

GEAR UP!

A LIST OF WHAT TO BRING EVERY DAY:

NOTE: For safety reasons, participants that are not properly equipped may be restricted from participating in certain activities. A list of what to bring for overnight trips is supplied in a separate letter.

MANDATORY GEAR

- Lunch and snack: We will be very active and you will need your fuel; so pack a healthy lunch! Try to avoid lunches with excessive packaging that will create unnecessary trash. Please save candy, soda and other high sugar foods for outside program hours. We reserve the right to prohibit their consumption at our program.
- A *minimum* of **32 oz.** of water, juice, or sports drink (no caffeinated beverages!) We will provide water refill stations. Please only bring RE-USABLE water bottles only.
- Sneakers or Hiking Boots: **CLOSE-TOED SHOES ONLY!**
(sandals for beach days)
- Backpack
- Towel (for days involving water activities)
- Sunscreen and Bug spray (pre-apply and re-apply!)
- Rain Jacket *Most outdoor activities will NOT be cancelled due to rain.*
- An extra set of shorts, shirts, socks and underwear
- Any needed medications: These should be administered by campers themselves as the Summer Program staff will not be responsible for doing so. However, we should be aware of any required medication, including dosage amounts and time.

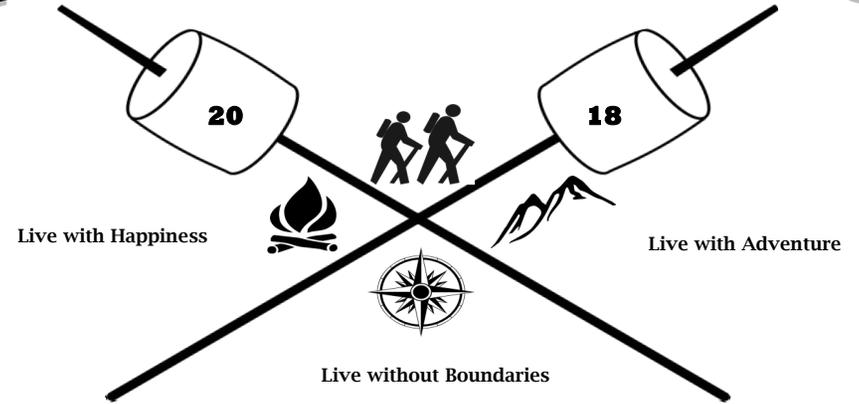
STRONGLY RECOMMENDED GEAR:

- Sunglasses
- Hat
- Sandals or Water Shoes (Beach days only)

DO NOT BRING

- *Disposable Water Bottles:* These lead to unnecessary waste and confusion about whose drink is whose.
- *Electronics of any kind:* phones, music players, video games, etc. We reserve the right to confiscate all electronics. If that does happen we will return the items at the end of the day.
- *Uggs, nice sneakers,* crocs, or any other clothing not designed for exercise and getting dirty. We will be getting dirty!

Brooksby Summer Adventures



SUMMER 2018



PARTICIPANT GUIDE BOOK

Peabody Recreation
50 Farm Ave. Peabody, MA 01960
(978) 536-7132
Maureen.sammon@peabody-ma.gov

Dear Participant and Family,

Live with Happiness. Live with Adventure. Live without Boundaries. That's our motto at the Brooksby Summer Adventure Program and our goal for all participants that attend our program. The city of Peabody is lucky to have such an amazing resource as Brooksby Farm and a program that offers outdoor and adventure programming for a price that can't be beat.

As we have done in years past and will continue in years to come, we will place a strong emphasis on physical activity and exhilaration. Group leaders seek to foster participants appreciation for the natural world. Participants will face challenges to better understand their place in the community and environment. Additionally, cooperative group activities, games and challenges will be frequently featured as it is our philosophy that teambuilding skills are essential to the development of responsible citizenship. We use adventure-based programs to help develop problem-solving skills, trust and confidence.

While fun and entertainment are featured frequently at the Brooksby Summer Adventure Program, we are also hoping to offer something more for our children: a time, place, and space to develop their own individual potential. As such, activities are designed so that each individual will have the opportunity to challenge themselves within their own personal comfort level.

We pledge to do our best to accommodate every child, regardless of their background, experience level, and physical condition. Participants will benefit most from their experience if they are willing to meet us half-way, with a sense of enthusiasm, purpose, and adventure!

Thank you for joining us to make this an action-packed unforgettable summer and remember:

Take only pictures and memories; leave only footprints and smiles.

Yours in Adventure,

-The Brooksby Summer Staff

DAILY SCHEDULE

Unless specified in the detailed session letters, morning drop-off is at 9:00 am. Please know that staff will not be available to the participants prior to this time. Pick-up begins at 3:00 pm.

Our daily schedule takes us all over the 250 acre Brooksby property. If you need to pick up or drop off your child during the program day, please check with your child's group leader to coordinate the details beforehand.

Please note that pick-up will be with your child's leader.

Prepare to meet them by the parking area at the end of each day.

SWIM TESTS FOR OPEN WATER FIELD-TRIPS

In compliance with Christian's Law, all participants attending any "open water" (beach or lake) field-trips must either:

1. Successfully completing a swim test and providing documentation prior to the trip

OR

2. Provide a US Coast Guard certified life vest that fits your child.

Please label with child's name

*****If your child submitted a swim test in the last year, they need to submit a new test for this summer, as the state regulations have changed.***

To Complete Swim Test:

1. Print Out the swim test available on our website.
2. Bring to your local swim test agency. View our website for current options.
3. Be sure a certified WSI Lifeguard completes the test and signs and dates your documentation.
4. Bring your completed swim test to Brooksby Farm on the **first day** of the **first session** your child is signed up for.

INCLEMENT WEATHER PLAN

In the event of serious weather, including torrential downpour or thunderstorms our program will be re-located to the Peabody High School Fieldhouse. Please call (978) 536-0600, **press 2, then follow prompts** to determine whether or not we have moved to this alternate location. For Fieldhouse drop-off or pick-up, park in the facility lot on the left side of the school. Access the Fieldhouse through the side doors. In the event of light or intermittent rain, we will continue with our regularly scheduled outdoor program. Therefore, please make sure your child is prepared with the proper clothing.

Field-trips and Campouts: Because our transportation for trips is predetermined, we cannot re-schedule these days. In the event of inclement weather we will do our best to substitute an indoor field-trip. Unfortunately, due to the limitations of our schedule, cancelled campouts will not be re-scheduled.