



Boothbay Sea and Science Center

Discovering the ocean
through community
sailing and education

Welcome and Parent Guide Summer 2021

Welcome to the Boothbay Sea and Science Center! We so very much appreciate the opportunity and privilege to welcome you and your child to the Center this summer!

At the Boothbay Sea and Science Center, our primary goal is to get everyone excited about the ocean! Developing an appreciation for the art of boating and sailing as well as embracing our role as good stewards of the sea is what we're all about. BSSC prides itself on being safe, positive and fun! We believe that boating, sailing, seamanship and an understanding of our marine ecosystem are skill and knowledge that are useful throughout our lifetime.

As we return to onsite learning, we are committed to strictly following the Federal and State of Maine CDC Guidelines and recommendations set forth by local healthcare organizations. At a moment's notice, BSSC is prepared to adjust to any changes that support our commitment to safe, healthy, equal and affordable access to our onshore and on-the-water summer programs.

This Welcome and Parent Guide contains information about our uniquely integrated Sea and Science Program.

The Boothbay Sea and Science Center ... making a difference by helping our youth to develop independence, self-confidence, respect for others and the marine environment and a lasting love of the sea.

Sincerely,
Pauline T. Dion
BSSC President, Executive Director

Policies

In an effort to keep your child safe and focused, the following requirements are in effect immediately. If you should have any questions, comments and/or concerns, please always feel free to email us at info@boothbayseaandsciencecenter.org or call BSSC Executive Director Pauline T. Dion at 207-350-5357 (BSSC) or 207-315-6746 (office, beginning April 1, 2021) at any time!

COVID-19

Mask: In compliance with Federal and State of Maine CDC Guidelines and to help stop the spread of the virus, BSSC participants are required to wear a mask at all times (except at snack-time and lunchtime) that covers nose and mouth.

Social Distancing: In compliance with Federal and State of Maine CDC Guidelines all participants will maintain a distance of 6 feet from each other unless they live in the same household.

Hand Washing: In compliance with Federal and State of Maine CDC Guidelines, participants will frequently wash their hands with soap and water or use a hand sanitizer that contains 60% alcohol.

For more information: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

Footwear

All participants are required to wear “closed toed” footwear. This footwear includes any “closed toed” sandal with a heel strap. **Unfortunately, flip-flops are not acceptable footwear.** Your child will spend time in the water exploring the rocky shore ... we recommend your child have a pair of closed-toed “water shoes” or bring an extra pair of shoes.

Water, Sunscreen & Ticks

Sunburn and dehydration can ruin your child’s day and create health problems. Please be sure to include sunscreen (cream/lotion not spray) in your child’s backpack. At BSSC, keeping your child hydrated throughout the day is a priority. Ticks are real. Fifteen species of ticks can be found in Maine. The two ticks of the most concern to humans are: Deer tick and American dog tick. BSSC will be vigilant about checking you child for “ticks” while they are at the Center. However, please be sure that you check your child for ticks when they return home.

For more information: <https://kidshealth.org/en/parents/tick-bites-sheet.html>

Life Jackets

BSSC has a very strict lifejacket policy. All program participants, staff and volunteers are required to wear lifejackets at all times while shoreside and on the water (this includes participants in our half-day programs). It’s important that the lifejacket is the correct size for your child’s size and weight. According to the US Coast Guard, if a life jacket fits properly it will help keep your child’s head above the water. Too big, and the life jacket will ride up around your child’s face. Too small, it will not be able to keep your child’s body afloat. Life jackets designed for adults will not work for children!

Try It on for size:

1. Check the manufacturer’s label to ensure that the life jacket is a proper fit for your child’s size and weight;
2. Make sure the jacket is properly fastened;
3. Have your child hold his/her arms straight up over their head;
4. Grasp the tops of the arm openings and gently pull up;
5. Make sure there is no excess room above the openings and that the jacket does not ride up over your child’s chin or face.

For the best fit, have your child try the life jacket in shallow water under safe and supervised conditions.

Cellular Telephones

During class time, your child's cell phone will be kept in their backpacks. If you should need to reach your child during class hours, please call the Boothbay Sea and Science Center at: 207-315-6746 (office); 207-350.5357 (cell).

Please always know that we very much appreciate your understanding and support regarding these important policies.

Sincerely,
Pauline T. Dion
President, Executive Director

Medical Forms

It is extremely important that we receive all required Medical Forms before your child's first day at the Boothbay Sea and Science Center. **Please note that your child will not be able to attend their program without them.**

There are three forms to complete:

- 1) The BSSC Medical Form is completed online through your Active Camps account.
- 2) The Vaccination Record is uploaded online through your Active Camps account.
- 3) The Physical Examination Record is uploaded online through your Active Camps account.

If you should have any questions, comments, and/or concerns regarding completing and/or submitting these forms, please always feel free to email Pauline Dion (Executive Director) at info@boothbayseaandsciencecenter.org or call her at 207-350-5357.

General Information

Welcome to the Boothbay Sea and Science Center's 2021 integrated Sea and Science Program. It is our hope that you and your child will have a wonderful experience here at BSSC. As parents, the need for information and feedback regarding your child's experiences and daily progress throughout the program is priceless. For these reasons, we've assembled this Welcome and Parent Guide. If you should have any questions comments and/or concerns or a need for additional information, please always feel free to call, email or meet with us at any time at BSSC at the Ocean Point Marina.

Important Telephone Numbers

Office: 207-315-6746 (beginning April 1, 2021)

BSSC Cell: 207-350-5357

Pauline T. Dion – President, Executive Director (cell): 207-751-2999

Please be sure to call the office or Pauline's cell (207-751-2999) any time your child will be absent from the Program.

Email Addresses/Website

Boothbay Sea and Science Center: info@boothbayseaandsciencecenter.org

Executive Director Pauline T. Dion: pacojoes2@aol.com

Website: www.boothbayseaandsciencecenter.org

Rain Gear & Sunscreen & Water

On rainy days, please be sure that your child wears a rain jacket with a hood or has a hat (rain pants are desirable but not required). We highly recommend that while out on the water your child wears UVA/UVB Protection sunscreen lotion (not spray). We leave product and SPF rating to your discretion.

Every day, please be sure your child has a mask; applied sunscreen before arriving; brings a full bottle of water; has sunscreen lotion; and brings 2 snacks.

Drop Off, Pick Up & Parking

Note: Note: In compliance with Federal and State of Maine CDC Guidelines, while at the Center, masks must be worn, at all times, by all adults and children over the age of 2.

All Drop off, Pick Up and Parking will be in the following locations:

- Ocean Point Marina in available "parking spaces" **ONLY**. Parking is not permitted in the "marine travelift" area. At pick up time, please feel free to walk down to North Dock C to greet your child;
- In designated spaces in front of Post Office;
- Lobsterman's Restaurant: 8:30 a.m.- 9:30 a.m. **ONLY**;
- In the Public Parking Lot on Church Street (next left after Lobsterman's Wharf Restaurant);
- In parking area along Route 96.

Lunch Box Program

This program is on hold until further notice.

Friday Cookouts

These Friday events are on hold until further notice.

Safety Guidelines and Procedures

At the BSSC, a system of constant supervision is in place.

General Supervision Guidelines

1. Instructor is immediately accessible to all participants.
2. Instructor is alert to hazardous conditions and abnormalities and is able to react immediately and appropriately with a cell phone or VHF radio.
3. Instructor is certified in First Aid, CPR, and AED.
4. Instructor does not leave sight of participants, and participants are required to stay within sight of the instructor.

General Safety Guidelines

1. Instructor is aware of the capabilities of their participants.
2. Instructor uses the various resources at his/her disposal to maintain an awareness of weather.
3. Instructor checks the equipment used in the program on a weekly basis.
4. First Aid kits are available and easily accessible on large boats (20+ feet) and on the dock.
5. An additional individual able to render additional assistance will be monitoring the area or be available on VHF radio channel 16.

Emergency Procedures

In the event of an emergency, the following steps will be taken:

1. Instructor will immediately contact on-the-water or on-land support via VHF channel 16.
 - a. If the situation requires immediate assistance or is beyond the capabilities of the water or land support, the US Coast Guard will be hailed via VHF on channel 16.
2. Instructor will immediately begin to make the situation safe by neutralizing any sources of immediate harm to participants.
 - a. Instructors will assist participants out of the water, maneuver any vessels to a dock or to anchor, consolidate the group if participants are in multiple boats, administer first aid.
 - b. If the assessment is made that a participant is in critical condition, an Instructor will immediately call 911.
3. Executive Director, Instructor or persons rendering assistance will contact the affected participant's parent(s) or guardian(s) at earliest opportunity.
4. Instructor will remain at the location of the emergency until it is resolved, or more qualified assistance arrives.
5. After the situation is under control Instructors and involved individuals will complete a BSSC incident reports.

Most Frequently Asked Program Questions

Q: What time should my child arrive at BSSC and when should I be there to pick-up my child?

A: Morning Program: arrive 8:30 a.m.; pick-up 12:00 noon

Afternoon Program: arrive 1:00 p.m.; pick-up 4:30 p.m.

Full Day Program: arrive 8:30 a.m.; pick-up 4:30 p.m.

Q: Can I pick-up my child earlier than 4:30 PM.

A: Yes ... when you drop-off your child, please be sure to notify the Principal Instructor, Executive Director and/or Instructor, and also write the name of your child(ren) and pick-up time on the “Parent Message Board” inside the Center. If at all possible, a 24-hour advance notice is most appreciated.

Q: What does my child need to bring each day?

A: Mask, life jacket, bathing suit, sunscreen, towel, a change of clothes, a jacket/sweatshirt/fleece, hat, full bottle of water, extra pair of shoes (recommended), and 2 snacks.

Q: What should my child wear?

A: Lightweight, quick dry pants or shorts (please no jeans), t-shirt or long-sleeved shirt, jacket/sweatshirt, closed toed shoes (required). Please direct all questions concerning proper footwear to the BSSC Executive Director.

Q: Do we meet on rainy days?

A: Yes! We have lots of fun sea and science activities planned for rainy days including games, crafts, knot-tying, and dry-land skills and training!

Q: Do we always wear life jackets?

A: Yes! Everyone is required to wear their life jacket while near or on the water – no exceptions!

Q: To whom should I talk to if my child is having problems?

A: Please speak with the Executive Director and/or Principal Instructor.

Q: What weather conditions prevent the sailors from going out on the water?

A: If there is dense fog, heavy rain and/or the threat of thunderstorms, and wind speed beyond the capability of the boat and/or sailor (we will still meet shoreside and have fun!). **Boating time disclaimer:** We make every effort to provide your child with as much time boating on the water as possible. However, please note that safety concerns raised by local weather conditions may require us to emphasize land-based activities on some days.

Q: Will my child be in a boat by him/herself?

A: In compliance with the Federal and State of Maine CDC social distancing guidelines, the Turnabout will accommodate 1 sailor. The Sonar, a floating classroom, will accommodate up to 2 sailors and an Instructor.

Q: What is the Swim “Test”?

A: The “Swim Test” is held every Monday for all newly arriving BSSC participants. This activity is done dockside under strict supervision with your child wearing his/her life jacket. Your child will enter the water from the dock and swim approximately 25-30 ft. – exiting the water using the dockside ladder. This “test” gives the BSSC instructors the opportunity to evaluate how your child reacts to the “cold” Maine ocean water. Unfortunately, your child cannot attend BSSC’s summer programs if he/she refuses to take the swim “test”.

Q: Can children and their families attend special events that take place before or after their participation in the program?

A: Our monitoring of the CDC social distancing guidelines is ongoing. When it is safe to do so, we will welcome all parents and their children back for Friday Family Cookouts.

Welcome Aboard: Tips for BSSC Parents

We are thrilled that you have chosen to register your child(ren) in a Boothbay Sea and Science Center summer program!

To make things run as smoothly as possible, below please find information that will help you to complete the registration process. Also included is a list of items your child will need each day, parking information, and helpful links.

Medical Forms

There are three medical forms that must be completed before your child starts their first session. All of these are either found or uploaded to your Active Camps Account at:

<https://campself.active.com/BoothbaySeaandScienceCenter>

- **The BSSC Medical Form:** filled online at your Active Camps Account.
- A **current vaccination record:** get from your physician and then upload to your Active Camps Account.
- A **recent physical examination:** get from your physician and then upload to your Active Camps Account.

These forms must be completed/uploaded two weeks before your child's first session.

Your child will not be allowed to attend unless all medical forms are complete.

Lunch

Due to COVID-19, until further notice we will not be offering lunch at the Center. Please direct all questions, comments and/or concerns to Pauline Dion at info@boothbayseaandsciencecenter.org or (207) 350-5357.

Friday Family Cookouts

Due to COVID-19 Friday Family Cookouts are on hold until further notice.

Equipment and Supplies

It is very important that your child(ren) arrive every day at the Center on time and with the clothing and supplies they will need for a fun and safe experience. These are as follows:

- Mask;
- Bathing suit;
- Towel;
- Closed toed water shoes;
- Closed toed shoes;
- Full water bottle;
- Change of clothes;
- Snacks (2);
- Sunscreen lotion (no spray please);
- Lifejacket;
- Hat.

Parking information

Parking at the BSSC during the morning and afternoon “rush hours” is a challenge. Here are some options to make it easier for everyone.

For Morning drop-off (5 options):

- At Ocean Point Marina: In available “parking spaces” **ONLY**;
- In designated spaces in front of Post Office;
- In parking area along Route 96;
- In the Public Parking Lot on Church Street (next left after Lobsterman’s Wharf Restaurant);
- At Lobsterman’s Wharf Restaurant 8:30 a.m. – 9:30 a.m. **ONLY** in parking spaces.

Afternoon pick-up (3 options):

- At Ocean Point Marina: In parking spaces **ONLY**;
- In the Public Parking Lot on Church Street (next left after Lobsterman’s Wharf Restaurant);
- In parking areas along Route 96.

Helpful Links

Below are some links to information that you will find helpful during this process.

- Login to my Active Camps account:
 - <https://campsself.active.com/BoothbaySeaandScienceCenter>
- CDC information regarding COVID-19 and children:
 - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>
- Information regarding ticks and children:
 - <https://kidshealth.org/en/parents/tick-bites-sheet.html>