



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA CAMP SEQUOIA LAKE



2020

# Parent Handbook





### **Purpose and Philosophy**

For over 100 years, YMCA Camp Sequoia Lake has provided excellent outdoor programming for youth and families based around the YMCA core values of Caring, Honesty, Respect, and Responsibility. Our Youth Development Mission is well served in this diverse natural setting where wildlife is abundant, and landscapes provide opportunities for education, personal growth, and connection with the natural world. Our enriching programs promote collaboration, leadership, empowerment, and personal accountability. We treasure this special place with which we have been entrusted. Through our work we hope to build the next generation of dedicated stewards, compassionate individuals, and confident leaders.

We're an inclusive organization with a shared commitment to nurture the potential of youth, promote healthy living and foster social responsibility.

### **Our Mission**

To build a community where all people are encouraged to develop their fullest potential in spirit, mind and body.

### **Goals and Objectives**

YMCA Camp Sequoia Lake has a values-based program dedicated to enriching the lives of children and teens. The following are goals and objectives for campers at YMCA Camp Sequoia Lake:

#### **To Provide a Safe and Healthy Environment**

Campers are instructed on the first afternoon in general rules of safety and health in the cabins, units, and during program activities. Campers go on a camp tour and are made aware of the camp boundaries. Staff are asked to be aware of campers' health and report irregularities to the camp nurse and administration. Written procedures for emergencies, cleaning and sanitizing of facilities, health screening and dispensary procedures are carried out according to standards laid out by the American Camping

Association (ACA). Personal hygiene is expected, and staff will remind campers to brush teeth, take showers and change clothes regularly. Additionally, most staff have a minimum of CPR and Basic First Aid training.

### **Choose Your Challenge**

YMCA Camp Sequoia Lake aims to provide a safe environment where everyone can learn and grow. Everything we do presents a unique challenge to each person, and campers are empowered to always choose the level to which they participate. "Choose Your Challenge" is a tool used for all camp activities. Challenges do not only happen on the "challenge" course, and they are not only physical in nature. The same activity presents different kinds of challenges for each individual, and each member of a group. For one participant, a challenge will be physical: playing a game of gaga ball. For another, a challenge will be emotional: they may feel uncomfortable sharing their feelings or ideas with the group. For a third participant, they may be outgoing, and most activities are easy to do, but they have difficulty accepting the help of others. Choices made by each person provide an opportunity to learn, for them and for others.

### **Traditional Youth Camp: ages 8-15**

#### **Age Eligibility**

All children enrolling in our program should be able to manage their toileting needs independently and be able to function in a group setting with a 1:7 staff to child ratio. We do not offer a 1:1 ratio.

### **Cabin Group Placement**

Meeting new people while on your own at camp is an invaluable experience, but we understand some campers feel more comfortable with a friend. Campers are placed into cabins based on gender, age and cabin size. We do not guarantee cabin mate requests but will make every effort to honor them if possible





### Location and Directions

YMCA Camp Sequoia Lake  
49716 Highway 180  
Miramonte, CA 93641



### Drop Off/Pick Up/ at Camp

Campers may be dropped off and picked up at YMCA Camp Sequoia Lake, 49716 Highway 180, Miramonte, CA 93641.

### Check-in

on Sunday afternoon between 2:00 PM and 3:00 PM for families dropping off at camp.

### Check-out

on Friday is between 11:00 AM and 12:00 PM for families picking up at camp. The bus will arrive at the YMCA Camp Sequoia Lake office at 1:30 PM for families picking up in Visalia. Pick-up time must be strictly observed.

There will be an **AWARDS CEREMONY** on Friday at 10:00 AM for those who can make it earlier to celebrate our campers' successes throughout the week.

### Transportation to and from camp

Will be at the Golden State YMCA Office at 320 N. Akers, Visalia, CA 93291 per transportation agreement selected on registration application for an addition \$35 each way. Check-in at the Golden State YMCA office begins at 11:00 AM and the bus will depart at 12:00 PM to camp. Anyone (18 or older) dropping off or picking-up a camper must be listed on the pick-up authorization form and carry a Photo ID with them.

### Fresno Airport/Bus Station Pick-Up

Pick ups will be between 11am and 3pm and Drop offs are between 10am and 1pm. Accommodation for this should have been done during your registration process. Please call our office if you have any questions.

### Passenger Safety Rules:





Passengers will be instructed in the following safety procedures prior to transporting:

1. Passengers will remain seated at all times with hands and arms inside vehicle.
2. Seatbelts will be fastened – one person per seatbelt.
3. Noise level will be such as to not distract the driver. There will be no throwing of objects or other disruptive behavior.
4. Passengers will enter and leave the vehicle under the direction of a staff member and/or driver. If the vehicle makes an emergency stop, passengers will follow directions of staff member and/or driver and use buddy system if leaving the vehicle.

### **Insurance**

You, as parent or guardian, are responsible for any medical costs incurred while at camp. Be sure to provide accurate information regarding your insurance carrier. In the instance that your camper would need outside medical treatment, this insurance information is a necessity.

### **Termination of Services**

We reserve the right (under extreme circumstances) to suspend or remove a child from our programming immediately if it appears that the inclusion of the child is not in the best interest of the child or our program.

## **Sample Camp Schedule**





	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM		Morning Inspiration	Morning Inspiration	Morning Inspiration	Morning Inspiration	Morning Inspiration
8.15 AM		Flag Raising	Flag Raising	Flag Raising	Flag Raising	Flag Raising
8:30 AM		Breakfast	Breakfast	Breakfast	Breakfast	Continental Breakfast
9:00 AM		Cabin Clean Up	Cabin Clean Up	Cabin Clean Up	Cabin Clean Up	Cabin Clean Up/
9:30 AM		Camp Photo	Focus Groups	Focus Groups	Focus Groups	Camp Assignments
10:00 AM		Focus Groups Orientation/ Sign Ups				Closing Ceremonies
11:00 AM		<i>Activity Period #1</i>	<i>Activity Period #5</i>	<i>Activity Period #9</i>	<i>Activity Period #12</i>	Check Out from Camp ..... Bus Departs
12:15 PM		Prep for Lunch	Prep for Lunch	Beach Bonanza	Prep for Lunch	
12:30 PM		Lunch	Lunch		Lunch	
1:00 PM		Siesta	Siesta		Siesta	
1:45 PM	Check In at Camp	<i>Activity Period #2</i>	<i>Activity Period #6</i>		<i>Activity Period #13</i>	
3:00 PM		<i>Snack</i>	<i>Snack</i>	Snack	<i>Snack</i>	
3:15 PM	Orientation Swim Tests	<i>Activity Period #3</i>	<i>Activity Period #7</i>	<i>Activity Period #10</i>	<i>Activity Period #14</i>	
4:30 PM		<i>Activity Period #4</i>	<i>Activity Period #8</i>	<i>Activity Period #11</i>	<i>Activity Period #15</i>	
5:45 PM	<i>Flag Lowering</i>	<i>Flag Lowering</i>	<i>Flag Lowering</i>	<i>Flag Lowering</i>	<i>Flag Lowering</i>	
6:00 PM	Dinner	Dinner	Dinner	Dinner	Fancy Dinner	
6:30 PM	All Camp Jailbreak	<i>Buddy Choice</i>	<i>Buddy Choice</i>	<i>Buddy Choice</i>	<i>Camp Dance</i>	
7:45 PM	Campfire	<i>All Camp Activity</i>	<i>Campfire</i>	<i>All Camp Activity</i>	<i>Memory Campfire</i>	
8:45 PM	Bedtime Routine	Bedtime Routine	Bedtime Routine	Bedtime Routine	Bedtime Routine	
9:00 PM	Connections	Connections	Connections	Connections	Connections	
9:30 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	

Mail





Receiving: The camp store lead from each village will pick up and deliver mail to staff and campers in their village DAILY. Please make sure if you will be sending letters or care packages that they are clearly addressed and identify the camp your child is in to ensure your camper receives their mail

<p>YMCA Camp Sequoia Lake Redwood Village (Youth Camp) Child's First and Last Name as indicated on the paperwork/ Session and Cabin Information 49716 Highway 180 Miramonte, CA 93641</p>
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**Communication**

In case of emergency, the emergency contact number for the Camp Redwood is 559-335-2603. Other concerns and contact can be made by calling the Golden State YMCA Office at 559-624-1110. Communication is extremely important to us. If we experience any significant problem with your child, you will be notified as soon as possible.

**Lost and Found**

We make our best effort to return lost and unclaimed items to their owners. Please label each item belonging to your camper. On the last full day of a session, counselors will take any unclaimed belongings from their cabin directly to the dining hall. Here, staff will run a Lost & Found Fashion Show before lunch, so campers can view and be reunited with their belongings. After campers leave to go home, anything left will be recorded and stored in the Golden State YMCA Office for 4 weeks.

**Packing List**







Please send older clothes that can get dirty. It is recommended that all personal items be marked. Laundry is not available for campers, so please send enough clothes for the week. YMCA Camp Sequoia Lake is not responsible for damaged or lost belongings.

### **Required Clothing:**

- Sleeping Bag + Warm bedding if lightweight
- Pillow
- 2 Towels (Shower/Lake)
- Toothbrush and Toothpaste
- Personal hygiene products (brush/comb, deodorant, feminine products, shampoo, conditioner, soap, Chapstick, etc.)
- Refillable water bottle
- Flashlight with extra batteries
- Shower shoes
- Insect Repellent
- Sunscreen
- Necessary medications (if applicable)
- Laundry bag
- YMCA Rag (returning raggers)
- 2 swimsuits (camp appropriate – one piece)
- 2 pairs of closed-toed shoes (durable for hiking)
- 2-3 pair of jeans or long pants
- 6-7 T-shirts
- 3-4 pair of Shorts
- Pajamas
- 6 pairs of Socks (bring extra!)

- 6 pairs of underwear (bring extra!)
- 2 sweatshirts, jackets or raincoats

### **Optional:**

- Fishing gear
- Disposable camera
- Sunglasses
- Theme outfits/materials
- Hat
- Reading and writing materials, and card games
- White shirt, bandana, etc. for tie-dying.
- Backpacking equipment

### **Please leave these items at home!**

- Knives or weapons
- Lighters/matches or fireworks
- Cell phone
- Electronic games, iPod, music players or travel TV
- Pets/live animals
- Personal sports equipment, bicycles, etc.
- Crop tops/ halter tops
- Aerosols
- Laser pointer
- Food/soda

### **Search & Seizure**

For the safety of all campers, if there is cause to suspect a camper has illegal, stolen or prohibited items at camp, we reserve the right to search and seize any items of cause. If this happens, we will make every effort possible to contact parents.

### **CAMP STORE**





Visiting the camp store is a fun way for campers to learn about managing money while purchasing camp souvenirs, sunscreen, snacks, drinks, t-shirts, and other items. The camp store is open every day. Cabins can submit their order forms during lunch and receive their items during snack time. Items such as candy, ice cream, and cold drinks are available, but campers are limited to one or two such items per purchase day. Caffeinated sodas are not available. A camp t-shirt is \$12, a hoodie is \$25 and other items range from \$1.00 to \$5.00. A good range to consider is between \$25 to \$40 for the camp week. Merchandise like Sweaters, T-shirts and souvenirs will be available for purchase during dinner. Camp store items such as souvenirs will also be available on the last day of camp when parents arrive for last minute purchases.

**\*IMPORTANT!\***

There are two ways to provide a camp store deposit:

- 1.) Provide a credit/debit card number and a spending limit. At the end of the session, we'll charge the card for the purchases your camper made at or below that limit.
- 2.) Provide cash or a check deposit and purchases will be deducted from the amount with the remaining balance (rounded to the nearest dollar) returned on pick up day at the end of the session. You can mail, fax, or drop off your preferred payment and completed form to our office:

320 N Akers St  
Visalia, CA 93291  
Fax: 559-741-9563

The store form can be found in both the registration packet online and as an attachment in your confirmation email. This form allows you to put money on your child's account to make purchases in the camp store.

Safety is a main priority throughout every aspect of the camper's experience. We emphasize education and prevention by implementing a buddy system. While there are inherent risks in any outdoor activity, our goal is to minimize all possible risks. All staff are First Aid/CPR certified and a registered medical personnel is on site at all times. Should any serious accident or illness occur at camp, the child's parent/guardian will be notified immediately. In case of minor illness, parents will be notified if the camper requires health care for more than 24 hours. The YMCA reserves the right to send a child home if so advised by medical personnel.

**Severe Weather**

Changes in the weather are a normal occurrence during the summer. We will alter the operations of the camp as necessary for the safety of all campers. Below is listed specific measures taken dependent on severity and immediate health and safety concerns for our campers. Please advise us if you are concerned about your child's health in any specific outdoor conditions.

**Rain**

Camp will operate as scheduled. Please pack sufficient clothes and rain gear for the week. (very rare during summer months)

**Severe Thunderstorm Warning**

Operations will be delayed, and we will seek shelter until it is safe to continue.

**Heat Rating Index of 110 or higher**

Operations may be relocated to an indoor or aquatic setting.

**Forest Fire**

Camp will be evacuated and returned to the Golden State YMCA Office in Visalia.

**Safety Procedures**







## Healthcare

### Illness Policy

If your child becomes ill during their time at camp, we have licensed healthcare providers onsite 24 hours a day. The parent will be notified by phone if further treatment is needed. It is URGENT and your responsibility to update your child's registration form if any information changes (telephone numbers, allergies, etc.). We must be able to contact you at any time of the day (every day) in case of emergencies so if you are away from your normal phones, please call the Camp Director and leave a message with new contact information. If you cannot be reached by phone, the emergency contacts will be contacted in hopes of getting in touch with you.

### Medical Emergency Procedure

In the event we are faced with a medical emergency, the staff will carry out the safety protocols. There is a licensed nurse on site 24 hours a day. If emergency care is required, the camper will be transported to the nearest hospital, and parents will be notified.

### Medications

Prescribed, non-prescribed, internal, and external medications can be administered to a child by our licensed healthcare provide onsite with parent's written consent. Medications must be in original bottle and have original prescription label with the child's name and specific instructions for administering them. *Parents must check in all medication on the first day of camp at the nurse's station. Children are not to have medication of any kind in their possession.*

### Tick Policy & Head Lice Policy

On the first day of camp, at check-in, there will be a designated station where every child will be given an overall wellness check and will be checked for head lice. If a child is found with head lice (nits/eggs or bugs), they will be required to leave the program and be treated. They may return once treatment has been completed and the Camp Director is provided with proof of treatment.

The staff and/or online healthcare provider will assist the children in checking for ticks. If a tick is found crawling loosely on skin or clothing, the tick will be removed. If a tick has become embedded in a child's skin, the healthcare provider may attempt to remove the tick with parent/guardian consent. If permission is not given the parent/guardian must come and remove the tick.

Camp Staff holds the right to check campers for ticks and/or head lice.

### Child Abuse/Neglect Reporting

According to the law, if child abuse or neglect is suspected, staff will immediately notify the Camp Director who is mandated by law to contact the California Child Protective Services.

### Discipline Policy

YMCA staff are expected to guide and direct each camper to help them learn and grow. Staff must lead by example. In the event a camper is misbehaving, our staff are trained to use positive redirection methods. If the behavior continues, or the behavior is causing direct harm to themselves or others, the child may be removed from the program for the remainder of the session.

*Let's make this an amazing summer!*

