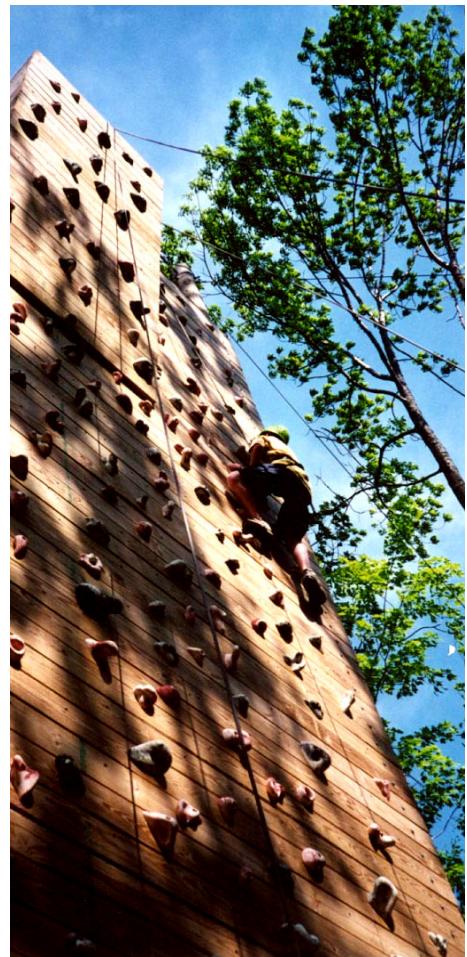




# American Youth Foundation Merrowvista

## Community and School Programs Handbook





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## **American Youth Foundation - Merrowvista**

The mission of the American Youth Foundation (AYF) is to inspire people to **discover** and **develop** their **personal best**, to seek **balance** in mental, physical, social and spiritual living and to make a **positive difference** in their **communities** and in the **wider world**.

AYF programs seek to enhance not only children's skills but also their **confidence** in themselves and their future, their **character**, and their **connections** to those around them. The pristine Ossipee Mountains set the stage for participants to create a community where **respect**, **cooperation**, and **kindness** serve as a guide. Merrowvista staff create opportunities for participants to practice our motto, ***My own self, At my very best, All the time*** - encouraging all to discover more about **who they are** and **what they are capable of achieving**.

### **The Value of the Merrowvista Experience**

All Merrowvista experiences are based on a methodology of experiential, hands-on learning. We believe that by allowing participants to immerse in new experiences, they are able to draw valuable learning about themselves, their classmates, problem solving and collaboration. A Merrowvista experience can also reinforce classroom curriculum by allowing students to see and explore the concepts discussed back in school.

At Merrowvista, we value the need to address the social issues present in our daily lives in order to maximize academic success and social skill development. Research tells us that when we feel social anxiety, the brain's ability to absorb new information is limited. Therefore, Merrowvista staff create a learning environment and intentional community where people feel a sense of belonging, safety, and trust. We use play, adventure and challenge to create connections while increasing self confidence and academic success.

We believe participants in AYF-Merrowvista programs will:

- Gain new confidence in themselves
- Talk about who they are and what they are capable of achieving
- Discover and develop their personal best
- Act in ways consistent with their values
- Help to create a community where respect, responsibility, trust and kindness are the foundation

## **AYF Merrowvista Core Values**

- We seek to build inclusive communities where we awaken, educate and empower our staff and participants to work for equity and social justice.
- We commit to creating safe environments in which all people can boldly take emotional and physical risks as a way to discover more about themselves and their capacities.
- We seek to engage people from diverse cultures, identities, and perspectives, and to impart respect for others by developing cultural competency.
- We strive to instill responsibility to act for the good of others and to develop a greater understanding of the impact of our actions on the world around us.
- We recognize the interconnectedness of the world's communities and will strive to be responsible in our use of environmental and human resources.

## **AYF Commitment to Equity and Inclusion**

The American Youth Foundation invites all people to be their own best selves, and we seek to create communities where no one is excluded intentionally or otherwise because of who they are. We enthusiastically welcome staff and participants with diverse backgrounds, experiences and identities. AYF seeks to continually assess our practices through a broad lens of cultural competency and is committed to taking action and changing for the better of all.

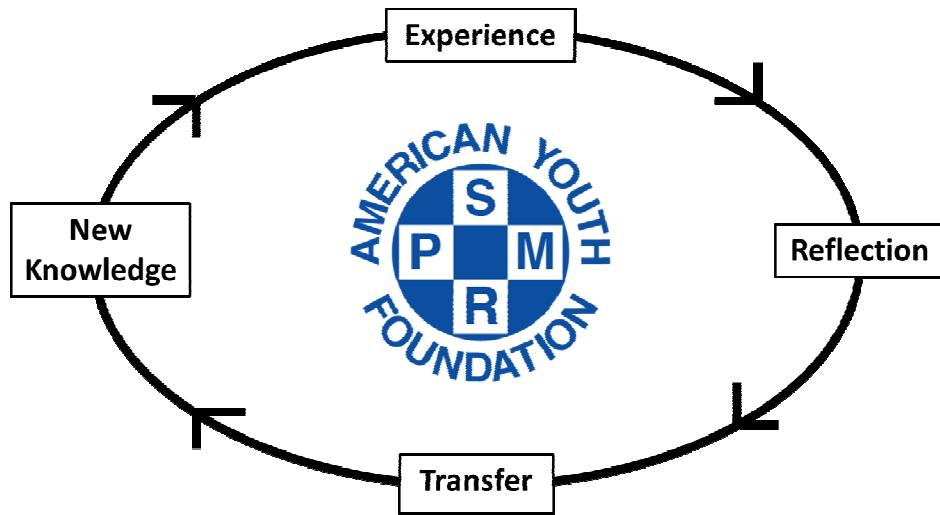
We value each person's right to fully experience our programs free from prejudice and harassment based on race, ethnicity, gender identity and expression, sexual orientation, religious affiliation, or other aspects of their identity. We believe the diversity within our program communities enriches the learning for all, provided all feel safe to be their own best self.

All reasonable efforts will be made to accommodate participants with different experiences, conditions, strengths, and abilities. Our goal is to include as many participants as possible, however, we are limited in what we can provide in terms of medical care. We partner with families in a thorough medical review process to determine if we can safely serve their child.

## Experiential Methodology

Merrowvista uses hands-on learning experiences as educational tools to help participants develop their leadership and interpersonal skills. The framework for conducting our programs is based on the experiential Learning Cycle below. Through their involvement in the various activities, participants learn by *doing*.

Individual learning objectives of your school determine how we frame the experience and guide the reflection and transfer stages. We discuss Kolb's learning cycle with participants to enable them to better understand their program objectives and activities.



### Experience

At Merrowvista we strive to provide experiences that lead to learning and personal growth. These experiences are intentionally designed to promote critical thinking about effective group skills. The activities are the tools we use to meet the learning objectives of each program.

### Reflection

Once the experience has been completed, we gather the group to "debrief" the activity in order to reflect on what learning has occurred. By discussing what happened within the group during the experience, participants gain insight into how they interact with others and how to be a more effective group member.

### Transfer

Experiential learning, in order to be effective, must take the form of lessons that have direct application to our everyday lives. The experiences are framed metaphorically and used to transfer to the participants' involvement at school, at home, and in the community.

### New Knowledge

Participants reach the stage of new knowledge when the knowledge gained is applied to their day-to-day lives. Carrying this new knowledge of ourselves and of how we interact with others, participants enter into the next experience and the learning cycle continues.

## Types of Programs at Merrowvista

We work with individual clients and organizations to co-create programs that reflect their specific objectives, while maintaining the mission of AYF. At Merrowvista we offer programs that address

- Community and School community building Programs
- Positive Youth Development Programs
- Bullying Prevention
- Decision Making and Healthy Choices
- Youth Environmental Education
- Conferences, Workshops, Trainings and Retreats for Organizations and Community Groups



## Program Menu

The American Youth Foundation offers a number of different activity blocks to help achieve your objectives. Working with Merrowvista staff, we will put together a schedule that fits the needs of the students.

**Community Blocks** - These program blocks focus on the importance of developing the individuals within the group and strengthening the community as a whole. Each student is encouraged to discover his or her "best self" and see the best in others. Students create shared expectations for how they will work together successfully, and activity blocks provide opportunities to strengthen relationships in newly forming groups. Students practice acting with integrity as they navigate individual and group challenges, and will understand their role and value within a team and discover more about their capacities.

**Environmental Blocks** - This environmental education program takes advantage of Merrowvista's unique ecosystem to immerse students in the natural world. The program blocks allow students to learn through observation and hands-on exploration of our volcanic lake, forests, streams and meadows. While living in community, students are engaged in sustainable practices and the interdependence of communities and ecosystems. In alignment with state

## Community Building

### Program Activities

The schedule at Merrowvista is divided into segments called Activity Blocks. Each block is framed in distinct ways to achieve your program's learning objectives, and the activities are the tools we use to meet these objectives. The most essential component of the learning process is the metaphor that describes the task. For example, we can look at the climbing tower as a physical and mental obstacle in order to examine challenges in our lives and ways to overcome them. The metaphor is used to stimulate discussion in the debriefing that follows each activity and to enable participants to better connect what they learn at Merrowvista to their day-to-day lives.

Activity blocks are facilitated by our program staff, in leadership groups of approximately 12 students. Many of the activities can be adapted to an indoor option in case of rain. The Activity Center offers year-round, heated community space and three classrooms, as well as a climbing chimney and high ropes elements.

#### Initiatives

During this block, students engage in several creative, high energy problem-solving activities which stress the value of teamwork. The initiatives help individuals and groups to identify and develop the way they interact with each other.

#### Team Challenge Course

Our course is designed to create a learning environment that emphasizes effective group skills. Students work on communication, collaboration and the growth of group trust. Groups are encouraged to understand and support individual strengths, differences and abilities in the context of a fun and safe environment. Merrowvista's course includes: Swinging Log, Porthole, Universal Nitro, Spider's Web, The Wall, Maui to Kauai, Whale Watch.



## **Community building program activities cont.**

### **Climbing Tower and Indoor Climbing Chimney**

Merrowvista has a forty-foot tall, three-sided outdoor climbing tower with four climbs ranging in degrees of difficulty. In addition an indoor climbing wall provides two climbs on a forty feet high fieldstone chimney. The climbing tower challenges students to push themselves physically and mentally in a safe and supervised environment. These elements are appropriate for all ages.

### **High Challenge Course**

Whether a participant is crossing a beam twenty feet in the air or climbing a few feet off the ground, Merrowvista creates a supportive and safe environment where students are allowed to set and push their personal limits. Participants develop abilities to build trust and support each other, while belaying on the ground or ascending into the air. The course includes: High Beam, Incline Log, Jungle Vines, Elvis Walk, Ships Crossing, Giants Ladder, Pamper Pole, Dangling Duo, and Leap of Faith. The course is appropriate for 7th graders and older, there is an Indoor option available. theirabilities to build trust and support each other, while belaying on the ground or ascending into the air. The course includes: High Beam, Incline Log, Jungle Vines, Elvis Walk, Ships Crossing, Giants Ladder, Pamper Pole, Dangling Duo, and Leap of Faith. The course is appropriate for 7th graders and older, there is an Indoor option available.

### **Raft Building**

Supplied with canoes, logs and ropes, a team must construct a raft and paddle it onto the lake. The students' learning is amplified by the fact that at any one time, half of the group is blindfolded during construction. Teams utilize skills of communication, trust, teamwork, respect, decision-making and planning in order to accomplish this exciting challenge.



## **Environmental Education blocks**

Merrowvista is situated within a unique ecosystem. Its volcanic lake, forests, streams and meadow provide a rich, bio-diverse environment for students to learn about the world around them. In alignment with the state curriculum standards, this program reinforces lessons taught in the classroom.

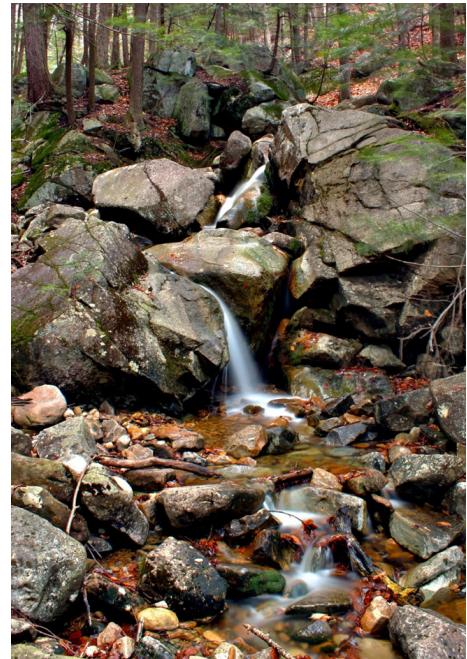
Fun and informative activities allow participants to learn through observation and hands-on exploration of nature. Students explore concepts such as environmental awareness, service and interdependence in order to understand and act upon issues impacting the natural world. The Merrowvista environmental experience serves to emphasize the curriculum taught at school , while sparking connections and building respect between the student and the natural ecosystem.

### **Adaptations**

All over the planet, there are populations of plants and animals that are seemingly perfect candidates for the lifestyle their climate demands. A critical question to ask, once observing this amazing phenomenon, is *how did this come to be?*

In this session, participants become familiar with the concepts of natural selection and adaptation, learning about the processes that shape the living world around us. They will explore the difference between physical and behavioral adaptations and learn about exemplary plants and animals that exhibit these traits.

By studying the way living organisms in community influence their very selves, students will develop a deeper sense of how important each species is in creating these interconnected webs of co-adaptation that create and evolve every ecosystem.





## Ecosystems

Students will explore a local wetland to examine the physical, chemical and biological properties of a perfect example of an interconnected system. They will test the temperature and pH, make observations of the wetland and use nets to examine the aquatic life. They learn to gauge the health of the system and appreciate the necessary balance of these complex factors, better understanding the wetland's tolerance for ecological stressors.

The complexity of plant and animal interactions is explored as students learn about food chains and the role of an invertebrate in nature. Participants will also engage in discussions on the interdependence of these interactions, and the web of interdependent relationships between the planet's ecosystems and biomes that comprise our ecosphere.

## Impact

While every species affects every other species in its ecosystem, it is true that some species cast a very wide shadow of influence on the environment around them. Starting with beavers, participants explore the concept of *keystone species*, those organisms that not only carve out a niche for themselves within a habitat, but

fundamentally change that habitat to suit their needs. Students learn about the construction of dams and lodges, the underlying reasons that beavers make them, and the ramifications for these structures on the local community.

Participants will also discuss responsibility as they catalogue the diversity of organisms within the local forest, gaining a sense of the dense community impacted not only by beavers, but also by humans.

## Awareness Hike

In this module participants hike to the “Ledge”, a rock-face that overlooks Lake Winnipesaukee. During breaks on the mile-long trail, students take time to learn more about each other and the unique geological setting of the Ossipee Mountains. The awareness hike is an opportunity to build a relationship with nature by immersing in the forest, surrounded by beauty and rewarded by achievement.

A half day hike to the 2,975 foot summit of Mount Flagg is also an option.

## Program Schedule

### Sample 3-Day Building Foundations Program

Designed for a group of 40-50 participants divided into 4 core activity groups.  
 Program objectives and activities will be determined in conjunction with your organization.  
*This schedule can be adapted for groups up to 140 students in the fall and late spring.*

Day 1	Day 2	Day 3
	7:15 Go-Getters (optional): Frisbee, Canoeing	7:15 Pack and Clean
	8:00 Cruisers 8:15 Breakfast	8:00 Cruisers 8:15 Breakfast
9:30 Arrival and Welcome  10:30 Move into Housing  11:15 Orientation and Community Guidelines	9:00 <u>Activity Block 2</u> Group 1: Team Challenge Group 2: Raft Building Group 3: Awareness Hike Group 4: Climbing Tower  11:30 Transition Time	9:00 <u>Activity Block 4</u> Group 1: Awareness Hike Group 2: Climbing Tower Group 3: Team Challenge Group 4: Raft Building  11:30 Core Group Closing
11:45 Cruisers 12:00 Lunch	11:45 Cruisers 12:00 Lunch	11:45 Cruisers 12:00 Lunch
1:00 Initiatives in Core Activity Groups  2:30 <u>Activity Block 1</u> Group 1: Climbing Tower Group 2: Team Challenge Group 3: Raft Building Group 4: Awareness Hike  5:00 Free Time	1:00 <u>Activity Block 3</u> Group 1: Raft Building Group 2: Awareness Hike Group 3: Climbing Tower Group 4: Team Challenge  3:30 Snack time  4:00 Option Block: Canoeing, Crafts, Archery, Soccer  5:00 Free Time	1:30 Closing and Departure
5:45 Cruisers  6:00 Dinner	5:45 Cruisers  6:00 Dinner	
7:15 Evening Activity  8:30 Cabin Time	7:15 Council Circle Fire  8:30 Cabin Time	



**Danforth Lodge** is our largest winterized accommodation with a large conference room, a small meeting room, and a dining room overlooking Dan Hole Pond. The lodge can sleep up to 56 people in 14 rooms divided over three floors. There are three rooms with a private bath. Central bathrooms are located on each floor. Danforth Lodge is wheelchair accessible.



**Stockman Lodge** is also winterized and sleeps up to 26 people in 5 rooms with private bathrooms. The central living room is a cozy meeting area with a fireplace.



Six **Duplex Cabins** accommodate large groups from April to early November. These spacious, heated buildings with electricity consist of two large rooms that sleep 8 youth each and a small room for up to three chaperones. A heated bathroom facility is centrally located within 50-100 feet of the cabins.



There are 12 **Villages** scattered around the facility, each including two student cabins, which sleep 12, and an adult cabin, which sleeps two. These cabins provide a more rustic experience and have screens but no electricity. Modern bathrooms are centrally located in each village cluster.



## Meeting Spaces

### Activity Center

This multi-purpose building can be used for program activities as well as conference and workshop spaces. It has a forty foot fieldstone climbing chimney as well as high ropes course elements. The large activity room can be converted into a conference room that seats 100 people comfortably. In addition the Activity Center provides three break out classrooms in various sizes (seating 10-20 participants).

For groups that require additional break out rooms, we can offer heated as well as rustic classroom spaces. Please contact us to discuss your specific program needs.

Danforth Lodge offers a large and small meeting space ideal for groups up to 35.

Stockman Lodge can seat up to 15 participants in the living room area.

Please visit the Merrowvista page of our website, [www.ayf.com](http://www.ayf.com), to view a virtual tour of the facility.



# Program Planning

## Action steps after booking ...

The remainder of this handbook will be focused on the specifics you'll need to make the most of your time at Merrowvista. We hope that we have covered all the bases, but you are always welcome to seek out a Merrowvista staff person via phone, email or in person for more detailed information.

Additionally, we can provide a manual specifically for the health officer associated with your time at Merrowvista.

## Photocopy Checklist

In this handbook we have included information that is relevant for participants, parents, teachers and chaperones. Please photocopy the following pages and distribute them as needed:

### Participants and Parents

Safety Guidelines.....	16
Food Program Guiding Principles and Action Steps.....	18
Managing Food Allergies and Dietary Needs .....	19
Health History Form .....	21
Assumption of Risk Form .....	22
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### Teachers and Chaperones

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## **Merrowvista Staff Responsibilities**

The Merrowvista Community and School Programs team is made up of committed and passionate individuals who care deeply about youth development, experiential education and ensuring that your program meets the aims and objectives set forth. For the most up to date personnel and contact information, please go to [www.ayf.com/csp/merrowvista](http://www.ayf.com/csp/merrowvista). Below, you will find some descriptors of roles that Merrowvista staff will play throughout your program.

### **Program Site Leader**

The Program Site Leader oversees the entire campus during your stay. They ensure that the program, food, facilities and administrative staff are on the same page, and are the primary person responsible for risk management. One individual may perform the role of both Program Site Leader and Program Coordinator.

### **Program Coordinator**

The Program Coordinator is your primary contact and oversees the logistics and needs of your program during your stay at Merrowvista. It is the Program Coordinator's responsibility to:

- Call the school contact to discuss learning objectives and to design the schedule
- Inform Merrowvista program staff about the details of the program
- Meet with teachers and chaperones at the start of the program to discuss roles and responsibilities
- Provide an overview of the schedule and guide teacher assignments
- Be available for feedback and regular check-ins with the teachers and chaperones
- Support in the event of an emergency

### **Program Staff**

- Maintain the physical and emotional safety of participants in their care
- Create a positive learning environment for participants
- Facilitate scheduled day and evening activities
- Provide participants with learning experiences that meet the program objectives
- Manage behavior during scheduled program activities (involving chaperones as necessary)
- Support and guide participants in community service such as dishes, clean-up, etc.

## School Contact Responsibilities

This page of the handbook is provided to inform you about your responsibilities as a Contact Person for your school or organization. All tasks are outlined with the time frame Merrowvista (MV) uses in preparation for your program. Please call us with any questions or concerns.

<u>What</u>	<u>When</u>
<input type="checkbox"/> Complete photocopy checklist and distribute forms	A couple months prior to program
<input type="checkbox"/> Confirm ... <ul style="list-style-type: none"> <li>• Arrival time</li> <li>• Departure time</li> <li>• Final numbers</li> <li>• Dietary needs</li> <li>• Medical needs</li> <li>• <b>Complete and return Dietary Hotsheet</b></li> <li>• <b>Complete and return Inclusion Hotsheet</b></li> </ul>	3 weeks prior to program
<input type="checkbox"/> Participate in a phone planning meeting with MV <i>Your MV program coordinator will contact you</i> <ul style="list-style-type: none"> <li>• Discuss objectives and goals</li> <li>• Clarify housing needs</li> <li>• Discuss group history, length of time together, etc.</li> <li>• Discuss medical needs (<i>based on review of Health History Forms, page 16</i>)</li> <li>• Discuss dietary needs</li> <li>• Discuss any other special needs</li> </ul>	2-3 weeks prior to program
<input type="checkbox"/> Send completed Risk Forms and Health History Forms to MV (all forms for participants, teachers, and chaperones, pages 16-17)	At least 2 weeks prior to arrival
<input type="checkbox"/> Assign housing for students and chaperones and e-mail or fax to MV	3 days prior to arrival
<input type="checkbox"/> Assign leadership groups and email or fax to MV <i>Our fax number is: 603-539-7504</i>	3 days prior to arrival

## **Teacher and Chaperone Responsibilities**

### **Community Responsibilities/Service**

Community and service are two essential aspects of Merrowvista and we ask you to help care for our site. Students are responsible for the set-up and clean up of meals, and are guided by Merrowvista staff to set tables, clean dishes, wipe tables and sweep. In addition, we ask that all guests leave living spaces at least as clean as they were when you arrived, by sweeping, vacuuming and taking out the trash in the bedrooms and bathrooms, a process driven by the teachers and chaperones.

### **Evening Activities**

Evening programs at Merrowvista vary depending on the age of the participants as well as the focus of the program. Merrowvista staff usually facilitate evening activities but also accommodate school or organization-run activities. We ask that teachers and chaperones attend and assist as required by the Program Coordinator. Because evening programs usually involve the entire group of participants, we find that we have greater success when more adults are present to steer the group's energy.

### **Free Time**

Free time supervision is the responsibility of the teachers and chaperones. The Merrowvista Program Coordinator will inform the community of the free time guidelines decided upon by the school staff. In general we recommend the Athletic Field and the Activity Center as designated areas for students during free time. Participants are only allowed in living areas in the presence of a teacher or chaperone.

### **Involvement**

Programs at Merrowvista are a collaborative effort between our program staff and the visiting school/organization staff. MV staff acts as the lead facilitators during scheduled activity blocks. We ask that teachers and chaperones stay on site through the duration of the program to provide adequate coverage. We encourage teachers to participate in the debriefing of activities to help the participants better transfer the skills and ideas that they are learning.

Merrowvista staff and the teacher or chaperone assigned to the team discuss how they can best work together during any particular activity block.

Whilst teachers and chaperones are welcome to attend any activity block, we need assistance at the waterfront (1 adult per block), on the hike (1 adult per group), high challenge course (2 adults per group) and climbing tower (2 adults per group) only. As per American Camping Association policy, we recommend that all chaperones, staff and adults working with youth have a police background check.

### **Meals**

Meals at Merrowvista are prepared by our wonderful full-time kitchen staff and served family style with the help of student "cruisers." The kitchen staff always provide vegetarian options and work to accommodate any special dietary needs. During meals we ask that all staff disperse among the tables to help guide students through dining hall procedures as directed by the Merrowvista staff.

### **Night Time Supervision**

Night time supervision of participants is the responsibility of the teachers and chaperones. There must be a minimum of one chaperone per sleeping unit, however, the American Camping Association recommends a night time supervision ratio of one adult to every 8 students. Merrowvista staff are off duty at the end of the evening program until the rising bell in the morning. However, there are always Merrowvista staff on call in case of an emergency.

### **Participant Preparation**

Every night before participants go to bed, the group leader informs them what clothes they will need for the following day's activities. We ask teachers and chaperones to help remind the students of what to wear in the morning. Merrowvista staff will not allow participants to go back to their living space to retrieve clothing unless absolutely necessary. Proper dress is crucial to the safety of participants, since the majority of activities take place outside.

## Safety Guidelines

### Safety Orientation

Upon arrival participants will be oriented to Merrowvista's safety guidelines, which includes behavioral guidelines, waterfront policies and emergency systems. In addition, teachers and chaperones will meet separately with the Program Coordinator to receive an orientation regarding their roles and responsibilities, supervision assignments, emergency response, facility, phones etc.

### Bell

Merrowvista's system of large-community communication revolves around a bell. Ten rings of the bell signify wake-up, cruisers, and the start of meal times or activities, and it is also used as an emergency alert system by ringing it hundreds of times. The Program Coordinator will inform the community of all emergency procedures upon arrival at Merrowvista.

### Dietary information

We continue to require health and dietary information for all attending programs at Merrowvista 3 weeks in advance. This applies to both participants, staff members and chaperones coming to Merrowvista. This time frame allows us to make plans, inform people of what is possible for our food program team, and understand what supplemental food families or individuals may need to provide. We ask that program contacts share the 'managing Allergies and Dietary Needs at Merrowvista' information sheet with all participants, staff and chaperones who will be attending the program as soon as possible to enable adequate planning time before the program. The latest health and dietary information sheet can be found in the appendix, on the website, and in your contract packets. A typical timeline may look like this:

- At least 6 weeks before program - Send 'Managing Allergies and Dietary Needs at Merrowvista' to all participants and their families, staff and chaperones.
- 4 weeks before program—review information collected as a result of information sheet and ask follow up questions about details of allergy/dietary need. Merrowvista staff can help with this process, please let us know any allergies that need accommodation from Merrowvista so that we can plan with our food program team, the school or organization and the individuals and their families.
- 3 weeks before program—submit dietary and medical information to Merrowvista contact. Even if it is not complete, we would prefer to have the information you have gathered to this point, rather than wait longer for all the information.

### Dismissal and Alcohol/Drugs Policies

Merrowvista's expectations for participant behavior stem from the idea that actions, statements and attitude should demonstrate respect for self, others and the world around us. If a participant's actions, statements or attitudes negatively impact the community, the program contact will be asked to intervene. Merrowvista reserves the right to dismiss participants for behavioral issues.

The possession and/or use of tobacco, alcohol, illegal drugs or dangerous weapons are ground for immediate dismissal. Additionally, any participant who behaves in such a manner that her/his own safety or the safety of others is jeopardized will be dismissed from Merrowvista.

### Emergency Communication

In an emergency, participants and staff can be contacted at Merrowvista by dialing 603-539-6607. During office hours (8.30-4.30pm Monday to Friday) there will be someone to answer the phone and pass on to the relevant party. Outside of those hours, in an emergency, people calling in to the site should select option 3 when prompted on the main line (603-539-6607) and leave a message. An alert will be sent to a member of staff, who will pick up the message within 15 minutes.

In case of emergency on site, the visiting school/organization staff has the responsibility of contacting the relevant parties outside of Merrowvista. Merrowvista will assist by providing landline phones to use.

The Merrowvista media contact is Heather Kiley, Vice President of the American Youth Foundation

### Emergency Transportation

In case of a medical emergency, EMS will be activated by calling 911. Huggins Hospital, the nearest medical facility, in Wolfeboro is twenty minutes away. Groups should use personal vehicles for hospital visits that are not emergency related. Merrowvista has an emergency vehicle if a group cannot utilize their own vehicle due to unforeseen circumstances.

## **Intruder policy**

In case of intruder The Site Leader will announce “Merrowvista All Call” over the radio. All staff with radios should move away from participants to hear instructions. Staff will be informed of the location of the intruder and instructed to lock down or disperse with their kids. Lock down locations include buildings where doors can be locked and with limited windows (for example Health Center basement, Eating Lodge basement, bike shop (located under the eating lodge), basecamp (located near the compost), Lifeboat, Boathouse, Farmhouse, New Jersey back bedrooms, shop). If groups are instructed to disperse, instructions will be given regarding direction.

Campers should be instructed to:

- Move out of sight
- Maintain silence
- Move away from danger
- Stay calm

Staff in lockdown locations should

- Secure the location – lock doors and if possible “harden the location” by moving tables/desks to secure space. Turn out lights and make sure campers and staff are out of sight from any windows.
- Take a head count and if possible write down the names of campers and staff in your location.
- If possible, establish communication with the Emergency Response Team. The Emergency Response Team Communications Manager will stay in touch with you to assist in providing situational awareness to the ERT Manager and outside resources. Staff and campers should stay in their locations until the police or emergency responders inform them it is safe. The emergency personnel will instruct you where the community is gathering and the best route to take. If groups dispersed, the signal to return to camp will be the continuous ringing of the bell.

## **Health Care/Emergency Response**

Merrowvista does not operate an infirmary during the school year. Our staff have a minimum certification of First Aid and CPR and can provide support to teachers in responding to emergencies.

Groups are responsible for first aid and emergency care, as Merrowvista does not employ a registered nurse during the academic year. All groups are advised to bring adults who are First Aid and CPR/AED certified by a nationally recognized provider such as the Red Cross or the American Heart Association and who are on duty throughout the program. Groups are responsible for distributing participant medications and for providing medical supplies to support nursing efforts. Medication should not be kept in participant cabins. All medications should be turned into the designated health officer and kept locked. Merrowvista provides a first aid station to store first aid/medical supplies.

## **Payment with program**

Payment for the program must be received on the first day of program as per your invoice.

## **Personal property**

Visitors are not permitted to bring Alcohol and Drugs, personal sports equipment, animals or weapons onto site. Vehicles should be parked in the lower parking lot, unless otherwise permitted by the Merrowvista program coordinator.

## **Regional or National Emergency Response**

Merrowvista has prepared an emergency response plan that will be activated in case of a regional or national emergency. The Program Coordinator will work together with the Program Contact and the community in such an event. The program contact is responsible for communication with families and we recommend that a phone tree or alternative communication system is created prior to the trip.

## **Waterfront**

The waterfront is closed except under the supervision of Merrowvista staff. Participants may swim in a restricted area, only when a Merrowvista lifeguard is on duty and another adult is present. Chaperones and participants are oriented to the policies and procedures of the waterfront upon arrival.

## **Wheelchair Accessibility**

Merrowvista successfully strives to adapt programs that accommodate well all of our participants. While some of our buildings are wheelchair accessible, we can also adjust our facility to better meet your needs. Groups are encouraged to

## AYF Food Program Guiding Principles and Action Steps

**Inspire respect and reverence for food,** understanding the blessing and value of the food that we have and the knowledge that many in our world will go to bed hungry.

- Presenting food in a way that promotes respect
- New dishes
- Intentional framing of each meal with moment of gratitude and space for kids to focus on all that they are grateful for
- The addition of the Eating Lodge Garden, where herbs and vegetables are grown on site, brought into the kitchen for use, and explained to broaden the understanding of where our food comes from

**Reduce the carbon food print of our food programs,** both in getting food to our tables and reducing our waste. Being mindful of how far our food travels to reach our table, choosing local options when possible, focusing on reducing food waste and taking care to compost.

- Added signage around camp and the Eating Lodge that focuses on how we reduce our carbon footprint, including the Miles to Table information to increase awareness of where food comes from.
- Food for thought during CSP programs with facts about food.
- When possible, buy local produce and products, reducing our carbon footprint in relation to transporting food to camp.
- Reframe ORT to help campers think differently about why we want to reduce our ORT. Help them make the connection that ORT travels to landfills, and by reducing our food waste there is less fuel used to transport it and less going to the landfill.
- The kitchen, with the support of campers and staff, will continue to recycle all plastics, tin, aluminum and cardboard.
- Although we don't use disposable cutlery very often, the cutlery will be compostable from a local vendor in Maine. We will also continue to use compostable napkins.
- Our practice is to turn off at least half of the lights at lunch to reduce our use of electricity in the Eating Lodge.

**Educate and empower participants and staff toward action.** Spend time talking about what and why we are eating, why we compost and weigh our ORT. We will be mindful and emphasize the link between how we fuel our bodies and the development of our best self.

- As we reframe ORT, we also focus on taking smaller portions, knowing we can always take more if we are still hungry. We don't want to pressure campers or staff to clean their plate, as it is still waste when we eat more than we need.
- We added a daily Green Team after one meal each day. This is a village that works with a logistics team to take care of the compost, learning about how compost works and how we use the compost in our Kitchen Garden.
- Provide healthy, "premium fuel" options to the menu and educate campers on how they can choose foods that help them develop their best self.

**Develop menus that provide a variety of healthy options** for our participants and staff. We will seek to offer "premium fuel" menu options including whole grains, fresh fruit and vegetables.

- All meals include a protein, fresh fruit or vegetable and carb. Breakfast and dinner also include plenty of dairy and calcium options. Other premium fuel options include:
  - Whole grain buns, bread, pasta, waffle sticks and French toast.
  - All chicken nuggets, patties and tenders are 100% breast meat and hotdogs are kosher, 100% beef.
- We have fruit available to participants throughout the day in the Eating Lodge – apples, pears, oranges, bananas ... whatever is in season. Local fruit is offered whenever possible.
- A salad bar full of fresh vegetables is offered at least once each day.
  - In addition, we often seek to introduce campers to new premium fuels through the salad bar – quinoa, couscous salads, various bean salads.
- When possible, we offer "made from scratch" menu options including Tapper's Veggie Chili, minestrone soup, beef stew, baked ziti, fresh hummus and salad dressings.

## Managing Allergies and Dietary Restrictions at Merrowvista

At Merrowvista, we intentionally design our Food Program to support participants, teachers and chaperones in being their best self by offering healthy, balanced meal options. We strive to meet special dietary needs that we are made aware of in advance by clearly outlining what the Merrowvista Food Program is able to offer, and what parents and chaperones should plan on providing.

Merrowvista's standard menu offerings do not include peanuts, shellfish or tree nuts. A vegetarian and/or vegan option is offered at each meal, as are rice, soy or coconut milk. We also offer a gluten free and dairy free option for those participants and staff with a diagnosed allergy. Fresh fruit and vegetables are included at each meal. Fresh fruit, as well as wow-butter (a soy based peanut butter substitute) or sunbutter (a sunflower seed based peanut butter substitute) and jelly with wheat bread are available at lunch and dinner, and can be made available throughout the day. With advance notice, we are able to offer some menu substitutions to accommodate common food allergies & dietary needs. Unfortunately, because of the nature of our suppliers, it is rare that we can provide labels for the food we provide.

**It is essential that we have detailed information about all special dietary needs of participants and chaperones at least three weeks in advance. Only then can we determine what food the family, teacher or chaperone will need to provide and insure we have the appropriate substitutions on hand. Please contact the group leader for your organization and Merrowvista as soon as possible.**

On the back of this page, you will find outlined what we are able to provide for various allergies and intolerances.

If the participants, or your allergy fall outside of what we can provide, or if you want to supplement what we are able to provide, you are encouraged to send food on the trip. To ensure a smooth meal for each participant, please clearly label the food you are providing for your child with the meal and day (ex. Lunch day 1, dinner day 2, etc.). The Food Program staff will warm up the food for the appropriate meal and day.

**Please ensure that your group leader also has the details of the participant, or your dietary or allergy needs. The group leader will be responsible for ensuring that the participant gets the food that they need, and it is essential that they have a full understanding of your participant's allergy. If you need to contact Merrowvista, the group leader will be able to give you the relevant contact details for the most appropriate Merrowvista staff person.**

Regards,

Kelcie Meyer  
Director of Community and School Programs  
[kmeyer@ayf.com](mailto:kmeyer@ayf.com) • 603-539-6607 x2016

Cat Marconi  
Community and School Programs Relationship Manager  
[cmarconi@ayf.com](mailto:cmarconi@ayf.com) • 603-539-6607 x2017

### Veganism & Vegetarianism

Merrowvista offers fresh fruit and vegetables, soy, rice or coconut milk, and vegetarian and/or vegan options for every meal. These common protein sources include a variety of beans, quinoa, cheese, tofu and variety of seeds. We encourage vegans to bring additional sources of protein to supplement the fruits, vegetables and grains to insure your dietary needs are met since cheese may be the vegetarian source of protein for that meal.

### Dairy Allergy

The Merrowvista Food Program staff provides limited dairy-free food substitution including dairy-free bread, dairy-free protein options, oatmeal. Milk substitutes of soy, rice and or coconut milk are always available. Italian ice is always available for dessert after dinner and most days we also have other sweet, homemade options such as vegan chocolate covered bananas or cookies; if a different dairy-free dessert is preferred visitors should plan on bringing the appropriate substitution. The menu outlines the specifics of the dairy free foods available.

The Merrowvista Food Program staff makes every effort to reduce the chance of cross contamination by following best practices in sanitizing surfaces and cleaning of pots and pans. Prior to and throughout the program, our staff will sanitize surfaces, pots and pans; please note the pots, pans and surfaces will have touched allergens during their lifetime. We strive to have our dairy-free food options match the large group menu whenever possible, but it is not guaranteed.

### Gluten Allergy

The Merrowvista Food Program staff provides limited gluten-free food substitutions which include: gluten-free bread, wraps and rolls, naturally Gluten free oatmeal, pizza crust, marinara sauce, pasta, breaded chicken, Italian ice, and most days we will have homemade cookies or cakes as another sweet option. If there are requests for specific brands, we ask the family to send the preferred brand as we may not be able to purchase that item in our rural area. Visitors are responsible for providing gluten-free snacks.

The Merrowvista Food Program staff makes every effort to reduce the chance of cross contamination by following best practices in sanitizing surfaces and cleaning of pots and pans. Prior to and throughout the program, our staff will sanitize surfaces, pots and pans; please note the pots, pans and surfaces will have touched allergens during their lifetime. We strive to have our gluten-free food options match the large group menu whenever possible, but it is not guaranteed.

### Peanut and Tree nut Allergies

AYF works to manage the risk of exposure to peanut products. However, AYF does not control all sources of contamination in particular those coming in to the community through participants and visitors. AYF does not serve products containing peanuts, tree nuts, peanut butter or peanut oil in their ingredient listing as part of the main course. However, AYF does serve some snack products and desserts (cookies) that may have been manufactured in a facility that may also process nuts. Visitors with peanut allergies may choose to bring their own supplies of snacks and desserts. Italian ice, a nut-free dessert, is always available as a dessert substitution.

### Other and multiple Allergies

You are welcome to review our regular menu to see what might be safe for visitors to our site to eat; most lunch and dinner meals there is a salad bar, fresh fruit and vegetables as part of each meal. We ask for additional food items to be sent to Merrowvista to supplement what we can safely provide. To ensure a smooth meal for each participant, please clearly label the food you are providing for your child with the meal and day (ex. Lunch day 1, dinner day 2, etc.). The Food Program staff will warm up the food for the appropriate meal and day. If this is the case, we welcome conversation with your group contact, and with Merrowvista to ensure that all know the details of the allergy and how they can help ensure that the visitor gets the sustenance they need.

### Gluten and Lactose Intolerance

Participants, teachers or chaperones with gluten or lactose intolerances may be able to tolerate small amounts of gluten and lactose. If this is the case with you or your child, please review the menu in advance to identify which menu items will require a substitution and which menu items will not. An example may be a pizza lunch, where a lactose intolerant participant can have a piece of regular pizza. If we know that in advance, our food program staff will not prepare a lactose-free alternative for that meal, saving time and resources. Please note we are not able to provide lactose-free cheese options. Thank you in advance for your assistance in this area.



American Youth Foundation

Merrowvista

147 Canaan Road, Ctr. Tuftonboro, NH 03816

603-539-6607 • 603-539-7504 (fax)

www/ayf.com

Please answer all questions thoroughly; review the statement on the back and sign. This information is important for you and your child's safety. All information will be kept **confidential** unless needed in an emergency situation. Please provide all information to ensure the participant receives quality care.

## Health History Form

### Biographical Information

School, Program or Group Name: \_\_\_\_\_ Date(s) of Program: \_\_\_\_\_  
 Participant's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

### Health History Information

Has participant experienced any of the following (please provide further explanation below):

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Allergy to bee stings | <input type="checkbox"/> Chronic illness          | <input type="checkbox"/> Hemophilia      |
| <input type="checkbox"/> Allergy to medication | <input type="checkbox"/> Developmental disability | <input type="checkbox"/> Hypertension    |
| <input type="checkbox"/> Allergy to foods      | <input type="checkbox"/> Diabetes                 | <input type="checkbox"/> Kidney problems |
| <input type="checkbox"/> Arthritis             | <input type="checkbox"/> Epilepsy/Seizures        | <input type="checkbox"/> Lung disease    |
| <input type="checkbox"/> Asthma                | <input type="checkbox"/> Fainting spells          | <input type="checkbox"/> Rheumatic fever |
| <input type="checkbox"/> Back condition        | <input type="checkbox"/> Frequent colds           | <input type="checkbox"/> Sleep walking   |
| <input type="checkbox"/> Balance problems      | <input type="checkbox"/> Head injury              | <input type="checkbox"/> Strokes         |
| <input type="checkbox"/> Bed wetting           | <input type="checkbox"/> Heart disease/defect     | <input type="checkbox"/> Other: _____    |

If any of the above boxes are checked, please explain: \_\_\_\_\_  
 \_\_\_\_\_

1. Is the participant taking any medications?  Yes  No If yes, explain and list all medications, dosages and times:  
 \_\_\_\_\_  
 \_\_\_\_\_
2. Does the participant have any sensory, cognitive or physical disabilities?  Yes  No If yes, explain: \_\_\_\_\_  
 \_\_\_\_\_
3. Does the participant have any mobility impairment?  Yes  No If yes, explain: \_\_\_\_\_  
 \_\_\_\_\_
4. Any allergic reactions?  Yes  No If yes, explain: \_\_\_\_\_
5. Does the allergy require an epi-pen?  Yes  No If yes, when was it last administered? \_\_\_\_\_
6. Does the participant have any dietary restrictions?  Yes  No If yes, explain: \_\_\_\_\_  
 \_\_\_\_\_
7. Will the participant be bringing an inhaler?  Yes  No
8. Has the participant been treated or hospitalized in the last 24 months?  Yes  No If yes, for what injury or illness? \_\_\_\_\_

### Emergency Information

In case of emergency, please contact those listed below - must be parent or legal guardian if under 18:

1. **Primary Contact:** \_\_\_\_\_ Relationship: \_\_\_\_\_  
 Phone, Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_
2. **Secondary Contact:** \_\_\_\_\_ Relationship: \_\_\_\_\_  
 Phone, Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_



## Acknowledgement and Assumption of Risk and Permission for Medical Care

Dear Participant and Parent(s)/Guardian(s):

We believe people seek adventure. The American Youth Foundation's Merrowvista provides an ideal environment for exploring new activities in a structured manner. However, some of the activities may involve risks that people do not encounter every day.

At the American Youth Foundation we take every reasonable precaution to conduct safe programs, to inform individuals and families of inherent risks and to provide adequate insurance coverage. This letter is one effort to apprise you of our concern for our participants' safety and to seek your cooperation.

Risk management is an essential element of the activities we offer and we observe standard precautions. We conduct our programs according to practices and procedures recommended by the American Camping Association and the Association for Experiential Education. Our risk management program includes specific criteria for staff selection, training and supervision, written policies and procedures, reporting an review of incidents, and outside reviews of our programs. While we anticipate our professional supervision will ensure the well being of each participant, we are also aware it is not possible to foresee every contingency or to eliminate all risk.

Examples of activities in our programs at the American youth Foundation's Merrowvista during program seasons could include traveling in AYF vehicles, horseback riding, swimming, sailing, canoeing, kayaking, rowing, camping, using stove and open fires, and using ropes/obstacle courses that may be 50 feet high or more. Attendant risks include collision, capsizing, burns and falling. Environmental risks include inclement and unpredictable weather, deep and or cold water, rapidly moving water, falling objects, insects, hypo- and hyper-thermia (lower and elevated body temperatures), sunburn, allergic reactions and other injuries or illnesses. There are of course, other risks inherent in our activities, including emotional or social risks inherent of community living and group activities.

To assure us that you understand the kinds of activities and risks involved in AYF programs, the participant and Parent(s)/ Guardian(s) of any participant under 18, are asked to sign the statement below and return it along with the other required forms. Your signature(s) will confirm that you have read this statement and that you acknowledge and accept the risks involved in our programs and the responsibility to come prepared for the program.

Sincerely,  
Anna Kay Vorsteg, President  
American Youth Foundation

To: American Youth Foundation

I, \_\_\_\_\_, who will be attending an American Youth Foundation (AYF) program, have read the above statement and understand there are risks involved in AYF activities like those described in this statement. I accept those risks as a part of my participation.

I am also aware that my (my child's) school or sponsoring agency is ultimately responsible for medical care of me/my child. However, in the event of an emergency, I give permission to the American Youth Foundation and their staff or designated personnel to hospitalize and/or secure proper treatment for me/my child mentioned above. I have also indicated any medical information that will ensure the proper treatment and well being of me/my child.

I give permission for AYF to use photographs, video and statements from me/my child for education and promotional purposes, including brochures, websites and slideshows. I waive the right for any future claims, including remuneration.

\_\_\_\_\_  
Signature of a Parent or Legal Guardian

Date

\_\_\_\_\_  
Signature of the Participant

Date

**Please note for participants under the age of 18:** If the participant has an allergy requiring an epinephrine kit or pen, asthma requiring an inhaler or currently taking medications, these items should be turned in to the group's chaperone or advisor. If this is an open enrollment program, these items should be given to the AYF staff member. It is recommended that participants requiring an epinephrine kit or pen or an inhaler bring two, so that one can be carried with the participant and one can be carried by the chaperone of the group at all times.



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## Letter to Parents

Dear Parents, Guardians and Families,

We are delighted to have the opportunity to welcome your child to the American Youth Foundation-Merrowvista! Our hope is that we can provide meaningful and rich experiences that will inspire your child to discover and develop his or her personal best, and that will reach further than the time spent here on site.

One of our highest priorities is to ensure the safety and well being of all participants who come to Merrowvista. The community building work we strive for is only possible in an emotionally and physically safe context. As such, we are asking you to please fill out our Acknowledgement of Risk and Health History form. This way, we can collect your child's health needs ahead of time and be sure to make the necessary accommodations before his or her arrival to Merrowvista.

In addition to health concerns, it is especially important that we be aware of all the dietary needs of your child. We are able to accommodate many food allergies and restrictions and will work hard to create a safe eating environment for your child. It is essential to us that everyone participating in a Merrowvista program is well fed, no matter what their dietary restrictions. Please indicate any dietary concerns for your child on his or her health form and feel free to call us directly to talk through the specifics. For severe food allergies, we ask that we work closely with you in order to provide adequate nourishment for your child.

At any point, should you need to get a hold of your child while he or she is onsite, please call our main phone line above. If it is outside of regular business hours our voice message will give you the option to press "3" which allows you to leave a message in our emergency mailbox. This will notify our staff who will promptly get back to you regarding the message.

If you'd like to send your child mail while he or she is with us, please use the address listed on the letterhead. We recommend sending it a week in advance so that it arrives before your child's departure.

Additionally, we wanted to take this opportunity to share with you some of our programming goals at the American Youth Foundation in the hope that your child's experiences and learning from Merrowvista can continue after his or her time here is past.

In the American Youth Foundation, we want all our participants to have a fun, safe experience in our programs. We believe in order to have fun and learn, participants need to be and feel safe. Therefore, participants and staff work together to foster a safe learning environment. The educational program at Merrowvista is built around achieving the following goals:

- **School Objectives** – It is our greatest hope that our work here is an extension of what is being done in your child's school. As such, we will work closely with the teachers and administrators of your child's school to tailor a program which extends the work and learning being done in the classroom. Our hope is to ensure the topics

that are focused on and discussed at Merrowvista inspire our participants to enhance their learning and community involvement back home.

- **Best Self** – Our motto in the American Youth Foundation is “*My own self, At my very best, All the time.*” Thus, we strive to help participants discover and develop their own personal best. As a part of “Best Self,” our programs increase participants self confidence and help each participant to see themselves as a unique and capable individual. We intentionally provide opportunities for participants to practice respect for self, others and the world around us, and encourage them to take responsibility to act for the good of others and our natural world.
- **Creating Healthy Friendships and a Positive Group Culture** – From the moment participants arrive, we will begin helping them build positive friendships. Groups will create a “recipe for success,” listing the key ingredients they need from one another to live together and have fun. Regular discussions with participants will explore the characteristics of healthy friendships, how a successful group works together, and how to communicate with one another in respectful and meaningful ways. We will engage in a number of fun activities which encourage participants to practice skills important to building healthy friendships, as well as help them practice the skills to work together to achieve their goals. Key skills include: trust, cooperation, respect, responsibility, fun, compromise, communication, kindness and problem solving.

Although not every group who comes to us will do the same activities, each will do some of the following: team building on our low ropes obstacle course, hiking, high challenge on our high ropes course or climbing tower, ecological lessons (wetlands, forests, wildlife, beavers, geology, lakes and outdoor survival), raft building, option blocks (sports, arts and crafts, board games, canoeing, scavenger hunt), bridge building and night time activities. One of our favorite night time activities, which we host for every group we work with, is a council fire ceremony the last night a group is with us. We invite our participants to share around the fire, to sing songs and to celebrate the community they have worked hard to create. It is often a cherished memory, so be sure to ask your child about it when they return.

We hope that after your child’s time with us you will have an opportunity to continue the discussion of the work done here with him or her. For this, we would encourage you to ask any or all of the following questions:

- What was your favorite part of the trip?
- Did you get to know anyone you didn’t know very well before?
- Did any of the activities help you grow in your growth zone?
- What did you learn about working in a team with your classmates?
- What did you learn about taking care of the earth and being Earthwise?
- What’s ORT? And did you do a good job of having less ORT?

Thank you in advance for allowing your son or daughter to attend a program with our organization and spend time with us. We trust that they will have had an enjoyable experience and return with many stories of what they have done. Please do not hesitate to explore these stories and memories with your son or daughter and to find out some of what they are taking away from Merrowvista.

If you have any further questions, please feel free to get in touch via phone or email.

Best Wishes,

Kelcie Meyer  
Director of Community and School Programs  
[kmeyer@ayf.com](mailto:kmeyer@ayf.com) • 603-539-6607 x2016

Cat Marconi  
Community and School Programs Relationship Manager  
[cmarconi@ayf.com](mailto:cmarconi@ayf.com) • 603-539-6607 x2017

# General Information about Merrowvista

## About the organization

Merrowvista is a part of the American Youth Foundation (AYF), a national, not-for-profit organization that develops leadership in young people and the adults and institutions that serve them. The AYF's summer camps, conferences and year-round programs have proven to be successful models for youth development since 1925. The organization is governed by a board of directors assisted by advisory boards in several communities.

## Can I call my child?

It is highly unusual for participants to receive or make telephone calls while they are here. In most cases, participants may use the phone only in emergencies and with the approval of school staff. However, teachers and chaperones may have access to a phone which they can use with a calling card or by calling collect.

## Can I send/receive mail?

Participants and chaperones can receive and send mail during their stay at Merrowvista. Please be sure to include the name of the school or organization when addressing the mail.

Please note our address: 147 Canaan Road, Ctr. Tuftonboro, NH 03816

## Dietary needs

Well-balanced meals are served three times a day with a vegetarian option. Please inform the school or organization contact person of any special dietary needs, including allergies, and include that information on the Health History Form.

## In an emergency

If an emergency does arise and you need to contact someone at Merrowvista, you may call the office at 603-539-6607. Between the hours of 5:00 pm and 9:00 am, a voicemail system will direct you to the emergency mailbox, which quickly alerts a Merrowvista staff member, who will relay information.

## Lost and found

Merrowvista tries to reunite lost items with their owners before they leave. Please mark items with the participant's name so that they are more easily reunited with the owner. Items that are left are kept for a short amount of time and can be shipped to the owner at the parent/guardian's expense.

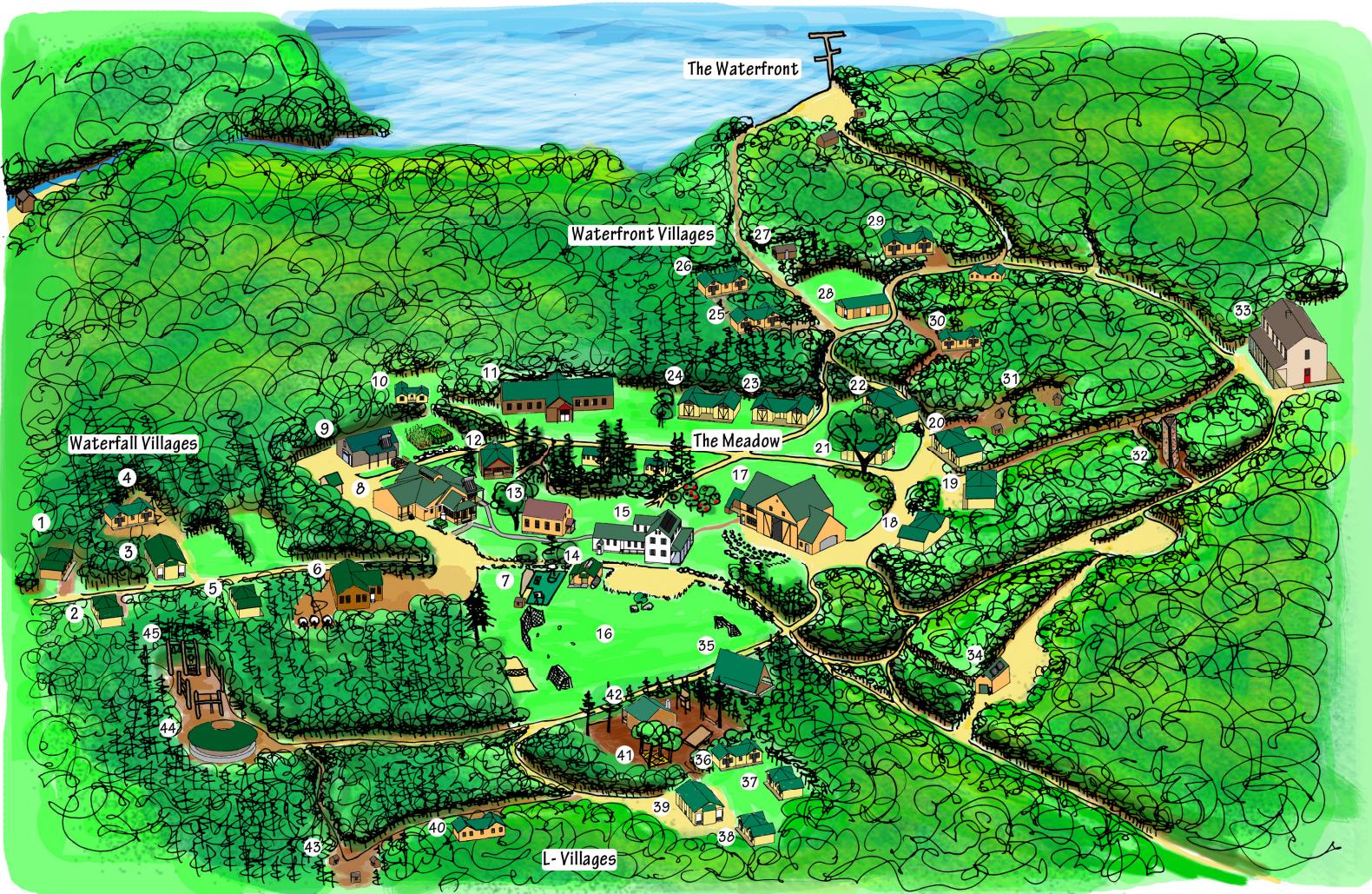
## Special needs

Please inform the school or organization contact person of any recent injuries and behavioral, emotional, or physical concerns that might affect participation in the program, and include such information on the Health History Form.



# American Youth Foundation Merrowvista<sup>26</sup>

## main campus



### Waterfall

- 1. Madison Village
- 2. Carter Dome Village
- 3. Sentinel Biff
- 4. Sentinel Village
- 5. Canaan Village
- 6. Health Center

### Central Camp

- 7. Basketball Court
- 8. Eating Lodge
- 9. Base Camp
- 10. The Lifeboat
- 11. Stockman Lodge
- 12. New Hampshire Lodge
- 13. The Bahn
- 14. Taj Biff
- 15. Farmhouse
- 16. Athletic Field
- 17. Activity Center

### The Meadow

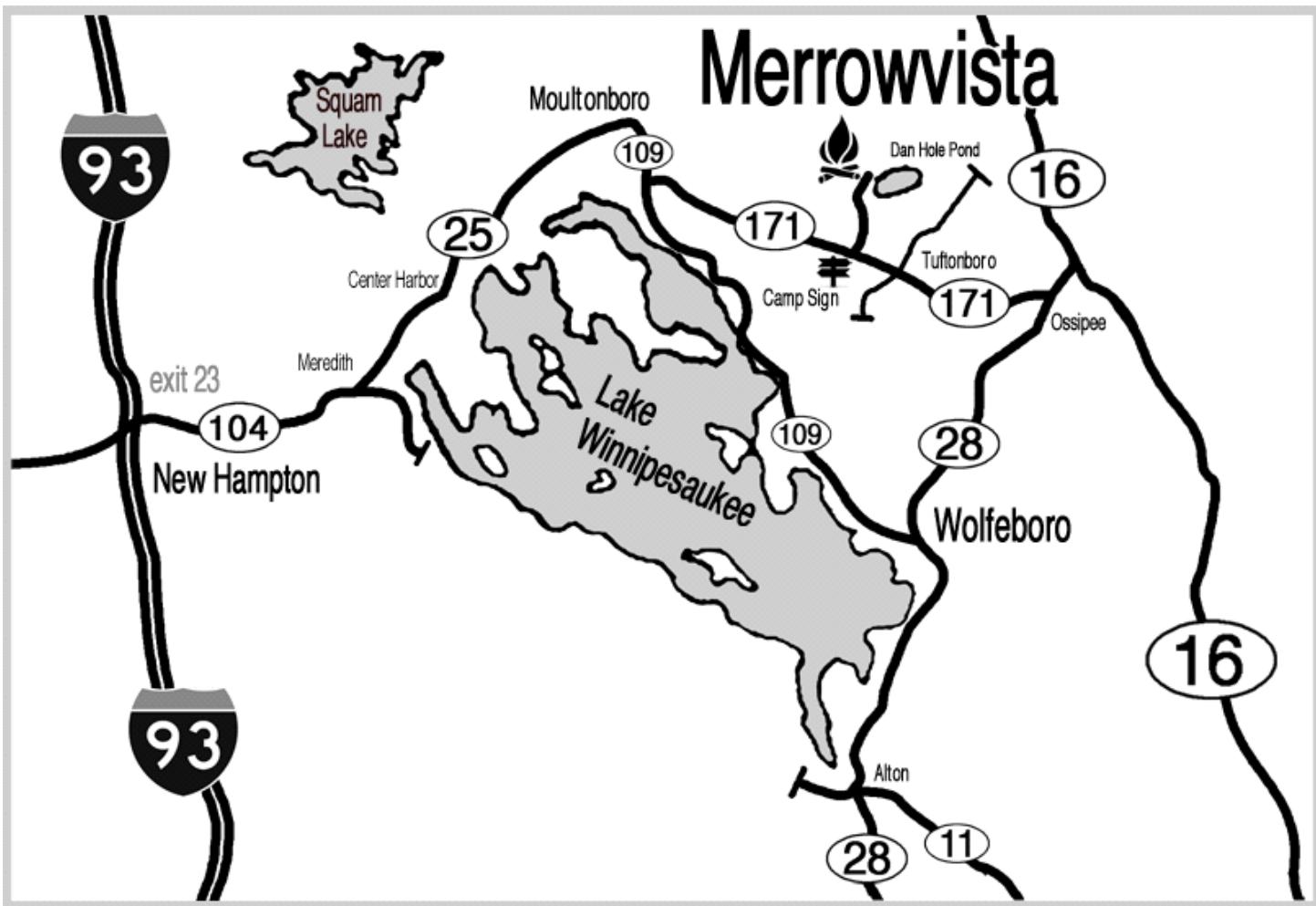
- 18. Mahoosuc Village
- 19. Whitecap Village
- 20. Blueberry Village
- 21. Super Biff
- 22. Little Bigelow Cabin
- 23. Moosilaukee Village
- 24. Tri-Pyramid Village

### Waterfront

- 25. Chocorua Village
- 26. Flagg Village
- 27. Weston Shelter
- 28. Squirrel Biff
- 29. Katadhin Village
- 30. Shaw Village
- 31. Nesuntabunt Village
- 32. Climbing Tower
- 33. Danforth Lodge
- 34. The Shop

### Across the A-Field

- 35. Holbrook Chapel
- 36. Lincoln Village
- 37. Lafayette Village
- 38. Liberty Village
- 39. Irish Biff
- 40. Little Haystack Village
- 41. Low Challenge
- 42. New Jersey Lodge
- 43. Jefferson Village
- 44. Council Circle
- 45. High Challenge



**From Boston, Massachusetts:** Take I-95 North to Portsmouth, NH. Proceed North on Spaulding Turnpike and Route 16 to Ossipee, NH. Turn left onto Route 171 West. Continue on Route 171 through Ossipee, across Route 28, approximately 8 miles to rural crossroads (Tuftonboro Corner). Continue straight .5 miles downhill to the camp sign on the left. Turn right onto Canaan Road and follow the paved and gravel road 2.1 miles.

**From Wolfeboro, New Hampshire:** Take Route 28 North 9.6 miles to Route 171. Turn left onto Route 171 West and proceed 6.4 miles to rural crossroads (Tuftonboro Corner). Continue straight .5 miles downhill to the camp sign on the left. Turn right onto Canaan Road and follow the paved and gravel road 2.1 miles.

**From Western New Hampshire and Vermont:** Exit off I-93 at New Hampton and take Route 104 East to Meredith. When 104 comes to a 'T' in Meredith at the traffic light, go left on Route 3 through Meredith. At the next traffic light go right on Route 25 to Moultonboro. Take Route 109 East, on your right, 2.3 miles. Then bear left on Route 171, proceeding 7.1 miles to the camp sign on your right. Turn left onto Canaan Road and follow the paved and gravel road 2.1 miles.

**From Portland, Maine:** Take Route 25 West towards Gorham and follow this until the Ossipee area. Take Route 16 South. Take Route 28 South. Turn right on Route 171 and follow this for approximately 7.1 miles to the camp sign on the left. Turn right onto Canaan Road and follow the paved and gravel road 2.1 miles.

If you get lost, have last minute questions, or will be arriving late to Merrowvista, please contact the staff in one of the following ways:

1. Call Merrowvista: 603 539 6607
2. Call the main office number and follow the prompts to activate the emergency beeper system