



*Sponsor-Applicant  
Handbook*

*The New York Chapter of the  
Adirondack Mountain Club*

# Table of Contents

A Note to Sponsors and Applicants . . . . .	page 2
A Brief History of ADK, the New York Chapter, and Camp Nawakwa . . . . .	page 3
Weekend Hosting and the Saturday Evening Community Meal. . . . .	page 4
Trail Committee and the New York New Jersey Trail Conference . . . . .	page 4
Hikes and Outings Committee . . . . .	page 4
Camp Seasons and Use of Nawakwa . . . . .	page 5
Overnight Lodging at Camp Nawakwa. . . . .	page 6
Pack Room and Lockers. . . . .	page 6
Hosting Policy for Camp Nawakwa. . . . .	page 7
Guest Policy for Camp Nawakwa. . . . .	page 8
A Note to All. . . . .	page 8
Bathing Beach Safety Plan . . . . .	page 9
Waterfront Regulations. . . . .	page 11
Waterfront Equipment . . . . .	page 11
Map of Camp Nawakwa. . . . .	Back Cover

## A Note to Sponsors and Applicants

As per our long-standing practice, each Applicant for Nawakwa membership has the help of two Sponsors during the Applicant's Qualifying period (a twelve-month period during which an Applicant must satisfactorily complete five *Qualifying Events* plus meet with their Sponsors). A Sponsor is a current, active Nawakwan who has been a Key-holder for at least one year and who agrees to help the Applicant learn about camp and the responsibilities of membership so that the Applicant may successfully complete the process of qualifying. Sponsors will meet three times with their Applicant (signing the Qualifications form at each meeting) and will:

- A) Assist the prospective Nawakwan in understanding and appreciating the history of the New York Chapter and Camp Nawakwa
- B) Instruct and guide the Applicant in taking up their responsibilities for the good running of Camp Nawakwa
- C) Provide orientation to the general Policy and Procedures of the Chapter
- D) Provide in-put to the Board of Directors who vote on the Applicant for Key-holder status

This *Sponsor - Applicant Handbook* is presented as a tool to be used by the Sponsors and Applicants during the three orientation meetings. This handbook highlights many important areas that need to be understood, but the handbook is an introduction and is not exhaustive of the many areas that can be covered. This handbook is to be used in conjunction the other resources we have: The *Hosting Manual*; our website (e.g. *Documents of interest* section, which includes our *Bylaws*, and the *Policies and Procedures* section); and the *Trail Marker*.

Special attention in these meetings should be given to: The Applicant's understanding of the hosting tradition of Camp Nawakwa and of the hosts responsibilities; the *Bathing Beach Safety Plan* and *Waterfront Regulations*; and the general responsibilities and expectations of being a Key-holder member of the Camp Nawakwa community. A tour of all the camp area, including the waterfront and tenting areas, as well as an in-depth tour of the Main Cabin and kitchen should also be included. Above all, Applicants should get to experience first-hand "the spirit of cooperation, teamwork, mutual respect and camaraderie that we call the Nawakwa Tradition."

## **A Brief History of ADK, the New York Chapter, and Camp Nawakwa**

For us who go into the woods for a hike, or climb into the mountains, or go to at a lake or the seashore, going into nature and allowing it to speak to us provides a renewal of mind, body and spirit. Taking to the woods, even if it just a local park, has a way of being restorative. We re-discover how calming, healing and energizing being 'in the wild' is. It is a way of centering ourselves, finding balance, so we can deal with the details and stresses of our daily lives. Henry David Thoreau was so convinced of this that he gave us the famous quote: "In the wilderness is the preservation of the world." John Muir wrote: "Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity; and that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life."

The recognition of how important and valuable the 'wilderness' is for the health of both individuals and society as a whole inspired a group of 40 people to meet in the Log Cabin on top of the old Abercrombie and Fitch sporting goods store in Manhattan in December 1921 to begin to form an organization that we know as the Adirondack Mountain Club. The Club was officially incorporated on April 25, 1922, and at their business meeting of October 13, 1922 the Club formally recognized the establishment of local chapters at Albany and New York City (the New York Chapter). In forming the Club, these early leaders acknowledged not only that they were individuals, but that they were also part of society and a community. What they experienced as revitalizing them on a personal level, also contained the insight that the whole human community would benefit and be healthier with wilderness rather than without it. Gifford Pinchot, the first chief of the U.S. Forest Service, was an early member of the ADK; Franklin and Eleanor Roosevelt were Life Members.

### **Early History of the New York Chapter**

Raymond H. Torrey was the first Chair of the New York Chapter. In the fall of 1922, he was asked by the Board of Governors of the Main Club to organize local walks for members in the Metropolitan area, In January 1923, he issued a small two-page outing schedule. Another schedule was issued in the Spring.

Formal organization of the Chapter began in the summer of 1923 when George A. R. (Bill) Mead was appointed Chairman by the Board of Governors after Raymond Torrey asked to be relieved. Bill Mead appointed officers and built up an active Chapter membership of about 250. He relinquished the office to Evert G. Routzahn in October 1924. The original Constitution and By-laws were drawn up and adopted under Evert Routzahn's tenure.

The Chapter's camp on Lake Sebago in the Harriman section of the Palisades Interstate Park was officially opened on April 17, 1926. Before Camp Nawakwa, there were two other camps engaged by the Chapter from the Palisades Interstate Park Commission: First at Camp Quannacut (situated on Queensboro Lake) and used April and May of 1924). Then, in the Fall of 1924, the Chapter subleased Camp Blue Bird (on the east side of Upper Twin Lake) from a group that used the property as a girl's camp in Summer. In May, the Chapter vacated Camp Blue Bird, but was back in October and remained until April of 1925.

The Chapter had been promised by the Park authorities that a year-round camp would be built for them when funds were available [Harriman Park as we know it was being developed at this time]. In December, 1925, a private foundation presented the Park with a gift of money and Miss Ruby M. Jolliffe, who was the Superintendent of Camps, lost no time in getting in touch with then Chapter Chair, Frank Oliver. Construction started in January as soon as standard children's summer camp building plans had been modified to suit the needs of a mixed adult group operating on a year-round basis [Excerpt from the New York Chapter 1993 Handbook of Information]. The Chapter had a hand both in selecting the site for the camp and in arranging the layout of the buildings. The experiences at the first two camps evidently informed the decision to have the sleeping cabins separate from the Main Cabin.

At first, camp was identified as "the new camp" on Lake Sebago. A contest to name camp was held and won by Katherine Williams who suggested the name "Nawakwa," an Indian word meaning "in the depth of the forest."

## **Weekend Hosting and the Saturday Evening Community Meal**

The history written by Ira Ayres to celebrate the New York Chapter's 50<sup>th</sup> Anniversary has this to say about the origins of the Saturday night community meals:

*Our very successful system of community meals began on our second weekend in October 1924. As camp chairman, I proposed the ideas at the very beginning, but most of the committee opposed it. They suggested that each individual or group prepare its own meals. This was agreed to as a start, on the first weekend, with about 30 persons present. The last one had breakfast at about eleven o'clock due in part to the limited facilities. That told the story and thereafter we began and have continued to have community meals. No host had been trained and no list of suggestions had been prepared. The success of the Camp was dependent on community meals and the continuations of such meals was dependent on the rotation of the hosts throughout the entire membership. By the end of the second year, an experienced personnel was able and willing to continue at Nawakwa. To insure success, I was present at almost every weekend during the two-year period.*

This spirit of cooperation, teamwork, mutual respect and camaraderie, epitomized in the Saturday night community meal, is rightly recognized as being at the heart of the New York Chapter: It is the Camp Nawakwa tradition.

## **The New York Chapter and the New York New Jersey Trail Conference**

Since its inception, the New York Chapter has been involved with the development and maintenance of trails. We work under the auspices of the New York/ New Jersey Trail Conference, which was founded in 1920. Some of the local trails around Nawakwa were most likely opened up by Chapter members. A famous example is the Nurian trail, single-handedly laid out by Kerson Nurian. We currently maintain the following trails (for a total length of about 30 miles of trail):

**RD Trail** - Tuxedo to Rt.106  
**Triangle Trail** - Tuxedo to WB junction.  
**Triangle Trail** - White Bar @ Dutch Doctor to WB  
**AT National Scenic Trail** - - Orange Tpk. to Mombasha Road  
**White Cross rail** - TMI to RD  
**AT National Scenic Trail** - Rt. 17 to Orange Tpk.  
**Long Path Trail** - Greenbrook Sanctuary to GWB  
**White Bar Trail** - Rt. 106 to ASB  
**TMI Trail** - RD to Sebago Dam  
**White Bar Trail** - Johnstontown Rd. to Triangle Trail  
**White Bar Trail** - Triangle to Rt. 106

Becoming a Volunteer Trail Maintainer is always valued because it is one of the ways we can 'give back' in recognition of what has been given to us. The New York Chapter's Trails Committee coordinates the Chapter Trail Maintainers with the Trail Conference. If you have any questions about trail maintenance or about becoming a trail maintainer, please contact Bill Burns, Trails Committee Chair. Contact information is on our website: [adkny.org](http://adkny.org).

## **Hikes and Outings Committee**

Hiking, whether by yourself or with a group of friends, is one of the core outdoor activities of the Club and one of the reason why a person is attracted to the New York Chapter. Our Hiking and Outings Committee helps to organize and publish year-round hikes and other events for the members. Taking part in a hike, or becoming a hike leader oneself, continues this vital tradition. For any questions, or if you would like to lead a hike, contact Glen Nison, Chair of the Hikes and Outings Committee. Contact information is on our website: [adkny.org](http://adkny.org).

# Camp Seasons and Use of Camp Nawakwa

As per our Lease and the policy of Harriman State Park, the camp season for any year runs from May 1<sup>st</sup> to October 15<sup>th</sup>. The other months are considered 'Off-season.' The highest use of Camp Nawakwa occurs from July 4<sup>th</sup> through the Labor Day weekend. Therefore, the Board specifies the following as the operational schedule for Camp Nawakwa:

**High Camp Season:** Running from July 4<sup>th</sup> through Labor Day weekend.

**Non-High Camp Season:** Running from May 1<sup>st</sup> to July 4<sup>th</sup> and from after Labor Day weekend until October 15<sup>th</sup>.

**Off-Season:** Camp use by permission of the Park Office from October 16<sup>th</sup> to April 30<sup>th</sup>.

## **The following general policies will be in effect during the entire camp season (May 1-October 15):**

1. Since the Board has the responsibility for managing the camp calendar, all requests for hosted weekends (including themed weekends) and midweeks need to be submitted in advance to the Board. In consultation with those wishing to host, the Board will determine the optimum use of the calendar in the overall interests of the membership.
2. At all times, two sleeping cabins will be reserved for individual Key-holder members' use. The two cabins so designated are: Cabin #1 for women and Cabin #6 for men. Neither are to be used as co-ed or family sleeping cabins.
3. Key-holder members only are allowed to bring guests to camp. When doing so, the Key-holder agrees to take responsibility for all such guests. Applicants may not bring guests to camp. (See also Policy on Guests)
4. Whenever there is a host, the host is in charge of Camp Nawakwa. All who are at camp during such times will abide by the decisions and judgments of the host.
5. All Key-holder members are expected to know and abide by all Park regulations, especially the *Waterfront Regulations* and the *Bathing Beach Safety Plan* and will be respectful and cooperative at all times.
6. Anyone coming to camp must sign-in and register upon arrival, sign the Liability Waiver, and pay the Day Fee (or indicate they hold an Annual Passport). Anyone staying overnight at camp must also fill out the *Overnight Lodging at Camp Nawakwa* form.

## **The following policy will be in effect during the High Camp season:**

1. The Board will work to ensure that there are hosts for each week-end and mid-week of the High Camp Season. With the one exception of an Applicant opting to co-host in place of one qualifying hike requirement, only Key-holder members may host.
2. Members need to register for all themed/hosted weekends and mid-weeks in which they may wish to participate. Any Nawakwan who wishes to stay overnight at camp during a hosted weekend/mid-week, and who will not be taking part in the hosted event, is encouraged to notify the host(s) in advance, when possible, of their intention to stay overnight at camp.
3. During the High Camp Season, no Invitational weekends are to be held.
4. Day Use of Camp: Key-holders may come to camp at will. Announcements in the Trail Marker and on the Chapter's website should alert members who wish to come to camp for the day about any special events, activities, etc. happening during this season. Members may also contact the weekend or mid-week host to get an up-to-date report on the current activities at camp (Camp Phone Number: 1-845-351-4135).

### **The following policy will be in effect during the Non-High Camp Season:**

1. All Invitational Weekends will be held during the Non-High Camp Season.
2. The Board will work to arrange for 'caretaker' hosts for any weekend or mid-week that has no hosted event. The caretaker host will be in charge of camp and see to the good order and safety of camp but will not provide any meals. For the safety and protection of both the caretaker host and of camp, the caretaker host is allowed to bring up to 2 guests. This is to maximize use of the camp and to provide a safe environment for the host as well as safe operation of the camp.
3. All the normal Park Rules and Regulations, and the Chapter's established Policy and Procedures, will be in effect during this Non-High Camp Season.

### **The following policy will be in effect during the Off-Season:**

1. During the off-season (October 15th to April 30th), when the camping season is officially closed, permission to make use of Camp Nawakwa is needed from the Park Office.
2. Any Key-holder member who wishes to access and use camp during the Off-Season must notify the Chapter Chair who will contact the Park Office to request permission and obtain the necessary Permit. Members should contact the Chapter Chair five days before the requested visit date so that sufficient time can be allowed for the Park Office to be notified and respond.
3. All the normal Park Rules and Regulations, and the Chapter's established Policy and Procedures, will be in effect during this Non-High Camp Season.

### **Signing-In at Camp Nawakwa**

Whether coming to camp on your own or to take part in an event for which you have registered, everyone must "Sign In" upon arrival at camp. This is done at the registration desk in the Main Lodge. Everyone, whether a day visitor or staying overnight, must sign the *Registration Book* and the *Release of Liability* form found on the desk. For those staying overnight, please also sign the *Overnight Lodging* form (see also below). Everyone must pay the Day fees. For those staying for a hosted event, the fees are collected at dinner time by the host.

### **Overnight Lodging at Camp Nawakwa**

Camp Nawakwa has six sleeping cabins, traditionally three are reserved for women and three for men. There are also three tent platforms, and seven ground sites for tenting. (Please see the map of Camp Nawakwa of the back of the handbook for the locations of all these.)

As mentioned above, in addition to signing the *Registration Book*, signing the *Liability Waiver* form, and paying the *Day Fee*, those staying overnight must also sign onto the *Overnight Lodging* form indicating where you will be staying while you are camp. This is done for the good order, safety and enjoyment of everyone while at camp. **Please have your spot vacated by 11 AM of your last day** so that all newly arriving overnight campers may easily be accommodated. (If you are leaving later that day, you may store your gear in the Pack Room of the Main Cabin.)

### **Pack Room and Lockers**

Off to the right of the main room of the Lodge is the pack room. All packs, equipment and extra clothing should be placed in the pack room and not left in the main room, kitchen, or on the porch.

Lockers are available to rent (on an annual basis) for members who wish to leave items at camp over the season. The locker list of availability is handled by the Membership Chair. If you would like to rent a locker for yourself, please contact the Membership Chair.

# Hosting Policy for Camp Nawakwa

## Policy on Hosting During the Camp Season (May 1<sup>st</sup>-October 15<sup>th</sup>)

1. The Board has over-all charge of the calendar for Camp Nawakwa.
2. Only Key-holders are allowed to host, but an Applicant has the option of co-hosting a weekend in place of one qualifying hike requirement.
  - a. An announcement of when the camp calendar is open will be sent by the Board to all Key-holders by March 1<sup>st</sup> of any year.
3. Each hosted event (whether Weekends or Mid-week) is allowed only one official Host (and a Co-host, if desired).
4. When a Key-holder is Hosting or Co-hosting a weekend, that Key-holder is not allowed to bring guests to camp.
  - a. It is a fundamental contradiction to expect that any such Key-holder bringing up guests to camp should, at the same time, have the responsibility for hosting and being in charge of camp.
  - b. If the Hosting or Co-hosting Key-holder has a spouse or significant other who is also a Key-holder, but who is not involved in hosting the event, that other Key-holder would be allowed to bring guests to camp. (See also: Guest Policy).
  - c. An exception is made for a caretaker host who has no responsibility for hosting/preparing meals, but who is responsible for the overall charge of camp: The caretaker host will be allowed to bring up to 2 guests. This is to maximize use of the camp and to provide a safe environment for the host as well as safe operation of the camp.
5. Day Fees are waived for Key-holders who volunteer to host.

## Policy on Hosting During the Off-Season (October 16<sup>th</sup> to April 30<sup>th</sup>)

1. Permission is always needed from the Park to access and use Camp Nawakwa when the camp is officially closed.
  - a. If a Key-holder desires to be at camp during the Off-Season, whether for the day or for an overnight(s), the Key-holder must notify the Chapter Chair who will contact the Park Office to request permission.
2. When Hosting during the Off-Season:
  - a. Only Key-holders are allowed to host, except that an Applicant may opt to co-host in place of one qualifying hike.
  - b. There can be only one official host for the event (and a Co-host if desired). As mentioned above, Hosts are not allowed to bring guests to camp.
  - c. Day Fees are waived for Key-holders who volunteer to host.

# Guest Policy for Camp Nawakwa

1. With certain limitations, as outlined in this policy, Key-holders are allowed to invite guests to camp.
2. An individual Key-holder in good standing may bring four guests to camp at any one time. (Note: A Key-holder may bring up their immediate family members as guests, even if this exceeds the four guests per Key-holder limit, but no additional guests.) More than four guests requires additional prior host approval for hosted times.
3. Guests (with the exception of the Key-holder's immediate family members) may be at camp for a total of three visits/events per year:
  - a. A visit/event may be a day-visit, or an over-night. One over-night, either mid-week or weekend, would be considered one visit/event.
  - b. These visits/events may not be consecutively linked.
  - c. After being a guest for a year, the adult guest is encouraged to become an Applicant.
4. The Key-holder will ensure that all camp and Park rules (especially those of the Waterfront) are explained to and followed by all guests, whether adults or minors.
  - a. The Key-holder is responsible for their guests during their visit to Nawakwa and must be present with the guests while at camp. Minors under 16 shall at all times be supervised.
  - b. The Key-holder will offer guidance and explanation of camp life and will ensure that the guest has a safe and enjoyable visit.

## A Note To All

Camp Nawakwa, situated in the beauty of Harriman Park, is above all an experience of fellowship and commingling of its members. Key-holder members rightly treasure the Nawakwa experience, a heritage that has been forged by a tradition of volunteerism, cooperative effort, good will and harmony. The first generations of members, working together, created the Nawakwa experience and entrusted this gift to us. They understood how Nawakwa was a refuge created 'by the members, for the members,' to be mutually shared and enjoyed.

Key-holder-members enjoy great freedom to come and go as they please, and they assume corresponding responsibilities for the camp and to their fellow members. In a simpler, more hardscrabble-time with primitive roads and facilities, the rules and practices were well understood, but were left uncoded. Such a codification seems necessary now, however, in order to clarify the Nawakwa experience, 'by and for the members,' and to foster within the current membership the harmony and comradery needed to build on the heritage we have been given.

While members, over the years, have brought their children to Nawakwa, and while guests are desirable and necessary to promote membership, **it is first and foremost the collective experience of Nawakwa's members, sharing the camp at any given time in good fellowship, that is the essence of the club.**

We note from experience that families seem to fit in best when they experience the camp as an individual family unit and not as a convocation of families or as a larger group of families plus friends. When a single family is present, the parents seem more watchful and more sensitive, and the family more self-contained in their enjoyment and appreciation of the camp environment. And it seems obvious to us, too, that the individual family unit fits in most compatibly with the other members in an atmosphere of shared accommodation and mutual enjoyment. Similarly, we do not want the total number of guests that members bring to camp to be such that it alters the camp experience for all.

We firmly believe that the great majority of members understand all this and desire to work together for the benefit of everyone - creating a community of good will, where all are invested and where all can share a most wonderful place we call Nawakwa.



**New York Chapter, Inc.**  
**of the Adirondack Mountain Club, Inc.**  
**Harriman State Park - Camp SB-3**  
**Camp Nawakwa - Bathing Beach Safety Plan**  
**(Revised: 7/09)**

Supervision Level IV (DOH)

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**Rules and Regulations**

Bathing at the camp is restricted to members and their guests. Uninvited hikers should be asked to leave immediately. The Host should be notified if there is a problem.

Supervision Level IV includes a combination of daily monitoring, posted required warning signs, providing members and their guests with the required rules in writing, enforcing all rules, providing conveniently located emergency communication and providing required safety equipment. To be in compliance with Supervision Level IV requirements, all these components must be in place. Please refer to SSC/State Sanitary Cod Section 6-2.17(a)(10).

Club members are required to see that the rules are being followed.

Daily inspections of the beach area are necessary to assure that adequate safety levels are maintained. Any problems, such as unsafe water conditions, broken equipment, loose ladders, etc. are to be reported and immediately corrected. If the problem cannot be immediately corrected, the specific area or entire beach should be closed, as appropriate.

Host or Designee is responsible for performing the daily compliance check (including safety equipment, water conditions, and hazard checks) prior to the beach opening for the day.

The Host or Designee will monitor the bathing facilities 1-2 times/day by signing the log book at the dock.

Host or Designee will maintain the daily log and report all unsafe conditions to the Camp Chair or a Board member.

Supervision Level IV facilities must post specific beach rules which state:

- Two or more adults (18 years or older) must be present at the beach when beach is in use, with at least one adult on the beachfront.
- Children less than 16 years old must at all times be accompanied by a parent or guardian or similar adult responsible for their safety and behavior while at the bathing facility.
- Swim only within the designated bathing area.

Members have been provided with this brochure before they use the bathing facility. Please refer to SSC Section 6-2.17(a)(vii).

- This Bathing Beach Safety Plan will be given to all members upon acceptance, posted on the Club website [www.adkny.org](http://www.adkny.org) and published annually in the Club newsletter: The Trail Marker.
- In drowning investigations at Supervision Level IV facilities, failing to provide patrons with the written statement or brochure has been documented in many of the incidents.

Bathing is permitted from sunup to sundown (not permitted after sundown) as long as all rules regarding supervision and safety are followed, e.g., sufficient number of adults present, etc.

The general rules are posted at the waterfront and Main Lodge. These rules prohibit urination, discharge of fecal matter, spitting and nose blowing. No running or horseplay is allowed at the waterfront.

Host, Designee, and all members are responsible for enforcing the rules of the camp.

### **Environmental conditions**

Environmental conditions must be constantly evaluated at the waterfront. Conditions which may require that the waterfront be cleared of bathers include: Unsanitary water conditions, high turbidity, glare, thunderstorms, heavy rains or hailstorms, fog resulting in reduced visibility, heavy or high wave action, and dangerous currents.

### **Lightning Tips**

The National Lightning Safety Institute recommends that bathing facilities monitor storm activities and suspend swimming activities when lightning is within 6-8 miles and wait until 30 minutes after lightning has been observed before resuming water activities. The responsible adult on the waterfront should keep an eye on the weather. Use a "Weather Radio" or the Weather Channel or other TV program to obtain good localized advanced information. When thunder and/or lightning are first noticed, use the Flash-To-Bang (F-B) method to determine its rough distance and speed. This technique measures the time from seeing lightning to hearing associated thunder. For each five-seconds from F-B, lightning is one mile away. Thus, a F-B of 10 = 2 miles; 15 = 3 miles; 20 = 4 miles; etc. At an F-B count of thirty, the beach should be evacuated. People should be directed to safe shelter nearby. Swimming activities should remain suspended until thirty minutes after thunder and lightning were last observed.

When unsafe conditions occur, the responsible adult at the waterfront or the Host is responsible for monitoring waterfront closure at the camp. At a F-B count of thirty, the waterfront will be evacuated. When the waterfront is to be cleared, the person responsible will call out: "Unsafe condition. Clear the waterfront immediately!"

Swimming activities should remain suspended until thirty minutes after thunder and lightning were last observed.

Emergency response procedures include:

- Clearing the waterfront area
- Emergency care of the victim
- Contacting emergency personnel
- Crowd control
- Meeting and guiding emergency personnel to the site and/or victim
- Directing traffic
- Drills for emergency response situations.

Host or designee will organize members to seek lost bathers. A lifeboat at the waterfront will be used to locate lost bathers.

The emergency phone number is located in the Main Lodge. Its number is: 845-351-4135. The camp address is 410 Seven Lakes Drive, Sebago Beach 3, Haverstraw, NY. The ADK is in Rockland County, not Orange County. This is relevant for 911 responders.

In all emergencies, the Chapter Chair will be in charge, if the Chapter Chair is not present, then any Board member, followed by the Host. The Chapter Chair will designate a member for crowd control and ongoing management of the facility.

Evacuation will be by the camp road to Seven Lakes Drive.

The Chair or Designee will direct emergency vehicles from Seven Lakes Drive to camp.

Who is responsible at your facility for maintaining the required daily records, including the injury log? Host

The Chapter Chair or Designee will report any injuries, deaths and communicable diseases at SB-3 to the DOH as soon as possible, but within 24 hours.

The Host will review safety procedures as outlined above, on a weekly basis, when the waterfront is used.

### **Waterfront Regulations**

1. Two or more adults, at least 18 years of age, must be present whenever this swimming area is in use. One adult must always be on the dock.
2. Swimming alone, outside of roped area, during adverse weather conditions, or in darkness is prohibited.
3. Maximum number of swimmers at one time in the swim area is 15.
4. No person is allowed to swim outside of the shallow crib unless that person can swim 50 yards and tread water for three minutes.
5. No person shall use tubes, floats, swim fins, Aqua lungs or skin diving equipment of any kind, or any other inflated or buoyant objects or artificial or mechanical aids for swimming or diving. (No PFDs are allowed in the main swim area.)
6. Minors under 16 years of age shall be at all times under the supervision of a parent, guardian or responsible custodian who shall be present at the swim dock with them and be responsible for their safety and behavior. (Small children may wear an approved PFD in the crib while under such supervision of a parent, guardian or responsible custodian.)
7. Each person in a boat, canoe or kayak must wear an approved Personal Floatation Device. Parents who take a child out in a boat, canoe or kayak are personally responsible for the supervision and safety of the child.
8. No boating is allowed in the swim area.
9. No running or horseplay is allowed.
10. Please be cooperative and considerate of others. (Note: In an emergency, call the Park Police at: 845-786-2781.)

### **Waterfront Equipment**

The following items must be in place and available at the waterfront whenever there is swimming:

- The lifeboat with oars and life vests.
- Two ring buoys, one with a 25-foot line attached.
- One long bamboo pole.
- One First Aid kit (with one pocket face mask to assist with CPR).
- One spine board.
- A whistle.

# Map of Camp Nawakwa Harriman State Park

