



**2022 WESTWOOD CROSS COUNTRY
CAMP INFORMATION BOOK**

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Westwood Cross Country Camp Contact Info

Emergency Telephone Numbers

- 1. Berkshire Medical Center**
 - a. 725 North Street, Pittsfield MA
 - i. 413-447-2000
- 2. Pittsfield Fire Dept**
 - a. Emergency
 - i. 911
 - b. non-emergency
 - i. 413-445-4559
- 3. Paramedics/Ambulance**
 - a. 911
- 4. Poison Control**
 - a. 1-800-682-9211
- 5. Public Health Department**
 - a. 1-413-499-9411
- 6. DCF/Child Abuse**
 - a. 1-413-236-1800

Camp Westwood Directors

- 1. Tim Cimeno**
 - a. 508-326-7599
 - 2. Bob L'Homme**
 - a. 508-826-8365
 - 3. Connor Cashman**
 - a. 781-534-3551
- CAMP WINADU DIRECTOR**

1. Mike Girling

a. 585-203-4416

NURSE PRACTITIONER

1. Margaret Rice

a. 617-967-7709

ATHLETIC TRAINER

1. Brittany Garoufalis

a. 248-978-5200

Arrival and Departure Information

CAMP LOCATION

CAMP WINADU - 700 Churchill St, Pittsfield, MA 01201

ARRIVAL

Sunday August 14th between 2:00pm -3:30pm. Do not arrive before 2:00pm

DEPARTURE

Friday August 19th between 12:00pm-1:00pm.

BUS DEPARTURE

Buses to camp will depart from Bishop Feehan High School in Attleboro MA. 70 Holcott Drive.

1. *For Bus sign ups Contact Bob L'Homme @ rlhomme75@gmail.com*

Thing to Bring to Camp

This is not an exhaustive list, but following the below will definitely get you through the camp week:

1. Bed Linens
2. Blankets
3. Sleeping bag
4. Pillows
5. Running shoes (2 pairs)
6. Extra shoes or sandals
7. T-shirts
8. Running shorts
9. Socks
10. Sweat pants (it can get cold at night)
11. Sweatshirts (it can get cold at night)
12. Underwear
13. Bathing Suits
14. Towels
15. Flash lights
16. Bug Spray
17. Rain gear
18. Sun Tan Lotion
19. Hats
20. Money for camp store (for extra snacks or gear)
21. POSITIVE MENTAL ATTITUDE

NO SNACKS OR FOOD CAN BE BROUGHT TO CAMP!! WINADU IS A PEANUT FREE FACILITY. SNACKS WILL BE SOLD AT VERY REASONABLE PRICES

PLEASE GET SOME RUNNING IN BEFORE CAMP. DO YOUR BEST TO COME TO CAMP IN SHAPE

Health Care Policy

**IF YOU HAVE DIETARY RESTRICTIONS PLEASE CONTACT MR
CIMENO ASAP**

- All Senior Staff Members will be subject to a state CORI and SORI check.
- All Senior Staff Members will be CPR certified
- All Senior Staff members will be Concussion certified
- All staff members will have a current up to date physical and record of immunizations
- All staff members will attend an orientation meeting on all of our policies and their role in enforcing them.
- Tobacco use is prohibited on camp grounds
- Alcohol and recreational marijuana are prohibited on camp grounds
- Tick checks will be done at the end of the day as the campers prepare for bed. This will be supervised by the staff members working with that specific group. This policy will be shared with the entire camp at orientation.

ALLERGY AWARENESS

- All campers with an existing allergy will need to meet with the camp nurse/athletic trainer. All campers need to inform their staff group leader of any allergy related issues.

INSECT REPELLENT

- Any one in Camp using an insect repellent must apply that to themselves in an area not impacting other campers

DAILY HEALTH SUPERVISION

- Westwood cross country camp will have a certified athletic trainer on duty twenty-four hours a day. A doctor will be on call twenty-four hours a day.

INFECTION CONTROL

- Any camper who was thought to have an infectious disease by the trainer will be immediately sent home from Camp. Camper will be kept in a designated quarantine room by the camp director until the parents or other designated person can pick the camper up. The camp winadu Camp facility director will be informed. The Pittsfield Board of Health will be informed and a plan of action will be put into action by Westwood Camp Directors, when to do camp director and the Pittsfield Board of Health. All staff, campers, parents will be notified of the situation

HEALTH EMERGENCIES

- Athletic injuries and accidents
 - All Health emergencies and accidents will be immediately reported to the athletic trainers. The trainer will login all treatments on the form. If the injury is severe the camp director will be notified immediately if need be the doctor on call will come. If the emergency requires a trip to the hospital, a staff member will travel with the camper to the hospital. An ambulance will be called to transport. The parents will then be called. Any mildly ill Camper be treated in a designated infirmary and monitored by a staff member.

ATHLETIC TRAINER POLICIES

1. The certified athletic trainer will supervise all on-site health issues

2. The certified athletic trainer will supply the medical supplies to campers in need of first aid services
3. All prescribed medications must be registered with the certified athletic trainer. All medications such as epipens and inhalers must be identified with the camper, as well as the candles Ledic trainer that information should be passed on to the camp directors.
4. All campers will meet with the trainer who will review their physical exam reports. The trainer will ask about and obtain information on pre-existing medical conditions. This information, if of an urgent matter, will be shared with the camp director.
5. The athletic trainers will communicate with the Consulting doctor on all serious matters related to Medical Care.
6. The athletic trainer will make sure Health guidelines are met and followed.

Covid Policy

Please Note: *This was last summer's policy. It will be updated and emailed out to parents when it is. We will be following the state guidelines whatever they may be at the time.*

After meeting with the Pittsfield Board of Health (mandatory by state guidelines), the administration of Camp Winadu, and our current staff of coaches, we have created the following covid policy for camp. This was designed to keep campers and staff as safe as possible due to the recent increase in Covid cases across the state. We are aware that the numbers in Pittsfield are extremely low but want to take precautions that are in our control.

1. Anyone who has a covid vaccine please send a copy by mail or through email to Mr. Cimeno:

CAMP WESTWOOD/MSTCA
956 Turnpike Street
Canton, MA 02021

Or

tim.cimeno@marathonsports.com

2. Those who haven't had the vaccination we would need you to get a covid test within 72 hours of entering the camp. This is standard for all the camps now and can be done very quickly at a local drugstore or walkin Doctors office.

Mask Policy

You will be asked to wear a mask at all indoor activities

1. Entering the dining hall
 2. Attending an indoor lecture
 3. Riding the bus
- Please bring masks. The camp will also provide masks to any campers who need them
 - Fortunately for us the majority of camp is outdoors. Including meals, events etc unless weather permits it.
 - We have reduced the number of athletes in the cabins and have been provided with extra cabins by the camp.
 - Sanitation stations will be set up in the cabins and all throughout the camp

We aren't anticipating any issues. Camp Winadu, our host site, has been running a successful summer camp with over 500 kids all summer long. Those kids leave a week before we arrive. They maintain a beautiful facility and follow all state protocols. It really is one of the nicest campsites in all NE. All Staff is fully vaccinated and we have a full-time RN Nurse and athletic trainer on staff. We feel very comfortable and confident about delivering an excellent experience for your kids. Feel free to reach out with any questions.

Field Trip Policy

Field Trips will be transported by licensed bus drivers from a licensed bus company.

- Campers will be divided into groups with an adult counselor
- The trainer or nurse will accompany the group with full medical supplies
- The campers health forms will be brought to the site of the field trip
- At least one director will follow the field trip by car
- Attendance will be taken before and after the trip documented and filed
- Staff members will be assigned to accompany the athletes on the bus to and from the site
- Campers will be assigned a specific route to run their workout on the trip.
- Trainer or nurse will make the trip to be on site. Once the second trip arrives the first trip will assemble and return to camp with assigned staff members. The other medical person will stay at the site of the field trip until everyone is cleared off of the trail.
- Water coolers are brought to the site for hydration along with cups and trash bags.
- A camp director will be at the site of the run.h
- Two cars are brought to the site to bring the trainer or nurse and to be available in case of an emergency.
- Workouts are led by staff members and are broken down into ability groups.
- Those who are sent back to camp earlier will be directed by one of the directors.
- The sites of our field trip are safe locations for group runs and for groups of all abilities. Onsite is a public bike path with a running lane. The other is the location of the Division 3 NCAA championship meets. It is located on school grounds with some running in the wooded area and around the school grounds.

Discipline Policy

1. All campers are expected to follow the camp rules.
2. All campers are expected to respect each other and others property.
3. At sessions where there is a speaker, campers are expected to be polite and only talk if the speaker asks you to.
4. If open questions are asked, they are expected to be appropriate.
5. If a camper steps over the line a staff member will remind him or her that was the case and not to do it again.
6. If a camper does not respond appropriately, the staff member will inform one of the camp directors.
7. The camp director will approach that person and have a conversation about what was reported and try to come to some common solution.
8. If the camper was way out of line and vandalized camper other campers property they will be dismissed from camp. A parent will be called to come and pick that person up. A written report will be made and kept by the camp director.
9. If a camper is involved in hitting another camper out of anger he or she will be approached by one of the directors and if serious enough warned, and a call to one of the parents to communicate the warning to their camper. A written report will be made by the camp director.
10. If a camper is involved in seriously hurting another camper the parents will be called and the camper will be dismissed from the camp. The camp director will make a written report of the incident.
11. This policy will be communicated to the campers the first night of camp at the orientation meeting.

Information About Our Runs

Running workouts are done in the following locations:

1. In the State Park 1 mile from Camp Winadu
2. Inside the campus of Camp Winadu
3. After a bus trip on the regional bike path and/or Mount Greylock high school cross-country course

All Running is done following these directions:

1. You run with athletes who are the of the same running ability
2. You run in the assigned area with a staff member or members who is assigned to that group
3. You go only with that group in the assigned areas
4. On return you do a self-check in the attendance board
5. Check-in with your assigned group before you leave and when you return
6. Before the run and after the run you are encouraged to do a group stretch
7. You are advised to hydrate all day long
8. Ice water is available at the end of run

Camp Philosophy

To provide a cross country camp experience for high school-age athletes where the campers can come and train in the off-season in preparation for the upcoming season. To provide an environment where they can learn more about their sport from a series of talks given by members of the staff and our outside invited guests. To provide an opportunity to meet athletes of various levels from around New England. To provide an opportunity to talk about this Sport and to train with athletes who are not members of their team. Finally our goal is to provide a fun camp experience in a safe environment.

We Do this by doing the following:

1. Providing a series of educated experienced speakers
2. We schedule a daily run where the distance and group you run with is determined by their running background. We gather that information from a survey of athletes
3. We encourage our staff to be available to answer all questions related to the sport from the campers. We also encourage them to share their story on the struggles and how they overcame them to compete at a high level
4. We have inter-campus games such as volleyball, Wiffle ball, and Ultimate Frisbee where the campers are mixed with athletes from other schools
5. We have our staff officiate all enter game games to keep the safe and abide by the rules
6. We offer other camp activities like a barn fire, game and dance night, use of the pool and other odds and end games
7. Our camp orientation reviews the following:
 - a. Camp rules, camp schedule, introduction of staff, orientation by athletic trainers and an the introduction to positive mental attitude