



Camp
Foster
YMCA
of the
Okobojis

PARENT'S
Survival Kit



Our Pledge To Families

Thank you for registering your child for youth summer resident camp at Camp Foster YMCA. An overnight camp experience can facilitate amazing growth experiences for a child. The staff at Camp Foster YMCA guarantees that your child will be exposed to our core values in the programs we offer. We appreciate you sharing your child with us. We believe the relationships that children make outside of the home are critical to their development. We are excited to partner with you in the effort to raise a strong child with a solid values structure and a positive self image. We look forward to our week with your child, and to a summer filled with memories that will last a lifetime.

- Camp Foster YMCA Staff Team

Check in: **Sunday 2:00 pm –3:30 pm**

Check out: **Saturday 9:30 am - 11:00 am**

YMCA Mission

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

Camp Foster YMCA is committed to instilling values. Through the efforts of our staff and our program curriculum, we strive to teach the following five basic values to all children:

**Respect Responsibility Honesty
Caring Fairness**

...making memories that last a lifetime

Table of Contents

Our Focus		2
YMCA Mission and Values		
Quality Staff		4
Camp Life		5
Check In/Check Out	Spending Money for the Trading Post	
Packing List	Holdovers	
Cabin Group Placement	Extra Day Campers	
Tripping Program	Daily Schedule	
Swimming Assessment		
Emotional Needs of a Camper		9
Building Relationships	Bedwetting	
Camper Conduct	Homesickness	
Campers with Special Needs		
Health Information		10
Routine Health Care	Health Form	
Medical Notification	Communicable Diseases	
Child and Sexual Abuse Policy		
Communicating with your Camper		12
Mail	Care Packages	
Phone Use	Birthdays	
Email		
Policies		13
Lost And Found	Severe Weather	
Clothing and Possessions		
Maps and Directions		14

Call for extra brochures for friends in your community!

800-456-9622

www.campfosterymca.com

Quality Staff

Professional Leadership Team:

Since 1912, Camp Foster YMCA has been an independent YMCA camp dedicated to providing all youngsters with great camp experiences. We are proud that four generations of campers have attended Foster. The professional staff at Foster believe in servant leadership and put every effort into supporting the summer staff's role in your child's life. We truly want your child to make memories they can share with their own children.

Professional Staff Team:

Kevin Godfredsen in service since 1981
 Josh Carr in service since 2005
 Patrick Rice in service since 2008
 Ryan Reed in service since 2010
 Val Hinrickson in service since 2011



Excellent Summer Staff:

On check in day, you will have the opportunity to meet with your child's counselor. Take the time to talk with the counselor. The more our counselors know about your child, the better job they can do.

Certification Standards:

Camp Foster YMCA is fully accredited by the **American Camp Association**. The ACA is your assurance that a camp is operated and committed to the highest standards established for the camping industry. Accredited camps are willing to have their operations scrutinized and reviewed by camping professionals who know and value quality camping. Camp Foster YMCA also takes advantage of several other outside inspection opportunities to evaluate all aspects of risk management.



Safety is our #1 priority!

...making memories that last a lifetime

Camp Life

Check in time is Sundays between 2:00 pm and 3:30 pm
 Check out time is Saturdays between 9:30 am and 11:00 am
 Written permission is needed for campers to leave with anyone but **family members. Photo ID's are required at check out.**

Recommended Packing List:

Please send old clothes that can get dirty. It is recommended that all personal items be marked. Camp Foster is not responsible for damage or lost clothing items. If you are registered for Boots and Saddles, bring extra jeans and a pair of boots with a sturdy heel. For your comfort, you may bring your own riding helmet but one will be provided for all riders.

Pack up and head to Camp!!

- 3 pair of jeans or sweats
- 4 pair of shorts
- 1 jacket
- 1 pair of pajamas
- 2 swimsuits (camp appropriate—no tie straps, please)
- 2 pair of shoes (one pair with ties for running games)
- cap
- sleeping bag or bedding
- extra sheet or lightweight covering
- laundry bag
- flashlight
- soap
- insect repellent
- shower sandals
- 6 shirts/t-shirts (some dark)
- 6 pair of socks
- 2 sweatshirts
- 1 raincoat/poncho
- daily change of underwear
- pillow and pillow case
- 4 bath towels and washcloths
- hangers (optional)
- toothbrush and toothpaste
- personal toiletry items
- sunscreen
- stationery/envelopes or postcards

For your child's security and safety of other campers, please DO NOT bring these items to Camp Foster YMCA

We DO NOT allow CELL PHONES at camp.

- | | | |
|------------------------|------------------------|-----------------------------|
| Junk food, soda pop | Expensive jewelry | Personal sporting equipment |
| Electronic games | Cell Phones | Laser pointers |
| Squirt guns | Fireworks | Alcohol |
| Firearms | Knives | Sexually explicit clothes |
| Tobacco products | Animals | Expensive clothes |
| Radios/CDs/MP3s/I-Pods | Non-prescription drugs | |

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Camp Life

Building New Friendships and Interpersonal Skills

Each camper lives in a cabin with ten other campers of similar age and two counselors. Older boys will experience the fun of Tent City! Campers do many activities together as a cabin group which facilitates strong friendships, but they also enjoy the opportunity to interact with other campers throughout the day. The relationship between the staff and campers is a key to growth for your child. Staff make every effort to make cabin life a positive and growing experience. Campers comment that friendships made at camp are strong because they see the true you!!

Cabin Group Placement

Meeting new people while on your own at camp is an invaluable experience, but we understand some children feel more comfortable with a friend. Children are placed into cabins with campers in which there are generally no more than 18 months difference in age. In order to facilitate unity, we strive to limit the number of campers from one city or school in each cabin. This way your child can have the opportunity to meet children from all over the country.

We do allow campers to make a cabin mate request. We do not guarantee cabin mate requests, but we will make every effort to honor them if possible. Campers who request each other must stay within the age range indicated above. We recommend that siblings do not be placed in the same cabin, if possible. Groups over three will be split up in order to decrease the impact of cliques. If you know this may be a concern, it is helpful to talk to the other parents and to include a note on suggested pairings weeks prior to their camp session. We really do want your child to see their buddies at camp and share this great experience, but we find it is best if they do not all live together. Refunds will not be given based cabin mate requests not being honored.

Call for extra brochures for friends!

Tripping Program

The Camp Foster YMCA tripping program is a fun option for each group. The emphasis is to build friendship through relaxing adventure and cooperative activities. Each overnight departs during cabin time and returns in the morning before breakfast. There are always at least two staff present. Solid emergency action and weather plans are in place, and staff carry cell phones. Campers ages 7-9 campout on-site on our wooded property. Campers 10 and older have the option of a park trip to campsites in Iowa or Minnesota, both within 15 miles of Camp Foster YMCA.



...making Memories that last a lifetime

Camp Life

Swimming Assessment

For the safety of our campers, all are required to be evaluated and classified according to swimming ability. These evaluations are done shortly after check-in on Sunday in our pool. Camp Foster YMCA does not allow campers to swim in Lake Okoboji at any time.

The standards are as follows:

1. Swim one length of the pool (25 yards) using the front crawl and without resting, swim back half way using any stroke.
2. Tread water for 90 seconds.



Campers who successfully complete these standards are eligible to swim in the deep end of the pool, use any camp watercraft, and take water-ski lessons if registered. Campers who are not proficient can retest throughout the week, but will not have full aquatic access. Other options will be provided. Because Camp Foster serves many young campers during some sessions, we make appropriate program adjustments to avoid scheduling water activities for young children who do not yet have the endurance to successfully complete the swimming standards.

Camp Trading Post

Spending money at camp is put into a trading post/store account. **We encourage parents to send store money in advance** by phone, mail, or online. Store money can also be turned in at check-in. A charge system is kept daily and campers are aided by staff in budgeting their money. Unspent money is returned on Saturday morning at check-out.

The Trading Post is open during free time and after supper daily. Campers may purchase t-shirts, hats, snacks, drinks, and other fun items. Every child spends differently, but \$30.00—\$45.00 is a good range. The Trading Post will also be open at check in and out so parents can assist their child with purchases.

Holdovers

Camp Foster does offer care for campers staying over from one session to the next at a cost of \$35.00 per weekend. These campers are fully supervised throughout the weekend. The staff will do programming, assist with laundry, and serve meals. The \$35.00 includes laundry fees.



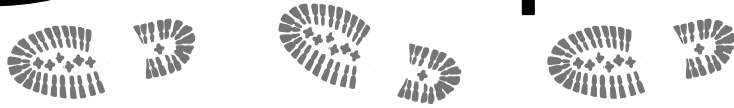
Extra Day Campers

Because of housing assignments and programming, it is difficult to have campers arrive early or stay late after a session. If this cannot be avoided, please contact the camp office in advance to make arrangements.

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Camp Life



Camp Foster YMCA Daily Schedule

The Camp Foster YMCA experience focuses on self-discovery, self-confidence, and self-esteem – all learned through positive reinforcement, encouragement, and acceptance. Camp's progressive program will challenge each camper at an age-appropriate level while giving them something to look forward to next year.

The daily schedule allows for flexibility and theme development. This is what makes Foster really magical! Overall, the schedule gives the necessary balance of structure and freedom to the staff and campers.

It is one INCREDIBLE WEEK!

- 7:15 Rise and Shine
- 7:20 Early Morning Clubs (optional) or personal Grooming Time
- 7:50 Flag Raising and Chapel Chat
Chapel Chat is a fun, non-denominational devotion time that focuses on character development.
- 8:15 Breakfast, Songs, Announcements
- 9:00 Clean Cabin Time
- 9:45 Morning Instructionals
Younger campers will travel as a cabin group to three preplanned program areas. Teen campers get to choose the morning classes that fit their personal interests. Specialty campers will participate in their assigned program during this time as well.
- 12:15 Lunch, Songs, Announcements
- 1:30 Foster On Break (FOB) = Quiet Cabin Hour
- 2:30 Free Time
Camper can choose from a variety of program options.
- 4:30 Cabin Time Activities
- 5:30 Supper, Songs and Announcements
- 6:30 Cabin Time Activities
- 7:15 Flag Lowering
- 7:30 Evening Program
- 8:45 Campfire Songs



Lights out 30 minutes after campfire

Teens have special programs three nights a week after campfire.

Emotional Needs of a Camper

Building Positive Relationships — A key philosophy of Camp Foster YMCA is the importance placed upon cabin group interaction. The relationships between campers and their counselors is one way we teach values and leadership skills. These friendships bring a sense of accomplishment to the campers increasing their sense of self-worth. The ease of building friendships is a key to the magical world of Foster!

Camper Conduct — A camper who displays negative behavior can affect the rest of the cabin groups experience, so counselors are in constant contact with professional staff. Campers who are disruptive, unruly, display inappropriate behavior; physically, emotionally, or verbally threaten others; or require an undue amount of attention from either one or both counselors, will meet with the camp director to evaluate their behaviors. ***Camp Foster reserves the right to evaluate how disruptive a child is and can choose to dismiss a child.*** Parents may be notified about inappropriate behavior, and will be contacted if a camper is to be sent home. It will be the parent's responsibility to arrange transportation for their child. The professional staff at Camp Foster YMCA will be happy to visit with you about this issue at any time.

Campers with Special Needs — Campers with ADD/ADHD can have a successful camping experience if: 1) they can relate well in an environment of 10 youth, and 2) can function well at school without a full time aide. In order to best serve your child at camp, we need to know if your child has extreme specific medical conditions (seizures, diabetes, allergies etc.) By knowing this information in advance, we can make the staff aware of this condition and be prepared to help your child if any emergency should arise. Parents are asked to notify camp as early as possible if your child:

1. Is diagnosed with any medical condition that is aggravated by physical activity, heat/humidity.
2. Suffers from any life threatening allergic reactions.
3. Has had any organ transplants.
4. Is diabetic.
5. Has special dietetic needs—please notify camp at least three weeks in advance. Our camp director will talk with you regarding your child's specific needs to best determine the appropriate measures we need to take while your child is at camp.

Bedwetting — Our staff is trained to deal with bedwetting discreetly; working with your child one-on-one. Every effort will be made to prevent accidents and comfort the child. We encourage parents to visit with the counselor about bedwetting at check in.

Homesickness — The staff make every effort to help campers overcome homesickness by helping them learn to accept the natural feeling of missing family and friends. We keep our campers busy and try to interest them in new and fun activities and friends. Taking a youngster away from camp too soon may make it difficult for your child to overcome homesickness. **Encouraging your camper to contact you on a cell phone actually increases homesickness and makes it more difficult for the child to adjust.** The Camp Director will contact you if we need assistance in dealing with the most difficult cases.



Health Information

Health Form

Please complete the enclosed Health Form and return it to Foster three weeks prior to your child's arrival. It is a standard of the American Camping Association that all campers have a current health history on file with us each summer. It is critical that we have an annually updated record of a camper's past and present health status. A new health form needs to be completed before your camper attends Camp Foster each summer. It is best to mail or email these to us for review prior to camp. Faxed copies are often of poor quality.

Doctor Examinations

If your camper HAS NOT been examined by a licensed physician within 24 months of camp attendance, schedule a general physical examination for your child and have the health form signed by the physician at the completion of the examination.

If your camper HAS been examined by a physician within 24 months of camp attendance, for any reason, complete our health history form (parent or guardian), and attach a copy of the most recent medical examination or notes to the health form. Most physicians will send you a copy upon request.

PLEASE COMPLETE THE HEALTH FORM AND MAIL ALL FORMS TO CAMP AT LEAST 3 WEEKS PRIOR TO YOUR CHILD'S ARRIVAL AT CAMP. Please provide our Health Director with whatever health information you can--physical, emotional, social, etc.

Insurance Information

Since Camp Foster does not have a camper insurance policy, you must accept responsibility for any medical/surgical or medication charges that may be incurred on your child's behalf. For that reason, it is extremely important for you to complete the "Insurance Information" portion on the health form as thoroughly as possible and attach a copy of both sides of your insurance card. Our camp is equipped with a health lodge and live-in Health Director. A medical clinic and hospital are within five (5) miles of Camp. Health and safety are the primary concerns in all camp activities and staff is trained to assure that. The Health Director can meet with parents as desired or necessary on opening days after check in.

Medical Notification Policy

Camp Foster YMCA will make every attempt to notify you before making a doctor's appointment or an emergency room visit for your child while they are in our care. All phone numbers given to us will be attempted in an effort to reach you. All minor medical needs will be cared for by the on-site Health Director without notification to parents.

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Health Check List

- Copy of both sides of your insurance card
- Sign the Authorization for medical treatment
- Fill out the insurance information completely
- Fill in the date of the last tetanus booster
- For medication purposes, fill in the height/weight. Be sure to note any allergies.

Medications and Health Needs

All medications should be sent in their original containers with the pharmacy label. Please send enough medication to last the week.

Do not send over the counter medications. They are available from the Health Director. Send only necessary vitamins.

All camper medications must be checked in to the camp Health Director at Check in. The Health Director will dispense all medications as needed.

Inhalers and Epi Pins can be kept with the child.

Communicable Diseases

The term "communicable disease" means an infectious or contagious disease spread from person to person or animal to person. In regard to the treatment of communicable diseases, Camp Foster will follow guidelines established by the Center for Disease Control (CDC).

Once the camp administration, in conjunction with the camp health director, decide the camper's condition poses a health threat to other campers, the camper will be excluded from camp for the duration of the period of contagion. In extreme cases, the camper will be sent home. In order to prevent the spread of communicable diseases to other campers and staff, parents should use their good judgment in keeping sick children home from camp.

Child and Sexual Abuse Policy

The Camp Foster YMCA Association has well developed policies regarding the protection of children while in our care. These policies have been developed with guidance of the YMCA of the USA. Please be aware that all employees are subject to criminal background checks, and no one, while employed by us, is allowed to perform private child care services for members, campers, or program participants. We will contact parents if an abuse situation occurs on YMCA property or at a YMCA sponsored event. We encourage all parents to report any suspicious activity to a professional staff member. Our complete staff code of conduct and policies regarding this subject are available to anyone upon request.

800-456-9622

www.campfosterymca.com

Communicating with your Camper



Missing your child?? *Here are a few tips to make the week go smoother.*

Mail

Mail is very important to campers... Send all mail to your camper as follows. Feel free to bring it on Sunday so your camper has something from you on Monday. It is important to note that in most instances, mail sent later than midnight on Wednesday does not arrive here before the camper leaves on Saturday. Don't worry if you do not receive mail; it means they are active and happy.

<u>US MAIL:</u>	<u>UPS/Courier Service:</u>
Campers Name	Campers Name
Cabin Name (if known)	Cabin Name (if known)
Camp Foster YMCA	Camp Foster YMCA
PO Box 296	1769 260th Ave.
Spirit Lake, IA 51360	Spirit Lake, IA 51360

Phone Use: 800-456-9622

Our policy on phone calls has been made in the best interest of our campers. All phone communication by campers is under the guidance of professional staff. It has been our experience that phone calls to or from home make camper adjustment more difficult and actually create homesickness. Professional staff are happy to discuss camper concerns with a parent at anytime. Remember we all want the best experience for your child, we will work with you to help your child in every way feasible.

Emailing & Photos

You may email your camper for a small fee through Bunk 1 on our website: www.campfosterymca.com. Click the Bunk 1 logo in the upper right corner and register now using the code given at check-in. For your camper's safety, please do not share this code. To view photos of what your camper is doing, please log onto Bunk 1 and select the appropriate folder. You can also purchase photos for a small fee.

We invite you to contact us with questions and business concerns at info@campfosterymca.com. We do not accept camper emails at this address.

Care Packages

Receiving a package while at camp is a very fun experience. Please choose wisely when selecting items. Magazines, books and cards are cool to use during FOB (rest hour). If you send food, please send enough to be shared with the entire cabin group. Remember, we are a soda pop free environment. Also don't send so much that it can not be eaten in one day, we do not want to attract bugs. Feel free to bring the care packages with you on Sunday and save the postage.

Camp Foster YMCA Care Packages

Parents will receive a Camp Foster YMCA care package order form with this booklet. A \$25.00 purchase includes a t-shirt, backpack, water bottle & clip. It also ensures that your camper will receive some fun items and the parent can choose the

Birthdays

If your child is having a birthday while at camp, please let us know so we can make it extra special. This is a great place to celebrate!! Feel free to call the local merchants to arrange deliveries, but make sure to give them the campers name as well as the delivery site. We often have more than one birthday per day.



Camp Foster YMCA Policies

Lost and Found

In order to limit the number of items in lost and found, please mark each article your child brings to camp with his or her **full name**. We have close to 5,000 campers visit annually, initials and first names only will not be tracked easily. If you find that your camper has left an article of clothing, please call or email camp with a description. We will make every effort to locate your child's item. If found, we will send them to you C.O.D. Any unclaimed items at the end of camp will be donated to several local charities.

Camp Foster YMCA is not responsible for loss or theft of articles. Campers are encouraged not to bring valuable items or clothing to camp.

Clothing and Personal Items

Campers wearing inappropriate clothing (see clothing list on what not to bring) will be asked to change. Due to the activity level at camp, spaghetti strap tees are only allowed to be worn over swimsuits or sports bras. Girls, please do not bring swimsuits with ties because of our high activity level.

Any camper discovered with tobacco products, alcohol, non-prescription drugs, firearms, or knives is subject to being sent home immediately.

Search of Personal Belongings: A camper, and/or his or her belongings may be searched by professional staff whenever they have a reasonable suspicion that the camper has violated the law or camp rules bearing on order or safety and that the search will produce evidence of the violation. The camper will be invited to be present for the search when feasible. Any items found in violation of law or camp rules will be confiscated and may be turned over to law enforcement.

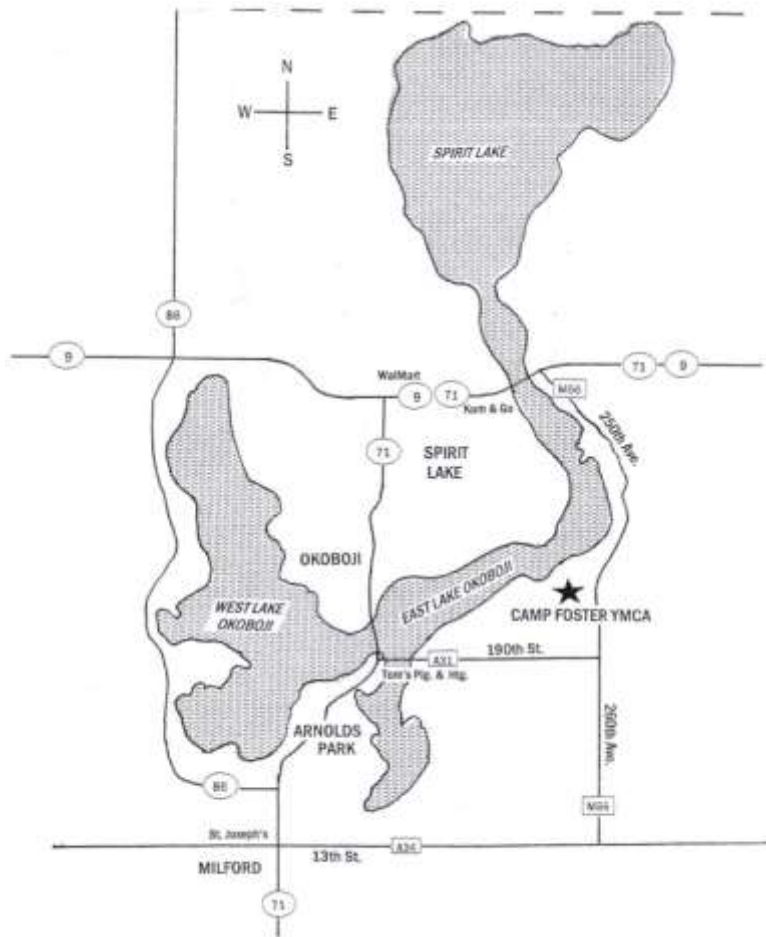
Severe Weather

Changes in weather are a normal occurrence during the summer in northwest Iowa, and Camp Foster YMCA has specific policies that are followed when the threat of and/or severe weather does occur. If severe weather does occur during camp, all children and staff go a safe location until the storm passes. We have two concrete storm shelters that provide enough space for all of camp at any given time.

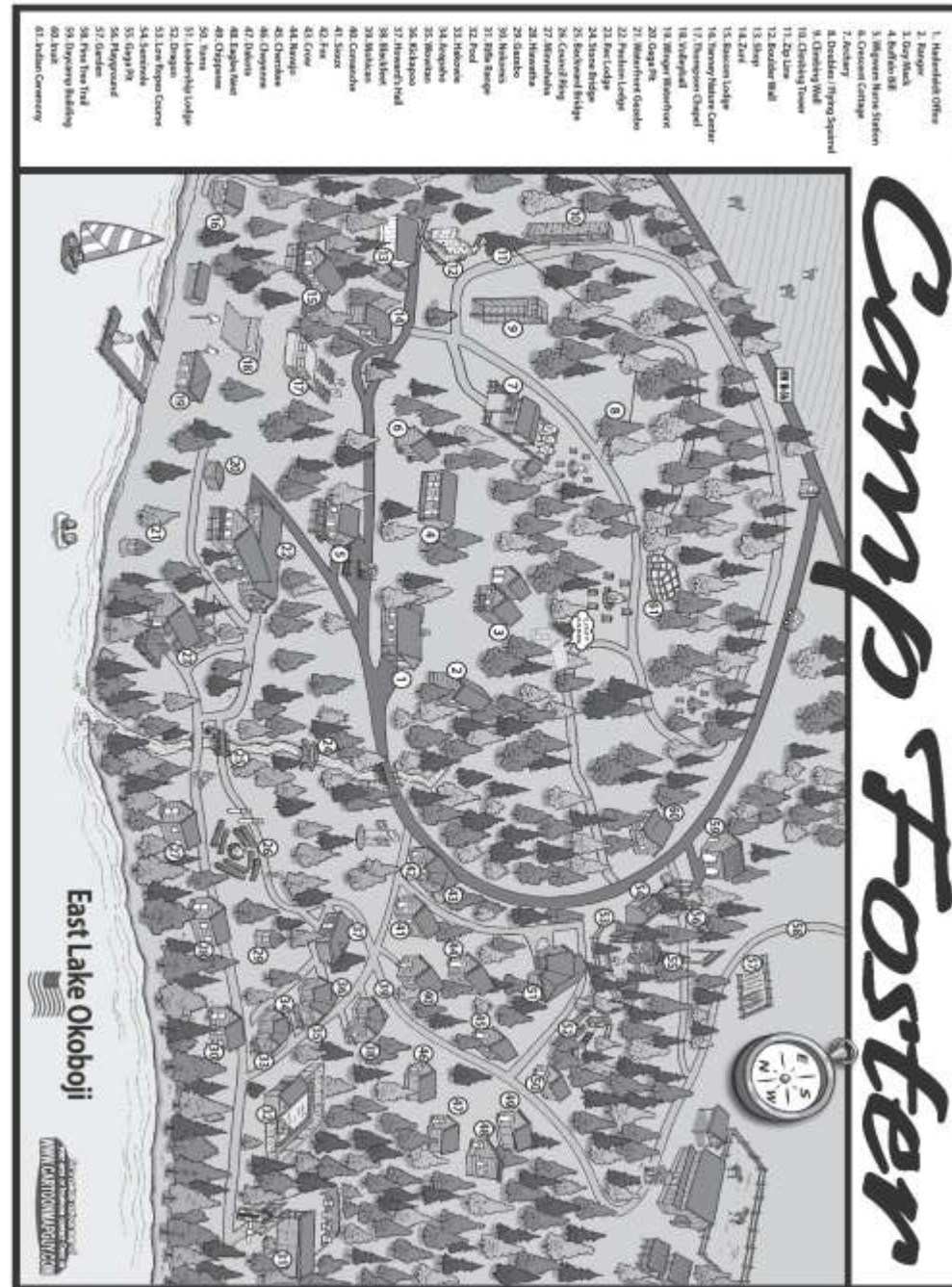
Local Directions to Camp Foster YMCA
Camp Foster YMCA is located along county road M-56 on the east side of East Lake Okoboji.

From Spirit Lake: 1/5 of a mile east of Spirit Lake on Iowa Highway 9 and 71 turn south onto county road M-56. Camp is four miles south on that road.

From Milford: At St. Joseph Catholic Church stoplight on 13th St., turn east onto county road A-34. Follow approximately four miles then turn north onto county road M-56. Camp is 4 miles north on that road.



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Camp Foster YMCA

PO Box 296

Spirit Lake, IA 51360

www.campfosterymca.com

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Sunday Check in
2:00 pm—3:30 pm
Saturday Check out
9:30 am—11:00 am



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**We can't
wait to see
you this
summer!**

...making memories that last a lifetime