



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAMP SEYMOUR

TREK INFORMATION PACKET

Dear Parent/Guardian and Teen Participant:

Thank you for enrolling in a Teen Leadership Program with YMCA Camp Seymour!
We are thrilled that you've chosen to join us this summer. This packet includes information on the TREK program, with special attention to the 3-day/2-night backpacking component of this program.

PROGRAM GOALS AND OUTCOMES

- Build a sense of community and stewardship through team building and volunteer opportunities
- Develop group membership, leadership, and interpersonal skills
- Develop a sense of independence, gain self-confidence and self-worth, and assume personal responsibility for their own learning and actions
- Cultivate strong bonds and connections with fellow participants and leaders

PRE-TRIP PREPERATION

Each teen trip requires attendance at a mandatory orientation meeting before the trip. During this orientation, the Camp Director will present important information regarding safety, equipment, preparation, trip expectations, and trip itineraries.

All trip participants must attend the pre-trip meeting with a parent or guardian.

Thursday, April 25 from 6-7pm

Virtual via Zoom

This meeting will be recorded for those that cannot attend or for those that register after the date of presentation. Please feel free to call or email with additional questions **after** attending the meeting or watching the recording.

TRIP INFORMATION

Trek campers will hike the Ozette Loop Trail for a total of 9.3 miles over the course of 4 days. See itinerary for trip details.

DROP OFF AND PICK UP AT CAMP SEYMOUR

CHECK-IN IS 1:30PM TO 3:00PM ON SUNDAY

- Please park in the upper parking lot where you will be greeted by Camp Seymour staff
- Please bring all forms with you to check-in for your teen's trip.
- Please be prepared to give the Trip Leaders all medications or supplements to be taken at camp/on the trip.

CHECK-OUT IS FROM 1:30PM TO 2:30PM ON THE FOLLOWING FRIDAY

Pull into the upper parking lot off of Thomas Rd., from there staff will direct you through the process to pick up your child.

Adherence to this schedule is greatly appreciated. Remember to bring your "**camper claim check**" with you. If you do not have your claim check, you will be required to stop and show photo ID. A reminder that if the person picking up is not on the Camper Release form and does not have a "camper claim check" you will not be able to pick up your camper.

TRANSPORTATION

Teens must be dropped off and picked up by a parent, guardian, or an adult who is listed on the Camper Release form. Teens may not park a car at camp for the duration of their camp session.

CAMP INCLUSION

Everything we do at Camp Seymour is put through the lens of our core values: Caring, Honesty, Respect, and Responsibility. If an incident occurs that does not exemplify these core values, we will take time to investigate the situation and deal with it on a case-by-case basis. This may result in your camper being sent home, depending on the severity of the incident.

Camp should be fun, welcoming, and encouraging. A place where campers are able to interact with other campers that come from different backgrounds. We pride ourselves on welcoming individuals and families from diverse communities, identities, faiths, and socio demographics, providing the opportunity where they may learn, grow, and thrive together. We encourage you to take a moment to have an open and honest conversation with your camper to celebrate how great an opportunity this is to make a lasting friendship with someone they might not interact with outside of camp.

PARTNERS WITH PARENTS

YMCA Camp Seymour will make every effort to ensure your teen has a wonderful experience on their trip. Parents/guardians can help us greatly in our efforts to do so, particularly by letting us know in advance about specific behavioral, health-related, emotional, or other issues that affect your child at home. With sufficient notice, trip leaders will contact the parent/guardian prior to your arrival at camp to discuss with you how we can best work with your teen during their trip experience. All conversations will be held in the strictest confidence, and will help our staff provide the best possible environment for your camper.

If there are times when a camper's behavior is affecting others experiences, we will contact the folks at home to create a plan moving forward. Depending on the severity of the incident or if behavior continues we may ask you to come to pick up your camper.

PHYSICAL PREPARATION

All Teen Trips require physical effort, whether it is hiking with a pack up a hill or paddling a kayak across open water into a headwind. If your teen is in shape, the trip will be much more fun! It is never too late to start getting physically ready – but the earlier, the better. Participants should prepare for their trip by doing some regular (3 days per week, 30 min. a day) cardiovascular conditioning. When training, try to do activities that resemble the trip's main activities. For example, for a hiking trip, using the Stairmaster, treadmill, or going for long walks will build endurance; putting some weight in a pack (20 lbs. or so) and carrying it will also help with backpacking endurance. For paddling, it's helpful to choose activities that emphasize endurance and strength in the upper body and torso.

DEVELOP REALISTIC EXPECTATIONS

Developing realistic expectations about the trip is very important. Folks at home can play a big role in helping their teen prepare for the trip by not over-glamorizing the experience. Obviously, going on the trip will be fun and worthwhile, but it is important to make sure your teen understands it may not be fun every minute. There may be problems to solve, feelings of worry or sadness to overcome, insecurities to work on, and these problems and feelings are a normal part of stepping outside one's comfort zone.

Help your teen learn just how much they can and cannot control in their situation on the trip, and effective coping strategies for when the going gets tough. Ensure that your teen understands that once they start on the trip, there is no going back. Strategies for coping could include talking to the trip leader, bringing a journal to write in, or offering to help with a project - teens are quite resourceful in learning to handle their emotions. One of the most successful coping methods used is to do something fun and physical – and trips provide plenty of that.

S.A.D. T.V. RULE

Sexual contact, Alcohol, Drugs, Tobacco, and Violence, in any form, will not be tolerated at any YMCA Camp Seymour program. A teen that chooses to violate this rule will be sent home at the expense of his or her family (and will be sadly watching T.V. while the rest of the group finishes the trip).

ON-SITE

MEDICAL CARE

Our Health Care Director is in residence at our Health Center for consult. In case of emergency, St. Anthony's Hospital (in Gig Harbor) is our nearest Emergency Room and Mary Bridge Hospital (in Tacoma) accepts our campers as patients. Emergency transportation is available from the local fire department in Key Center. Should any serious accident or illness occur at camp, a parent or guardian will be notified immediately. In case of minor illness, a parent or guardian will be informed if their child remains in the Health Center for more than 24 hours. Our medical staff or team of directors will contact you (or your emergency contacts) if your child becomes ill or has any injury beyond a simple scrape or bruise. We reserve the right to send a camper home if our Health Care Director or a physician so advises. If you plan to be away for any length of time during your child's time at camp, please arrange for a relative or friend to be able to pick up your child should he or she become ill. Please notify camp of this situation by putting the name, address, and telephone number of the relative or friend on the Camper Release Form.

CAMPER MEDICATION

All medication (including prescriptions, over-the-counter drugs, and vitamins) must be brought to camp in the original container (as purchased or issued). Prescription containers must detail the child's name, name of the medication, dosage directions, and the name of the person ordering the medication. All medication must be noted on the Health Form, and will be held by the Health Care Director, who will dispense it appropriately while they are on-site. When on trail, a Trip Leader or Unit Leader will be in position of all medications and will dispense it appropriately.

EMERGENCY COMMUNICATION

In case of a medical or family emergency at home or at camp, contact YMCA Camp Seymour at 253-884-3392. In the event of an emergency, visits by a parent or guardian are allowed after contact with the Camp Director has occurred.

TELEPHONE CONTACT

A parent or guardian may contact the Camp Director at any time to discuss their teen's itinerary at 253-884-3392. Many of our trips take place in remote locations without easy access to a cell phone service. We operate our trips on a "no news is good news" philosophy, so daily updates are not available. In the event a teen requests to make a phone call while on a trip, permission to do so is granted at the Trip Leader's discretion, after they make advance contact with the Camp Director and the parent or guardian to discuss the situation.

ON-TRAIL

MEDICAL CARE

Our trip leaders are trained in Wilderness First Aid, and carry a group first aid kit at all times. All trips have emergency evacuation plans. In case of minor illness, participants will be treated in the field. Should any serious accident or illness occur while on the trip, a parent or guardian will be notified after contact with camp is established, and then will be required to take over care of their camper within 24 hours of notification. We reserve the right to send a teen home if our health care director or a physician so advises. If you plan to be away for any length of time during your teen's time on their trip, please arrange for a relative, friend, or neighbor to be able to pick up and care for your teen should they become ill. Please notify camp of this situation by putting the name, address and telephone number of the individual(s) on the Camper Release Form.

NON-MEDICAL EVACUATIONS

If a participant is evacuated early from a trip for non-medical reasons (e.g. refusal to complete the trip) or removed from the trip for other reasons (e.g. refusal to abide by camp rules or trip expectations, or failure to keep themselves or others safe) the participant's family will be charged an evacuation fee of not less than \$100. The actual fee may be higher, to account for staff time, transportation costs, other expenses related to the evacuation. To ensure a safe, quality experience for every participant, please be sure your teen is ready and willing to complete the trip before they arrive at camp. Our trips are not "boot camp"-style experiences. We strongly discourage sending teens if they are unwilling to go. Campers must want to be here!