



# WELCOME TO YMCA CAMP DEBOER

## Parent & Quester Handbook

### 2025 TRIALS QUEST CAMP

WELCOME and thank you for choosing YMCA Camp DeBoer!

We are so excited to welcome your quester(s) this summer and help them experience the fun, community and adventure of camp. Our community is a place where questers can grow and thrive by truly being themselves. Your quester 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 living 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 quester 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 quester's summer adventure, please read through this handbook for important information, including specifics about quester 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 Program Director at 541-622-2455. 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 quester(s) this summer!

In the spirit of camp,

Summer Brandon – YMCA Camp DeBoer Program Director

Will Robinson – Ashland Family YMCA Senior Operations Director

Heidi Hill – Ashland Family YMCA CEO

# 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 & YMCA Camp DeBoer 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 quester role modeling and living together at camp, we provide questers 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

As we live and explore together at camp, in order to create a community of safety and belonging we also focus on these foundational character traits:



- **Courage:** Ability to continue in the face of difficulty or unknown.
- **Optimism:** Choosing to focus on positives and remain open to opportunities
- **Growth:** Ability to learn new things and improve over time

## WHAT IS TRIALS QUEST CAMP?

Quest camps are specifically designed for teens and often include programming away from the base camp of YMCA Camp DeBoer. Trails Quest camp is a 6-day, 5-night backpacking program for campers age 14-18 on the scenic trails of Southern Oregon. Questers arrive at YMCA Camp DeBoer on Sunday to meet their crew, complete Pack-Out, and hit the trail. Then our trained staff lead questers on 5 days of through-hiking (which means we carry all our gear each day) ending back at camp on Friday. Each day includes camp pack/set up, hiking through scenic wilderness, learning new camp skills, communal cooking and meals, and team building fun. Questers bring (or rent from us) their own personal gear (see Packing List pg 7), an open mind, desire to frolic through the wilderness and grow, and we provide the rest. This unique program brings together individuals for a week of intentional and supported challenges, unbelievably gorgeous wildlands, connection building and personal growth, and creates a community with lifelong memories.



## IS MY CHILD READY FOR TRIALS QUEST CAMP?

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

1. Does my child consistently identify and advocate for their own needs (rest, water, help)?
2. Has my child successfully spent at least one night away from home?
3. Is my child able to walk for several hours each day, up to 12 miles each day?
4. If my child is not yet ready for the physical challenges of this camp, are they willing to train and prepare over the spring?
5. Is my child willing to try new things or take on challenges?

If the answer to any of these questions is “no,” please contact Camp Director, Summer Brandon to discuss your child’s experience. *See last page for contact information.*

## FOR FIRST TIME QUESTERS

Congratulations on choosing an experience that can be both exciting and maybe a little daunting. Fear not, we’re here to help with some pro tips to help both families and questers prepare for a great adventure.

Helping questers, even older first-time questers, prepare ahead of time can help them more easily cope with being away from home and enjoy their week at camp. It is very normal for symptoms of homesickness or anxiety to occur over the first few days of camp – often during rest period and/or lights out. Most often with the support of their counselors, new friends and fun activities, the homesickness dissipates. If your quester 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 quester have an emotionally safe and rewarding camp experience. Because this camp is a trail-based experience without road access, picking up your quester early is not an option. We are prepared for emergency evacuation needs with the help of local Search and Rescue organizations.

We prepare our staff to support your child through challenging moments by spending significant staff training time focusing on the camp experience through the eyes of the questers and building skills to meet their unique needs on the trail. We especially focus on how questers are welcomed, engaged and included during their first 24 hours at camp.

Here are a few things families and questers can do **prior to camp** to prepare for a great first camp experience:

- Model a positive family attitude about time away from home at camp
- Pack a practice backpack with up to 30lbs or 20% of their body weight, and practice carrying it once it's packed
- Practice sleeping in a sleeping bag or on a camping pad (we use 1in dense foam designed for backpacking).
- Mark a calendar with days until camp starts- HOORAY!!!
- Give gentle encouragement that missing home is "ok" and that you believe in your questers ability to tackle and overcome any challenges they experience.
- Practice electronics-free time because electronics are discouraged on the trail and typically have no coverage. *(especially practice those times when your quester most uses electronics such as listening to their phone before bed)*
- Connect with YMCA Camp DeBoer's social media to see positive and exciting camp content  
🎵📷@ymcacampdeboer      📘www.facebook.com/YMCACampDeBoer
- Read this handbook with your quester so they feel prepared.
- Make a list of things they are excited about at camp *(new friends, earning their 50 mile badge...)*

Here are a few things families can do to help your quester **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 quester's belongings

## LIFE AT CAMP

### MEALS

Questers enjoy nutritious backpacking meals and snacks shared by all. These may include some fresh food in the first days, but will also include dehydrated meals that are lightweight. All food is provided by our program and all members of the group will help carry some community supplies such as food. The good news is that it gets lighter as we eat!



A sample day of meals might include:

- Breakfast: Oatmeal, dried fruit, hot chocolate or tea
- Lunch: Pita Pizza (pita, cold sauce, string cheese, optional pepperoni), apple, nuts
- Snack: Jerky or trail mix
- Dinner: Chili Mac & Cheese, apple crisp desert (both dehydrated meals)

## DIETARY NEEDS/RESTRICTIONS

We can accommodate some dietary restrictions on the trail, but because most meals are made in one pot we cannot tailor each meal to individuals. We encourage questers to be open to a variety of foods as skipping meals on the trail can make it hard to carry a pack and cover mileage each day and we don't carry enough snacks to replace meals. **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 quester has less-common dietary restrictions or food allergies, please feel free to contact us to discuss options available for your quester, including possible supplemental items to send with your quester (to be carried in your quester's pack). There is no refrigeration option on the trail, so all food will be shelf stable for the week. All food must be stored in bear cans where there is limited space. Snacks that don't fit in our bear cans will be left at camp. *See the last page for contact information.*

## SLEEPING

Questers will sleep in 3-4 person tents or shelters. Each tent team will have the option to pack a whole tent (poles, fly, tent, ground cover) or tarp shelter and divide the parts to carry among them. They will make the choice on Sunday at the start of camp so that we have updated weather information available. Each quester will sleep on the ground in their own lightweight backpacking sleeping bag and sleeping pad. Tents are provided by the program and questers may either bring their own sleeping bag and pad or rent a set from YMCA Camp DeBoer. Groupings will generally be made by gender and will be determined with quester input on arrival day.



## OUR STAFF

YMCA Camp DeBoer's staff is a select group of caring and creative individuals who truly enjoy working with teens. Camp is a life-changing experience where questers 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 are especially thrilled to develop future staff through our Leaders In Training and Junior Counselor programs during which former questers build skills and practice leadership under the supervision and mentorship of our staff. To ensure safety and elevate the magic at camp we have one staff member for every ten questers.

Staff are selected through an 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 additional training and certification. Finally, all staff complete in-depth training prior to the start of camp on topics including youth development, inclusion, emergency procedures, teamwork, and bullying and child abuse prevention.



## EXAMPLE DAILY SCHEDULE

Our daily schedule is designed to provide our questers with opportunities for both structured and free choice activities. Below is a typical daily schedule that is subject to change. While not noted in the schedule, the group will take several additional rest/water/cool-view breaks based on the needs of the crew.

7:00 Wake Up & Pack Up	2:45 Afternoon Snack & Fun
7:30 Breakfast	5:45 Set Up Camp
8:00 Hit the Trail	6:30 Dinner & Relax
10:00 Morning Snack & Game	7:45 Evening Activity (Campfire, cards)
12:30 Lunch	10:00 Lights Out

## EXAMPLE WEEKLY SCHEDULE

Our weekly schedule is designed to provide as much time on trail as possible while still allowing time for preparation and base camp opportunities.

**Sunday:** Arrive @ YMCA Camp DeBoer 11am-12:00pm, Lunch & Pack Out, Trail Drop Off 3:00pm

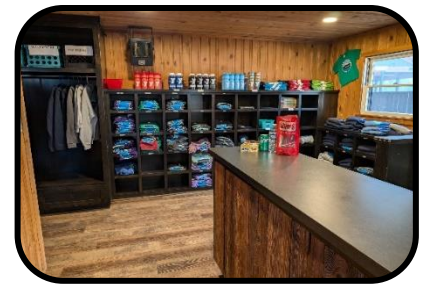
**Monday-Thursday:** See example daily schedule above

**Friday:** Return to YMCA Camp DeBoer by 1:00pm, Lunch & Pack-In (including camp store visit), Depart camp 3-4pm



## YMCA CAMP DEBOER STORE

At the end of their week, questers will have the opportunity to visit the Camp Store, which offers YMCA Camp DeBoer swag (shirts, hats, hoodies, water bottles, stickers) and snacks. All store purchases are made through a prepaid store credit that families can purchase through the [registration system \(http://bit.ly/3Bf6M0C\)](http://bit.ly/3Bf6M0C) or by stopping into the Camp Store during check-in. Please do not send cash with your quester as we are not responsible for any lost money. Please discuss with your quester the amount in their store account. We suggest \$20-50 per week of camp. You may also donate funds to help a low-income quester. At the end of the week you may choose to have unspent money donated to our questership fund for the following summer, or to be refunded to your account at the end of the summer.



## CONNECTING WITH YOUR QUESTER DURING CAMP

### MAIL AT CAMP

Questers love receiving mail at camp! We recommend writing one or more letters and bringing them to camp check-in. Letters and packages can be left with Trails Quest staff and will be delivered to your child during mail call each day Monday-Friday. Only small letters (business envelop or smaller) will be taken on the trail Monday-Thursday, but a package may be left for Friday. If sending more than one letter, please include the day of the week you would like each letter delivered. Mail should be **labeled with the quester's full name.**

## A NOTE ABOUT CELL PHONES & ELECTRONICS

To help questers fully engage in the magic of this week in the wild questers are discouraged from bringing cell phones and should not bring other electronics. Here are a few more reasons we recommend leaving electronics at home...batteries are heavy and there are no opportunities to plug into power on the trail, we may be hiking through rain and can't guarantee things will stay dry, many cell phones get no service on the trail, for safety reasons headphones of any kind are not permitted while hiking, and if something gets dropped down a slope - for safety of all we aren't climbing down to retrieve it. Staff will carry a communication device to stay in touch with YMCA Camp DeBoer, and a camera to take group photos that will be shared with all at the end of the week. We will be in contact if there are any concerns regarding your child, so "no news is good news". **Please help your quester have the best possible experience at camp by leaving all cell phones and electronics at home.**

## PARENT COMMUNICATION

Staff are trained to handle day-to-day situations that may arise during your quester'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 quester may include:

- Behavioral issues including bullying or verbal or physical aggression that endangers themselves or others
- Illness, including vomiting, respiratory symptoms and/or a fever over 100°F
- Medical care beyond basic first-aid. If your child requires medical care off-site we will do our best to reach you before we leave camp/trail. A cell phone will accompany the staff person with your child to facilitate communication between you and your child.
- Emergencies or evacuations due to events such as fire.

## WHAT TO PACK FOR CAMP

Each quester should have no more than a partially filled trail backpack. ALL questers must be able to carry their own supplies as well as some group gear such as tent parts or food.

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

- Lighter is better when you have to carry everything every day
- Layers are great to help adapt to varying weather.
- Avoid cotton clothes that will stay wet if they get wet (no jeans, heavy cotton sweatshirts)
- You don't need to buy all new gear – **questers can rent a trail kit including sleeping bag & pad, backpack\*\***
- We provide all group gear including cooking gear, stove, tents/tarps, food, water filtration, maps/GPS, digger, TP, 1<sup>st</sup> Aid Kit, bear cans
- Wear the most comfortable sturdy shoes that are already worn in – **DO NOT PACK BRAND NEW SHOES. Practice walking in your hiking shoes with your loaded pack to make sure new hotspots (future blister spots) show up.** It's better to wear comfortable tennis shoes that fancy new hiking boots that your feet aren't used to yet. It can take several weeks to break in new boots enough to make them comfortable for a week of constant trail use.
- Pack the smallest & lightest version you can find for each supply (travel toothpaste rather than a full tube, travel deodorant...)

## RECOMMENDED PACKING LIST FOR A TRAILS QUEST CAMP SESSION:

- Trail/Full Backpack
- 40 degree or warmer sleeping bag \*\*
- Sleeping pad (self-inflating or foam) \*\*
- 2-3 short sleeve shirts
- 1-2 long sleeve shirts
- 1-2 Lightweight pants (1 pair you could hike or sleep in)
- 1-2 pairs shorts
- Warm fleece or packable jacket
- Raincoat or poncho with hood
- Sunhat or baseball cap, sunglasses
- 3 pairs underwear & socks (yep, they'll be worn more than once)
- 1 pair comfortable walking shoes
- 1 pair camp shoes with soles – to change into once in camp to help feet recover each night
- Hair ties for long hair
- Toothbrush & Toothpaste
- Hand soap or sanitizer
- Deodorant
- Sunscreen – SPF 15 or higher
- Insect Repellent
- Flashlight or Headlamp with extra batteries or solar
- Water bottle
- Menstrual products (tampons strongly recommended as they must be carried out after use)
- 1 lightweight camp mug/bowl (sierra cup)\*\*
- 1 spoon/spork\*\*
- Chapstick or other lip balm
- OPTIONAL: Mole skin, 2<sup>nd</sup> skin or other anti-blister system if you tend to get blisters
- OPTIONAL but recommended: hiking poles, especially if quester has knee issues, difficulty with hills or is new to hiking.



## 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.
- Money, jewelry, or expensive items
- Any item considered dangerous (knives, guns, weapons, fireworks, matches, lighters, pepper spray etc.) Staff will bring a knife, bear spray, and fire starters for the group to use in cooking and camp set up.
- Alcohol or illegal drugs of any kind (including marijuana products)
- 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 questers before they leave camp. The best way to ensure that all of your quester's items find their way home is to label all items with your quester'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. If your family is in need of financial assistance please complete our [application for financial assistance on our website](#) as early as possible.

### **PAYMENT ACCEPTED**

Make checks payable to Ashland Family YMCA, and send to 540 YMCA Way, Ashland OR 97520. We also accept Visa and MasterCard. A \$100 deposit is required at the time of registration; all remaining 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 quester is unable to attend camp, please notify us immediately. To receive any 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 our questers and staff is our primary concern. To ensure our camp health care providers have the information necessary in advance, families must provide health history and medical information for each quester during registration. It is the parent/guardian's responsibility to provide accident and health insurance. The YMCA does not provide any coverage for members or participants.

### **TRAIL HYGIENE STANDARDS**

Cleanliness is a key component to keeping questers healthy, but personal hygiene may look different on the trail. Questers will not have access to baths or showers while on the trail so it is not necessary to bring shampoo or body wash. We do expect questers to wash/sanitize hands before meals and after using the toilet. Sanitizer may be preferred when water is less available. Please talk as a family about deodorant and body odor as questers live together in close quarters throughout the week.

## HEAD LICE

Head lice can become an issue anytime children gather together at school, afterschool programs, or camp. It is not indicative of cleanliness and anyone can get them. Because lice are easily transmitted and require several steps to eliminate, our best defense is to do all we can to keep them from coming to camp in the first place. If lice or nits are discovered before the group hits the trail a quester will be required to leave camp. If lice or nits are discovered while the group is on trail we will do all we can to provide personal space and reduce the likelihood of transmission. To help ensure your quester 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 quester 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 questers' arrival at camp, we ask that you wash and dry (on high heat) all items you are sending to camp, including bedding and cloth bags. If you are concerned that you may have an infestation, please contact YMCA Camp DeBoer to work through how to best prepare your questers' gear and how YMCA Camp DeBoer can help make sure these pests don't come in with your quester. We inspect our spaces and gear between each session for evidence of bed bugs. In the unlikely event we discover bed bugs in your quester's spaces during their stay at camp, we will take immediate action to heat treat the space and the belongings of the occupants. We will notify all parents of affected questers as soon as we learn of any bed bugs in their gear. 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 quester if they are discovered while at camp.

## ILLNESS & ACCIDENTS

Our camp's infirmary has a limited capacity to keep questers in extended isolation, and keeping ill questers on the trail or at camp increases the likelihood of other questers or staff becoming ill. In our experience, questers with medical conditions feel more comfortable recuperating at home. Camp staff are not able to transport sick questers home. In such situations, the camp staff will contact families or emergency contacts to pick up an ill child from camp. Please make sure your emergency contacts are aware they are listed and have adequate transportation to pick up your quester. Because Trails Quest is a remote and off-site program it may not be possible to remove a quester immediately upon the onset of symptoms. In the event of an illness Trail Quest leaders, YMCA Camp DeBoer camp director and our camp nurse will consult to determine safest response.



Please do NOT bring your quester to YMCA Camp DeBoer if they are experiencing:

- An unusual cough
- New loss of taste or smell
- A runny nose with green snot
- A fever of 100.4°F (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
- Contagious condition such as chickenpox

If your quester is sent home from camp sick early in the week and their symptoms subside, you must coordinate with the Camp Director to determine if there is an option to return to the program.

## **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 quester's session)
2. Prescription medication must be prescribed to the quester. No exceptions.
3. **Please carefully review and complete the Medical Information in the online "Child Profile" during registration in Daxko.** Indicate your approval to dispense any medications listed on the formulary in the "Waiver" during registration.
4. If any medical/health or medication changes occur between completion of the "Child Profile" and camp attendance please update the "Child Profile" in your Daxko account and notify our Camp Health Officer during check-in.
5. Deliver **all medications** to the Camp Health Officer in the Infirmary during check-in. The Camp Health Office will ensure that they understand all medications, conditions and doctors orders during this quick consultation. The Camp Health Officer will ensure that medications such as asthma inhalers and epi pens remain with the quester, and other medications are safely stored with Trails Quest staff. The Camp Health Officer will consult with and remain in contact with Trails Quest staff while the program is off site to ensure continued health and safety.

## **"MEDICATION HOLIDAYS"**

We strongly discourage parents a "medication holiday" while are at camp, especially because of the remote nature of the Trails Quest program. It is not always in the child's best interest to take time off from their medication they regularly take as it requires the child to independently adjust to new feelings/conditions while away from their support systems and familiar circumstances. It can be unsettling for the quester and create challenges for them, making it harder to simply enjoy camp. We will be as accommodating as possible with your physician's recommendation.

## **IMMUNIZATIONS**

When questers and staff are camping in close quarters, they share stories, laughs, and life lessons. Unfortunately, they may also share microbes. We strongly encourage all questers 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 Quester Medical Form. If your child does not have a vaccination, please write not vaccinated.

## 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 Urgent Care Clinics can be found in Klamath Falls, Medford, or Ashland. A designated emergency vehicle is on site at YMCA Camp DeBoer at all times. Trails Quest staff use two-way communication devices when questers are off site. Safety drills, including fire, water, and earthquake readiness, are in place and practiced during staff training.

## EVACUATION PROCEDURES

In the unlikely event that the YMCA would need to evacuate YMCA Camp DeBoer or a Trails Quest crew, we will send emergency communication such as our action plan and reunification locations through our text system. **Families are required to opt into this system with at least one text capable phone number prior to the start of their child's week at camp.** Based on the type of emergency, the YMCA at YMCA Camp Director will decide on the most prudent way to return questers safely to their families or emergency contacts. An emergency with prior notice such as a local fire that places camp on a Level 2 evacuation notice may require parents or authorized emergency contacts to pick up their child at camp. YMCA Camp DeBoer leadership check trail weather and fire conditions at least daily while Trails Quest camps are in session and communicate those conditions with Trails Quest staff.

## BEHAVIORAL EXPECTATIONS

At YMCA Camp DeBoer we expect staff and questers to behave in ways that are safe, considerate of others and allow the programs of camp to run smoothly. We also know that everyone has tough moments and may make mistakes. We believe that behavior is communication; questers are trying to tell us something with their actions. At YMCA Camp DeBoer we use trauma informed practices to help questers understand and communicate their needs, and behave in ways that are safe for themselves and others. Camp staff are skilled at helping questers behave in ways that meet our community agreements or make repairs after a mistake, and will make every reasonable effort to support a child remaining in at camp or on the trail. However, when the welfare of the quester, other questers, staff, or camp property/equipment is jeopardized, the family or emergency contacts will be notified to pick up their quester immediately at their own expense. The serious and rare decision to send a quester home is made by our Camp Director and is not open to appeal. Program fees will be forfeited.



## BULLYING DESCRIPTION

Bullying is intentional, repeated aggressive or intimidating behavior that results in another person feeling unsafe. It can take the form of physical or verbal harassment, and involves an imbalance of power. 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 people of any age. Bullying behavior is frequently repeated unless there is intervention.

## BULLYING POLICY

YMCA Camp DeBoer programs must be safe and welcoming spaces for all. To ensure the emotional and physical well-being of all questers and staff at camp, parents or guardians will be contacted immediately to help assist with any bullying issues. We ask that families talk to their questers about bullying before camp begins. Encourage them to be kind to and respectful of others, and direct them to tell a staff member immediately if they are having, or witness, any problems. Speaking up in the face of cruelty to others is a great example of living our core values of courage, honesty, caring and respect.

## CAMP SERVICE DOG

YMCA Camp DeBoer employs a task trained service dog provided by Dogs For Better Lives. Tarmac is a black lab who is trained to provide deep pressure therapy, grounding touches, and passive presence support to people experiencing trauma related conditions such as anxiety, PTSD or even significant homesickness. He works with our Summer Brandon, our Camp Director, to provide care and comfort when requested. No quester is required to interact with Tarmac. **Please note any severe allergies or aversions to dogs in a quester's Child Profile during registration or let us know during Check-in.**



## GETTING TO & FROM CAMP

### LATE ARRIVALS/EARLY PICK-UPS & NO SHOWS

All arrivals and pick-ups happen at YMCA Camp DeBoer. For the development of the cabin dynamic, the quality of our program, and the safety & security of all, we try to limit late arrivals and early pick-ups only to completely necessary circumstances. Questers 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:** Sunday from 11am-12pm

**Pick-Up Time:** Friday from 3pm-4pm

### ARRIVAL & PICK UP DAY SAFETY

- Vehicles are not allowed beyond the parking lots.
- First aid kits are available at check-in if needed.
- Guardians should accompany questers to the check-in area.
- All quester medications are left with the camp nurse at the Infirmary.
- Once questers complete check-in they remain under the supervision of camp staff.

### CHECK-IN DAY

1. Park in the gravel parking lots and walk to the check in at the Pavilion where you will:
  - Meet Trails Quest staff
  - Ensure all information is up to date and a guardian is opted in to emergency texts
  - Let us know who will pick up your quester at the end of their session.

2. Turn in all medication(s) in original container(s) to the nurse. (do not pack in quester's luggage). The Health Officer will send any medications like inhalers and epi pens with the quester after meds check-in.
3. Drop off quester(s) and any mail with Trails Quest staff and say "later alligator"
4. Visit the camp store to add camp store credit to a quester account if you still need to do so.

## PICK-UPS

1. Park in the gravel lot and find camp staff at entrance gate. **PLEASE BRING A PHOTO ID TO SHOW STAFF FOR PICK-UP.** Your quester will be released to only those listed as an authorized pick-up person who can show a picture ID.
2. Staff will bring your quester and their gear to you at the parking lot.
3. Visit the Health Officer by the entrance gate to pick up any medications you turned in
4. For the safety of your quester and the smooth operation of camp, **PLEASE PICK-UP DURING THE DESIGNATED PICK UP TIME WINDOW!**

## DRIVING DIRECTIONS TO CAMP

### FROM ASHLAND

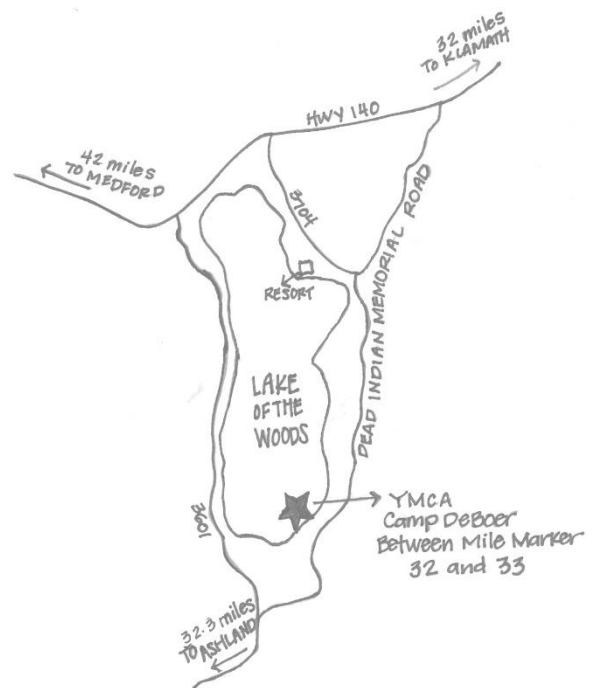
From town, get onto OR 66 towards Emigrant Lake (0.3 mi). Turn left onto Dead Indian Memorial Road. Follow Dead Indian Memorial Road for 32.3 miles. YMCA Camp DeBoer will be on the left side of the road (between mile marker 32 and 33), and can be seen from Dead Indian Memorial Road. There is a US Forest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



## CONTACT US

As you register and prepare for camp please feel free to contact us with any questions or concerns. If you need help registering for camp you can ask for help at the Front Desk of the Ashland Family YMCA or contact Camp Program Director Summer Brandon. All questions or concerns during the camp season should be directed to Summer Brandon by phone via her work cell phone or the YMCA Camp DeBoer site phone:

### **Ashland Family YMCA**

540 YMCA Way  
Ashland, OR 97520  
Front Desk Phone 541-482-9622  
Fax 541-482 3348

### **YMCA Camp DeBoer**

13430 Dead Indian Memorial Road  
Klamath Falls, OR 97601  
Site Phone: 541-622-2455 *(only monitored during camp sessions)*  
[www.ashlandymca.org/ymca-camp-deboer](http://www.ashlandymca.org/ymca-camp-deboer)

### **Summer Brandon**

**YMCA Camp DeBoer Program Director**  
Work Cell: 541-622-2455  
[ycampdeboer@ashlandymca.org](mailto:ycampdeboer@ashlandymca.org)