



Camp Foster YMCA Day Camp 2012

Parent
Survival Kit



Welcome

Thank you for registering your child for youth summer day camp at Camp Foster YMCA.

We are dedicated to providing your child a safe, positive, and memorable outdoor experience. This packet is designed to help your family prepare for day camp. It includes all of the forms, information, and policies/procedures you need to ensure a wonderful experience for your child. Please feel free to contact us any time with questions about camp at 712-336-3272 or info@campfosterymca.com.

We look forward to seeing you and your child at camp this summer!

- Camp Foster YMCA Staff

Mission & Values

The mission of the YMCA is... 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, as well as our program curriculum, we promise to teach the following five core values to all children:

- ➔ Respect
- ➔ Responsibility
- ➔ Caring
- ➔ Honesty
- ➔ Fairness

Camp Foster YMCA

PO Box 296 / 1769 260th Avenue • Spirit Lake, IA 51360
800-456-9622 • info@campfosterymca.com

Professional Staff Team

Kevin Godfredsen, serving since 1981
Josh Carr, serving since 2005
Patrick Rice, serving since 2008
Ryan Reed, serving since 2010
Valarie Hinrickson, serving since 2011

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Staff & Safety

Safety is always our top priority at camp. We offer excellent staff to camper ratios (one staff member for every six campers ages 4-5; one staff member for every eight campers ages 6-8; one staff member for every 10 campers ages 9-12), so you can rest assured that your child will receive the best care and attention. We are accredited by the YMCA of the USA, as well as the American Camp Association—meaning that we meet or exceed more than 300 standards for health, safety, and program quality.

We recruit outstanding counselors on the basis of their values and proven abilities to work with children. Our programs are led by full-time, year-round professionals. All staff members must complete a rigorous application process that includes reference and background checks. Our staff members also participate in extensive training to ensure that they serve as positive, responsible, and caring role models for your child.



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Day Camp Program

What Your Child Will Get Out Of Camp

Camp presents a tremendous opportunity for children to widen horizons, make new and lasting friends, and discover new strengths. At the heart of camp is our mission of "building healthy spirit, mind, and body for all." We live out this mission through our values of respect, responsibility, caring, honesty, and fairness. United by our mission and values, our caring and nurturing camp staff will support your child in developing:

- ➔ Self-Respect and Self-Confidence
- ➔ Independence and Responsibility
- ➔ Friendships and Social Skills
- ➔ Teamwork and Community Living Skills

Activity Groups

Children are placed in age-appropriate groups for the entire week. Each group is led by a trained college-age staff member. Most of the activities are done within activity groups; however, children occasionally have opportunities to choose their own free choice activities. If a child wishes to be in a group with ONE other friend (must be the same age), please notify us in writing prior to camp (requests are made on the day camp registration form). Please note that children enrolled in specialty programs will be grouped with other children in the same specialty groups. We reserve the right to place children in groups where we feel they will have the best experience. Please encourage your child to make new friends during day camp.

Daily Schedule

8:00-8:45 AM	Drop-off at Bus Stops (see page 7)
8:45 AM	Drop-off at Camp
9:00 AM	Tribe Time
9:15 AM	Welcome / Flag Raising / Announcements
9:30 AM	Rotation 1
10:15 AM	Rotation 2
11:00 AM	All Camp Game
11:45 AM	Pick-up at Camp for Explorers 1/2-Day Campers
11:45 AM	Lunch
12:15 PM	Horseback Riding, Waterfront, or Free Choice Activity
1:30 PM	Swimming
2:45 PM	Trading Post / Snack Time / Free Time
3:15 PM	Closing Campfire
3:45 PM	Pick-up at Camp
4:15-5:00 PM	Pick-up at Bus Stops (see page 7)

The schedule will vary for children enrolled in specialty programs.

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Weekly Themes

Each week will have a different theme to put a creative twist on day camp! When you check-in on Monday, you will receive information about special events relating to the theme for the week.

Session 1:	June 18-22	Gameapalooza
Session 2:	June 25-29	Wild West
Session 3:	July 2-6	Pirates of the Okobojis
Session 4:	July 9-13	Mystery Mayhem
Session 5:	July 16-20	Space Invasion
Session 6:	July 23-27	Holiday Hullabaloo
Session 7:	July 29-August 3	Waves of Fun
Session 8:	August 6-10	Superheroes

Camp Life

What To Wear

Because we feature an outdoor day camp, we will make use of the outdoors as much as possible. We suggest the following clothing and accessories:

- Gym shoes with socks (please bring only tie-up shoes)
- Shorts and a shirt (clothing will get dirty)
- Light jacket as necessary (raincoat or poncho on rainy days)

Please do not allow your child to wear clothing that is too revealing or contains messages that are inappropriate for a summer camp environment.

What To Bring

Campers need to bring these items to camp each day:

- *Sack lunch (refrigeration is not available)
- *Snack and/or money for the Trading Post
- *Swimsuit and towel
- Water bottle
- Bug Spray
- Sunscreen
- A backpack or bag to carry all of their items

* EXPLORERS

Explorers 1/2-Day Campers do not need to bring a lunch, money, or swimming gear to camp because they will depart before lunch, swimming, and Trading Post times.

What NOT To Bring

Please DO NOT bring gum, pets, fireworks, explosives, knives, weapons, cell phones, radios, CD players, MP3 players, electronic games, good jewelry, expensive or irreplaceable items, drugs, alcohol, or cigarettes. Children who bring tobacco, alcohol, drugs, fireworks/explosives, or weapons will be immediately dismissed from camp without a refund. Other prohibited items will be sent home or held in the Camp Office until the end of the day.

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Lunch

All campers (except Explorers 1/2-Day Campers) must bring a sack lunch each day. Refrigeration is not available at camp. Children will be active, so please send a snack for later in the day (and/or money for a snack at the Trading Post.) **Please write your child's name on their lunch.**

Trading Post (Camp Store)

The Trading Post is open every afternoon during snack time. Children may purchase shirts, hats, snacks, drinks, and other fun souvenirs. Children will be responsible for their own money. Every child spends differently, but we suggest \$5 per day. The Trading Post will also be open during the Family Night (Thursday), so parents can assist their child with purchases.

Care Packages

We invite you to make your child feel special by giving them a great gift at camp. Care packages include a backpack filled with a camp shirt, water bottle, fun surprise, and note from you. Care packages are just \$25. Please see the enclosed order form.

Family Nights

Family and friends of campers are encouraged to attend a special Family Night on the Thursday of your day camp week! Dinner is FREE to campers. Family and friends may bring their own food or purchase dinner for \$5 per person. When you arrive at camp, please follow the directions of the staff members for parking.

4: 45 PM	Family and Friends Arrive
5: 15 PM	Welcome / Introductions
5: 30 PM	Dinner
6: 15 PM	Campfire
6: 45 PM	Free Time / Tours / Trading Post
7: 30 PM	Departure

Please note that bus transportation is not available on Thursday afternoons. All campers must be picked up at Camp Foster YMCA on Thursday afternoons.

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Check-in/out at Camp

The "Check-in/out at Camp" section applies only to those who did not choose the bus transportation option on the Day Camp Registration Form. If your child will be using our bus transportation, please skip to Page 7.

Drop-off Procedures at Camp Foster YMCA

Please plan to arrive at camp at **8:45-9:00 AM** each day. Please do not arrive earlier as there will not be staff available to assist you. Drive slowly to the Day Camp Area, where staff members will be waiting to greet you. Please remain in your car at all times – when you reach the front of the line, a staff member will check-in your child and direct them to their counselor.

Pick-up Procedures at Camp Foster YMCA

Please plan to arrive at camp at **3:45-4:00 PM** each day. Please arrive on time as there will not be staff available to stay later with your child. Please follow the same procedures as drop-off. Please remain in your car – when you reach the front of the line, a staff member will bring your child to you. For the safety of all children, in order to pick up your child, you must either be **the child's parent/guardian or a person authorized to pick up the child on the Day Camp Registration Form.** No child will be released until photo identification is presented and the child is signed out with an authorized staff member.

Attendance & Absence

Please call the Camp Office (712-336-3272) if your child will be absent from day camp. If your child is absent from camp on any day, and you have not notified us of the absence, we will call you to verify that they are not in attendance.

Before/After Childcare

If you need childcare before and/or after day camp, we invite you to try one of these great programs, conveniently located at three of our bus stops:

[Y Kids Club \(Okoboji Elementary and Spirit Lake Elementary\)](#)

Contact the Bedell Family YMCA for information and rates at 712-336-9622.

[Spencer Family YMCA](#)

Contact the Spencer Family YMCA for information and rates at 712-262-3782.

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Bus Transportation

Bus Check-in/out

Please be sure to drop-off and pick-up your child from your bus stop location on time. The buses are not permitted to stay longer for late children. If your child will not be riding the bus on a certain day, please notify the Camp Office (712-336-3272) in advance. If the bus does not arrive within 15 minutes of the scheduled time, please call the Camp Office – we should be able to tell you the approximate arrival time. Parents/guardians are responsible for children before pick-up and after drop-off. If your child will be walking to/from the bus stop, we MUST have a written permission slip signed by the parent/guardian.

Bus Rules

If your child will be using bus transportation, please discuss these rules with them:

1. Children should follow the directions of the day camp staff at all times
2. Children should remain seated while bus is moving
3. Children should keep their hands to themselves
4. Mischievous behavior will not be tolerated

Bus Schedule

Bus #1	Pick-up	Drop-off
Bedell Family YMCA (front entrance)	8:20 AM	4:35 PM
Spirit Lake Elementary (near playground)	8:30 AM	4:25 PM
St Mary's —Sprit Lake (parking lot)	8:40 AM	4:15 PM
Bus #2	Pick-up	Drop-off
Spencer YMCA (southwest bus stop lane)	8:00 AM	5:00 PM
Okoboji Elementary (northwest entrance)	8:30 AM	4:30 PM
Okoboji Middle (southeast entrance)	8:45 AM	4:15 PM

Special Notes about Bus Transportation

- ➔ Bus transportation is not available on Thursday afternoons because of the Family Nights — all children must be picked up at Camp Foster YMCA on Thursday afternoons
- ➔ Children enrolled in the Explorers ½ Day Camp may use bus transportation in the morning, but there is no noontime bus transportation – they must be picked-up at camp everyday

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Policies & Procedures

Payments

Payment for the full balance is due on the following dates:

- ➔ May 1, 2012 if attending camp in June
- ➔ June 1, 2012 if attending camp in July/August

If there are challenges making your payment before the start of your camp session, please contact the Camp Office for assistance.

Refunds

Deposits are never refunded or transferred unless the program is full or has been cancelled. Specialty Add-On Program Fees are non-refundable or transferable after May 1, 2012. Cancellation within 7 days of a session (or no shows) will result in a loss of all fees paid. All session changes/cancellations must be made in writing.

Lost & Found

Please label all clothing and items with the first and last name of your child in permanent marker. We will make every attempt to identify and return all items at the end of each day. All items left behind are stored at camp for one week and then donated to a local charity. *Camp Foster YMCA is not responsible for any lost or damaged personal items.*

Swimming

All campers (except Explorers 1/2-Day Campers) will have swim time every day in our pool (swimming is prohibited in the lake). All campers will take a swim test on Monday to determine their swimming ability and access to deeper parts of the pool. Lifeguards are always on duty, and counselors swim with campers to ensure their safety. If you prefer for your child to swim with a lifejacket, please send one from home with them to camp.

Severe Weather

Camp Foster YMCA has specific policies that are followed when the threat of and/or when severe weather occurs. We have two concrete storm shelters which provide plenty of safe space for campers in the event of severe weather.

Search & Seizure

For the safety of all campers, we reserve the right to search and seize any items that are illegal or prohibited at camp.

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Healthcare

Health / Confidential Information Form

The Health/Confidential Information Form is required for your child to attend day camp. The form enables us to best meet the needs and interests of your child, so please be honest and thorough. Please note that you must submit a NEW form each summer your child attends day camp. The form should be updated with any current medical conditions, and it requires a doctor signature within 24 months of your scheduled week at camp.

Please mail your completed Health/Confidential Information Form to Camp Foster YMCA three (3) weeks prior to your arrival at day camp.

Healthcare

There is a registered nurse on duty in our Health Center, and camp staff are trained in emergency procedures and certified in First Aid and CPR. A child should not be sent to day camp if they have any of the following symptoms:

- ➔ Fever (over 100 degrees)
- ➔ Respiratory problems (severe congestion or wheezing)
- ➔ Vomiting
- ➔ Sore throat
- ➔ Rash (if the cause is unknown and untreated)
- ➔ Chicken pox or other communicable diseases

Please call the Camp Office (712-336-3272) if your child will not be attending for the day.

Medications (Prescription)

During check-in, please bring all medications (prescription and over-the-counter) for the entire week. The medications must be given in their original containers to the day camp staff, who will secure them and dispense them as prescribed. Children may keep rescue inhalers and Epi-Pens with them.

Medications (Over-the-Counter)

The Health Center is stocked with common over-the-counter medications, such as Tylenol, Benadryl, cough syrup, and topical ointments, as well as first aid supplies, which are available, if needed, at no charge.

Call for extra brochures for friends in your community!

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Medical Notification

Parents/guardians will be notified of an accident/injury/illness of their child if the situation requires significant medical attention, such as a possible sprain/strain/fracture/broken bone/concussion/need for stitches, a temperature of 100 degrees or more, loss of consciousness, or the need to visit a doctor.

Health Insurance

Camp Foster YMCA does not provide accident/health insurance. Medical bills **incurred at camp are the responsibility of the child's parent/guardian**. You and your insurance company will be billed directly for doctor, pharmacy, hospital, or clinical bills.

Behavior Management

Behavior Management

Children are expected to abide by the camp rules and live by our core values: respect, responsibility, caring, honesty, and fairness. It is our policy to use a three-step process when dealing with behavior challenges:

1. Verbal Warning
2. Behavior Agreement with their Counselor
3. Conference with the Day Camp Director and Parent/Guardian

Severe behavioral incidents will result in a phone call home and may require bypassing the three-step process and moving directly to a conference with the **Day Camp Director**. Any child being verbally abusive or "bullying" another camper may be sent home. Bullying is absolutely not tolerated. Parents of campers who are sent home must make arrangements for their child to be picked up within one hour of being contacted. Campers sent home because of behavioral problems will not be entitled to any refund of fees.

Homesickness

Homesickness is the norm for children—not the exception. A recent study showed that 83% of campers have some feelings of homesickness while at camp. Our trained staff will make every effort to help campers overcome homesickness. You can also take steps now to prepare your child for camp:

1. Arrange practice times away from home and without you, such as an overnight with a friend or relative
2. Discuss with your child what camp will be like—and role play anticipated situations, like making new friends
3. **Do not tell you child that you will "rescue" them if they do not like camp—just reassure them that they will be fine**
4. Arrange for your child to attend camp with a friend

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Directions

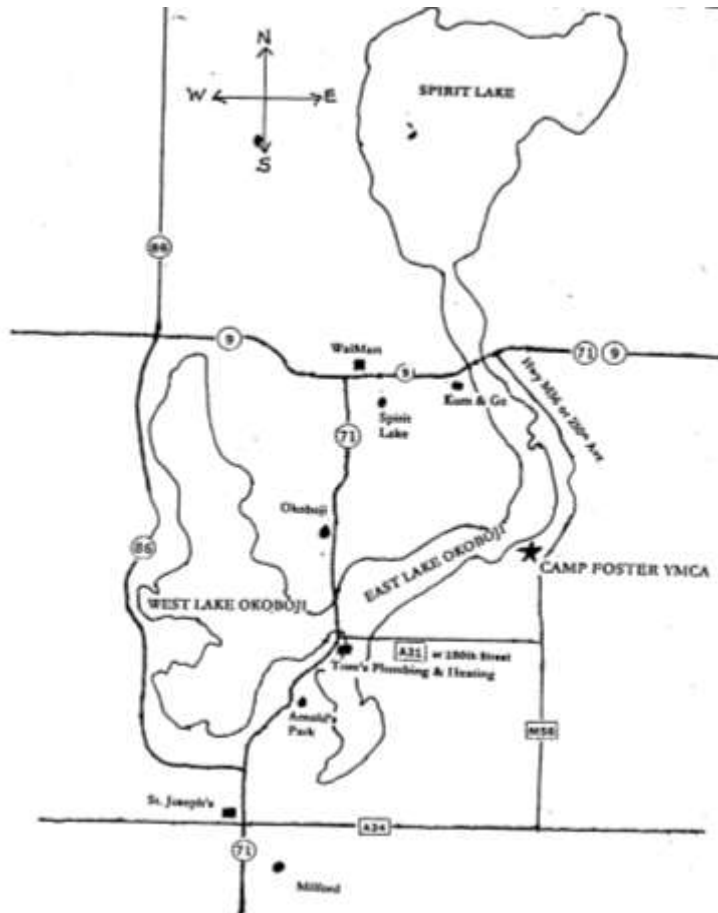
Camp Foster YMCA is located along county road M-56 on the east side of East Lake Okoboji.

From Spirit Lake

1. Proceed 1/5 of a mile east of Spirit Lake on Iowa Highway 9 and 71
2. Turn East onto County Road M-56
3. Camp is four miles South on M-56

From Milford

1. Proceed to the stoplight on 13th Street at St. Joseph Catholic Church
2. Turn East onto County Road A-34 (proceed 4 miles)
3. Turn North only County Road M-56
4. Camp is four miles North on M-56



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