



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# YMCA CAMP SEQUOIA LAKE

YOUTH & SKATE CAMP

PARENT HANDBOOK

2024

## **Handbook Updates:**

This document undergoes occasional changes. For the most up to date version please visit our website at: [www.ymcacampsequoialake.org](http://www.ymcacampsequoialake.org)

## **Contact Information:**

### **Youth Camping Director**

Andrew Bell  
559-624-9014  
[youth@campsequoialake.org](mailto:youth@campsequoialake.org)

### **Camping Registrar**

Sandra Ramirez  
559-624-1110  
[campoffice@campsequoialake.org](mailto:campoffice@campsequoialake.org)

### **Golden State YMCA Office**

320 N Akers St.  
Visalia, CA 93291  
559-624-1110

### **YMCA Camp Sequoia Lake Address**

49716 HWY 180  
Miramonte, CA 93641

(This site is only open during our summer programming time between June-August)

### **Camp Phone Number**

After 6pm Emergency Phone Number: 559-624-9014

## **ACCREDITATION & LICENSING:**

YMCA Camp Sequoia Lake is accredited by the American Camp Association (ACA) and is licensed by the Fresno County Department of Health



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# MISSION & PHILOSOPHY

## Welcome to the Golden State YMCA – Camp Sequoia Lake!

We are an inclusive, values - based organization with a commitment to nurture the family bond and foster the potential of youth in a safe, healthy, and socially responsible environment. We are excited you have chosen to be a part of our journey.



## YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

## For All...

For all is a simple but powerful phrase. Without it, the Y mission is incomplete. Our commitment to inclusion creates better communities, a better country, and a better world. We know that the key to effectively nurturing the potential of children, improving the nation's health and well-being, and supporting our neighbors takes a passionate, experienced, and diverse array of staff, volunteers, and members who value what everyone brings to the table. Working in 10,000 U.S. communities and more than 120 countries worldwide makes strong diversity and inclusion practices paramount for the Y.

## Everyone is Welcome

At YMCA Camp Sequoia Lake, we welcome people of all ages, genders, races, ethnicities, religions, abilities, sexual orientations, and financial circumstances. Our programs strive to embrace diversity, reflecting our campers, staff, volunteers, and the needs of our communities.

## Values

Guided by our core values of caring, honesty, respect and responsibility, the Y is dedicated to giving people of all ages, backgrounds and walks of life the opportunity to reach their full potential with dignity.

At Camp, we are committed to teaching these core values each day through role modeling and leadership from staff and volunteers.

Caring - Show a sincere concern for others.

Honesty - Be truthful in what we say and do.

Respect - Treat others in the way we would like to be treated.

Responsibility - Be accountable for our promises and actions.

# GOALS AND OBJECTIVES

Our values-based program is dedicated to enriching the lives of children and teens. The following are goals and objectives for campers at Camp:

## 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.
- Staff are asked to be aware of campers' health (physically and emotionally) and report to the camp nurse any concerns.
- 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.

## To develop campers:

- Sense of joy about life and to have fun!
- Campers get to choose a Focus group that interests them & develop new skills.
- Team building and group games help get to know others and oneself.
- Rest period and evening connections allow campers to reflect on their day and process thoughts and feelings either alone or with a small group.
- Staff provide positive comments and encouragement to campers throughout their stay.
- Cabin activities/group interactions help develop social skills including communication & awareness of others.
- Ragger program participation (optional)

## To allow campers to experience nature and develop an appreciation and responsibility for the earth around them.

- Skate campers participate in activities led by Skate Wild
- Hikes and overnight campouts
- Focus groups.



# REGISTRATION INFORMATION

## Camp Dates 2024

### Youth & Teen Camp:

SESSION 1: June 16 - June 21  
SESSION 2: June 23 -June 28  
SESSION 3: June 30 - July 5  
SESSION 4: July 7 - July 12  
SESSION 5: July 14 - July 19

### Skate Camp:

SESSION 1: June 16 - June 21  
SESSION 2: June 23 -June 28  
SESSION 3: FAMILY CAMP  
SESSION 4: July 7 - July 12  
SESSION 5: July 14 - July 19

### Youth Camp CIT Program:

June 16- June 28

## Changes and Cancellations

It is the goal of the Golden State YMCA and Camp Sequoia Lake to offer quality programs at an affordable cost. The following policy helps the YMCA to properly allocate staff and resources and ensure that fees remain as low as possible. To safeguard your reservation, **cancellations must be in writing**, via email or mail to the GSYMCA Office.

### Cancelation Deadlines:

- Before Nov. 1st:** Cancellation will receive 100% deposit.
- From Nov. 2nd - Jan. 31st:** Cancellation will receive 100% refund of payments minus the deposit.
- From Feb. 1st - April 30th:** Cancellation will receive 50% refund of payments minus the deposit.
- After May 1st:** Cancellations do not qualify for a refund.

## Scholarship Programs

As a charitable organization, we raise funds throughout the year for camperships that cover the costs of Camp for children who would not otherwise be able to attend. We firmly believe that finances should never be the reason a child misses out on a positive camp experience. If you need assistance or would like to donate to help others, please contact our office at 559-624-1110.



## Camp Store

During their stay, campers will have opportunities to visit the Camp Store. The store carries many items including snacks/candy, stamps, postcards, t-shirts, sweatshirts, hats, shorts, mugs, frisbees, and more!

Campers will need to add money to their store account on CampBrain.

Any money not used at the end of the camper's session will be refunded. If the refund amount is less than \$5, the money will be donated into the Youth & Skate programs. If the amount of funds remaining is greater than \$5, after your camper attends their session, it will be refunded either to the credit card used or via check.



**The store does not accept cash directly.** If cash is your only option, it needs to be added to your child's account at check-in with the administrative staff. **Do not give your child cash to spend throughout their stay.**

# FIRST & LAST DAY

## Drop-Off

Please arrive at camp during the designated drop-off time. If you arrive early you will need to wait in the parking area until check-in begins. At check-in, campers will need to be signed in by a parent or guardian and go over health details with the camp nurse.

Program:	Camp Name:	Check- In Times:
Skate Camp	Camp Millwood	2:00 pm – 3:00 pm
Youth, CIT, Teen Adventure Camps	Camp Gaines	2:00 pm – 3:30 pm

## Pick-up

**PARENT/GUARDIANS ARE REQUIRED TO PRESENT PHOTO ID AT CHECK-OUT.**

Campers picked up by an adult, other than a parent or guardian, must have that adult listed on the transportation form as an authorized pick-up person, or the parent/guardian must submit a written request prior to check out day. Campers still at camp after pick-up time will be supervised by camp staff. There will be a \$40 per-hour fee for this after-care service.

Before Pickup there is a closing ceremony which all parents are invited to and encouraged to attend to get a brief look at some of the things the youth have done and accomplished during their stay. We ask that all parents or guardians try to attend the closing ceremony prior to checking out so that they can share in the fun and triumphs their children have experienced at camp!

Program:	Camp Name:	Closing Ceremony:	Pick- Up Times:
Skate Camp	Camp Millwood	10:00 am – 11:00 am	11:00 am - 12:00 pm
Youth, CIT, Teen Adventure Camps	Camp Gaines	9:00 am – 10:30 am	10:30 am - 12:30 pm





# TRANSPORTATION

Parents/Guardians are responsible for getting their campers to and from camp on the first and last days of the camp session. YMCA Camp Sequoia Lake only provides transportation to and from Fresno Airport (FAT), and only if prior arrangements are made with an additional fee.

## Driving to camp

We have provided directions at the end of the packet to make it easy for you to tear off and take with you. Some things to know before and during your drive are listed below.

**Campers** may not drive themselves to camp and must arrive with a parent/guardian who is over 18.

**Fuel:** There are no gas stations available at or within 25 miles of Sequoia Lake. Gas is available on the way to Sequoia Lake on Hwy 180 in Yukots Valley (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.

## Flying to camp

Airport transportation is available for campers flying into and out of Fresno Yosemite International Airport (FAT). Please note clearly on the transportation form in your registration your child's flight details and arrival information.

The cost for Airport Transportation: \$75.00 – each way

Campers flying in must arrive at the airport on Sunday, the opening day of their session, between 8am and 12pm. The shuttle to camp departs the airport at 1pm to ensure adequate time for the retrieval of baggage and potential delays.

Campers flying out should schedule departure for Friday, the closing day of their session, between 12pm and 4pm. The shuttle to the airport will depart camp at 8:30am to ensure adequate time for check-in at the airport prior to flights.

To plan for staffing and travel times, the camp must be notified at least 2 weeks prior to the start of the camper's session if flying in. All flight itineraries for youth flying to camp should be emailed to the Camp Director at [youth@campsequoialake.org](mailto:youth@campsequoialake.org) no later than 1 week prior to arrival in camp.

If you have specific questions regarding an unaccompanied minor, or arrival times outside the arrival and departure times, please call us at 559-624-1110 and email both the office, and the Camp Director at [campoffice@campsequoialake.org](mailto:campoffice@campsequoialake.org) and [youth@campsequoialake.org](mailto:youth@campsequoialake.org).

# LIFE AT CAMP

## Cabins

Cabin groups are arranged by age and cabinmate requests. There are between 7-10 campers and 1-2 counselors in each camper cabin. Guided by the Y's core values of caring, honesty, respect and responsibility, each camper is expected to contribute to a cabin experience where everyone in our diverse and vibrant camp community is recognized, respected, and affirmed.



Living in a cabin group is like creating a new family: campers live together, clean their cabin every day, eat together, and participate in many camp activities together.

In addition to spending time with their own cabin group, there are plenty of opportunities for campers to spend time with campers in other cabin groups.

## Friend/Buddy Requests

Campers may request to be housed with one or two friends. The Cabin Mate Request can be made on the "Letter to my Child's Counselor" form. Several campers can request to be together if they all make the same request and are within 1-2 years of age. Please communicate all requests in advance with other families to make sure everyone agrees with the decision. We strive to accommodate requests as best we can but cannot guarantee that all requests will be able to be filled.

## Meals

Campers enjoy balanced, kid-friendly meal options prepared by our camp chef that even the pickiest eater will love. Menus are prepared to meet standards for healthy eating and meals are served in our Dining Hall. Cold cereal is always available at breakfast. Fresh fruit is available at the service counter during all meals, and a basic salad is available during lunch and dinner. All meals at camp are served family style with campers sitting with their cabin group and counselors.

### Allergies and Dietary Needs

Please note any food allergies or special dietary needs on the Health History Form during the CampBrain registration.

## Staffing

YMCA Camp Sequoia Lake hires a diverse group of staff from a wide variety of backgrounds and cultures. A portion of counselors are international staff, meaning that campers are immersed in a community composed of a variety of backgrounds and cultures.

All our staff and volunteers have gone through a screening process including applications, interviews, reference checks, and LiveScan Background. In addition to this screening, all staff receive mandatory training in topics including Emergency Procedures, Youth Development, Behavior Management, and Program Delivery.

## Sample Schedules:

On the following pages you will find a sample of the schedules planned for the 2024 season for Youth/Teen and Skate camp. Please note that these schedules are a baseline, and are subject to change slightly from week-to-week based on numerous factors including weather, number of campers, camper age distribution, visiting pro-skater schedules, staffing needs, etc.

### 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 are 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.



# Sample Youth Camp Schedule:

YMCA Camp Sequoia Lake - 2024 Youth Camp Program Schedule												
	Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		
		Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2	Unit 1	Unit 2			
8:00 AM		AM Inspiration (Campwide)		AM Inspiration (Campwide)		AM Inspiration (Campwide)		AM Inspiration (Campwide)		AM Inspiration		
8:15 AM		Breakfast		Breakfast		Breakfast		Breakfast		Breakfast		
8:30 AM		Clean & Ready For Day		Clean & Ready For Day		Clean & Ready For Day		Clean & Ready For Day		Pack Cabins		
8:45 AM		Camp Picture (Campwide)		Activity Block 3	Activity Block 4	Activity Block 8	Activity Block 9	Free Choice		Closing Ceremony (Campwide)		
9:00 AM		Go over Week Schedule										
9:15 AM		Break/Move/Reset		Break/Move/Reset		Break/Move/Reset		Break/Move/Reset		Check Out		
9:30 AM		All Youth Camp Activity		Activity Block 4	Activity Block 3	Activity Block 9	Activity Block 8	Beach Front Blast (Campwide)				
9:45 AM		Ready for Lunch		Ready for Lunch		Ready for Lunch						
10:00 AM		Lunch		Lunch		Lunch						
10:15 AM		Siesta/Free Choice		Siesta/Free Choice		Siesta/Free Choice						
10:30 AM	Check In	Activity Block 1	Activity Block 2	Activity Block 5	Activity Block 6	Activity Block 7	Activity Block 5					
10:45 AM		Snack/Break/Move/Reset		Snack/Break/Move/Reset		Snack/Break/Move/Reset					Snack/Break/Move/Reset	
11:00 AM	Orientation & Fire Drill	Activity Block 2	Activity Block 1	Activity Block 6	Adventure/ Climbing Tower	Adventure/ Climbing Tower	Activity Block 7				Free Choice	
11:15 AM		Get Ready Dinner		Get Ready Dinner		Get Ready Dinner					Get Ready Dinner	
11:30 AM	Dinner	Dinner		Dinner		Dinner					Dinner	
11:45 AM		Teambuilding		S'more Hunt (Campwide)	Blue Rags/ All Youth Camp Activity	Silver Rags/ All Youth Camp Activity	Dance (Campwide)					
12:00 PM	Opening Campfire (Campwide)	S'more Cookout (Campwide)		Field Overnighter		Talent Show (Campwide)		Closing Campfire (Campwide)				
12:15 PM		Connections		Connections		Connections		Connections				
12:30 PM	Lights Out	Lights Out		Lights Out		Lights Out		Lights Out				
12:45 PM		Lights Out		Lights Out		Lights Out		Lights Out				
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10:00 PM												



## Sample Teen Camp Schedule:

### YMCA Camp Sequoia Lake - 2024 Teen Camp Program Schedule


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
8:00 AM		AM Inspiration (Campwide)	AM Inspiration (Campwide)	AM Inspiration (Campwide)	AM Inspiration (Campwide)	AM Inspiration	
8:15 AM		Breakfast	Breakfast	Cook Out Breakfast	Breakfast	Breakfast	
8:30 AM		Clean & Ready For Day	Get Ready to Leave Camp	Clean & Ready For Day	Clean & Ready For Day	Pack Cabins	
8:45 AM		Camp Picture (Campwide)	Out of Camp Activity 2	Out of Camp Activity 1	Return to Camp, Clean up & Get Settled Back In	Free Choice	Closing Ceremony (Campwide)
9:00 AM		Ropes Course & Rock Wall					
9:15 AM							
9:30 AM							
9:45 AM			CARING				
10:00 AM			HONESTY				
10:15 AM		RESPECT					
10:30 AM	RESPONSIBILITY						
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM							
12:15 PM							
12:30 PM	Lunch	Sack Lunch	Lunch	Beach Front Blast (Campwide)	Check Out		
12:45 PM							
1:00 PM	Free Choice/Siesta	Free Choice/Siesta	Free Choice/Siesta				
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM	Check In	Waterfront (Swim Test/Orientation)	Out of Camp Activity 1	Out of Camp Activity 2	Activity Block 3	Activity Block 4	
2:15 PM							
2:30 PM	Orientation & Fire Drill	All Together Activity - Water Rockets - Prep to Judge for Younger Kids	Activity Block 4	Activity Block 3	Free Choice	Snack/Break/Move/Reset	
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM	Dinner	Dinner	Dinner	Dinner			
4:00 PM	Teambuilding	S'more Hunt (Campwide)	Cook Out at Camp Ground	Waterfront	Dance (Campwide)		
4:15 PM							
4:30 PM	Opening Campfire (Campwide)	S'more Cookout (Campwide)	Stars & Stories	Talent Show (Campwide)	Closing Campfire (Campwide)		
4:45 PM							
4:55 PM	Get Ready Dinner						
5:00 PM							
5:15 PM	Dinner	Dinner	Dinner	Dinner			
5:30 PM							
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8:00 PM							
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8:30 PM							
8:45 PM							
9:00 PM							
9:15 PM	Connections	Connections	Connections	Connections	Connections		
9:30 PM							
9:45 PM							
10:00 PM	Lights Out						





# Sample Skate Camp Schedule:

## YMCA Camp Sequoia Lake - 2024 Skate Camp

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday		
7:45 AM		Rise and Shine	Rise and Shine	Rise and Shine	Rise and Shine	Rise and Shine		
8:00 AM		Home Base	Home Base	Home Base	Home Base	Home Base		
8:15 AM		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		
8:30 AM		Get Fresh (Make bed, brush teeth, etc.)	Get Fresh (Make bed, brush teeth, etc.)	Get Fresh (Make bed, brush teeth, etc.)	Get Fresh (Make bed, brush teeth, etc.)	Clean Cabin & Move Luggage to Load-out Zone		
8:45 AM		<b>CARING</b>	Stretching	Stretching	Stretching	Stretching		
9:00 AM		<b>HONESTY</b>	Camp Photo	Tuesday Morning Focus Groups	Wednesday Morning Focus Groups	Thursday Morning Focus Groups	Closing Ceremony & Camp Video	
9:15 AM		<b>RESPECT</b>						
9:30 AM		<b>RESPONSIBILITY</b>	Swim Tests by Cabin	Area Introductions & Explanations by Cabin	Free Skate	Free Skate	Free Skate	
9:45 AM		Parent Pick-up						
10:00 AM		Stop Skating/Cleanup	Stop Skating/Cleanup	Stop Skating/Cleanup	Stop Skating/Cleanup	Lunch & Holdeovers Begin		
10:15 AM	Home Base	Home Base	Home Base	Home Base				
10:30 AM	Lunch	Lunch	Beach Front Blast	Lunch	Thursday Afternoon Focus Groups			
10:45 AM	Monday Afternoon Focus Groups	Tuesday Afternoon Focus Groups						
11:00 AM	Check-in	S.Q.U.E.E.B.S. Contest @ Plaza	Open Choice Program Time	Champ of Camp Contest @ Campfire	Open Choice Program Time	Reset for Afternoon Programs	Skate Olympics	Open Choice Program Time
11:15 AM								
11:30 AM		Say Good-bye to	Parks Closed/Cleanup	Parks Closed/Cleanup	Parks Closed/Cleanup	Parks Closed/Cleanup		
11:45 AM							Home Base	Home Base
12:00 PM		Fire Drill	Dinner	Dinner	Dinner	Dinner		
12:15 PM		First Homebase	Free Skate	Free Skate	Pro Demos	Free Skate		
12:30 PM		Dinner					Filming 4 Video	Filming 4 Video
12:45 PM		Free Skate	Parks Closed for Day & Cleanup	Parks Closed for Day & Cleanup	Parks Closed for Day & Cleanup	Parks Closed for Day & Cleanup		
1:00 PM		Filming 4 Video						
1:15 PM		Opening Campfire	Campfire	Campfire	Pro Q&A	Closing Campfire		
1:30 PM	Head to yo Cabin						Snacks & Videos in the Dining Hall	Snacks & Videos in the Dining Hall
1:45 PM	What's Going On?	Snacks & Videos in the Dining Hall	Snacks & Videos in the Dining Hall	Movie Night	Snacks & Videos in the Dining Hall			
2:00 PM	Head to yo Cabin							
2:15 PM	Head to yo Cabin	Head to yo Cabin	Head to yo Cabin	Head to yo Cabin	Head to yo Cabin			
2:30 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out			
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# COMMUNICATION

Camp is a time for kids to discover all the wonders of the outdoors while making friends and forming memories that will last a lifetime. Part of the camp experience is establishing a feeling of independence, and this comes from providing a very busy schedule while limiting access to technology.

**Parent/Guardian Communication:** Staff will use the parent/guardian email address in your CampBrain account to communicate important information to families before, during, and after camp. Staff will contact a parent/guardian directly by phone in case of an emergency or if any concerns arise about their camper.

**Sending Letters & Postcards by U.S. Mail:** Mail can be slow at camp, so we encourage you to either bring a letter or take advantage of our letter-writing station during drop-off. Letters can be given to the leadership team, and we will store them and give them out on the date noted.

If you would like family or friends to send letters to your camper, please mail it to arrive 4-5 days before the start of the session. Any mail received after the start of the camp session will be forwarded to the camper's home address after the session ends. Please make sure a return address is listed on all mail.



Address Mail to: YMCA Camp Sequoia Lake  
49716 Hwy 180  
Miramonte, CA 93641  
Attn: Camper Name, Camp Attending (Youth/Skate), Session #

**Packages:** Families may send care packages to campers that contain non-food items only. Because camp is in a wilderness setting, food in cabins attracts undesirable animals and insects.

**Telephone Calls:** Campers are not allowed to make or receive personal phone calls during their stay at camp except in the case of a family crisis or emergency. DO NOT tell your child they will be able to phone you while at camp. Promises such as these can worsen homesickness and cause behavioral issues.

**Photos:** Our camp photographers work hard to capture campers' time at camp. Our internet at camp is limited, which means we may not be able to post photos every day and we may not be able to put them all up right away. Access to camp photos is also available for free through SmugMug. You can access this by the link on our website located under the Gallery tab.

**Visiting Camp:** There are no visitation times during camp sessions. If you would like to arrange a tour, please contact the Golden State YMCA at 559-624-1110.



# PACKING FOR CAMP

A suggested clothing and equipment list is at the end of this handbook. Your camper can use this list as a repacking guide at the end of camp by taping it into their suitcase, or by placing it in their duffel bag. YMCA Camp Sequoia Lake is not responsible for any lost, stolen, or damaged items. **WE WILL NOT REPLACE ANY ITEMS.** All Lost and Found will be kept for 2 weeks, then donated to charity.

## Please Limit Luggage to:

(All campers will be responsible for carrying their own luggage to and from their cabin on check-in and check-out days)

- One duffel bag, suitcase, or trunk
- One backpack or day pack
- Bedding: A sleeping bag and pillow are required, and we recommend bringing a fitted or flat sheet. All groups do a 1-night campout outside of their cabin, so a sleeping bag is the best choice. A sheet can also be nice so campers can put this on their mattress in their cabin.

## Pro-Tips!

- LABEL EVERYTHING! – Even socks and underwear. Use a name tag, laundry pen or permanent marker.
- To make your cabin more comfortable we suggest bringing a stuffed animal, pictures, and a comfortable pillow.
- Good shoes are important to safely navigate the mountains and wooded terrain surrounding YMCA Camp Sequoia Lake. **Open-toed shoes are not permitted** for camp activities! Closed-toed shoes are required. (flip flops are only allowed for showers)
- Shoes for the Riverwalk. Campers will need some sort of sturdy closed toed; heel backed shoe for walking in the river. Old tennis shoes work perfect for this. Rubber bottomed water shoes work well but are not required.
- The days are warm, but the evenings get cool, bring warm clothing (sweater or jacket) for the cool evenings!
- Bring fun clothing/costumes/accessories for skits, and activities!

## Things NOT to Bring:

- DO NOT PACK OR SEND FOOD! Campers are not permitted to have food in the cabins as it will attract wildlife into the living/camping areas.
- Expensive clothing and jewelry
- Please leave electronics such as tablets, games, music players, and others, at home.
- At no time are alcohol, cigarettes, vaping devices, Juuls, illegal drugs, drones, weapons (including all knives) allowed on camp by campers. These items are considered contraband. Violation of this policy will lead to immediate dismissal.
- At no time are campers allowed to have pets at camp.

## Phones/Cameras in Camp:

We do not recommend bringing phones to camp for several reasons.

- There is little to no service.
- Time and space to charge them is limited.
- They are expensive and easily lost (we won't be held responsible if this is the case)
- They can distract from camp programs.
- They can prevent campers from disconnecting from Parents, Friends, and social media, and from integrating effectively with their cabin-mates and counselors.

That being stated, we do highly recommend that kids bring a camera to camp, and many people these days do not own a camera, as their phone is their camera.

### **We will allow phones in the camp for use as cameras only.**

A big part of the camp experience is being able to share it with others, and we encourage kids to take appropriate pictures throughout their stay with us. Then to share those pictures with the staff, each other, and their parents when they return home.

**Our staff reserves the right to confiscate phones that are being used for purposes other than as a camera that distracts us from our programs, or any phone/camera being used to take pictures inappropriately.** Any such phones/cameras that have been confiscated will be returned to the parent/guardian on check-out.



# CAMP BEHAVIOR & APPROACH TO CONFLICT

## BEHAVIOR PHILOSOPHY

YMCA Camp Sequoia Lake's Summer Camp program strives to create an intentional and inclusive community for all. This idea drives our approach to conflict. Camp policies are designed to help children develop self-awareness and assume responsibility for their actions. Clear and consistent, age-appropriate rules and limits are established at camp. During the first day/night at camp, each cabin establishes their own community guidelines that are consistent and age-appropriate, consented to by consensus. Our camp community should be an inclusive and welcoming space, where all can feel that they belong. While we strive to create this environment, our staff will work with campers to ensure that they are growing into, and working towards, true inclusion. As with all communities, we are bound to encounter conflict as we - campers and staff alike, all learn and grow.

Some techniques in approaching conflict that our staff are trained in include:

- Redirecting campers
- Reinforcing positive behavior
- Encouraging campers to talk about their feelings.
- Role modeling how to speak and interact with campers in a positive manner.
- Conversationally addressing conflict intentionally, respecting the autonomy and agency of those involved
- Implementing breaks when appropriate

In addressing and approaching conflict, our staff try to work with campers to design and implement the changes to the social environment that would most support campers that experience conflict at camp. In moments of conflict, some campers may not be willing to share important and vital personal, cultural, or familial information and context that informed how they responded to the conflict they experienced. In those times, we most value parent/guardian input in "Letter to Counselor" forms and follow up conversations in order to ensure that every camper is set up for success.

Any behavior modifications, or conflict approach measures used will relate to each child's specific actions and will be handled in a timely fashion. No physical punishment, humiliation, scare tactics, or controlling measures shall be allowed. Methods associated with food deprivation or extended isolation are not permitted. All behavior coaching measures intend to support the camper with healing any harm done and strengthening their positive connections with others.



## JUULING/VAPING POLICY

It is Sequoia Lake's policy that Juuls or other vaping devices are forbidden on camp by campers and summer camp staff. These items are considered contraband. If a camper is found with a JUUL or Vape device, they will be subject to immediate dismissal from camp. This Vaping policy is in conjunction with our mission to promote healthy living at camp. As such, camp is also a drug, alcohol, tobacco, and weapon-free zone as well.

## GRAFFITI POLICY

Sequoia Lake is lucky and proud to be able to offer 600 acres of land to host our guests and campers. Along with this comes an incredible variety of buildings to stay in. Our maintenance team and program staff work incredibly hard to maintain our facilities. Sequoia Lake does not tolerate graffiti, destruction, or defacing of any of our facilities. Graffiti or defacement of buildings and facilities can result in fines starting at \$250 or more depending on damage. This is something we take seriously as we want our spaces to be enjoyable for all.

## TECHNOLOGY POLICY

Cameras are allowed and encouraged to be used by the campers in camp. We will allow phones in the camp for use as cameras only. A big part of the camp experience is being able to share it with others, and we encourage kids to take appropriate pictures throughout their stay with us. Then to share those pictures with the staff, each other, and their parents when they return home.

Our staff reserves the right to confiscate phones that are being used for purposes other than as a camera that distracts from our programs, or any phone/camera being used to take pictures inappropriately. Any such phones/cameras that have been confiscated will be returned to the parent/guardian on check-out.

If campers arrive with any other electronic devices such as digital book readers, or gaming devices we will be placing them in a lockable cabinet and returning them at checkout on Friday.

# BULLYING POLICY

## YMCA CAMP SEQUOIA LAKE TAKES ALL FORMS OF BULLYING SERIOUSLY AND ON A PERSON-CENTERED BASIS.

If a camper is intentionally displaying any behaviors that cause harm to their camp community, the following guidelines are used for behavior coaching:

### FIRST MEETING

- Official warning of child's behavior and education of impact
- Plan of action for camper (warning of possible dismissal if camper continues to exhibit disruptive behavior)
- Phone call to parent/guardian to inform of behavior, consult on the best plan of action, and outline steps that are being taken by camper and camp to restore the community.

### SECOND MEETING

If behavior continues, and camper is not receptive to coaching:

- Phone call home to parent/guardian to discuss behaviors and inform of camper's plan to correct the harm they caused to their community.
- Revisit the behavior coaching plan with the camper and clearly explain the potential consequences.
- Depending on the severity of the situation and the harm done, or the potential for harm, the camper might receive a final warning or a dismissal from the camp program.

### FINAL MEETING (if applicable):

- Dismissal from camp program
- Open conversation to help the camper debrief and heal from their experience.

YMCA Camp Sequoia Lake and staff reserve the right to immediately send a camper home from the Summer Camp Program. Serious behavior that harms the community may warrant dismissal and is at the discretion of the Camp Director.

Campers dismissed from the camp program may not be eligible to return in the future.

**CAMP TUITION IS NON-REFUNDABLE AND WILL NOT BE REFUNDED OR PRORATED.**

# HEALTH AND SAFETY

We have an experienced medical staff of Registered Nurses and First Aid staff on our medical team. Nurses are on duty 24 hours a day. The health center offers services for medication administration and management, a clinic for emergency care, and an infirmary for campers who require observation and support for short-term illness. In addition, a majority of our counseling staff are trained and certified in basic first aid or first aid for rescue workers, basic CPR or CPR for rescue workers, AED use, Bloodborne Pathogens, and Child Abuse and Maltreatment identification, to better aid in early detection and intervention with medical emergencies.

## IN CASE OF ILLNESS OR INJURY AT CAMP

Our goal is for your child to have an outstanding camp experience by helping them feel better and return to activities as soon as possible when they are sick or injured. In the event your child becomes ill or injured, our team of experienced medical professionals will evaluate and treat your child within the parameters set forth by their primary care physician in the Doctor Permission form. In the event your child's condition falls outside of general supportive care, additional medical support may be sought from a local physician, dentist, orthodontist or Emergency Room. Parents will be notified of all conditions requiring convalescence or observation in the infirmary for longer than 8 hours, emergency care that exceeds basic first aid, visits to the doctor or Emergency Room, and when the medical staff requires additional information that is not provided on the Health History Form. Payments for the services of an outside provider such as a dentist, the Emergency Room, or medication co-pays are the responsibility of the parent. In the event any treatment recommended by the Emergency Room or Camp Physician is refused, the camper must return to the care of their parents as soon as possible.

## A WELLNESS CENTER STAFF MEMBER WILL CONTACT PARENTS AND GUARDIANS IF YOUR CHILD:

- Have signs and symptoms of Covid-19
- Remains in the Wellness Center infirmary for more than 8 hours
- Do multiple sickness call for the same illness
- Needs to be evaluated by a Physician.
- Is going to be sent to the Emergency Room for evaluation (Campers will always be escorted by a YMCA Camp Sequoia Lake staff member even when being transported via ambulance).
- Obtains an injury to the head, back, eye, or a cut that may leave a scar.
- Has a temperature greater than 101.00 (degrees Fahrenheit)
- Needs to be seen by an orthodontist or dentist.

The medical team at the health Center is prepared to care for most childhood illnesses. Children who are in the infirmary are constantly monitored by a nurse and/or staff member. The staff at the health Center may request your camper



recuperate at home for illnesses or injuries that would disrupt the camper's ability to participate in activities for more than 48 hours, or if the camper is contagious and at risk for infecting other campers. If a camper tests positive for Covid-19, their parents or guardians will be notified immediately. The camper then needs to be picked up from camp within 12 hours.

## **HEALTH INFORMATION NEEDED FROM YOU**

YMCA Camp Sequoia Lake uses CampBrain for all camper medical forms. When you register, please make sure all health information is listed. If you need to make changes or add details, you can do so by calling our office and having us reopen your camper's registration link.

## **PRESCRIPTION MEDICATIONS**

Our registered nurses manage all our campers' medication needs. If your camper requires prescription medication, the medication form during registration will need to be completed. If you need to add or change this information, please do so at least 2 weeks before your campers session start date by calling our office.

All medications sent to camp with your child must be in the original prescription container, or packaging. Expired medications, pill organizers, medication in a different language or loose medications in containers will not be administered to your child.

Campers 8 years or older may themselves carry ONLY the following medications with WRITTEN PERMISSION FROM THEIR PHYSICIAN certifying that the minor has been instructed in and is capable in its use, purpose, dosage, administration, and effects: EpiPen, rescue inhalers, & insulin pumps.

YMCA Camp Sequoia Lake provides the following over-the-counter medications or their generic equivalent for occasional use: Tylenol, Motrin, Sudafed PE, Robitussin, Dramamine, Benadryl, Bacitracin ointment, Hydrocortisone cream, Claritin, Zyrtec, Maalox, Imodium, Calamine lotion and Allegra. Please DO NOT send these medications to camp with your camper.

If you have any questions in regard to medications, please contact the office at: 559-624-1110.

## **UNUSED MEDICATIONS**

Please pick up unused medications from the health Center on check-out Friday. If the medications are not picked up, they will be destroyed within three months after Summer Camp finishes. If you realize you forgot to pick up your child's medication, please contact us for assistance with sending the medications back home.

## **HOMESICKNESS**

Homesickness is, above all, a normal and perfectly understandable feeling. It is a natural result of a feeling of separation from home comforts and loved ones/family. It varies in intensity between people of all ages and can manifest itself in very different ways depending on the person. Many campers at a summer overnight camp experience one or two days of mild homesickness in the first couple of days

which quickly resolves itself, and only few will experience a prolonged, more intense feeling of missing home.

Homesickness usually displays itself as sadness, crying, and mild anxiety about being away from home. This is managed by our trained staff as they know the signs and have many strategies for alleviating these negative feelings, ranging from “get to know you” games, one-on-one conversations, writing letters home, as well as creating an exciting and energetic schedule of activities. You may receive a letter early in the session from your camper relaying strong feelings of homesickness during this transitional period. This is perfectly normal and is nothing to be overly concerned about. If you receive a second letter, please feel free to contact your camp director.

Another important element of your camper being away from home is the fact that you will miss them as much as they miss you, and as such it’s very important for families to be aware of their own emotions and avoid passing them on to their child. For example, instead of saying “I’m really going to miss you,” say “I’m looking forward to hearing all about the fun you’ve had when you get home.” If you have any concerns, your first point of contact should be the camp director.

Homesickness is only really ever a problem that needs addressing when the negative feelings become so strong that making friends, having fun, sleeping, eating, or participating in activities is difficult for the child. In this extreme and rare case, the camp director will contact you to work together to resolve the issue.

## Mental Health

YMCA Camp Sequoia Lakes’ goal is to provide a positive experience for all campers. Anxiety and other mental health issues are a reality for many children and teens. As a licensed California State children’s camp, we are a recreational program. Since mental health evaluation or treatment falls outside of our scope of practice, we are sometimes unable to meet the full extent of a child’s needs, often due to state regulations about the care we are permitted to provide.

Please know that we do our best to nurture our campers as if they are our own children. If you have a concern about your child’s mental health, please reach out to our program directors. We are more than happy to review any concerns you might have. Often, we are able to develop processes that put you and your camper at ease. If we feel that we cannot provide a successful experience, we might recommend another option for your child.

Our goal is to make the adjustment to camp life a smooth transition for all:

**Campers:** We want you to feel comfortable speaking to any of our overnight camp staff or the health center staff in the event that you should experience anxiety, homesickness, or any other mental health concerns. Your concerns will be taken seriously. Camp is a new environment, and it may require an adjustment period. Our goal is to help you to have as smooth a transition as possible.

**Parents:** You know your child best. We want to work with you to give your camper the best experience possible. There’s a place on our registration form called “Letter to Counselor” where you can relay any information that can help us best support your camper. We are here for you, and you can always reach out to us by phone or email.



# 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 costs are 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 sunburned but will aid in the protection against harmful sun rays. Parents are responsible for providing sunscreen for their child to use at camp.



# DIRECTIONS TO CAMP

YMCA Camp Sequoia Lake is located near Kings Canyon National Park. Use the directions noted below. Many of the online mapping services we have tested send people to camp via State Route 245, an old windy narrow road that we DO NOT RECOMMEND TAKING. We want your entire camp experience to be pleasant, including your drive. Refer to the directions noted below for the quickest and easiest driving route to camp. With this knowledge, please feel free to use google / maps at your discretion.

## From North of Fresno

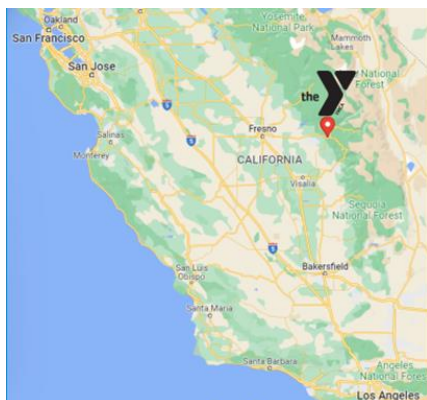
1. Follow Hwy 99 south into Fresno
2. Take the CA-180 East to Kings Canyon
3. Follow CA-180 E for approximately 45 miles (until 5400 ft. elevation)
4. Look for the green Sequoia Lake Sign on the right side of the road and then look to turn left
5. The turnoff to camp is on the left side of the road.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

## From Visalia and Southern CA

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)

## Keynotes:

You may pass a few places that show you are on the right track to camp once you are on CA Hwy 180 East; Yukots Valley (Formally: Squaw Valley), Valero gas station, Cat Haven, Snowline Lodge. If you get to the entrance of Kings Canyon National Park, you have gone too far and should turn around and drive 10 minutes back down the road until you see a Sequoia Lake turnoff on the right side of the road.



Skate = Millwood

Youth = Gaines



# CAMPER PACKING LIST

Please pack appropriately for camp. Modest/athletic bathing attire is suggested. T-shirts should cover campers' midriffs due to the nature of our programming and location. Closed-toed shoes are REQUIRED for active camp programs and walking about on rough terrain. Clothing with alcohol, tobacco, drugs, sexual content, or inappropriate language will not be permitted.

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 (Pro Tip: Bring a fitted sheet even if bringing a sleeping bag.)	Shampoo
Pillow	Soap
2 Towels (Shower/Lake)	Refillable water bottle
Toothbrush and Toothpaste	Flashlight with extra batteries
Brush/comb	Shower shoes.
Deodorant	Sunscreen, bug spray, chapstick
	Laundry bag
	YMCA Rag (returning ragger)

## Clothing:

2 swimsuits	3-4 pair of Shorts
2 pairs of closed-toed shoes (durable for walking/hiking)	Pajamas
2-3 pair of jeans or long pants	6 pairs of Socks (bring extra!)
6-7 T-shirts	6 pairs of underwear (bring extra!)
	2 sweatshirts, jackets or raincoats

\*Some groups will do a riverwalk. Closed-toed, heeled shoes are required. Old tennis shoes work great for this or thick soled water shoes.

## Optional:

Fishing gear	Books, writing materials.
Camera	Card games
Sunglasses	White shirt, bandana, etc. for tie-dying.
Theme outfits/materials	Musical instruments
Hat	

## SKATE CAMP: Extra Packing Items

Skateboard, skate wax, skate tool, grip gum.

- Additional Pads: wrist, knee, elbow,
- Helmet (MANDATORY-all campers, staff & volunteers are REQUIRED to wear one while skating)

## Please leave these items at home!

- ⊗ Knives or weapons
- ⊗ Lighters/matches or fireworks
- ⊗ Cell Phone – unless being used ONLY as a camera
- ⊗ Food/soda/candy
- ⊗ Electronic games, music players, digital book readers
- ⊗ Pets/live animals
- ⊗ Sports equipment, bicycles, etc.
- ⊗ Aerosols