

A CHILD'S PARADISE 2022

Welcome to the ARROWHEADLINES

67 YEARS OF SERVICE TO CHILDREN

Edition 67
Volume 2

July 4, 2022

Upcoming Events

Monday, July 4 th	Camp Closed
Tuesday, July 5 th	Wear RED, WHITE & BLUE
Wednesday, July 6 th	PAJAMA DAY! CIT field trip to iFly
Thursday, July 7 th	CAMPER COUNSELOR Day!
Friday, July 8 th	Camp Show ~ Insectarium Overnight Weekend #1 begins
Monday, July 11 th	DECADE DAY! - dress from the 70's, 80's, 90's, 2000's!
Tuesday, July 12 th	Visiting Day for GIRLS & First 4 Weekers (F4)
Wednesday, July 13 th	SPORTS LOGO Day ~dress in your favorite sports team attire CIT field trip to Top Golf
Thursday, July 14 th	HALLOWEEN DAY!
Friday, July 15 th	Camp Show ~ Disco Dance Party

Director's Corner

67 Summers of FUN, FUN, FUN!!!!

ARROWHEAD is off to a great start seeing our happy, smiling, campers both old and new!

We are watching our campers make new friends, try new activities, and enjoy being outside experiencing the wonders of nature.

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, it's those little accomplishments that make camp so memorable. We at camp cherish those memories!

In this never ending world of uncertainty, we believe ARROWHEAD gives your child(ren) a place of happiness, security, and good old fashion fun! We are confident your child(ren) will continue to thrive and be the best version of themselves!

We love each and everyone of our campers and hope that our 67th summer is our best one yet!

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 to be sure 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 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. If your child is having a birthday, and you want us to give freeze pops, please send an email to the office.

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


Listed below are our new policies and updates:

1. Masking in all settings will be optional for all campers and staff, regardless of vaccination status. Masks will still be available in all vehicles and all indoor activities (Computers, Art I, Culinary Arts). Arrowhead will implement a zero tolerance policy for harassing any children or staff choosing to wear a mask in these setting. Please let us know asap if you hear of any of this happening.
2. All buses will drive with their windows open to maximize airflow. Hand sanitizer will be on all vehicles to use as needed.
3. Campers that are showing symptoms of Covid (fever, severe cough, sore throat, etc) can be tested by our nurse if you filled out our consent form. If showing symptoms at camp, the Nurse will call parents first to also receive verbal permission. If you do not have a parent permission form on file, we can not give a test with just verbal permission.
4. If your child is experiencing Covid symptoms at home, please do not send your child to camp to get tested.
5. Those who test positive, upon return to camp, must wear a mask indoors, on the vehicle for 5 days, and will eat outside.
6. If a child does test positive for Covid, please immediately inform the camp. The day that your child shows symptoms is day zero and will be able to return to camp after day 5 with no symptoms. A negative test is not required to return as long as they are symptom free. All children in that bunk will receive an email letting them know a child tested positive in their bunk. As long as those children show no symptoms, those campers may continue to come to camp and they do not need a negative test.

These guidelines are subject to change dependent on Covid numbers and updated Chester County guidelines.

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
<p>POLLIWOG SKILLS: (PINK bracelet)</p>	<ol style="list-style-type: none"> Physical & mental orientation to water Breath holding & submerging entire body Floating, front glide and recovery 	<p>BEGINNER'S TEST</p>
<p>GUPPY SKILLS: (RED bracelet)</p>	<ol style="list-style-type: none"> Front glide, 10 ft. Front glide with flutter kick, 10 ft. Back float 	<p>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.</p>
<p>MINNOW SKILLS: (ORANGE bracelet)</p>	<ol style="list-style-type: none"> Back glide, 6ft. Back glide with flutter kick and skulling, 20 ft. Front crawl stroke, 20 ft. (beginners) 	<p>Awareness and understanding of basic safety skills and attitudes.</p>
<p>GOLDFISH SKILLS: (YELLOW bracelet)</p>	<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) 	<p>ADVANCED BEGINNER'S TEST</p>
<p>BARRACUDA SKILLS: (GREEN bracelet)</p>	<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. 	<p>CATFISH TEST: 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.</p>
<p>CATFISH SKILLS: (ROYAL bracelet)</p>	<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 	<p>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.</p>
<p>DOLPHIN SKILLS: (NAVY bracelet)</p>	<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 7/4
CAMP CLOSED

Monday 7/11
Build Your Own BURGER

All the fixins'
Corn Niblets
Fruit Cocktail

Tuesday 7/5
Crispy CHICKEN NUGGETS

Chips
Juicy Pineapple

Tuesday 7/12
DELI DAY

Salami, Turkey, Tomato, Lettuce,
Cheese & Whole Wheat Bread
Potato Chips
Popsicles

Wednesday 7/6
PENNE PASTA

Caesar Salad
Pears

Wednesday 7/13
CHEESE QUESADILLAS

Tortilla Chips & Salsa
Mandarin Oranges

Thursday 7/7
Marvelous MINI PANCAKES

Fresh Fruit
Freeze Pops

Thursday 7/14
FRENCH BREAD PIZZA

Apple Slices
Creamy Chocolate Pudding

Friday 7/8
HOAGIES
Tasty Tater Tots
Juicy Watermelon

Friday 7/15
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, buttered pasta, 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!!!!

