



Y-Wilderness Camp Information Guide

Y-Wilderness registrations are non-refundable and a credit will only be issued when and if a wait list is formed

What have you always wanted to learn about living in the wilderness? Fire building, shelter building, wilderness games, and crafts? Do you want solitude or be part of a group? What tools are useful? What exactly can we get ourselves into this week? There are never ending things to learn about survival...let's find out where the wilderness will take us!

Y-Wilderness camp offers children positive developmental experiences and encourages them to forge bonds with each other. Children experience a sense of achievement through opportunities in the outdoors. Y-Wilderness campers are able to explore creativity, experience teamwork, and practice leadership in a wide range of primitive activities that influence lifelong healthy living. Young folks will have the opportunity to enjoy an outdoor environment where they develop an appreciation of nature.

Y-Wilderness is perfect for youth who:

- * Are between 8 and 14 years old
- * Like to try new things
- * Enjoy being active & outside all day
- * Want to make new friends & lifetime memories

Held at the Y Outdoor Education Center,
located at

1349 Mecklenburg Road

Route 79W

7 miles from the Ithaca YMCA



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

Y-Wilderness Parent & Camper Information

Campers will need to be dropped off and picked up at 1349 Mecklenburg Road location.
Registrations can be made on-line or at the Y 50 Graham Road West main facility.

<u>Week</u>	<u>Dates</u>	<u>Weekly Themes</u>
1	July 10-14	Beginners: Survival Skills
2	July 17-July 21	Exploration
3	July 24-28	Where the Wind Blows
4	July 31-Aug 4	Gather 'Round the Fire
5	August 14-18	Survival at It's Finest

A required Parent Orientation meeting is scheduled for Saturday, July 8th, 1:00-2:00 p.m. Join us for introductions to the Camp Director and counselors, and let us explain our plans for a new and exciting primitive camping experience for your children. **We will meet at the Ithaca YMCA facility in the Y Wellness Center.** Discussion items include the Y Wilderness camp schedule, rules and regulations, discipline policy, fees, expectations of parents and campers, and what your camper needs to bring and wear.

Y-Wilderness Daily Schedule

9:00 – 9:30	Campers Arrival	12:45 – 2:00	Afternoon Activities
9:30 – 10:30	Morning Activity	2:00 – 2:15	Afternoon Snack
10:30 – 10:45	A.M. Snack	2:15 – 3:45	Finishing Projects
10:45 – 11:55	More Activities	3:45 – 4:45	Exploration
12:00 – 12:45	Lunch	4:45 – 5:00	Pick Up
		5:00pm	Camp Day Ends

☺ **Teachable Moments:** Every Thursday, Y-Wilderness campers will help their counselors teach Y Camp Adventure participants what they have learned and worked on all week!

Behavior Guidelines

Y-Wilderness 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, judgment, and manners. Positive disciplinary 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, with no credits or refunds. Y-Wilderness has a **zero tolerance** level and any camper who is physically violent will be asked to leave the program for that day. The Camp Director will decide as to when the camper may return to camp.

YMCA of Ithaca & Tompkins County

Location: 1349 Mecklenburg Road
Route 79, 2 Miles West of Downtown Ithaca
607-257-0101 (F) 607-257-5828 www.ithacaymca.com

Sign-In/Out Procedures

1. Y-Wilderness begins at 9:00 a.m. and ends at 5:00 p.m.
2. Please check your camper(s) in directly with your camper's counselor.
3. Morning sign-in, between 9:00 a.m. and 9:30 a.m., will take place at 1349 Mecklenburg Rd, Ithaca NY. If a camper will be arriving after 9:30 a.m. the Director should be notified for the campers will already be exploring the woods. **Do not just drop your camper off.** They must be signed in with their counselor.
4. Only the individuals specified on the green emergency medical card will be authorized to pick a child up from camp. Please arrive prepared to show identification to pick your child up, and please inform other authorized persons of this policy.
5. A late fee of \$1.00/minute per child will be charged for campers who sign out after 5:00p. 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.

Remember: Campers will need to be dropped off and picked up at 1349 Mecklenburg Road location. Y- Wilderness is 7 miles from the Ithaca Y. Registrations can be made on-line or at the Y 50 Graham Road West main facility.

Everyday Camper Needs

1. **Weather-appropriate clothes:** Please remember that morning weather is cooler than afternoon. Children need to have a change of clothes and socks in their bags, as well as rain gear.
2. **Hiking sneakers/boots:** Sandals are not appropriate for hiking. Any camper who is wearing sandals will not be able to participate due to this safety concern.
3. **Gloves:** Campers should bring at least one pair of gloves that they can work in.
4. **Water bottle:** Campers should always have a water bottle labeled with their name.
5. **Mug/Bowl:** Campers will need a mug or bowl that is suitable for heating hot water over rocks.
6. **Sunblock:** Counselors will assist younger campers in applying sunscreen; older campers are encouraged to protect themselves from the sun. We recommend SPF 30.
7. **Notebook & writing utensil:** Campers will want to record some of the things they learn, and may be called upon to take reflection time.
8. **Lunch & Snacks:** Your child's lunch should be packed in a cooler-type bag, as there will be no refrigeration! Please do not pack food that spoils easily. Your child must bring two snacks each day. Snack times are at 10:30 and 2:00 every day. **Please inform the Camp Director of any food allergies your child may have, and indicate these allergies and their triggers on the emergency card provided.**

Things from Home

Our camp provides a wide variety of primitive activities for every camper; therefore, we do not permit children to bring toys from home. **Please do not bring any electronics including cell phones, as they are not allowed.** If such 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, water bottles, and lunch pails are clearly labeled. Staff is not responsible for lost items.

If campers have their own compass, please feel free to bring it. However, **do not bring any type of knife.** They will be supplied as needed.

Early Pickups

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

Payments and Credits

Payment is due in full at the time of registration. Registration should be made in advance, as we allow a maximum of 20 campers per session, and spots quickly fill. **Fees are non-transferable and non-refundable.** In emergency situations, an in-house credit will be considered if a wait list is established for that camp week.

Illnesses and Emergencies

1. 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.
2. When a child becomes ill or seriously injured, the parent will be promptly notified and expected to pick their child up from camp.
3. YMCA Y-Wilderness 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 what's described below.
 - ❖ Y-Wilderness is able to administer emergency medications as they relate to epinephrine auto injectors (epi pen), asthma rescue inhalers, & nebulizers.

Transportation Policy

1. Parents are responsible for transportation to and from the Outdoor Education Center for drop off and pick up.
2. 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.
3. Parents must sign a field trip waiver before any camper can be transported by bus and/or staff member.