



SOUTHAMPTON FRESH AIR HOME

KIDS + CAMP = JOY

A Parent's Guide



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2023

Dear Parent,

Thank-you for sending your child to the Southampton Fresh Air Home.

We understand it's a big decision, and that your child's happiness is of the utmost importance. Your choice to send them to SFAH will not be taken lightly.

You are sending them to camp to have an amazing experience. But, first and foremost, you want to know that they are safe. We will never neglect these goals, and we shall do all that we can to make them both a reality.

While at camp we want your camper to make new friends, gain independence, try new things, and learn more about who they can be. And with your help we will make this happen.

In this packet will find lots of information to help you navigate your campers stay at SFAH and to help us make it amazing. If you have any questions however, please don't hesitate to reach out to us.

Your camper is about to have an amazing experience and we thank-you for sharing them with us. Together we'll make their stay at SFAH unforgettable!

Sincerely,

The SFAH Team

Southampton Fresh Air Home
Summer Session Dates 2023

Session 1:

Sunday, June 25 – Saturday, July 15

Session 2:

Wednesday, July 19 – Wednesday, July 26

Session 3:

Sunday, July 30 – Saturday, August 19

Southampton Fresh Air Home Phone Numbers and Contact Info

Southampton Fresh Air Home
36 Barkers Island Rd
Southampton NY 11968
Tel: 631 283-1594
Fax: 631 283-7596

office@sfah.org

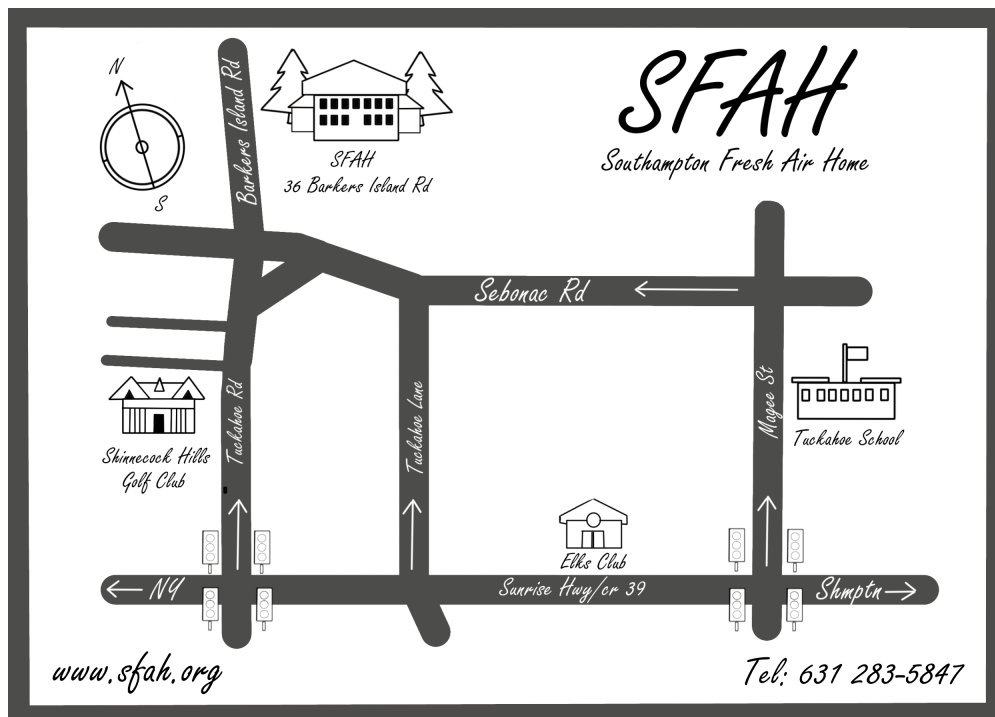
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Camp Office office@sfah.org	631 283-1594
SFAH Camp Website	www.sfah.org
SFAH Facebook	www.facebook.com/sfahcamp
SFAH Instagram	www.instagram.com/sfah_1901/
SFAH Twitter	www.twitter.com/sfahcamp
SFAH YouTube	Southampton Fresh Air Home

Directions to Camp

SOUTHAMPTON FRESH AIR HOME

36 Barkers Island Rd, Southampton, NY 11968

- **Long Island Expressway** to Exit 70 (or **Southern State Parkway** to **Sunrise Highway, Route 27 east**)
- Turn right, following signs for Montauk
- Continue until dead-end and turn left onto **Route 27** (27 is a four lane highway)
- Continue on **Route 27** (Sunrise Hwy) until you see a gas station on your right. You will now be in Southampton and will begin to see shops/restaurants etc.
- At the first light turn left on Tuckahoe Road
- You will go through **Shinnecock Golf Course**. Go past the clubhouse on your left, and continue approximately one mile.
- At the end of the road there will be a triangular junction. Bear to the left of this.
- Go straight across and you will be on **Barkers Island Road**
- Go down the hill, around a bend to the right and the camp will be on your right. Turn right into camp (if you come to an intersection you have gone too far)



Camp Schedule

While each day at SFAH has the same structure, no two are alike! Flag raising is the perfect way to get excited and energized for the day ahead! With two activity periods before lunch, and clubs at rest hour, campers have a constant choice of new things to try.

Add In our theme days and visits from special guests and our schedule is jam-packed! When designing our programs, we commit to providing activities which every camper who attends SFAH can participate in.

All campers also have the option to take part in our trips' programs. Campers can go to the beach, sail in our adaptive sail boat, go on picnics, take in a concert, or enjoy sports events.

A Day at Camp SFAH

8:30am Rise & shine!

9am Flag raising and breakfast

10:30am Morning activities begin!

Trips, sports, games, and much more!

12:30pm Lunch

1:15pm Rest hour

Take some time to relax, hang out with friends, or enjoy the rest hour club activities!

2:30pm Swimming and showers

Time to cool off in the pool and refresh!

5pm Afternoon activity

One more chance to play games and enjoy all SFAH has to offer before dinner!

6pm Dinner

7:30pm Evening activity

Time for the whole camp to get together and play some games!

9pm Back to the bunks!

After an eventful day it's time to hang out with friends, rest up, and get ready to do it again!

Frequently Asked Questions

How many campers are there?

There are 50-55 campers per session.

What is the camper to counselor ratio?

2:1. Campers receive a 1:1, 1:2 or 1:3 classification according to their care needs.

How many children are in each bunk?

There are 12-14 campers in each bunk. There are four bunks divided by age and gender.

Do you take day campers?

Yes. Unfortunately we are not able to provide transportation, but day campers can attend.

What sort of campers come to SFAH?

The campers who attend SFAH have a physical challenge. CP, muscular dystrophy, spina bifida are the most common diagnosis but we do accept campers with other diagnoses.

What sort of staff work at SFAH?

The staff who work at SFAH come are usually students working toward careers in related fields. Their backgrounds are typically special education, occupational therapy, or physical therapy.

Can I call my camper while they are at SFAH?

At SFAH, we want your camper to have an amazing summer! The no phone call policy that we have in place really helps us to make this a reality. We know that this is a big leap of trust but we can only assure you that we have your child's best interest at heart. We highly encourage letter, and email, writing to your child and we welcome you to call us anytime to enquire about your child.

What will my child be doing while they are at SFAH?

They'll be busy! At camp we are able to offer fun filled summer days that are shaped around your camper and their bunk mates. Sports, trips, music, arts, theatrics, are all a part of the fun of camp. Throw in an extra helping of silly and some great memories will be made!

Transportation

Getting to and from SFAH.

Option One. Use the camp provided transportation.

- We will be providing transportation from Queens, NY on the first and last day of camp.
- Please contact camp for more details for the summer of 2023.

Option Two. Use your own transportation to camp.

Southampton Fresh Air Home
36 Barkers Island Rd
Southampton, NY 11968
Directions are included in this pack.

- Campers should arrive between 9:30am and 11:30am.
- Upon arrival please check in at the camp office at the top of the driveway.
- Camp staff will take your luggage and assign you a time to see the nurse.
- Please bring all medications and treatments with you.
- Please be sure to review the camp medication checklist below.
- Please allow at least an hour to check in.
- On the last day of camp campers should be picked up between 9am and 11am.

General Information

SFAH Medication Checklist.

- All medications must correspond with the camps doctors order form.
- If your childs medication or dosage has changed you will need a new form.
- Camp nurses cannot legally dispense medications with a doctors order.
- If you child has a new medication please call camp before arrival.
- Please do not allow doctors to change a campers dosage just before camp.
- Please bring enough medication for your campers entire stay at camp.
- Please bring medications in their originally prescribed container.
- You must bring ALL of your childs medications with you.
- Please make sure all medications are in date.
- If you wish for you camper to take vitamins at camp they will need a doctors order.

Camp Fees

- The bill for your child's fees will be emailed/mailed to you once your child has been accepted to camp.
- There is a scholarship application in the online acceptance pack and we encourage all parents to apply.
- Financial aid applications require copies of tax returns.
- The camp fees for Session 1 and 3 of 2022 are the \$3000 for all campers. The full cost of Session 2ov 2022 is \$1,350 for all campers. The camp fees for 2023 will be available by the end of January 2023.
- Funding the camp continues to be extremely expensive and we trust that everyone will pay as much as they can afford.

Getting Ready for Camp

What To Bring To Camp

- Please do not send expensive clothing to camp.
- All clothing should be marked with your child's name. On arrival at camp a SFAH staff member will make a list of them and write their name on any unmarked clothing.
- Please send clothing that your child enjoys wearing.
- Camp has a full commercial laundry facility.
- Each camper's laundry is typically done twice a week.
- The camp provides towels, sheets, pillows, pillowcases and blankets.
- Please do not send expensive cameras, games systems, jewelry etc. to camp.
- Please do not allow your child to bring their cell phone to camp.
- Please do not send money with your child to camp.

Three Week Stay at Camp

8 changes of underwear
8 t-shirts
1 sweatshirt
2 pairs of long pants
4-5 pairs of shorts
1 pair of sneakers and/or summer shoes
1 dressy outfit (prom)
1 pair goggles (Goggles are provided)
3 pairs of pajamas/sleepwear
7 pairs of socks
1-2 bathing suits
1 toothbrush
1 hair brush
Personal toiletries
Sunglasses (if needed)

One Week Stay at Camp*

7 changes of underwear
5 t-shirts
1 sweatshirt
2 pairs of long pants
4 pairs of shorts
1 pair of sneakers and/or summer shoes
1 pair goggles (Goggles are provided)
2 pairs of pajamas/sleepwear
7 pairs of socks
1 bathing suit
1 toothbrush
1 hair brush
Personal toiletries
Sunglasses (if needed)
Diapers (if needed)

*If your child is attending camp for one week and you would prefer that camp saved all of washing until your child returns, please let us know on the first day of camp.

Application and Paperwork

Further information, including the application and acceptance pack for camp, is available online. If you would prefer a paper copy of the forms please contact us.

To access the online application/forms go to www.sfah.org and go the parents section.

The online forms should be quick to complete but if you have any questions please let us know.

Final Thoughts

While we hope that the information in this pack has been helpful to you, we understand that many more questions will arise as your child's stay gets closer. To help with this we encourage you to please contact us. The questions you may have, or the information you might be able to give us, will only help to make your child's stay at SFAH better and that is always our goal.

We look forward to seeing you, and your camper this summer. It should be an amazing experience!

