

WELCOME TO YMCA CAMP DEBOER

Parent & Quester Handbook

2026 TRAILS 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 backpacking camp. Our community is a place where questers can grow and thrive by truly being themselves. Your quester can 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 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 contact our camp staff at ycampdeboer@ashlandymca.org. Thank you for trusting us with your child's summer enrichment. We are honored you have chosen YMCA Camp DeBoer and look forward to seeing your quester(s) this summer!

In the spirit of camp,

Naiya Budler - Sports Director

Caden Gallagher - Executive Assistant to the Executive Director

Heidi Hill – Ashland Family YMCA Executive Director/CEO



YMCA CAMP DEBOER TRAILS QUEST GUIDE

Pg - CONTENTS

- 3 - Mission & Values
- 4 - What is Trails Quest?
- 5 - Meals & Dietary Needs
- 6 - Sleeping
- 6 - Our Staff
- 6 - Daily & Weekly Schedule
- 7 - Camp Store
- 7 - Mail & Communication

Pg - CONTENTS

- 8 - Packing List
- 9 - Lost and Found
- 10 - Payments and Refunds
- 10 - Health & Safety
- 12 - Medications
- 13 - Emergency & Evacuation
- 13 - Behavioral Expectations & Support
- 14/15 - Getting To/From Camp & Contact Info

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:** Continuing in the face of difficulty or unknown.
- **Optimism:** Choosing to focus on positives and remaining open to opportunities
- **Growth:** Being comfortable with failure in order to learn new things\ and improve over time
- **Connection:** Building meaningful relationships and supporting others

WHAT IS TRAILS QUEST?

Trails Quest is specifically designed for teens and includes programming away from the base camp of YMCA Camp DeBoer. Trails Quest is a combination of camp and a backpacking trip for campers ages 14-17 on the scenic trails of Southern Oregon. Questers arrive at YMCA Camp DeBoer on Sunday via bus to meet their crew, complete Pack-Out, and enjoy the camp atmosphere. Monday morning after a night of rest at camp, they hit the trail. Our trained staff lead questers on 3.5 days of through-hiking (which means we carry all our gear each day), spending three nights in the wilderness and ending back at camp on Thursday. 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 spend quality time in the wilderness and experience personal growth. We provide the rest. This unique program brings together individuals for a week of adventure while creating a community with lifelong memories.

IS MY CHILD READY FOR TRAILS QUEST?

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 many hours each day carrying their own backpack?
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 our camp staff at ycampdeboer@ashlandymca.org 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 day or two, often during rest period and bedtime. Most often with the support of their counselors, new friends and fun activities, the homesickness often dissipates after the first night. 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. Due to the fact that this camp is a trail-based experience without road access, picking up your quester early, excluding the reasons listed below, 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 day and night 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 1 inch 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 and experiences)*

Here are a few things families can do to help their quester **during camp**:

- Writing letters (see more below) 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, 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!

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 to pack a whole tent (poles, fly, tent, ground cover). 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.

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 complete appropriate additional training and certification. Finally, all staff complete an in-depth training prior to the start of camp for all staff ensures they are proficient in on topics including youth development, inclusion, emergency procedures, teamwork, and the prevention of 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, continue hiking
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, continue hiking	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, enjoy some camp activities and pack up all gear before a good night's rest at camp.

Monday-Wednesday: See example daily schedule above

Thursday: Return to YMCA Camp DeBoer by 1:00pm, Lunch & Unpack (plus 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](#). Details on our store snacks and merchandise will be available to parents prior to camp. Please do not send cash with your quester as we are not responsible for any lost money. 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 either 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 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-Thursday. Only small letters (business envelope or smaller) will be taken on the trail Monday-Wednesday, but a package may be left for Thursday. 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 and the words TRAIL QUESTER.**

A NOTE ABOUT CELL PHONES & ELECTRONICS

To help questers fully engage in the magic of this week in the wild, cell phones and other electronics are not allowed. Here's why: 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. **Please help your quester have the best possible experience at camp by leaving all cell phones and electronics at home.**

PARENT COMMUNICATION

We will be in contact if there are any concerns regarding your child, so “no news is good news.” 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

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 stay wet if they get wet from sweat or rain (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, 1st 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 than fancy new hiking boots that your feet aren’t used to yet. It can take several weeks to break in a new pair of boots enough to make them comfortable for a few days of constant trail use.
- Pack the smallest & lightest version you can find for each supply (travel toothpaste rather than a full tube, travel deodorant, etc.)

RECOMMENDED PACKING LIST FOR A TRAILS QUEST CAMP SESSION:

- 40L-60L Backpack **
- 40 degree or warmer sleeping bag **
- Sleeping pad (self-inflating or foam) **
- 2-3 short-sleeved shirts, avoid all-cotton shirts, if possible
- 1-2 long-sleeved shirts, avoid all-cotton shirts, if possible
- 1-2 lightweight pants (1 pair you could hike or sleep in)
- 1-2 pairs shorts
- Warm fleece or packable jacket

- Beanie or other warm hat
- Raincoat or poncho with hood
- Sunhat or baseball cap
- Sunglasses
- 5 pairs underwear & socks, avoid all-cotton socks, if possible
- 1 pair comfortable walking shoes (must be broken-in)
- 1 pair camp shoes with soles, such as crocs, to change into once in camp to help feet recover each night (no open-toed shoes)
- Hair ties for long hair
- Toothbrush & Toothpaste
- Hand soap or sanitizer
- Deodorant
- Sunscreen – SPF 15 or higher
- Insect Repellent
- Preferred menstrual products
- Flashlight or Headlamp with extra batteries
- Water bottle (32 ounce / 1 liter capacity or more)
- Chapstick or other lip balm
- OPTIONAL: Mole skin, 2nd skin or other anti-blister system if you tend to get blisters
- OPTIONAL hiking poles, especially if the quester has knee issues, difficulty with hills or is new to hiking.
- OPTIONAL: Disposable camera
- OPTIONAL: Lightweight towel
- OPTIONAL: Packable camp chair
- OPTIONAL: Preferred crushable snack

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. At the end

of summer, 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. Multi-use soap that is safe for the outdoors is a great option. 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 lead camp staff and our Camp Health Officer will consult to determine the 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 discharge
- 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 conditions 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. (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 designated camp staff during check-in.
5. Deliver **all medications** to the designated staff during check-in. The designated staff will ensure that they understand all medications, conditions and doctors orders during this quick consultation. The designated staff 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 or designated staff 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 campers from taking a "medication holiday" while they 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 Camp Health Officers and all staff are CPR/AED certified. The nearest Emergency Response Team is located in Keno 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 and/or a cell phone 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 quester's week at camp.** Based on the type of emergency, the 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 checks trail weather and fire conditions at least daily while Trails Quest is in session and communicates 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 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 or at risk, 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 lead camp staff and is not open to appeal. Program fees will be forfeited.

BULLYING DESCRIPTION

Bullying is 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 interest of others is a great example of living our core values of caring, honesty, respect and responsibility.

GETTING TO & FROM CAMP

NEW DROP OFF AND BUSSING FROM THE ASHLAND FAMILY YMCA

YMCA Camp DeBoer is happy to announce that we will now be bussing all Trails Quest Participants from the Y to Camp DeBoer and back. Our goal is to create less of an environmental impact on our ecosystem and provide guardians with a simpler drop off procedure more conducive to working families.

All Trails Quest participants and families must drop off and pick up at the Ashland Family YMCA at 540 YMCA Way in Ashland Oregon 97520.

Email ycampdeboer@ashlandymca.org with any questions

Check-In AT ASHLAND YMCA: **Trails Quest** - Sunday from 12pm-2pm

Pick-Up AT ASHLAND YMCA: **Trails Quest** - Thursday from 5pm-6pm

DROP-OFF

- First aid kits are available at check-in if needed.
- Parents or guardians should accompany questers to the check-in area.
- All camper medications are left with the designated staff.

PICK-UP

1. **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 designated staff to pick up any medications you turned in
4. For the safety of your quester and the smooth operation of camp, **PLAN TO PICK-UP DURING THE DESIGNATED PICK UP TIME WINDOW! WE DO NOT OFFER AFTER-HOURS CHILDCARE FOR QUESTERS.**

DRIVING DIRECTIONS TO CAMP

FROM ASHLAND

From town, take 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 our cCamp sStaff at ycampdeboer@ashlandymca.org. All questions or concerns during the camp season should be directed by email at to the ycampdeboer@ashlandymca.org or by phone at 541-622-2455 via the site phone listed below.

Ashland Family YMCA

540 YMCA Way
Ashland, OR 97520
Front Desk Phone 541-482-9622
www.ashlandymca.org

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

Naiya Budler and Caden Gallagher ycampdeboer@ashlandymca.org