



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAMP SEYMOUR

Overnight Camp Information Packet

Dear Parent or Guardian,

Thank you for choosing YMCA Camp Seymour for your child's summer overnight camp experience. Camp creates an opportunity for kids to connect with one another and have positive outdoor experiences. Our number one priority is providing a safe, fun experience for all campers.

Please read through this guide with your child and hold onto it as it has important information about the camp experience and how to prepare.

Jenn Amos, Senior Program Director

CAMP PROGRAM GOALS AND OUTCOMES

- Provide a socially and emotionally safe environment for every camper.
- Help campers connect with each other and heal from these past few years.
- Build a sense of belonging in every camper, and provide positive role models for all.

PRE-CAMP CHECKLIST

1. Review Information Packet
2. Pay any unpaid balances no later than June 5
3. Fill out Camper Information survey online to communicate:
 - Cabin mate requests
 - Dietary needs or food allergies
 - Any Mental Emotional, or Social Health (MESH) concerns that we need to be aware of to best support your camper.
4. Complete forms and **bring them with you at check-in**
5. Help your child pack using the enclosed packing list as a guide
6. Check-in between 1:30pm-3:00pm on the first day of camp

PAPERWORK

Please fill out the listed documents and bring it with you on the first day of camp.

- **Camper Release** -The Camper Release form is used to authorize specific individuals to pick-up and/or drop off your child at camp. Please be sure to include the campers parent/guardian, along with anyone else who might need to pick up your camper. We will only release campers to those listed on the form.
- **Agreement to Participate Form**
- **Health and Medical History** - Campers will not be admitted to camp without an accurately completed and signed health form. A medical exam is required only if the camper has had surgery, serious illness, injury that has limited their activity, or has been hospitalized in the past year. Additionally, immunization records are required as part of the Health History form. Please Note: It is the responsibility of the camper's parent(s) or legal guardian to provide accident and health coverage for their camper while participating in activities with YMCA Camp Seymour. The YMCA of Pierce and Kitsap Counties does not provide any accident or health coverage for its participants.

CHANGES, CANCELLATIONS, AND REFUNDS

Prior to the start of the session, you may change your camp session (space permitting) without penalty. Before June 5, if you cancel your registration, the camp fee minus the deposit amount will be refunded.

After June 5, fees are non-refundable without written documentation from a physician stating circumstances involving camper illness/injury, documented evidence of a significant life event, or consent of the Camp Director. Missing home, inappropriate camper behavior or change in plans is not sufficient grounds for a refund.

DROP OFF AND PICK UP

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

Please bring completed forms with you to check-in for your child's session. Arrive in the upper parking lot just off of Thomas Rd. Our staff will greet you at the entrance and inform you of the next steps for the check in process. If your child is registered for more than one session, you only need to fill out a set of forms for your first week.

Your camper will be escorted to their cabin group. This is a great opportunity to share any information with their counselors that you feel would be important for your camper's success at camp. Parents and guardians are urged to leave camp shortly thereafter, so that campers can become actively involved in programming right away! If you suspect your child may experience feelings of missing home, don't delay your departure from camp. Your camper will be in good hands.

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

Pull into the upper parking lot off of Thomas Rd., from there staff will direct 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.

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 each other and embrace their 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 camper has a wonderful experience at camp. The folks at home 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, the Camp Director or Camper Support Specialist will contact you prior to your arrival at camp to discuss with you how we can best work with your child during their camp 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 the experiences of others, we will contact you to create a plan moving forward. Depending on the severity of the incident or if behavior continues we may ask you to come pick up your camper.

CABIN ASSIGNMENTS

We make every effort to place campers with requested cabin mates. We have found that placing more than three requested campers together tends to impact cabin dynamics and our emphasis on making new friends. Campers may mutually request two "buddies", within one grade of each other and in the same unit, by adding their names through the link to the Camper Information survey in the welcome email. We'll do our best to accommodate all buddy requests.

If you have more than three campers that you would like to request, please pair them down into smaller groups. Otherwise we will reach out prior to camp and ask that you create smaller groupings to accommodate the other campers in their cabin. When campers are in the same unit, even if they are not in the same cabin, they will have activity times together and many other opportunities to engage and enjoy their camp experience together.

TELEPHONE CONTACT

Parents and Guardians may contact Camp at any time to get a report on how their child is doing, or discuss their child's experience, at 253-884-3392. Our experience is that campers' telephone conversations with folks at home tend to exacerbate or kick-start missing home, so campers do not have access to a telephone. In the event a child requests to make a phone call, permission to do so is granted at the parent or guardian's discretion after staff make advance contact with to discuss the situation.

MAIL

To help your child make a smooth transition to camp, try to write them regularly. You can start the letters before arrival, so one can be waiting on the first full day of camp. Mail from pets, siblings, relatives, and friends are great ways to show your love and support for your child. Funny cards and picture postcards are great, too. Ask questions about camp, and try to avoid telling your child how much you miss them or what they might be missing at home. Short declarations of love such as, "We're so proud of you," or "We love you", or "See you soon" are just what children want to hear. Please address mail to your child as follows:

EXAMPLE:

Child's Name, Session #
YMCA Camp Seymour
9725 Cramer Road, NW
Gig Harbor, WA 98329

Note: For your convenience you may bring mail for the whole week to check-in. Simply mark the mail with the day of the week you wish us to deliver it on and give it to the staff at check in.

EMAIL

To email your child while at camp, email mycamper@ymcapkc.org and include your camper's name and cabin name as the subject line. Emails will be printed at 3pm (in black and white) and distributed once daily with the mail. We are unable to print attachments or links to greeting cards. Campers will not have computer access to reply. We suggest at least one form of contact (email, letter, or care package) be sent to each camper each week. If everyone in the cabin is receiving mail except for one camper, they tend to feel left out or upset.

EXAMPLE:

To: mycamper@ymcapkc.org

Subject: Jack Smith – Hemlock Cabin

CARE PACKAGES

Putting a small gift in a letter or sending a package is a treat your child will appreciate. However, we need your help: please do not send food, candy, or snacks to camp. Packages with food or candy are an invitation to ants or critters to come and get dinner. Also, candy/food from home can negatively complicate camper relationships. We provide campers with snack each day, and three full meals. If you wish to send a care package, inexpensive non-food items (including books, small non-electronic toys, travel games, puzzles and the like - especially ones the whole cabin can enjoy) will show your child you care about and are thinking of them, and will not disrupt the camp environment. Please refrain from sending aerosolized cans (i.e. silly string, bug spray, sunscreen), messy items that could damage property (sticky hands or paint), or inappropriate items (vulgar joke books,

MEDICAL CARE

Our Health Care Director is in residence at our Health Center for consult. In case of emergency, 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, parents or guardians are notified immediately. In case of minor illness, parents are informed if their child remains in the Health Center for more than 24 hours. Should an illness or injury arise that our Health Center staff feel should be seen by a Doctor, we may contact you to bring your camper to get checked out. They can then return to camp with the Doctors all clear. Our medical staff or team of directors will contact you (or your emergency contacts) to notify you if your child becomes ill or has any injury beyond a simple scrape or bruise.

We reserve the right to send a child 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 they 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.

EMERGENCY COMMUNICATION

In case of a medical or family emergency at home, 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.