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SUMMER CAMP PARENT GUIDE 2018



WALDO COUNTY YMCA

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The Waldo County YMCA is a 501 (c)(3) Charitable Organization

Waldo County YMCA Summer Camps 2018

Welcome to the Waldo County YMCA's summer camp program. This handbook is designed to inform you of our activities, policies and procedures.

Waldo County YMCA Mission

It is the mission of the Waldo County YMCA to promote the physical, mental, social, and spiritual development of Waldo County children and families.

Staff

Many of last year's staff will be returning again this year. They bring years of experience and are ready to make this summer one of the best ever for your child. All of our staff are First-Aid and CPR certified and strive to keep safety as a top priority in all activities while challenging campers to reach beyond their comfort zones. Several staff are recently trained lifeguards. The most important goal of our staff is providing a FUN, safe and caring environment for our young campers.

OUR CAMP PROGRAMS

Camp Sakari

This camp is an all day camp for 4 & 5 year old children. It has been added to accommodate for those children who are not quite ready to keep up with the pace of Camp Koda. These young campers will meet Monday – Thursday only and will join Camp Koda for some on sight activities.

Home Base: Waldo County YMCA

Dates: June 25 – August 16, 2018 (Monday – Thursday)

Time: 8:30 a.m. – 4:30 p.m.

Camp Koda

This all day camp is for children who have completed grades Kindergarten – Second grade. This camp provides all to have the opportunity to grow physically, mentally and socially in a camp setting. They will participate in small and large group activities under the watchful eyes of our camp staff.

Home Base: Waldo County YMCA

Dates: June 25 – August 17, 2018

Time: 8:30 a.m. – 4:30 p.m.

Field Trips: Thursdays! All will depart from the YMCA and return there.

Camp Nedobak

This all day camp is for children who have completed grades 3 – 7. At this camp children will have the opportunity to grow physically, mentally and socially in an outdoor camp setting. Small and large group activities will be available as well as a great deal of team building.

Home Base: Troy Howard Middle School

Dates: June 25 – August 17, 2018

Time: 8:30 a.m. – 4:30 p.m.

Field Trips: all will depart from the YMCA and return there.

Daily Schedule/Activities

Camps Sakari and Koda *schedule is subject to change due to weather or any other unforeseen issues

Welcome ~ apply sunscreen ~ outside activities ~ playground & field activities ~ snack time ~ apply sunscreen ~ team building activities ~ swimming ~ lunch & sunscreen ~ playground ~ quiet learning games and reading ~ snack ~ crafts ~ games in the gym ~ farewell until tomorrow.

Wednesday (Sakari), Thursday (Koda): Field trip day is subject to change. Notifications will be sent to each family and posted in the Community Room for parents on Monday of each week.

Camp Nedobak *schedule is subject to change due to weather or any other unforeseen issues

8:30 Leave the YMCA	10:15 Snack	1:00 Activity 2	4:00 Return to YMCA
9:00 Morning Meeting	10:30 Activity 1	2:00 Activity 3	4:30 Camp Day ends
9:15 Group Activity	12:00 Lunch/Rest Time	3:00 Group Activity	

Our oldest campers will be using Troy Howard Middle School as their home base this year. Most activities will be outdoors so please be sure to send appropriate footwear and layers.

Field Trips: There will be one trip per week for campers. Parents will be informed by way of weekly newsletter and postings at the Y. Please be certain to ask one of your counselors if you are unsure of the weekly schedule.

ACTIVITIES FOR CAMPS

Campers enjoy a wide variety of activities throughout the week and each week is based on a theme, camp strives to bring education to the camper in a fun and exciting way.

Arts & Crafts	Canoeing	Nature walks	Hiking	
Team Building Games	Sports Games	Educational visitors	Reading	Swimming

Water and Pool Activities

At all swimming activities we have two or more lifeguards on at one time regardless of the amount of children swimming as well as counselors scanning the water. We understand the high risk activity and take every precaution to make sure your camper is safe and has fun. Swimming will take place on a daily basis at various locations (see weekly newsletter). Each child will take a swim test at the beginning of their own camp experience to assess their ability. Only campers who have passed the test successfully may swim in water over chest deep.

Waterfront:

A buddy system is used at waterfront sites. Buddies must check in with a designated counselor to go in and out of the water. A buddy check whistle is blown every five to ten minutes depending on the number of swimmers. Campers are not permitted out to docks unless a lifeguard is available to stay with them. Campers who have not passed the swim test must wear a red bracelet and are not allowed to go over their chest level. At ocean fronts campers will not go in high surf water and campers who have passed the swim test may not go over their chest. Campers who have not passed the deep water test may not go over their knees.

Pool Time for Camps Sakari and Koda: Our Therapy pool is divided into three sections for camp. Our smallest campers who have not passed the swim test will be restricted to the shallowest end of the pool near the steps. Those who are a little taller but not yet passed their test are given a yellow bracelet and are allowed to be in the middle or shallowest area of the pool. Campers who have passed the deep water test are wearing green bracelets and are permitted into the deep end of the pool. A head count is officially done every 5 - 15 minutes while scanning constantly.

Pool Time for Camp Nedobak: Our older campers swim in two lanes of the lap pool. Those who have not passed the deep water test will be required to stay in the shallow end of the pool.

CAMP ESSENTIALS

**Please label everything with child's full name*

Please be sure each camper has the following with him/her everyday:

Bag Lunch/Snacks	Sneakers/Socks	Swim Gear	Hat/Sunglasses
Labeled Water Bottle	Cool Weather Gear	Sunscreen	Great Attitude

Please do NOT send the following to camp:

Heavy coolers	Hot lunches	Cameras	Electronics
Toys/trading cards	Cell Phones	Valuables/Money	

Electronic exceptions: I-pods, CD players, etc... will be allowed on long bus ride field trips. We would prefer any games that have weapons/violence will not be allowed at camp. Music must be censored and/or edited for camp. Any games/music that is considered inappropriate will be taken from the camper and given back to the parent at the end of the day.

All valuables should be kept at home. Money brought on field trips should be labeled in a plastic bag as we are not responsible for money misplaced.



5 servings of fruits and vegetables
1 hour of physical activity

2 hours or less of screen time
0 sugary drinks

*The Waldo County YMCA is proudly working with the 5210 Let's Go! program in our community for a healthier Waldo County. When packing lunches and snacks please keep in mind that sugar is not the best choice for all day energy. Choose healthy for your child!!

***Lunch Ideas:**

Camper's are very active and need a well-balanced lunch with snacks to maintain their energy throughout the day.

ONLY COLD LUNCHESES ARE ALLOWED PLEASE.

Water or **low fat milk** is best. Please no sugar filled drinks

Fruit, Cheese sticks, yogurt

Sandwich: whole wheat bread with meat & cheese, tuna, PB&J

Something crunchy: pretzels are great - Extra snacks for the afternoon: raw vegetables, fruit are super for you!

Physical Activity Opportunities

Every day all children will have developmentally appropriate physical activity. Strategies that incorporate physical movement will be provided throughout the camp day. The staff will provide a physical and social environment that encourages safe and enjoyable physical activity and fosters the development of a positive attitude toward health and fitness. Our staff will also encourage children by joining children in active play.

Screen Time

We understand that TV and other electronic media can get in the way for exploring, playing, and interacting with others. Screen time is limited in our program, and it will be kept to occasional use.

Sugary Drinks

The Waldo County YMCA will not have any sugary drinks available including fruit juice for our campers. Parents will be expected to provide water or low fat milk for any meal or snack. Water will be available to children throughout the day.

Lost & Found:

Every year we accumulate many pieces of lost clothing, towels, lunch boxes, etc... Please be sure that your camper has everything at the end of the day. If you find your camper lost an item please check first with the camp staff then in with our front desk staff in our general lost and found area. Camp is not responsible for lost, stolen or damaged items. The best way to keep a lost and found item from ending up in the bin is to label all items with your child's name.

EXTENDED CARE

We will offer extended care for **Camp Koda and Camp Nedobak**.

Before Care: Monday – Friday starting at 7:30 a.m.

After Care: Monday – Friday until 5:30 p.m.

Late Fee policy: A late fee of \$1 per minute will be charged starting at 5:30 p.m. If a parent is tardy, after 15 minutes, staff will call emergency contacts for pick up. *Late fees must be paid before return to camp.*

Cost for Extended Care: You must register for this service at the front desk. Extended care is an additional \$10 per week per child and it is for both the 3-day or 5-day option.

CHILD PROTECTION PROCEDURES

Our staff goes through child protective training provided to us by our insurance company. Our goal is to promote a child safe environment.

All staff members are mandated to report any suspected child abuse. Our Policies include:

- Staff is prohibited from working one on one with your child outside of the YMCA (i.e. babysitting)
- Policies exist to ensure staff and volunteers are not alone with a child
- A buddy system is in place to ensure campers safety (2 or more campers with a counselor)
- The YMCA Day camp has an open door policy

SIGN IN/SIGN OUT PROCEDURES

- An authorized parent or guardian must sign camper in/out at drop off and pick up
- Any authorized person may be required to show a picture ID
- We will not allow a camper to leave with someone who is not on the authorized pick-up list and who doesn't have a photo ID.

Transition Times: We have established a system for sign in/out that will be adhered to. We know that sometimes your hectic schedule presses you for time and every second is valuable, the safety of your child comes first. Please be patient and allow yourself a few extra minutes for sign in and sign out.

EARLY PICK UP

It is beneficial for campers to stay the entire day to experience all of the benefits of camp. Should you need to pick up your camper early please notify the Camp Supervisor, indicating time of pick up so we can inform you of our location and have your child ready. Campers will only be released to authorized persons.

THE BLAZING SUN

We are outside most of the day at camp. Parents are required to provide campers with a labeled bottle of sunscreen for use at camp. Sunscreen will be applied multiple times throughout the day with the help of camp staff. It is highly recommended that parents provide hats, and sunglasses for campers. We will follow the heat humidity index on days that are medium to high risk. On those days camp will alter their activities to ensure that campers stay cool and in the shade, frequent sunscreen and water breaks will also be added to the normal daily schedule.

SUNSCREEN POLICY:

Campers must have a minimum of SPF 25 with UVA/UVB waterproof sunscreen lotion. Spray is not recommended due to its' inadequate coverage. Parents should have already applied sunscreen to child before dropping him/her off at camp. Please note: Camp staff will help campers apply sunscreen. If you do not want your camper to be helped please send a written note stating your camper is able to apply sunscreen with no help from camp staff. If the camper does not have sunscreen, we will notify the parent and the camper will use camp sunscreen.

MEDICATIONS:

All medication must be given directly to Camp staff from a parent or guardian in its original bottle. Specific details for administering the medication must be provided by the parent or guardian in writing. We do not object to giving prescribed medicine to a camper as long as the camper is well enough to participate in activities and that giving the medicine does not interfere with the daily schedule.

INJURIES AT CAMP:

A camper who receives an injury at camp will be given first aid by a certified staff member and a parent will be notified. Any camper sent home with a serious injury may not return to camp unless approved by a physician.

ILLNESS AT CAMP:

While we understand the needs of a working family we must protect all of our campers from any and all contagious illnesses. Under no circumstances should a camper be brought to camp if they have a contagious illness. The Camp supervisor should be notified of any contagious illness to be able to communicate to other parents and give recommendations for parents concerning the illness through a health consultant.

A sick camper cannot do well in a group setting and it is difficult for the staff to give a sick camper the attention he/she may need. If a camper becomes ill during the day a parent will be notified and the camper must be picked up from camp. If camp is on a field trip we will do our best to console the camper although a parent may need to pick the camper up at that location.

Guidelines for Sick Campers

FEVER/VOMITING/DIARRHEA: Camper must be free of symptoms for 24 hours before returning to camp.

SEVERE HEADACHES/STOMACHACHE/EAR ACHE: Please keep your camper at home, camp is not properly equipped to give the attention to sick campers

EYE INFECTIONS: Any severe eye infection with redness, swelling and pus-like drainage is not allowed at camp.

IMPETIGO: A bacterial infection in the skin, impetigo begins as tiny red spots resembling pimples that enlarge to coin sized blisters which rupture and produce oozy, stick, honey colored crust. A camper may return once they have been on antibiotics for 24 hours and all spots have been covered.

STREP THROAT: A camper may return once they have been on antibiotics for 24 hours and are well enough to participate at camp.

SEVERE ILLNESSES (measles, mumps, chicken pox, H1N1 etc.)

A camper with any severe illness will not be allowed to return to camp for a week.

HEAD/BODY LICE: Lice are very tiny insect-like creatures that cause infection in the hair of the body. They are very contagious. If your child has lice they **MAY NOT** return to camp until they have been treated and **ALL** lice nits, eggs are gone. We have a **NO NIT** policy. If any signs of lice or nits are found, parents will be notified and will be asked to treat their camper and house. The camper will need to be checked by an Onsite Director upon return to camp.

BEHAVIOR GUIDELINES

It is our goal at the Waldo County YMCA to provide a healthy, safe and secure environment for all day camp participants. The YMCA teaches the core values of caring, honesty, respect and responsibility. Children who attend the program are expected to follow the behavior guidelines and to interact appropriately in this group setting.

CORE VALUES:

- People are **responsible** for their actions.
- We **respect** each other and the environment.
- **Honesty** will be the basis for all relationships and interactions.
- We will **care** for ourselves and those around us.

When a camper does not follow the behavior guidelines, we will take the following steps of action:

- 1) Staff will redirect the camper to a more appropriate behavior
- 2) The camper will be reminded of the behavior guidelines and rules, a discussion will take place.

- 3) If the behavior persists, a parent will be notified of the problem.
- 4) The staff will document the situation. This written document will include what the behavior issue is, what provoked it and the corrective action taken.
- 5) Staff will schedule a conference with the parent to determine the appropriate action to be taken.
- 6) Staff will schedule a progress check or a follow up conversation.
- 7) If the issue persists staff will schedule a meeting with the parent, staff and program director. The program director will have all documentation and the notes from the previous conversations to review.
- 8) If a child's behavior at any time threatens the immediate safety of that child, other children, or staff the parent may be notified and expected to pick up their child immediately.
- 9) The final step, one we do not wish to take will be excluding the child from camp for the remainder of the summer. This will only be considered when all other methods fail.

The following behaviors are not acceptable and may result in the immediate suspension for the current day and possibly the next: Endangering the health and safety of themselves, other campers, or staff; Stealing or damaging YMCA or personal property; Leaving the day camp program without permission; Disrupting the program regularly; Refusing to follow the behavior guidelines or day camp rules; Using profanity, vulgarity or obscenity frequently; Acting in a lewd manner.

A Memorandum From Your Child

1. Don't spoil me. I know quite well that I ought not to have all I ask for. I'm only testing you.
2. Don't be afraid to be firm with me. I prefer it. It lets me know where I stand.
3. Don't use force with me. It teaches me that power is all that counts. I respond more readily to being led.
4. Don't be inconsistent. That confuses me and makes me try harder to get away with everything I can.
5. Don't make promises; you may not be able to keep them. That will discourage my trust in you.
6. Don't fall for my provocations when I say and do things just to upset you. Then I'll try for more such victories.
7. Don't be too upset when I say "I hate you." I don't mean it but I want you to feel sorry for what you have done to me.
8. Don't make me feel smaller than I am. I will make up for it by behaving like a "big shot."
9. Don't do things for me that I can do for myself. It makes me feel like a baby and I may continue to put you in my service.
10. Don't try to correct me in front of people. I'll take much more notice if you talk quietly with me in private.
11. Don't try to discuss my behavior in the heat of conflict. For some reason, my hearing is not very good at this time and my cooperation is even worse. It is alright to take the actions required but let's not talk about it until later.
12. Don't try to preach to me. You'd be surprised how well I know what's right and wrong.
13. Don't make me feel that my mistakes are sins. I have to learn to make mistakes without feeling that I am no good.
14. Don't nag. If you do, I shall have to protect myself by appearing deaf.
15. Don't demand explanations for my wrong behavior. I really don't know why I did it.
16. Don't tax my honesty too much. I am easily frightened into telling lies.
17. Don't forget that I love you and use experimenting. I learn from it so please don't put up with it.
18. Don't protect me from consequences. I need to learn from experience.
19. Don't take too much notice of my small ailments. I may learn to enjoy poor health if it gets me much attention.
20. Don't put me off when I ask HONEST questions. If you do, you will find that I stop asking and seek my information elsewhere.
21. Don't answer "silly" meaningless questions. I just want you to keep busy with me.
22. Don't ever think that it is beneath your dignity to apologize to me. And honest apology makes me feel surprisingly warm toward you.
23. Don't ever suggest that you are perfect or infallible. It gives me too much to live up to.
24. Don't worry about the little amount of time we spend together. It is how we spend the time that counts.
25. Don't let my fears arouse your anxiety. Then I will become more afraid. Show me courage.
26. Don't forget that I can't thrive without lots of understanding and encouragement. But I don't need to tell you that, do I?

Treat me the way you treat your friends. Then I will be your friend too.
Remember, I learn more from a model than a critic.