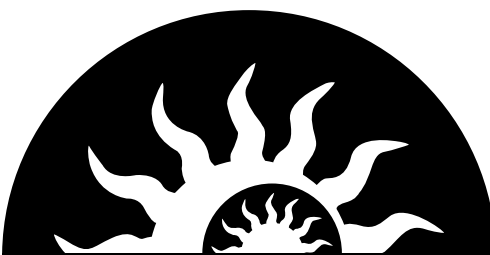


Welcome to Common Ground Center!



# Common Ground Center Camper Packet

Travel Info, Packing List, Policies, and More!



## Welcome to Common Ground Center!

This is your camper packet. It contains useful packing tips, policies and safety procedures, and general information to help you make the most of your time at CGC. We can't wait to see you! Safe travels,

*Common Ground Center Staff*

## How to Reach CGC

**Telephone:**

(800) 430-2667  
(toll-free)  
(802) 453-2592

**Email:**

info@cgcvt.org



**Mail:**

473 Tatro Road  
Starksboro, VT  
05487

**Fax:**

(802) 329-2051

## Registration Note

Please be sure your paperwork is complete and sent to the office at least three weeks prior to your arrival at camp. When you get to camp after a day of travel, you'll be glad you did this ahead of time. Feel free to contact the CGC office with questions or concerns.

## What to Expect: The Basics

**Meals & snacks:** Our philosophy around our **vegetarian** fare is **simple, wholesome, and fresh**. People with special diets may want to call the office to discuss needs with our staff in advance or check in with our kitchen coordinator upon your arrival. In our experience, "delicious" and "plentiful" are the words most often used to describe food at CGC. And yes, coffee, tea, and snacks are always available!

**Camper Kitchen:** Campers may also store & prepare food (including meat) in our camper kitchen, complete with refrigerator, microwave, oven, and stove. Please be mindful that space in the camper kitchen is limited.

**Bathrooms:** Our central bathhouse has four indoor and three outdoor showers with private changing areas, along with separate toilets for males and females and a shared, co-ed sink space for washing hands and brushing teeth. There are also toilet facilities in each of the main buildings and a portable toilet by the pond and the upper cabins. Eco-Lodge rooms each have private bathrooms.

**Electricity:** Cabins do not have electricity but Eco-Lodge rooms along with each of the main buildings and the Eco-Lodge do. Our reduction of light pollution keeps the night skies intact for stargazing. Get ready to unplug!

# What should we bring to camp?



## Here's our Handy Checklist:

- \_\_\_\_\_ A warm sweater/fleece jacket
- \_\_\_\_\_ Rain gear or poncho
- \_\_\_\_\_ Bathing suits
- \_\_\_\_\_ Sun hat, sunglasses
- \_\_\_\_\_ Long pants and shorts
- \_\_\_\_\_ Loose, comfortable clothing for yoga and dance
- \_\_\_\_\_ Sturdy walking or hiking shoes
- \_\_\_\_\_ Flip-flops for the shower
- \_\_\_\_\_ Sunscreen
- \_\_\_\_\_ Bug repellent
- \_\_\_\_\_ **Prescription medications**
- \_\_\_\_\_ Toiletries incl. sanitary napkins, deodorant, diapers, etc.
- \_\_\_\_\_ Flashlights and/or head lamps
- \_\_\_\_\_ Watch or alarm clock
- \_\_\_\_\_ Luggage that fits under your bed
- \_\_\_\_\_ Beach Towels
- \_\_\_\_\_ Day pack
- \_\_\_\_\_ Water bottles or canteens
- \_\_\_\_\_ **Car seats for children 7 & under (VT law)**
- \_\_\_\_\_ Cell phone & charger (note that service is limited)
- \_\_\_\_\_ Cameras
- \_\_\_\_\_ This camper packet

### For guests staying a cabin or tent\*:

- \_\_\_\_\_ Bedding: pillows, sleeping bags rated for 30-40 degrees, and/OR sheets and three blankets
- \_\_\_\_\_ A **battery-operated** lantern
- \_\_\_\_\_ Bath towels
- \_\_\_\_\_ Soap & shampoo (we recommend unscented)
- \_\_\_\_\_ *\*bedding, bath towel, soap, and shampoo are provided in the Eco-Lodge.*

### Other handy items/ideas of things to bring:

- \_\_\_\_\_ Clothes you don't mind getting dirty
- \_\_\_\_\_ Infant or toddler items: an all-terrain stroller and/or a baby backpack
- \_\_\_\_\_ Water shoes or sandals
- \_\_\_\_\_ Lawn or camp chairs (for your cabin or the beach)
- \_\_\_\_\_ Beach items – umbrella, toys, chair
- \_\_\_\_\_ Hair dryer
- \_\_\_\_\_ Musical instruments and song books
- \_\_\_\_\_ Non-violent toys, games, materials you'd like to share
- \_\_\_\_\_ A journal or sketchpad
- \_\_\_\_\_ Sports equipment: baseball mitts, tennis rackets, yoga mat, etc.
- \_\_\_\_\_ Costumes, props, etc for the Big Show

## WEATHER

Campers should be prepared for Vermont's variable summer weather.

**BRING WARM CLOTHES AND LAYERS.**

### Things to leave at home:

- Boats
- Pets
- Alcohol and drugs
- Boom boxes, hand-held video games, electronics, etc
- Candles or fuel-operated lanterns
- Candy/Junk food
- Weapons

### Kids should arrive at kidville each morning with:

- \_\_\_\_\_ Sunscreen applied or wearing sun protective clothing
- \_\_\_\_\_ Bathing suit
- \_\_\_\_\_ Water shoes
- \_\_\_\_\_ Towel
- \_\_\_\_\_ Water bottle
- \_\_\_\_\_ Sun hat
- \_\_\_\_\_ Shoes to run in
- \_\_\_\_\_ Day pack to carry it all in

### Things we have available to borrow/use:

- Tennis rackets & balls
- Quidditch equipment (property of Hogwarts)
- Balls, frisbees, hula hoops, etc
- Sand toys
- High chairs
- Bicycles
- Paddleboards
- Yoga mats
- Board games & cards
- Coin-operated laundry
- Wi-fi (in the Common Room)
- Writing materials & craft supplies
- First aid supplies
- Land line phone for urgent calls

The **Common Good** is the Common Ground Center store. You'll be able to pick up souvenirs at specific times of day. Grocery & pharmacy items are available in the nearby towns of Hinesburg and Bristol.



# Common Ground Center Policies

**Parents and Guardians:** You are responsible for your children at all times. Please make sure you know where your child is and what they are doing at all times, and notify the program director if you need to make arrangements to leave the site without your child.

**Cabin Etiquette:** Please do not bring food, toothpaste, or deodorant to your cabin or tent as these items will attract undesirable wildlife. We ask that you only use battery powered flashlights and lanterns in your cabin. No candles or oil-powered lanterns are permitted. Please—no graffiti.

**Quiet Times:** Quiet times are designated on campus between the hours of 9 pm - 7 am and 1 pm - 2:15 pm. During quiet times, please keep noise to a minimum in and around the cabin/tenting areas. During evening quiet hours, please keep the noise down out of doors, and bring your activities into the dining hall.

**Respect for Others:** Everyone at CCG is expected to respect the boundaries and privacy of others. We are unconcerned about personal behavior as long as it is in accordance with camp rules and the law, does not hurt others, interfere with the carrying out of staff responsibilities, or potentially put anyone in danger.

**Communication:** We have one phone line available to campers for urgent calls. Cell service is spotty, and Verizon is strongest; we're happy to point you in the direction of the strongest signal. Wi-Fi is available in the Common Room. CCG assumes no responsibility for computers or other valuables.

**Guests:** Unfortunately we cannot accommodate any camper guests. Please plan to visit your friends and family before or after your time at CCG.

**Conflict Resolution:** Grievances or complaints should first be discussed with the other individual involved. If no satisfactory resolution occurs, we have two trained mediators on staff (Jim and Emily).

**Drugs & Alcohol:** CCG is drug and alcohol free. Please respect this policy while you are a member of our community. As a community, we are interested in creating a safe environment for everyone. Infractions of the policy will be handled by a panel of community members.

**Tobacco:** Smoking under the age of 18 is not permitted. For others, there will be a designated smoking area.

**Hiking:** Campers hiking in the woods must sign in and out on the log book in the farmhouse. Please indicate your destination and the number of people in your party. Campers must always hike on designated trails. Campers under 18 must be accompanied by an adult. Please, no hiking in the woods after dark, unless you're with a CCG organized program. Make sure you take a trail map, observe posted signs and do not trespass onto neighboring land. If search and rescue is required, lost campers will assume the cost.

**Excursions:** Participants in off-site excursions must respect the decisions and directions of the excursion leader at all times.

**Swimming at the Pond:** Lifeguarded hours at the pond are in the afternoon. Adults may swim at their own risk during non-lifeguarded hours. The pond area is closed between 7 pm and 7 am, to protect nearby waterfowl. **All swimmers must sign the swimmer's safety agreement.** The lifeguard has final say in all activities in and around the pond.



*Cool off in the pond!*

**Swimming at Lewis Creek:** All swimming is at your own risk. There is one deep hole and several areas appropriate for wading in the creek. All campers intending to swim in the creek must sign out and go with a buddy. Children under 16 must be accompanied by an adult. No diving is permitted.

**Parking:** Please park in the designated area only (the parking lot north of Tatro Road). You can unload your belongings closer to your lodging, but please move your vehicle promptly to the parking area when you are finished. Please, no vehicles or bicycles on the main campus after camp has started.

**Medical Supplies:** Please note that our nurse will have a limited supply of basic medical supplies such as pain and allergy medications. If you anticipate needing daily, over-the-counter medication, please bring a supply for your family.

**Use of Camp Equipment and Supplies:** We ask that you please treat games and other CCG equipment kindly and be sure to return it promptly when you're finished using it so that others can enjoy it as well. We particularly ask parents to pick up after their children especially in the game room.

**Community Service:** Community Service has been an important part of Common Ground Center since its inception. Community service helps us to keep camp rates affordable, and it fosters community. Sign up for a role on the day you arrive.



# Directions to Common Ground Center

## From NY/NJ:

Follow 87 North past Albany to Exit 20—Glenn Falls/Whitehall. Follow 149 East to 4 North. Take 4 North which becomes 4 East in Vermont. Take 22A North, then turn onto 17 East which becomes 116 North.\*

## From Southern Vermont:

Take 7 North to New Haven and take a right on 17 East to Bristol. Follow 17 East into the town of Bristol. 17 East changes to 116 North after the town of Bristol.\*

**\*From 116 North in Bristol:** Continue straight on 116 North for approximately 6 miles from the traffic light in the center of Bristol. Keep an eye out for our sign on the right and then make a left on Tatro Rd. (if you enter the main village of Starksboro, you've gone too far).

## From Boston Area:

Take I-93 North to I-89 North. Get off I-89 at Williston exit 12. Follow directions from Montpelier & points South/East.

**Common Ground Center**  
473 Tatro Road  
Starksboro, Vermont 05487  
802-453-2592

## From Burlington and points North or points South and East:

From Interstate 89 get off at Williston Exit 12, then:

### From Burlington and points North:

Turn right onto 2A South.

### From Montpelier and points South/East:

Turn left onto 2A South.

Take 2A South to the end of the road, and turn left at the intersection onto 116 South. Stay on 116 South about 15 miles, passing through the villages of Hinesburg and Starksboro. Pass Robinson Elementary School and go .6 miles further. You'll pass Hidden Acres and Brookside Drive on the right before turning right on Tatro Road.

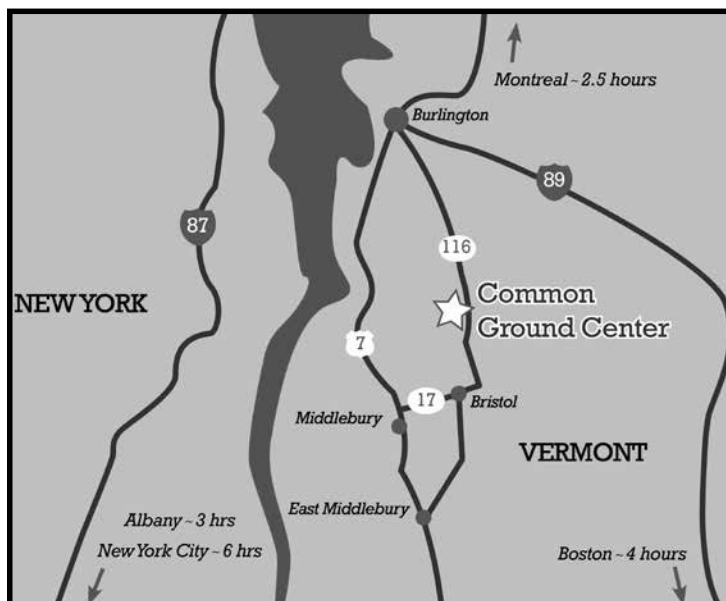
## Once on Tatro Road: PLEASE DRIVE SLOWLY

You will pass a former sawmill on your left. Proceed over a small bridge. The first house on your left is our central meeting place. **Please park in the parking lot on the right.**

**If you plan to take a cab from the airport or train or bus station,** please make arrangements in advance and bring our address & directions. A van ride for up to 5 people from the airport costs roughly \$57 through **VT Tour & Charter: 1-802-734-1293** (subject to availability).



Please visit our website to view our daily camp schedule and activities.



**PLEASE DRIVE VERY CAREFULLY ON TATRO ROAD, AND DO NOT EXCEED 20 MPH. THERE ARE OFTEN SMALL CHILDREN AND DOGS ON THE ROAD.**

## MEDICAL POLICY AT COMMON GROUND CENTER

1. We are set up for and prepared to handle first aid situations like skinned knees, splinters, sun issues and the like. We can provide ice packs, band aids, *etc.* We do have a facility for an ill camper to sleep if, say, they are throwing-up or need to be observed. We have a medical person on staff that is certified as one (or more) of the following: RN, EMT, MD or Wilderness First Responder. We also have over-the-counter medicines as well as homeopathic and herbal remedies available for use by campers, at their own risk.

That is the extent of our ability to care for medical situations. Like staying in a hotel or other residential situation, we cannot accommodate someone who is really sick or incapacitated. Our medical staff is responsible for the care of all of the campers, and cannot be responsible for treatment plans that require unreasonable amounts of patient supervision.

2. Therefore we reserve the right to make a medical assessment and recommendation that we are not equipped to care for a camper in a particular situation. The camp director and medical personnel will make this decision and their determination will be final.

If a camper must go to the emergency room for urgent care or additional help, this will be at the sole expense of the camper or camper's family.

3. Campers **must** bring ANY and ALL prescription medicines required by them or members of their family. This includes EpiPens®! We do not have an EpiPen® or any other prescription medication on site.

While we are near Burlington, there are no 24-hour pharmacies. Any medications needed on weekends or at night will require an emergency room visit at the expense of the camper or camper's family.

4. We ask that campers be honest and thorough in completing the medical forms, revealing information about medications, illnesses or allergies. We will let the kitchen staff know about any food allergies if we know about them ahead of time. We cannot accommodate camper needs if we don't know what they are.
5. **Please note** that Common Ground Center is located 22 miles (about 35 minutes) from the nearest emergency room and emergency ambulance response time can be as long as 20-30 minutes.
6. It is Camp Common Ground's goal to make our programs and the camp experience as enjoyable and safe as possible for your family, as well as other campers. We are concerned about any medical conditions or other special needs of the campers so that we can accomplish this goal. So that we can adequately prepare our staff to safely accommodate campers in our programs, families are asked to disclose any medical conditions or special needs that may impact the safety and well-being of members of your family or another camper.

Rest assured that this information will remain strictly confidential and will only be shared with the necessary staff members.

**Health History Form for Campers at Common Ground Center**

**We are required to have an up to date health history form for every camper including adults. Your cooperation and attention to this is appreciated!**

<b>Names of Campers</b>	<b>Birthdate</b>	<b>Age</b>	<b>Sex</b>
1			
2			
3			
4			
5			

**For Subsequent Years**  
I attest that I have reviewed the information on this form and it is accurate, complete, and up-to-date for myself and all those listed on this form.

<b>INITIAL</b>	<b>DATE</b>

**Emergency Contact Information:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Numbers – Day: \_\_\_\_\_ Evening: \_\_\_\_\_

**Health Insurance Information:**

Do you carry family medical/hospital insurance? Yes\_\_\_ No\_\_\_ If yes, please fill out below

Insurer/Carrier: \_\_\_\_\_ Policy #: \_\_\_\_\_

Insurer/Carrier Phone Number: \_\_\_\_\_

2<sup>nd</sup> Insurer/Carrier: \_\_\_\_\_ Policy #: \_\_\_\_\_

Insurer/Carrier Phone Number: \_\_\_\_\_

**Emergency Release:**

In case I cannot be reached in an emergency, I hereby give permission to **Common Ground Center** to secure and administer treatment, including hospitalization, for the campers named in this application.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Health History Information:** (This is informational only. It in no way affects your coming to camp.)

**Please complete the following chart for every camper in your party (adults too):**

<b>Name of Camper:</b>					
<b>Allergies: Please note the type of reaction.</b>					
None known					
Penicillin					
Codeine/Sulfa					
Bee stings					
Other (please specify – be sure to include any food allergies and whether someone carries an <b>EPI PEN</b> ) BRING IT!					

<b>Name of Camper:</b>					
<b>Health Condition:</b>					
Depression					
Diabetes					
Thyroid					
Heart Condition					
Anxiety					
Kidney					
Lung Condition					
Epilepsy					
Other (please specify):					
<b>Immunizations:*</b>					
DPT					
DT					
Tetanus					
Polio					
Measles					
Mumps					
Rubella					
Hepatitis					
<b>History of:</b>					
Chicken Pox					
Measles					
German Measles					
Mumps					
<b>Head Lice</b> (Please note the dates and treatment given):					

*\*VT law does not require immunizations for camps, but it is helpful for our nurse to know.*

Has any member of your family been hospitalized or made a visit to the emergency room in the last year? (Please explain the context of this visit):

Please share with us any **special considerations** whether they are chronic or acute, **physical, psychological or social**. This will enable our health personnel and staff to assess your situation and make preparations to meet your needs while you are in our care.

Please tell us if **anyone** in your family is taking **any medications** (including over the counter) or **supplements including herbs or homeopathic remedies**. Please bring all medications that you may need. While we do have some over-the-counter medications, they are **taken at your own risk**.

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*If you would prefer to discuss anything on this form with us you may call our office at 1-800-430-2667.*

Please note that we have a variety of First Aid supplies, homeopathic and herbal remedies available for you to use at your own risk.

I have read and I attest that the information provided above to the best of my knowledge is accurate and complete for me and for every minor in my care. Every adult 18+ must sign below.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



## Waiver of Liability Form

I hereby accept any and all responsibility for, and assume the risk of any and all injury or damage to myself and my dependent children which might arise directly or indirectly as a result of, and or participation in Common Ground Center programs. I hereby expressly release, discharge and hold harmless from any liability whatsoever the Common Ground Center and all employees and volunteers in their capacities as representatives of Common Ground Center, except for injuries caused intentionally, or by willful misconduct. I certify that I am familiar with the contents of this release, that I have read and understand the same, and that it is my intention by signing this release that the same be binding not only on me, but my heirs, administrators, executors, successors and assigns.

**Printed Names & Signatures of Family Members 18 and up** **Date**

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**List Names of Dependents Below**

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## Media Waiver Form

Periodically, Common Ground Center uses photos and statements made by participants in Common Ground Center programs for the newsletter, fundraising efforts, brochures, web site, social media, and articles about Common Ground Center. All photos and statements are used with reasonable judgment for purposes directly relating to the operations of Common Ground Center. This signed form gives Common Ground Center permission by the signer to utilize participant photos or statements and those of dependent children for the purposes mentioned above.

**Signatures of Family Members 18 and up** **Date**

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**List Names of Dependents Below**

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### LIABILITY WAIVER For Subsequent Years

I renew my agreement on behalf of those listed on this form.

INITIAL	DATE

### MEDIA WAIVER For Subsequent Years

I renew my agreement on behalf of those listed on this form.

INITIAL	DATE





## Swimmer's safety agreement

### Swimming at the pond

#### When lifeguard is ON DUTY

- **When the lifeguard is on duty, they have the final say.**
- Only children who have passed the swim test can swim in the area by the raft.
- Remember to sign in and out at the pond.
- All children ages 12 & under must be accompanied by an adult.

#### When lifeguard is NOT ON DUTY

- Adults swim at their own risk during non-lifeguarded hours, and must swim with a buddy.
- Children under 18 may swim at the pond during non-lifeguarded hours only if the following conditions are met:
  - A parent or guardian is present and responsible for any situation that may arise.
  - Children swim in the area permitted by their testing status.
  - The parent/guardian assumes the risk of any mishaps, including drowning.
  - No more than three children are under the supervision of one adult.
- No diving is permitted
- **You must sign out in the office when you go to the pond and sign in when you return.**

#### Additional information

- All swimming must take place from the shallow south end of the pond (the northern end has underwater boulders and is a delicate natural habitat).
- Diving from the raft is permitted only during lifeguarded hours at the lifeguard's discretion.
- Please, no pushing or dunking in the water, on the raft or rocky outcroppings.
- No food or drinks other than water are allowed in the pond area (we don't want to attract wildlife).
- Do not bring boats to the pond area.
- Climbing on the big boulder at the pond is NOT allowed.
- Please comply with our permit requirements:
  - Use only personal listening devices for music (but make sure you can hear your buddy)
  - No fires of any kind
  - Leave cars in the parking lot (ie walk or ride bikes to the pond)
- **The pond area is only open between 7 am and 7 pm to protect nearby waterfowl.**

### Swimming in the Creek

- All swimming in Lewis Creek is at your own risk. **Please make sure you swim with a buddy.**
- Children under 16 may only swim in the creek if they are with an adult who can be responsible for their safety.
- Avoid dangerous conditions caused by fast currents after heavy rains.
- No diving is permitted.
- **You must sign out in the office when you go to the creek and sign in when you return.**

I have read and agree to follow these swimming rules.

\_\_\_\_\_  
Family Representative Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Date

**Additional Family Members must initial & date.**

_____ Initial	_____ Date	_____ Initial	_____ Date	_____ Initial	_____ Date	_____ Initial	_____ Date
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_____ Initial	_____ Date	_____ Initial	_____ Date	_____ Initial	_____ Date	_____ Initial	_____ Date
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## Youth Program Participant Questionnaire for Parents of Kids ages 3-17 (1 per child)

Name of Child: \_\_\_\_\_ Nickname: \_\_\_\_\_

Age at camp: \_\_\_\_\_ Birthday at camp? \_\_\_\_\_ If so, date here: \_\_\_/\_\_\_

Parent Name(s): \_\_\_\_\_ Today's Date \_\_\_\_\_

*All responses are optional. Any information you provide will help us better meet the needs of your child. This information will be shared with the youth coordinator and your child's leader.*

1. How does your child relate to peers, older kids, younger kids, adults, persons in a position of authority?
2. For young children: Is your child accustomed to being in social settings such as group daycare, preschool, or out-of-home school? If not, please mention. If so, please tell us how s/he has adapted to this experience. Any issues we should be aware of?
3. Does your child have any special behavioral, emotional, developmental, mental, and/or physical considerations it would be helpful for us to know about?
4. Does your child have any particular fears or anxieties it would be helpful for us to know about? Are there any particular ways we can support your child in this area?
5. Does your child have any special activity likes & dislikes?
6. Does your child have any allergies (including food)? If yes, please give details.  
**Please Note: We need this information here and on the medical form.**
7. Please share any additional information about your child that would help us care for, support, and help your child grow.
8. Anything you'd like to see added or changed on this questionnaire for next year?