the center of each cluster of cabins
- Horseshoe Point or HSP consists of our camp store, snack bar, game room, and rock wall. Please remain present with your group during these times, especially in the camp store. Only visit the store and snack bar when it is scheduled for your cabin
- Siesta is held after activity time and is a 30 minute breather for everyone to prep for the night
- If you are without a counselor, there are cabin time questions for leading discussions. There are also cabin clean up procedures located on the back of the door
- When lining up for NorthBay Live, please line up behind the assigned cones or chalk outlines. They will be labeled for each cabin.
- For students with auditory preferences, we can provide ear plugs upon request. We also offer a live stream of the show in the Lighthouse

Camping at NorthBay with Diabetes

Make sure to go over EVERYTHING on this sheet with your child before they come to camp

Remember to Bring

- More than enough lancets and test strips for the duration of camp
- Keytone strips(make sure they are not expired)
- Glucagon(not expired)
- Insulin with the original box and label
- Syringes and needles or a insulin pen with original box and label
- Infusion sets for pump

Medication Information

- Complete both of the medication forms for prescription and over the counter medications, these must be signed by a doctor
- All medications must be in the original package with prescription label and manufacturer label intact
- If all forms, labels, and supplies are not received by dinner on arrival day, your child will be sent home for safety reasons

Carbohydrate Counting

- Your child must keep track of what they eat at all meals if they are on a carb count
- Carb count is done during/after a meal, it is not approximated before meals
- Your child may keep a snack on them if necessary and extra snacks should be kept in the Wellness Center

Checking Blood Sugars

- Blood Sugars must be checked with the Wellness staff before each meal
- When your child checks their blood sugar, the nurse must view the meter before the machine is turned off
- if a child's blood sugar is high at dinner, a re-check will be done at midnight
- if a midnight blood sugar is high, a re-check will be done at 3am



Medication Guidelines



In order for NorthBay Wellness Center staff to administer medications you must provide all of the items below:

- Medication Authorization form listing all of the medications brought to NorthBay
- Parent/Guardian signature at the bottom of the Medication Authorization form
- Doctor signature at the bottom of the Medication Authorization form
- Pharmacy label showing the name of the student, medication, strength and dosage instructions on every prescription medication including inhalers, nasal sprays, creams, disc's, etc.
- Over-the-counter medications must be in their original containers. Any medications in baggies or pill-a-day containers will not be accepted. If you are sending over the counter medications from home, that will also require a doctors signature and should be included on the Medication Authorization form
- While the student is at NorthBay, all of their prescription and over-the-counter/non-prescription medication will be secured in the Wellness Center and can be administered by the Wellness Center staff. Before any medication can be administered, a NorthBay Medication Authorization form must be completed and signed by the prescribing doctor and by the student's parent/guardian for each medication that is to be given. If the student already has a medication form on file with the school, a copy of that form may be sent in lieu of the NorthBay Medication form as long as it is signed by both the prescribing doctor and the parent/guardian. If you are submitting a copy of the school medication form please insure that all of the administering times for an entire 24 hours are listed on the form. These forms are due to NorthBay at least 2 weeks prior to the student's arrival.
- All medications that are to be given while at camp must be in their original container(box, pill box, etc.) They cannot be in a pill organizer, plastic bag, or envelope. Prescription medications(including rescue inhalers) must have the pharmacy label attached to the container and it must match the signed NorthBay medication form in order for the student to receive the medication. Medications cannot be expired or more than 1 year past the original prescription date. Sample medications from a doctor's office cannot be administered while at camp.



Medication Guidelines



- In the effort to ensure the safety of all students, medications cannot be packed in the student's luggage. All medications must be given to a designated school staff member prior to leaving the school. This medication must be given to the NorthBay Wellness Center immediately upon arriving at camp. The medications will be secured in the Wellness Center for the duration of the camp and returned to school personnel at the end of the week. The medications will be returned to the parent/guardian after returning back to the school at the end of camp. The student cannot keep any medications (other than self-carry medications) in their cabin or give medication to themselves. All medications that the student wishes to self-carry will be redistributed to the students after they arrive at camp and after approval is obtained by the NorthBay RN.
- **Self-Carry Medications:** The following are the only medications that can be carried by the student while at camp with the permission of the NorthBay RN: rescue inhalers (Albuterol, ProAir, Ventolin, Zopenex), Epi-Pens and insulin used while in insulin pumps. These medications must be in the control of the student, educator or counselor/chaperone at all times while at camp and be self-administered with an adults supervision. If you would like the student to self-carry any of the above medications, please send two of each medication so one can be kept in the Wellness Center for quick access during any emergency.
- **Over-the-counter medications:** The following over-the-counter (OTC) medications can be given as needed by the Wellness Center staff while the student is at camp: Acetaminophen (Tylenol), Ibuprofen (Motrin, Advil), Calamine lotion, Diphenhydramine (Benadryl), triple antibiotic ointment (for minor cuts/scrapes, and Loratadine (Claritin). Before the student can receive any of these medications the parent/guardian must check the boxes beside the medications that the student is allowed to receive and then sign the Parent/Guardian consent form. These are the only OTC medications that the student can receive with just the parent/guardian's consent. If your student requires any medication on a regular basis that is not listed above (i.e. cold medication, cough medication) you must complete a NorthBay medication form (signed by a doctor) and supply the medication while the student is at camp.