



# Family Handbook

**A PLACE  
TO LEARN,  
A PLACE  
TO GROW**



**YMCA of Greater Cincinnati**  
**Camp Tower (Campbell County)**  
**and**  
**Camp Independence (Kenton County)**  
**Summer Camp 2019**

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# Program Highlights

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## **Program Arrival**

Campers should arrive at camp with a backpack/bag to hold their belongings and campers are responsible for keeping their belongings packed at all times. Items that campers should bring with them each day include: sunscreen, lunch (no microwave/refrigeration available), snack, water bottle, and towel. All personal toys should be kept at home unless otherwise asked for by camp staff. Electronic devices are prohibited during camp. The YMCA is not responsible for any lost, stolen, or broken items that a child brings to camp.

Campers should come dressed in their swim attire under their clothes with sunscreen applied and should always wear closed toed shoes for safety. This allows us more time for swimming and activities each day. Staff will continue to monitor the need for sunscreen throughout the day. Campers spend a majority of their day outdoors and should be prepared for chilly mornings, hot afternoons, and sometimes light rainy days.

## **Billing**

Camp fees are withdrawn on Friday's for the upcoming week of attendance. If payment is not made it is your responsibility to reschedule the missed payment with camp staff.

Registration fee and \$10 deposit per each week enrolled are due at the time of registration and are non-refundable.

Receipts are only available upon request.

## **Enrollment Changes**

A change of program form is available at the YMCA front desk or Camp information table must be completed and submitted one week prior to attendance. No verbal or over the phone withdraws will be accepted.

## **Program Policies**

Children 9 years and older may sign themselves in and out of camp ONLY with a completed Permission to Sign Out form completed PRIOR to the child signing out. The YMCA is not responsible for campers until they are signed into the program on the approved form.

If your child will be absent from camp we ask that you inform camp staff via email, text, voicemail, or REMIND.

Campers NOT enrolled in Post Camp should be picked up by 4:00pm each day. And campers enrolled in Post Camp should be picked up by 6:00pm. Camp staff will charge a fee of \$1.00 per minute/per child after their designated pickup time. This payment is to be made in cash to the camp staff who remained after the scheduled time.

A copy of each camper's immunization form must be turned in for each program and can only be requested from the YMCA if a child is currently attending a program in session.

## YMCA of Greater Cincinnati Mission Statement

The mission of the YMCA of Greater Cincinnati is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all. Our four core values of caring, honesty, respect, and responsibility help us embrace our mission.

## Program Philosophy

The purpose of the YMCA youth programs is to meet the developmental needs of children and to provide families with quality care, whatever their needs may be. Our programs focus on facilitating the child's sense of industry, promoting a sense of competence, creating an environment conducive to positive peer interaction, which encourages initiative and supports the growth of self-direction and free choice, all under the guidance of nurturing and caring staff. This is done in a setting built with acceptance, respect and encouragement. In all of our programs, we work in cooperation with educational efforts through families and communities. We believe in building positive self-esteem and strong character development in children by focusing in on our values of caring, honesty, respect, and responsibility.

## Program Goals

Our program provides:

- A safe environment
- Emotional support and warmth
- Responsive adults who serve as good role models and exceptionally good listeners
- Opportunities to work with real tools for play and/or purposeful real world work as well as learning confidence in dealing with the physical world through games, hobbies, and exercise
- A focus on 40 Developmental Assets
- Freedom of choice in an environment full of age-appropriate materials
- Freedom to work and play individually or with peers
- Encouragement to be creative and imaginative
- Time and space to engage in reading, problem-solving through self-selected tasks, as well as quiet and rest time
- Opportunities to develop personal discipline including: taking responsibility for one's own actions, setting and accepting limits, respecting rights and property of others, forming friendships, and using community resources responsibly
- Learning to accept one's own personal abilities
- Opportunities to learn about diversity, inclusion, nutrition and other components of a healthy and safe lifestyle

Our YMCA Camps are ACA Accredited. ACA Accreditation means that our camp cares enough to undergo a thorough (over 300 standards) review of its operation by the American Camp Association from staff qualifications and training to emergency management. ACA collaborates with experts from the American Academy of Pediatrics, The American Red Cross and other youth service agencies to ensure that camp practices reflect the most up-to-date research based standards in camp operation. Our partnership with ACA helps promote summers of growth and fun in an environment committed to safety!



## Family Involvement

Family involvement and input is essential to our program! Parents/Guardians will be notified of events through newsletters and other oral or written communications. We appreciate any suggestions or concerns that families may have. In providing an open relationship with all family members, we believe that we provide better care for their children. Parents/Guardians and employees are welcome and highly encouraged to participate in all activities planned for the children by the Camp Staff. Any family member with a special interest or skill to share should notify the Camp Staff. Parents/Guardians are welcome to volunteer time and talents.

Any concerns of parents/guardians will be addressed with care and concern from our staff. If a parent or guardian would like to meet with camp staff, they can call to schedule time with the appropriate staff member. It is the policy of our program to have an "Open Door Policy." Parents can also feel free to contact the Family Life Director, Jessica Berberich, Senior Program Director, Melissa Willis, or by contacting the Campbell County YMCA Welcome Center at 859-781-1814. The YMCA will also provide surveys of our program for parents/guardians to complete at the end of camp.

The YMCA of Greater Cincinnati is a volunteer driven agency. We welcome volunteer assistance in all branch and program development. Volunteer opportunities may include youth coach, fundraising and special events. Contact the YMCA for more volunteer information.

**Please mark your calendars for the Meet-N-Greet Event on Saturday, May 18<sup>th</sup> from 1:00pm –3:00pm. The Meet and Greet will take place at the Campbell County YMCA for Camp Tower and The Kenton YMCA location for Camp Independence. This session will give you and your child time to meet his/her counselors and ask questions before the start of camp. You can also have your child complete their first swim test so bring a swimsuit and towel. (Swim test at Campbell only)**

## Sensitive Issues

The YMCA is aware that many children and families encounter sensitive issues or events. Sensitive issues are handled on an individual basis to the best of the staff's ability and training. Staff will involve parents/guardians in this process and provide resources for support.



Any problems your child may be having at home may affect their behavior at the YMCA program. Please keep us informed so that we can be sensitive to your child's needs. We would like to work as a team with the family to provide the best environment for your child's growth and development. It is very important that parents/guardians talk with the staff and the staff will keep parents/guardians informed as well.

All parents/guardians must provide legal documents upon any custody agreements/arrangements made within the court system regarding who can pick up the child/children. The staff will ask for the proper identification of the person picking up the child. This information should be listed on the Pickup Authorization section of the Registration Form.

## Family/Staff Communication

The YMCA believes that activities designed to involve parents/guardians in their child's development should be included in a summer program. A camp newsletter will be emailed to the address provided on the Registration form. A copy of this newsletter is also available upon request. It is a great way to keep parents/guardians informed of special events and what the children are doing during camp.

Please keep the Camp Director informed of any changes during the summer so we can keep your records updated. These changes may include, but are not limited to, medical history, address, phone numbers, email address, etc.

## Staff

Our staff consists of dedicated people with training that provide special care and warmth for each child as well as a quality recreational program. Prior to hiring, each staff member completes a personal interview session, background check and reference check. We plan age appropriate activities for children in a structured and safe environment.

### Staff Structure

- Camp Counselors
- Lead Counselors
- Camp Director
- Family Life Director
- Sr. Program Director
- Executive Director

All YMCA staff members will receive Child Protection training as part of employment and have the opportunity to become CPR and First Aid certified.

## Staff to Participant Ratios

During any scheduled swimming activity a certified lifeguard or water instructor will be on duty at all times.

A staff to child ratio during all other camp activities will never be higher than 1:15. These ratios align with those required by state licensing. There will always be at minimum 2 staff present with each group of campers.

**Sorry to inform you that  
YMCA policy prohibits staff members  
from babysitting children met through  
any YMCA programs!**





# Enrollment Policy

## Enrollment Policy and Information

It is unlawful for the YMCA to discriminate in the enrollment of children upon the basis of race, color, religion, sex or national origin.

The YMCA Camp programs are not drop-in programs. Enrollment must be completed in advance and attendance should be consistent. Before attending the YMCA program, all children must be registered and officially enrolled. Program sessions have limited enrollment and registration is on a first-come, first-serve basis. Families may reserve a spot for specific weeks of camp by completing a Registration form and submitting a \$10 deposit for each week of camp they wish to attend. The deposit is deducted from the weekly fee. A registration fee will also be applied at this time. Please note that the deposit and registration fees are non-refundable and non-transferable.

Before you register, please ensure that your enrollment form is completed in full and the immunization form is attached. The packet requests pertinent information such as contact information, personal history of any special medical issues, special needs and food allergies, emergency transportation authorization, etc.

**All registration and enrollment information & immunization form must be returned BEFORE the child is permitted to begin any YMCA Camp program. It could take up to 3 business days to process registration forms.**

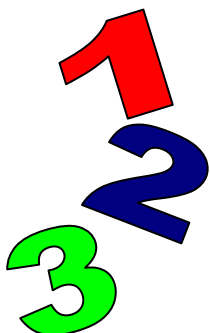
**Please review the Parent Checklist located on page 15 for registration and enrollment details.**

## Permanent Withdrawals

The YMCA reserves the right to permanently withdraw a program participant at any time. Reasons for permanent withdrawal may include, but are not limited to: non-payment or habitual insufficient funds, continued disciplinary actions with a participant, parental/guardian or participant abuse of staff members, actions or behaviors by a participant that has or could severely harm themselves or another participant or any other reason that is deemed fit by the Camp Director, Program Director and the Executive Director.

If your child's schedule changes or you withdraw from the program, you must turn in the Change of Camp Form to your YMCA Camp Director or Program Director with a week's notice to avoid billing. **No over the phone withdrawals will be accepted.** At a minimum, parents/guardians must cancel prior to the week their child is registered to attend camp. This will assist in registering children who are on the waiting list.

**It's as easy as 1-2-3! Check out the Camp Checklist (located on page 15) for a quick and simple reference tool on getting your child officially enrolled into camp!**





# Payment Procedures

## Payment Procedures

Payments will be drafted from the credit card or bank account we have on file every Friday prior to the child/children attending camp. If payment does not go through on that Friday, a notice via email/phone call will be made to inform you. Full payment is due each week, even if your child(s) does not attend the program due to absences or vacations. Holidays are calculated into the original overall pricing and full payment is due each week.

## Credit and Refunds

Once a week of camp begins, we will not give credits or refunds for that session. We do not refund or give credit for the \$10 deposit, nor is it transferable to another session of camp.

## Overtime/Late Fees

A late fee of \$1.00 per minute per child will be charged if the child/children are not picked up on time. The individual that picks up the child will be expected to sign the late fee slip and full payment is required at that time as well.

## Financial Assistance

Financial Assistance: The YMCA of Greater Cincinnati believes that no child should be excluded from any activity due to the inability to pay. If you need financial assistance, please request scholarship information from Jessica Berberich, [jberberich@myy.org](mailto:jberberich@myy.org). Scholarships must be approved PRIOR to starting our programs and can take up to two weeks to be processed.

## Tax Information

Please set up your online account to obtain receipts and tax information. If you need help facilitating your account, please contact Jessica Berberich, [jberberich@myy.org](mailto:jberberich@myy.org).

**YMCA TAX I.D.  
NUMBER:  
# 31-053-7178**

## Discounts

Receive 10% off by paying for the year in full or receive 10% off for each additional child. (You may only choose one for a maximum of 10% and discounts do not apply to the registration fee, deposits, or swim lessons.)





## Camper Code of Conduct

The YMCA of Greater Cincinnati has a clear responsibility to protect the children in our programs and to promote the YMCA mission that includes practicing programs based on Christian principles that build healthy spirit, mind, and body. We therefore teach children to resolve conflicts by peaceful and non-violent means. In support of this responsibility, this Code of Conduct governs the behavior of all adults and staff at the YMCA programs. Staff, parents/guardians, and visitors are to treat each other professionally, with respect, and act as role models for the children.

The Code of Conduct identifies unacceptable behaviors by any participant while in designated YMCA program areas. Misconduct includes, but is not limited to the following:

- Profanity
- Threats, intimidation, or harassment
- Mental or bodily harm
- Disruption or obstruction
- Disturbing the peace
- Dishonesty or misrepresentation
- Violation of criminal law
- Possession of weapons
- Dressing inappropriately
- Possessing illegal substances (including alcohol, tobacco, and other drugs)
- Engaging in sexual activity, harassment, or other display or conduct
- Misusing photographic device

**Anyone found in violation of the YMCA Code of Conduct is subject to termination of services, dismissal, and /or criminal charges.**

### The following is a list of rules that all campers must adhere to at all times:

- Keep your hands to yourself
- Rocks and sticks belong on the ground
- Use appropriate language
- Respect all campers and staff
- Please follow all directions
- Wear appropriate footwear
- Stay with your group
- NO toys or personal sports equipment
- Electronics and cell phones stay at home
- Pets and Animals are prohibited



## Discipline

In youth programs, we strive to meet the needs of all children without ignoring the demands of any one individual. It becomes necessary in organizing and maintaining a large group to set limits and guidelines. When that set boundary is broken, it is also essential to provide some form of understanding.

### The YMCA Discipline Policy follows these steps:

- Each child is treated with respect and concern for his/her developmental needs. Guidance and discipline are positive, non-punitive, appropriate to the situation, and to each child's individual development. Verbalization of feelings for children, redirection, and problem-solving techniques are the methods used by the staff to guide children's behavior.
- No cruel, harsh or unusual punishment, and no corporal punishment including but not limited to punching, pinching, shaking, spanking, or biting is ever permitted.
- No child is ever isolated from the program, placed in a locked room, or confined in an enclosed area as a form of discipline.
- In case of physical fighting among children, restraint by the staff may be used for the safety of the children involved, but no form of physical punishment or physical restraint is ever used.
- Discipline is never imposed for failure to eat or toileting accidents, nor is food, rest, or toilet use ever withheld as a means of discipline.
- Physical exercise is never used as a punishment or discipline method.
- No child is ever humiliated, subjected to profane language or other verbal abuse, or abused or neglected while in the care of the YMCA.
- No child is ever shamed, humiliated, or frightened by any form of discipline.
- No discipline technique is ever delegated to another child. The entire group will not be disciplined as a group due to the unacceptable behavior of a few.
- "No" is used only if followed by an explanation.

## Suspension/Expulsion Policies

Unfortunately, there are times when usual guidance techniques are not effective and despite working with parents/guardians, the inappropriate behavior may continue. When this happens, the YMCA supervisors can exercise the option to suspend a child from the program. If problems continue despite the suspension and no progress is demonstrated, the child will be subject to expulsion from the program.

### Serious behavior problems may include:

- Verbal or physical aggression toward staff, other adults, or children
- Exhibiting behavior that endangers the safety of the children or self
- Racism
- Attempting to leave the program or premises without staff permission
- Consistently disregarding the rules and authority of the staff
- Possession or pretending to possess weapons of any kind

If a child is affected by this policy, the parent/guardian will be notified prior to any action taken by the staff. As we state in our program goals, our program promotes "opportunities to develop personal discipline including taking responsibility for one's own actions, setting and accepting limits, respecting the rights and property of others." We strive to help each child reach his or her full potential as a productive, responsible human being.



# Camper Safety

## Procedures for Emergencies or Accidents

- All efforts to ensure safety are made at all times. However, although all children will be supervised at all times by staff, an emergency incident or accident may occur. The following general policies are in place to help ensure safety of all children:
- All camp programs have a telephone available for emergencies as well as for communication with parents/guardians. The staff will locate the next available manager and assist in the communication process.
- A First Aid Kit is located in the program area's primary space and each group will carry their own kit.
- Children's information concerning medical records, health records, and emergency transportation authorization (filed alphabetically) are kept in the administrative area. Copies of these forms are made available for staff to be taken during the transportation of children to scheduled field trips.
- Emergencies and accidents will be handled as requested by the parent/guardian indicated on the Emergency Medical Authorization section of the Registration form.
- **YMCA personnel will NOT transport children in their personal vehicles, even in emergency situations.**

## In the Case of a General Emergency

General emergencies include: threats to the safety of children due to environmental situations or threats of violence, natural disasters such as fire, tornado, flood, and loss of power, heat or water. The staff will follow the posted procedures by the YMCA of Greater Cincinnati Association in regard to general emergencies.

If camp has to be evacuated for any reason, all emergency contact paperwork will accompany the participants and staff. Once children are in a safe place, staff will alert parents/guardians of their whereabouts and the emergency situation at hand. Staff will be with the children at all times and no one will be left unsupervised.

In the event of a facility lock-down, we will relocate the children to a designated space in the building depending upon the emergency.

In any event where there would be loss of power, heat, or water, we would contact parents/guardians at that time to notify them that their children are to be picked up and removed from the program.

## Emergency Transportation Authorization

We are unable to accept enrollment for families who refuse to grant permission for their child/children to be transported for emergency medical or dental treatment. During the time of registration, you will need to complete all required information in the Registration form that contains many important forms that must be completed and kept on file, including documentation on Emergency Transportation Authorization.

## In the Case of an Accident/Illness

The Camp Director or a staff person in charge will attend to the accident and/or illness. All other staff shall clear the area and supervise the other children. Minor accidents such as cuts, bruises, etc., will be treated by a staff member. If warranted, the Camp Director will immediately call the appropriate emergency contact numbers. If the parents or guardians cannot be reached, the physician or dentist (dental emergency) will be notified. An accident/incident report will be completed after any and all accidents at camp. The report will remain on the camp premises. Parents/Guardians will receive a Written Communication Form explaining all details of the accident/incident.

## **In the Case of a Serious Accident/Illness**

If a child is injured or becomes severely ill at camp the parents/guardians will be called first. If the situation requires transportation to a hospital or practitioner, our staff will call 911, and an emergency squad will transport the child to the appropriate facility. Emergencies and accidents will be handled as requested by the parent/guardian indicated on the Emergency Medical Authorization section of the Registration Form. A staff member will accompany the child until a parent or guardian arrives. The staff member will take a copy of the signed Emergency Medical Authorization, as well as any other vital medical information in the child's file with them.

## **In the Case of Child Abuse or Neglect**

Staff members are trained to observe children on a daily basis as they enter the program to look for a variety of signs of child abuse and/or neglect. The YMCA and the camp program itself have policies and procedures in place designed to help safeguard and protect children from abuse and neglect. The Director and each employee of the program are required by law to report any suspicion of child abuse or neglect to Child Protection Services.

## **Incident/Accident Reports**

If a child is involved in an incident or accident during camp, the staff will complete an Incident/Accident Report. Staff will also fill out this form if they are suspicious of abuse or neglect. One copy will be given to our Metro Office and one copy will be retained on file. Parents/Guardians will receive a Written Communication Form for their records.

Incidents or injuries that require an Incident/Accident Report include but are not limited to: illness, accident or injury which requires first aid treatment, a bump or blow to the head, unusual or unexpected event which jeopardizes the safety of children or staff, etc.

## **Illness Policies**

All staff members are trained to recognize the signs of communicable diseases and other illnesses. A trained staff member will observe each child as he or she enters the program. All children will be required to wash their hands prior to eating meals.

Any child who develops the following symptoms while in our program will be isolated immediately in the designated First Aid area until discharged to his/her parent or guardian. **They may only return with a doctor's note stating that the child's condition is not contagious.** The symptoms include:

- Temperature of at least 100°F when in combination with any other sign or symptom of illness. Or a temperature of 101°F with no other symptoms.
- Severe coughing, causing the child to become red or blue in the face or to make a whooping sound.
- Difficult or rapid breathing.
- Yellowish skin or eyes.
- Redness of the eye, obvious discharge, matted eyelashes, burning, itching.
- Unusually dark urine and/or gray or white stool.
- Stiff neck with elevated temperature.
- Vomiting more than one time or when accompanied by any other sign or symptom of illness.

A child exhibiting other symptoms will be isolated and discharged and **may be readmitted to the program after he/she is free from all symptoms for 24 hours.** These symptoms include:

- Diarrhea (three or more abnormally loose stools within a twenty-four hour period).
- Evidence of scabies or other parasitic infestations.
- Untreated infected skin patches, unusual spots or rashes.
- Sore throat or difficulty in swallowing.

## Isolation Precautions

A child isolated due to a suspected communicable disease (or symptoms listed under the Illness Policy of this handbook) shall be:

- Within sight and hearing of an adult at all times.
- Cared for in another room or portion of a room away from other children.
- Made comfortable in an area. After use, the area will be disinfected with an appropriate germicide, or if soiled with blood, feces, vomit or other body fluids, the area shall be cleaned with soap and water and disinfected with an appropriate germicide.

## Management of Illness

YMCA programs cannot allow "mildly ill" children to attend. A mildly ill child is defined as someone who is experiencing minor cold symptoms. If a child cannot participate in the regularly scheduled programs, he/she should remain at home. Note that our employees will also abide by the same communicable disease policies as the children. This means that no employee shall be permitted to work if they display any symptoms listed in our illness policy. A child who becomes ill during the day will be discharged to the care of his/her parent or guardian as promptly as possible. If the parent or guardian is unable to pick the child up, the staff will discharge the ill child to the person who has been designated by the parent. In the case of exposure to a communicable disease, parents/guardians will be notified by email or in the camp newsletter.

## Lice Policy

If a child is found to have nits, eggs, or live lice parents/guardians will be contacted to pick up their child from the program and treat the child. Child may return to YMCA programs once they have been free from nits, eggs, or live lice for 24 hours. YMCA staff reserve the right to recheck the child upon returning to the program.

## Medications

Administration of medication or special diets will be undertaken by the program, after receipt of a completed, Request for the Administration of Medication Form, signed by a parent/guardian. The Parent/Guardian will need to sign this form on a daily basis in order for camp staff to administer the medication. This form can be obtained from the Camp Director. The Camp Director must receive this form before any prescribed medications can be given. The Camp Director, in a confidential log, will note all administrations of medications.

Over-the-counter medication/topical lotions cannot be administered, given to, or applied to children. Sunscreen lotions are very welcome at camp; however, they are categorized as a topical lotion. Parents/Guardians must provide authorization for their use. (You may do this by completing the Authorization to Participate section of the Registration form.)

## Inhalers and Other Emergency Medications

**Pertinent information regarding any special medical issues, special needs and allergies must be clearly noted in the Health History section of your child's Registration Form.** A child who is in need of an inhaler may be allowed to carry the inhaler if a Request for the Administration of Medication form is on file. Please send an extra inhaler for the Camp Director to keep in the locked medication box.

It is important to keep staff aware of any allergies your child may have such as possible allergic reactions to bee stings, peanuts, other food allergies, etc. If you know your child is allergic to something, please note this information on his/her health history and note the severity of a possible reaction. Please provide any emergency medications (bee sting kits, Epi pens, inhalers etc.) for your child.



# Camp Life: What to Expect

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## **Camper Orientation**

Campers will receive an orientation on their first day of attendance to review rules, policies, and procedures.

## **Arrival/Departure**

As the children arrive for the program, the parent/guardian must sign their child/children in. When leaving the program, parents/guardians must sign their child out on the appropriate form and notify staff that they are removing their child from the program.

The YMCA staff is unable to deny a parent/guardian access to their child unless legal documentation is on file with the Program Director, which may include a custody agreement. No child will be released from a program to anyone other than the parents, legal guardians, or other persons specifically indicated in the Registration Form. We require that you give advance, written notification to the program when changes occur. Staff will ask for verification of identity.

## **Early Pick-up / Late Drop-off Policy**

If arriving or departing the program other than the scheduled times, staff must be notified in advance preferably in writing. Parents/Guardians are responsible for communicating this information in advance so that counselors can ensure the camper(s) are ready and waiting at the appointed time and designated location.

## **Late Pick-up Policy**

If you are more than 10 minutes late picking up your child, we will attempt to contact the parent/guardian or emergency contacts. If pick up is more than one hour late, Child Protective Services will be contacted to care for the child until the parents/guardians can be contacted. Excessive late pick-ups may result in the child's dismissal from the program. (A late fee of \$1.00 per minute per child will be charged, if children are not picked up by the end of the scheduled program time.)

## **Verify Absences**

When your child will be absent from the program, please notify camp staff. Parents/Guardians are encouraged to notify the Directors by calling the camp phone at (859-414-1854). A staff member will be happy to record and pass along your information.

## **Sign-Out Policy**

Children who are members of the YMCA and at least 9 years of age have the ability to sign themselves out of camp with a signed permission slip. Children can only sign out during scheduled departure times, not in the middle of the program. Children who are enrolled in the Post Camp program cannot sign themselves out. Children signing themselves out must follow all rules. Siblings cannot sign each other out from camp. The YMCA reserves the right to revoke this privilege at any time. The Permission to Walk home form is available upon request and must be completed prior to campers first day.

## **What to Wear**

**Your child will get dirty!** It is important that campers dress appropriately for any weather and that they are comfortable. On rainy days, campers will still go outside, and may need to pack a light wind jacket or extra set of clothes for them to change into. No sandals, crocs or dress shoes are allowed! Your child must be in tennis shoes.

# Camp Life: What to Expect

## Outdoor Activities

Camp programs are primarily based outdoors. In the event of inclement weather conditions, such as severe storms, winds, or extreme high or low temperatures, and we cannot remain outdoors; the program will provide alternate indoor activities. This will include, but is not limited to, organized games such as kickball, basketball, tag, and developmentally appropriate group games.

The staff maintains daily contact with local weather services and monitors for storm watch and weather signals. At the discretion of YMCA staff, children will be moved to their alternate indoor weather site as the weather changes. However, predicting the weather can sometimes be difficult. If a downpour of rain should occur, children will be kept in a sheltered location until they can be safely moved to an indoor facility. Due to our love of nature, we may not go indoors during a quick and light summer shower!

## Swimming Policy

Parents/guardians must complete the Authorization to Participate section of the Registration Form to give written permission for their child to swim or otherwise participate in water play activities. Parents/Guardians may also opt to limit swim to the zero depth entry only. If you do not want your child to swim for any reason, please notify staff in writing.

Staff members will always accompany and supervise children at swimming sites. Staff members review all of the center's swimming rules with campers before each opportunity to go swimming. Staff/child ratios will be maintained. Staff members will ensure that the "buddy system" is in place at all times during swimming activities and will take head counts on a regular basis. We will only use pools and water parks that are staffed with certified lifeguards with CPR and first aid training. During all recreational swimming activities, certified lifeguards will be present at all times. Staff will swim with their groups and provide additional supervision. Children must complete a swim test on the first day of camp to evaluate their skill level. Depending on the swim skills demonstrated children might be limited to a specific area of the pool. Please refer to the Registration form for specifics on the swim test and evaluation process.



All children should arrive at camp prepared to swim. Children should have their swimsuit and sunscreen on upon arrival. Please remember to pack appropriate undergarments for your child.

## What to Bring

It is required that each child bring a backpack or other easy-to-carry bag to camp. Parents/Guardians and children should refer to the Backpack Checklist on page 14. It also lists items that your child will not be allowed to bring to camp!

## Lost and Found

It is important to label your child's possessions. All children's possessions should be labeled with their last name or first and last initial. (Sharpies® work great!) This vastly improves the chance that you will have the items returned if they are misplaced. Remember, many younger children do not remember what their possessions look like! The YMCA staff will do their best to remind campers to pick up their items daily. Lost and Found items will be kept for the week at which point unclaimed items will be donated to Goodwill®.



# Camp Life: What to Expect

## Field Trip Information

Parents/guardians must complete the Authorization to Participate section of the Enrollment Application to give written permission for their child to attend any field trips or excursions away from the program site. Parents/Guardians will also be expected to fill out an additional written permission request for all field trips prior to the date of the field trip. Attendance will be taken at the beginning of each trip, during, and again at the destination. All children will adhere to all bus rules and safety guidelines.

Copies of the Registration form with health history and complete emergency information for each child are kept with the camp staff member of each group at all times. A complete first aid kit will be taken as well. All camp staff members have a communication device at all times for routine and special field trips.

The YMCA shall only use a reputable bus service for routine and special field trips. These vehicles undergo regularly scheduled maintenance to insure our children's safety. YMCA staff members cannot transport children in personal vehicles under any circumstance.

## Field Trip T-Shirt Policy

Each child will receive a "Field Trip" shirt. These shirts must be worn for every field trip to aid in supervision of the group. The shirts provide identification regarding the program's name, address, and phone number. Field Trip shirts will be distributed the first week your child attends.

## Food Information

Daily nutrition plays a vital role in your children's day. Staff and children spend quality group time together in a relaxed atmosphere to enjoy eating and snacking. Your child's lunch and snacks should be nutritious and help fulfill a child's recommended daily dietary allowances. If parents/guardians need assistance in determining what these allowances are, the program can provide this information. Parents/Guardians are asked to inform staff of any special dietary needs.



## Breakfast

The YMCA will allow space and time for your child to eat his or her breakfast in a relaxed setting every morning. If you wish to send breakfast with your child, please ensure he/she is signed in to the program no later than 8:15AM. We will allow children to eat their breakfast from 7:30AM – 8:30AM.

## Lunch

All campers should bring a sealed container with a nutritious lunch containing foods from all food groups. All lunches should be ready to eat, with no need for refrigeration, cooking or microwaving. It is recommended to pack lunches in insulated containers with a freezer pack to keep items cold. For field trip days please only send lunch in disposable bags. Plastic grocery bags work great to carry lunch and a beverage in! This will make it easier for children to transport lunches, throw things away, etc. In addition, children will not have to worry about losing containers, freezer packs, etc. Helpful hint: Children will often accidentally leave lunch containers, lunch boxes, water bottles, etc. Be sure to clearly label any items with your child's name to assist in identifying missing items.

## Snack

Your child should also pack a nutritious snack each day to enjoy during our designated snack time.





# Camp Life: What to Expect

## Hand Washing

It is Kentucky law and good practice for children to wash their hands upon entering the program. Hand washing is encouraged after using the bathroom; wiping the nose; changing clothes after a toileting accident; before eating, serving or preparing food; and whenever a person has been sneezed or coughed upon.

## Appropriate Dress

Your child will actively participate in many activities. It is important that your child is dressed in a manner that is comfortable and allows the freedom to experiment and enjoy the many opportunities for learning and play. We also ask that you consider having your child dress in clothing that he/she can fasten and unfasten by themselves as this encourages independence and fine motor skill development when using the restroom. Comfortable, sturdy shoes will make active play much safer and more enjoyable. There will be occasions when clothing will become soiled so all children should have extra clothing in their backpack.

## Inside the Backpack

Each child should have a backpack or other easy-to-carry bag filled with items they will need to have a successful camp experience.

## Don't Forget to Pack:

- Nutritious lunch in a sealed container
  - Field trip days, please send disposable bags only
- Milk, Water, or 100% juice for a drink for lunch and snack
- Freezer packs for lunch
- Snack items
- Refillable water bottle
- Swimsuit
- Towel
- Sunscreen
- Goggles (Optional)
- Hat for sunny days
- "Field Trip" shirt on field trip days
- Jacket/sweatshirt for cool days
- An extra pair of socks or undergarments (Optional)

**Remember to label ALL of your child's possessions!**

**Don't forget to come to camp with a layer of sunscreen already applied!**

**Check your child's backpack each day for important information, arts & crafts, etc.**



# Camp Checklist

## **What Should My Child Leave At Home?**

Under no circumstances should children bring the following items to camp. If children do so, staff reserves the right to confiscate it and return it to a parent/guardian at the end of the day.

- Money
- Electronics (Game boys, CD players, CELL PHONES, etc.)
- Yu-Gi-Oh cards and similar trading-cards
- Toys
- Animals
- Motor vehicle
- Sports Equipment

**CAMP PHONE NUMBER:  
859-414-1854**

It's as easy as 1-2-3! This Checklist provides parents a quick and easy outline of the registering process and notes important dates and steps that parents must follow to officially get their child/children enrolled in camp.

## **Step #1: Registration Step**

Registration is a quick method of "holding a spot" for your child/children for a desired week of a specific camp. Parents/guardians will need to complete and turn in the following in order to register:

- 2019 Summer Camp Registration Form
- Certified copy of child's up-to-date immunization form (You can request a copy from the YMCA only if your child is currently attending a program in session)
- \$10 Deposit payment for each selected camp (per week/per child)
- Registration Fee payment (\$25 a child or \$50 per family)

## **Step #2: Payment**

A child is not officially enrolled in camp until all the enrollment paperwork and payment has been received. Tuition fees are due no later than the Friday before the camp week begins.

- Payment by credit card or bank draft

## **Step #3 Meet and Greet:**

Camp Meet and Greet is May 18<sup>th</sup> from 1:00pm-3:00pm at Campbell County YMCA and our Kenton County YMCA location. Come and meet the Counselors and Camp Director(s) ask questions, campers can play games and take their first swim test! (At Campbell Only: Bring a swim suit and towel)



# Day Camp

## Day Camp

Day camp is designed for children ages 5-12. Pre and Post camp hours are available with the Day Camp program for families who need care before and/or after regular camp program hours.

### Fee & Schedule Information

Session	Time	Rates			
		Full Time Rates Per Week		Part Time Rates Per Week	
<b>Day Camp</b> <b>Ages: 5-12</b>	9:00 am – 4:00 pm	\$147	\$183	\$95	\$130
<b>Teen Camp</b> <b>Ages: 13-14</b>		Members	Non Members	Members	Non Members
<b>Pre Camp</b>	6:30 am – 9:00 am	\$30	\$45	\$30	\$45
		Members	Non Members	Members	Non Members
<b>Post Camp</b>	4:00pm – 6:00 pm	\$30	\$45	\$30	\$45
		Members	Non Members	Members	Non Members
<b>LIT Camp</b> <b>Ages: 13-15</b>	9:00 am – 4:00 pm	\$75	\$75	\$75	\$75
		Members	Non Members	Members	Non Members

### Day Camp Programs

We have 11 weeks' worth of camp fun planned for your child. Each week will be a different theme, but will focus on one of our four core values! Pick and choose the weeks you like, or choose them all! If you register for 6 weeks or more and pay in full, you receive a 10% Discount!

Camp Week	Camp Tower Theme	Camp Independence Theme
5/28/19 – 5/31/ 19 <b>No camp 5/27</b>	Aloha Summer	Camp Starts 6/3/19
6/3/19 – 6/7/19	Shark Week	Aloha Summer
6/10/19 – 6/14/19	Challenge Week	Shark Week
6/17/19 – 6/21/19	Waterworks	Challenge Week
6/24/19 – 6/28/19	Kentucky Adventures	Waterworks
7/1/19 – 7/5/19 <b>No camp 7/4</b>	Celebrate Together	Kentucky Adventures
7/8/19 – 7/12/19	The Great Outdoors	Celebrate Together
7/15/19 – 7/19/19	Full S.T.E.A.M Ahead	The Great Outdoors
7/22/19 – 7/26/19	Going Green	Full S.T.E.A.M Ahead
7/29/19 – 8/2/19	Meaningful Mindfulness	Going Green
8/5/19 – 8/9/19	Anything Goes	Meaningful Mindfulness
8/12/19 – 8/16/19	No Camp at Campbell County	Anything Goes

\*No Camp on Memorial Day or 4<sup>th</sup> of July



# Day Camp

## Description of Activities

Activity	Description
<b>Swimming</b>	Campers will participate in daily swimming activities at the outdoor pool.
<b>Transition</b>	Transition includes campers walking from one activity site to the next. <b>Transition time always starts with campers applying sunscreen if the next activity takes place outdoors.</b> It is also an opportunity to grab their water bottle and hydrate themselves.
<b>Opening &amp; Closing Ceremonies</b>	Each day we gather together to start and end our day.
<b>Lunch/Snack &amp; Free Time</b>	Staff and children spend quality group time together in a relaxed atmosphere to enjoy lunch and snacking. Campers are encouraged to use this time to visit, rest, play games, etc. with their peers.
<b>Activity Periods</b>	Campers enjoy a variety of organized group activities. Activities could include: <b>Sports</b> - returning favorites and sports new to camp <b>Arts &amp; Crafts</b> – designed to match the weekly camp theme <b>Core Club</b> – Games that concentrate on our four core values <b>Water Activities</b> – Games involving water to help cool off! <b>All Camp Activities</b> – Games and activities for the whole camp to enjoy; occur every other Wednesday
<b>Spirit Days</b>	On Thursdays campers will be asked to participate in Spirit Days. This is designed to enhance the camping experience and often includes special events or campers being asked to wear particular items to show their spirit!
<b>Fashion Fridays</b>	On Fridays campers will be asked to participate in Fashion Friday! This is another creative method to encourage fun and excitement at camp! Please dress to match the theme of the week.