



PARENT INFORMATION PACKET



The Wenatchee Valley YMCA Staff wants each child to have the ultimate summer camp experience. This packet is designed to acquaint you with the basic information needed to prepare for **Lake Wenatchee YMCA Camp**. If you have any questions, please call your Wenatchee Valley YMCA at (509) 662-2109 or Camp at (509) 763-9622.

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WHO WE ARE

A well-trained, enthusiastic staff is the key to a positive camping experience for your child. YMCA Camp staff members are dedicated to providing a safe and wholesome environment for each camper. Camp counselors are chosen for their maturity, strong values, enthusiasm and ability to be positive role models for children. All staff members undergo extensive 8 day training prior to the camp season, emphasizing safety, child growth and development, group dynamics, and much more. Criminal history and reference checks are completed on all staff and volunteers. The entire staff is certified in First Aid/CPR/AED, certified lifeguards supervise all aquatic activities, our Camp Director and our camp nurse lives in camp and is available 24-hours a day. Our staff to camper ratio is 1:6 for Mini Camp and 1:8 for all other camps. Every child's safety and well being is our primary concern.

WHERE WE ARE

Driving Directions

From the East (Leavenworth/Ellensburg/Wenatchee):

- Drive to **Leavenworth, WA** (via US-2 from Wenatchee or Hwy 97 from Ellensburg/I-90).
- Take **US-2 west** from Leavenworth about **15 miles** to Coles Corner (Hwy 207).
- Turn **right at Coles Corner** (Hwy 207) toward Lake Wenatchee.
- Drive about **5 miles** to green bridge over the Wenatchee River.
- After bridge, **stay left at the "Y"** in the road.
- Drive approximately **1.5 miles** and turn **left onto North Shore Drive**.
- Turn **left into the second driveway** (large Y Camp sign).

From the West (Monroe/Seattle):

- Drive to **Monroe, WA** (via Hwy 522 from I-405 or Hwy 2 from I-5).
- Take **US-2 east** from Monroe about **70 miles** (over Stevens Pass) to Coles Corner (Hwy 207).
- Turn **left at Coles Corner** (Hwy 207) toward Lake Wenatchee.
- Drive about **5 miles** to green bridge over the Wenatchee River.
- After bridge, **stay left at the "Y"** in the road.
- Drive approximately **1.5 miles** and turn **left onto North Shore Drive**.
- Turn **left into the second driveway** (large Y Camp sign).

Parents are responsible for arranging transportation to and from camp. This allows parents a great opportunity to see Lake Wenatchee YMCA Camp; and, it also facilitates a smooth transition for campers to adjust to new surroundings.



CAMPER INFORMATION

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CAMP DATES

Arrival: We have implemented a “kiss and go” procedure for our camper drop off and pick up this summer. We’ve put together a short video explaining how this will work. You can view this video at the following link. <https://www.loom.com/share/61fa423c137240558cc13321640bead9?sid=f957f3fd-bd1c-4e22-82be-efd0696d0131>

There will be a designated portable restroom facility available in the sports field for urgent use only.

Campers should arrive for the first day at camp between 2:00–4:00pm. Early check-in is not available. Dinner will be the first meal served at camp. Please note LDP & CLPD specifics below.

Arrival: Sundays between 2 and 4 pm

Session 1 June 30

Session 5 July 28

Session 2 July 7

Session 6 August 4

Session 4 July 21

Departure: Checkout time is on Friday between 4:00–6:00pm unless otherwise noted. To ensure every child’s safety, once you arrive at camp sign out area, we will ask to see Photo ID from you (or any authorized adult). Children will only be released to the adults specified on the Participant Health

Information Form. Any changes regarding the arrival and/or departure of a child, needs to be arranged with the Camp Director in advance. Please note Mini Camp and LDP & CLDP specifics below.

Mini Camp Departure: Wednesdays between 4 and 6 pm

Session 1 July 3

Session 5 July 31

Session 2 July 10

Session 6 August 7

Session 4 July 24

LDP and CLDP Camps

Although these programs run consecutive weeks, participants will return home on Fridays and then need to return to camp during check in time on Sundays. Camp is closed Friday evening through Sunday afternoon. This provides a much needed break for teens to get adequate rest. It also provides an opportunity for them to reflect on and share their experiences with family and friend(s).

CAMP THEMES Feel free to bring “dress up” clothes and/or costumes that align with the theme of the week that you are staying at camp.

Session 1 **Color Blaze Week**

Session 5 **Star Wars Week**

Session 2 **Safari Week**

Session 6 **Pirate Week**

Session 4 **Around the World Week**

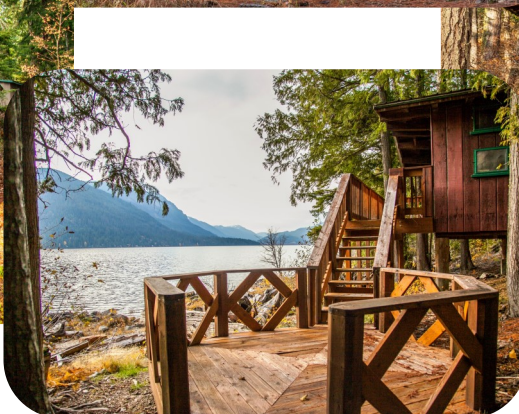
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CAMPER INFORMATION

WHERE CAMPERS STAY

Our thoughtfully developed site features 22 buildings, 10 main program areas, and access to acres of hiking trails. Special site features include one half mile of waterfront that looks out across the lake into the Glacier Peak Wilderness area.

Our rustic camp setting offers programs that develop spirit, mind and body in the YMCA tradition. We are far more than a summer resident for youth. We offer two annual family camps, Outdoor and Environmental Education, and conference and retreat facilities for Group Rentals. We provide a great working environment as well.



CAMP MERCHANDISE

We have once again partnered with PackforCamp.com and created an online store with a variety of Lake Wenatchee YMCA Camp Logo wear. You may shop for camp t-shirts, hoodies, hats, stickers and more by visiting the following site

www.packforcamp.com/wenatchee.

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DAY IN THE LIFE OF A CAMPER

M & F at 7:00 am – POLAR BEAR! We jump into the freezing cold lake to show our bravery and to laugh at the very cold counselors who do it to be funny.

7:30 – Wake Up!

8:00 – Breakfast! All meals are prepared by our professional kitchen staff!

9:00 – Chapel Each morning we have a non-denominational chapel where the campers create skits and learn/lead songs revolving around the four core values of the YMCA: Caring, Honesty, Respect, and Responsibility. Friday culminates with the theme of “Do The Right Thing.”

9:30 – Cabin and Camp Clean-Up

10:00 - 12:00 – Morning Session Each cabin group of campers Will be assigned to two 45 min. activity sessions. Activities include: arts & crafts, archery, games, boating, drama, etc.

12:00 – Cabin Activities Cabin groups are assigned to specific program areas around camp designed to build cabin/team unity. Activities include Outdoor Living Skills, Fire building, Low Ropes, and Low Risk Team Building.

1:00 – LUNCH! Yummy!

1:30 – Cabin Time

2:00-3:30 – All Camp Waterfront Full of many water related activities supervised by our outstanding lifeguard staff

3:30-4:30 – Cabin Bonding Time, Camp Fire Prep and Theme Activity Prep

4:30-5:30 – All Camp Daytime Activities Monday-Arts & Crafts; Tuesday-Ice Cream Social & Dancing; Wednesday-Games; Thursday-Chaos.

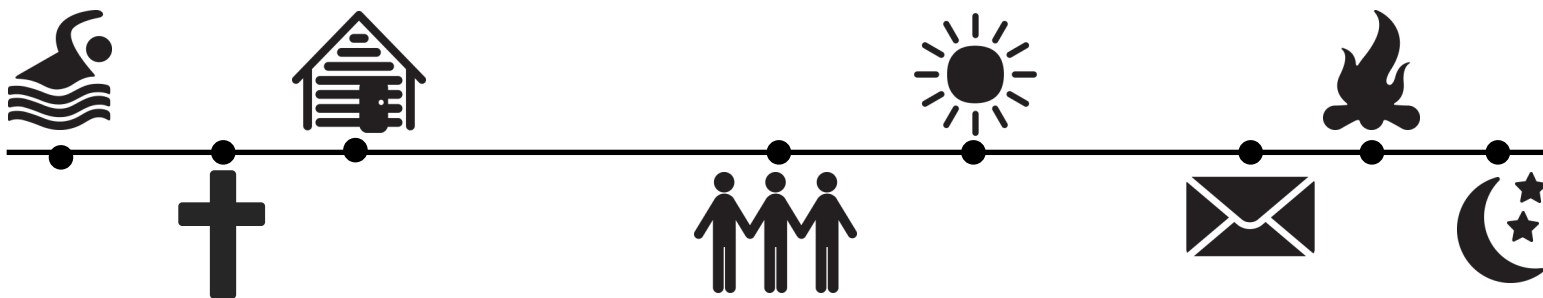
5:30 – Mail Call, Flag Lowering

6:00 – Dinner Thursday is our themed dinner of the week

7:00 – Evening Activity Cabin Groups will participate in a fun game or activity. Sunday, Monday, Wednesday and Thursday is our Dog Patch Tournaments; Tuesday is our Theme Activity.

8:00 – Campfire We’ve been known to have some kooky campfires full of exciting moments, a few slow songs, some crazy skits, a few water messes, and of course, LOTS of singing!

9:30 – LIGHTS OUT! for mini campers, 10:00 for intermediate, 10:30 for LDPs During week one and two we will be playing our Thursday night game called “Night Patrol”. Lights out for everyone will be 11:00 on Thursday those weeks!



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CAMPER INFORMATION

WHAT TO BRING

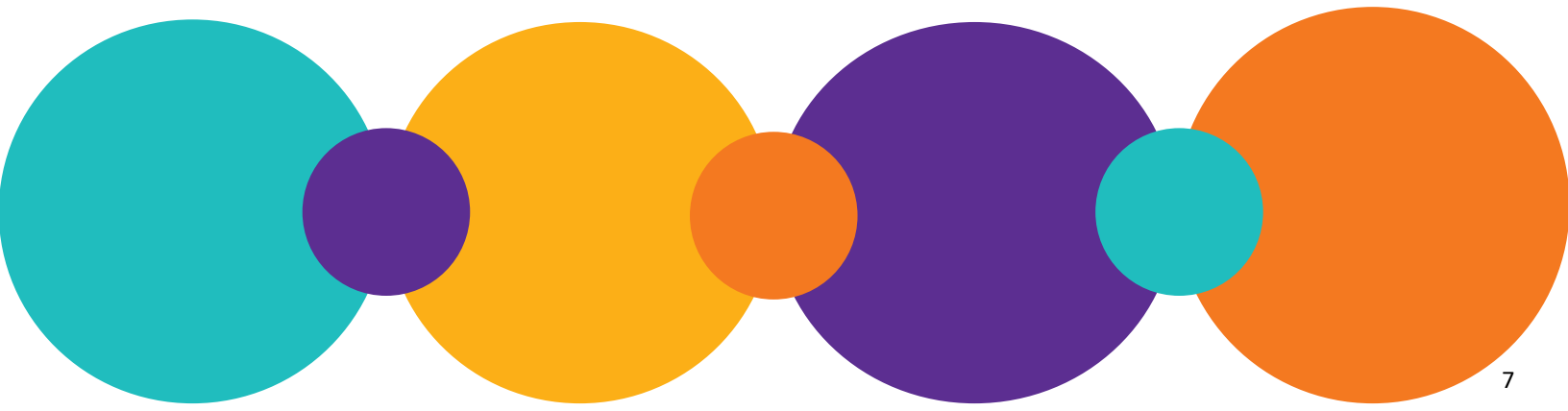
Remember that while at camp campers are going to get dirty, so please pack appropriately. Camp is a great place to use old clothes. All personal belongings should be clearly labeled with the camper's last name. The following is a general packing list, along with lists specific to certain camp. These lists are not intended to be a burden, just a tool to help the camper have an enjoyable and comfortable week. For your convenience we have partnered with PackforCamp.com and created a one stop online shopping center for you to purchase the items on the packing list below. It's fast, it's easy and you get all the items you need for camp shipped right to your door. Shop now at: www.packforcamp.com/wenatchee

Required Items

Sleeping Bag/bed roll	Pillow
Long Pants	Sweatshirt or light jacket
T-Shirts	Shorts
Swimsuit, one-piece	Underwear
Socks	Sneakers/close-toe shoes
Waterfront shoes	Towels - 1 bath, 1 beach
Flashlight and spare batteries	Mosquito repellent
Toiletry articles: Soap toothbrush, Shampoo, comb/brush, etc.	
Waterproof Sunscreen (minimum SPF 45)	Water Bottles (2)
2-3 Mask/Face Covers for each day	

Optional Suggested Items

Books	Fitted Sheet (twin size)
Pajamas	Sunglasses (cheap ones)
Backpack/Day Pack	Hat or Cap with brim
T-Shirt fro Tie-Dye	Musical instrument
Rain Gear/Poncho	Ideas for skits and songs
Chap stick, moisturizer	Hiking Boots
Camera/film	Theme Week gear



CAMPER INFORMATION

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WHAT TO BRING CONT.

Additional Required Packing List for Specific Programs

Explorer Hike:

Internal or external Frame Backpack

Hiking boots

Rain Gear or Poncho

Optional Items:

Stuff sack for sleeping bag

Hiking Poles

LDP & CLDP Camp:

Servant's heart (Desire to serve kids)

Stuff sack for sleeping bag

3-ring Binder

Pens, pencils, paper

Books of songs and skits

Explorer SUP:

Sunglasses with strap or hat with brim

Extra Clothes

Optional Items:

Rain Gear or poncho

Fitted life jacket

Extra bathing suit



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PARENT INFORMATION

WHAT TO LEAVE AT HOME

The following items are not allowed at camp and will be confiscated and returned to the camper's Parent/Guardian on pick up day. Bringing the following items may lead to your camper's removal from camp. The Y is not responsible for lost, stolen or damaged items.

- | | |
|--|------------------------------|
| Knives/Pocket Knives | Matches, lighters or candles |
| Weapons of any kind | Food, drinks or gum |
| Any electronic devices (MP3, iPods, tablets, etc.) | |
| Expensive items/Jewelry/Money | Pets |
| Camper vehicles | Cell Phones (see page 14) |
| Tobacco products, alcohol or drugs | Breakable Objects |
| Any personal sports equipment not on this list | |

Lake Wenatchee YMCA Camp will provide first aid kits, area maps, tents, tarps, cooking stoves, fuel and food for all out of camp trips. The Lake Wenatchee YMCA Camp will gladly accept donations of used equipment to loan campers.

CARE PACKAGES

Campers love to receive letters or care packages from home. The following are two options to send mail:

Snail Mail:

Your Camper's Name
Cabin/Counselor (if known)
Camp Name and Session Date
c/o Lake Wenatchee YMCA Camp
15263 North Shore Dr
Leavenworth, WA 98826

E-Mail: campermail@lwycamp.org

In the subject line:
Your Camper's Name
Cabin/Counselor (if known)
Camp Name and Session Date
Camper e-mail is checked daily by 5pm

*Although food from home is a symbol of love and care, the storage of food items in cabins attracts insects and animals. **Therefore, food and/or drinks are not allowed.** In advance, thank you for your cooperation.



FINANCIAL INFORMATION

BALANCE OF CAMP FEES/FINANCIAL ASSISTANCE

Full payment for camp must be received 3 weeks prior to the camp start date. If any balance is outstanding as of this date, the camper may be canceled out of the camp and his/her spot filled with a child from the wait-list. If the camper remains registered, a \$20.00 late fee will be assessed and is due with the camp balance immediately. No child should miss out because of temporary financial challenges. If finances are a concern, please contact the Wenatchee Valley YMCA to find out more about financial assistance.

CAMP REFUND POLICY

- Cancellation requests received 30 days prior to the registered summer program start date may receive a refund for camp/program fees with the exception of the non-refundable deposit.
- Registration deposits may be transferred to another current year summer program session if arrangements are made 30 days prior to the initial program's start date.
- Cancellation requests received more than 15 days, but less than 30 days prior to the registered summer program start date will result in the forfeiture of the entire fee if the space cannot be filled. If the space is filled, then all payments with the exception of a \$25.00 processing fee and the non-refundable deposit may be refunded.
- Cancellation requests received less than 15 days prior to the registered summer program start date will not be eligible for a refund of any portion of fees paid, except in the case of an unforeseen medical situation verified by a note from a physician.
- There is no partial refund for late arrivals or early departures. And, no refund will be issued for participants that do not complete a program.
- No refund is made for campers who leave due to illness or injury, early withdrawal, late arrival, or dismissal due to poor camper behavior. Camp may dismiss any camper whose behavior, with or without reasonable accommodation, is deemed by camp, in its sole discretion, to be inimical to the operation of camp. In this instance, no refund of tuition will be provided, and camp shall not be responsible for any additional costs of food, travel, or lodging that may result.



HEALTH CARE

During camp, licensed medical personnel reside at the Lake Wenatchee YMCA Camp. Should a camper experience any major accident or illness while at camp, the parent(s) are notified immediately. In cases of minor illness, parents are informed only if the camper requires continuous care and/or observation for more than 12 hours. The Camp Director reserves the right to send a child home if medical personnel so advises. If you plan to be away from home for a few days, please provide the Camp Director with your temporary address and telephone number. At check-in, campers will be given a brief health screening. Health codes do not permit us to admit children with head lice or nits. In addition, Y Camp cannot admit children with conjunctivitis (pink eye). Due to the nature of our programs, the Wenatchee Valley YMCA does not offer a peanut free facility or programming.

Routine Medications:

The following is a list of routine medications given at camp. Please advise us on the Participant Health Information Form if, for any reason, you do not want your child to receive these medications.

Medication

Tylenol (acetaminophen)
 Motrin (Advil, ibuprofen)
 Benadryl (diphenhydramine) oral and topical
 Americaine (Solarcaine), topical spray
 Triple Antibiotic ointment, topical ointment
 Cepacol Lozenges
 Saline Eye Wash Solution
 Tums

Reason for Use

minor headache
 minor muscle ache, menstrual cramps
 minor rashes/itching, minor bee sting/insect bites
 minor sunburn, minor abrasion
 minor cuts and scrapes
 minor sore throat without fever
 minor eye irritation from dust or insect repellent
 minor upset stomach

Once again, these medications are used only for routine care and treatment as identified above. Oral medications are used very conservatively. As an initial treatment for most headache and muscle ache complaints, rest and hydration are encouraged. Any condition which is associated with fever, significant inflammation and/or lack of response to the above outlined treatment will result in a consultation with the camper's parent and the camp medical personnel.

Camper Medications:

All prescribed and non-prescribed/over-the-counter medications brought to camp must be in the original container and clearly labeled. A Medication Authorization and Administration Form must be submitted 3 weeks prior to camp start date for processing. This form must be signed by the parent/guardian. Camp's licensed medical personnel will administer medications at the proper times. Medications will not be administered (other than camp "routine medications") without parent signed form. You can access the Medication Authorization and Administration Form through your CampDoc account.

CAMP POLICIES AND PROCEDURES

CELL PHONE POLICY

Participants are not allowed to bring cell phones to Lake Wenatchee YMCA Camp because of the possibility of loss, the potential for distraction from group activities and our past experience with inappropriate usage. If we observe cell phones in use during the above programs, they will be confiscated and given to parents at the end of the session.

CAMP SAFETY

The programs and facilities of the Lake Wenatchee YMCA Camp are regularly reviewed by the Wenatchee Valley YMCA Board of Directors and comply with The Y of the USA standards. In addition, the Lake Wenatchee YMCA Camp is inspected annually by the Chelan/Douglas County Health Department and by Lake Wenatchee Fire and Rescue.

INSURANCE

The Wenatchee Valley YMCA does not carry accident or medical insurance on participants. All medical expenses incurred while involved in Lake Wenatchee YMCA Camp activities are the responsibility of the participant's parents or their insurance carrier.

HOMESICKNESS

When children are away from home they may, on occasion, feel homesick. However, part of the camp experience is to allow children to become more self-reliant and independent while in a safe and fun environment. Upon arrival, children immediately meet camp staff. This allows them to have a positive initial contact. If you suspect that your child may experience some separation anxiety, please make every effort to have a quick good-bye. Prolonged partings typically make the transition more difficult on both the child and the parent(s). Once you have left, feel free to check in with the Camp Director. As a caution, letters or e-mails that focus on the "missing you" seem to make children more homesick rather than providing comfort. Please know that Campers do not have access to a telephone. If your child is struggling with homesickness, we will make every effort to contact you. And, if need be, have you speak with your child to provide reassurance.

WENATCHEE VALLEY YMCA CHILD SAFETY POLICY

The safety of children is a primary concern for the Y. The Wenatchee YMCA Board of Directors has adopted the following policies to help provide an environment that will enhance the personal growth and development of children in Y programs.

1. In order to protect Y Staff, volunteers, and program participant's one Y employee or volunteer will never be alone with a single child unobserved by another adult.
2. Employees and volunteers may not be alone with children they meet in Y programs outside of their official Y interaction. Any exceptions require a written explanation in advance and are subject to administrative approval.
3. Reference and criminal background checks are conducted on all employees and on all volunteers who work with children at the time of employment and annually thereafter. Employees and volunteers who work with children receive pre-employment training and annual follow up training on the recognition and prevention of child abuse.

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PARENT INFORMATION

CAMP POLICIES AND PROCEDURES CONT.

Continued...

4. Children under the age of six are allowed in Y facilities only when in a supervised Y program or under the direct and constant supervision of a parent or guardian.
5. Y employees and volunteers providing direct care for children will be identified by photo identification or uniform that is familiar to the children with whom they work. Photographs of all Y employees will be kept on file.
6. Y employees and volunteers will not discipline children by use of physical punishment or by failing to provide the necessities of care, such as food and shelter. Y employees and volunteers will not verbally or emotionally abuse children. Physical restraint will only be administered when necessary to protect the child or other children from harm.
7. Y administrative staff will make unannounced visits to program sites. Parents of program participants may make unannounced visits to program sites, accompanied by a Y employee.
8. Y employees and volunteers will be alert to the physical and emotional state of all children in their programs and will report any signs of injury or suspected child abuse.
9. All employees and volunteers working with children sign a Code of Conduct agreeing to abide by Wenatchee Valley YMCA Child Abuse Preventions Guidelines. Any suspicion of a violation of these policies should be immediately reported to the Wenatchee Valley YMCA Executive Director or the Wenatchee Valley YMCA Director of Human Resources at (509) 662-2109.
10. The Y will investigate all reports of suspected child abuse and will follow legally mandated reporting requirements.

