

Outdoor Adventures in H2O – 2010

Camp Q&A

What are the camp's dates and times?

Camp will run Monday June 14 through Friday, June 18, 2010. It will begin each day at 9:00 a.m. and conclude at 4:00 p.m.

Where should students be dropped off and picked up?

On Monday, Wednesday, Thursday and Friday, students should be dropped off at Randolph Elementary School, 1024 South 37th St, Lincoln, NE at 9:00 a.m. and picked up at 4:00 p.m. **Please note:** On Tuesday, students should be dropped off at 9:00 a.m. at Holmes Park (Normal Boulevard and South 70th Street) in the first parking lot off Normal (this is the paved parking lot closest to the dam). Likewise, pick up your child on Tuesday at 4:00 at the same parking lot at Holmes Park.

Where will students be going each day?

Each day we will travel to a different outdoor, water-rich location. Visit www.groundwater.org/kc/adventuresinh2o.html to download a detailed schedule of camp field trips.

What if students need to arrive late or leave early?

Students should be dropped off at 9:00 a.m. and picked up at 4:00 p.m. each day at Randolph Elementary School, EXCEPT on Tuesday, June 15 when we'll be at Holmes Park. If your student will be late or needs to leave early, parents are welcome to meet us at the site we are visiting that day (parents please refer to the schedule for details). Generally, we will depart Randolph around 9:30 a.m. and return by 3:30 p.m. Please inform teachers of any schedule changes.

What should students wear?

Since we will be spending most of our time outdoors, please be sure students are dressed appropriately.

- Clothing: wear clothes that can get wet and dirty. We recommend light-weight fabrics that dry quickly (swim trunks and/or athletic apparel). Be sure to dress appropriately for the weather, as we will be outside the majority of the day.
- Shoes: shoes need to strap securely to your feet and provide good toe and sole protection. Examples include tennis shoes/sneakers and strap-on sandals. NO flip flops, slides or clog style shoes - they fall off feet too easily and become very slippery when wet. Students can bring two pairs of shoes and socks every day if they would like - one to keep dry and one to get wet and muddy.
- Wear sunscreen and insect repellent every day.
- We also recommend that students bring a hat and/or sunglasses for extra protection.

What should students bring with them to camp?

Please remember students will be responsible for ALL gear and supplies they bring to camp. We cannot be responsible for lost, stolen, or damaged items.

- A sack lunch. Refrigerators and microwaves will NOT be available; please plan accordingly.
- A refillable water bottle, marked with the student's name.
- Shoes that can get wet and muddy.
- Sunscreen and insect repellent.
- A hat and/or sunglasses.
- A towel is optional, but can come in handy.
- We *strongly encourage* students to leave iPods and other MP3 players, electronic games, and the like at home.
- We also encourage students to leave cell phones at home. However, we realize some may need to bring them along. Please keep in mind the nature of our camp and that we will be in or around water every day. Camp staff cannot be responsible for lost, stolen, or damaged items.
- If students would like to bring a camera, great, but again please keep in mind the nature of our camp and that we will be in or around water every day. Disposable 35mm or waterproof cameras are recommended.

What if students forget to bring their gear to camp?

Healthy snacks, sunscreen, insect repellent, and bottled water will be provided to any student who requests it. Simply ask a camp counselor or camp assistant.

What if the weather is bad (rainy, too cold, too hot, etc.)?

Rain or shine, the adventure will go on! Students should remember to bring their water bottles and sunscreen and dress appropriately. If there is severe weather, precautions will be taken and the schedule may be adjusted.

What if students get sick or hurt during camp?

The safety of students is of primary concern for Groundwater Foundation and Bright Lights staff. Camp counselors will carry emergency contact information for each child enrolled in the camp with them at all times. In addition, camp staff is American Red Cross First-Aid/CPR certified and will be in constant contact with the Bright Lights home base at Randolph Elementary.

Save the Date - June 18, 2010:

Families are invited to come learn about our week of adventures during the Parent Showcase on Friday, June 18th at 3:30 p.m. at Randolph.

For more information:

Contact Jamie Oltman (joltman@groundwater.org) or Jennifer Wemhoff (jwemhoff@groundwater.org) at The Groundwater Foundation (402-434-2740) for questions relating to the camp. For questions relating to registration or other Bright Lights courses, contact Bright Lights (402-420-1115).

Sponsored by:

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