



# CAMP ADVENTURE GUIDE

**Camp Adventure registrations are non-refundable and a credit will only be issued when and if a wait list is formed**

## **Campers Backpack**

Items campers need every day. Please be sure to clearly label all items with your child's first and last name.

## **Snack**

## **Sunblock**

## **Water Bottle**

## **Swim Suit & Towel**

## **Comfortable Sneakers**

**(no sandals, flip flops or open toe shoes)**

## **Camp Adventure is perfect for children who:**

- \* Are between 5 and 12 years old
- \* Love to experience new and exciting things
- \* Enjoy being active all day
- \* Want to make new friends and lifetime memories



**Check out our NIGHT OWLS program at the YMCA Outdoor Education Center.**

**Camp Adventure, held at the Ithaca Y facility, 50 Graham Road West, not only provides a world of fun, friends and adventure for your child, we focus on values and character development. Caring, honesty, respect and responsibility are parts of every camp day. Campers will spend their days active and will explore new things focused around weekly themed activities. At the Y it is important that we engage campers in exciting experiences that keep their minds and bodies moving. Weekly trips will ensure they are never bored with their surroundings - there are always new things to discover.**

# YMCA CAMP ADVENTURE

## Parent/Guardian Information

<u>Week</u>	<u>Dates</u>	<u>Weekly Themes</u>
1	June 25 - 29	Start Your Engines Kids...Speed into Summer
2	July 2 - 6*	Ballyhoo Red, White & Blue
3	July 9 - 13	Splashing and Dashing All the Way
4	July 16 - 20	Why is Camp Such a Challenge?
5	July 23 - 27	Around the World in 5 Days
6	July 30 - August 3	Mysterious & Miscellaneous: Everything Random
7	August 6 - 10	5 Days of H <sup>2</sup> O Craze
8	August 13 - 17	STEM for Us & Them
9	August 20 - 24	Ultimate Fitness
10	August 27 - 31	Going out with a Bang

\*No camp July 4th in observance of Independence Day

A required Parent Orientation meeting will be held on Saturday, June 23 from 11:00–11:30 a.m. Join us on this day to meet the counselors, staff, and experience the fun of camp. We will be meeting in the Y Wellness Center to review the camp schedule, field trips, rules and regulations, discipline policy, and fees. If parents cannot attend the meeting, they can meet with the Camp Director on request.

Weekly Trips: A community excursion is planned for each week; dates pending.

### Camp Adventure Daily Schedule

(Tuesdays & Thursdays are 'field trip' days; campers must be at the Y by 8:15am in order to catch the bus)

7:30-8:00am	Early Sign In (Additional Fee)	12:45 – 1:30	Activity 4 (swim classes)
8:00 – 9:00	Morning Sign In	1:30 – 1:45	Rotate to Swimming
9:00 – 9:10	Rotate to Activity 1	1:45 – 2:45	Group Swim
9:10 – 9:55	Activity 1	2:45 – 3:00	Rotate from Swimming,
9:55 – 10:10	A.M. Snack	3:00-3:20	P.M. Meal
10:10 – 10:20	Rotate to Activity 2	3:20-4:20	Quiet time (reading program)
10:20 – 11:05	Activity 2 (swim classes)	4:20 – 5:20	Themed Fun &
11:05 – 11:15	Rotate to Activity 3		Character Development
11:15 – 12:00pm	Activity 3 (swim classes)	5:20 – 5:45	Choice Time & Sign Out
12:00 – 12:45	Lunch	5:45	Camp day ends

**Children will rotate between 4 activities each day:**

\*Sports / Games \*Arts / Crafts on Monday, Wednesday, Friday \*Outdoor Education on Tuesday and Thursdays

\*Music on Monday, Wednesday, Friday \*Swimming Rotation schedule is not followed on certain field trip days.

**An Awards ceremony** will take place every Friday during theme fun and character development time, to recognize outstanding campers for their admirable accomplishments during the week.

### YMCA of Ithaca & Tompkins County

50 Graham Road West, Ithaca NY 14850 607-257-0101 (F) 607-257-5828 ithacaymca.com

Contact Rachael Jackson, Senior Youth Development Director, at [rjackson@ithacaymca.com](mailto:rjackson@ithacaymca.com); 607-339-5298 (Cell)

## Behavioral Guidelines

Camp Adventure understands the importance of social growth during these formative years for the campers. Behavioral guidelines will be established with the goal of maintaining the physical and emotional well-being of each camper, as well as teaching self-discipline, self-reflection, judgment, and manners. Positive behavior management methods will be used to enforce these guidelines. Staff will use a behavior log to keep record of any behavioral disturbances during the camp day. Parents will be made aware of problems as they arise and are encouraged to follow through with disciplinary action at home in special situations. If the program staff determines that a child cannot benefit from the program or presents a danger (emotional, mental, or physical) to other campers, parents will be asked to withdraw their child from the program, no credits or refunds will be issued. Camp Adventure has a **zero tolerance level**, and any camper who is physically violent will be asked to leave the program for that day by the discretion of the Director. The Camp Director will decide as to when the camper may return to camp, conducive to Y set policies.

## Sign-In/Out Procedures

Camp Adventure begins at 8:00 a.m. and ends at 5:45 p.m. Please check your camper(s) in directly with your camper's counselor.

Morning sign-in, parents will need to bring children through the front entrance which will require signing in at the front desk as well as signing the child in with camp. Children are not allowed to just be dropped off without signing in with their counselor. On Tuesdays and Thursdays when the camp is going off site, children will need to be dropped off by 8:15 a.m. or will miss their bus. Camp will have an early morning sign in option for an additional fee that begins at 7:30.

Children must be signed out of the program. Only persons who are 18 years or older and authorized in writing by the Authorized Pick Up Person may pick up a child. This is for the child's protection. The staff will question those who are unfamiliar and check their identification. If someone other than on the list is picking up your child, you must notify the program director in writing via note or email (verbal/phone call will not be accepted), and those persons will also need to show identification to program staff.

A late fee of \$1.00/minute per child will be charged for campers who sign out after 5:45p. Families who call to let us know they will be late still have to pay the late fee. Late pick-up fee payments must be made within 48 business hours of receiving notice, after which the child may be removed from further participation in program. No credits or refunds will be issued due to removal for lack of payment.

The YMCA staff under no circumstances can sign a camper(s) out of the program and into daycare (ie. Stay & Play).

Please remember to check the Parent Information Bulletin Board for important news and fun information about Camp Adventure. The board is located in the hallway leading to the gym. Field trip information and a copy of the State Regulations will be posted on this bulletin board.

**It is important to check the board for information including info on your camper's counselor, description of your camper's group, and location of the weekly field trip.**

## Everyday Camper Needs

**Weather-appropriate clothes.** Please remember that morning weather is cooler than afternoon, and the park is cooler than the YMCA site. *Campers must wear their camp T-shirt on field trip days!*

**Comfortable sneakers:** Sandals are not appropriate for hiking or sports/games. **Any camper who is wearing sandals will have to sit out for about 90% of that camp day**, for we are constantly doing activities that require sneakers. Please only have your child/ren wear sneakers

**Swimsuit and towel:** Swimsuits and towels are required on a daily basis. Campers must bring their own goggles, ear plugs, and nose plugs if they wish to use them as optional items.

**Water bottle:** Campers are sometimes located far away from water fountains when off-site, and should always have a water bottle.

**Sunblock:** Counselors will assist younger campers in applying sunscreen; older campers are encouraged to protect themselves from the sun. We recommend SPF 30.

**Snack.** Your child's snack should be packed in a cooler-type bag, as we are unable to provide refrigeration for the entire camp. Please do not pack food that spoils easily or needs to be heated up. **Campers will not be permitted to use the vending machines.** Please inform the Camp Director of any food allergies or dietary needs your child may have. Additionally, please indicate these allergies and their triggers on the emergency card provided.

## Things from Home

Our camp provides a wide variety of games and activities for every camper; therefore, we do not permit children to bring toys from home. **Please do not bring playing cards, magic cards and any electronics, including cell phones. These items will not be allowed.** If such items (or similar items) are brought to camp, the staff and the YMCA cannot be held responsible for their safe return.

**It is very important that all clothing, towels, goggles, water bottles, and lunch pails are clearly labeled. Staff is NOT responsible for lost items. Be sure to check the camp Lost and Found on a regular basis which is located by the gym.**

## Early Pickups

Early pickups are often hard to facilitate, especially on field trip days. If an early pickup is absolutely necessary, please notify the Camp Director ASAP.

## Camp Swimming

All campers **MUST** pass a "deep-end test" in order to swim in the deep end of the pool at the YMCA, as well as the deep areas of water during off-site trips. Each camper will be required to wear a bracelet that identifies his or her swimming ability level. When swimming in open water life jackets must be worn by all children.

## Camp Swim Lessons

Swim lessons are available for all campers for an additional fee. The lessons are held on Mondays, Wednesdays, and Fridays during the camp day. Lesson fees are incurred in addition to the one hour of recreational swimming included in the camp day, and when registering your camper you must specify that you would like **additional camp lessons**.

## Payment

Payment is due in full at the time of registration. Registration should be made in advance, as we allow a maximum of 90-100 campers per week, and spots quickly fill.

Fees are non-transferable and non-refundable. In emergency situations, an in-house credit will be applied *if a wait list is established for that camp week*.

## Illnesses and Emergencies

Children who show signs of illness, including a runny nose, continuous cough, sore throat, unexplained rashes, swollen glands, headaches or stomach aches, or have had a fever within the past 24 hours, **will not be accepted into the program that day**. Other ailments that would restrict your child from summer camp include diarrhea, difficult or rapid breathing, yellowish skin or eyes, conjunctivitis, unusually dark urine and / or gray or white stool, stiff neck, vomiting, and evidence of lice, scabies, or other parasitic infestation.

When a child becomes ill or seriously injured, the parent will be promptly notified and expected to pick their child up from camp.

YMCA Camp Adventure is not able to administer medications. If your camper has to be given medication on a regular basis while at camp, the staff will be unable to administer that medication, with the exception of the description below.

Camp Adventure is able to administer emergency medications as they relate to epinephrine auto injectors (epi pen), asthma rescue inhalers & nebulizers.

## Transportation Policy

Parents are responsible for transportation to and from the Ithaca YMCA for drop off and pick up.

Tuesdays and Thursdays are field trip days for the summer camp. Parents are responsible to drop their child off at the YMCA no later than 8:15. If a camper misses the bus it is the parent's responsibility to get their camper to the field trip location. Location of the field trip is located on the parent bulletin board located in the hallway leading to the gym.

Campers must wear the seat belt while being transported.

If a parent needs to pick their camper up before departure from the field trip location it is the parents responsibility to contact the camp director and make plans for pick up.

In the event of an emergency the camp director and/or assistant camp director will if needed transport camper in his/her vehicle to the nearest hospital.

Parents must sign a field trip waiver before any camper can be transported by bus and/or staff member.

## **HEPA & CACFP (Healthy Eating & Physical Activity and Child & Adult Care Food Program)**

Combining academics, nutrition, and physical activity, the Y is offering Camp Adventure a meal and physically active curriculum to provide children with nutrition and enrichment activities so they can be healthy and succeed. Thanks to our partnership with the Walmart Foundation and other collaborative organizations, including our local Wegmans and the Friendship Donations Network, we are ensuring children have access to meals during out-of-school time, when they need them most. As part of our focus on youth development, healthy living and social responsibility, the Y is committed to keeping children nourished all year long.

HEPA gives us the format and guidelines to implement healthy eating and physical activity in our program, as well as the tools to spread healthy habits to our families. CACFP provides aid to youth development programs for the provision of nutritious foods as meals that contribute to the wellness, healthy growth, and development of young children.

### **Important Information.**

Syracuse Regional Office  
Dianne McLaughlin, R.O. Manager  
NYS Office of Children and Family Services  
Syracuse Regional Office  
The Atrium  
100 S. Salina Street, Suite 350, Syracuse, NY 13202  
(315)423-1202

In the event of suspected child abuse or maltreatment, the YMCA staff or parent may contact the child abuse Syracuse Regional Office hotline at 1-800-732-5207 to make a report to the statewide Central Register of Child Abuse and Maltreatment. Child Care Complaint Hotline **1-800-462-8261**

### **Evacuation Plan by Location**

#### **From Racquetball Courts:**

Primary Exit: proceed out past front desk and out the front exit

Assembly area rear of main parking lot

Secondary Exit: proceed to exit court turning towards Stay .N. Play to go to exit door.

Assembly area rear of side parking lot

#### **From Youth Activity Area:**

Primary Exit: out the rear of building

Assembly area field out in back of the pavilion

Secondary Exit: proceed out through the lobby and out front door

Assembly area rear of main parking lot

#### **From Gymnasium:**

Primary & secondary exit: Out any exit door

Assembly area: rear of side parking lot

**Once all students have been evacuated we will take attendance from the sign in sheets before proceeding back into the building**

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