



Hello Camp SoundWaters Families!

Welcome to Camp SoundWaters 2025! The camp team and I have been working hard to prepare 9 fun-filled sessions for our campers and we are so excited for another awesome summer!

I care deeply about your camper's wellbeing and strive to make Camp SoundWaters a home away from home. Whether it's your child's first camp experience or seventh summer with us, I want your camper to enjoy a safe and joyful environment where they can learn and grow, make new friends, and create life-long memories.

To help you prepare to come to Camp, we have created a Parent Guide. This Guide is designed to answer all your questions regarding what to bring, camp schedule, drop off/pick up, and other important information. If you have questions not addressed in the Guide, or you are a first-time camp family and would like to see our facility, please feel free to reach out to me any time.

I'm looking forward to a wonderful summer and can't wait to see you all soon!

Kat Norton
Camp Director
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SoundWaters

PROTECTING LONG ISLAND SOUND THROUGH EDUCATION



Hello Camp SoundWaters Families!

We are so glad you have chosen Camp SoundWaters this summer! This Parent Guide contains everything you and your child need to know about Camp, including important information about SoundWaters operations, daily schedules, and what your child should bring everyday. We are also including all relevant forms.

Daily Schedule*

Every day is a little different at Camp SoundWaters, but the schedule below outlines how Camp flows:

8:30-9:00 Early Drop Off (requires sign up)

9:00– 9:15 Sign in

9:15 - 12:00 Morning Activities

12:00– 12:30 Lunch

12:30-3:30 Afternoon Activities

3:30-4:00 Cool Down Activities/Packing Up

4:00– Pick up

4:00– 5:00 Late Camp (requires sign up)

View Individualized Group Schedule on Website

Keep up to date on your favorite
counselors, campers, and Camp
SoundWaters activities on
Instagram and Bunk1

We strive to have great communication with parents and our campers. We ask you to assist us by letting us know any relevant information that will help us care for your child. We especially want to hear from you when:

- Your child will be ABSENT from camp
- Someone other than a parent or guardian will be picking up your child. For safety reasons we cannot release your child to anyone you have not added to your authorized pick up list.

Sign in/Sign Out Procedure

Sign-in/sign-out will take place at **SoundWaters Coastal Education Center** in Cove Island Park, 1281 Cove Road, Stamford.

In order to enter Cove Island Park you will need a SoundWaters parking pass. The parking pass for your session(s) will be mailed to you in advance, and the pass must be hanging from your review mirror. If you lose your pass or need additional passes- you can pick them up on the first day of your child's camp. SoundWaters is not responsible for any fines and cannot help in your negotiations with the city of Stamford.

Please park in the general parking lot; walk over the bridge, bear left all the way to the white two-story building. Please do your best to have your child signed in on time. We begin our activities right away and we don't want anyone to miss out on any of the fun!

Please have your ID with you at sign out. Please be advised we can only release a camper to someone 18 years of age or older.

Late Pickup Policy

Camp hours are 9:00am -4:00pm. Extended hours are from 4:00pm until -5:00pm. It is important that campers are picked up on time, as we schedule staff accordingly. Unfortunately we must charge for campers who are not picked up on time (i.e. 4:00pm for regular registration or 5:00pm for extended day). The fee for late pick up is \$1 per minute for each minute they remain at Camp past their scheduled sign out. SoundWaters will charge the credit card you have on file for any late fees.



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Paperwork and Medications

SoundWaters is licensed by the State of Connecticut to operate our camp. Licensed camps administering medications to children must comply with all requirements in the CT State Statutes and Regulations. Parents/guardians requesting that medication be administered to their child while at camp must provide SoundWaters with appropriate written authorization before any medications can be administered. **Medications must be in the original container and labeled with child's name, name of medication, directions for medication's administration, and date of the prescription.**

The required forms are available as part of this handbook. You can also find links to the forms on our website or by logging into your online account. Camp SoundWaters accepts paperwork via email, mail, or fax.

Please be sure to provide the required forms to Camp SoundWaters by June 1. Unfortunately, we can not allow your child to be at camp if there are missing or incomplete forms.

Water Safety

All children in any small boat sailing program are required to wear life jackets at all times. SoundWaters will provide an appropriately sized, USCG approved life jacket for all campers.

We want your child to enjoy their time on and near the water. We begin each week with a required swim check to help us gauge your child's comfort level in the water.



Your child does NOT have to be a fast swimmer. However they must be comfortable in the water and be able to swim short distances.

Campers go swimming at a specifically designated area of public beach at Cove Island Park and are watched by our own certified lifeguard. Your child will wear a bathing suit and water shoes.

Gear List

Part of having fun at Camp is having the right gear. Your child will need to bring with them the items listed below every day. Please label everything with your child's name. SoundWaters is not responsible for any lost personal items.

- **Reusable Water Bottle (please, no plastic water bottles)**
- **Swim Suit (your child can arrive in their swimsuit)**
- **Change of clothes**
- **Towel**
- **Hat**
- **Closed-toe-water shoes (no flip flops)**
- **Healthy lunch (will be refrigerated)**
- **Sunscreen (please also apply before arriving)**
- **Rain gear (weather dependent)**
- **Sneakers (optional)**

Please do not send toys, electronic games or trading cards.

Camp SoundWaters Miscellaneous

Food Allergies: We will be alert to your child's food allergy and will make every effort to help your child avoid exposure. However due to the public nature of our location **we cannot guarantee that any area is peanut/nut free.** If your child should have an allergic reaction while at Camp, medication will be administered by a SoundWaters staff member who is certified and trained to do so.

Counselors and Instructors: Camp SoundWaters staff come from a variety of backgrounds and experiences. Many of them were former SoundWaters campers. All of them share a passion for working with young people and providing a safe, fun, memorable summer experience. Our summer staff attends a multi-day intensive training before Camp that includes CPR, First Aid, SoundWaters marine education, teaching skills, swimming safety, canoe training, and mandated reporter certification.



QUESTIONS?

Please contact Kat Norton at (203) 323 1978 x3310 or email camp@soundwaters.org