

WELCOME TO YMCA CAMP DEBOER

Parent & Camper Handbook

WELCOME and thank you for choosing YMCA Camp DeBoer!

We are glad your camper(s) is joining us this summer. We are hopeful that your camper will have a memorable experience. Built on the Y's core values of caring, honesty, respect and responsibility, the camp community is a place where campers can grow and thrive by truly being themselves. Your camper will make new friends, try new activities, and learn new skills while immersed in the natural beauty of the Lake of the Woods area.

It is the goal of YMCA Camp DeBoer to provide life-changing outdoor experiences by creating magical moments and opportunities for growth in a welcoming community for all, especially youth. We do this through demonstrating our core values, focusing on safety, being intentional in our programming, seeking to inspire others, creating a warm and welcoming environment and choosing a positive attitude.

Your camper will be guided through this experience by our talented team of cabin counselors and staff who come from a wide variety of backgrounds and experiences and take pride in helping kids explore, learn and grow.

As you prepare for your camper's summer adventure, please read through this handbook for important information, including specifics about camper drop-off and pick-up, communication with staff, and more.

If you have a question you don't see answered here, feel free to call our office at (541) 482-9622 ext. 343. Thank you for trusting us with your child's summer enrichment. We are honored you have chosen YMCA Camp DeBoer and are excited to see your camper(s) this summer!

In the spirit of camp,

Will Robinson – Senior Operations Director

Heidi Hill – CEO

Email: info@ymcacampdeboer.org

Phone: 541-482-9622 ext 343

Website: www.ashlandymca.org/ymca-camp-deboer

YMCA CAMP DEBOER CAMP GUIDE

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THE ASHLAND FAMILY YMCA'S MISSION STATEMENT

The mission of the Ashland Family YMCA is to work toward the fulfillment of human potential and the enrichment of the quality of life for those we serve.

YMCA CORE VALUES

The Ashland Family YMCA has identified the values of **caring, honesty, respect, and responsibility** as essential in a child's character development. YMCA Camp DeBoer programs incorporate these values into the overall camp experience.

Our approach toward values formation is designed to reinforce the lessons that families strive to teach their children every day. Through staff and camper role modeling and living together at camp, we provide campers with the opportunity to depart from YMCA Camp DeBoer with a better understanding and recognition of these character traits in themselves and in others:

- **Caring:** Considering the needs and feelings of others
- **Honesty:** Being trustworthy and truthful
- **Respect:** Following the golden rule by treating yourself and others with dignity
- **Responsibility:** Accepting accountability for your actions and role in the community

FOR FIRST TIME CAMPERS

Congratulations on choosing an experience that might make both you and your camper excited and maybe a little nervous!

Helping campers get ready for camp can help them more easily cope with being away from home. It is very normal for symptoms of homesickness to occur over the first few days of camp – often during rest period and/or lights out. Most often with a few conversations with counselors and the security of new friends and activities, the homesickness dissipates. During staff training our staff will focus a great deal of time on the camp experience through the eyes of the children. There will be an emphasis on how campers are welcomed, engaged and included during their first 24 hours at camp.

If your camper is experiencing homesickness beyond the 2-3 day adjustment period of camp, a member of our leadership staff will contact you, and together you will be part of a plan to help your camper have an emotionally safe and rewarding camp experience. Here are some tips to help prepare your child for camp and the possibility of homesickness:

PRIOR TO CAMP:

- Have a positive family attitude
- “Live out of a suitcase” for a few days, and practice carrying it once it’s packed
- Practice taking a shower instead of a bath and washing one’s hair
- Mark a calendar with days until camp starts- HOORAY!!!
- Give gentle encouragement that missing home is “ok”
- Don’t make a “pick-up promise” that you’ll come get them if they are having a hard time (of course this option will be available to you if they don’t get past their homesickness, but it’s best to just offer encouragement prior to camp)
- Practice electronics-free time because there are no electronics at camp

DURING CAMP:

- When writing letters to your child, ask about camp activities, counselors, specific programs, etc. – words of encouragement go a long way
- Avoid using phrases such as “we miss you,” “wish you were here,” or detailed accounts of what the family is doing
- Pack “surprises” or notes of encouragement amongst your camper’s belongings
- Express your confidence in their ability to be away from home and that the counselors are there to assist them if they should need anything

IS MY CHILD READY FOR OVERNIGHT CAMP?

In order to ensure your camper is ready for such an experience, you should be able to answer “yes” to these questions:

1. Does my child consistently identify when they need to use the restroom?
2. Has my child successfully spent at least one night away from home?
3. Is my child willing to eat a variety of food?
4. Can my child take a shower by themselves?
5. Does my child effectively manage their own behavior around other children?

If the answer to any of these questions is “no,” please contact Camp Director, Will Robinson at info@ymcacampdeboer.org, to discuss your child’s experience.

LIFE AT CAMP

MEALS

Campers enjoy nutritious, freshly prepared meals in the lodge, the central hub of camp. Campers eat family-style with their cabin group with campers taking turns helping bring the food to the table from the kitchen. At each meal, one cabin group is assigned to be part of KP – Kitchen Patrol – where they will help with various tasks before and/or after the meal. Campers will have breakfast, lunch, dinner and an afternoon snack each full day at camp.

DIETARY NEEDS/RESTRICTIONS

We ask campers to leave food at home and any food that is brought to camp or discovered by staff will be turned in to the staff and returned upon departure. That being said, we cannot fully control what is or is not brought in to camp. **If your child has an airborne allergy of any kind, nuts or otherwise, please notify us at least 2 weeks in advance** so we can implement additional measures and precautions to keep your child safe and comfortable at camp. If your camper has less-common dietary restrictions or food allergies, please feel free to contact us to discuss options available for your camper, including possible supplemental items to send with your camper (to be turned in at check-in and kept in the kitchen). *See the last page for contact information.*

CABINS

YMCA Camp DeBoer has 10 cabins that are utilized for campers and staff. Each cabin is designed with the intent of creating community and includes a private restroom, sink and a hot shower. In addition are two shower houses with private shower stalls.

CABIN GROUPS

Campers are placed in cabins with campers based on the same gender identity and who are within one-two years or grade level of them. Counselors live in the cabin with campers and manage the daily living of campers. Staff act as a guide, role model, and mentor. At most, there are fourteen campers in each cabin, always with two camp staff.

Cabin placement takes place prior to the start of each session, and is finalized a few weeks prior to camp. We work hard to make sure there is a variety of camp experience, talents and geography represented in each cabin group. If your camper has friends attending the same session, we ask that you limit the number of cabin mate requests to 2. This will help ensure that camp is a welcoming place where every camper feels included and can make new friends. **Please note: this must be a mutual request to be honored and is not guaranteed.**

OUR STAFF

YMCA Camp DeBoer's staff is a select group of caring, loving individuals who truly enjoy working with children. Camp is a life-changing experience where campers have the opportunity to learn new things and further develop life skills, such as independence, collaboration, communication and resilience. YMCA Camp DeBoer's staff members pride themselves on being the facilitators of these experiences. We have one staff member for every ten campers.

Staff are selected via a thorough application and interview process as outlined by the Ashland Family YMCA. Every staff member must have current CPR/AED certifications and pass a national background check. Staff working as lifeguards have appropriate training and certification. In addition, all staff complete in-depth training prior to the start of camp on topics including youth development, inclusion, emergency procedures, bullying and child abuse prevention and teamwork.

DAILY SCHEDULE

The daily schedule is designed to provide our campers with opportunities for both structured and free choice activities. Below is a typical daily schedule that is subject to change:

7:00 Polar Plunge	2:30 Cabin Choice Activity Period/Camp Store
7:30 Wake Up	6:00 Dinner
8:00 Breakfast	7:00 All Camp Evening Activity
8:45 Announcements & Cabin Clean Up	8:00 Campfire
9:30 Camper Choice Activity Period	9:00 Values Session
12:30 Lunch	9:30 Lights Out
1:15 FOB (Feet on Bunk - break)	

YMCA CAMP DEBOER STORE

Your camper will have the opportunity to visit the Camp Store during their session. All store purchases are made through a prepaid store account. To make a purchase, campers simply tell the sales person their name. Please include any store money you would like to add to your camper's account during registration or at check-in. Please discuss with your camper the amount in their store account. We suggest \$25-40 per week of camp. You may also donate funds to help a low-income camper. Upon adding store money to your account, you may choose to have unspent money donated to our campership fund for the following summer, or to be refunded to your account at the end of the summer.

CONNECTING WITH YOUR CAMPER

MAIL AT CAMP

Campers love receiving mail at camp! We recommend writing one or more letters and bringing them to camp check-in. Letters or packages can be left at the Camp Store and will be delivered to your child during mail call. If sending more than one letter, please include the day of the week you would like each letter delivered. We will do mail M/Tu/W/Th. **If sending care packages, please do not send food!** Any food that is discovered by staff will be turned in to the director and returned upon departure.

A NOTE ABOUT CELL PHONES & ELECTRONICS

For a variety of reasons, we do not allow campers to have cell phones or electronics. If they are brought to camp, they will be turned in to leadership staff and returned at the end of the session. Please know we will be in contact if there are any concerns regarding your child, so "no news is good news". Please help us to reach our goals at camp by leaving all cell phones and electronics at home. Thank you!

PARENT COMMUNICATION

Staff are trained to handle day-to-day situations that may arise during your camper's stay in a safe and caring manner. Instances when you might expect to hear from camp staff for consultations or to arrange to pick up your camper may include:

- Behavioral issues including bullying or verbal or physical aggression
- Severe homesickness
- Illness, including vomiting, respiratory symptoms and/or a fever over 100°F
- Discovery of nits or head lice
- Medical care beyond basic first-aid including bee stings, fractures and sprains. If your child requires medical care off-site we will do our best to reach you before we leave camp. A cell phone will accompany the staff person with your child to facilitate communication between you and your child.
- Emergencies or evacuations

WHAT TO PACK FOR CAMP

Each camper should have no more than one suitcase/duffel, backpack and sleeping bag and pillow. ALL campers must be able to carry their own luggage from the luggage drop point to their cabins, so plan accordingly.

Here are some things to keep in mind as you help your camper pack:

- Clothing should be tolerant of water, mud and fun – nothing new or expensive!
- BE SURE THAT YOUR CAMPER'S FIRST & LAST NAME IS ON EVERYTHING! Label anything you want returned!
- In need of something? Contact us about loaner gear.

RECOMMENDED PACKING LIST FOR A 1 WEEK SESSION:

- 40 degree or warmer sleeping bags* with pillow/pillow case
- 1 bath towel & washcloth • 1 beach towel
- 1-2 pairs of pants • 2-4 pairs of shorts
- 5-6 shirts • Sweatshirt or jacket
- Raincoat or poncho with hood
- Pajamas or sleepwear
- Sunhat or baseball cap
- Swimsuit
- 7 pairs underwear & socks
- 2 pairs comfortable walking shoes – shoes must have backstraps. *Water shoes are needed at the waterfront (we do not recommend flip flops).*
- Comb/Hairbrush & Shampoo
- Toothbrush & Toothpaste
- Soap or Bodywash
- Deodorant
- Sunscreen – SPF 15 or higher
- Insect Repellent
- Flashlight
- Water bottle
- Backpack/CinchSack/Fanny pack to carry belongings
- Female hygiene products

HELPFUL EXTRAS

- Sunglasses
- Swim Goggles
- Shower shoes
- Laundry Bag
- Book
- Writing paper, pens, self-addressed/stamped envelopes for letters home
- Photo from home and/or comfort item
- Disposable camera with name on it

- Lip Balm
- Fancy and/or silly clothes for special events

THINGS TO KEEP AT HOME

To keep camp fun and safe, we ask that you leave these items at home:

- Electronics: cell phones, smart watches, laptop computers, e-readers, tablets, music players, etc. (anything with a screen). We maintain an unplugged, non-screen environment.
- Food of any kind, including candy or chewing gum (all snacks are provided)
- Money, jewelry, or expensive items
- Any item considered dangerous (knives, guns, weapons, fireworks, matches, lighters, etc.)
- Alcohol or illegal drugs of any kind (including marijuana)
- Tobacco products, in any form (including e-cigarettes & vapes)
- Animals or pets of any kind
- Skateboards, bicycles, scooters, rollerblades, roller skates, and other personal sports equipment

LOST & FOUND

At the end of each session, we will attempt to return lost and found items to campers before they leave camp. The best way to ensure that all of your camper's items find their way home is to label all items with your camper's first AND last name. All lost and found items left at camp will remain at camp. Please call to inquire about lost items. Two weeks after your child's camp session ends, unclaimed and unlabeled items will be donated to charity. YMCA Camp DeBoer is not responsible for lost, damaged, or stolen items.

PAYMENTS & REFUNDS

Final payment must be received no later than 14 days prior to your first day at camp. For registrations made within two weeks of camp, full payment is required at the time of registration.

PAYMENT ACCEPTED

Make checks payable to Ashland Family YMCA, and send to 540 YMCA Way, Ashland OR 97520. We also accept Visa and MasterCard. Payments are scheduled at time of registration and will be automatically withdrawn 14 days prior to camp if balance has not been paid.

REFUND POLICY

Deposits are non-refundable. If your camper is unable to attend camp, please notify us immediately. To receive a refund, you must notify us prior to 15 days before your time at camp. According to how you originally paid the fees, a check or credit card refund will be issued, less the non-refundable deposit. Please allow 2 weeks for processing refunds. Any cancellations or refund requests received within 14 days before the start of camp will be at the discretion of the YMCA.

HEALTH & SAFETY INFORMATION

The health and safety of your child is our primary concern. To ensure our camp health care providers have the information necessary in advance, the Camper Health Form and Formulary must be completed and returned if you have not already done so. It is the parent/guardian's responsibility to provide accident and health insurance. The YMCA does not provide any coverage for members or participants.

CAMP HYGIENE STANDARDS

Cleanliness is a key component to keeping campers healthy. Campers will be required to wash their hands prior to every meal. Your pre-camp support of this concept is appreciated. Camp clean-up takes place each day, when campers, teen leaders and staff assume responsibility for maintaining a specific area of camp. Directors will check cabins for neatness daily.

HEAD LICE

Head lice can become an issue anytime you gather children together at school, afterschool programs, or camp. It is not indicative of uncleanliness and anyone can get them. Because lice are easily transmitted and require several steps to eliminate, we cannot keep children at camp who are found to have nits or head lice. To help ensure your camper will have a positive experience at camp, it is your responsibility to check and, if necessary, treat your child for nits or head lice the week before camp begins. If nits or lice are found, you must do a thorough treatment of the hair and all personal belongings to remove all nits and lice before your camper arrives at check-in. Treatment information can be found online or via the health department.

HELP KEEP BED BUGS OUT OF YMCA CAMP DEBOER

Bed bugs can be brought into camp at any time by any guest. We need your help to keep them out! Prior to your campers' arrival at camp, we ask that you wash and dry (on high heat) all items you are sending to camp, including bedding and duffel bags. If you are concerned that you may have an infestation, please contact YMCA Camp DeBoer to work through how to best prepare your campers' gear and how YMCA Camp DeBoer can help make sure these pests don't come in with your camper. We inspect cabins on every changeover weekend for evidence of bed bugs. In the unlikely event we discover bed bugs in your camper's cabin during their stay at camp, we will take immediate action to heat treat the cabin and the belongings of the occupants. We will notify all parents of affected campers as soon as we learn of any bed bugs in their cabin. Because we have no way to know when or how bed bugs enter our spaces, we do not assume the responsibility for the cost of eliminating them. However, we will do our best to prevent them from going home with you/your camper if they are discovered while at camp.

ILLNESS & ACCIDENTS

Our camp's health area has a limited capacity to keep campers in extended isolation, and keeping ill campers at camp increases the likelihood of other campers or staff becoming ill. In our experience, campers with medical conditions feel more comfortable recuperating at home. In such situations, the camp staff will contact parents to pick up their child from camp. Camp's policy is that parents are responsible for transporting sick campers home. Please make sure your emergency contacts are

aware they are listed and have adequate transportation to pick up your camper.

Please do NOT bring your camper if they are experiencing:

- An unusual cough
- New loss of taste or smell
- A runny nose with green snot
- A fever (must be symptom free for 24 hours without the use of fever reducing medicine)
- Diarrhea (must be symptom free for 48 hours)
- Vomiting (must be symptom free for 48 hours)
- Lice and/or nits

If your camper is sent home from camp sick early in the week and their symptoms subside and they have a negative COVID test, you must coordinate with the Camp Director before they are able to return to camp.

EMERGENCIES

YMCA Camp DeBoer employs experienced Health Care Managers and all staff are CPR/AED certified. The nearest Emergency Response Team is located in Keno, OR, while the Urgent Care Clinics can be found in Klamath Falls, Medford, or Ashland. A designated emergency vehicle is on site at all times. Camp staff use two-way radios for activities when campers are away from the main lodge. Safety drills, including fire, water, and earthquake readiness, are in place and are conducted throughout the summer.

EVACUATION PROCEDURES

In the unlikely event that the YMCA would decide to evacuate YMCA Camp DeBoer, we will attempt to contact the family starting with the primary contact, then the emergency contact, in that order. At that time, the person we make contact with will be given further instructions as to how the evacuation will proceed. For this reason, it is truly important that we have accurate contact information for parents and emergency contacts during your child's camp session. Based on the type of emergency, the YMCA will make a decision on the most prudent way to return campers safely to their homes. Such an emergency may require parents or authorized emergency contacts to pick up their child at camp.

BEHAVIORAL EXPECTATIONS

It is our policy to consult with parents on strategies for dealing with campers who have behavioral problems. Camp staff will make every effort to call the family starting with the lives-with parent or guardian, then the emergency contact. When the welfare of the camper, other campers, staff, or camp property/equipment is jeopardized, the parent(s) or guardian(s) will be notified to pick up their camper at their own expense. Travel arrangements will always be made in advance with the parent or guardian. Program fees will be forfeited.

BULLYING DESCRIPTION

Bullying is intentional, repeated aggressive behavior. It can take the form of physical or verbal harassment, and involves an imbalance of power. For instance, a group of children can target another child, or someone who is physically bigger or more aggressive can intimidate someone else. Bullying behavior can include teasing, insulting someone (particularly about their weight, height, race, sexuality, religion or other personal traits), shoving, hitting, excluding someone, or gossiping about someone. Bullying can cause a child to feel upset, afraid, ashamed, embarrassed, and anxious. It can involve children of any age, including younger elementary grade-schoolers and even kindergartners. Bullying behavior is frequently repeated unless there is intervention.

BULLYING POLICY

It is our intent to make camp a safe and welcoming space for all. To ensure the emotional and physical well-being of all campers at camp, parents or guardians will be contacted immediately to help assist with any bullying issues. We ask that parents talk to their campers about bullying before camp begins. Encourage them to be respectful of other campers, and direct them to tell a staff member if they are having, or witness, any problems.

MEDICATIONS

If you will be sending any over-the-counter or prescription medications or vitamins, please follow the instructions below:

1. Regulations require us to dispense all medication only from the original container. Over-the-counter medications, prescribed medications and vitamins must be sent in their original containers with the original pharmacy label. (containers will be returned at the end of your camper's session)
2. Prescription medication must be prescribed to the camper. No exceptions.
3. **Please carefully review and complete the YMCA Camp DeBoer Medical Form.** This will be emailed. Indicate your approval to dispense any medications listed on the formulary. Complete the camper health history.
4. Return completed **forms by July 28th** to ensure time for medical staff to review all forms.

"MEDICATION HOLIDAYS"

We strongly discourage parents whose children are on medication throughout the year from putting them on a "medication holiday" while they are at camp. It is not always in the child's best interest to take time off from their medication. We will be as accommodating as possible with your physician's recommendation.

IMMUNIZATIONS

When campers and staff are camping in close quarters, they share stories, laughs, and life lessons. Unfortunately, they may also share germs. We strongly encourage all campers to have up-to-date MMR, Tdap and Varicella vaccinations as this will help your child stay healthy at camp. It is required to write the actual dates of vaccinations on the YMCA Camp DeBoer Camper Medical Form. If your child does not have a vaccination, please write not vaccinated.

GETTING TO & FROM CAMP

LATE ARRIVALS/EARLY PICK-UPS & NO SHOWS

For the development of the cabin dynamic and the quality of the program, as well as for safety & security reasons, we try to limit late arrivals and early pick-ups only to completely necessary circumstances. Campers not at camp within one hour of check-in time may not be permitted to attend the session. No refunds are given for no shows. *Please do not arrive at camp before check-in or pick-up time starts.*

Check-In Time: **All Camps** - Sundays from 2p-4p at YMCA Camp DeBoer

Pick-Up Time: **Mini Camp** – Tuesday from 11:00a-12p at YMCA Camp DeBoer

Traditional Camp - Fridays from 10:30a-12p at YMCA Camp DeBoer

DRIVING DIRECTIONS TO CAMP

FROM ASHLAND

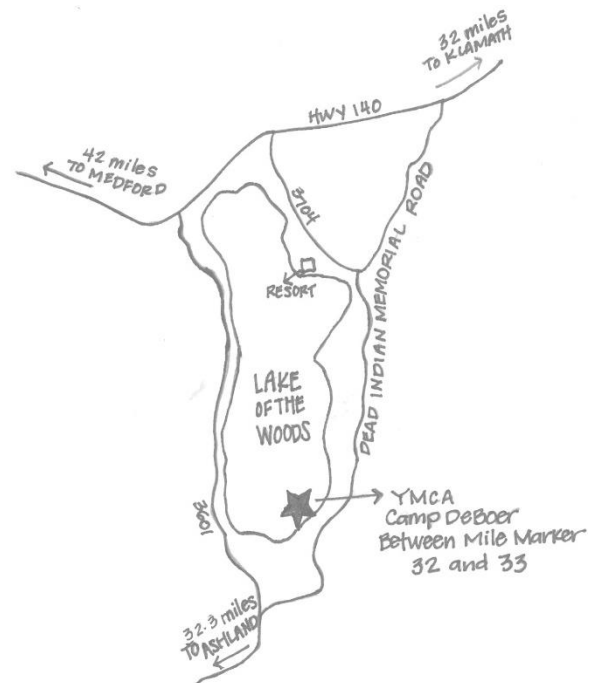
From town, get onto OR 66 towards Emigrant Lake (0.3 mi). Turn left onto Dead Indian Memorial Road. Follow Dead Indian Memorial Road for 32.3 miles. YMCA Camp DeBoer will be on the left side of the road (between mile marker 32 and 33), and can be seen from Dead Indian Memorial Road. There is a US Forest Service sign on Dead Indian Memorial Road marking the entrance to camp.

FROM MEDFORD

Take OR-140 east for 48.8 miles. Turn right (south) onto Dead Indian Memorial Road (**beyond** turn for Lake of the Woods Resort). Follow Dead Indian Memorial Road for 3.7 miles. YMCA Camp DeBoer will be on the right side of the road (between mile marker 32 and 33), and can be seen from Dead Indian Memorial Road. There is a US Forest Service sign on Dead Indian Memorial Road marking the entrance to camp.

FROM KLAMATH FALLS

Take OR-140 west for 31 miles. Turn left (south) onto Dead Indian Memorial Road. Follow Dead Indian Memorial Road for 3.7 miles. YMCA Camp DeBoer will be on the right side of the road (between mile marker 32 and 33), and can be seen from Dead Indian Memorial Road. There is a US Forest Service sign on Dead Indian Memorial Road marking the entrance to camp.



TRANSPORTATION DAY SAFETY

- Check-in areas are blocked off and secure from vehicle traffic.
- First aid kits are available at check-in if needed.
- Parents or guardians should accompany campers to the check-in area.
- All camper medications are left with the camp nurse at the check-in location.
- Parents release campers to camp staff once they arrive at the camper's cabin.

AUTHORIZED PICK-UPS

At check-in you will be asked who will pick up your child. **PLEASE BRING A PHOTO ID TO PICK-UP.** Your camper will be released to only those listed as an authorized pick-up person. For the safety of your camper and the smooth operation of camp, **PLEASE BE ON TIME FOR PICK-UPS!**

CHECK-IN PROCEDURES

- Check-in at the check-in table.
- Turn in all medication(s) in original container(s) to the nurse. (do not pack in camper's luggage).
- When check-in is complete, you will be able to visit the camp store.

CONTACT US

Ashland Family YMCA
540 YMCA Way
Ashland, OR 97520
P 541-482-9622
F 541-482 3348

YMCA Camp DeBoer
13430 Dead Indian Memorial Road
Klamath Falls, OR 97601

Please feel free to contact us with any questions or comments:

Will Robinson

Senior Operations Director

541-482-9622 ext 343

YMCA Camp DeBoer Cell (*only monitored during camp sessions*) 541-951-0662

info@ymcacampdeboer.org