



ODYSSEY

• TEEN • CAMP •

be **exactly** who you are

Welcome-A Message from our Director

Greetings Odyssey Families!

Welcome to Odyssey Teen Camp 2021. We are excited that you have chosen OTC for your teenager. Whether this is their first summer with us or their 5th, they can look forward to an exciting, active, inclusive environment that encourages teenagers to *be exactly who they are*. We are going to

do everything we can to help your child relax, connect, laugh, learn, have fun, and feel good about themselves.

We are sending you this handbook to help you prepare for camp. It contains information about our policies and procedures, required forms, transportation information, and more. We encourage you to read through it and use it as a helpful resource.

Please don't hesitate to contact us at any time with questions or concerns. We look forward to a great summer!

Warmest regard,



Adam Simon, Owner/Director

2021 Important Odyssey Teen Camp Dates

All Forms Due	June 1st
Session A (2 weeks)	June 26 th -July 9 th
Session B (2 weeks)	July 10 th -July 23 th
Session C (3 weeks)	June 26 th – July 17 th
Session D (4 weeks)	June 26 th -July 23 th
Session E (1 week)	June 26 th -July 3 rd

Contact Information

Winter Address: 56 Lincoln Avenue, Ardsley, NY 10502, 844.239.6882
Summer Address: 1266 East Otis Road, Tolland, MA 01034, 844.239.6882
www.odysseyteencamp.com • adam@odysseyteencamp.com

Please feel free to contact us at anytime! We're here to help you prepare for camp.

Required Forms

All forms can be found in your CampInTouch account. To access your account, please visit our website at www.odysseyteencamp.com and click on the "Current Families" tab on the right-hand side of your screen.

Most of the forms can be completed online and submitted through CampInTouch, no need to print! There are a few exceptions that require a doctor's signature. Please see the notes below. All forms are due on or before **June 1, 2021**.

- **Transportation Form.** *Submitted via CampInTouch.* Please indicate how your teenager will be arriving at and departing from camp.
- **Health History Form.** *Submitted via CampInTouch.* Your accounting of your teenager's health history. You will need access to their immunization records and your insurance information to complete this form.

- **Physicians Examination Form*** *Printed and returned to Camp.* Your teens physician must complete and sign *both* sides of this form.
- **Insurance and Credit Card Form*** *Printed and returned to Camp.* You will need copies of your insurance card to complete this form.
- **Camper Profile Form.** *Submitted via CampInTouch.* This form is completed by a parent or guardian.
- **Camper to Counselor Form.** *Submitted via CampInTouch.* This form is completed by the camper!

Additional Forms

- **Cabinmate Request Form.** *Submitted via CampInTouch.* If there is a friend your teenager would like to share a cabin with, please complete this form. We make every effort to honor requests, but they are not guaranteed. Please note that teens are placed in cabins by age and gender.

General Rules and Policies

Please reinforce the following rules with your teenager before their stay at Odyssey begins:

1. The simple rule we follow at Odyssey is that no one is allowed to have fun at someone else's expense. We cannot and will not tolerate disrespectful and/or inappropriate behavior to peers or staff.
2. The use or possession of cigarettes, e-cigarettes, tobacco products, drugs (including marijuana), edibles, and alcohol is *strictly prohibited*. Any camper disobeying this rule will be asked to leave camp immediately. *There will be no refund for campers who are dismissed for violating this policy.*
3. Any camper defacing (graffiti) camp property will be billed for damages and may be asked to leave camp.
4. Knives, including Swiss Army or Boy Scout types, are prohibited. Laser pointers, heating coils, aerosol cans of any kind, scissors, lighters, and fireworks are also prohibited. These items can create hazards at camp and will be confiscated.

Electronics Policy

Odyssey Teen Camp is committed to helping teenagers unplug while they are with us at camp. We find that after the initial shock of being without their devices, teens are able to connect with their peers and counselors and do not miss being tethered to their electronics. Often they can relax in ways they have not in a long time. **Campers at OTC are NOT permitted to have their cell phones, e-readers, or any type of device that connects to the internet.** Your camper is welcome to bring a basic iPod shuffle or an MP3 player to enjoy music. Please note, our cabins do not have electrical outlets, making it difficult to charge devices.

If teenagers would like the capability to take pictures, please send them with a digital camera or disposable ones. Campers will not be permitted to use their cell phones as cameras (cell phones with the sim cards removed are NOT allowed).



We ask for parent/guardian support in enforcing this policy. Our experience tells us that the ability to truly unplug over the summer is very beneficial for our teenagers.

Transportation

Arrivals

Travel by Car

Odyssey Teen Camp is located in Tolland, MA; 2 1/2 hours from NYC and 2 hours from Boston. The large majority of our campers are dropped off and picked up at camp by their families. Please use **1266 East Otis Road, Tolland, MA 01034** in your GPS.

Please note, arrival times are the same for all of our sessions.

Arrival	2:00 pm-4:00 pm
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Please be respectful of the timing of this day. It is our goal to warmly welcome each teenager to Odyssey Teen Camp. Arriving late or arriving at Odyssey too early is disruptive to this important transition for all the campers.

Upon arrival at camp, our staff will greet you and your family in the parking lot and help you to unload luggage. All campers will check in with our nurse before heading to their pod to meet their counselors, cabinmates and pod leaders. You will say goodbye to your camper in the parking lot, our staff are excited and ready to help your teen unpack and settle in! We find that saying goodbye in the parking lot makes for an easier transition for your teen.

Departures

On the last day of their session, your teenager will meet you with all of their belongings ready to tell you all about their OTC experience (they may also need a nap!)

Please note, departure times are the same for all of our sessions.

Departure	11:00 am
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Travel by Plane

We provide transportation to and from Bradley International Airport in Hartford, CT or Logan Airport in Boston, MA for campers who are flying domestically and internationally. Our camp staff will be in the airport to meet campers at their gates as they arrive and bring them to camp. If your teenager is flying as an unaccompanied minor, please notify the office at least one week before camp. We will follow up with you the day before they arrive at camp to let you know precisely how their arrival will be handled (who will be picking them up, etc.).

Flights should ideally be booked to arrive between **11:00 am-2:00 pm**, and depart between **12:00 pm-3:00 pm**.

▶▶*The cost for pick-up/drop off is \$150/camper one way. Please be sure to give flight details on your teenager's Transportation Form.*◀◀

Health Care

Camper Health Forms

The Health Department of the State of Massachusetts and the American Camp Association requires a completed and signed Physicians Examination Form and an electronic Health History Form for every camper in order to participate in activities. Please read the directions carefully for all health forms. The *Health History Form* is to be completed and signed by parents electronically through your CampInTouch account. The *Physicians Examination Form* must be completed by a licensed medical provider and uploaded you're your CampInTouch account or returned directly to the camp office.

Required Immunizations

The Health Department requires that the exact and actual dates of immunizations be entered on the Camper Health History Form and/or mailed to camp. The statements: "All immunizations are up-to-date" or "This child is in good health" are not acceptable.

- 1. Diphtheria and Tetanus:** Campers must be fully immunized against Diphtheria and Tetanus with the basic series of three injections and boosters. Campers through age 10 should have had a booster dose against Diphtheria and Tetanus within the past five years. Campers age 12 and up should have a booster dose of Tetanus Toxoid every ten years.
- 2. Poliomyelitis:** All campers shall have received the complete oral polio vaccine series (Sabin).
- 3. Measles:** An inoculation of live attenuated measles virus vaccine is required for all children who have not had measles. It is important to receive this inoculation two or more weeks before camp.
- 4. Typhoid-Parathyroid:** This vaccination is optional. Some physicians recommend that campers 11 years of age and up receive Typhoid immunization. If already immunized, a yearly booster dose is called for. Ask your physician for his/her recommendation.
- 5. Mumps Vaccine:** This is mandatory for campers over 10 years old who have not had the mumps.
- 6. Infectious Hepatitis:** If a camper is exposed to Infectious Hepatitis, gamma globulin should be given promptly after exposure. **CAMP MUST THEN BE NOTIFIED.**

Head Lice and Other Communicable Diseases

Please be sure to check your teenager for the presence of head lice two weeks prior to departure and immediately before camp begins. If your teenager had head lice or was exposed to it (family member, friend, schoolmate, etc.) within four weeks of their arrival to camp, please notify us.

If your teenager is exposed to any communicable diseases after **June 1** including strep throat and chickenpox, please notify the camp immediately. In addition, please check for ingrown nails or plantar warts and take care of these before camp begins.

Medication

Our health center keeps over-the-counter meds such as Tylenol, Advil, Tums, etc. on-hand for campers and staff. Please do not send over the counter medications to camp with your teenager for use "as needed", campers are not permitted to keep these items in their cabins and we already stock these items and do not have space on our shelves for additional supplies. Any dietary supplements that teenagers have including vitamins will need to be kept in the Health Center. None of these items are permitted in any of our cabins.

It's important for us to say that there is no stigma in taking medications at camp. We distribute medications discreetly at mealtimes and at bedtime. Parents should bring all prescription medications in their original bottle, with orders from your child's health care provider.

►Important Note: *Camp is not a time to give your teenager a "break" from their medication. If their doctor prescribed a medication, they must continue this medication while at camp. The social ramifications of such a "break" can affect your teenager's experience. Please contact us with any questions regarding this specific requirement. ◀*

Insurance and Credit Card Information Form

All campers must have the **Insurance and Credit Card Form** completed in full on file in our health center. Even if we have a credit card on file for tuition we need complete credit card information separately on this form for incidental medical costs & co-pays. We also need a copy of your medical insurance card, both front, and back, to keep on file.

Medical attention in our camp health center is covered by your tuition. Any additional charges incurred during camp are the responsibility of the camper's parents. Refilling previously prescribed medication, emergency room visits, local physician's visits, and/or outside medical providers will be billed to your medical insurance carrier. Dentist and orthodontic treatments are billed directly to parents. Parents are financially responsible for all charges related to medical treatment that are not covered by their medical insurance, including any deductible, co-insurance charges, or portions of medical charges which individual insurance companies decline to pay.

The OTC Health Center

Our health center is staffed with RNs and LPNs 24 hours a day. Should your teenager need to see a doctor, we have a relationship with our local Urgent Care center which is open 24/7. In addition, many of our staff have been trained in First Aid and CPR. If your teenager is ill or encounters a serious medical problem, one of our directors or someone from our health center will contact you.

Communications

Letter Writing

There is absolutely no substitute for a good old-fashioned letter, and receiving mail at camp is even better! We strongly encourage families and friends to write to their teenagers.

[Your Teen's Name]
Odyssey Teen Camp
1266 East Otis Road
Tolland, MA 01034

Please be sure to send your camper with stationery and stamps! We will encourage the teenagers to send news of their adventures at camp to you at home (though, we don't recommend waiting by the mailbox).

We do not allow packages to be sent to the campers. Everything they need is provided for them here at camp, and if there is anything they forgot, we're happy to get it for them! We do allow 9 x 12 envelopes to be sent to the teenagers. Please note that our office staff will open any/all packages and inspect them before passing them along to the campers. *Please do not send any food or snacks or any material that is inappropriate for camp.*

Photos of Camp

We endeavor to publish pictures of activities and events at camp every few days. Photos of camp are published on Snapfish and we will give you instructions how to find them. Sometimes our internet access at camp is "spotty" and we are not able to download a lot of pictures

Camper Phone Calls

Campers are permitted to make a phone call home once a week during their stay (beginning the second week of camp only). Our experience tells us that allowing your child some time to settle in at camp before making a phone call helps them be most successful. Phone calls are limited to 10 minutes and will be made from our camp phones. Upon arrival at camp, we will let you know your child's day to call. Our call times will be from 4:30-6:00 PM. I know many of you are used to communicating with your child constantly and that not talking much for a few weeks is a big change. Please know that if your child is having a hard time at camp, we will let you know. Plenty of teens are having too much fun at camp to take the time to call home.

You are always welcome to contact us at camp to check in on your teenager. If you can do so between the hours of 9:00-5:00 it is ideal.

Packing, Clothing and Equipment

Things to Bring

You can find a copy of the OTC packing list in your CampInTouch account. Please adhere to the packing list as there is not an exorbitant amount of storage space in our cabins. You do not need to give your child spending money because there is really nothing to buy at camp.

Laundry is done for campers who are staying at camp for 3 weeks or more. If your teenager is enrolled in **Session A**, **Session B** or **Session E** please make sure you pack enough clothing for their entire stay. We recommend using soft sided duffel bags rather than hard suitcases.

All campers are required to bring bedding and towels. Campers are encouraged to bring twin sheets and blankets and/or a sleeping bag. Don't forget your pillow!

On Wacky Wednesdays we like to dress up, so if you have any costumes at home, feel free to pack them. You never know when they will come in handy.

Things to Leave Behind

Our cabins do not have electrical outlets so items such as hair dryers, curling irons, straightening irons etc. should be left at home. There is no need for anything valuable at camp, please leave it behind. All program supplies (art supplies, sports equipment, etc.) are provided by OTC. There is no need to send any such items to camp. Please do not send food or snacks to camp. Please do feel free to bring guitars or other musical instruments.

As stated in our Rules and Policies, Odyssey Teen Camp has a zero tolerance policy for tobacco, drugs and alcohol. If we find a camper to be in possession of any prohibited items they will be asked to leave camp immediately and no refund will be issued.

Lost/Left Behind Items

Despite our best efforts, inevitably items are misplaced or left behind when the session ends. Unfortunately, many of those items are not returnable as they are not labeled with the camper's name. We will make every effort to return all labeled items to each camper at the close of camp. If we have found an item belonging to your camper we will contact you via email. You will then have the choice to 1. Have it sent back to you via FedEx (shipping fees apply); 2. Have it Donated. *This can best be avoided by labeling all of your teenager's belongings.*



ODYSSEY

• T E E N • C A M P •



Winter

August 1st – June 15th

Odyssey Teen Camp

56 Lincoln Avenue

Ardsey, NY

844.239.6882

Summer

June 29th- July 26th

Odyssey Teen Camp

1266 East Otis Road

Tolland, MA 01034

844.239.6882

Website and Email

www.odysseyteencamp.com
adam@odysseyteencamp.com