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FOR HEALTHY LIVING
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OUTSIDE: PRESENTED IN HD

Camp Fox Parent Guide 2019 YMCA OF THE FOOTHILLS



YMCA of the Foothills

P 818 790 0123 **Website:** ymcafoothills.org/resident-camp

OUR CAUSE

The Y is so much more than a gym. We focus our work in three key areas because nurturing the potential of kids, helping people live healthier, and supporting our neighbors are fundamental to strengthening our community.

OUR CAMP

At camp, kids develop skills, explore new activities, learn independence, make friends and form assets that help them thrive.

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YMCA of the FOOTHILLS

Contact Information

General

Questions

YMCA Office

www.ymcafoothills.org/camp

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WELCOME TO THE YMCA OF THE FOOTHILLS

What Makes Y Camps Special?

1. Y Camp activities create a foundation for building emotional intelligence and problem-solving skills in your camper.
2. Y Camps are led by caring and trained youth developers who are dedicated to bringing out what is special and unique about your camper.
3. At Y Camp you feel the welcoming and inclusive environment of Y camp in everything that we do.
4. At Y Camp, integrating activity with nature is a priority that allows your camper to experience how great it feels to disconnect from electronics and connect with the great outdoors.
5. At Y Camp, your camper will gain independence, confidence, and develop a sense of responsibility for themselves.



PARENT COMMUNICATION WITH THE Y

Our preferable method for communicating is face to face. When we see parents at pick-up and drop-off, we want to be able to tell you about your child's experience at Camp Fox rather than talk logistics.

For the logistics part of camp communication, we rely on the important tools below:

WEBSITE & BROCHURE

- General information about camp
- Payment information
- Schedules

CAMP RALLY NIGHT

- Meet our summer camp staff
- Get a snap shot of what camp is all about
- Answers to all your questions

CAMP BULLETINS

- Welcome to summer camp letter
- Important information
- Logistics for the camp week

SOCIAL MEDIA

- Facebook: pictures and highlights of each week
- Instagram: Y stories
- Twitter: Live updates for day to day activities

Social media for Resident Camp



Facebook Resident Camp at YMCA of the Foothills



Instagram Yfoothillscamp



Twitter @Yfoothills camp

PAYMENT POLICIES

You may reserve a space in any Y Camp for your child with a non-refundable, non-transferable deposit as follows:

Camp Fox \$150

- All registrations received after Camp Rally Nights must be paid in full at the time of registration.
- All deposits are credited to the remaining balance of the camp.
- All camp balances must be paid in full by the Camp Rally Night.
- If your payment is not received in full by the Camp Rally Night of Camp Fox, your child's registration will be cancelled, and the deposit will be forfeited.

MEMBERSHIP FOR ALL

YMCA of the Foothills is a non-profit organization that welcomes everyone, regardless of gender, age, race, faith, and income. You may qualify to receive assistance for you and your family to participate in membership and programs at a reduced rate. To get started, simply complete a Membership for All form. You can find this online or at any of our branches.

Once awarded, assistance will be offered to any future camp registrations or balances. Past payments due will not be credited.

CAMP CREDIT GUIDELINES

We understand that a situation may arise that requires you to change your summer plans. Here are our credit guidelines.

Before the start date of each camp session:

- You may request a credit up to 100% of the fee (less the deposit amount).
- Y-credits may be used by any member of your family for any YMCA of the Foothills programs. All requests must be submitted in writing.

No refunds will be issued, only Y credit.

BEHAVIOR GUIDELINES

All of our camp staff are trained and expected to resolve behavior problems in a positive manner. Staff are trained to speak with the camper, allow him/her to take time out to think about the problem, discuss the problem/solution and then let the camper return to the activity.

In more severe cases, the camper will be kept out of an activity and the parent may be asked to pick up their camper. In the event that a parent is called, we expect the camper to be picked up within 1 day of the phone call. Together, parents and Y staff will work out a custom-designed behavior modification plan.

In the event the problems persist, the camper may be suspended or expelled from camp. Some acts (i.e. fighting, intentionally harming others, theft, possession of weapons, drugs, vapes & e-cigs etc.) may result in immediate suspension or expulsion. We cannot grant credits for missed program days due to behavior problems.

ANTI-BULLYING GUIDELINES

Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with the intent to hurt another. Bullying happens when a person or group of people want to have power over another and use their power to get their way at the expense of someone else. Bullying can also happen in cyberspace through the use of emails, text messages, instant messaging, and other less direct methods.

Bullying can also lead to persons being hurt during or between programs and can be especially hurtful when persons are targeted with meanness and exclusion. Persons who are bullied may not have the same potential to get the most out of their YMCA experiences.

At the YMCA of the Foothills we find this behavior to be inexcusable and we have no tolerance for any form of bullying. Our leadership immediately investigates all alleged incidents of bullying and takes appropriate action to stop the inappropriate behavior. Y Staff are trained to promote communication with other staff, members, program participants, and the public so that anyone being bullied, or witnessing bullying is comfortable alerting us.

STAFF INFORMATION

Camp Ratios

Counselor to camper ratio is no larger than 1:10. In every cabin there are 1 to 10 campers. Campers will rotate among daily activities as small groups.

Gratuities

Although our staff works long, challenging hours, it our policy that employees are not to accept gratuities. If you wish, we suggest a donation to help ensure that all children get a chance attend camp.

Babysitting

Although Y-camp staff work well with children, it is our policy that staff are not permitted to babysit for families involved in our YMCA programs.

DAILY SCHEDULES

8:00 - 8:30 am Breakfast

9:00 - 9:30 am Morning Inspiration

9:30 - 12:00 pm Morning Activity Period

12:00-12:30 pm Lunch

1:00 - 4:30 pm Afternoon Activity Period

5:00 - 5:30 pm Dinner

6:00 - 7:00 pm Twilight Games

7:30 - 9:00 pm Campfire

9:30 - 10:30 pm Cabin Time

10:30 pm - 7:00 am Lights Out

ACTIVITIES

YMCA Camp Fox activities include snorkeling (mask, fin, snorkel and wetsuit provided), kayaking, archery, swimming (in a marked swim area), tubing, fishing, stand-up paddle boarding, climbing wall, low and high ropes challenge course, giant swing, leap of faith, basketball, volleyball, soccer, softball, Frisbee golf course, gaga pit, hiking, ping pong, aquarium study pools, touch tank aquarium, large slip n' slide, tidepools, field games, campfires, skits, songs, dances, chapels and lots of special fun designed for each age level each week.

GENERAL CAMP INFORMATION

Clothing

Campers are required to wear close-toed shoes to most Camp Fox activities. We strongly recommend that campers pack "play clothes" or clothes that you won't mind if they get dirty. Belongings are the responsibility of the child, not the staff. A backpack is helpful in keeping your child's belongings in a safe place. Please clearly mark all your child's belongings with his/ her name. We encourage all campers to leave expensive items at home (includes new clothes, hand held games, toys, cards, etc.)

Swimming

All campers will be given a swim test. Only those who pass the swim test will be allowed in deep areas. All campers are allowed in the shallow areas. Floatation devices will be provided at camp for children who cannot demonstrate the ability to swim. Alternate activities will be provided for children who do not wish to swim. Floatation devices will be used by ALL children and staff in watercraft activities (i.e. boating or kayaking).

Lost and Found

The Y is not responsible for camper possessions or money that are lost or stolen. The best way to prevent the loss of property is to leave valuables at home. Please keep new jackets, expensive clothing, hand held video games personal stereos/radios/ IPODS/IPADs, expensive watches, cell phones, money, toys, card games, and other items at home. We strongly encourage parents to label all clothing and possessions. Every Friday afternoon, we will display all the lost and found articles, so you can claim them. All unclaimed items will be held for a week and then donated to a local charity.

BASIC PACKING LIST

- Sleeping bag
- Blanket and pillow
- Shorts (3)
- Shirts (6)
- Pants (2)
- Socks (6)
- Tennis shoes
- Swimsuit (2)
- Hat
- Sweatshirt or jacket
- Themed outfits
- Flashlight
- Beach towel and shower towel
- Sunglasses
- Sunscreen
- Flipflops
- Toothbrush
- Toothpaste
- Chapstick
- Soap and shampoo
- Sun/hand lotion
- Comb/brush

DROP OFF/ PICK UP INFORMATION

Drop off and pick up will be at the East Lot at the Crescenta Cañada YMCA located at 1930 Foothill Blvd. La Canada, 91011

Jr. High Fox

Sunday morning, June 30th: Check in by 5:30 am

Depart by 6:30 am

Return to the Y on Saturday July 6th, 3:30pm (check the Facebook site at 2:00pm for update)

School Age Fox

Sunday morning, July 7th: Check in by 5:30 am

Depart by 6:30 am

Return to the Y on Saturday July 13th, 3:30pm (check the Facebook site at 2:00pm for update)

TRANSPORTATION INFORMATION

We use school buses provided by First Student Transportation, which provides experienced, state-licensed drivers. At no time are YMCA staff members permitted to transport children in personal vehicles. Camp staff are prohibited from using personal vehicles for work purposes.

For boat transportation we use a commercially licensed ferry provided by Catalina Express based out of the Long Beach Harbor. Their skilled staff has been providing transportation to YMCA Camp Fox for over 60 years.

BUS GUIDELINES

Campers should be sitting in their cabin groups, within eyesight of their counselor. Counselors will be dispersed throughout the bus to ensure adequate supervision. Each bus has a staff person designated as the captain, who is in touch with the Camp Director to ensure a smooth transition from the Y to boat.

- On the bus campers must remain seated and facing forward while in

motion

- Keep hands to yourself and feet on the floor, not in the aisles or window
- Use quiet voices on bus
- No eating or drinking on the bus

BOAT GUIDELINES

Once aboard the boat, campers have the option to be indoors or out. During transport counselors are strategically placed to ensure all campers are accounted for and stay safe. There is a snack bar and a movie available for the campers to watch. Counselors will be running games and helping the campers get to know each other.

- On the boat campers must walk and hold the handrails for stability
- Campers must check in with a counselor prior to going inside/outside
- Campers should use quiet voices indoors
- Campers can eat on the boat, but must be sure to throw away all trash
- Campers should keep their backpacks with them, but leave all other luggage in storage

MEDICAL RECORD INFORMATION

To ensure the safety of all campers, we require that the Authorization and Health Information and Camp Fox form be completed in full in Camp Doc. Campers without this form completed, will be barred from attending camp until the form is completed. This form will be emailed 7-10 days after registration.

ADMINISTRATION OF MEDICATION

Should your camper need to take any medication during the program, please complete the Medication portion of the Camp Doc form if you would like our Camp Doctor to administer medication to your camper. Camp Doctors will administer medication as directed.

The following items are essential for us to dispense any medication:

- Medication needs to be prescribed by a doctor.
- Medication must be in its original container with your child's name printed on the label.
- Medication needs to be checked in by a camp leader.
- Seal medication in a Zip-Lock type bag with the child's name/camp written on the bag.

Medication will not be administered without a completed Medication portion of the Camp Doc form. Please check in all medication, do not leave medication in your child's belongings.

HEALTH & SAFETY

The Emergency Health/Information History Form must be completed on each camper and returned prior to the start date of camp.

Safety is our primary concern. We strongly enforce camp rules for all campers. We believe in the positive reinforcement approach and work very hard with campers to teach safety at all times.

At Camp Fox a doctor will be on staff to care for the medical needs of your child. All medication will be administered by the doctor as well. If an injury occurs that is beyond the scope of the camp's medical facility, your child will be taken to the emergency room in Avalon.

If your child is injured or ill at camp, we will take whatever steps are necessary to provide appropriate care. These steps may include but are not limited to:

- Attempting to contact parents
- Attempting to contact persons named as emergency contacts on the Emergency/Health Information History Form
- Summoning 911/emergency care
- Assigning a counselor or a designated person to go with the child to the hospital or medical facilities, if a child is sent

Special needs, allergies, or behavioral concerns should be reported to the camp director prior to the start date at camp so that adequate and appropriate

preparation and care can be provided for each camper.

CAMP RALLY NIGHTS

Don't forget to mark this date on your calendars! This is your opportunity to spend an evening with the camp management staff, meet the summer unit leaders and get all your camp questions answered! We hope to see you there!

- Jr. High Fox- June 18, 6:30pm
- School Age Fox- June 25, 6:30pm
- Family Fox- August 13, 6:30pm

* All camp rallies are at the Crescenta-Cañada Family YMCA MPR located at 1930 Foothill Blvd. La Canada, 91011