

# SUMMER 2021 AT CAMP GUIDE



|    |  |   |
|----|--|---|
| 2  |  | AT CAMP THIS SUMMER<br>CHECK-IN TIMES                   |
| 3  |  | CHECK-IN PROCESS<br>COVID-19 RAPID TEST                 |
| 4  |  | CURBSIDE CHECK-IN<br>MEDICATION CHECK-IN<br>CAMP EXTRAS |
| 5  |  | CHECK-IN RULES<br>SAMPLE DAILY SCHEDULE                 |
| 6  |  | CAMP DINING<br>SAMPLE MEALS                             |
| 7  |  | CAMPER HEALTH<br>MEDICATIONS<br>INSURANCE               |
| 8  |  | PHOTOS & SOCIAL MEDIA<br>COMMUNICATION                  |
| 9  |  | VISITATION POLICY<br>HOT WEATHER PLANS<br>RAIN PLANS    |
| 10 |  | CHECK-OUT TIMES<br>TIPPING POLICY<br>NEXT SUMMER        |

We hope this guide answers most, if not all, of your questions. However, if you need additional information or have any concerns, we invite you to get in touch with our office staff.

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(570) 620-2267



# AT CAMP THIS SUMMER

We are looking forward to your arrival at ISTC! This section will cover what to expect when checking in to camp.

During the week leading up to your Sunday check-in, we send our "Welcome to Camp" email, which gives an overview of our check-in process.

It will include a recap of your current canteen balance and permissions for check-out. You can bring additional canteen funds to check-in and deposit with either cash, check or credit card. If you wish to update your check-out permissions, you can do so in your parent account under the forms sections.

The "Welcome to Camp" email will also include our packing list and general reminders to help make your week a success!



## CHECK-IN TIMES

- Check-in for every session is on Sunday. Due to COVID-19, we will be providing you with a specific check-in time window between 1:30pm and 4:00pm for your camper once we get closer to your session.
- We are not able to accommodate families for early check-in. We coordinate checkout for the previous session in the morning so our staff are extremely busy getting ready for new campers.
- Cabin and bunks are pre-assigned based on age and roommate requests, so there is no need to beat the crowd and arrive early.
- The roads around camp are public, not private roads; arriving early and parking alongside any of the roads is unsafe and prohibited by law.

If you anticipate missing the Sunday 1:30pm to 4:00pm window for check-in due to other commitments, please notify our office. We will work with you to arrange a different time to check-in.



# CHECK-IN PROCESS

Upon arrival, our staff will be at the front gate to greet you and get you started with the check-in process. This summer we will be doing a completely curbside check-in and all campers and family members will be required to remain in their vehicle and appropriately masked.

- Parents and guests will not be able to leave the parking lot area at any time to help limit the exposure risks.

All staff members will be wearing green and white ISTC polo shirts as well as a nametag; you are welcome to ask any staff for assistance.



# COVID-19 RAPID TEST

The first step of your check-in process will be a quick questionnaire regarding any potential exposure to COVID-19 along with a rapid nasal swab test and temperature check.

- Campers or their parents will be required to administer the swab portion of the nasal test. This test requires the nasal swab to be placed mid-way up each nostril to collect the sample.

After the swab has been processed, our trained staff member will read the results of the test. Any camper receiving a positive test will be unable to check-in (along with any siblings). That camper will have the option to attend a later session that has availability or rollover their registration to the following year.





## CURBSIDE CHECK-IN

The next step on your check-in journey will be conducted curbside using our digital check-in app where we will verify all of the information we have on file, collect any additional canteen funds you wish to add and provide you with your child's cabin number.

Once everything has been verified, your child will be able to exit the vehicle, collect their belonging and meet their counselor in the designated area. Their counselor will escort them to their cabin and help them get unpacked and settled in for the week.

## MEDICATION CHECK-IN

Our health center staff will be assisting families if they need to drop off medications or speak with our camp nursing team. All parents must wear a mask when meeting with our health center staff.

- All medication and supplements, whether it is prescription or over-the-counter, must be turned in to our medical staff and they will be held at the Health Center for the entirety of your camp stay.

If you would like your camper to carry an Epi-pen or inhaler, our nurses will set you up with this process.



## CAMP EXTRAS

- Weekend stays can be extended during check-in. The cost for each additional day is \$250.00.
- Cabin photos can be pre-ordered during check-in. They will be pre-printed and delivered with your child's check-out packet.
- ISTC merchandise and care packages can be purchased in our online camp store. All items can be organized for a mid-week delivery to let your favorite camper know you are thinking of them.



# CHECK-IN RULES

We know check-in is a busy time, and we want to make it as stress free as possible. We kindly emphasize the following things to keep the afternoon a success:

- Follow all posted and verbal safety guidelines to help limit any possible COVID-19 exposure risks.
- Respect the camp, it's staff, and other families.
- Alcohol, tobacco, and illegal/controlled substances are not permitted on ISTC grounds.
- Weapons, firearms, and fireworks are not permitted on ISTC grounds.
- ISTC is a smoke free facility, which includes standard and e-cigarettes like Juul.



# SAMPLE DAILY SCHEDULE

This is a sample of the schedule we follow at camp. Each squad will have a similar schedule with different start and end times to allow for appropriate social distancing.

|                     |                            |
|---------------------|----------------------------|
| 8:00 am – 9:00 am:  | Breakfast                  |
| 9:15 am – 11:30 am: | Sports Session #1          |
| 12:00 pm – 1:00 pm: | Lunch                      |
| 1:15 pm – 2:30 pm:  | Afternoon Recreation       |
| 3:00 pm – 5:00 pm:  | Sports Session #2          |
| 5:00 pm – 6:00 pm:  | Dinner                     |
| 6:30 pm – 8:00 pm:  | Sports Session #3          |
| 8:30 pm – 10:00 pm: | Evening Recreation         |
| 10:15 pm:           | Latest time for Curfew     |
| 10:45 pm:           | Latest time for Lights Out |



# CAMP DINING

Our Food Service team prepares breakfast, lunch, and dinner to give our campers a variety of options. Meals vary from day to day, but we encourage you to take a look at sample meals.

- Squads of campers will be rotated through the dining room with ample time in-between to allow for thorough cleaning and sanitizing.
- We are accustomed to working with campers and staff with allergies and have designed our dining hall with everyone in mind. We do not use nuts, peanuts, or peanut oils in any of the food we prepare. We label all items in our dining hall to let campers with dietary needs make informed choices.
- Campers and counselors have assigned tables and enjoy the meal as a cabin, which relieves the social pressure related to finding a seat.



## SAMPLE MEALS

### Breakfast

pancakes and syrup  
hash browns  
bacon  
blueberry muffins  
assorted yogurts  
assorted dry cereals  
toast  
fresh fruit juices  
milk  
coffee

### Lunch

cheese pizza  
assorted toppings  
potato chips  
chicken noodle soup  
sandwich bar  
breads and crackers  
brownies  
juices  
milk  
coffee

### Dinner

roast beef  
mashed potatoes  
gravy  
green beans  
dinner rolls  
bread  
white cake  
juices  
milk  
coffee



# CAMPER HEALTH

We cannot stress enough that camper safety and well-being are our utmost priority. We have a state-of-the-art health center that is staffed around the clock by nurses and athletic trainers. We also have a fully licensed physician on call.

If a camper becomes injured, or is ill for more than half a day, our health center team will call you to keep you informed. In case of illness, campers will be housed in the health center for a brief period; however, if it persists, you may be called to pick up your child from camp.

- Any campers who are showing signs or symptoms of COVID-19 must be picked up promptly.

For any concerns, we recommend getting in touch with us before camp or speaking directly with the Health Center team during your check-in.



# MEDICATIONS

All medication and treatments, prescription or over-the-counter, must be turned into the Health Center to be administered by our nursing staff.

Epi-pens and inhalers must be checked in to the Health Center, although parents who wish for their campers to keep it on their belonging can sign off to do so.

At the end of the camp week, any remaining medications will be returned with your child's check-out materials. Please ensure your child has their medications with them before departing camp as any unclaimed medications will be disposed of. Unfortunately, we are not able to mail medications as it is unlawful. (Only Drug Enforcement Administration (DEA) registered distributors can mail prescription medication.)

# INSURANCE

All campers must have medical insurance in order to attend ISTC.

Your personal medical insurance policy is your child's primary coverage. All campers are covered by excess coverage accident insurance while at camp. If a camper sustains an injury at camp, parents are required to pay for any out-of-pocket expenses at the time of departure and then submit the claim to their insurance company.

Camp insurance does not cover illness. Parents must reimburse the camp for physician fee's and prescriptions due to illness upon time of departure from camp.

If you do not have medical insurance for your child, you can obtain a short-term policy for camp. Please contact Richard Scalice of Insurance Development Services for more information at 570-595-9640 ext. 1005.





# PHOTOS & SOCIAL MEDIA

Each day, we upload photos to our website's online galleries to give families the opportunity to see pictures of their camper and the day's events. The galleries are free to view and do not require a password, so extended family and friends can view without any issues.

We believe the role of our photographers is to offer a peek into life at camp. It is an impossible task to capture every camper's individual experiences, however, we make our best effort to try get everyone in a photograph. With this in mind, we are not able to accommodate special requests for photos.

ISTC is also extremely active on Facebook, Snapchat, Twitter and Instagram during the summer months. Each platform will have more content on the day's events.



# COMMUNICATION

We wanted to emphasize our communication opportunities with you to ensure we have matching expectations for the week.

- ISTC is cell phone free for both campers and staff; with the busy nature of our daily schedule, we do not have times for campers to receive and make calls.
- If your camper is staying multiple weeks, we offer an open phone line from 1:15pm – 2:30pm on Saturdays only. During that time, parents call our office via a different number, 570-620-1795, so your camper can pick it up.
- We offer a bunk note service through your parent account, which allows you to write to your camper. These notes are organized through CampinTouch, and delivered to your camper each day.
- We accept and send mail regularly. Writing supplies and stamps can be purchased in the canteen or you can send your camper with pre-addressed letters or postcards. Inversely, you are able to send mail, packages, and other items – we simply ask that it does not contain food or other things from our 'Not To Bring' list.
- Our mailing address is:  
Camper's Name – Cabin # (if known)  
International Sports Training Camp,  
1100 Twin Lake Road, Stroudsburg, PA 18360



# VISITATION POLICY

For the safety and security of our campers and staff, we do not allow onsite visits during the camp season. Our gates are closed to the public.

- If a camper needs to leave their session for another commitment (i.e. school sports, family event, etc.), they will not be permitted to return to camp.



# HOT WEATHER PLANS

Extreme heat and heat-related illnesses are things we take very seriously. We can mitigate the effects of heat by changing our schedule.

- Our coaches and counselors allow for regular water breaks and encourage our campers to stay hydrated. Our Health Center staff monitor our campers, looking for any signs of heat related illness.
- We have been successful in beating the heat over the years and have even represented summer camps in the Poconos on the issue.

(<https://wnep.com/2015/07/29/keeping-campers-safe-in-hot-weather/>).

# RAIN PLANS

Fortunately, when rain occurs at camp, it typically happens in short bursts. We can work around wet weather by using many of our covered spaces. Teams move between covered spaces like the Fieldhouse, Boathouse and Arena.

In the event of thunderstorms, we will keep everyone in their cabins for safety (and make every effort to reschedule their missed activity). Sports coaches also visit the cabins to play indoor games with the kids until the storms pass.





# CHECK-OUT TIMES

Check-out time varies depending on your check-out day.

- Friday Check-out: 11:00am  
Saturday Check-out: 10:00am  
Sunday Check-out: 10:00am
- Since camp is still in session during the morning of each checkout day, we are not able to open our gates earlier to accommodate early checkouts.
- If you need to pick up your camper at a different time, please get in touch with our office with as much notice as possible. (Additional fees apply.)
- Check-out is conducted curbside, similar to check-in. Your child will come to the parking lot with their belongings once you arrive.



# TIPPING POLICY

Our staff is not expecting to receive tips; however, if you would like to tip them, you are welcome to do so. Please feel free to deliver tips to your check-out greeter in a sealed envelope with the staff member(s) name on it and we will distribute them.

We cannot stress enough that tipping our staff is entirely up to you and not required.

# NEXT SUMMER

Signing up online for the following summer a full year in advance is a reality if you want to secure your first choice of dates.

- For the past few years, our first week of August will reach capacity before the current summer finishes. Each week of IXTC will also fill as the week passes in the current summer.
- For returning families, we offer the largest discount of the year for early registration, which will automatically apply to all eligible weeks.

It is important to note that your selection of week, checkout day, and roommate requests do not need to be final at this point; as long as we have availability, we can make adjustments to your registration details.

