



Sponsor-Applicant Handbook

*The Nawakwa Outdoor Association
Of New York, Inc.*

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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 NOANY 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 NOANY and Camp Nawakwa
- D) Provide in-put to the Membership Committee who will refer the applicant to the Board of Directors who make the determination of Membership 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 keyholder 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 the Nawakwa Outdoor Organization and Camp Nawakwa

For us who go into the woods for a hike, or climb into the mountains, or go to 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. A significant re-organization of the club occurred in 2021 when a disassociation with ADK was effected and the Nawakwa Outdoor Association of New York, Inc, was born.

Our 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 members 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 club 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, members needed to vacate Camp Blue Bird, but were back in October and remained until April of 1925.

Members 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 1993 Handbook of Information]. Members 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," a Chippewa 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 50th 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 (now the *Nawakwa Outdoor Association of New York [NOANY]*) 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 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. NOANY'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 Mary James or Andy Frank, Trails Committee Co-Chairs. Contact information is on our website: noany.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 reasons why a person is attracted to become a member. 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 become a hike leader, contact Glen Nison, Chair of the Hikes and Outings Committee. Contact information is on our website: noany.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 1st to October 15th. The other months are considered 'Off-season.' The highest use of Camp Nawakwa occurs from July 4th through the Labor Day weekend. Therefore, the Board specifies the following as the operational schedule for Camp Nawakwa:

High Camp Season: Running from July 4th through Labor Day weekend.

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

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

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 Keyholder 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. Keyholder members only are allowed to bring guests to camp. When doing so, the Keyholder 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 Keyholder 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. Only Keyholder 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: Keyholders may come to camp at will. Announcements in the Trail Marker and on the club'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 four 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 Keyholder 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 Board 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 Keyholders who have the Annual Nawakwa Passport, all Day Fees are covered by the Passport). 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. Day Use lockers are also available.

Hosting Policy for Camp Nawakwa

Policy on Hosting During the Camp Season (May 1st-October 15th)

1. The Board has over-all charge of the calendar for Camp Nawakwa.
2. Only Keyholders are allowed to host.
 - a. An announcement of when the camp calendar is open will be sent by the Board to all Key-holders by March 1st 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 Keyholder 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 Keyholder 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 Keyholder 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 four 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 Keyholders who volunteer to host.

Policy on Hosting During the Off-Season (October 16th to April 30th)

1. Permission is always needed from the Park to access and use Camp Nawakwa when the camp is officially closed.
 - a. If a Keyholder desires to be at camp during the Off-Season, whether for the day or for an overnight(s), the Keyholder must notify the Chapter Chair who will contact the Park Office to request permission.
2. When Hosting during the Off-Season:
 - a. Only Keyholders are allowed to host.
 - 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 Keyholders who volunteer to host.

Guest Policy for Camp Nawakwa

1. With certain limitations, as outlined in this policy, Keyholders are allowed to invite guests to camp.
2. An individual Keyholder in good standing may bring four guests to camp at any one time. (Note: A Keyholder may bring up their immediate family members as guests, even if this exceeds the four guests per Keyholder limit, but no additional guests.) More than four guests requires additional prior host approval for hosted times.
3. Guests (with the exception of the Keyholder'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 Keyholder 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 Keyholder 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 Keyholder 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. Keyholder 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.

Keyholder 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, 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 Camp Nawakwa.

Nawakwa Outdoor Association of New York, Inc.

Harriman State Park - Camp Nawakwa (SB-3) Bathing Beach Safety Plan Supervision Level IV (DOH) (7/2021)

Swimming at Camp Nawakwa is restricted to Keyholders, and registered applicants and 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 Keyholders and registered applicants and 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 Code Section 6-2.17(a)(10). Club members are required to see that the rules are being followed.

Daily inspections of the bathing 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.

Operating Procedures

In order to swim at this facility:

- It is required to have two people over the age of 18 years old, who cannot be swimming, committed to performing the required tasks for safe swimming at Camp Nawakwa.
- 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.
- Swimming is only permitted within the designated bathing area.

Level IV Waterfront Supervisor (supervisor):

One person, referred to as Level IV Waterfront Supervisor (supervisor), will be in charge of opening the swim dock for the day or for the period of time that the swimming is taking place. The supervisor can be the Host, Host designee, or Key Holder and is responsible for opening and closing the swim dock and performing the twice-daily safety checks. The supervisor must be within the immediate area as long as the swim dock is being used. The safety whistle located in the swim dock safety equipment box may be used to alert the supervisor. The supervisor is also responsible for coordinating the emergency response, other than performing the swimmer rescue. The supervisor is responsible for checking the swim area and filling out the daily Beach Operation Report form located in the swim dock safety equipment box, at least twice while the swim dock is open.

The supervisor will, firstly, using the water front emergency phone or the camp lodge phone, call the State Park Police. The supervisor will then coordinate actions on shore to enable emergency response personnel to get to the site as quickly as possible, and lastly, assist the second person in the swimmer search or rescue, if needed.

In Bathing Beach emergencies, the supervisor will be in charge. The supervisor may designate a member for crowd control and ongoing management of the facility. Evacuation will be by the camp road to Seven Lakes Drive. The supervisor or designee will direct emergency vehicles from Seven Lakes Drive to camp. The supervisor or designee will report any Bathing Beach injuries, deaths and communicable diseases at SB-3 to the DOH as soon as possible, but within 24 hours.

The supervisor will review safety procedures as outlined above, on a weekly basis, when the waterfront is used. The supervisor or the second person observing will make decisions as to the current weather conditions and if the swim area should be evacuated, and when it is safe to return to swimming.

Second Person or Observer:

The second person must be on the swim dock or immediate swim area, watching the swimmer or swimmers at all times. The second person's role is to actively watch the swimmer or swimmers and would be responsible to initiate emergency procedures, if warranted.

If you want to swim:

The process begins when signing in to camp at the registration desk in the lodge in accordance with the usual procedures. If you haven't already read the Brochure on Level IV Safety Training Module on the NOANY.org website prior to arriving at Camp, read the Brochure and place your signature on the Brochure Recognition signature form confirming you have read the brochure. After signing in accordance with camp rules, the swim area can be opened up. The person who signs out the swim area emergency cell phone and opens the swim dock is named the Level IV Waterfront Supervisor for that period of time.

Sign out the swim area emergency phone and take it down to the swim area, place it in the waterproof pack on the hook located in the safety equipment box.

Open the swim area by checking the area for hazards and put the safety equipment in the designated area on the swim dock. Check to see if the emergency row boat is ready to perform a rescue.

When swimmers are done swimming for the day or for that time period, and there will no further swimming, return the safety equipment and close the gate to the swim dock, by hooking the chain and sign across the entrance ramp. Return the swim area emergency phone to the charger at the registration desk in the lodge.

Emergency Procedures - Rescue procedure:

In the event of an emergency, the person on the dock observing the swimmer, also known as the second person, will immediately assess the situation. If there is a swimmer in distress, in danger of drowning, or a lost swimmer, the person observing or second person, shall blow the safety whistle, located in the swim area safety equipment box, to alert the Level IV Supervisor (Host, Host designee, or Key Holder) so they can call the State Park Police from the nearest phone, if needed. The supervisor would then make sure they have the assistance they need. The Level IV Supervisor will make sure that the emergency vehicles have access and know where to go, as well as perform crowd control, and assisting however they can from on shore. After blowing the whistle alerting the supervisor, the observer will immediately commence the lost bather search or rescue. If needed and there is time, the observer can use the emergency phone in the waterfront safety equipment box to call the State Park Police, or call the camp lodge, as needed. Direct all swimmers to get out of the water, ask for help, and perform the search or rescue operation as needed.

All safety rescue equipment is centrally located on the dock and the rescue row boat is tied up to the dock for quick and easy deployment.

The emergency phone number is located at the beachfront facility and in the Main Lodge. The Main Lodge number is: 845-351-4135. In an emergency, the Park Police number is 845-786-2781.

The camp address is 410 Seven Lakes Drive, Sebago Beach 3, Haverstraw, NY. Camp is in Rockland County, not Orange County. This is relevant for 911 responders.

Evacuation will be by the camp road to Seven Lakes Drive to Route 17.

The supervisor or designee will direct emergency vehicles from Seven Lakes Drive to camp.

The supervisor or designee will report any Bathing Beach injuries, deaths and communicable diseases at SB-3 to the DOH as soon as possible, but within 24 hours.

The sequence in performing a rescue is:

The observer or second person shall make verbal contact with the victim, assure them that help is on the way.

- REACH - using the long metal pole with a person hook, position yourself firmly and extend the hook end to the victim. Direct the victim to grab the hook and then pull them in to the ladder.
- THROW - If the victim is too far away to reach with the hook, use the orange safety ring with 50' length of rope, throw the flotation ring as close to the victim as possible. Direct the victim to move towards the ring.
- GO - If either of the prior rescue devices or methods are not appropriate, use the emergency row boat to affect the rescue. Take another person and a safety flotation device with you, if possible.

Rules and Regulations

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. Diving is only allowed in the deep section of the swim area. Diving is NOT allowed in the 3 feet deep crib. Supervisor, Host, Designee, and all members are responsible for enforcing the rules of the camp.

Swimmers' ability:

If there is a question as to whether or not a swimmer has the ability to safely swim in the deep-water section, the Level IV Supervisor shall perform a simple swimmer ability test as follows:

- First ask them to jump in the water and tread water for 3 minutes.
- Next have the swimmer swim 4 laps back and forth between the swim float and the dock.
- Upon successful completion the swimmer can freely use the deep-water section.
- If the person cannot complete the required test, they must only swim in the 3-foot crib swim section at the dock.

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. The supervisor or the second person observing will make decisions as to the current weather conditions and if the swim area should be evacuated, and when it is safe to return to swimming.

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 supervisor 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 supervisor 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.

Waterfront Regulations

1. Two or more adults, at least 18 years of age, who cannot be swimming, committed to performing the required tasks for safe swimming must be present whenever this swimming area is in use.
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 4 laps 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. Diving head first is only allowed in the deep section of the swim area.
11. Diving is NOT allowed in the 3 feet deep crib. Signage is posted accordingly.
12. Please be cooperative and considerate of others.

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 50-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.
- Emergency communications designated cell phone.

Note: BBSP updated 6/25/23 to reflect name change to Nawakwa Outdoor Association of New York, Inc. (NOANY.org)

Map of Camp Nawakwa Harriman State Park

