



THE TRAIL MARKER

June-July 2017

Published by the New York Chapter, Inc.
of the Adirondack Mountain Club, Inc.
Peter Stuyvesant Post Office Station
P. O. Box 327, New York, NY 10009-9998
Camp Nawakwa on Lake Sebago, 845-351-4135
www.adkny.org



Everybody needs beauty as well as bread, places to play in and pray in, where Nature may heal and cheer and give strength to body and soul alike. - John Muir

With this issue of the Trail Marker we enter into the height of the Summer season and of camp life at Nawakwa. The long day-light of June (with the Summer Solstice on June 21st) carries over into the early weeks of July. The warm, moon-lit evenings of Summer provide a magical light on Lake Sebago and invite leisurely evening strolls after Saturday night dinner.

I have always thought of Camp Nawakwa as one of those places of beauty, "where Nature may heal and cheer and give strength to body and soul alike," as John Muir wrote. More than a place, Camp Nawakwa is also an experience of a community of people who have voluntarily come together and organized themselves into the 'Nawakwans,' the Key-holders to whom is given "the care, responsibility, and privilege of running and maintaining Camp Nawakwa" as we say in our policy on Sponsors and Applicants. At camp, we to get to experience first-hand "the spirit of cooperation, teamwork, mutual respect and camaraderie that we call the Nawakwa Tradition."

In an article (found by way of Google), that talks about 'open' versus 'closed' systems, it is first recognized that "there are boundaries between the system and the surrounding. The scope of the system is defined by these boundaries. . . In an open system, the matter and energy can be transferred through the boundary between the system and the surrounding. Since it is open, it continuously interacts with the surrounding.

Camp Nawakwa (and the whole of ADK) is an 'open system.' Among other things, we welcome and recruit new members who add to our vitality and strength and help us look to the future. How to regulate (that is, control

and balance the exchange of this matter/energy) makes for challenges, as well as life and vitality, for any organization. As part of the needed control and balance, we have worked on developing (codifying) policies and procedures that best capture the traditions and practices of Camp Nawakwa and the Chapter. This includes welcoming new members, especially for Camp Nawakwa. "We recruit potential Nawakwans by attracting and inviting like-minded, outdoor-oriented, adult individuals (18 years and older) to become Applicants for Key-holder status. After completing the required qualifying activities, such new Key-holders, will take their place in the long-line of custodians of Camp Nawakwa and its traditions" (Policy on Applicants and Sponsors).

How best to welcome new Key-holder members is the challenge. The Board has just finished its review of the entire application process and, in this issue of the *Trail Marker*, we announce that applications for becoming a member of Camp Nawakwa are now being accepted. Specific guidance for both Sponsors and Applicants have been developed, including a new Handbook that will be used in the meetings that will be held with the Applicants. (See the related announcements in this issue.)

This coming October, over Columbus Day weekend, plans are being formulated for an Anniversary Celebration of Camp Nawakwa and the New York Chapter. Saturday of the weekend will be for Key-holder Members and Applicants as we celebrate 91 years of our being at Camp Nawakwa; Sunday will be a day of celebration for the 95th anniversary of the Chapter. Invitations for Sunday will be sent to the general membership of the Chapter, most of whom have never been to camp.

We may stand as an individual on a trail or overlooking Lake Sebago on any given day, letting Nature "heal and cheer and give strength to body and soul alike" as John Muir wrote. But we do this in the awareness that we are also a community of like-minded, outdoor-oriented people, ourselves an open system. May the coming Summer season provide play, healing, good cheer and strength to everyone.



- Ray Kozma, Chapter Chair
June, 2017

Hosted Events April–July 2017

(visit www.adkny.org for frequent updates)

Unless specified, please register by Thursday prior to the weekend.

To host a weekend or midweek, contact Host Chair:

Janet Sibarium (212) 254 0738

Email: jansib@mindspring.com

Commissary Concerns?

Call or email Maryann Poris (973) 731-7117

maporis@aol.com

A note to hosts: There is a limit of one host plus one co-host per weekend or midweek. This includes summers and holidays. This also includes families with adult and minor children.

June 10 – 11 • Mountain Laurel Weekend

Enjoy the scenery of budding mountain laurels while hiking. Stay for the weekend and enjoy dinner, and Sunday meals with co-hosts, Nina Ziv and Thom Duffy.

Email registration preferred. Please register by Wed, June 7th @ 9:00 p.m. Indicate which meals and if you request vegetarian meals.

Co-Hosts: Nina Ziv and Thom Duffy (Registrar)
thomduffy1@gmail.com Tel: 917-509-5205

Midweek: June 12 – 16 • Midweek Host: Walter Jaeckel

June 17 – 18 • Father's Day Weekend

It's Father's Day and Chef Don is getting decadent! Everything will be coming up bacon and maple, for a sweet and savory dinner, breakfast, and hiker's lunch. Vegetarians will not be disappointed. Please RSVP to Teri and Don by 10:00 pm, Thursday, June 15, 2017 to blaugabels@msn.com or 845-359-7518. Please specify the meals you will attend and vegetarian or carnivore.

Co-Hosts: Don & Teri Gabel

June 24 – 25 • First Summer Weekend

Enjoy the lazy, hazy days of summer at camp whether swimming, hiking or relaxing. Grilled seasonal menu is guaranteed to satisfy hungry vegetarians and omnivores alike. When registering, please specify if you prefer vegetarian or chicken. Please register by Thursday June 22 @ 9:00 p.m.

Co-Hosts: Suzanne Rocheleau and Diane Booth (Registrar)
212 - 799-2608 dbooth108@aol.com

July 1– 4th • Fourth 'O July Weekend!

It's a Four-Day Fourth!! Join Laura Sunderlin and Daphne Prior for a long, laid-back, weekend of those traditional Nawakwan pursuits: hiking, boating, swimming, snoozing. Plenty of barbeque and other lazy, hazy delights. Come for all or part of the weekend. Registration Deadline is Wednesday, June 28th by 10:00 p.m. Please no calls after 10:00 p.m. If you leave a message, please make sure to say who you are, what meals you are signing up for

and a number you can be reached at. Please speak slowly and clearly.

Co Hosts: Laura Sunderlin and Daphne Prior (Registrar).
212 – 535-0306.

(Please note for this event, registration is only via telephone.)

Midweek: July 5 – 7 • Midweek Host: Mary Hilley

July 8 – 9: Two Guys Weekend

Swim, hike, or just chill on the porch. Join veteran Nawakwans, Ray and “Chef Everod” for a relaxing weekend, and wholesome simple tasty meals with seasonal produce.

Please register by Thursday, July 7th and indicate which meals, and if you prefer vegetarian or chicken for dinner.

Co-hosts: Everod Carter and Ray Kozma (Registrar)
raymondkozma@gmail.com or text: 917-406-3782

July 10 – 14: Midweek Co-Host: Peter Varley and Marilyn Varley

July 15 – 16: Fourth Annual Post Bastille Day Celebration

The fourth annual Bastille Day celebration is being hosted by Lewis Ports and Susanne Flower on the week-end of July 15th & 16th. Saturday evening happy hour and dinner and Sunday breakfast and trail lunch will be seasonal French cuisine. There will be casual waterfront activities and hiking (on your own, no assigned leader) on Saturday afternoon and Sunday morning.

Please register with Jerry Flower, jerry.flower@verizon.net, indicating number of meals and vegetarian option by 10 PM on Wednesday, July 12th. Shopping and food preparation will start early Thursday morning. Saturday happy hour and dinner are limited to 30 people, so register early!

Co-Hosts: Lewis Ports and Susanne Flower

July 17 – 21: Midweek Co-Hosts: Butch & Angela Panzer

July 22 – 23 VEGETARIAN WEEKEND

WANTED: HUNGRY VEGETARIANS AND OMNIVORES!

Take a swim, hike and stay for a delicious dinner. Join Leni Tabb & Martin Kellerman for a vegetarian menu to satisfy and delight all palates. Enjoy Leni's famous chili with fixin's, seasonal vegetables and a surprise dessert!

Register by Thursday, July 20th at 8:00 p.m. Please specify which meals you are signing up for.

Co-Hosts: Leni Tabb (Registrar) and Martin Kellerman
212 677-1604 or lenit831@gmail.com

July 24 – 28 Midweek Host: Ron Engasser

July 29 -30 Easy Mid-Summer Fare

Enjoy midsummer weekend. Menu undecided at “press time”, but easy prep, tasty food and minimal clean up guaranteed.

Please register by Thursday, July 27 by 9:00 p.m.

Co-Hosts: Steve Barre (Registrar) and Ray Kozma sbarre9723@yahoo.com or call: 1 (212) 633-6644

July 31 – August 4: Midweek Host: Laura Campbell

Aug. 5 – 6 ANNUAL OPEN BOARD MEETING

After the meeting, enjoy camp, stay for dinner and the weekend!

Please confirm attendance and meal preferences (vegetarian?). Please register by Thursday, August 3rd at 9 pm. Co-Hosts: Eve Mancuso (registrar) and Janet Sibarium Emancuso@brookerengineering.com or call or text: 914-924-3832.

Aug. 7 – 11 Midweek Host: Steve Barre

Aug. 12 – 13: Grilled Salmon Weekend

Join Chef Everod and friends for the tasty Annual Grilled Salmon dinner. Registration Deadline: Wednesday, August 9th at 9:00 p.m. Please indicate which meals and if you prefer vegetarian meals. E-mail registration preferred: jansib@mindspring.com or voicemail: 212-254- 0738. Co-Hosts: Everod Carter and Janet Sibarium (registrar)

Aug. 14 – 18 Midweek Host: Jason McGinnis

Aug. 19 – 20 Some Enchanted Evening

Come join us for a relaxing summer evening that includes an eclectic “Happy Hour” with tasty tidbits from different cultures around the world. Dinner and homemade desserts will conclude this glorious feast. Soft drinks will be provided and you are welcome to bring your own adult beverages to accompany your meal. Contact Carol Burns @ 917-270-6708 Please leave name, telephone number and member status.

Co-Hosts: Elizabeth Ruiz Gomez & Carol Burns (Registrar)

Aug. 21 – 25: Midweek Host: Leah Stern

Aug. 26 – 27: Assorted cool Asian kebabs

Chicken, shrimp, tofu, and veggies - with Thai rice salad following a delightful happy hours. Ice cream and pie for dessert. Please register by Thursday, August 24th. Co-Hosts: YaJing Li (registrar) and Ira Stahl yajinglee@yahoo.com tel: 973-641-5693

Aug. 28 – Sept. 1: Midweek Host: Lisa North

Hikes: June–July 2017

(visit www.adkny.org for frequent updates)

Hikes Chairperson: Glen Nison
718-625-2182
gnisonbike@juno.com

For listings of hikes not led by members of ADKNY, (and not necessarily qualifying) try these links:
<http://www.nynjtc.org/content/scheduled-hikes>
<http://www.hudsonhikers.org/schedules.html>

Please check schedules of various public transportation options as fares and schedules may have changed.

The Annual Nawakwa Passport - 2017

The Annual Nawakwa Passport for 2017 is now available for all Key-holders. The Annual Passport, which covers the Day Fees for all visits to camp per calendar year, is \$150 per individual Key-holder and is non-transferable.

If a Key-holder with the Passport brings spouse, children, other family members or guests to camp, these others must pay the Camp Fees as usual.

To obtain the Annual Nawakwa Passport, Key-holders should send their request (with their name address, phone number and check payable to the New York Chapter - ADK), to:

Raymond Kozma, Chapter Chair
New York Chapter-ADK
585 North Railroad Ave-3D
Staten Island, NY 10304

Change of address:

If you move, please contact the Main Club AND the NY Chapter Membership Chair, Jerry@adkny.org to notify us of your address change.

ADKNY Members occasionally receive email notifications about hosted weekends, hikes and related Camp events. These notifications are only to be sent by the Host Chair or the Newsletter Editor. **Mass-emailing the membership for any other reason is bad netiquette, and is prohibited.**

The editor encourages all members to contribute articles and photos to be used in the Trail Marker and on our website.

Please email to editor@adkny.org

Deadlines for submission to the newsletter are:
August–September – Deadline: July 15
October–December – Deadline: September 20
January–March – Deadline: December 13

ADKNY Board of Directors and Committee Chairs

Chapter Chair: Raymond Kozma

ray@adkny.org

Vice-Chair: Steve Barre

steve@adkny.org

Secretary: Janet Sibarium

secretary@adkny.org

Treasurer: Suzanne Rocheleau

treasurer@adk.org

Director: Diane Booth

diane@adkny.org

Director: Mark Fedow

mark@adkny.org

Director: Lisa North

lisa@adkny.org

Director: Lewis Ports

lewis@adkny.org

Director: William Burns

bill@adkny.org

Main Club Director: Mary Hilley

parentclubdirector@adkny.org

Membership Chair: Jerry Flower

jerry.flower@verizon.net

Newsletter Editor: Giacomo Servetti

editor@adkny.org

Host Chair: Janet Sibarium

jansib@mindspring.com

Commissary: Maryann Paris

maryann@adkny.org

Hiking Chair: Glen Nison

gnisonbike@juno.com

Camp Chair: Kim Waldhauer

kim@adkny.org

Trails Chair: William Burns

wjburnsjr@adkny.com

Park Liason: Raymond Kozma

ray@adkny.org

Conservation/Education: Don Gabel

blaugabels@msn.com

Archives: Ellen King

ellen_king13@msn.com

Webmaster: Giacomo Servetti

webmaster@adkny.org

Please Note: Current Camp Fees and Categories

DAY FEES:

Key-holder Members: \$15.00 per day

Applicants and Guests: \$20.00 per day

Adolescents (13 to 17): \$15. per day

Children (12 and under): \$10.00 per day

OVERNIGHT (2 DAYS)

Key-holders: \$30.00

Applicants and Guests: \$40.00

Adolescents: \$30.00

Children: \$20.00

Notice: Having reviewed and revised the process for becoming a member of Nawakwa, the Board votes to lift the Moratorium and to welcome new Applicants, effective June 1, 2017.

- New York Chapter Board of Directors,
May 18, 2017

Notice from the ADK Main Club

The Main Club is asking that, if any member knows of any foundations that could be approached for grants in support of ADK mission and programs, to notify Jean-Claude (ADK Membership & Development Committee Chair) at: jcfouere@gmail.com

Like us on Facebook!



<https://www.facebook.com/pages/New-York-Chapter-of-the-Adirondack-Mountain-Club/167423969980047>

Follow ADK-NY on Twitter!



Get updates on Nawakwa happenings on Twitter! Go to https://twitter.com/ADK_NY, click on follow, then receive news, reminders, and special notices effortlessly! Account managed by Ingrid Strauch.

Beginner's Backpacking Workshop

If you have ever had the desire to do some backpacking, but never knew how to begin, this is for you. On Saturday evening, July 8th, after dinner, Ray Kozma will do an introductory workshop on backpacking, with an emphasis on light-weight equipment. If there is interest, we will then plan to do an easy overnight backpack in Harriman on a to-be-determined date. Please let Ray know if you would be attending, as some printed material will be handed out. Note: Ray will also be co-hosting that weekend. To register, see the contact information in the write-up for the weekend (July 8-9).

Guest Policy for Camp Nawakwa

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 may bring two 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 two guests per Key-holder limit, but no additional guests.)
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.

- Revised June 2017

Applications for becoming a member of Camp Nawakwa are now being accepted.

The Board has completed its review of the entire Application Process and has reopened the accepting of new applications for Key-holder status. The Board has revised and updated the Application Form (which is on our website), as well as the Welcome Letter sent and the Qualification Form (which get sent to the prospective Nawakwa after their application has been received). As part of this review, the Board also made some minor additions to the "Applicants and Sponsors" policy (which is printed in this Trail Marker and is on our website). The additions serve to strengthen and give guidance both to Sponsors and to Applicants: e.g. A Sponsor must have been a member for at least one year and agree to follow all the guidelines for being a Sponsor; more details are given as to what areas must be discussed as part of the three meetings held with any Applicant. In addition, a Sponsor/Applicant Handbook has been developed that will be used in the meetings and which provides key areas for all to know and understand. All of this is in the service of helping the applicants successfully complete the process of qualifying so that, as new Key-holders, they may take their place in the long-line of custodians of Camp Nawakwa and its traditions.
- Ray Kozma, Chapter Chair

Welcome New Keyholders!

Christina Miller
Satya Pradhuman
Joe Rinaldi

Spring Clean Up

Many thanks to Camp Chair Kim Waldhauer for all she does at Camp year-round and for once again assembling a team of volunteers to tackle the annual job of getting Camp into shape for another season. Thank you Alex Wilkie and Eve Mancuso for supplying the fabulous lunch, and thanks, of course, to the volunteers!



Photo by Ruby Kornfeld

Applicants and Sponsors

Since the New York Chapter Bylaws give the care, responsibility, and privilege of running and maintaining Camp Nawakwa exclusively to the Key-holders of the Chapter (who are also called Nawakwans), it is desirable and necessary that new Key-holder members be recruited on a regular basis. We recruit potential Nawakwans by attracting and inviting like-minded, outdoor-oriented, adult individuals (18 years and older) to become Applicants for Key-holder status. After completing the required qualifying activities, such new Key-holders, will take their place in the long-line of custodians of Camp Nawakwa and its traditions. It is the role of the Sponsor to help the Applicant successfully complete the process of qualifying. Accordingly:

1. It is the policy of the New York Chapter that each Applicant will have the help of two Sponsors during the Applicant's qualifying period (usually one year).
2. 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. The Key-holder member will: a) Help the prospective Nawakwan in understanding and appreciating the history of the Chapter and Camp; 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 needed in-put to the Board of Directors who vote on the Applicant for Key-holder status.

3. Any Key-holder in good standing may be a Sponsor, as long as such Key-holder has been a member for at least one year and is able and willing to abide by these policy guidelines set forth for being a Sponsor.

4. Applicants must meet three times with their Sponsors who will provide them with a proper orientation to Camp Nawakwa and its procedures. Such an orientation would include, but not be limited to, such items as going over Waterfront Regulations and the Bathing Beach Safety Plan and associated responsibilities, explaining hosting responsibilities, and providing some historical perspective on the origins of Nawakwa and the New York Chapter, including our long-standing relationship with PIPC and Harri-man State Park.

5. The two Sponsors may divide up the required meetings, as long as the necessary material/topics are covered and the Sponsors are actively involved with the Applicant.

6. At each meeting with the Applicant, Sponsors will sign the Applicant's Qualifying Events Form in the space provided.

7. Applicants may not bring guests or family members to camp. Applicants may only be at camp when a Key-holder member is present who has agreed to take responsibility for the Applicant's presence at camp. After Applicants have completed their qualifying activities and been voted in by the Board as Key-holder members, they are then entitled to bring family members and guests to camp.

The Board may decide to develop a list of willing and able Sponsors to help Applicants more easily obtain a Sponsor,

as well as add to or modify the policy and procedures about Sponsors when and if necessary.

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 family 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.

The New York Chapter Board of Directors



April 8, 2017 Iron Mine Walk Harriman State Park
led by Michael Simon and Maria Sola-Simon

**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)

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 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.



Photo by Servetti