



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dear Campers, Parents and/or Guardians:

Thank you for registering your child for the YMCA's Resident Camp. It is our goal that every camper has a great experience at camp, but we need your help to make this happen. Please read through the enclosed information, as it contains information about what to bring, how to prepare for camp and more. Also enclosed is a copy of the Health History Form (**this is required for all campers**). Summer camp is an opportunity for your child(ren) to experience the outdoors and camping activities while developing the core values of caring, honesty, respect and responsibility.

Things are a little different this year at YMCA Resident Camp, we will be transitioning to using a new YMCA Resident Camp that is being developed on Lake of the Woods for the summer of 2018. With this great opportunity comes a transitional program for the summer of 2016. Our Resident Camp program will be offered this summer at Lake of the Woods Resort, Aspen Point Campground. We want the resident camping experience to thrive well into the future and this is a wonderful opportunity.

Date:

August 15-19

General and Spoons

Check In / Departure Time – General and Spoons: Please meet at the YMCA (522 West Sixth Street, Medford, Oregon 97501) Preschool Playground at 8:00am on the first day of the session. We will be performing a health screening and registration and expect to depart for camp by 9:00am.

Pick-Up / Arrival Time - General: Pick-up takes place on the last day of the session at 12:00noon in the YMCA back parking lot (don't forget your **photo I.D.**).

Late Arrival / Early Pick-Up Times: If you need to arrange for a late arrival or early pick-up, please make arrangements with the Camp & Sports Director before the start of the session, otherwise all campers are asked to ride the bus to and from camp (don't forget your **photo I.D.** for pick-up).

Cabin Groups: Campers are placed in cabin groups based on gender and age. Cabins will be sleeping in either tents or under the stars each night. Campers will be sleep on tarps or in tents and campers are allowed to bring a sleeping mat but note that they will need to be able to carry their own sleeping gear. If your child has a friend/buddy within 1 year of their age that they would like to live with during the week of camp please make sure to let us know during check-in and we will do our best to accommodate all requests.

Phone Calls / Camp Mail: The Camp & Sports Director has access to a cell phone for emergencies only (**Please do not send your camper with a cell phone**). Sometimes situations occur when parent input will help your child to succeed at camp, therefore, the

Camp & Sports Director will call the parent/legal guardian when the need arises. If you need to contact us, please call the Camp & Sports Director at 541-210-6147 and leave a detailed message (messages will be returned as soon as possible).

Parents and loved ones who would like to send mail to their campers may drop it off at the YMCA (522 West Sixth Street, Medford, OR 97501) (**Please do not send food or candy as it draws critters**). Mail will be picked up from the YMCA and taken to camp on Tuesday and Thursday, so please have it at the YMCA before 10:00am on either of those days, mail received after this time will not make it to your camper. Please address all mail whether dropped off or mailed as follows:

Camper's Full Name
C/O YMCA Resident Camp
522 West Sixth Street
Medford, OR 97501

Health History Forms: Please complete the Health History Form as specified and **bring it with you on the first day of camp**. Campers without a complete and signed Health History Form on the first day of camp will not be allowed to attend. You must provide an original health form for resident camp, even if you are attending other YMCA camps this summer. Health History information is kept confidential and will only be used by camp health staff or person designated by the Camp & Sports Director.

Medications and Medical Care: Most camp staff are both First Aid and CPR trained, plus we will also have an on-site Camp Nurse that has a RN certification. All medications must be checked in at drop-off and will be dispensed by the Camp Nurse or Camp & Sports Director (with the exception of emergency medications - inhalers or Epi-Pens). Non-prescription medications will also be dispensed by the Camp Nurse or Camp & Sports Director.

Meals: Meals are healthy and well balanced and prepared daily. Vegetarian options are available. Please indicate on the Health History Form if your child is a vegetarian. We accommodate most food allergies. Please indicate on the Health History Form if your child is allergic to any foods, if we cannot provide your child with appropriate substitutes then parents may be asked to help furnish foods. We require campers and staff to drink at least 8-10 glasses of water each day. Every camper needs to have a water bottle.

Home Sickness: It is very normal for most campers to have some degree of homesickness. Most campers have worked through it by the second or third day. If your child is having great difficulty, the Camp & Sports Director will call you for advice. To help your child succeed:

- Help him/her get prepared for camp by talking about fun, friends, and adventures; assure them that he/she will be safe and well cared for; let them know how much you admire them and that family members and pets will be well cared for while he/she is away.
- If you are concerned that your child may become very unhappy or frightened, please do not set him/her up for failure by telling your child that you will come and get him/her. Instead, tell him/her that you will do everything you can to

support and encourage him/her through a difficult time, should it occur. Camp Staff will do everything possible to help all campers succeed at Camp.

Behavior: We expect behavior that is respectful and accepting of one's self, others and the environment. Any threat of harm or violence of which the staff is aware, will be handled immediately and may be cause for dismissal from camp. In cases of serious behavior problems, parents will be contacted to help determine if the child is permitted to remain at camp. Any expenses and transportation related to early dismissal from camp, for any reason, are the responsibility of the parent/legal guardian. Please discuss appropriate behavior with your camper. Also, include in the discussion that if your camper is threatened, they should immediately tell the counselor and the camp & Sports Director.

Summer Here We Come: I am extremely excited about this year's camping season. We have great staff and lots of fun activities planned. If you have any questions or concerns please do not hesitate to contact me at 772-6295 extension 107 anytime.

Gary Taylor
Camp & Sports Director

Resident Camp Packing List:

This list is only a suggested list of the items that you will need, if you do not see something on this list and you think you need it make sure to pack it as well. **DON'T FORGET TO LABEL YOUR BELONGINGS!**

Bedding:

- sleeping bag
- pillow
- sleeping mat (*optional*)

Clothing:

- 2 pairs of pants
- 3 pairs of shorts
- 2 pair of shoes for hiking (closed toed)
- 1 pair of water shoes (worn at the waterfront)
- 5 t-shirts
- 2 long sleeve shirts
- 1 sweatshirt
- 1 nice outfit for Friday's Final Banquet (example staff will be in suits and dresses)
- 1 light jacket
- 1 swimsuit
- ample underpants and socks
- 1 pair of PJ's or something to sleep in
- hat
- bag for dirty clothes

Personal Items:

- deodorant
- lip balm
- sunscreen
- bug repellent

- toothbrush and toothpaste
- 2 towels

Other Items:

- flashlight and extra batteries
- water bottle
- sunglasses
- disposable camera
- backpack (large enough to pack a lunch, water bottle, etc. for simple day trips)

Things to Leave at Home: Please remember not to pack any expensive items as the YMCA will not be responsible for lost or stolen items. Also make sure to leave any of the following at home: pocket knives, matches or lighters, drugs of any kind, non-prescription medications, personal music players and as a general guideline anything you could not have at school.

Resident Camp Drop-off / Pick-up Location:

