

YMCA Day Camp Ihduhapi Parent Handbook Summer 2010



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The Goal of YMCA Day Camping

The goal of the YMCA Day Camping, as of any YMCA program, is to help campers grow physically, mentally and spiritually. Using a natural camp site and providing challenging activities in both small and large group settings under the guidance of caring, well-trained staff members, YMCA Day Camping gives children an experience that lasts a lifetime. This experience is grounded in certain objectives that characterize all YMCA programs.

All YMCA programs are based on the Four Core Values of:
CARING | HONESTY | RESPECT | RESPONSIBILITY

A TYPICAL DAY

9:15 – 9:45	Opening Ceremony
9:45 – 10:00	Snack/Small group time
10:00 – noon	Traditional Camp Activities
12:00 – 12:30	Lunch
12:30 – 3:15	Traditional camp activities
3:15 – 3:30	Closing ceremony
3:30-3:45	Load buses

Traditional Camp Activities Include:

- Archery
- Canoeing
- Swimming
- Fort Building
- Camp Crafts
- Group Games (large & small)
- Nature Studies
- And many, many more!

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What to Bring to Camp

Please label the following items with first and last name.

- Non-perishable Lunch & 2 snacks
- Swim suit and towel
- Rain Jacket and/ or sweatshirt
- Insect Repellent
- Sunscreen
- Water bottle
- Wear tennis shoes that can get dirty
- Pack everything in a labeled backpack

Please Do NOT Send

- Electronic equipment, radios, Mp3 players, cards/games, personal sports equipment except when requested for specialty camp.
- Firearms, pocket knives or weapons
- Extra money
- Pets
- Alcohol and drugs
- Unregistered friends/family

SPECIALTY CAMPS-What to Bring

ARCHERY:

- Camp will provide all bows and arrows. Please do not send personal bows or arrows.

FISHING:

- Campers may bring your own fishing pole and tackle box. (Some are available for campers to use however)
- Remove all hooks for the bus ride.
- Bait will be provided.
- Poles will stay at camp until Friday.
- All Fishing Campers will be required to wear an approved life jacket while fishing. Life jackets will be provided by camp

HORSE CAMP: (Things to bring each day for a safe riding experience):

- Loose fitting long pants with straight legs, avoid Capri pants (campers are not allowed to ride in shorts)
- Hard soled boots or shoes with heels 1/4 " - 1/2" high (avoid canvas tennis shoes or loafers)
- Jackets should not be loose or floppy
- Long hair should be tied back
- No bandanas will be worn on horse
- HSA approved Safety helmets will be provided by the YMCA
- **Not all horse time will be spent on horses.**
- **For safety reasons campers may not ride in extreme heat or wet conditions.**

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Message from the Minnesota Department of Health

If a horse gets West Nile it does not increase the risk of West Nile in people.

Concerning mosquitoes and ticks; risk can be managed by applying repellents that contain 7% deet.

Prompt tick removal, by the counselor will prevent Lyme's Disease transmission. Prompt treatment of anybody showing Lyme's Disease symptoms will prevent the later more severe stages of the disease.

For more information: www.health.state.mn.us.camps

Frequently Asked Questions

Know your staff

- Each staff member goes through an extensive hiring process including a criminal history background check, reference checks and an interview.
- Staff receive about 40 hours of training including camp program areas, relating to youth, health and safety skills and are First Aid and CPR certified.
- All staff are committed to being positive role models for campers.

Lost & Found

- Lost items will be held for two weeks. After two weeks, they will be given away to a local charity. Please check with the Camp Staff AND the Camp Office for lost items.
- We will do our best to help campers remember their things; however the YMCA is not responsible for lost or stolen items.

What about rainy days and severe heat?

- Camp is held rain or shine. We have many fun-filled activities planned for rainy days. **CAMPERS MUST DRESS ACCORDINGLY FOR THE WEATHER WITH APPROPRIATE RAIN GEAR!**
- Your child may come home wet and muddy. Activities are modified outside to fit rainy days and will continue as long as it is not lightning or thundering. Some of the best camp memories for children can be had on rainy days!
- To keep campers safe during extremely hot days, we will occasionally cancel certain activities. We always encourage campers to drink lots of water and will play more water games and stay in the shade.

Is camp prepared for severe weather?

- All of our staff have been trained in emergency procedures.
- If a tornado warning has been issued while the children are at camp, they will be instructed to go to the Tornado Shelter at camp.

Is someone else picking up your camper?

- If you are arranging for persons who are not on your authorized pick-up list, you must send a **written** permission slip.
- We will not accept phone calls.
- Authorized individuals will be responsible for signing your child in and/or out of day camp.

It is very important to remember that you and all authorized persons need a picture ID to pick up your camper(s)!

What if I'm late for pick up?

- We will try and reach you by phone.
- If we do not reach you, we will call persons listed as emergency contacts.
- After 1 hour we will call authorities to ensure the safety of your child.

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I'm nervous about swimming. What can you tell me about it?

- All swimming activities are supervised by certified Lifeguards
- All children at camp will have the opportunity to swim.
- Counselors are required to swim with the campers or watch from the beach when their group is swimming.
- Children will never be forced to swim if they don't want to.
- Campers are required to take a swim test to ensure their safety.
- Campers may be required to wear a lifejacket depending on swim ability. All Wee Backpackers wear a lifejacket, regardless of swimming ability.

What are the safety guidelines followed for boating?

- Our boating program is an introductory opportunity for children to learn basic boating and safety skills.
- All children and staff wear life jackets while in the boats and a Certified Lifeguard is always present and in sight of all boats while children are boating.

What if my child(ren) is ill or will not be able to attend Day Camp during the day or week?

- Please call camp. If no one is available to take your call, please leave a message on our voice mail. This ensures the safety of each camper.

What if my child is injured during the program?

- If your child is injured YMCA staff will notify you.
- In case of an emergency, the YMCA staff will:
 - Call 911, perform immediate First Aid and contact you. After 911 has been called, it is then up to the emergency response team to decide what actions will be taken.
 - Staff will accompany the child to the hospital and stay until the parent/guardian arrives, if emergency transport is required.
 - If a parent/guardian is not able to be reached, we will continue to call through your designated emergency contact list until contact is made.

My child needs care before and after the bus stop times?

- Before and after care provides the camper with supervised activities prior to and following the end of the program day. All Before and After Care is held at Day Camp Ihduhapi.
- If you are late to pick-up your child, a late fee of \$1.00 per minute must be paid at the time of pick-up.

My child mentioned something about emergency procedure drills. What exactly are these?

- To ensure the continued safety of all campers in case of an emergency, we will hold emergency procedure (waterfront emergency, lost camper, tornado warning, bus evacuation) drills on a regular basis.
- It is important that your child participate in these drills, just like they participate in fire and tornado drills at school.
- Your assistance and understanding in this matter is greatly appreciated.

Day Camp Open House

Sunday, June 6th 1:00—4:00pm

All Day and Overnight campers are invited. You'll learn more about our camp programs and see what outrageous adventure awaits your camper. Our staff will be available to answer your questions, give camp tours, and to provide more details about the camps and programs that interest your camper. No reservations are required.

Family Nights

5:30 - 7:00 pm

Three Thursdays during the summer, your whole family is invited to camp! Your family will have the opportunity to meet your counselors and tour your favorite spots! Enjoy activities such as archery, crafts, songs and s'mores at the amphitheater. Tell your family to mark the calendar – they won't want to miss out!

- Thursday, June 24, 2010
- Thursday, July 22, 2010
- Thursday, August 5, 2010

BUS SCHEDULE

MAPLE BUS ROUTE:

Offered the weeks of June 14, June 21, July 12, July 19 August 2, August 16, & August 30

Pick-up Time	Location: Pick-up/Drop-off	Drop-off Time
8:00 a.m.	Hanover Elementary	5:00 p.m.
8:20 a.m.	Rush Creek Elementary	4:45 p.m.
8:40 a.m.	Medina Entertainment Center	4:20 p.m.
9:00 a.m.	Arrive at Camp Ihduhapi	4:00 p.m.



OAK BUS ROUTE:

Offered the weeks of June 28, July 5, July 26, August 2 & August 23

Pick-up Time	Location: Pick-up/Drop-off	Drop-off Time
8:05 a.m.	Buffalo Middle School	4:55 p.m.
8:30 a.m.	Rockford Elementary School	4:30 p.m.
8:45 a.m.	Delano Elementary School	4:15 p.m.
9:00 a.m.	Arrive at Camp Ihduhapi	4:00 p.m.



The YMCA provides safe and reliable transportation each day for our campers to begin their adventure! Bus stop locations are available throughout the summer from the area locations listed. Transportation is provided by YMCA-owned vans, leased vans, and buses. All drivers have completed special training.

Please select only one bus stop for your child's pick-up and drop-off location. Traffic congestion and road construction may slightly affect actual times but we do ask that you be on time because your delay will affect other campers.

****No p.m. bus will run on Family Nights****

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BUS PROGRAM INFORMATION

- Camp Counselors will ride and supervise all buses.
- We do not staff the bus stops.
- Please be at the bus stop at the designated pick-up and drop-off times to meet your child.
- **If no one is there to pick up your child, the bus will wait 5 minutes past the scheduled time, then finish the route and return to your bus stop.**
- Your child's day begins on the bus. During the ride, counselors will lead songs and games to make the bus ride a fun part of the day.
- If you have not indicated your bus stop on your registration form, or need to make a change, please contact the YMCA Customer Service Center at 612-822-2267.
- It is very important to have your child's name on the bus roster due to limited seating.
- The YMCA makes every effort to be on time. Due to traffic and road construction, buses may be delayed at times. Please contact the Camp Ihduhapi Office at 763-479-1146 for an update if buses are running behind schedule.

BUS RULES

Please review the following important bus rules with your child before they attend camp. Safety on the bus always comes first:

- Campers must remain in their seats.
- Always check on and off the bus with the Bus Captain.
- No eating or drinking (except water) on the bus.
- All campers must sit on a seat and face forward. (No lap sitting and no one in the aisle.)
- All body parts and belongings are to remain inside the bus at all times.
- Hands remain to yourself.
- No fighting or screaming.
- Let a counselor know if something is wrong right away.
- The emergency exits should be used only during an emergency.
- Please participate in bus games and songs.

If a child's behavior does not meet these standards, parents will be notified; seating arrangements may be made and if problems persist, riding privileges may be revoked.

Bus Safety and Authorized Pick-ups

- Safety of your child is the number one priority at the YMCA.
- Day Camp has bus security procedures. They are in place for the safety of your family. It is not our intention to offend or question anybody's right to pick up a child.
- **We will only release children to individuals listed as authorized to pick up, no exceptions.**
- **We will be checking ID's of parents/guardians and all authorized persons as children are picked up. Please make all authorized people on your list aware of this.**
- If you will be giving your child permission to ride his/her bike or walk home from a bus stop, a Child Release Waiver will need be filled out before your child will be released without an adult's signature. (certain restrictions apply)
- You will be asked to sign their children on and off of the bus each day. To expedite this process, we ask you to be near the bus and ready to sign children in/out, so our buses can remain on schedule.
Please allow yourself a few extra minutes to locate the bus stop on Monday mornings

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BEHAVIOR GUIDELINES AND DISCIPLINE PROCEDURES

Discipline Procedures

When a camper does not follow the behavior guidelines, we will take the following action steps:

1. Staff will redirect the camper to more appropriate behavior.
2. If inappropriate behavior continues, the camper will be reminded of behavior guidelines and camp rules and the camper will be asked to decide on action steps to correct his/her behavior.
3. Staff will document the situation, the inappropriate behavior and action taken. Parents will be notified.
4. If the situation is not resolved and inappropriate behavior continues, as a final action step, the camper will be dismissed from camp. There will be no refund of camp fees.

Unacceptable Behavior

- Refusing to follow the behavior guidelines or camp rules
- Using profanity, vulgarity or obscenity
- Stealing or damaging property (personal or camp property)
- Refusal to participate in activities or cooperate with staff
- Disrupting the program
- Leaving the program without permission
- Endangering the health and safety of children and/or staff
- Physical violence or bullying/teasing toward another camper or staff

MEDICATION AND ILLNESS PROCEDURES

- For the health and safety of all children in our programs please do not send your child to YMCA programs if they are ill. Please notify camp if she/he will not be attending.
- Children must be free from symptoms for at least 24 hours before returning to the YMCA and any contagious illness should be cleared by a doctor.
- Parents/Guardians must notify the Camp Director if their child contracts a communicable disease, as soon as diagnosed. When a communicable disease occurs, the YMCA will notify other participants in writing, including cause and symptoms.

ADMINISTERING MEDICATION

All medication must be sent in its original container. A medication permission form must be filled out for all over-the-counter and prescription medications you wish the staff to dispense to your child. Prescription medication may only be dispensed from the original container that bears the directions and the original label that stated the following legible information:

- name of medication and child's name
- date of original issue
- directions for use
- prescription number and expiration date
- physician's name
- dosage and duration
- name and address of licensed pharmacy issuing the medication

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BILLING AND PAYMENT INFORMATION

Full payment is due 1 week prior to your child's attendance. Please contact the Customer Service Center with billing/payment questions.

YMCA Customer Service Center
2125 E. Hennepin Ave.
Suite 100
Minneapolis, MN 55413

Phone: 612-822-2267

Fax: 612-465-0559

customerservice@ymcatwincities.org

DIRECTIONS TO CAMP IHDUHAPI:

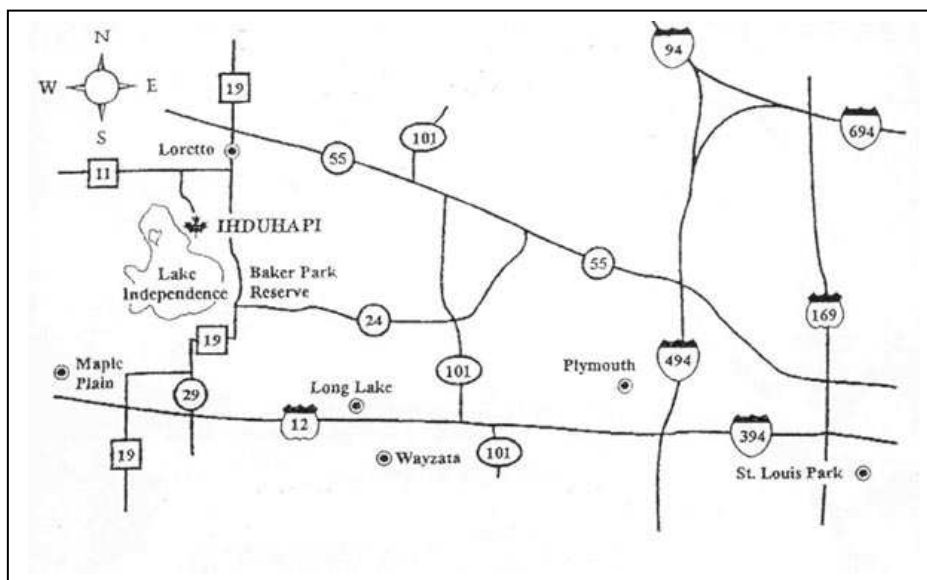
3425 Ihduhapi Road
Loretto, MN 55357
Phone: (763) 479-1146

From Minneapolis / St. Paul: From Highway 55

Take Highway 55 west to County Road 19, turn left (south) and travel through Loretto to County Road 11. Turn right on County Road 11 (west) for 3/4 mile. Turn left onto Ihduhapi Road at the camp sign. Follow road to the end.

From Highway 394

Travel west on 394, which becomes Highway 12. Continue to follow Hwy. 12 to County Road 29/Baker Park Road and turn right (north) just before Maple Plain. County Road 29 becomes County Road 19. Stay on 19 to County Road 11, just before the town of Loretto. Turn left onto 11 and travel for 3/4 mile. Turn left onto Ihduhapi Road at camp sign. Follow road to the end.



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