

A CHILD'S PARADISE 2021

Welcome to the ARROWHEADLINES

66 YEARS OF SERVICE TO CHILDREN

Edition 65
Volume 2

July 5, 2021

Upcoming Events

Monday, July 5 th	Camp Closed
Tuesday, July 6 th	PAJAMA DAY!
Wednesday, July 7 th	CIT field trip to Sky Zone Bunk Pictures rescheduled for July 15th
Thursday, July 8 th	CAMPER COUNSELOR Day!
Friday, July 9 th	Camp Show ~ Silly Joe Sings
Monday, July 12 th	DECADE DAY! - dress from the 70's, 80's, 90's, 2000's!
Tuesday, July 13 th	HALLOWEEN DAY!
Wednesday, July 14 th	SPORTS LOGO Day ~dress in your favorite sports team attire CIT field trip to Philadelphia Zoo
Thursday, July 15 th	SMILE!!! BUNK PICTURE Day
Friday, July 16 th	Camp Show ~ Disco Dance Party

Director's Corner

The summer has been off to a fantastic start! It has been great to see all of our returning campers and so many new faces this year! Their smiles and laughter is what makes camp such a special place for everyone each summer

After dealing with another year of uncertainty, it has been a privilege for us to provide your children with a release and a sense of normalcy. Being outside everyday is so good for all of us, but especially our children. Watching them thrive in the outdoors is an absolute pleasure for all of us and we truly believe is the best version of each child. They are thriving and creating friendships that will last a lifetime.

Camp is about the little things and the joys that come with it. Whether it be their first time going down Big Z, getting that first bullseye in archery or getting their canoe license, its those little accomplishments that make camp so memorable. We at camp cherish those memories, as our campers do to, and the always last a lifetime.

Thank you for putting your trust in us during these, yet again, unprecedented times. We are getting closer and closer to normal, and camp is bringing us all together. We love each and every one of your children, and will do whatever it takes to make their summer the best one they have ever had.

Yours for better camping,

Uncle Brian Witt

WHERE ARE THE CLOTHES I SENT TO CAMP?

Over the past several summers we have established a method of clothing conservation to minimize the loss of your children's clothing in camp. All bunks use the Brown Paper Bag method of clothing storage.

This is what we do:

1. Children bring their laundry bag to camp with their bathing suits, towels, extra set of clothing and a sweatshirt or raincoat.
2. Upon arrival to the bunk the counselor assigns children a cubbie with their name on it.
3. The counselor puts only the child's bathing suits and towels in the cubbie.
4. All other clothing is put in a brown paper bag with the child's name on it and stored on a separate shelf in the bunk.

The clothing is kept this way so that the children have less clothing to deal with on a daily basis. Usually, the children use only their bathing suits and towels. If the occasion should arise that they need their extra clothing, the counselor is able to locate it immediately and give your child what they need. For you, this means less laundry each week. The only things that should come home for washing each week are bathing suits and towels. At the end of the summer, you should get all of your children's clothing returned in their laundry bag. So, to answer the question- Where are the clothes I sent to camp? The clothes are safely stored in a brown paper bag in their bunk!

**OUR CAMP PHONE NUMBER IS
(610) 353-KIDS**

**CALL THIS NUMBER ANYTIME YOU NEED US
DURING THE SEASON**

7:00 A.M.- 6:00 P.M.- MONDAY THRU FRIDAY

FAX ANYTIME- (610) 695-8118

E-MAIL: chiefarrowhead@comcast.net

24 hours- 7 days a week

***Please allow 24 hours for a response if e-mailing on a weekend**

E-MAIL UPDATES- 2nd REMINDER

We will be communicating with our parents by sending out individual bunk news e-mails & photos. We will be uploading weekly photos & videos of our campers in action to their individual bunk pages on the Arrowhead website. Easy access links will also be included. Our commitment to keeping parents informed of all things **ARROWHEAD** along with our high-tech connectivity keeps **ARROWHEAD** the leader among area day camps. If you are unsure whether or not you supplied us with your family e-mail address, please call us to confirm. We are capable of sending our e-mails to multiple addresses- just let us know and we will add as many e-mail addresses as you request. We will also be utilizing this method to communicate to our **ARROWHEAD** families in the rare event that should an emergency arise along with any other vital information that we deem necessary throughout the summer and the off-season. We thank you for your cooperation.

JUST A REMINDER

If you have not already sent in your **green health form**, please do so in order that we may have current medical information, as well as emergency contacts for your child. If your child needs to take any medication during the camp day, please make sure they know to bring it to the Nurse's Office upon arrival to camp. This is for your child's protection!

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ATTENTION PARENTS:

If you are changing your child's transportation in any way (picking up early, etc.) please make sure the main office is aware of the change. You must do this by UTILIZING our **ARROWHEAD Transportation Request Forms** (blank form included in this edition or download from our website under "Forms & Applications" or call us and we will be happy to fax one to you or send it home with your child). Phone calls or just telling your child's driver will **not** be honored. Children must be picked up **NO LATER THAN 3:00 P.M.** Should you not be present by the 3:00 P.M. time, your child will be sent home on normal transportation. Camp dismissal is at **3:15 sharp!** Also, should you be dropping your child off at camp in the morning, it must be **no earlier than 9:30 A.M.** This is for your child's safety, as our staff arrives at **9:30** so there is no supervision before that time. Camp begins at 9:40 A.M. This is for you and your child's protection. **ARROWHEAD** times must be adhered to and will be strictly enforced. In addition, should your child not be coming to camp for any reason, telling the driver is sufficient. There is no reason to call camp for this. Thanks for all your help in this very important matter!

Reminder to all **Extended Day Campers**- Early drop off is between 7:30 and 9:15 and late pick-up is between 3:30 and 5:30.- **no later- please take note!**

FOOD, SNACKS & TREATS

Due to COVID & the safety of our campers we ask that all food, snacks and treats be kept at home. We have many campers with severe allergies of a critical nature and need this policy to be strictly enforced. We appreciate your cooperation and understanding.

Thank You

PROPER FOOTWEAR AT CAMP

We are informing all of our parents that sneakers and sneakers only are the appropriate footwear for your children to wear during our camp day. Any variety of sandals, flip-flops, pool shoes etc. are not only inappropriate, but also dangerous. Our campers are engaged in various activities, including: running, jumping, climbing, etc. and sneakers are for these endeavors. Parents, we ask you to use common sense and please follow our advice for the safety of your children. Thank you.

ELECTRONIC POLICY

One of the best, if not the best part, of summer camp is being able to enjoy the great outdoors. This is especially true with the winter we just had which trapped us indoors. Add to this that our children have spent so much time sitting in rows with pencil & paper and taking standardized tests, and they really need to be participating in all that **ARROWHEAD** has to offer so we respectfully request that all cell phones, mp3 players, tablets, etc. stay at home where they will be "safe & sound."

A NOTE TO ARROWHEAD DAY CAMP

Transportation Change Request

FAX (610) 695-8118 chiefarrowhead@comcast.net

Date _____

Camper's Name(s) _____ / _____

Bunk(s) _____ / _____

Vehicle _____

REQUEST FOR TRANSPORTATION CHANGE

My child(ren) will be picked up at _____ on _____
Time
Date . Please call the camp office upon arrival.*

****PICK UP MUST BE NO LATER THAN 3:00!!!***

Please allow my child to be dropped off at the home of _____ who also rides on the same vehicle as my child.

My child(ren) will be dropped off at camp at _____
Time
on _____
Date

****DROP OFF MUST BE NO EARLIER THAN 9:30!!!***

Parent's Signature _____

* Please indicate name of individual if not parent or guardian

Covid Policy Update

We can't believe we are almost at the end of week 2 of camp. Despite the heat, we are off to a fun summer and look forward to 6 more weeks!

At this time, we wanted to update you with our revised Covid Policy as the mask mandate was lifted on Monday, 6/28 and we have received many questions.

Listed below are our new policies and updates:

1. As we have had since the beginning of summer, we will continue to mandate mask usage at all indoor locations, which includes Culinary Arts & the Computer room. We will also be mandating masks for all transportation and when we are on a Rainy Day schedule with multiple bunks at a shared activity. This will remain all summer and will **NOT** be changed. This applies to everyone regardless of vaccination status.

2. We are closely monitoring the Covid numbers for Chester, Montgomery and Delaware counties and they have remained low for the past 3 weeks (less than 30 cases per day combined between all counties). With this in mind, we will be implementing the following changes:

A. All campers will be starting to follow brand new bunk schedules beginning Week 4 (7/12). New schedules will be posted online. This will allow us to add some more fun activities with groups mixing.

B. Senior Campers will begin Leagues starting Week 4.


C. Intermediate & Senior campers will begin Club Day Week 4. This means that **Tuesday night, July 6th, at 7 pm**, scheduling will officially open. If you have not done so already, please click [here](#) to set up an account for your child(ren) so that they are set to go when scheduling begins. Club Day is only for Intermediate and Senior campers.

3. If numbers continue to remain low we will have one Overnight Weekend which will be August 5-7th. If we are able to do this, more information will be sent in mid-July. Space will be limited and it will be first come, first serve. Camper must be age 7 and older to participate.

4. We will **not** be having our previously scheduled Visiting Days, instead we will have an Open Door policy. If you would like to visit your camper in action, please call the camp office to schedule a convenient time to visit them.

As always, safety is our #1 priority, and we are so happy to be giving our campers a much more normal summer than last year!

ARROWHEAD'S world famous **"Learn to Swim"** campaign is now in high gear. All of our campers have been tested and placed in the appropriate swim "school." Listed below are the skill levels pertaining to our 10 Fish Schools. We will all be working hard throughout the summer to pass as many schools as possible & always remember **SAFETY FIRST!!!!**

10 "SCHOOLS"	SKILLS	TESTS
POLLIWOG SKILLS: (PINK bracelet)	<ol style="list-style-type: none"> Physical & mental orientation to water Breath holding & submerging entire body Floating, front glide and recovery 	BEGINNER'S TEST
GUPPY SKILLS: (RED bracelet)	<ol style="list-style-type: none"> Front glide, 10 ft. Front glide with flutter kick, 10 ft. Back float 	GOLDFISH TEST: Camper jumps or dives into deep water, levels off, swims beginner or front crawl stroke down the lane, changes direction, turns over onto back and floats for ½ minute, then turns back over and swims the front crawl stroke back to the starting point. Awareness and understanding of basic safety skills and attitudes.
MINNOW SKILLS: (ORANGE bracelet)	<ol style="list-style-type: none"> Back glide, 6ft. Back glide with flutter kick and skulling, 20 ft. Front crawl stroke, 20 ft. (beginners) 	ADVANCED BEGINNER'S TEST
GOLDFISH SKILLS: (YELLOW bracelet)	<ol style="list-style-type: none"> Front crawl stroke, 20 yds. Beginning back crawl stroke, 10 yds. Changing direction Turning over Leveling off Jump- chest deep water Jump- deep water Front dive- (beginners) 	CATFISH TEST:
BARRACUDA SKILLS: (GREEN bracelet)	<ol style="list-style-type: none"> Rhythmic breathing Front crawl stroke, 20 yds. with good rhythmic breathing Beginning back crawl stroke, 20 yds. Survival float, 1 minute Treading water, 30 seconds Diving underwater, swimming 30 ft. 	Part 1- Camper dives into the water, swims under water approx. ½ lane, surfaces, treads deep water for 1 minute, swims front crawl stroke remainder of lane, changes direction and swims front crawl back down lane. Part 2- Camper jumps into deep water, swims ½ lane under water, surfaces and performs survival float for 2 minutes, swims elementary backstroke remainder of the lane, changes direction, swims back down the lane doing elementary backstroke.
CATFISH SKILLS: (ROYAL bracelet)	<ol style="list-style-type: none"> Elementary back stroke 25 yds. Front crawl stroke, 25 yds. Review/improve Back crawl stroke, 25 yds. Review/improve Treading water, 1 min. Survival float, 1 min. Bobbing 	
DOLPHIN SKILLS: (NAVY bracelet)	<ol style="list-style-type: none"> Front crawl stroke, 20 yds. Review/improve Sidestroke (arms), 20 yds. Scissors kick, 20 yds. Sidestroke, 20 yds. Treading water, 1 min. Survival float, 2 min. 	

10 "SCHOOLS"	SKILLS	TESTS
<p>PORPOISE SKILLS: (PURPLE bracelet)</p> <p>SHARK SKILLS: (GREY bracelet)</p> <p>WHALE SKILLS: (WHITE bracelet)</p>	<ol style="list-style-type: none"> 1. Breaststroke (arms), 20 yds. 2. Breaststroke (kick), 20 yds. 3. Breaststroke, 20 yds. 4. Sculling, 10 yds. 5. Survival floating, 5 min. <ol style="list-style-type: none"> 1. Sidestroke, review/improve 2. Back crawl stroke, review/improve 3. Crawlstroke, review/improve 4. Breaststroke, review/improve 5. Surface dives- pike, tuck, and feet first 6. Long shallow dive 7. Stride jump 8. Inverted scissors kick 9. Sculling 10. Open turns, front, side, back 11. Survival stroke/float 12. Underwater swim, 20 ft. 13. Basic rescues 14. Artificial respiration <ol style="list-style-type: none"> 1. Elementary back stroke, review/improve 2. Back crawl stroke, review/improve 3. Breaststroke, review/improve 4. Sidestroke, scissors and inverted scissors kick 5. Front crawl stroke, review/improve 6. Overarm sidestroke 7. Inverted breaststroke 8. Trudgen stroke 9. Open turns, review/improve 10. Surface dives, review/improve 11. Survival float/stroke clothed 12. Standing dives, review/improve 13. Rescues 	<p>INTERMEDIATE TEST</p> <p>PORPOISE TEST:</p> <ol style="list-style-type: none"> 1. Camper swims 50 yds. Doing the elementary backstroke 2. Camper dives into deep water and swims 50 yds. Doing the crawl stroke 3. Camper swims 50 yds. doing the sidestroke. 4. Student jumps into deep water, swims underwater 3 body lengths, surfaces, treads water for 1 minute using arms and legs, then swims survival stroke 15 yds. 5. Camper swims nonstop for 5 minutes using any combination of strokes. <p>SWIMMER'S TEST</p> <p>SHARK TEST:</p> <ol style="list-style-type: none"> 1. Camper swims breaststroke 50 yds. 2. Camper swims backcrawl stroke 50 yds. 3. Camper swims crawl stroke 100 yds. 4. Camper swims sidestroke 100 yds. 5. Camper surface dives (pike or tuck) to 8 ft., swims 20 ft. underwater, surfaces and survival floats 5 min. 6. Nonstop 10 minute swim <p>ADVANCED SWIMMER'S TEST</p> <p>WHALE TEST:</p> <ol style="list-style-type: none"> 1. Camper swims continuously using sidestroke 50 yds, followed by the overarm sidestroke 50 yds (each stroke performed on both sides, with scissor kick 25 yds.) 2. Camper swims crawl stroke 100 yds. 3. Camper swims backcrawl stroke 100 yds. 4. Camper swims breaststroke 100 yds. 5. Camper swims inverted breaststroke 50 yds. followed by the elementary backstroke for 50 yds. 6. Camper swims trudgen stroke 50 yds. 7. Camper performs survival stroke 5 min. fully clothed 8. Camper swims continuously for 30 min.

MENU

Monday 7/5
CAMP CLOSED

Monday 7/12
Build Your Own BURGER

All the fixins'
Corn Niblets
Fruit Cocktail

Tuesday 7/6
Crispy CHICKEN NUGGETS

Chips
Juicy Pineapple

Tuesday 7/13
DELI DAY
Salami, Turkey, Tomato, Lettuce,
Cheese & Whole Wheat Bread
Potato Chips
Popsicles

Wednesday 7/7
MEATBALL SUB

Chips
Peaches

Wednesday 7/14
CHEESE QUESADILLAS

Tortilla Chips & Salsa
Mandarin Oranges

Thursday 7/8
Marvelous MINI PANCAKES

Bananas
Freeze Pops

Thursday 7/15
FRENCH TOAST STICKS

Apple Slices
Creamy Chocolate Pudding

Friday 7/9
HOAGIES
Tater Tots
Watermelon

Friday 7/16
CHICKEN PATTIES
Whole Wheat Buns
Chips
Ice Cream Sandwiches

All food is served "family style" by our Jr. Counselors & is available in our delightfully air conditioned Mess Hall. For those campers who do not care for the main meal of the day we always have available daily – soy peanut butter & jelly & marshmallow fluff (in any combination) on fresh whole wheat bread, hard boiled eggs, baked potatoes, fresh sliced NY bagels with cream cheese, cereal, & grilled hotdogs with all the fixins'. Mixed green salad and yogurt will be served in individual containers.

LIQUID REFRESHMENT- All campers will have a variety of flavors of Arrowhead's world famous ice-cold bug juice served during lunchtime in unlimited quantities- (Monday thru Thursday). Lemonade is served to all campers every Friday.

SNACK- All campers (JR, INT & SR) receive their daily snack in the afternoon which includes special treats (cookies, pretzels, fresh fruit) along with a choice of white or chocolate milk- all low-fat!!!!