



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YMCA CAMP SEQUOIA LAKE



2018

Skate Camp

# Parent Handbook





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**WELCOME!**

Dear parents and campers,

There have been major changes here at YMCA SKATE CAMP Sequoia Lake in the off season that we are ecstatic to tell our campers about! This summer at YSKATE CAMP we are proud to announce we will be sponsored by Real, Spitfire, Thunder, Toy Machine, Baker, Independent, Oj's, Santa Cruz, and Thrasher! As you read this list off to your kids you'll find they will share the same excitement.

Each one of these companies will be sending professional team riders ranging from Andrew Reynolds, Erik Ellington, Jamie Foy, Jon Dickson, Ishod Wair, Dennis Busenitz, Zion Wright, etc. giving your sons/daughters the opportunity to skate first hand with them. Also, Thrasher Magazine will be sponsoring our weekly zine which will feature not only the pro's visiting but more importantly incorporating the campers into the editorial content along with "ads" featuring the campers.

We are thrilled to welcome the kids to camp this summer with our new direction in place. It will be an amazing new experience for the kids in our one of kind skateboard sanctuary!

YSKATE CAMP...building better humans!

### **Letter from the YSkate Camp Coordinator**

Hello!

My name is Jordan Wilk. For 9 years, I have been working at camp and it is truly a magical place. Here at Camp Millwood, campers get the opportunity to blend skateboarding with nature which is quite rare. The result is something that can't be replicated anywhere else on earth. We are excited for another summer of stoking out the kids and positively impacting each person through camp, skateboarding, and exploring nature. The bonds and experiences which YSkate Camp provides are priceless.

I can't wait you see you on the lake!

Sincerely,

Jordan Wilk

### **Purpose and Philosophy**

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For over 100 years, YMCA Camp Sequoia Lake has provided excellent outdoor programming for youth and families based around the YMCA core values of Caring, Honesty, Respect, and Responsibility. Our Youth Development Mission is well served in this diverse natural setting where wildlife is abundant, and landscapes provide opportunities for education, personal growth, and connection with the natural world. Our enriching programs promote collaboration, leadership, empowerment, and personal accountability. We treasure this special place with which we have been entrusted. Through our work we hope to build the next generation of dedicated stewards, compassionate individuals, and confident leaders.

We're an inclusive organization with a shared commitment to nurture the potential of youth, promote healthy living and foster social responsibility.

## **Our Mission**

To build a community where all people are encouraged to develop their fullest potential in spirit, mind and body.



## **Goals and Objectives**





YMCA Camp Sequoia Lake has a values-based program dedicated to enriching the lives of children and teens. The following are goals and objectives for campers at YMCA Camp Sequoia Lake:

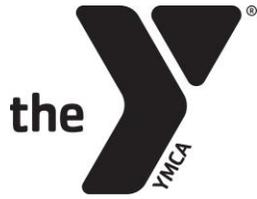
### **To Provide a Safe and Healthy Environment**

Campers are instructed on the first afternoon in general rules of safety and health in the cabins, units, and during program activities. Campers go on a camp tour and are made aware of the camp boundaries. Staff are asked to be aware of campers' health and report irregularities to the camp nurse and administration. Written procedures for emergencies, cleaning and sanitizing of facilities, health screening and dispensary procedures are carried out according to standards laid out by the American Camping Association (ACA). Personal hygiene is expected, and staff will remind campers to brush teeth, take showers and change clothes regularly. Additionally, most staff have a minimum of CPR and Basic First Aid training.

### **Choose Your Challenge**

YMCA Camp Sequoia Lake aims to provide a safe environment where everyone can learn and grow. Everything we do presents a unique challenge to each person, and campers are empowered to always choose the level to which they participate. "Choose Your Challenge" is a tool used for all camp activities. Challenges do not only happen on the "challenge" course, and they are not only physical in nature. The same activity presents different kinds of challenges for each individual, and each member of a group. For one participant, a challenge will be physical: playing a game of gaga ball. For another, a challenge will be emotional: they may feel uncomfortable sharing their feelings or ideas with the group. For a third participant, they may be outgoing, and most activities are easy to do, but they have difficulty accepting the help of others. Choices made by each person provide an opportunity to learn, for them and for others.





## Skate Camp: 3<sup>rd</sup> – 12<sup>th</sup> grade

### Age Eligibility

All children enrolling in our program should be able to manage their toileting needs independently and be able to function in a group setting with a 1:10 staff to child ratio. We do not offer a 1:1 ratio.

### Cabin Group Placement

Meeting new people while on your own at camp is an invaluable experience, but we understand some campers feel more comfortable with a friend. Campers are placed into cabins based on gender, age and cabin size. We do not guarantee cabin mate requests but will make every effort to honor them if possible.



### Location and Directions





YMCA Camp Sequoia Lake

49716 Highway 180

Miramonte, CA 93641



Golden State YMCA

YMCA Camp Sequoia Lake Office

320 N. Akers

Visalia, CA 93291





### **Drop Off/ Pick Up/ Transportation**

Campers may be dropped off and picked up at YMCA Camp Sequoia Lake, 49716 Highway 180, Miramonte, CA 93641. We will also be providing transportation to and from camp and the Golden State YMCA Office at 320 N. Akers, Visalia, CA 93291 per transportation agreement selected on registration application for an addition \$30 each way. Anyone (18 or older) dropping off or picking-up a camper must be listed on the registration form and carry a Photo ID with them.

Check-in on Sunday afternoon between 2:00 PM and 4:00 PM for families dropping off at camp. If bus transportation to camp is required, check-in at the YMCA Camp Sequoia Lake office begins at 11:00 AM and the bus will depart at 12:00 PM to camp.

Check-out on Friday afternoon is between 10:00 AM and 11:00 AM for families picking up at camp. The bus will arrive at the YMCA Camp Sequoia Lake office at 1:30 PM for families picking up in Visalia. Pick-up time must be strictly observed.

### **Insurance**

It is the parent's/guardian's responsibility to provide medical insurance coverage.

### **Termination of Services**

We reserve the right (under extreme circumstances) to suspend or remove a child from our programming immediately if it appears that the inclusion of the child is not in the best interest of the child or our program.

## **Sample Day Camp Schedule**





The daily schedule allows for flexibility and development.

7:30 am .....Rise ‘n Shine	1:00 pm .....Free Skate
8:15 am .....Morning Report	2:00 pm .....Waterfront Open/ Lake Launch
8:30 am .....Breakfast	3:00 pm .....Art Shed Open
9:30 am .....Get Fresh! Warm up & Stretch	4:30 pm ..... Clean-up
10:00 am .....Focus Groups & Elemental Awareness	5:00 pm .....Dinner
11:00 am .....Waterfront Open	6:30 pm .....Ramp Jam!
12:30 pm.....Lunch	8:00 pm .....Campfire
	10:00 pm .....Lights Out

**Meals**

We strive to provide nutritious menus that appeal to children and teens through preparation by our kitchen staff. Please do not send candy or snacks with campers as it attracts animals into the cabins.

**Sample Daily Menu**

Breakfast: Eggs, potatoes, sausage, juice, cereal and yogurt bar, fruit, water, and milk

Lunch: Sandwiches, pretzels, salad bar, fruit, juice, and water

Dinner: Spaghetti, bread, salad bar, juice, water, and dessert

We strive to accommodate food allergies. However, prior to registering for camp, be sure to specify dietary needs on the medical form.

**Electronics**

Campers are prohibited from being electronics of any kind. Please do not bring cell phones, iPods, radios, e-readers, video recorders, or any other electronic devices.





## **Medical Forms**

Included in the online registration is a medical forms tab which includes: medical information, physical, medications, restrictions, and authorization forms that are required in complete before arrival at camp.

## **Food and Dietary Needs**

No personal food is permitted at camp or in cabins. All staff and campers will be provided three meals a day. Although, for medical or dietary reasons, you may provide your camper with necessary foods that will be stored in the “dietary needs” section of the village walk-in. We do our best to accommodate the dietary needs of all participants. Please include any special dietary needs on the medical forms. For campers who are committed to eating a particular diet, we provide options including vegetarian, dairy-free, gluten-free, vegan, and maybe more. Due to limited space and sanitary reasons, campers cannot store food in a kitchen nor in our cabins. Animals will enter a cabin that has food.

## **Mail**





Receiving: The camp store lead from each village will pick up and deliver mail to staff and campers in their village DAILY. Please make sure if you will be sending letters or care packages that they are clearly addressed and identify the camp your child is in to ensure your camper receives their mail.

YMCA Camp Sequoia Lake
Skate Camp (Millwood)
Child's First and Last Name as indicated on the paperwork/ Session and Cabin Information
49716 Highway 180
Miramonte, CA 93641

### **Communication**

In case of emergency, the emergency contact number for the camp is 559-335-2603. Other concerns and contact can be made by calling the Golden State YMCA Office at 559-624-1110. Communication is extremely important to us. If we experience any significant problem with your child, you will be notified as soon as possible.

### **Lost and Found**

We make our best effort to return lost and unclaimed items to their owners. Please label each item belonging to your camper. On the last day of a session, counselors will take any unclaimed belongings from their cabin directly to the dining hall. Here, staff will run a Lost & Found Fashion Show before lunch, so campers can view and be reunited with their belongings. After campers leave to go home, anything left will

### **Packing List**

### **Recommended**





Please send old clothes that can get dirty. It is recommended that all personal items be marked. Laundry is not available for campers, so please send enough clothes for the week. YMCA Camp Sequoia Lake is not responsible for damaged or lost belongings.

#### Miscellaneous Items:

- Sleeping Bag + Warm bedding if lightweight
- Pillow
- 2 Towels (Shower/Lake)
- Toothbrush and Toothpaste
- Personal hygiene products (brush/comb, deodorant, feminine products, shampoo, conditioner, soap, Chapstick, etc.)
- Refillable water bottle
- Flashlight with extra batteries
- Skateboard
- Helmet (required)
- Elbow pads/knee pads
- Shower shoes
- Sunscreen
- Necessary medications (if applicable)
- Laundry bag
- YMCA Rag (returning raggers)
- 2 swimsuits (camp appropriate – one piece)
- 2 pairs of closed-toed shoes (durable for hiking)
- 2-3 pair of jeans or long pants
- 6-7 T-shirts
- 3-4 pair of Shorts
- Pajamas
- 6 pairs of Socks (bring extra!)
- 6 pairs of underwear (bring extra!)
- 2 sweatshirts, jackets or raincoats

#### Optional:

- Insect Repellent
- Fishing gear
- Disposable camera
- Sunglasses
- Theme outfits/materials
- Hat
- Reading and writing materials, and card games
- White shirt, bandana, etc. for tie-dying.
- Backpacking equipment

#### Required Clothing:





**Please leave these items at home!**

- Knives or weapons
- Lighters/matches or fireworks
- Cell phone
- Electronic games, iPod, music players or travel TV
- Pets/live animals
- Personal sports equipment, bicycles, etc.
- Crop tops/ halter tops
- Aerosols
- Laser pointer
- Food/soda

**Search & Seizure**

For the safety of all campers, if there is cause to suspect a camper has illegal, stolen or prohibited items at camp, we reserve the right to search and seize any items of cause. If this happens, we will make every effort possible to contact parents.

**CAMP STORE**

Visiting the camp store is a fun way for campers to learn about managing money while purchasing camp souvenirs, sunscreen, snacks, drinks, t-shirts, and other items. The camp store is open every other day. Items such as candy, ice cream, and cold drinks are available, but campers are limited one or two such items per purchase day. Caffeinated sodas are not available. A camp t-shirt is \$12, a hoodie is \$25 and other items range from \$1.00 to \$5.00. A good range to consider is between \$25 to \$40 for the camp week. Camp store items such as souvenirs will also be available on the last day of camp when parents arrive for last minute purchases.

**\*IMPORTANT!\***

**The Camp Store Deposit must be made at our office in Visalia!**

There are two ways to provide a camp store deposit:





- 1.) Provide a credit/debit card number and a spending limit. At the end of session, we'll charge the card for the purchases your camper made at or below that limit.
- 2.) Provide cash or a check deposit and purchases will be deducted from the amount with the remaining balance (rounded to the nearest dollar) returned on pick up day at the end of the session. You can mail, fax, or drop off your preferred payment and completed form to our office:

320 N Akers St  
Visalia, CA 93291  
Fax: 559-741-9563

The store form can be found in both the registration packet online and as an attachment in your confirmation email. This form allows you to put money on your child's account to make purchases in the camp store.



## Safety and Health Procedures

### Severe Weather





Changes in the weather are a normal occurrence during the summer. We will alter the operations of the camp as necessary for the safety of all campers. Below is listed specific measures taken dependent on severity and immediate health and safety concerns for our campers. Please advise us if you are concerned about your child's health in any specific outdoor conditions.

#### Rain

Camp will operate as scheduled. Please pack sufficient clothes and rain gear for the week.

#### Severe Thunderstorm Warning

Operations will be delayed, and we will seek shelter until it is safe to continue.

#### Heat Rating Index of 110 or higher

Operations may be relocated to an indoor or aquatic setting.

#### Forest Fire

Camp will be evacuated and returned to the Golden State YMCA Office in Visalia.

## Healthcare

### Illness Policy

If your child becomes ill during their time at camp, we have licensed healthcare providers onsite 24 hours a day. The parent will be notified by phone if further treatment is needed. It is URGENT and your responsibility to update your child's registration form if any information changes (telephone numbers, allergies, etc.). We must be able to contact you at any time of the day (every day) in case of emergencies so if you are away from your normal phones, please call the Camp Director and leave a message with new contact information. If you cannot be reached by phone, the emergency contacts will be contacted in hopes of getting in touch with you.

### Medical Emergency Procedure





In the event we are faced with a medical emergency, the staff will carry out the safety protocols. There is a licensed nurse on site 24 hours a day. If emergency care is required, the camper will be transported to the nearest hospital, and parents will be notified.

### **Medications**

Prescribed, non-prescribed, internal, and external medications can be administered to a child by our licensed healthcare provide onsite with parent's written consent. Medications must be in original bottle and have original prescription label with the child's name and specific instructions for administering them. *Parents must check in all medication on the first day of camp at the nurse's station. Children are not to have medication of any kind in their possession.*





### **Tick Policy & Head Lice Policy**

On the first day of camp, at check-in, there will be a designated station where every child will be given an overall wellness check and will be checked for head lice. If a child is found with head lice (nits/eggs or bugs), they will be required to leave the program and be treated. They may return once treatment has been completed and the Camp Director is provided with proof of treatment.

The staff and/or online healthcare provider will assist the children in checking for ticks. If a tick is found crawling loosely on skin or clothing, the tick will be removed. If a tick has become embedded in a child's skin, the healthcare provider may attempt to remove the tick with parent/guardian consent. If permission is not given the parent/guardian must come and remove the tick.

Camp Staff holds the right to check campers for ticks and/or head lice.

### **Child Abuse/Neglect Reporting**

According to the law, if child abuse or neglect is suspected, staff will immediately notify the Camp Director who is mandated by law to contact the California Child Protective Services.

### **Discipline Policy**

YMCA staff are expected to guide and direct each camper to help them learn and grow. Staff must lead by example. In the event a camper is misbehaving, our staff are trained to use positive redirection methods. If the behavior continues, or the behavior is causing direct harm to themselves or others, the child may be removed from the program for the remainder of the session.

***Let's make this an amazing summer!***

### **Registration Authorizations**





The following statements are the ones that parents sign in agreement to and return to the Y on the registration sheet. We included them in the handbook so that you will have a copy to refer back to if needed:

I agree to communicate with the YMCA staff regarding any questions, concerns or suggestions in a timely manner.

I have received and read the YMCA Summer Camp Parent Handbook and I agree to abide by the YMCA Policies.

I grant permission for the YMCA staff and/or medical personnel to give my child first aid in case of an emergency and to secure any transportation and medical treatment necessary for his/her welfare. I understand that all emergency cost is mine as the parent/guardian. If requested, I agree to pick my child up.

I grant permission for the YMCA to transport my child to and from camp activities away from camp property. I also grant permission for my child to participate in the activities.

I grant permission for my child to be photographed for YMCA promotions only.

I understand that my child is responsible for his/her own behavior, clothes, sunscreen and belongings.

The YMCA Camp Sequoia Lake reserves the right to remove any participant from our program if it is deemed that the inclusion of that child is not in the best interest of the child or the program (child is not able to function consistently and safely in a 1:10 group setting).

Sunscreen Release Form: I understand that YMCA Camp participants spend a minimum of 80% of their time outside and that the use of sunscreen may not prevent my child from being sun burnt but will aid in the protection against harmful sun rays. Parents are responsible for providing sunscreen for their child to use at camp.



