Welcome to Project O Camp!

We are thrilled you will be attending residential camp at Project O! Campers have been coming to summer day and residential camp at Project Oceanology for over 45 years, and many of our campers return every year (maybe you?). We are proud to continue this tradition and look forward to an amazing summer!

At camp, your days will be spent cruising the waters of Long Island Sound aboard our research vessels and skiffs. Campers will explore and study local environments like salt marshes and rocky intertidal zones. Under the guidance of professional marine scientists, campers will use oceanographic equipment, measure water quality parameters such as dissolved oxygen and salinity, and capture marine organisms using a variety of fishing nets. Campers will also spend time in our laboratories examining organisms up close and conducting experiments. At the end of the week, expect to be sun soaked and sandy!

Our waterfront hostel on the beautiful Avery Point Campus will be your home away from home for the week! The hostel has 2 floors. Residential camps will be separated into “cohorts” of 16 or less with 1 cohort on each floor of the hostel. Each cohort will have separate male and female bathrooms (and individual showers). The bunk rooms in each hostel have 2 sets of bunk beds for a maximum of four campers in each room. Our enthusiastic and highly trained residential staff provide more than just 24 hour supervision: they carefully monitor the needs of individual campers, organize games and activities during breaks in the action, and lend their scientific expertise as they nurture camper enthusiasm for science. The University of Connecticut Dining services provide all meals in our onsite cafeteria, with careful attention to special dietary needs.

This handbook will help you and your family prepare for your week-long adventure so please look it over and get ready! It is split into 3 parts: Before Camp, During Camp and Last Day of Camp. If you still have questions after reading through it, please either call us at 860.445.9007 or send us an email at: projecto@oceanology.org

Camp Staff
- Licensed Captains operate Coast Guard inspected vessels
- Marine Educators are the Camp Directors and have degrees in Marine Science or related fields.
- Summer Interns
- Junior Counselors

As mandated by the Connecticut Office of Early Childhood – Division of Licensing requirements:
- All camp staff are American Heart First Aid/CPR/AED certified
- All camp staff are fingerprinted for state background checks
- Boat Captains and crew are also part of a random drug pool testing – per U.S. Coast Guard requirements.
- Camp enrollment (each cohort) is capped at 16 campers. Camp Staff/Student ratio is 1 staff to 8 campers
Before Camp

Once you have registered for camp, you will receive a confirmation email that contains a link to your online camp account and forms that will need to be completed well in advance of camp. These forms can also be found on our website: www.oceanology.org/summer-camps

Before you come to camp:

- All campers must submit **EITHER a negative COVID-19 test** within the last 1-3 days (72 hours) of arriving at camp, **OR a COVID-19 vaccination record**. If the timing allows, you can email a copy of the test or vaccination record to us at projecto@oceanology.org or fax to: 860.449.8008. Otherwise, please submit at Sunday afternoon check-in
- **Begin completing your child’s pre-camp health screening form 14 days before they arrive at camp.** The last date on the form should be the day before camp begins for your child (bring this form to check-in on Sunday)
- **Complete all required health forms** and upload them into your camp account (Active Network) as soon as possible (these forms must be reviewed and accepted by our camp directors well in advance of the first day of camp

Packing for Camp

Please do not bring valuables to camp.

**Required Items**
- Face Masks (15 - at least 3 per day)
- Backpack/Drawstring bag
- Bathing suit (one piece/tankini – no bikinis)
- Beach towel(s)
- Sunscreen
- Refillable water bottle with name on it
- Water shoes (flip flops are not good water shoes)
- Sneakers/Closed toe shoes for boat trips
- Socks
- Long pants
- Shorts
- Tee shirts
- Sweatshirt/Jacket
- Sleepwear
- Bath/Shower towel(s)
- Toiletries
- Pillow
- Bedding (sleeping bag or bed linens and blanket)

**Optional Items**
- Sunglasses
- Rain Gear
- Flashlight
- Hat
- Notebook
- Insect Repellent
- Small amount of money ($5)

Please do not pack cell phones, laptops, or readers/tablets of any kind. If campers will need a phone on check out day, we will safely store the device until then (this should be arranged at check in).
Medication

If you are bringing medication for your camper, please check these items before arriving at camp:

- The medication is in its original container that has the original prescription label.
  
  *ex. Inhalers need to have the box with the prescription label*
  
- The medication is not expired, or in a bottle with an old label that is expired.
  
- If the form from the doctor lists a specific brand of medication, a *generic brand cannot be used as a substitute.*
  
- It would be helpful to bring a copy of your medical administration papers.
  
- Each medication needs its own form and requires a Doctor’s signature. Even over-the-counter medications such as Advil (Ibuprofen), Tylenol (Acetaminophen), Vitamins, etc. require a form with a Doctor’s signature. Please call us if you are unsure if a form is required.

State law permits no exceptions so please take the time to ensure each medication, container and label is in order and matches the forms submitted.

During Camp

Arriving at Camp

Directions to Project Oceanology, 1084 Shennecossett Rd., Groton, CT 06340

- I-95 to Exit 87 (Rt. 349) the Clarence B. Sharp Highway
- Turn right at the second traffic light onto Rainville Ave
- Turn left at the next traffic light onto Benham Rd
- Straight on Benham Rd. approx. 1.7 miles to the UCONN Avery Point campus
- Enter via the main entrance and follow the small blue signs for Project Oceanology. Parking is available in Lot D. Please observe all posted parking rules.
- Park in Lot D and proceed to the check-in location (look for tents) in the lawn area next to Lot D.

Camper Check-in on Sunday.

Residential camps will have staggered check-in times:

- **Marine Science Research Camp:** 3:00pm
- **Ocean Camp weeks 1 and 7:** 4:00pm
- **Ocean Camp week 2 - 6 and 8:** You will be informed of your check-in time by email the week before camp starts (it depends on which Ocean Camp cohort your camper is assigned to). When you arrive on Sunday afternoon, park in Lot D and proceed to the check-in location (look for tents in the lawn area next to Lot D).
- When check-in is complete, your camper will be directed where to enter the facility with their belongings to unpack and get settled.

To limit the number of people in our facility, please allow your camper to go to their assigned bunk room unattended. If your camper needs your help, please note only one *vaccinated adult* can accompany each camper to their bunk room. If you plan on entering our facility, you must show your *vaccination card or negative COVID test results* (the test must have been taken within 72 hours of your arrival at Project O). **Everyone must be wearing masks during check-in.** Most of the check-in process will occur outside under a tent, including form corrections and medication drop-off. A brief meeting outside, led by the camp director, will be held for parents and campers before campers depart for their evening’s activities.
Parents are asked not to use the hostel bathrooms. There are bathrooms located in the front lobby for parent use. Please access those bathrooms through the front door.

If you arrive early, you can explore the UCONN Avery Point campus. Please plan on being at Project O for at least an hour.

How to reach your camper while they are at camp
Emails can be sent to your child at camps@oceanology.org. Please put both your child’s name and the name of your child’s camp (e.g. “Ocean Camp”) in the subject line. Emails will be printed out and given to your child during meal times daily. Please be aware that your child will not be able to reply to emails.

US Postal Service
Project Oceanology
1084 Shennecossett Rd
Groton, CT 06340
Attn: Child’s name, Name of camp

Fax
Our fax number is 860.449.8008. Please put your child’s name and the name of your child’s camp on the cover letter.

Phone
If you need to reach your camper during business hours, please call us at 860.445.9007. For non-emergency calls, please leave a message on the camp phone at extension x310.

Messages will be checked in the morning and after dinner. Campers and staff spend most of their day on boats and exploring the shoreline so we often don’t return back to the building until dinnertime.

In the case of an emergency after hours, you can reach the Residential Supervisor from 9pm – 7am at 860.445.9007 x320. If there is no answer, please leave a message and your call will be returned as soon as possible.

Campers may call home during the week if they request to do so. Calls home are usually made before bedtime. Parents should expect to hear from a Project O staff member first, and then have an opportunity to talk to the camper. Please end the conversation with a Project O staff member.

If you have any questions, contact any of the Residential Camp staff; we will help in any way we can.

Camper Code of Conduct
Honesty, Kindness, Responsibility, Respect and Safety.

We expect all campers to demonstrate care, respect, and responsibility at all times; campers must also exhibit self-control, kindness and follow instructions. If a camper does not abide by these expectations, s/he will be asked to take responsibility for their actions as part of our “3 strikes” disciplinary protocol:

1. Verbal discussion with a counselor or camp director
2. If discussion is ignored and poor behavior/choices continue, a constructive plan for improvement will be created through discussion with the camper, parent/guardian and camp director.

3. If behavior does not improve after implementing a constructive plan and discussion with the parent/guardian, s/he will be asked to leave camp without refund of tuition.

Please note any camper who exhibits behavior that is harmful to themselves or to others, including but not limited to bullying, theft, dishonesty, disrespectful actions or language, can be dismissed without our “3 strike” disciplinary protocol. Camp Administrators assume the right to determine when such an incident has occurred. The same applies to any camper found possessing or using alcohol, illegal drugs, or weapons.

**A Typical Day at Residential Camp**

**Ocean Camp**

- 7:30am Wake up
- 8:00am Breakfast
- 9:00am Marine science expedition aboard research vessel
- 12:00pm Lunch
- 1:00pm Barrier beach exploration by skiff
- 5:00pm Return to project Oceanology
- 6:00pm Dinner
- 7:00pm Evening Lab activity
- 9:00pm Free Time
- 10:00pm Lights Out

**Research Camp**

- 7:30am Wake up
- 8:00am Breakfast
- 8:30am Meet with research partners & mentors, gather equipment for day
- 9:00am Trawl for fish and collect water quality data aboard our fleet of skiffs
- 12:00pm Lunch
- 1:00pm Pine Island and Bluff Point by skiff for seining survey
- 4:00pm Meet with mentors; process samples in laboratory; enter data
- 5:00pm Lab meeting: share stories and troubleshoot experiments
- 6:00pm Dinner
- 7:00pm Data analysis and writing
- 9:00pm Free Time
- 10:00pm Lights out
Camp Wellness

Promoting behaviors that will help at camp

- Wellness starts at home. Campers eating healthy, exercising, getting adequate sleep, and finding time to unwind before arriving at camp ensure they are fit and ready for the camp experience.
- Talk to your child about:
  - Face coverings (meant to protect other people in case the wearer is unknowingly infected but does not have symptoms)
  - Effective Handwashing
  - Cover coughs and sneezes
  - Social Distancing

COVID-19 Protocols During Camp

Health Screenings
- Health screenings will continue to occur for all campers twice a day. Campers will be asked how they are feeling and if they have any of the known COVID-19 symptoms.

Social Distancing
- Camp cohorts live on separate floors of the hostel, and have separate bathrooms. Cohorts will not share the same indoor space at any time. Bunk rooms are arranged so campers can be six feet apart while sleeping.
- Camp cohorts will not share indoor spaces, including dining locations and laboratories. Research vessels and skiffs will be subject to our rigorous cleaning procedures between cohorts.

Masking
- Provide your camper with 3 masks per day in case one gets wet or dirty. (There are no washer/dryer facilities to wash masks at camp)
- Masks will be worn indoors, outdoors and aboard the boats.
  - No masks will be required while eating, but social distancing will be enforced
  - No masks while in the water (seining)
  - No masks are required in bunkrooms with their "household cohort" which means campers that sleep together in the same bunk room.

Meals
- Meals for residential campers are catered by UCONN Dining Services, and will be prepared in a separate kitchen and delivered to Project Oceanology to distribute to campers (no outside persons shall enter our building)
- Cohorts will have separate dining locations, which allow them to sit 6 feet apart. Meals will be eaten outdoors whenever possible.
**Enhanced Cleaning**

- Deep cleaning of all areas of use, self serve sanitization stations, health and safety signage posted in our facility, verbal instructions and reminders for campers, daily activities incorporate CDC and CT-OEC recommendations, etc. Hand and Respiratory hygiene and social distancing instruction will be added to the Camper Handbook for discussion prior to camp, reinforced at the start of camp and supervised during camp.

**Illness at Camp**

In the event of a camper feeling ill, we have a dedicated sick room in the hostel to isolate the camper. If a camper becomes sick during the day, one camp staff member will put on full PPE and supervise the camper in the sick room until their parent/guardian can pick them up. A Project Oceanology staff member in reception will monitor the sick room from a computer via Zoom (a video conferencing platform) with the staff and camper visible within the sick room (Zoom will be set to record); We will contact our camp doctor for advice. If our camp doctor advises a COVID-19 test, we will advise the parents of the need for a rapid results COVID-19 test. The parent will notify Project O of the test results. If the COVID test is negative, the camper can return to camp if she/he is symptom free. If the COVID-19 test is positive, parents (of that camp) are notified that the camp must shut down and self quarantine restrictions are in effect for those campers and their families and the camp staff associated with that camp. The Ledge Light Health District will be notified for contact tracing purposes.

**Last Day of Camp**

**Camper Check-out on Friday**

Residential camps will have staggered check-out times:

- Marine Science Research Camp: 4:00pm
- Ocean Camp weeks 1 and 7: 3:00pm
- Ocean Camp week 2 - 6 and 8: You will be informed of your check-out time by email the week before camp starts (it depends on which cohort your camper is assigned to). When you arrive on Friday afternoon, park in Lot D and follow signs for your check-out location (the same location as your assigned check-in). Everyone must be wearing masks during check-out. Campers will have their personal belongings outside already. Please do not drive away with your camper until they are signed out of camp and our staff has confirmed that you are on the approved pick-up list. A parent/guardian must pick up and sign for the return of any medications before departing. If you are assigned to the 4:00pm check-out time, there may be some overlap with Day Camp pick-up, so please park in Lot D-- do not get in the line of cars with the Day Camp families - look for posted signs.

In the event you cannot adhere to the pickup schedule, please call our office at 860.445.9007 as soon as possible to discuss alternative arrangements.
**Parent Feedback**
Please share your feedback with us! Expect an email invite after camp to complete a survey. Your thoughts and comments help us make our residential camps better each year.

If your camper is the recipient of tuition assistance, please be sure your child shares their camp experience with us in writing (via email or mail) within a week after they have attended camp. This information will be shared anonymously with the grantors and/or private donors who made the assistance possible.

**Camper Photos**
Camp parents will receive a link to Google Photos at the beginning of the week to view photos taken of the camp experience throughout the entire week. We will only share photos of campers who have a signed photo release in their camp account (this was done during camp registration).