



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

# **YMCA CAMP SEQUOIA LAKE**



**2022**

# **Informational Handbook**





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## **WELCOME!**

Dear Guardians and Campers,

Welcome to the Golden State YMCA - Camp Sequoia Lake! We strive to provide a happy, healthy, and enriching environment for each of our campers to experience a tight knit community. YMCA summer camp provides an atmosphere for campers to gain a sense of achievement, build relationships, and find their sense of belonging.

From my childhood, I grew up as a member of the Y Program which helped me develop social skills, become a leader, gain greater knowledge of myself and fostered lifelong friendship. For 5 years now, I have been involved with residential summer camps. I began as one of the Youth Leaders (counselor), then moved to an Adventure & Lifeguarding role, was a volunteer Lifeguard and Administrator. Now, I am the Youth Camping & Rentals Director for YMCA Camp Sequoia Lake. Throughout the years, I have met some amazing people, had some wonderful and unforgettable experiences, and challenged myself in ways I never thought possible.

Y camp has shaped who I am as a person both professionally and as an individual. I am a firm believer in setting goals and achieving those goals. Currently, I hold a Bachelor of Science Degree in Community Recreation, Administrative & Cultural Studies with a certificate in serving at-risk youth. Being able to continue my education and having the opportunity to constantly learn new things is my motivation. As a YMCA Ragger, I strive to adhere to and live my life representing the YMCA, its mission, and its core values to the fullest. I hope to instill these qualities into each of our campers to be respectful, responsible, caring, lifelong learners and to have the courage to challenge themselves in every aspect of life.

Sincerely,

*Kayleigh Hanson*

Kayleigh Hanson - Youth Camping & Rentals Director





## **Our Mission**

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

## **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. \*\*\*





## **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. Our camp environment goal is to better each camper's physical, social and mental well-being.

### **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.

### **Outcomes of camp**

Each camper should enjoy their time at camp. With this sleepaway summer camp experience, it will give them the ability to lead, feel confident within themselves, focus on decision making, building peer relationships and become more independent.





## Youth Camp:

### Age Eligibility

All children enrolling in our program must be at least 8 years old by the time they attend their camp session and the age limit of 17. We have a 1:6 staff to child 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



Golden State YMCA

YMCA Camp Sequoia Lake Office

320 N. Akers

Visalia, CA 93291





## **Directions to Camp**

YMCA Camps Sequoia Lake is located near Kings Canyon National Park. Use the directions noted below. We want your entire camp experience to be pleasant, including your drive. Please feel free to use google / maps at your discretion.

### **Campers from North of Fresno**

1. Follow Hwy 99 south into Fresno
2. Take the CA-180 East to Kings Canyon
3. Follow CA-180 E for approximately 45 miles (until 5400 ft. elevation)
4. Look for the green Sequoia Lake Sign on the right side of the road and then look to turn left
5. The turnoff to camp is on the left side of the road. (Look for YMCA Camp Sequoia Lake signs)
6. Follow the camp road to the appropriate camp. (Sequoia, Gaines, Redwood, Millwood, Tulequoia)

### **From Visalia and Southern California**

1. Take Hwy 99 North to Visalia
2. Take the Hwy 198 East into Visalia
3. Follow Hwy 198 East to Hwy 63 North, Central Visalia exit 4. Turn left onto Hwy 63 (Court St.)
4. Follow 63 North until you reach Hwy 180 East. Turn right on CA-180 E
5. Follow CA-180 E until about 5400 ft. elevation. Look for the green Sequoia Lake Sign on the right and then look left to turn.
6. Follow the camp road to the appropriate camp. (Sequoia, Gaines, Redwood, Millwood, Tulequoia)

## **Fuel**

There is no gas available at or near Sequoia Lake for 25 miles. Gas is available on the way to Sequoia Lake on Hwy 180 in Squaw Valley and Dunlap.

## **Road Conditions**

The Sequoia Lake Road in and out of camp will be traveled heavily on the first and last day of each camp session. There are five camps around the lake which means a steady stream of passenger vehicles, service vehicles, vans, school buses, and charter buses on the road. Please be extra mindful of the posted speed limit (15 mph), blind curves, pedestrians, and wildlife.







## **Drop Off & Pick Up Procedures**

Campers may be dropped off and picked up at YMCA Camp Sequoia Lake, 49716 Highway 180, Miramonte, CA 93641. Anyone (18 or older) dropping off or picking-up a camper must be listed on the registration form and carry a Photo ID with them. Each camper must be dropped off by an adult listed on the registration form, regardless of camper age.

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

Check-out on Friday morning is between 11:00 AM and 12:00 PM. Pick-up time must be strictly observed. A camper may only be released to a guardian listed on the registration form.

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

## **Behavior & Dismissal Policy**

As a close-knit community, YMCA Camp Sequoia Lake expects each camper to respect themselves and everyone at Camp, as well as the rustic facilities and natural surroundings. All members of the Camp Sequoia Lake community — including staff and campers — are expected to always behave responsibly and appropriately. After reasonable efforts to modify irresponsible or inappropriate behavior (including but not limited to bad language, hate speech, use of threats or fighting), a camper may be dismissed. Direct threats of significant physical harm to self or others as is the possession or use of tobacco, drugs, alcohol, vaping, Juuls or pods while in a Camp program are grounds for immediate dismissal. Campers dismissed for disciplinary reasons are not allowed back to Camp for the remainder of the summer and may be asked not to return to Camp in the future. If camper's behaviors, mental, or physical state develop into a condition requiring an abnormal amount of 1-on-1 care, dismissal may be required. Once a child is dismissed for any medical reason a doctor's written approval is needed for readmittance in our program. (subject to NH COVID-19 guidance).





## Sample Day Camp Schedule

The daily schedule allows for flexibility and development.

7:30 am .....	Rise 'n Shine	2:00 pm .....	Activity Period
8:15 am .....	Flag, Morning Report	3:00 pm .....	Independent Choice
8:30 am .....	Breakfast	4:30 pm .....	Flag Lowering & Clean-up
9:30 am .....	Opening Ceremonies	5:00 pm .....	Dinner
10:00 am .....	Focus Groups	6:30 pm .....	All Camp Activity
11:00 am .....	Activity Period	8:00 pm .....	Campfire/ Devotions
12:30 pm.....	Lunch	9:15 pm .....	Connections
1:00 pm .....	Rest Period	10:00 pm .....	Lights Out

### Meals

We strive to provide nutritious menus that appeal to children and teens through preparation by our kitchen staff. Please do not send candy or snacks with campers as it attracts animals into the cabins.

### Sample Daily Menu

Breakfast: Eggs, potatoes, sausage, juice, cereal and yogurt bar, fruit, water, and milk

Lunch: Sandwiches, pretzels, salad bar, fruit, juice, and water

Dinner: Spaghetti, bread, salad bar, juice, water, and dessert

We strive to accommodate food allergies. Prior to registering for camp, be sure to specify dietary needs on the medical form.





## **Food and Dietary Needs**

No personal food is permitted at camp or in cabins. All staff and campers will be provided three meals a day. Although, for medical or dietary reasons, you may provide your camper with necessary foods that will be stored in the “dietary needs” section of the village walk-in. We do our best to accommodate the dietary needs of all participants. Please include any special dietary needs on the medical forms. For campers who are committed to eating a particular diet, we provide options including vegetarian, dairy-free, gluten-free, vegan, and more. Due to limited space and sanitary reasons, campers cannot store food in a kitchen nor in our cabins. Animals will enter a cabin that has food.

## **Electronics**

Campers are prohibited from bringing electronics of any kind. Please do not bring cell phones, iPods, radios, e-readers, video recorders, or any other electronic devices. There is no Wi-Fi or cell service at camp, so these devices are best left at home.

## **Medical Forms**

Included in the online registration is a medical forms tab which includes medical information, physical, medications, restrictions, and authorization forms that are required in complete before arriving at camp.

## **Insurance**

It is the parent's/guardian's responsibility to provide medical insurance coverage.





## 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.

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

In case of emergency, the emergency contact number for the camp 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. The best way to reach your camper, is to send a letter and be mindful of the mail service and it may take a week or more to reach camp. If we experience any serious accident or illness with a camper, the guardian will be contacted immediately by the Youth Camping & Rentals Director.





### 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 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

### Recommended

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.

#### Miscellaneous Items:

- Sleeping Bag + Warm bedding if lightweight
- Fitted Sheet (Twin XL)
- 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
- Sunscreen
- Necessary medications (if applicable)
- Laundry bag
- YMCA Rag (returning ragers)

#### Required Clothing:

- 2 swimsuits (camp appropriate – one piece)
- 2 pairs of closed-toed shoes (durable for hiking, required for all camp activities, flip-flops are for the shower only)
- 2-3 pair of jeans or long pants
- 6-7 T-shirts (Appropriate for all activities)















- 3-4 pair of Shorts
- Pajamas
- 6 pairs of Socks (bring extra!)
- 6 pairs of underwear (bring extra!)
- 2 sweatshirts, jackets or raincoats

#### Optional:

- Insect Repellent
- 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 (Will be provided for Adventure Campers)

#### 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.
-  Aerosols
-  Laser pointer
-  Food/soda
-  Alcohol/drug

#### **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 contact guardians.

#### **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 other day. Items such as candy, ice cream, and cold drinks are available, but campers are limited 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. Camp store items such as souvenirs will also be available on the last day of camp when parents arrive for last minute purchases. There are two ways to provide a camp store deposit:

1.) At your campers' registration, prior to making a payment, it will ask for a total amount you would like added for the camp store purchases. This will add the camp store cost to the total cost of camp when you register, and it will charge your camp store purchase at the time of registration. If you wish to add additional funds later, please log back in to your CampBrain Account and add funds there.

If the refund amount is less than \$5, the money will be donated to camp. If the amount of funds remaining is greater than \$5, after your camper attends their session, you will be refunded via credit card or ACH.



## Safety and Health Procedures

### 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.

#### 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.

### **Emergency Situations**

All camper guardians will be contacted by the Youth Camping & Rentals Director immediately in the case of an emergency and the guardian will need to pick up the child at the designated area given to the guardian when contacted to ensure the safety of all campers and staff.

### **STAFF**

Our staff must be at least 18 years old to be Youth Leaders. Staff are trained in meeting age-appropriate developmental needs and behavior management of campers, child abuse prevention, risk management and most are American Red Cross CPR & First Aid Certified. There is always a camp registered nurse on site in the camp and may be accessible at any time when needed. Our staff strive to make camp the safest and fun experience for your camper.





## Healthcare

### Illness Policy

If your child becomes ill during their time at camp, we have licensed healthcare providers onsite 24 hours a day. The guardian 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 assigned hospital, and parents will be notified.

### **Medications**

Prescribed, non-prescribed, internal, and external medications can be administered to a child by our licensed healthcare provider 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, even over the counter medications must be checked in with the nurse. 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 at any time while at camp.

### **Child Abuse/Neglect Reporting**

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. Please see the Behavior & Dismissal Policy on Page 9 for more details.

### **Registration Authorizations**

The following statements are the ones that parents sign an agreement to and return to the Y on the registration sheet. We included them in this handbook so that you will have a copy to refer to if needed:

- I agree to communicate with the YMCA staff regarding any questions, concerns or suggestions in a timely manner.
- I have received and read the YMCA Summer Camp Parent Handbook and I agree to abide by the YMCA Policies.
- I grant permission for the YMCA staff and/or medical personnel to give my child first aid in case of an emergency and to secure any transportation and medical treatment necessary for his/her welfare. I understand that all emergency cost is mine as the parent/guardian. If requested, I agree to pick my child up.





- I grant permission for the YMCA to transport my child to and from camp activities away from camp property. I also grant permission for my child to participate in the activities.
- I grant permission for my child to be photographed for YMCA promotions only.
- I understand that my child is responsible for his/her own behavior, clothes, sunscreen and belongings.
- The YMCA Camp Sequoia Lake reserves the right to remove any participant from our program if it is deemed that the inclusion of that child is not in the best interest of the child or the program (child is not able to function consistently and safely in a 1:10 group setting).
- Sunscreen Release Form: I understand that YMCA Camp participants spend a minimum of 80% of their time outside and that the use of sunscreen may not prevent my child from being sun burnt but will aid in the protection against harmful sun rays. Parents are responsible for providing sunscreen for their child to use at camp.

*Let's make this an amazing summer!*



