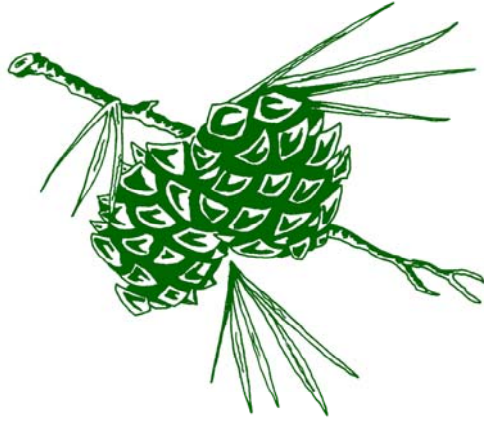


MEDOMAK CAMP



WELCOMES YOU



CAMPER INFORMATION

Welcome to Medomak!

All the staff at Medomak Camp and in particular, Holly and George Stone the Executive Directors, and David Brunner, the Director, want to welcome you and your family!! We hope you find the surrounding woods and waters as peaceful and beautiful as we do, and that you enjoy all that nature has to offer during your stay here.

During your week, we have lots of organized activities planned for every member of the family...great food....wonderful clear, cool (not cold) lake water for swimming and boating, fun evening activities, that chance to just sit and read or nap...and also the opportunity to explore “off-campus” sites of the Midcoast Maine region.

But...before we get you started, there are a few things we would like to remind you about living close to nature and in a camp environment. Important information is found in this notebook that will help orient you to the camp staff and layout – and other campers for the week – and, importantly, camp rules that address your safety. Medomak is a place that’s special because of all the different types of fun, but we also have to remember that a big part of its beauty is because of the setting in a natural area: not Disney ☺. That means that there are rocks and roots that make up the natural landscape, and branches that might lurk in the forest just at head height, and the occasional splinter just waiting for a finger. The bottom line is that we want you to steer clear of any injuries or mishaps over the week. One way for you to have only fun is to be sure that you take the time to go over the information herein. In fact, to get you started, we will walk you through it quickly as you arrive in your cabin. Then, once you get settled, we invite you to spend some additional time – especially with the children – to emphasize things that are o.k. and things that aren’t.

We’re so happy you’re here! Thanks for coming to camp!

Holly

George

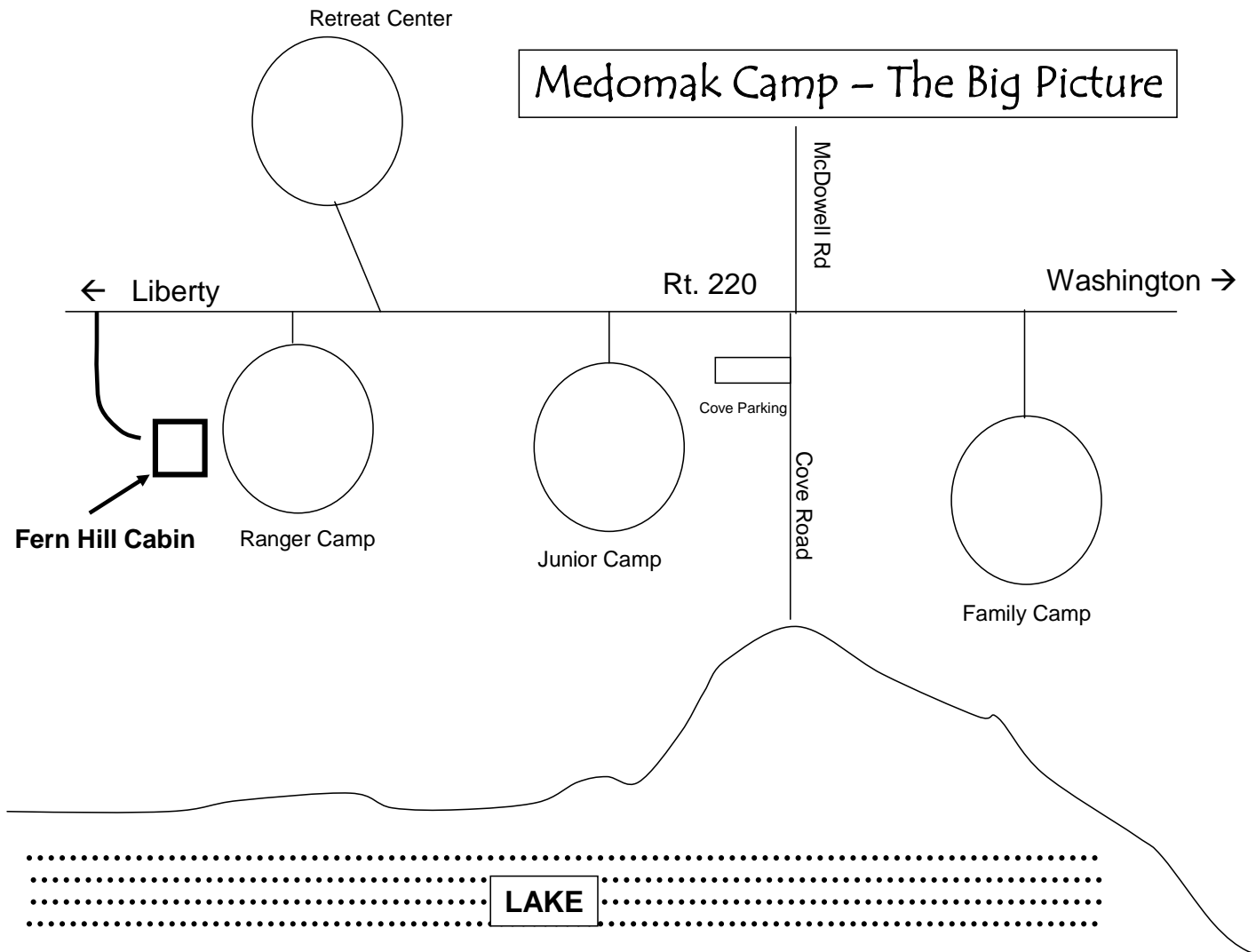
Dave

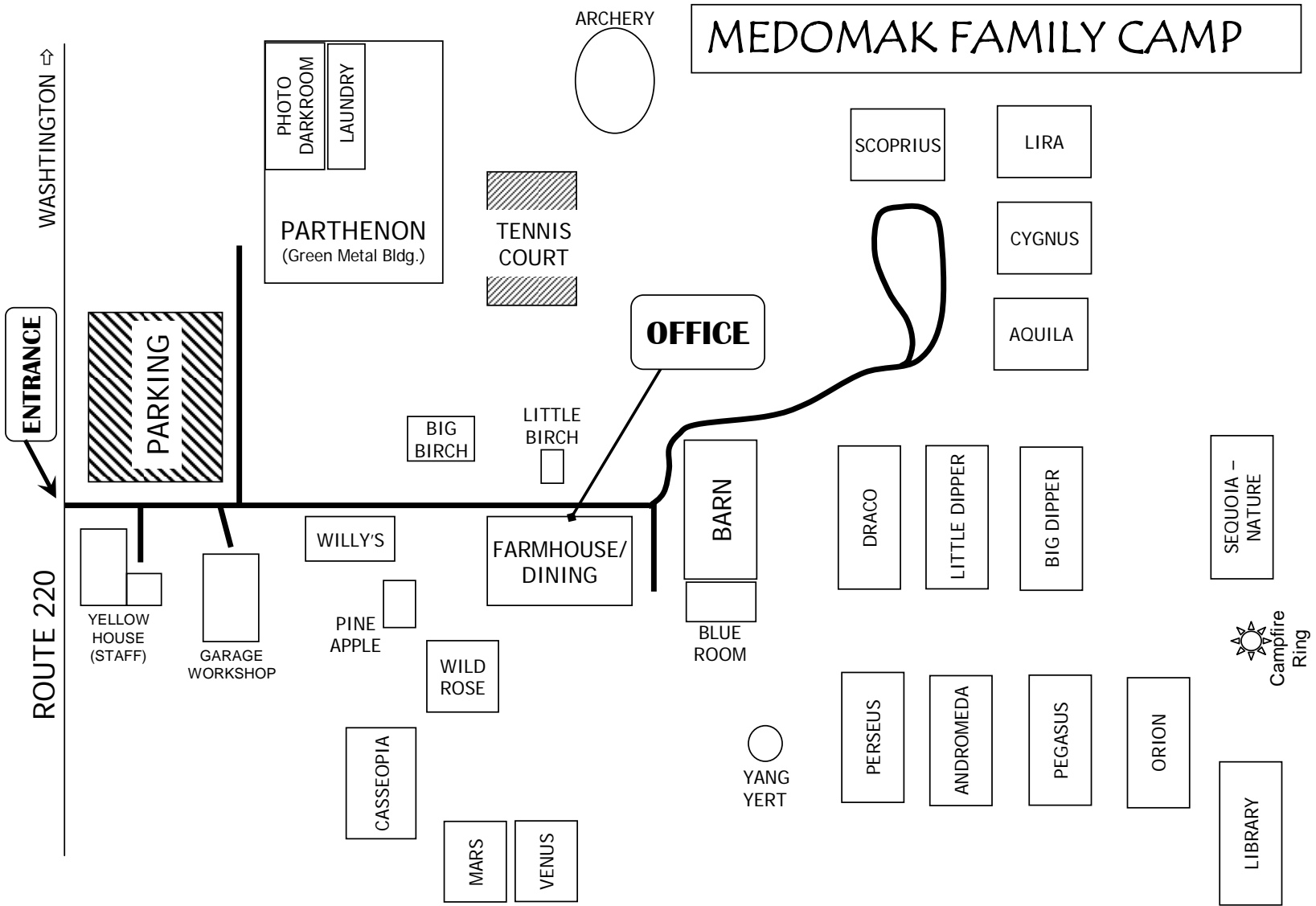
Medomak Camp Daily Schedule

- MORNING WALK IS AT 7:00 A.M. MEETS AT THE ENTRANCE TO THE FARMHOUSE (OPTIONAL).
- MORNING STRETCH BEGINS AT 8:00 A.M. IN THE BARN.
- BREAKFAST: COFFEE IS ON AT 7:30, HOT BREAKFAST IS SERVED AT 8:30.
- MORNING ACTIVITY: 9:30 - 12:30 P.M. (Three – 1 hour activities)
ROUND ROBIN OF ACTIVITIES -- ARTS & CRAFTS, ARCHERY, OUT-OF-DOOR LIVING SKILLS, GYMNASTICS, YOGA, LAND SPORTS... AND SURPRISE ACTIVITIES!
- LUNCH: 12:30 - 1:30 P.M.
- AFTERNOON ACTIVITY: 2:00 - 5:00 P.M. ALWAYS AT THE LAKE (WEATHER PERMITTING) SWIMMING, CANOEING, KAYAKING, FISHING AND CAMP CRAFT. FLY RODS AVAILABLE!
- SNACK: 4:00 SOMETHING SALTY, SOMETHING SWEET AND ALWAYS SOME COOL WATER OR JUICE!
- DINNER: 6:00 - 7:00 P.M.
- EVENING ACTIVITY: KICKBALL, ULTIMATE FRISBEE, PARACHUTE GAMES, WIFFLE OR SOFTBALL, DISC GOLF TOURNAMENT, SCAVENGER HUNT... ACTIVITIES DEPEND ON THE AGES AND ABILITIES OF OUR CAMPERS
7:30 - 8:30 P.M.
- CAMPFIRE EVERY EVENING--BRING YOUR GUITAR, HARMONICA, AND VOICE AND JOIN IN THE SONG, SEARCH FOR SHOOTING STARS AND SHARE CONVERSATION...

Camp Map

Medomak Camp – The Big Picture





General Information for Campers

Camp Facilities

Camp facilities are bound to endure wear and tear simply due to intense use over the summer season. In the interest of your safety, any hazards or problems with your cabin or any other facility or equipment should be reported to one of the Medomak staff immediately. If able, remove the hazard or do your best to alert others of the hazard so they don't get hurt, e.g. a nail sticking out of a wall or dangerous animal.

Camper Cabins

During the time that your family is at Medomak, your cabin becomes your home. While you occupy the space, you are welcome to "make it your own." This will inevitably include leaving personal items unattended and unsecured in the cabin. We do not lock cabins at Medomak. Under these circumstances several policies and procedures have been established to protect you and your family from loss of personal items.

1. Our staff policy prohibits any staff member from entering any camper's cabin without permission. In all cases the camper providing permission for entry must be an adult. Further, even with permission, staff will not enter any camper's cabin without escort by that adult camper.
2. The above rule also applies to situations where a maintenance issue has been identified in the camper's cabin. Prior to entering the cabin to resolve the maintenance issue, the maintenance staff member must obtain permission and be escorted by the adult camper.

Phones

A phone for personal calls is available in the camp office. Free phone usage is limited to local calls. For long distance calls, a calling card is required. We hope you won't need to use your cell phone too much...but most don't work that well up here in rural Maine. If you must carry your cell phone, please keep them on vibrate and please don't talk around other campers... help us preserve the unplugged atmosphere at camp.

Mail

The mail is picked up at the camp office midday, 6 days a week. Should you have outgoing mail, please place it in the "mailbox" on the front porch of the office.

Electronic Equipment & Electricity in Your Cabin

While our cabins do have electricity, they cannot accommodate the use of televisions, VCR's, hot plates, coffee makers, computers, or fans. The electric circuit in your bathroom and the sink area outside your bathroom is protected by a special circuit breaker that is sensitive to any water around the outlet. If the circuit trips for whatever reason, just let us know. We will gladly come down to the cabin and reset the circuit for you.

Laundry Facilities

A clothes washer and dryer are available for camper use...though we hope you won't have to do chores like laundry during your stay ☺. If you do need to do laundry, we charge \$2.00/load. Just let Dave know if you need to use the laundry facility. He'll get you set up!

Fires

Fires of any type are permitted only in designated areas. Medomak consults weekly with the Fire Marshall to determine if our nightly campfires are permitted. Campfires will be started only by Medomak staff, and once lit, campers should stay 6ft away from the opening. When it comes time to roast marshmallows, Medomak staff will help coordinate. This activity will be limited to the time after the fire has burned down. As a precaution, and to put the fire out at the end of the evening, a full bucket of water should always be present next to all fires.

Medomak facilities include several indoor fireplaces. The indoor fireplaces are usually only used when we have wet weather that would make an outdoor campfire uncomfortable. As with outdoor campfires, fires in any fireplace will only be started by Medomak staff, and once lit, campers should stay 6ft away from the opening. One difference with fires in the fireplaces is that while water is present in case of emergency, DO NOT pour water onto the fire to put it out. This could crack the stone damaging the fireplace.

Smoking

Health concerns aside, the biggest issue with smoking at Medomak Camp is fire hazard. From personal experience of several summers past, one misplaced smoldering cigarette or match can result in at the least the destruction of one structure, and at the most loss of multiple structures and life. The following rules are critical as they ensure that fire will not be caused due to smoking.

1. There is absolutely no smoking in any building anywhere on the Medomak Camp site.
2. There is absolutely no smoking in the woods or trails anywhere on the Medomak Camp site.
3. Smoking is only permitted in the designated smoking area. In addition to limiting smoking to the designated area., it is imperative that all cigarette butts must be disposed of in butt cans.

Candles

Candles are not permitted to be lit in any camp buildings without the approval of the Director. Permission for use of candles will routinely be limited to celebrations, e.g. birthday cake, etc.

Firearms

Firearms are not allowed anywhere on the Medomak Camp site, nor may they be stored in a vehicle parked on the Medomak Camp property. Should you have a firearm, please let the Director know so we can be sure to secure it so no one will be at risk.

Pets

Unfortunately, due to insurance requirements, and especially our concern for the safety of all campers and staff, no pets are allowed on camp.

Should You or a Family Member Become Ill While at Medomak...

Availability of Health Professionals

Medomak has a full time Health Care Provider and Administrator (HCPA). Her name is Cathryn Stein. She is an R.N. serving as the first responder should any camper or staff member become ill or injured. With available medical supplies on site, the HCPA is able to handle routine health issues. Should you require medical attention for any ailment or injury, you should seek out the HCPA immediately. Cathryn will assess your situation and make a determination as to what course of action should be taken. She may consult with an outside physician for guidance. Alternatively, she may suggest that you contact the physician personally. Medomak has had an established relationship with a local physician, Dr. Steven Wilson, for urgent medical care, and the Midcoast Mental Health Clinic for mental health services. Dr. Wilson's office is located at the Walker Health Center in Liberty, Maine and Midcoast Mental Health is located in either Rockland or Belfast. The following provides additional useful information relative to making appointments.

Urgent Care Appointments

The outside physician is Dr. Steven Wilson whose office is located at the Walker Health Center in Liberty, Maine.

**Dr. Steven Wilson
589-4509**

Dr. Wilson is a family doctor and sees patients of all ages for complaints ranging from earaches, cold symptoms, twisted ankles, etc....

Office Hours:

**Monday, Wednesday, and Thursday 8am - 4pm
Tuesday and Friday 8am – 12 noon**

Directions:

Take a left out of the dirt driveway from Camp, and follow Rt 220 north until you come to a "T" intersection (there is a stop sign) ~ 15 min. Then take a left (you are taking a left to follow 220). Go up the hill and on your right is a small school immediately after the school is the Walker Health Center.

Please Note:

- Dr. Wilson's office phone system is turned over to an answering service during the lunch hour.
- If the office is not open, you can call the office number, be connected to the answering service. If needed, the answering service will page the "on call" doctor who will call you back.

When going to the office for an appointment.....

- Please bring your insurance card and arrive 15 – 20min ahead of time to fill our paperwork.
- Please tell the receptionist that you are a camper from Medomak Camp.

If you feel that you need emergency health care you should go to the emergency department at either Penobscot Bay hospital in Rockland, or Maine General Health & Medical Center in Augusta. We have detailed directions to the hospitals in the Medomak Camp office.

Mental Health Services

Midcoast Mental Health is the clinic suggested by Medomak for mental health services. The clinic has two locations. To make an appointment, call the main number. The receptionist will let you know which office has the earliest appointment.

Midcoast Mental Health (800) 540-2072

Office Locations

15 Midcoast Drive
Belfast, ME

12 Union Street
Rockland, ME

If you feel that you need emergency mental health care you should also go to an emergency department at either Penobscot Bay hospital in Rockland, or Maine General Health & Medical Center in Augusta. Also, the advise of Dr. Wilson may be sought.

What to do in Case of Injuries or Emergencies

Health Care and Medical Treatment of Campers

Medomak Family Camp and Retreat Center differs in significant ways from typical residential summer camps. First, programs at Medomak Camp last for one week rather than extended multi-week sessions. Secondly, Medomak Camp programs are attended by adults, either with or without children. This type of relatively short term residence program for adults or families affects the scope and administration by counselors of health care procedures. The almost constant presence of adults, as either single campers or as parents, allows for counselors and staff to rely on adults to make critical decisions regarding the welfare of children 99% of the time.

There are opportunities, however, when parents are separated from their children. For example, there may be times when children are participating in a program in the barn, while parents are picking blueberries at the top of the hill at the Retreat Center. Granted, the parents are only at the other end of the 250+ acre Medomak property. An alternative example that further proves the point would be if the parents left the Medomak site to go into Washington village, or to Liberty Graphics (about 20 minutes away). Such separations, however, do describe situations when Medomak staff may have to treat a child without the immediately input of their parents. To address these infrequent but critical times, we are requiring all adults to complete a "permission-to-treat" form, both for themselves and any child(ren) for whom they are responsible. When families register for camp online, they will be asked to acknowledge that they provide permission for Medomak Camp staff, as well as medical professionals to provide treatment.

Notwithstanding the fact that Medomak campers are either adults or families, it remains that Medomak counselors are likely to spend the greatest amount of time with especially children campers on any given day. Staff are trained to remain focused and vigilant concerning the safety and welfare of especially children campers in their charge. It stands to reason that along with having fun and participating in activities lead by our counselors comes the possibility of injury.

Health Care Training of Medomak Staff

In the interest of the welfare of all campers, all Medomak Camp staff are required to attend health care training; all staff are certified by the American Heart Association or the Red Cross in first-aid and CPR. Further, staff are also trained as first responders for camp-related medical problems/issues.

Counselors learn medical protocol defined by the American Camp Association as taught by our Health Care Provider and Administrator.

Aside from emergency medical treatment preparedness, staff are also responsible for maintaining high standards of health and safety in all activities, and for seeing that camper health needs are recognized and met. Counselors assure that campers are physically and emotionally ready for the activity, that the activity is supervised, and that activity areas and equipment are in safe condition before use. They are alert to symptoms of illness and note any injury no matter how minor. Once a counselor becomes aware of an injury and lends aid to a camper, they report the incident to the Health Care Provider and Administrator for further action.

General Emergencies

The following procedures should be taken for general emergencies where the welfare of the entire camp population is at risk, such as fire.

i) Emergency Signal

The emergency signal at Medomak is **3 blasts of the air horn**. When you hear such a signal, go immediately to an area in FRONT of the farmhouse. Staff will be there to assemble campers. If you are at the waterfront and you hear the air horn, assemble at the water's edge. The counselor or staff member will direct you based on information they receive via radio.

ii) Camp Evacuation

If it is necessary to immediately evacuate the camp, campers will be expected to use their own vehicles. For Family Camp, each camper family will be directed by a staff member to depart as soon as all members of that family are accounted for and it is safe. For the Retreat Center it is important that single adults are accounted for prior to their departure from the parking area. Before any campers leave the area, they should be directed to re-assemble at the same safe area off the camp, for example the parking lot in front of the Village Market in Washington Village. Medomak staff will identify a designated area to re-assemble based on the nature of the emergency.

iii) Hurricane or Tornado

If a hurricane or natural disaster is imminent and there is not sufficient time to evacuate the camp, all staff and campers should report to the farmhouse. The basement represents the safest place on the camp site to seek shelter in such

conditions.

Waterfront Emergencies

The waterfront at Medomak is in many ways a refuge. It provides, on the hottest days, one of the coolest spots at camp...oh, yeah...and then there's the lake. It's filled with very clean water that's like putting cool icing on the cake. What better way to cool off than taking a dip.

And then there are all the water-based activities that we have at Medomak: canoeing, sailing, kayaking, and rowing. If you get overheated having fun trying your hand at any of these skills...well, there's that cool water again.

About the only potential downside of the waterfront is the fact that it can be a dangerous area if campers don't follow rules. If injuries occur, there are procedures you should follow as detailed below.

i) General Guidelines:

1. At Medomak in order to account for the whereabouts of all present at the waterfront, we utilize a tag board system. As you arrive at the waterfront and depart, it is ABSOLUTELY IMPERATIVE that you "flip your chip." This lets staff know of your whereabouts in case of an emergency.
2. The buddy system is also used at all aquatic activities where more than 6 people are involved (especially out at the swimming float). Staff will routinely organize campers to establish the buddy system at any given time.
3. Where the buddy system is being used, waterfront staff will institute "buddy checks" to occur at least once during each aquatic activity period.
4. In the event of an aquatic emergency, a waterfront staff member will direct all the campers in the area. It is important that you keep your family together and obey orders given by the staff member in charge.

ii) Near-Drowning at the Waterfront:

If a swimmer is in distress, the lifeguard will signal with a long blast on the whistle or air horn. This signal alerts other staff that it may be necessary to clear the water and put rescue procedures into action. If you hear this signal please be alert to directions from lifeguards either to exit the water or stay clear of a particular area.

iii) Lost Swimmer:

If a swimmer is missing during a buddy check or the camper's buddy notifies the lifeguards that a camper is missing:

1. A whistle/air horn is blown for a "buddy check." If you hear this signal please be alert to directions from lifeguards. Please exit the water immediately and attempt to account for all members of your family.
2. Waterfront staff will immediately scan the cove area.
3. If the waterfront staff cannot immediately locate the swimmer, a staff member will inform the camp office via radio of emergency details, at the same time you may be asked to assist in scanning or searching the waterfront area from the shore.
4. At some point, if the swimmer still cannot be found, rescue authorities will be summoned and take over and direct the staff on their duties.

iii) Capsized Canoe:

1. No camper should ever use any boat of any type without clearance from staff. An important part of preparing to use any of the Medomak Camp boats is being sure that you have been given instructions by staff. One of the most popular types of boats you can use is a canoe. While the types of canoes we have at camp are very stable (and will not sink even if filled with water), it is imperative that prior to your canoeing you review with a staff member what to do in the event of a capsized canoe.
2. Without exception, everyone (adults included) in a canoe must wear a size-appropriate Personal Flotation Device (life jacket) and wear a whistle. NO EXCEPTIONS!
3. When the staff has spotted a capsized canoe, if you are canoeing near the capsized canoe, you will be directed to move away from the area.
4. If it is your canoe that has capsized, try to remain calm and hold onto the canoe. It will not sink. Try to maneuver the canoe according to the instructions you received prior to canoeing. If you are unable to maneuver the canoe to safety, sound the whistle. A staff member should reach you shortly to assist.

Emergency Action Plans – EAP

In addition to monitoring (keeping an ear and eye out for) any indication of a general emergency, specific types of emergency may call for unique sets of instructions to address the safety of campers. The sections below describe

procedures you should follow – the Emergency Action Plan – in the case of specific types of emergencies.

i) Fire

Medomak Camp has smoke detectors and fire extinguishers in all cabins and public buildings. Also, you will see an Exit or Exit signs (depending on the layout of your cabin), and a posted evacuation plan. Please take the time to familiarize yourself with the evacuation plan, and take the additional time to step outside and visualize where you would go to evacuate camp in case of fire.

In case of a fire, follow these steps in this order:

1. **Evacuate the building or area of the fire.** Unless the fire is very small and, in your opinion, can be easily put out with the fire extinguisher, DO NOT attempt to fight the fire.
2. **Alert others in the area, and immediately seek out a staff member.**

There is a member of the Medomak staff on site 24 hours a day. If they aren't readily available, proceed to the office where you can find a telephone. If available, the staff member will call 9-1-1: you shouldn't hesitate to dial 9-1-1 yourself if the staff cannot be found. ONE IMPORTANT NOTE: MEDOMAK IS ON A CENTREX PHONE SYSTEM AND SO YOU MUST DIAL "9" TO GET AN OUTSIDE LINE. SO, TO REACH 9-1-1, YOU MUST ACTUALLY DIAL 9-9-1-1. Notify the operator that there is a fire at Medomak Camp in Washington, Maine. Be specific to let them know at what part of Medomak you are located: The Family Camp is actually called "Medokawanda," and the Retreat Center is "Medomak Retreat Center."
3. **A staff member will sound the air horn *three blasts*. If for whatever reason a staff person is unavailable, you should proceed to sounding the air horn to alert other campers of fire.** The air horns are kept on top of the key box in the Family Camp office, on the bookshelf in office at the Retreat Center, on the shelf immediately on the right in the swim shack down at the Family Camp waterfront, and in the wooden box at the Retreat Center waterfront kiosk. This will notify campers and staff of a fire. Staff and campers should immediately assemble in open areas depending on where they are staying at Medomak.
 - a. If the fire is at the Family Camp (Medokawanda) all staff and campers will assemble in front of the farmhouse for a head count.
 - b. If the fire is at the Retreat Center all staff and campers should meet at basketball courts for a head count.

- c. If the fire is at the waterfront cove meet at the shore line of the beach for a head count.

A staff member will guide you further depending on where exactly the fire is located.

ii) Thunder and Lightning

A relatively large portion of Medomak Camp is located in or around forested areas. This, as well as the fact that a significant part of each day is spent in or adjacent to the lake means that we all must be very vigilant whenever we see lightning or hear thunder. Specific procedures should be taken depending upon where at camp you are located when you see the lightning or hear the thunder.

1. If you are at the waterfront ...at the first sign of lightning or sound of thunder the lifeguards will sound the air horn with **THREE long blasts** to alert everyone of the possibility of an electrical storm. The campers or staff in boats must go immediately to the nearest shore and secure the boat. The campers or staff should walk away from the water to find shelter from the storm. Most of the shoreline of the lake is forested. To minimize danger of being struck by lightning, take shelter among the shortest trees you can find. Be alert for falling branches. If you feel your skin tingle or your hair stand on end, squat low to the ground on the balls of your feet. Place your hands on your knees with your head between them. Make yourself the smallest target possible, and minimize your contact with the ground.
2. If campers and staff are swimming, at the first sight of lightning or the first sound of thunder the lifeguards will sound the air horn with **THREE long blasts** to alert swimmers of the possibility of a storm. All swimmers must immediately get out of the water and seek shelter. The swim shack and any vehicles down at the waterfront can serve as a shelter. If there is insufficient room in the swim shack, seek shelter under the smaller trees adjacent to the swim shack.
3. If campers or staff are in or near buildings at the camp, seek shelter in the nearest structure. If the storm strengthens in intensity with high winds, staff and campers should keep away from windows.
4. If campers or staff are unable to seek shelter and are in a wide open space they should squat or crouch down with their knees drawn up underneath their body with both feet together. Hands should not be on the ground nor should the camper or staff lay flat on the ground. The object is to make

yourself the smallest target possible, and minimize your contact with the ground.

iv) Missing Person

Parents are reminded that children must, without exception, tell their parents where they are going and parents are instructed to know where their children are during all unsupervised activity times. Parents should explain to their children and themselves understand that once they realize that they are lost, that they should stay put until help arrives.

If it is determined that a camper is missing:

1. Medomak staff will work to determine when and where the camper was last seen, and what was the situation whereby the camper became missing.
2. You may be asked to help locate the camper once the relative area where the camper was last seen has been determined. If you are part of the group from which the camper is missing, be sure to stay with the others in the group. In an effort to find one camper, we don't want to have more than one lost. Please take direction from the Medomak staff in charge.
3. If the camper cannot be found, the Director will organize an extended search. If after an extended search by additional staff and campers the camper is not found in 20-30 minutes, the camper will be presumed lost. At that time, the Director will institute a public search that will include contacting the sheriff department and Executive Director.

v) Intruders

Unfamiliar persons on the camp property may range from someone lost and looking for directions, to a person with intent to do harm to persons or property.

If the appearance of the unfamiliar person makes you uncomfortable, try to make note of the appearance of the individual, including the make model and license number of any vehicle they are driving. It is not necessary for you to engage the individual. It is better that you contact a Medomak staff member and let them take the next steps.

If the person seems threatening in any way, do not approach or take any chances. Remove yourselves from the area, notify the camp office, observe the whereabouts of the person.

If you see or suspect an intruder in camp at night, immediately and quietly notify a staff member.

If a child encounters an unfamiliar person, real or imagined, never tell the child that "it really wasn't anything," "there is no need to be afraid," or "it was just your imagination." Frightened children need to be allowed to experience their fear, to know that it is okay to be afraid, and to talk about their experience.

Notify the Director immediately of any intruders. Complete an incident report and any other reports requested.

Transportation of Campers in Camp Vehicles

Medomak Camp vehicles are to be used exclusively for tasks related to the operation of the Medomak Camp facility and programs. Insurance regulations preclude campers from using their personal vehicles to transport passengers other than their own family. At Family Camp there are no activities that require transportation of campers off the Medomak site. At the same time, the Medomak site does cover 250 acres. This provides opportunities, for example, for children to pick blueberries at the top of the hill at the Retreat Center, while parents are relaxing at the Family Camp site at the other end of the Medomak campus. Transportation to distant parts of the campus are limited to use of Medomak Camp vehicles.

Medomak Camp staff who serve as drivers meet rigorous qualifications. They must be at least 21 years of age, and their driving record is reviewed thoroughly as a prerequisite to being a driver. Prior to departure for any even short trip, the driver checks the vehicle to ensure that all mechanical systems are working properly. Every vehicle is equipped with a first aid kit and fire extinguisher.

Campers are expected to abide by the following rules when being transported in Medomak Camp vehicles.

1. Under no circumstances may any camper use a Medomak Camp vehicle for personal travel.
2. At no time may any person be transported in a non-passenger vehicle. That is, at no time may any camper be transported in any portion of a Medomak Camp vehicle that is not designed to carry passengers, e.g. the bed of a pick up truck. Vehicles designed to carry passengers have a seat with seat belt available for each passenger.
3. The numbers of campers being transported in any camp vehicle must be limited to the number that can occupy seats equipped with seat belts.
4. All passengers must wear seat belts whenever the camp vehicle is in motion. When children under 40 pounds are being transported, they should be seated and secured in an approved child safety seat. The only exception to this rule would be if the camp vehicle is traveling within a given Medomak Camp site (e.g. within the confines of the Retreat Center) at a speed limit of under 10 miles per hour.

5. All passengers must remain seated whenever the camp vehicle is in motion.
6. If children are being transported without their parents for distances greater than 1 mile from the Medomak Camp site, the camp staff responsible for transporting the children must have copies of forms for each child, signed by parents, indicating permission-to-treat in case of emergency, as well as instructions relating to any specific medical conditions or medication allergies.
7. Prior to starting any transportation, all campers being transported will be briefed as to safety procedures: wearing seat belts, remaining seated. The driver will check to see that seat belts are fastened.
8. If children are being transported without their parents (in the case of Family Camp programs), the driver will instruct passengers that the driver is in charge and that reasonable behavior from the passengers is expected. Transportation of a single child will always be conducted by two staff members.

Procedures in Case of an Vehicle Accident

If the camp vehicle is involved in an accident, the following procedures should be observed.

1. If the vehicle has been involved in a significant accident, the driver will immediately check passengers for injuries. If any passengers are injured, the driver will immediately call 9-1-1 and describe location of the vehicle.
2. If passengers can be moved, all will be evacuated from the vehicle to a safe location as soon as possible (e.g. well off the side of the road). It is important to try to stay calm. The driver will administer first aid if necessary. All Medomak staff are certified by the American Heart Association or Red Cross in first aid.
3. Provided the vehicle damage is not as extensive as to cause fire, rollover, or demolition, any injured passengers will be instructed not to move in case of head, neck, or spinal cord injury.
4. It is important that you obey the directions of the driver and other authorities who arrive at the accident scene.

Waterfront Rules

All campers must become familiar with, and always follow the Waterfront Rules. A copy of the rules are also posted on a large board at the waterfront.

1. No children are allowed at the waterfront without adult supervision.
2. ALL campers must wear life preservers when in boats.
3. All boats must be signed out on a clipboard in swim shack.
4. When taking a boat out please take a whistle and an extra paddle.
5. No jumping or diving from the inner dock. Diving is limited to the outer swimming/diving dock with the diving board.
6. No child is permitted on the swimming/diving dock without an adult, or without permission by a lifeguard on duty.
7. Children categorized as beginners in their initial swim test must wear a lifejacket at all times beyond the roped swimming area.
8. If an adult chooses to swim past the outer floating dock they must either be wearing a life jacket or be accompanied by a boat equipped with extra life jacket or lifesaving ring.
9. Swimming, boating or use of any waterfront equipment when a lifeguard or staff are not on duty is AT YOUR OWN RISK.
10. All individuals must use the Buddy/Tag Board at all times when at the Waterfront.
11. A vehicle will always be available at the waterfront when lifeguards are on duty in case of an emergency.
12. Boats must be kept away from the outer swimming/diving dock.

13. No glass containers at the waterfront.
14. Alcoholic beverages and their consumption is prohibited at the waterfront.
14. Swimming is only permitted when the waterfront is open (7AM until dark).
15. All chairs, toys, paddles, fishing poles, etc. taken from the swim shack **MUST** be returned just as they were.

Whistle Sounds

- One whistle - get everyone's attention
- Three whistles - get out of water ASAP

If you Smoke....here are the Camp Rules...

- ❖ There is absolutely no smoking in any building anywhere on the Medomak Camp site.
- ❖ There is absolutely no smoking in the woods or trails anywhere on the Medomak Camp site.
- ❖ Smoking is only permitted in the designated smoking area. In addition to limiting smoking to the designated area, it is imperative that all cigarette butts must be disposed of in butt cans.

Want to go Fishing??

The State of Maine requires residents 16 and over, and non-residents 12 and over to carry a license when they go fishing.

Fishing Licenses can be purchased from the Maine Department of Inland Fisheries and Wildlife online in the camp office.

Prices are as follows:

Residents: 15 and under...no license required

Adults ⇒ Season = \$22
 ⇒ 1 day = \$12

Non-Residents: 11 and under...no license required

12 -15 years old ⇒ Season = \$9

Adults ⇒ Season = \$52
 ⇒ 1 day = \$11
 ⇒ 3 days = \$23
 ⇒ 7 days = \$36

Talking to Your Children About Camp Rules and Responsibilities

- We are all role models. Are your actions something you want to teach someone younger than yourself? Please keep this in mind if you are consuming alcohol.
- Do you know what a widow-maker is? A winter's ice storm can leave many branches hanging high in the trees, which cannot be removed. For your safety, we ask you to stay on camp trails at all times.
- Always ask a parent's permission to enter a cabin other than your own – otherwise no children may enter another cabin.
- Always wear shoes to protect your feet – camp is an outdoor environment and you never know what to expect.
- Parents, please safe guard matches, lighters and any medications - out of reach of children.
- Parents must know where their children are and children must know where their parents are at all times. One parent must be on camp property at all times when their child(ren) are engaged in activities...
- Children under the age of five must remain with a parent at all times. We welcome them in all age-appropriate activities. However, most young children's attention spans are short. Unfortunately, we do not have the staff to provide one-on-one supervision.
- Children (under the age of 10) must be accompanied by at least one parent to the dining hall. Please do not send children alone to get their meals.
- Parents must accompany children on the swim path and at the cove at all times.
- Rocks are fun at the lake and in areas that rocks belong – please make sure that children understand that rocks must not be thrown into the fields. Rocks in the fields can be thrown by the mower and may hurt someone or something.

- All activities must be supervised by a counselor at all times. If a counselor is not present, please refrain from entering the arts and crafts loft or using equipment such as bows and arrows, canoes or kayaks. Games, hoola hoops, jump ropes, ping pong table, fooseball table, basketballs... are in the barn to be used at any time. Please return them to their proper place when you are finished using them.

Medomak Camp and Water Conservation

Here at Medomak we use well water (that is tested every few weeks for it's purity - and we can report to having some of the best water around!) and septic systems for all our waste and grey water disposal. While we have spent considerable time and money on putting new systems in place that increase our supply of water and minimize any problems with disposal, one must always remember even under the best of circumstances, these systems can't compare with the public water and sewage systems most of have that serve our homes. Also, our systems here at Medomak are only used for 10-12 weeks a year. Because of the many people who come to camp from "city systems" one camper suggested we make up this information sheet.

Every time a toilet is flushed we use 3 or so gallons of water. . . . The average person uses a gallon of water just to brush their teeth. . .an average shower of 5 minutes uses between 5 to 10 gallons of water. . .and the average person drinks only 4-5 8 oz. glasses of water a day! We agree that there's nothing like a good long shower, and we hope you have plenty for the rest of the year. While at camp, instead of the shower, we recommend a cool long dip in the lake; we guarantee it will be just as refreshing. To save our precious well water, and go easy on our precious septic system, let's see if you can actually take a 2 minute shower and feel just as clean!

Along with individual water conservation, help us and our environment by using only what one needs. You'll see over the week that here at Medomak we're big on recycling. We will greatly appreciate it if you do your part to conserve. Please let us know immediately if there is any problem in the cabin or elsewhere with water running or leaking. We can't be in every cabin every day checking so please do your part as our conservation associates.

Medomak Camp Activities and the Honors System

Mr. Frank Poland founded Medomak Camp in 1904. His vision was a camp for city boys; a place where they could learn about the environment and self-sufficiency. As a way to get his campers to fully understand his vision of creating a challenging and rewarding outdoor experience for boys, he developed an honors program. The honors program involved a set of goals that each boy could undertake. During their stay at camp, each camper began with a simple set of tasks as a way to learn specific camp skills. As they learned each new skill, they were tested. Their accomplishment at one skill level allowed for more complex skills to be learned. At the end of the summer, their accomplishments were formally recognized at an honors ceremony. Mr. Poland even used this honors system to encourage campers to return the following summer(s) to continue to expand on their set of skills. Finally, at the end of their Medomak tenure, about the time they graduated from high school, if they worked hard each summer, it resulted in their becoming Maine Junior Guides.

We have continued in the honors tradition at Medomak, with some modifications. As Frank Poland, we recognize the importance of demonstrating accomplishment and self-sufficiency as part of learning to get along in this complex world. To perpetuate such a system is to encourage the development and awareness of well-rounded individuals. Certainly, participation is not required. Our only hope is that campers (adults and children) will consider trying as many of the varied activities as we offer. During the one week session at Medomak Family Camp our staff will be subtly aware of level of participation, and at the end of the week accomplishments will be acknowledged.

Out of Camp Days Offer Plenty of Opportunities for Adventure

Each Wednesday at Medomak is considered "Box Lunch" day. It's a day where we invite you and your family to explore the varied sites and activities that the Midcoast region of Maine has to offer. Below we provide sample list of some of the many things you might want to explore. Mind you, this list is by no means all-inclusive. Dave and Holly and staff are always finding new and different adventures.

Around Washington...within 20 minutes

Morse's Kraut House

Located South on Rt. 220 about 20 minutes from camp. You'll find a variety of German food such as pickles, sausages & of course sauerkraut!

Agricola Farm Stand

Off Rt. 17 near Union. A variety of fresh veggies, local goat cheese & handmade items from local Maine craftsmen. For a scenic ride back to camp take North Union Road (across from Agricola) bear left on overlook drive and continue on until you see the McDowell Rd, turn right and follow until the end.

Union Pottery

Turn right out of the driveway, turn left at the bottom of the hill at the War memorial. At the library, veer to the right. Union Pottery is on the left right before you reach Rt. 220 (about 7-8 miles).

Rockport Pottery

Located on Rt. 17 East, just after Rt. 90. From camp turn right out of the driveway and proceed about 6 miles on Rt.220. Turn left on Rt. 17 and proceed about 15 miles.

Liberty Graphics & Liberty Tool

In (where else but) Liberty, Maine! Liberty Graphics is the home of some of the most beautiful \$3, \$5, \$6...dollar tee shirts. Liberty Tool is a world-known tool shop: known for it's antique & hard to find tools. From camp turn left out of the driveway and proceed on Rt. 220 to the end (you're in Liberty!). Turn right to

find the Tool Shop and Liberty Graphics across the street from each other about a mile down the road.

Coastal Towns North South and East of Camp

Acadia National Park

Turn left out of Medomak driveway (Rt. 220) Stay on Rt. 220 until you reach the town of Liberty and turn right. Continue to Rt. 3. Do not follow Rt. 173, even though you were originally on it. Once on Rt. 3, continue on and it will take you directly to Acadia.

Belfast

A quaint seaport town. Visit the Co-op on Main Street down near the waterfront on the left. Outside Belfast on Rt. 1 North you'll see Perry's Nut House. They have all the stuff kids love (and you'll remember from your childhood) such as whoopie cushions, Mexican jumping beans, rubber chickens & other gag gifts!

Rockland

Rockland is one of the closest seaport towns from camp. In the last 15 years, it has gone through a wonderful renaissance, including the home of the Farnsworth Museum where the majority of the Wyeth family of painters works are hung (see below). On the shore you can find a one mile breakwater that takes you out in the harbor. Remember walking shoes when taking this adventure. This is now a public park built during WWII to protect the harbor. At high tide you may see seals swimming around the rocks. Turn right out of Medomak's driveway. Proceed down Rt. 220 (about 5 miles); Turn left on Rt. 17 and follow into Rockland (about 25 minutes). Turn right on Rt. 1 to get to downtown, or left on Rt. 1 to the breakwater on your right. Follow signs to the lighthouse.

The Farnsworth Art Museum

If you are an art lover, while in the town of Rockland, be sure to visit the Farnsworth Museum. The Farnsworth Art Museum offers a nationally recognized collection of American art in its elegantly appointed galleries. Such great names in 18th- and 19th-century American art history as Gilbert Stuart, Thomas Sully, Thomas Eakins, Eastman Johnson, Fitz Hugh Lane, Frank Benson, Childe Hassam, and Maurice Prendergast are represented in the museum's permanent collection entitled "Maine in America." The museum also houses the nation's second-largest collection of works by premier 20th-century sculptor Louise

Nevelson and has opened four new galleries to showcase contemporary art. Its Wyeth Center exclusively features works of Andrew, N.C. and Jamie Wyeth-- America's first family of art.

The Brown Bag

A well-liked, healthy food restaurant/sandwich shop located at the crossroads of Rt. 1 and Rt. 17 in Rockland. They have yummy homemade breads, desserts and great lunches.

Birch Point State Park/Lucia Beach

Birch Point State Park and Lucia Beach are located just south of Rockland, in an area called Owl's Head. This is a great day trip where the pines meet the Atlantic Ocean. Climb the rocks overlooking the ocean. Search the tidal pools for marine life during low tide. Bring a picnic lunch, as there is no concession stand! Turn right out of Medomak and proceed on Rt. 220 about 5 miles. Turn left onto Rt. 17 towards Rockland. Once you get to Rt. 1, turn right. You'll go around the "rotary" in downtown Rockland. Make sure to get in the right lane. Go straight through the first stop light and take a left at the second by Dairy Queen. At the next light, next to the lobsters, take a right. This will take you onto Rt. 73. Follow the signs from there to Birch Point/Lucia beach (about 8 miles).

Rockport

Rockport is the seaport town north of Rockland. Follow Rt. 1 north from Rockland and turn right to the harbor. This is the home of Andre the seal and you will see the statue of Andre here.

Camden

Camden is surely one of the two most visited seaport towns in Maine. It is situated overlooking an extremely picturesque harbor; lots of good restaurants, a beautiful city park, and of course many many shops and boutiques. The town also is home for some of the best restored/kept inns and bed and breakfasts in Maine.

The scenic route - Turn left out of Medomak's driveway. Turn right on to Rt. 105. Rt 105 takes many twists and turns, but remain on it & it will bring you directly into Camden.

The main route - Turn right out of Medomak's driveway and proceed on Rt. 220 to Rt. 17. Turn left onto Rt. 17. Take a left onto Rt. 90. Turn left onto Rt. 1

Cappy's Chowder House

This is one of Camden's restaurants famous for their clam chowder. If you like the chowder, be sure to visit their shop behind the restaurant to buy a can of chowder to take home with you.

Smiling Cow

This is one of Camden's more colorful souvenir shops. Stop in for gifts for family & friends.

The Lucky Lady

The *Lucky Lady* offers rides on a lobster boat with an education on Lobster fishing. This hands-on experience is enjoyed by all ages. Seats on the boat can be reserved at a table on the main dock in the Camden harbor.

Camden Hills State Park

This state park is located about 5 miles north of downtown Camden. It offers many groomed trails for hiking up Mount Battie with promised views of the entire Penobscot Bay from the top. On a clear day you can see Cadillac Mountain up north near Bar Harbor. For those who don't wish to hike up the mountain, for a couple of dollars you can drive all the way to the top. You can picnic at the top while absorbing the great view of the Maine coast with all its islands. All of us take time to get to the top of "Battie" every summer. It's well worth it.

The Cellardoor Winery

This winery is located about 6 miles north of Camden, off Rt. 1. Cellardoor makes wine the Old World way, harvesting cold weather grapes from Maine's only winery vineyard, pressing and aging in their cool cellars. Enjoy their 1790 barn and farmhouse set on 68 acres. They are open 11 to 5 daily. Take Rt. 1 North and then left on Rt. 52 (Mountain Rd.). The winery is about 5 miles up Mountain Rd. Turn right onto Youngtown Rd.; the winery is 1 mile on the left.

Savage Oakes Winery

A recent addition to the Midcoast wine industry, Savage Oakes located in Union has great wines made from hybrid grapes specially grown for this climate. Their vineyard is a great place to have a picnic and the tastings are free! Ask for Elmer and Holly. Take Rt. 17 towards the coast. In the town of Union (after "Come Spring Café") make a left onto Barret Hill Rd. The winery is about a ½ mile down the road.

Need a new adventure?

If you have you been here before and are looking for a new adventure... How about bike riding Appleton Ridge Road in Appleton or canoe down the St. George River. Saltwater kayaking can be arranged through Maine Sport or Ducktrap in Rockland or Camden.

Fullers Trading Post

Wild Maine Blueberry pie is an experience! The Trading Post is located in Hope, Maine, about 5 miles beyond Union on Rt. 17. Everyone raves about Jessie's pies.

Moody's Diner

Moody's Diner at Rt. 1 & Rt. 220 offers an array of pies to choose from. Moody's has been featured on CBS's Sunday Morning Show. Turn right out of Medomak and stay on Rt. 220 'til you get to Rt. 1. Look straight ahead: you can't miss Moody's.

Other Maine Coastal Towns

The Pemiquid Peninsula

Pemiquid has a State Park with a beautiful beach. There is also a lighthouse with breathtaking views. Also on the peninsula is Shaw's Wharf in the village of New Harbor. Shaw's is replete with a lobster pound restaurant, and you will find Nature Boat Tours that leave from Shaw's. Take along your binoculars for a bird's eye view of puffins, seals and whales. When you disembark, stop by Shaw's lobster house for steamed lobster and other Maine seafood. Pemiquid point is located at the end of Rt. 130. From Medomak, take Rt. 220 to Rt. 1. Go south into Damariscotta (also a great quaint seaport, see below), where you will get on Rt. 130 south. Proceed to the end of the road (about 10 miles or so).

Port Clyde

Port Clyde is another quaint town at the end of a peninsula. Visit Marshall Point Lighthouse used in the film, *Forrest Gump*. Port Clyde is also the home port for the "Elizabeth Ann" and "Laura B.", the ferry that will take you out to Monhegan Island. Monhegan Island is an artist colony with plenty of walking trails. This is a great day trip for families with older children. Stop in at the Dip Net, a funky restaurant/general store at the Port Clyde docks, for a lobster or crab roll and a root beer. Port Clyde is located at the end of Rt. 131. From Medomak, take Rt. 220 to Rt. 1. Go south into Thomaston (also a great quaint seaport), where you will get on Rt. 131 south. Proceed to the end of the road (about 15 miles or so).

Freeport

This well known town offers more than 110 shops, from brand-name designer outlets, to quaint Maine artisans and specialty shops. And remember, L.L. Bean is open year-round, 24-hrs a day. Take a right out of the driveway and proceed on Rt. 220 to Rt. 17. Turn right on Rt. 17 and then left on Rt. 226 (about 15 miles). Continue on to the stop sign and take a right. Follow this road about a quarter mile, to the traffic light. Turn left and proceed across the bridge. When you are at the end of the bridge you will be in the center lane at the stop sign. Follow the traffic and take a slight turn left. At the stop light take a right onto Rt. 126. Stay straight until you see the signs for 95 South. Get on I-95 S to exit 20. Keep right at the fork in the ramp. Follow the signs to the shops.

INLAND – there's plenty to do in:

Augusta

If you are in need of linens, toiletries or a warm sweatshirt, Augusta's Wal-Mart is the place to go. Take a right out of the driveway. Turn right on Rt. 17 & follow straight into Augusta. At stop light, make a right into closest/outside lane. At rotary, take the second exit (straight across from where you were) staying in the left lane past Hannaford's going straight through the first stop light and moving into the right lane before the second stop light. Turn right at the stop light and stay straight on Rt. 104 up the hill. Bear left at the church. Follow for 1 mile to Townsend Rd. Make a left past Bilodeau Motors. Follow approximately 1.5 miles to the shopping center on your right.

A-1 Diner in Gardiner

There's a classic old diner in Gardiner, Maine that has great food. Also, north Gardiner is home to some great antique shops. Gardiner is located inland just

south of Augusta. To get to Gardiner, proceed on the same route as you would to go to Freeport (see above). Once you have turned left after going over the bridge off Rt. 226, you will be in Gardiner. After you turn left, you will proceed about 3 blocks and see the A-1 on your left.

Damariscotta

Damariscotta is a neat town situated on a beautiful lake about 25 minutes from Medomak. There are plenty of shops to pursue in town. Don't overlook Renny's Department Store (LL Bean at a discount). Turn right out of the driveway and follow Rt. 220 South. Cross over Rt. 17 and proceed to Rt. 213 East to Jefferson. Turn right at the post office and continue until you see Rt. 213. Follow this down to Rt. 1. You will see Damariscotta Lake and River.

Maps to any of these fun places can be obtained from the office. Just come and ask.