



**Lake Park Clubhouse**

**1015 Howard Ave.**

Camp Opeka Parent/Camper Guide 2023

---

### **Welcome:**

Welcome to the Des Plaines Park District Camp Opeka! We have designed this program to include a variety of activities in a safe, supervised environment. All activities will be held at Lake Park with the exception of bussed trips to Mountain View Adventure Center on Monday and Chippewa Pool on Tuesday and Thursday per week. Our dedicated and well-trained Summer Camp staff members encourage and promote physical activities that will help boost self-image and self-confidence. We provide an environment for youth to socialize and create new friendships. This informational guide will provide important general Camp Opeka information.

### **Participant Information Medical Form:**

It is imperative that you turn in our **Participant Medical Contact Form**. This form, along with all other pertinent information can be found on the Park District website: [www.DPParks.org](http://www.DPParks.org). This form needs to be completed and returned to the Camp Director on the first day of camp. This information is held in the strictest confidence.

**Please note: If we do not have this information on file, your child will NOT be able to attend camp.** Please remember to attach a recent photo.

### **Medication**

Medication(s) (both prescription and over-the-counter) require a Medical Waiver with the camper's name, dosage, and times to be taken. Medicine will be held with the Camp Director for safekeeping unless other arrangements are made. Put directions in writing on the camper's medical information form. If it is necessary to administer medication to a participant during program hours, the parent/guardian must complete the necessary forms and return them to the Camp Director: The Permission to Dispense Medication/Waiver and Release of All Claims form; the Medication Dispensing Information form; and if applicable, the Waiver & Release of All Claims for Use of Inhaler or Auto-Injector. All medication must be delivered to the Camp Director on-site at camp in the original prescription bottle or in clearly marked containers, which include the person's name, medication, dosage, and time of day the medication is to be given. **\*Please contact the Des Plaines Park District if you are in need of the Medication Waiver, Release of Claims and Dispensing Information forms, they will also be located on our website [www.DPParks.org](http://www.DPParks.org).** Des Plaines Park District Camp Staff are not able to administer any diabetic medication injections or check blood sugar for your child.

### **Illness**

If your child becomes ill while at camp, he or she will be attended to and allowed to rest in the back office area, while we contact a parent/guardian. If a parent is unavailable, the emergency contacts will be called. If your child has a fever or other symptoms of illness before camp, we discourage their participation. Please do not allow your camper to return to camp until they have been fever free (without the use of a fever reducer) for 24 hours. In the event of a contagious disease, please notify the Recreation Supervisor (847)391-5700 or Camp Director as soon as possible.

### **Camper Absences**

If your child will be absent or late to camp please notify the Camp Director. During camp hours we are often busy and unable to return calls immediately. If your call can't wait, please leave a message.

### **Health and Safety**

Your child's health and safety are our number one concern. Our staff is trained in CPR/AED and First Aid and each facility is equipped with basic first aid kits and AEDs. The paramedics are always called in the event of a more serious injury or accident. If paramedics are called, parents are always notified. The Des Plaines Park District DOES NOT provide health, medical, or accident insurance for its participants.

**Camp Opeka Hours of Operation:**

Camp Opeka runs Monday through Friday, 7:00am-6:00pm. Drop off begins at 7:00, please have children at camp by 9:00am. Pick up will begin at 3:30pm, children will need to be pick up by 6:00. If for any reason you have to pick up your child early from camp, please coordinate with the Camp Director or Assistant Director. If you will be late, please refer to our Late Pick up Policy. **Please make every effort to drop off and pick up your child on time.**

**Late Pick up Policy:**

It is imperative that your child is picked up on time, as our staff needs this time to prepare for the next day. There will be a 5-minute grace period at the end of camp. Once the 5-minute period has elapsed, there will be an additional \$5.00 charge for every 5 minutes you are late in picking up your child. (Example: Camp ends at 6pm and child is picked up at 6:21pm. You will be expected to pay a \$15.00 late fee. This fee must be paid at camp by cash or check before your child comes back to camp the next day.

**Authorization Pick-Up:**

Please indicate on the Participant Information Medical form who is authorized to pick up your child from camp. If someone else is coming to pick up your child, and is not listed as an authorized adult, parents must submit in writing who will be picking up the child. Children will not be permitted to leave the program during the day or at the end of the program to walk home, unless we have written permission from the parent.

**Registration Information:**

The summer camp season runs **Monday, June 10 –Friday, August 2**, in one week sessions. All campers must be registered and paid in full by the THURSDAY before the first day of the new session of camp. If your child is not on the roster or attendance sheet, please show proof of receipt to the Camp Director/Assistant Director. If we do not have proof of payment, you may be sent to our administrative offices for further follow up.

**Camper Code of Conduct:**

Campers are expected to behave appropriately while participating in any Park District program and while in any Park District facility. Please review the camp policies with your child. Rules/Guidelines have been developed to make Des Plaines Park District programs safe and enjoyable for all. A camper who displays negative behavior can affect the rest of the camp's experience. Campers who are disruptive, unruly or display inappropriate behavior OR require an excessive amount of disciplinary attention will meet with the Camp Director and parents to evaluate their behavior. The Des Plaines Park District reserves the right to dismiss a participant or facility user whose behavior endangers their own safety or the safety of others. Parents will be notified of any misconduct or discipline problems. **It will be the parent's responsibility to arrange transportation for the child if/she is being sent home due to disciplinary actions.**

**Please review the following camp policies/rules with your child:**

- Talk in a pleasant manner: no foul language or put-downs. Topics of conversation are to be appropriate for a public setting.
- RESPECT other campers, staff members, their belongings, our facilities, and the natural environment.
- Refrain from disparaging remarks, including comments against an individual's race, ethnic background, religion, physical appearance, or disabling condition.
- Treat all equipment and supplies with proper care and respect.
- Remain with your group and a Park District staff member at all times, unless directed to do otherwise.
- Protect your feet by always wearing shoes; gym shoes are required at camp.
- Do not display any aggressive behavior, including hitting, punching, slapping, kicking, and biting.
- Refrain from threatening or causing bodily harm to yourself, other participants, or Park District staff.
- Hazing and bullying is strictly prohibited.
- BE SAFE. Follow camp rules at all times.

**Camper/Parent Agreement:**

New this year, we ask parents review Des Plaines Park District rules/guidelines with their child. Each camper must submit an agreement with their participant medical form. If we do not have this on file, your child may not be able to attend camp.

## **Camper Daily Check-List**

**What should you bring to Camp:** Make sure all items are clearly labeled; Des Plaines Park District Summer Camp staff will not be responsible for lost or stolen items.

- Backpack
- Gym Shoes (sandals/flip flops are ONLY permitted on swim days)
- Healthy lunch and 2 snacks (for both AM/PM)
- Water Bottle
- Swimsuit (one piece only for female campers) and towel
- Sunscreen (spray preferred), camp staff will not be able to apply sunscreen
- Clothing for all weather (jacket/sweatshirt or rain gear)
- Durable play clothing and extra change of clothes

**What should NOT bring to Camp:** If these items are found at camp, parents can pick them up from the Camp Director or Assistant Director at the time of pick up.

- Electronic games and devices
- Music players (MP3 players or iPods)
- **Trading/Pokémon Cards**
- Toys, or anything with monetary or sentimental value

## **Cell Phones:**

Campers may have cell phones with them at camp, but we ask that they stay in backpacks or in a secure place. We are not responsible for lost or stolen cell phones. Phone calls and text messages cannot be made without staff permission. If a phone is used without permission, it will be taken and held by staff until the end of the camp day.

## **Food Allergies:**

Please be aware that peanut allergies are becoming more prevalent each year at camp. These allergies are sometimes airborne and even sitting next to a camper with a peanut butter and jelly sandwich can give them an allergic reaction. Due to the danger of this allergy, we ask that you please avoid or limit the peanut products you include in your campers lunches. We understand that this may be difficult, so if you include peanut products, we ask that you please inform your camper, label the bag "contains peanuts" and let us know at sign-in. It is our goal to keep everyone safe at camp. We appreciate your help!

## **Swimming:**

**Camp Opeka is bussed to Iroquois Pool on Tuesdays and Thursdays or free/open swim.** Campers must be able to change themselves into and out of their swimsuits without assistance and back into dry clothes. If your child does not plan on participating in swimming, they can still attend camp; keep in mind the entire camp, and staff, will be going to the pool and supervision will not be provided back at the camp site. Campers are still required to wear swim wear on the pool deck, but they are not required to enter the water.

## **Swim Levels / Swim Tests:**

To keep pool visits as safe as possible we conduct a basic swim test before allowing a camper to swim in water above their shoulder. The swim test consists of swimming the width of the pool in the 6-foot deep end and completing a 30 second treading test, *under the supervision of our camp staff and the pool lifeguards*. If the camper can swim across the width of the pool without stopping or touching the wall or lane line, and if they can complete the full length of time for the tread test, they are allowed to swim in the deep water of the pool. If a camper does not pass the swim test, chooses not to take the swim test, or are marked Non-Swimmer/ Beginner they will be issued a pink wristband which restricts them to water that is below their shoulder height in the pool. Please be sure to indicate your child's swimming ability on *the Participant Medical Form*.

## **Swimming Lessons:**

Lake Park Camps offer swimming lessons for campers at an additional registration fee. The cost is \$13.00 and they are held on Tuesdays and Thursdays in the morning. Campers will be transported to Iroquois pool with camp staff. Please refer to the summer camp guide for additional information or ask your Camp Director.

**Parent Correspondence:**

Important camp information and reminders will be distributed daily or weekly. At the beginning of each week, parents will receive a camp calendar that has all of the activities scheduled for that week's session. All camp calendars will be posted on the website at the start of the camp season. Each camp will also have a Parent Communication Log located next to the sign in/ out sheets. Please make sure to write down any important information on the communication log for your Camp Directors to be in the know.

**Lake Park Program Areas:**

During select times, campers will have options for activities they may participate in. Activities range from quiet games, simple cooking, arts and crafts, sports and games, sand play, fishing, water events, and other special events. All activities are run and supervised by camp staff. All supplies are provided for campers. Please note: water events do not involve the lake.

**Fishing:**

During scheduled supervised fishing times, campers may go ankle deep in the water along specified areas of the shoreline. They may bring a pair of old shoes for lake use. Simple, non-casting, bamboo fishing poles, and corn kernel bait are used from the shoreline, and all fish caught are released.

**Paddle boating:**

Campers will have the opportunity to go paddle boating on Lake Opeka, weather permitting. Campers wear life vests and staff is out on the lake with them. They are restricted to the harbor area of the lake.

**Prairie Lakes Program Area Sessions:**

**On Mondays, campers participate in program area sessions at Prairie Lakes Park. Possible activities range from mini-golf at Mountain View Adventure Center, including the skate park and batting cages, simple cooking, outdoor basketball, softball, batting cages (requires additional money; \$1 per 15 balls) and more.** Campers may bring inline skates or skateboards at their own risk on these days. *Note: Skating activities require a helmet.*

**Important Dates:**Parent Meet & Greet

Thursday, May 30, 6:00-7:30pm

Administrative & Leisure Center, 2222 Birch Street

Summer Camp Kick-Off

Monday, June 3 – Friday, June 7

**(5–6 year olds)**

Administrative & Leisure Center, 2222 Birch Street

**(7– 12year olds)**

Arndt Park Fieldhouse

1900 White Street at Howard Avenue

**\*\*No Camp, Thursday July 4 or Friday July 5**

All Camp Field Day

Wednesday, July 17

Prairie Lakes Community Center, 515 E. Thacker

Mid Summers Camp End

Monday, August 5 – Friday, August 9

**(5–6 year olds)**

Administrative & Leisure Center, 2222 Birch Street

**(7– 12year olds)**

Arndt Park Fieldhouse

*1900 White Street at Howard Avenue*

Summers Camp End

Monday, August 12– Friday, August 16

**(5–6 year olds)**

Administrative & Leisure Center, 2222 Birch Street

**(7– 12year olds)**

Arndt Park Fieldhouse

*1900 White Street at Howard Avenue*

**Important Contact Information:**

<b>Lake Park North Pavilion</b> 2000 Lee Street, Des Plaines 60018 (Good Sheppard Parking Lot) (P) 847-391-5731 (Lake Park Club House)	<b>Administrative &amp; Leisure Center</b> 2222 Birch Street, Des Plaines, 60018 (P) 847-391-5700 Administrative Office Hours of Operation Monday–Friday: 8:30-5:00pm Saturday & Sunday: CLOSED	<b>Prairie Lakes Community Center</b> 515 E. Thacker, Des Plaines, 60016 (P) 847-391-5711 Office Hours of Operation (Summer) Monday–Thursday: 5:30a-9:30p Friday: 5:30a-8:00p Saturday: 7:00a-6:00p Sunday: 7:00a-5:00p
--	--	--