

Parent Information Packet

*****Must Read Through & Sign Before Attending Camp****

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CAMP FACTS PARENTS NEED TO KNOW

All parents must attend ONE Parent Meeting

- All Meetings will take place from 6:00pm-7:00pm
May 19th , May 29th , June 2nd , June 23rd , July 21st , August 4th

The St. Cloud Area Family YMCA is a non-profit, human service organization based on Christian principles.

- Camp curriculum is centered on the YMCA Character Development traits of caring, honesty, respect and responsibility. There will be a primary focus on fun, fitness, nutrition and reading!

Financial Assistance is available to those who qualify.

- Financial assistance applications are available at the Y or at www.scymca.com. (50% and 25% assistance available)

Safety and Qualified Staff are a priority.

- All camp staff are First Aid/CPR certified and have experience working with children.

A Y family membership will save you money.

- Save up to \$20 per child each week of summer camp with YMCA family or youth membership! Y family members also receive discounted rates on programs and classes.

It is our mission to provide a safe, thriving environment for young people to explore personal interests, build self-esteem, develop interpersonal skills, discover the benefits of the outdoors and learn about the importance of living a healthy lifestyle in a relationship based environment.

YMCA SAFETY PRACTICES

The St. Cloud Area Family YMCA takes seriously the importance of the protection and safety of the children involved in programs. The St. Cloud Area Family YMCA has policies, procedures and guidelines for staff members and volunteers who work with children. The following is a list of safety practices:

- YMCA staff members and volunteers immediately report any suspected abuse of children.
- The YMCA completes comprehensive pre-employment screening for staff members and volunteers, including reference checks and criminal history checks.
- All YMCA staff training includes safety information, First Aid and CPR certifications, behavior management, curriculum standards; Staff receive over 20 hours of training.
- YMCA staff members are identifiable by a YMCA name tag and red shirt.
- YMCA staff takes child safety seriously.
 - Staff constantly count heads, perform role call and maintain visual contact with children at all times.
 - YMCA staff never leaves children unsupervised.
 - YMCA staff always remains aware of intruders, hazardous situations or areas and unsafe practices.
 - Children will always remain within visual and hearing range of YMCA staff.
 - YMCA staff continues to reinforce the “buddy system” between children.

Character Counts

Character Building

The St. Cloud Area Family YMCA Day Camp has a strong focus on building the confidence of each child through character challenges that encourage personal growth and the development of strong values. Campers will build character this summer as they focus on the core values below.

Caring

Be kind and show concern for others. Express gratitude. Forgive others. Help those in need. Be compassionate.

Honesty

Don't cheat, steal or deceive. Keep your promises. Be reliable. Have the courage to do the right thing. Build a good reputation. Be loyal to your family, friends and country.

Respect

Live by the Golden Rule. Value the abilities and characteristics of others. Use good manners. Be considerate of another's feelings. Honor everyone's dignity, privacy and freedom. Be courteous and polite.

Responsibility

Do what you are supposed to do. Finish what you start. Always do your best. Exercise self-control. Be accountable to your choices.

WHAT PARENTS NEED TO KNOW

PAYMENT INFORMATION

- Full payment is due by end of business on the Wednesday BEFORE the week your child attends. A \$10 LATE FEE WILL BE CHARGED FOR EACH PAYMENT MADE AFTER Wednesday. Children will only be allowed to attend camp on Monday morning if a receipt can be provided proving payment.
- Refunds/credit will NOT be issued after the Wednesday preceding the week of camp unless the program is canceled by the YMCA.
- There are no fee reductions for absent/sick days.
- There is a required deposit of \$25.00 to reserve a spot in camp.
- There will be NO CAMP on July 4th – fees will be adjusted that week of camp.

DROPPING OFF / PICKING UP YOUR CHILD

- A PARENT/AUTHORIZED PERSON MUST SIGN CHILDREN IN WHEN THEY ARRIVE AND OUT WITH CAMP STAFF WHEN THEY DEPART DAILY (IF NOT SIGNED IN, THE YMCA CANNOT BE RESPONSIBLE FOR THE CHILD).
- PHOTO ID REQUIRED at the time of pick up.
- Parent will be given 1 warning for a late pickup. Each time after there will be a LATE FEE of \$1.00 per minute.
- Chronic LATE PICK UP is grounds for dismissal from a camping program.
- If a child is not picked up by 7:00 pm and the parent has not been in contact with the YMCA, Child Protective Services will be called.

ABSENCES

- If you find that you will not be sending your child to a week of camp for which you pre-enrolled, PLEASE call the YMCA so that we may fill your child's spot.
- Please notify the YMCA in the event of an absence (due to illness, etc.)
- There are no fee reductions or refunds for absences due to illness, vacations, etc.

ADMISSION

St. Cloud Area Family YMCA provides summer day camp for children ages 5 through 13. Children with special physical or emotional needs will be accepted if the camp program is determined to be in the child's best interest and meets the child's Individual Education Plan (special needs families must meet with Carolynne, Camp Director prior to camp). We also provide a Counselor in Training Program for children ages 14-17.

SWIMMING

We will be swimming most days at camp. All campers will be put through a swimming test on their first day for access into the deep end of pools.

HEAT POLICY

Physical activity is limited when the heat index reaches 100°F. Children will remain indoors when the temperature is 102°F or above. Campers are given frequent water breaks and are encouraged to bring water bottles, hats and sunscreen.

HEALTH & ILLNESS

- If a child arrives ill, or becomes ill, the parent or authorized individual will be notified immediately to pick up the child within one hour.
- Sick children will be monitored and isolated, with necessary supervision, until designated pickup arrives.
- Notify Chad, your camp director if your child contracts a communicable disease.
- The YMCA will administer prescription medication only WITH WRITTEN PARENTAL/GUARDIAN PERMISSION and instructions. All medications must be in the original container and clearly marked with the child's first and last name, and MUST be given directly to a STAFF MEMBER. ASPIRIN WILL NOT BE GIVEN without the express, written permission of the child's physician.

EMERGENCY PROCEDURES

The following procedures will be followed in an emergency situation:

1. A staff member will administer immediate first aid.
2. A staff member will notify parent/guardian.
3. If parent/guardian cannot be reached, or situation warrants immediate emergency assistance, the camp director will notify the designated physician and/or call the local emergency unit for treatment, accompany the child to the hospital, and stay until the parent/guardian arrives.
- An accident report will be completed and kept on file at the YMCA.
4. Fire/tornado drills are practiced monthly throughout the summer. Procedures for these emergencies are posted in each licensed unit.
5. Camp Lead will have cell phone on at all times for emergencies. (Number is located at front desk of the St. Cloud Area Family YMCA)

PARENT PARTICIPATION

- Parents are welcome to visit the camp site– contact Carolynne, Camp Director for more information.
- Parent meetings will be held throughout the spring / summer. Parents must attend 1 meeting to learn about camp procedures.

WHAT TO WEAR

- Athletic shoes (No open toed shoes allowed)
- Weather-appropriate clothing (hats are encouraged).
- Girls must wear a one-piece swimsuit or a two piece with a t-shirt.

WHAT TO BRING

- A nutritious peanut free sack lunch if not participating in hot lunch program (Details below). NO SHARING FOOD. Campers do NOT have access to facilities to reheat food! The YMCA provides only a morning and afternoon snack daily. Campers may bring in an additional healthy snack with them.
- **Breakfast provided for early drop off campers.
- Waterproof sunscreen or sun block and bug spray. Please apply BEFORE COMING TO CAMP. We recommend a waterproof, long-wearing formula for best protection. YMCA staff will remind campers to apply sunscreen on a scheduled basis.

- Backpack
- Water bottle
- Swimsuit & towel
- Book

LABEL all items with campers' full name. Leave toys, cameras, knives, toy guns, water guns, etc. AT HOME. The YMCA has a zero tolerance policy for weapons, tobacco products, alcohol, drugs, etc.

DAILY READING

- Please have your camper bring a book because we will have 30 minutes of quiet reading EVERY DAY

HOT LUNCH PROGRAM

- This summer we will have a FREE hot lunch program for all campers. We will send out monthly menus and campers must opt in 1 week before the start of each week.
- Campers will receive monthly menus. You will receive of form prior to each session to mark which days you which to have the daily hot lunch.
- Produce grown in our camp garden will be used in some of the meals served to the campers.

BULLY PREVENTION PROGRAM

- Monday and Wednesday mornings we will have age appropriate Bully Prevention programs. More information TBA.

COUNSELORS IN TRAINING (CIT) PROGRAM

- This program will last for 2 weeks, and will be offered 3 times throughout the summer. The cost of the program is \$250.00 which includes CPR / FIRST AID Training.
- See LIT attachment on www.scymca.org or contact Carolyne Schlichte at youthcoordinator@scymca.org for more information.

LOST & FOUND

- The St. Cloud Area Family YMCA will collect lost & found items on a daily basis. It is the camper's responsibility to check the lost & found for misplaced items.
- Lost & Found items will be kept for 2 weeks, then taken to a local charity.
- The YMCA does not accept responsibility for lost or stolen items.

FIELD TRIPS

- A signed permission slip is required to attend the field trip.
- DO NOT bring extra money for field trips unless specifically requested in advance. YMCA camp staff are NOT RESPONSIBLE for lost or stolen money.
- BEHAVIOR GUIDELINES are enforced on field trips as well as at camp. Campers who cannot adhere to the rules may meet one or more of the consequences listed in discipline policy.
- We will be going on weekly walking field trips as well as bused field trips. There will be an extra charge of \$10.00 on weeks with a bused field trip. If you do not wish to participate in field trip, you will not be able to attend camp that day.
- Bused Field Trips will be during weeks **2, 4, 5, 7, 10, and 11**. For the bused field trips we will need parent volunteer chaperones. To volunteer as a parent chaperone, please contact Carolyne at youthcoordinator@scymca.org. Spots are limited. See form at end of packet for more information.
- Walking field trips will include local parks, the St. Cloud Technical College and the Whitney Senior Center.
- Campers must attend a minimum of 3 days of camp during the week of a field trip.

BEHAVIOR EXPECTATIONS

- Camp Staff and campers will create a set of rules which communicate the YMCA's expectation that each and every camper strive to be Caring , Honest , Respectful and Responsible during the first week of camp. These will be posted for all to see at the Y and on the website.
- See Discipline Policy for action steps taken.
- When inappropriate behavior occurs, staff will: redirect behavior, speak with the child to determine the cause/resolution and, when appropriate, assign special responsibilities to help the child build self-esteem.
- Chronic behavior problems will lead to dismissal from the program. These behaviors include, but are not limited to:
 - destroying or taking property of other children, staff, or that of the site
 - rudeness or discourteous behavior to other children or staff
 - causing physical and/or emotional harm to other children or staff
 - Any camper who vandalizes, damages, or otherwise destroys YMCA, equipment, and/or supplies WILL BE HELD RESPONSIBLE for making the appropriate repairs and amends.

HOW TO CONTACT US

St. Cloud Area Family YMCA
Carolyne Schlichte, Camp Director, youthcoordinator@scymca.org. 320-253-2664

Weekly Camp Themes

WEEK 1 (June 2-6)

Waterpalooza!- Hello, the water's calling! It's all swimsuits, goggles and towels for this wet week of water fun.

WEEK 2 (June 9-13)

Where the Wild Things are (*Field Trip Como Zoo- June 12*)- The start to a summer of adventure! Time to let the wild out of the child with a week filled with fun, safe activities.

WEEK 3 (June 16-20)

Stupendous Superheroes- Calling all Super Heroes! Bring your powers and your imagination to Super Hero camp for an amazing week of fun. Campers will create their super hero costumes with inspiration from their favorite comic or movie. Many arts and crafts, team games, science experiments, and hero themed activities will delight the super hero in your family.

WEEK 4 (June 23-27)

Books Come to Life (*Field Trip Children's Theatre June 24*)- Every day is a day for story time. There will be lots of books to read and explore.

WEEK 5 (June 30-July 3)- No camp on July 4th

Stars and Stripes (*Field Trip Lindbergh Museum and Zoo July 3*)- Our grand red, white and blue takes a starring role this week. Projects, history and celebrations bring out our pride in being an American.

WEEK 6 (July 7-11)

Pirates and Princesses- Embark on an amazing adventure full of enchanting stories and wild imaginations, as we build castles, ward off dragons, and hunt for treasure.

WEEK 7 (July 14-18)

Summer Camp Olympics (*Field Trip Summerland July 17*)- Go for the Gold! Join us this week for a full schedule of sports, games, and other fun competitions.

WEEK 8 (July 21-25)

Spirit Week- Who has the most spirit?! Crazy sock day, hat day and jersey day are just a few of the things you can expect. Campers have fun being part of daily challenges that include games, songs, banners, and skits! We have friendly competition for all campers, all while teaching about caring, honesty, respect, responsibility and faith. Don't miss out on the Celebrity Mascot Games, as mascots from across the country have a friendly spirit competition.

WEEK 9 (July 28- August 1)

The Y's got Talent- Get those singing voices, musical instruments and dancing feet ready. It's time for campers to discover and reveal their hidden talents!

WEEK 10 (August 4-8)

Fitness Fun (*Field Trip Skatin' Place August 7*)- Get your fitness on this summer with fun and fitness week. This is a great week packed with healthy activities that will improve your child's fitness and sports skills while building confidence and self-esteem in an atmosphere of fun!

WEEK 11 (August 11-15)

Super Science (*Field Trip Science Museum August 14*)- Challenge yourself this week as you explore and discover Super Science and the wacky wonders of STEM (science, technology, engineering, and mathematic).

WEEK 12 (August 18-22)

Game On- Get ready, get set, GO! This week will be all about sports and games. So get your game face ready and prepare to have fun!

WEEK 13 (August 25-29)

Makin Music- It's time to warm up those air guitars and karaoke machines! This week will be all about music.

St. Cloud Area Family YMCA Day Camp

Discipline Policy

Step 1 Warning: A child will be given a verbal warning for:

- Not treating other campers and/or staff with respect. Examples – swearing, pushing and shoving, name calling, confrontational attitude and not following directions.
- Not acting appropriately during camp. Examples – running in halls, leaving group without supervision, not obeying stated rules, disrespecting equipment or property.
- Not behaving responsibly. Examples – lying, stealing, horseplay, creating a situation that is dangerous to another individual.
- Any action or inaction that negatively affects other campers or staff.

Step 2 Time Out: If a warning is ineffective, the child will sit out immediately for 5 – 10 minutes depending on the severity of their action.

Step 3 Incident Report: If a time out is ineffective or the child continues to display inappropriate behavior, the counselor will complete an incident report. This report will be given to the camp director. The director will have the discretion of speaking to the camper and/or parents depending on the action.

Step 4 Parent Meeting: If problems persist the parents will be contacted to meet with the camp director and other pertinent staff. Guidelines will be established for the child to remain in camp.

Step 5 Suspension: If established guidelines are not followed the parents will be called to pick up their child. At this time, the camp director and parents will establish a timeframe for re-admittance to camp.

Step 6 Dismissal: For the safety and enjoyment of all campers the YMCA will dismiss a camper for unacceptable behavior upon return from suspension. The dismissal would result in loss of all program fees and exclude the camper from all other day camp sessions.

Day Camp Vending Procedure

Attention YMCA Day Camp Parents and Campers: The YMCA Day Camp Director and staff have decided it is necessary to prohibit vending machine use during camp hours. Please be aware that this will be strictly enforced by camp staff during camp hours for all campers.

This decision has been made as we continue to educate our campers to make healthier food choices. While an occasional treat is ok, we encourage you to send healthy food at camp. Also, with the different food allergies affecting our youth, we need to control what they are exposed to.

St. Cloud Area Family YMCA Day Camp Waiver Page

Please read through and sign bottom of page and bring back to the Y!

In signing this form, I DO hereby give permission for my camper to leave the St. Cloud Area Family YMCA without a parent/guardian on all Summer Day Camp field trips. All Campers will be under direct care of Day Camp Staff during field trips.

In signing this form, I DO hereby give permission for the Camp Staff to apply sun screen and / or insect repellant on my child IF assistance is needed. Parents are responsible to make sure each child has sun screen and insect repellant. We recommend a waterproof, long-wearing formula for best protection. The children should wear a minimum of SPF 30 product, but this may be higher if the child has the characteristics for a greater chance of burning. The guidelines on the product should be followed. For insect repellant, parents should stay away from providing products that include DEET. If necessary, they should get a product with a concentration of less than 10% DEET. Pump, liquid and cream products are safer to use than aerosol products.

In signing this form, I DO hereby consent and authorize the St. Cloud Area Family YMCA Day Camp staff to take any and all action, including use of medical services and hospital facilities as they deem appropriate in the event that my child should become ill or otherwise injured under the care of the Day Camp Program. In addition, I authorize the St. Cloud Area Family YMCA to use pictures of my child for promotional purposes.

In signing this form, I DO hereby agree to the everything in this Parent information packet and this form and hold free from any and all liability the St. Cloud Area Family YMCA and its respective officers, employees, volunteers, and members, and do hereby for myself, my heirs, executors and administrators, waive and release and forever discharge any and all rights and claims for damages which I may have hereafter accrued to me arising out of or in connection with my child's participation in any of the activities of the St. Cloud Area Family YMCA.

In signing this form I release the St. Cloud Area Family YMCA from all claims of injury which may be sustained by above child while participating in any YMCA sponsored activity, whether caused by the negligence of the YMCA or otherwise. If medical attention is required I give my permission for such medical care. I also agree to follow the St. Cloud Area Family YMCA's behavior standards and guidelines. By signing below, I give the YMCA permission to use photographs or videos of the above named participant in its promotional/ educational materials.

Camper(s) name

Parent/Guardian's printed name

Parent/Guardian's signature

Date

YMCA staff verifier's signature

Date of verification