



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# **YMCA of Central Ohio 2018 Summer Day Camp Parent Handbook**

**North YMCA Summer Day Camp  
St. Anthony Summer Day Camp  
North YMCA Teen Day Camp**

## Welcome to YMCA Summer Camp!

Let me take this opportunity to sincerely thank you for choosing the YMCA of Central Ohio's Summer Day Camp programs for your camper this summer. Our experienced camp staff is looking forward to providing exciting and fresh camp programs and activities. It is our goal to help each camper build a healthy spirit, mind and body with an emphasis on character development with our four core values: Caring, Honesty, Respect, and Responsibility.

Please take time to carefully read through this parent handbook and the rest of your parent packet. There is a tremendous amount of information so please take your time and review everything thoroughly. This will inform you of the paperwork that must be completed and returned to us before your camper may attend camp. This will also inform you of important camp information that you and your camper should know and understand. Should you have any additional questions, please contact the Camp Director and your concerns will be addressed as quickly as possible.

We will also be offering a Parent Open House Night before camp starts for you and your camper that we encourage both of you to attend. We will answer questions regarding our payment policy, behavior management policy, our camp activities, and much more! You will also have the opportunity to meet some of the camp counselors! The Parent Open Houses for the North YMCA Summer Camps will be held at the North YMCA on the following dates and times:

**June 3rd, 2018 at 3:00 PM**

If applicable, Camp Can Do families will be contacted directly to set up an orientation.

Thank you for your time and cooperation. We are looking forward to an incredible summer filled with happy campers and exciting adventures!

Regards,

**Taren Mahone**  
**taren.mahone@ymcacolumbus.org**  
**614.885.4252**

## TABLE OF CONTENTS

Welcome letter	2
Table of Contents	3
YMCA Mission, Goals & Objectives, What Camps Are All About	4/5
What Can You Expect, Camp Rules & Core Values	5
Registration Process	6
Payment Policy, Camping Standards for Excellence, Ratios, Hours of Operation	7/8
Camp Themes, Daily Drop-Off / Release of Campers	8/9
Early Pick-Up, Before and After Camp Care, Transportation	9/10
Medications, Illness & Injury	10/11
Communicable Disease Policy	12
Behavior Management Policy	12/13
What to Bring/Not to Bring to Camp	14
Swimming	15
Inclimate Weather/Rainy Days, Field Trips, Lunch/Snacks, Cookouts	15/16
Weekly Newsletters	16
About Our Camp Counselors	17
Important Camp Phone Numbers	17

### **YMCA OF CENTRAL OHIO MISSION:**

To serve the whole community through programs that express Judeo-Christian principles that build a healthy spirit, mind and body.

### **YMCA OF CENTRAL OHIO DAY CAMP MISSION:**

To help children grow physically, mentally, and spiritually under the guidance of caring, well-trained staff who provide challenging activities in a natural setting.

### **OBJECTIVES AND GOALS OF THE YMCA:**

1. Build self-esteem and nurture personal growth
2. Values clarification
3. Support of the family
4. Promotion of good physical and mental health
5. Foster and appreciate cultural diversity
6. Improve world unity
7. Leadership opportunities and development of skills
8. Environmental appreciation and awareness
9. Have fun!

### **DAY CAMPER GOALS:**

At the YMCA of Central Ohio Summer Day Camps, we have goals for your camper that we would like to share with you as the parent. With your help, we hope to attain these goals each week your camper is with us. If you have any questions regarding these goals please contact the Camp Director.

1. Encourage each camper to develop new skills.
2. Encourage each camper to improve their understanding of/adherence to the YMCA's Core Values of Caring, Honesty, Respect and Responsibility.
3. Develop in each camper an appreciation for nature, ecology, and preserving the environment.
4. Help each camper gain a deeper understanding and appreciation of their own skills and abilities.
5. Encourage the development of leadership skills in campers.
6. Encourage campers to become responsible members of their families and communities.
7. Be caring in your words and thoughts.

### **YMCA DAY CAMP AND INCLUSION**

The YMCA has a unique opportunity and responsibility to work toward full inclusion of people of all abilities. The YMCA of Central Ohio will not deny access to anyone solely on the basis of their disability. The YMCA complies with all provisions of the Americans with Disabilities Act (ADA) and aims to ensure complete access, inclusion, and engagement for all children.

Guardians of campers with special needs are asked to inform the Y of their child's needs before programming begins to ensure the Y is prepared to best serve them. It is essential that all pertinent information is available to staff throughout the summer so we can work in mutual partnership to ensure everyone's success. The YMCA of Central Ohio will provide reasonable accommodations on a case-by-case basis after an individualized assessment has been conducted and the accommodations have been agreed to by all parties.

If no satisfactory accommodations or alternatives can be fulfilled, the Y will provide guardians with notification of the reasons for this determination. Prior to enrollment, guardians should meet with the Camp Director to discuss their child's needs and goals, review the Y's policies, and complete the individual assessment.

The YMCA of Central Ohio is committed ensuring all children have the opportunity to learn, grow, and thrive. If you have questions about these policies, please contact the Inclusion Coordinator, Abbe Ginn, at [abbe.ginn@ymcacolumbus.org](mailto:abbe.ginn@ymcacolumbus.org) or 614-389-3880 ext. 9809.

## **WHAT YMCA CAMPS ARE ALL ABOUT:**

### **The great outdoors!**

Programs happen outside and focus on the experience of the camper in nature.

### **Tradition!**

YMCA day camping programs have existed in Central Ohio for over 40 years.

### **Diversity!**

Day camp provides an opportunity for campers of all backgrounds to come together.

### **Working together!**

We can all benefit by learning to work together in a group.

### **Personal growth!**

We all have the opportunity to try new things and improve leadership skills.

### **Role Models!**

By exhibiting the core values, we can all be strong role models for others.

### **Friendship!**

Day camp allows us to know each other well; the friendships can last a lifetime!

### **Character!**

Camp is a truly unique experience; it will make you a better person!

## **WHAT CAN YOU EXPECT?**

1. Your camper will play outside every day and may come home with dirty clothes, so please dress appropriately.
2. Your camper will be in the sun and heat for most of the day, so please dress appropriately and bring plenty of water.
3. Your camper will burn energy all day long.

4. Your camper will make new friends.
5. Your camper will experience something new each week, if open to it.
6. Your camper will meet new role models each week.
7. And so much more!

### **DAY CAMP CODE OF CONDUCT:**

YMCA of Central Ohio Summer Day Camps have a list of camp rules and guidelines that will be reviewed with all campers at the beginning of each week or as needed. These rules are for everyone at camp including campers, staff, parents and volunteers. If you have questions regarding our Day Camp House Rules please contact your Camp Director. The following are examples of some of our Day Camp House Rules:

- No put-downs...no one needs them.
- Be honest with yourself and others.
- Speak for yourself...not for anyone else.
- Listen to others...they will then listen to you.
- Show respect ...every person is important.
- Take responsibility for your actions, you are responsible for you.

### **YMCA CORE VALUES:**

Our camps have been created to promote the YMCA's Core Values in all camp programs, discipline and activities. Please review these words and definitions with your camper.

#### **Caring**

Treat others and the earth with compassion and kindness.

#### **Honesty**

Be honest in your actions and thoughts.

#### **Respect**

Show respect for yourself, your parents, fellow campers, staff, property and equipment at your camp.

#### **Responsibility**

Take responsibility for your actions, words, behavior and the environment/property of your camp.

### **FAMILY PARTICIPATION:**

A key element of our program is family involvement. Families are strongly encouraged to volunteer their time and services in a wide variety of ways. Examples of involvement may be participation in field trips, fundraising, serving on the Parent Advisory Board and its numerous committees, typing or writing columns in the newsletter, carpentry, repairs, and so forth. Families are encouraged to participate in all facets of the program to make our program the

best possible place for their children. Through combined efforts, the family, the child, and the program all benefit.

Parents should discuss any complaints or suggestions about the child care program with the director. When a parent feels the director has not addressed their concerns, the parent may discuss their concerns with the Executive Director of the YMCA branch.

Parents are invited to visit at any time. Please come visit your child or to evaluate the program whenever you choose. We only ask when you observe or visit that you do not disrupt the routine. If you will be taking your child out for a brief time, please do this at completion of an activity. Please write what time you will be coming over to pick up your child on their daily sheet. Please contact the Director if your observations will be frequent to discuss our policies.

Talk to your camp counselor/ camp director daily because he/she can give you the most accurate information. Staff are available to discuss your child at any time. However, due to staff responsibilities and schedules, parents/guardians are asked to make appointments for lengthy conversations.

Parents must always let their child's camp counselor and the director know when they are taking a child out for a short time, and sign in/out accordingly. Children must be immunized according to the State of Ohio's recommended immunization schedule, or following a physicians recommended guidelines.

### **REGISTRATION FOR CAMP:**

The following is the registration process that needs to be completed in order for your camper to attend camp. If you have any questions about the process, please call the camp office. Campers will only be considered "registered" when all steps are completed and we have received all required paperwork completed for each camper. Campers must be immunized according to the State of Ohio's recommended immunization schedule, or following a physicians recommended guidelines. A camper can be excused from immunization if the camper has already had the disease, the immunization is medically contraindicated, or the camper's parent or guardian objects in writing for reasons of conscience.

Step 1 – Complete application and pay deposit

Step 2 – Complete parent packet or online forms and submit no later than **May 1<sup>st</sup>** or when otherwise specified.

Step 3 – Complete payment a minimum of 14 days prior to the first day of selected camp week.

Payment Schedule:

Week 0	(May 29-June 1)
Week 1	(June 4-8)
Week 2	(June 11-15)
Week 3	(June 18-22)
Week 4	(June 25-29)
Week 5	(July 2-6)* <i>No camp July 4</i>
Week 6	(July 9-13)
Week 7	(July 16-20)
Week 8	(July 23-27)
Week 9	(July 30-August 3)
Week 10	(August 6-10)
Week 11	(August 13-17)

Payment Due:

May 15
May 21
May 28
June 4
June 11
June 18 <i>*prorated</i>
June 25
July 2
July 9
July 16
July 23
July 30

If you are filing for Publicly funded child care (PFCC) assistance it is recommended that your registration and application be turned in as soon as possible. Campers utilizing PFCC will NOT be accepted without a PFCC Change form on file with us naming your camp (i.e., Day Camp, Sports Camp, etc.) as providers.

\*Not all YMCA Camp locations will be running a Week 0. Please check with your local YMCA Branch if you need that week.

\*\* PFCC co-payments will be due the first of the month unless special arrangements have been made with the Camp Registrar. Late fees will begin to incur if the payment is not received by the first of the month.

\*\*\* Scholarships or financial assistance is available for summer camp. To request an application, contact your local YMCA Branch or download one from our website at [www.ymcacolumbus.org](http://www.ymcacolumbus.org). Requests need to be made no later than May 15, 2018. Funding is limited so it is to your advantage to apply early.

**PAYMENT POLICY:**

The YMCA of Central Ohio's association wide payment policy requires three steps to be completed before a youth is permitted into camp. These three steps are to be completed with the camp registrar or YMCA Membership Staff for the camp location the camper will be attending and are as follows:

**Step 1:** Your registration and deposit, non-refundable after May 1<sup>st</sup>, must be turned in at the YMCA branch and officially accepted by a Camp or Member Services Staff Member. Online registration is available for YMCA Summer Day Camp. Please note, some branches may have deadlines for online registration. Please contact the branch directly.

**Step 2:** Online registrations include Health Information paperwork to be

completed at the time of registration. In-person at the YMCA - registration forms must be completed and approved prior to registering at Welcome Desk.

**Step 3:** Full balance payment for each camp week must be paid **14 days prior to the first day of the selected camping week** to hold the camper's spot in the camp. Late payments will be assessed a **\$15.00** late fee. For your convenience and prevent late fees, **you can make camp payments online.** Please see the Payment-Registration Policy Agreement for additional payment information. **No campers will be accepted at camp or drop off sites without a full payment, since they will not be fully registered.**

- The YMCA accepts cash, checks, money orders, and credit card payments.
- Payments will not be accepted by camp counselors or at camp locations.
- Payments sent through the mail and not received are not the responsibility of the YMCA of Central Ohio.

### **CAMPING STANDARDS FOR EXCELLENCE:**

All YMCA of Central Ohio Day Camps are registered with the State of Ohio Department of Jobs & Family Services. For more information or to file a complaint please contact Ohio Department of Jobs & Family Services at (614) 466-7765. Many YMCA of Central Ohio Day Camp programs voluntarily adhere to applicable standards set by the American Camp Association (ACA) to ensure a fun, safe, and enriching program for your camper. The YMCA of Central Ohio is a licensed camper care facility while the Day Camp programs are accredited camp through the American Camp Association (ACA). For more information on ACA, please visit [www.ACAcamps.org](http://www.ACAcamps.org).

### **RATIOS:**

YMCA of Central Ohio Day Camp programs intend to follow the suggested guidelines of the American Camp Association (ACA) ratios set below. When combining campers of different ages we will use the age breakdown according to ACA guidelines listed here:

Ages of campers: 5	=	1 Counselor per 6 campers
6 – 8 yrs.	=	1 Counselor per 8 campers
9 – 14 yrs.	=	1 Counselor per 10 campers

### **HOURS OF OPERATION:**

All North YMCA Summer Camps operate Monday through Friday. Camp operates from 8:30am-3:30pm. Camp Can Do operates from 9:00am-12:00pm. Additional information on camp procedures are discussed in the sections on Daily Release of Campers and Parent Drop-Off and Pick-Up.

**NORTH CAMP, ST. ANTHONY CAMP, TEEN CAMP**

<b><u>Week:</u></b>	<b><u>North Camp</u></b>	<b><u>St. Anthony's Camp</u></b>	<b><u>Teen Camp</u></b>
Week 1: June 4- 8	Lego Mania	Engineered for Fun	We The Young Dreamers
Week 2: June 11-15	Wild at Art	Super Hero	We The Young Athletes
Week 3: June 18-22	Sports Challenge	Time Traveler	We The Young Artist
Week 4: June 25-29	Mad Scientist	Games, Games, Games	We The Young Content Creators
Week 5: July 2-July 6	Future Leaders	Party in the USA	We The Young Global Citizens
Week 6: July 9-13	Splish, Splash	Super Slimy	We The Young Advocates
Week 7: July 16-20	Rock Stars!	Splish, Splash	We The Young Environmentalist
Week 8: July 23-27	Great Outdoors	Treasure Hunters	We The Young Entrepreneurs
Week 9: July 30-Aug 3	Spirit Week	Spirit Week	We The Young Collaborators
Week 10: August 6-10	Master Chef	Y's Got Talent	We The Young Leaders
Week 11: August 13-17	Camper vs. Counselors	No Camp	No Camp

Weekly themes add to the atmosphere of camp and help to guide our daily activities like arts & crafts, games, contests, field trips, and team building.

**DAILY DROP-OFF OF CAMPER:**

All campers must be signed in each day upon drop-off on the designated sign in/out sheet by a parent/guardian or an authorized Emergency Contact listed on the camper's Health Forms. **Campers may be dropped off at camp no earlier than 10 minutes before the start of camp.** Parents/Guardians are encouraged to provide prior notification to the YMCA if their camper will not be attending camp. The YMCA will not contact parents/guardians of absentee campers.

**DAILY RELEASE OF CAMPER:**

All campers must be signed out each day upon pick-up on the designated sign in/out sheet by a parent/guardian or an Emergency Contact listed on the camper's Health Forms.

Parents/Guardians may designate another responsible adult to pick-up or drop-off campers if previous written authorization has been supplied to the program.

Please ask your camp staff for the YMCA of Central Ohio "Authorization Release Form" to designate another adult to pick-up or drop-off your camper.

Positive identification must be presented before any camper may be released. **No camper will be released to anyone without prior authorization and proper identification.**

Campers must be picked up no later than 10 minutes after camp is over. If you are delayed more than 10 minutes, camp staff will wait with your camper until he/she can be picked up. There will be an additional charge of \$10 for every 15 minutes the camper remains on site. The additional charge is due within 24 hours

of fee notification. Failure to pay these additional fees may result in the forfeiture of your camper's spot in camp.

If you have an emergency, please contact the YMCA Branch as soon as possible. The Branch will be able to get notification to the camp and will assist in decision making if needed.

In cases where a parent/guardian will be delayed for an extended period of time or indefinitely, the YMCA camp staff may transport the camper to the main YMCA facility once approved by the Executive Director.

Please keep the **Important Camp Phone numbers** handy as this is the list of who to call in case of an emergency or questions. The **Important Camp Phone Numbers** are listed on final page of this handbook.

### **EARLY PICK-UP:**

**Prior written notification** must be provided to the Camp Director or Camp Staff before a camper may be signed-out early from camp. In an emergency, verbal authorization for an adult who is not pre-authorized to pick-up a camper may be accepted once the parent/guardian's identity and authorization are verified. Please DO NOT send a note or verbal instructions with your camper regarding an early pick-up. Early pick-ups that are not pre-authorized or pre-scheduled may be delayed due to additional procedures or additional arrangements.

### **BEFORE & AFTER CAMP CARE PROGRAMS:**

Before Camp Care and After Camp Care are offered at the North YMCA Camp and St. Anthony's Camp from 7:00-8:30 am and 3:30-6:00 pm. Campers must be registered for this program in advance. **If a camper is not enrolled in After Care, parent's have up to 10 minutes after camp to pick up their camper before late fees are applied. NO After or before Care for Teen camp.**

### **TRANSPORTATION:**

#### EXPECTATIONS OF THE CAMPERS

When campers ride the bus, the following safety guidelines must be observed:

1. Campers are expected to get on and off the bus in an orderly fashion while listening to the bus driver and the bus duty counselor.
2. Campers are expected to treat others with respect, honesty and caring as well as, show responsibility.
3. Campers should always keep their hands, feet and belongings inside the bus and kept to themselves at all times.
4. Campers should remain in their seats during all times the bus is moving.
5. Campers should talk at normal levels while riding a bus. Screaming and yelling will not be tolerated.

6. Campers should always wear a seatbelt or safety restraint device when available.
7. Campers should exit the bus from front to back and load from back to front.
8. No food or drink is permitted to be eaten on the bus.

Disruptive behavior that threatens the safety of others may result in suspension or loss of bus riding privileges, based on the recommendation of the bus driver or YMCA Camp Staff. YMCA Camp Staff are always present when campers are transported by bus or other vehicle. Health Forms are always taken on the bus by YMCA Camp Staff during field trips or regularly scheduled trips.

### **MEDICATIONS / SUNSCREEN / BUG REPELLENT:**

Medical Forms must be completed for every camper. If your camper does not need medication, **please write in "not applicable"** and **sign the form.**

If your camper is taking either prescription or non-prescription medication that must be administered during camp or extended care hours, please complete the *Request for Administration of Medication* form with the name, dosage and time your camper will need the medication. We cannot administer any medication without written parental/guardian consent.

- All medication will be collected by the Camp or Before/After Camp Care staff at the beginning of each day of the week of camp and administered as prescribed by a physician or as indicated by the packaging instructions for over-the-counter medications that do not accompany a physician's instructions. **Medications must be in the original bottle with the appropriate dosage.**
- Unused medications will be returned to the parent/guardian at end of the week or on a camper's last day of camp. It is required that only one week's worth of medication be given to the camp. Campers who use asthmatic inhalers or medications for allergic reactions (i.e., an Epi-Pen for bee stings) may keep the medication on the camper but can only administer it to themselves under supervision of a counselor/adult. The Camp or Before/After Camp Care staff should know where to find the medication in case of an emergency...please communicate this with your camper and counselor.

Sunscreen and Bug repellent is considered a medication and must be stored at camp during the week and returned at the end of the week or on a campers last day of camp. Campers should not carry bug repellent on them during camp hours. **Please mark all bottles of bug repellent with a permanent marker then cover the name in clear tape.** This will keep the name from rubbing off. Also, if your camper is attending Before or After Camp Care, please fill out the *Request for Administration of Medication form* for bug repellent **ONLY** if you want them administered during program hours. This form is required for camper care

licensing, which again only pertains to the Before and After Camp Care programs.

Campers should arrive in the morning with sunscreen already applied, but will also have the opportunity during designated times throughout the day to re-apply sunscreen as needed. Campers can re-apply sunscreen themselves or ask another camper to assist them only when properly supervised. **YMCA Camp Staff are not permitted to apply sunscreen directly on to any camper.** However, a counselor is permitted to pour or spray sunscreen onto a camper when requested.

### **ILLNESS and INJURY:**

YMCA of Central Ohio Summer Day Camps are based and operate in an outdoor setting for a majority of the day. Some specific hazards that may occur during the course of a normal camp day may include: sunburns, minor scrapes or cuts, slipping, falling, splinters, bumps, bruises, insect bites, ticks, poison ivy, or stinging nettle.

In the event any of the above conditions occur, YMCA Camp Staff will treat these ailments in accordance with first aid health guidelines (soap, water, ice, bandages).

If illness or injury results in a more serious condition than listed above, YMCA Camp Staff will contact the camper's parent/guardian immediately to make arrangements for care and/or contact 911. For the camper's safety, it is essential to provide the YMCA with two additional emergency numbers in the event of such a situation.

YMCA Camp Staff cannot administer pain medication, Benedryl, aspirin, Calamine lotion, antibiotic ointments, etc. without the original bottle/packaging and instructions from a physician when necessary. **Campers do not always inform camp staff of scratches, rashes, insect bites, etc. Please do a daily health check with your camper.**

### **YMCA COMMUNICABLE DISEASE POLICY:**

Each Camp Director has been trained to identify the signs and symptoms of illness. Should a camper be found to have a symptom, the parents will be called to arrange for the camper to be picked up from camp immediately. The parents will be called if the camper exhibits the following symptoms:

1. Diarrhea (more than one abnormally loose stool within 24 hours)
2. Severe coughing
3. Yellowish skin or eyes
4. Conjunctivitis
5. Temperature of 100 degrees Fahrenheit or higher
6. Untreated, infected skin patches

7. Stiff neck
8. Unusual spots of rash
9. Sore Throat or difficulty swallowing
10. Vomiting
11. Evidence of lice, scabies, or other parasitic infection

A camper exhibiting signs of illness will be isolated in the office or designated first-aid area and the parent/guardian may be contacted to pick-up their camper. Any camper who has been diagnosed with a communicable illness will **only** be allowed back into camp with a physician's release.

## **BEHAVIOR MANAGEMENT GUIDELINES:**

### I. Philosophy

The YMCA of Central Ohio's behavior management policy is a guidance policy. We help steer campers toward self-direction and conflict resolution. Considering each camper's age, developmental stage, and personality we establish fair and reasonable expectations of behavior.

When a camper is in need of guidance, YMCA Staff begin by redirecting the camper into more constructive activities. Staff set the example of appropriate behavior by modeling respect, responsibility, caring, and honesty. We teach campers nonviolent forms of conflict resolution and assist them in managing their own behavior. We strive to help each camper develop positive self-esteem while fostering self-direction.

### II. Guidelines:

Developmentally appropriate expectations are set for each camper's behavior.

Specific guidelines are listed below.

1. The camper will respect the rights and feelings of others and will avoid disruptive behaviors that would interfere with program activities.
2. Aggressive behaviors such as hitting, kicking, biting, tripping, verbal "put-downs", spitting, and other inappropriate behaviors will not be tolerated.
3. The camper will follow all directions given by the staff regarding safety procedures and will stay with the group for all scheduled activities.
4. The YMCA strictly prohibits the use of tobacco, alcohol, and non-prescribed drugs.
5. The camper will respect the private property of others and understand that stealing or vandalizing the property of others will not be tolerated. The repair of any maliciously caused damage will be paid for by the parents/guardians of the camper who caused it.
6. The YMCA of Central Ohio has a "no tolerance" policy on weapons and violence.

### III. Behavior Management Practices:

When a camper engages in inappropriate behavior that threatens the health or safety of herself/himself or others, YMCA Staff will do the following:

1. Take immediate action to stop the behavior.
2. Inform the camper and parents/guardians of the disciplinary action that will be taken. If the severity of the inappropriate behavior warrants, or if the camper cannot be controlled "on the spot", it may be necessary to temporarily remove him/her from the situation. Parents/Guardians may be called to pick up their camper immediately.

In all other situations where the safety of the camper or others is not directly jeopardized, YMCA Staff will discuss the behavioral problem with the camper but will take no further action unless the camper repeats the behavior. This process assists the camper in learning to take responsibility for his/her actions. In these cases any of the following disciplinary procedures will be used:

- a. Hold a discussion with the camper about the inappropriate behavior and its consequences.
- b. Inform the camper of any discipline action to be taken if the behavior is repeated.
- c. Redirect or provide time away from the activity, with the camper returning to the activity contingent on a willingness to behave appropriately.
- d. Provide time away from the activity and notify the parent/guardian of the camper's behavior. If the behavior continues, a parent/guardian conference will be held.

If a camper's persistent inappropriate behavior interferes with the needs, safety, or well being of other campers, they may be suspended or expelled from camp. The decision to suspend or expel will be carefully considered and discussed before the action is taken. **There will be no refund or transfer of fees if a camper is suspended or expelled from camp and/or before and after camp care.**

### **WHAT TO BRING TO CAMP:**

Most campers bring a backpack or bag to camp that contain the following items:

- Closed-toe shoes that attach to the foot **(NO sandals or shoes with heels PLEASE!)**
- Water Bottle(s)

- Bug repellent \* **Please remember that these items should be given to the camp staff on the first day that your camper attends camp.**
- Sunscreen (please be sure to apply prior to or at drop off each morning)
- Swimsuit/towel
- A change of clothes
- A rain poncho
- For some camps: A healthy lunch, extra snacks & drinks (no sugary drinks or soda permitted at camp) For some camps lunch is provided. Please check with your camp director to confirm.

**Campers should wear OLD CLOTHES to camp with the camper's full name clearly marked on every item brought to camp.**

### **WHAT NOT TO BRING TO CAMP:**

DO NOT Bring ANY of the following to camp:

- Firearms and weapons of any kind, including pocket knives
- Drugs or Alcohol
- Electronic Items/Valuables: Handheld gaming devices, personal listening devices, cell phones, jewelry, hair dryers, curling irons, etc
- Candy, gum, toys, games, or cards of any kind
- Matches, lighters, firecrackers
- Sports equipment, unless specified for Sports camp
- Pets
- Power Tools

In the event that any of these items are brought to camp, they will be confiscated by the camp or before and after camp care staff, returned only to the parent/guardian and depending on the item may result in immediate suspension or expulsion from the YMCA summer programs without refunds or credits issued.

### **SWIMMING:**

YMCA Certified Lifeguards will be on duty at all times. YMCA Lifeguards are certified by the American Red Cross and the YMCA. Our lifeguard to camper ratio is 1:25. Camp staff participate in swimming with the campers and serve as additional supervision in the water.

Campers have the opportunity to swim during camp. Each camper needs to bring a swimsuit and towel. The pool does not allow campers to swim with shorts or t-shirts as swimsuits, nor will swimsuits be provided by the camp.

In order for your camper to swim, you must have completed the swimming permission section of your camper's Health Forms and returned to the YMCA.

Swimmers are permitted to use water safety life jackets, aquatics backpacks or other devices that are U.S. Coast Guard approved. Swimmers are not permitted to use inflatable arm wings or any other inflatable flotation devices.

Campers will be limited to certain designated areas of the swimming pool according to their swimming ability. "Swimmers" are allowed to use all parts of the pool after they have passed all required swimming tests, and "non-swimmers" must stay in the shallow end. All campers who wish to utilize the indoor waterslide (available only at certain YMCA locations) must pass a YMCA indoor waterslide swimming test. Campers who wish to utilize the deep end of the swimming pool must pass a YMCA deep water swimming test. Campers who pass the deep water swimming test will not be required to take the indoor waterslide swimming test.

In the event of severe weather, outdoor swimming may be cancelled. In the event of thunder and/or lightning, it is the policy of the YMCA of Central Ohio to close all outdoor swimming pools until the threat of thunder and/or lightning have passed.

### **INCLEMENT WEATHER & RAINY DAYS:**

YMCA of Central Ohio Summer Day Camps are based and will operate outdoors every day except in the event of severe weather. Activities will be modified due to inclement weather conditions, if the heat index is high or if a heat alert has been issued. Shelter will be taken in the event of severe weather (lightning, thunder, high winds, etc.) Day Camp at St. Anthony's will utilize indoor space inside the school, North and Teen Camp will utilize indoor rooms and the gymnasium at the North YMCA during severe weather or heat days.

Campers must be prepared for rainy or drizzling days by wearing the appropriate clothing (sweatshirt, rain jacket, extra pair of shoes, etc.)

### **FIELD TRIPS:**

YMCA of Central Ohio Summer Day Camp participants may have the opportunity to travel outside of camp during the summer. Field trip information and any additional cost information will be provided to parents/guardians prior to the scheduled field trip. The YMCA does not offer alternate camp care and will not refund camp fees if a camper does not attend a field trip.

### **LUNCH and SNACKS:**

Breakfast and Lunch are provided by the camp. PLEASE DO NOT SEND POP, CANDY, SALTY OR SUGARY SNACKS. **Some of these items may cause dehydration.** Campers are also encouraged to bring healthy snacks to be eaten during breaks. Remember, your camper will be more physically active than during the school day and will need to eat more and drink significantly more

water.

### **FRIDAY COOKOUTS:**

Friday is camp cookout day! A packed lunch is not needed on this day unless there is a dietary concern. Each camper will be asked to bring an item for the cookout to share with the group. Plan on sending enough of the below items for 10 campers. **Please check your weekly newsletter for this information as instructions may change each week.** Parents are cordially invited to join the camp for the cookout. If there are special diet requirements for your camper, please let us know and plan to pack a lunch for Fridays. Each camper will be asked to provide one of the following each Friday: turkey hot dogs, wheat hot dog buns, beverage, fruit, vegetables, chips or pretzels, dessert, ketchup and mustard, plates, cups and napkins, etc. If you are sending a dish that requires serving utensils, please provide those as well. If you have questions, please ask your camp staff.

### **WEEKLY DAY CAMP COMMUNICATION:**

All North YMCA Summer Day Camps will prepare a weekly camp newsletter. These newsletters may include information on the weekly theme, schedules and activities, names of the camp staff, reminders of what to bring and what not to bring to camp, reminder about the the Friday Camp Cookout, etc. Newsletters may also include special highlights for the week and reminders for usual or unusual items or clothes to bring to camp. Please **ask** your camper for this newsletter each week or check for newsletters at the parent sign in/out table.

### **ABOUT OUR CAMP COUNSELORS:**

YMCA of Central Ohio Summer Day Camp Staff are typically college students or teachers who are seasonal employees, although some staff are year-round employees for the YMCA. Many of the college students are majoring in a related fields such as; Secondary Education, Psychology, Leisure Studies and Early Childhood Education, etc. All staff are required to attend a 30+ hour training session prior to their first day at camp including but not limited to: Behavior and Risk management, Games, Skits and Songs, First Aid and CPR, Team Building, Camper Abuse, YMCA Mission and Character Development and much more. Please feel free to contact your Camp Director with any questions or concerns regarding your camp's Summer Day Camp Staff.

**Important Camp Contact Info:**

North YMCA Branch (614) 885-4252

**Camp Director**

Taren Mahone, email: [taren.mahone@ymcacolumbus.org](mailto:taren.mahone@ymcacolumbus.org)

**St. Anthony's Camp Director**

Shari Perkins

**Camp Registrar**

Jennifer Williams, email: [jenwilliams@ymcacolumbus.org](mailto:jenwilliams@ymcacolumbus.org)

**Child Care Director (Before and After Care)**

Rachael Baxter, email: [rachael.baxter@ymcacolumbus.org](mailto:rachael.baxter@ymcacolumbus.org)

**Branch Executive Director**

Marci Hasty, email: [mhasty@ymcacolumbus.org](mailto:mhasty@ymcacolumbus.org)