



Welcome to Adventure Expeditions!

The Avon Recreation and Parks Department Staff would like to welcome you and your child(ren) to Adventure Expeditions, which runs from 8:45am to 4pm with drop-off and pickup at Sycamore Hills Recreation Area. The purpose of this handbook is to make sure that you are well informed and prepared to send your child to camp every day with everything they need. If you have any further questions after reading this handbook, please feel free to contact the Recreation and Parks Department at 860-409-4332.

Camp Philosophy

Adventure Expeditions believes that every camper deserves a safe, inclusive, and engaging environment where they feel supported, challenged, and empowered to grow. Guided by the mission of Avon Recreation and Parks Department, we provide meaningful recreational experiences that promote independence, social connection, and personal development through daily adventures. We are committed to fostering a community where all participants—regardless of ability, background, or experience—feel welcomed and valued.

As a field trip-based program, Adventure Expeditions encourages campers to explore beyond their comfort zones. We create opportunities for campers to take positive risks, try new experiences, and build confidence in real-world settings, all while maintaining a strong foundation of safety, structure, and support. By balancing independence with guidance, and adventure with responsibility, we create an environment where campers feel confident navigating new experiences, forming friendships, and being themselves.

Ultimately, Adventure Expeditions is about more than just trips; it's about helping campers grow into confident, capable individuals who are ready to explore the world around them.

Camp Goals

- ~Create an inclusive environment for all
- ~Promote safe and supportive experiences
- ~Encourage participation and engagement
- ~Foster social growth and responsibility
- ~Build confidence and independence
- ~Develop adaptability and resilience
- ~Deliver fun and memorable experiences

IMPORTANT SUMMER PHONE NUMBERS

<i>Recreation and Parks Department</i>	<i>(860) 409-4332</i>
<i>Cancellation Line</i>	<i>(860) 409-4365</i>
<i>Sycamore Hills Pool</i>	<i>(860) 673-5696</i>
<i>Camp Director Cell</i>	<i>(860) 874-9599</i>
<i>*The Camp Director Cell will only be active during camp hours.</i>	



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ADMINISTRATIVE STAFF

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Avon Recreation and Parks Department Mission Statement

The Avon Recreation and Parks Department is committed to providing opportunities to participate in recreational programs and have access to parks so that people of all ages and abilities can stay active and enjoy the benefits of a healthier life.

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PARENT/GUARDIAN INFORMATION



Before arriving at camp, please have your child apply sunscreen so that they are ready to go for the day. Be sure to triple-check the weekly newsletter for required items that should be brought or worn to camp in addition to the daily packing list. On days with water field trips, please have your child come to camp dressed in their swimsuit underneath their clothes.



Upon arriving at camp, parents/guardians **MUST park their car and walk to the welcome table located next to the playground to sign their child in and out of camp each day.** If someone other than the direct guardian of your child is picking up, please complete a pick-up authorization form and submit it to the Camp Director in advance. On most days, the bus will leave promptly at 9 am, so it is very important to be on time. Drop off is at 8:45 am (Please plan to drop off no earlier than 8:40 am and no later than 8:55 am). Pick up is at 4:00 pm (Please plan to pick up no later than 4:05 pm). Parents who consistently pick up their child later than 4:05 pm will be charged a \$25 late fee. On most days, the bus will arrive back between 3:30 – 4:00pm. The camp director will send notification if the bus is running late.



While at camp, please remember that campers will visit a field trip location every day, and they should come to camp prepared to be out in the elements (rain, heat, cold, etc). The weekly newsletter will provide further information on session-specific schedules and field trip details including special items to wear or bring. All campers are highly encouraged to participate in every field trip. If there is a camper who really does not wish to or cannot participate in a particular field trip activity, they may bring a book or game (non-electronic) to use during the activity. Campers should always pack a swimsuit regardless of the field trip because on days the bus gets back early, campers will be able to swim at the pool.

DAILY PACKING LIST

(Please label all belongings with name and phone number)

- Backpack
- Socks and Sneakers
 - Sandals may be brought to camp in addition to socks and sneakers
- Full change of clothes
- Swimsuit – Appropriate please!
- Towel
- Waterproof watch
- Sunscreen (Spray and face stick preferred)
- Two **Nut-Free** Snacks
- Lunch (in insulated lunch bag with a cool pack) *Lunches are not refrigerated. Or bring non-refrigerated lunch. **Please note we are a NUT-FREE CAMP.**
- Lunch will be provided on Tuesdays
 - Quassy: choice of hamburger, cheeseburger or hotdog, fries & drink)
 - Lake Compounce: Includes meal with side, fountain drink & cookie)
- Reusable water bottle (filled)
- OPTIONAL: small amount of money, a book, a small game (like cards), a cell phone for emergencies

Items NOT to bring to camp:

- Electronic devices other than a cell phone (used for emergencies only)
- Any valuable items that you would not want lost or damaged

*Lost and Found items will be disposed of two weeks after camp ends (August 21st) due to health and safety reasons.

*For items lost at a field trip venue, parents will need to contact the venue directly.

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POLICIES AND PROCEDURES

NEWSLETTER

The Weekly Newsletter will be sent via email the Friday prior to each session. Please carefully read these newsletters as they will provide important information such as a packing list, schedule, and reminders. **Please make sure your MyRec account has “opted-in” for notifications, or you will not receive the weekly newsletter and other important emails regarding camp.**

GROUP/FRIEND REQUEST POLICY

While we understand your child may be registering for camp with a friend, please note that we do not take group requests. No matter what group your child is in, there are many points of the day where the camp is all together, and your child will be able to interact with friends in other groups. Groups are created roughly by age/grade but will vary in each session depending on how many kids of each age/grade are registered.

WEATHER

Most field trips will run rain or shine. If a field trip must be canceled because of the weather, an indoor field trip will take its place. Please make sure your child is prepared with a rain jacket or poncho on inclement weather days. An alternative pick-up location may be the senior center building when needed in case of rain.

CELLPHONE USE

Cellphone use is prohibited except in emergencies or when instructed to use by the Camp Director. Campers are responsible for the loss or damage of cell phones on field trips.

HEALTH POLICY

Please do not send your child to camp if they are experiencing any of the following: fever of 100.4 degrees or higher, vomiting, productive coughing or sneezing, achiness, or sore throat. If a child experiences these symptoms while at camp, parents will be called and will need to pick up their child from whatever location they are at for the day. For fevers, children can only return once their fever has been gone for 24 hours without fever inhibiting medications.

MEDICAL INFORMATION

All Camp staff are trained in American Red Cross First Aid, CPR/AED, and Epi-Pen Administration. Select camp staff receive basic training that enables them to provide care for campers with diabetes and administer medications. All lifeguards are American Red Cross Certified with CPR for the Professional Rescuer/AED.



BEHAVIOR EXPECTATIONS AND POLICY

The Camp Director and Recreation Leaders will foster expectations with positive reinforcement and other appropriate behavior modification techniques. Since a large amount of the camp day will be spent at an off-site location, we expect campers to meet our behavior and policy guidelines listed below.

We require campers to:

- Be able to use the restroom independently, including managing their own clothing and performing all necessary hygiene tasks
- Be able to put on and take off swimsuit if needed. Our staff is not trained to assist with clothing
- Understand and abide by camp and field trip venue rules
- Follow directions from any staff
- Respect Avon Rec staff, other campers, and any venue/field trip staff
- Participate safely and effectively in a variety of activities
- Understand consequences of inappropriate behavior
- Not use inappropriate or crude language or hand gestures

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- Not to bring any tobacco products including but not limited to vapes, nicotine pouches, and any and all electronic cigarettes to camp
- Interact with peer groups in a civil manner
- Keep their hands to themselves at all times
- Stay with the group at all times
- Use electronic devices only in emergency situations or when prompted by Director to communicate with parents
- Operate independently in handling money, keeping track of their belongings, and working with a buddy system

If a Recreation Leader is experiencing behavioral problems with a child, parents will be notified/involved in the following ways:

1. For minor or first instances of behavioral problems – Camp Director/Recreation Leader will talk to the child and log the behavior in our records book.
2. For major or repeat behaviors – Recreation Leaders will fill out an incident report that parents need to sign and discuss with their child. Depending on the severity, parent(s) may also receive a phone call from the Camp Director.
3. For continued major or repeat behaviors resulting in incident reports – The Camp Director, parent(s), and child will meet to discuss and create a behavior plan.

Depending on the severity and frequency of the behavior, the Recreation and Parks Department reserves the right to dismiss any child from the program. A camper demonstrating serious behaviors without improvement will have to be picked up at the venue within one hour of being notified by the staff. Any child who is found with any tobacco products (vapes, pens, etc) or using their phones inappropriately (more than once) will be dismissed from the program.

TEXT BLASTS

Text blasts are a feature that the MyRec software (our registration software) offers. Adventure Expeditions will utilize this feature to send reminders and last-minute changes to parents/guardians directly to their mobile phone. This is useful for when locations need to be changed due to weather, or if the bus is running late from a field trip due to traffic. Text blasts will not be used to send any promotional materials, only important updates regarding location changes, delays, and emergencies.

To sign up for text blasts, follow these steps:

1. Sign into your MyRec account via: avonrec.com
2. Click the person in the circle symbol at the top of the website in the green header and right-hand corner, next to the shopping cart, and click on “My Account”.
3. Once you are in your account, click on the smartphone shape icon which is labeled “notifications” in between the “register” and “log out” icons.
4. You will see a “Mobile Notifications” section where you can click “Add Number”.
5. Once you click “Add Number”, you will see a screen pop up with a blue header saying, “Add Member Mobile Notification”. Add your mobile number in for the correct member and you will be all set!

A blue-bordered form titled 'Add Member Mobile Notification'. It has two main sections: 'Member' with a dropdown menu showing 'Allen, Joel' and 'Mobile Number' with a text input field containing '(860) 409-4332'. At the bottom left are 'Submit' and 'Cancel' buttons.

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If you have any questions or concerns, please feel free to reach out!

860.409.4332 | avonrec@avonct.gov

We look forward to working with you and your children at camp this summer! 😊



ADVENTURE EXPEDITIONS CALENDAR 2026!

	Explore 	THRILLS 	Fun in the Sun 	ADVENTURE 	Play 
	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
SESSION 1 6/29 - 7/2					
SESSION 2 7/6 - 7/10					
SESSION 3 7/13- 7/17					
SESSION 4 7/20 - 7/24					
SESSION 5 7/27- 7/31					
SESSION 6 8/3- 8/7					

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Avon Recreation and Parks
PICK-UP AUTHORIZATION FORM

Name of child/children: _____

Adult(s) Authorized for Pick-up:

Relationship(s): _____

Phone Numbers: _____

Date(s) permitted to pick-up: _____

Please note that the authorized adult will be required to show an ID at sign-out.

If signing this form electronically, I acknowledge that my electronic signature is legally binding and has the same force and effect as a handwritten signature.

Name of Parent/Guardian (Print)

Signature of Parent/Guardian

_____/_____/_____

Date