



YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

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Camp Y-Owasco PARENT HANDBOOK

2019



Staff • Visits & Phone Calls • Directions • Meals
Camper Placement • Lost & Found • Discipline
Cancellation Policy • Dress Code • Cell Phone Policy
Medical Procedures • MORE...

Revised January 2019

Disclaimer:

This Parent Handbook contains important information for PARENTS AND GUARDIANS of campers. It may contain information that some parents or guardians may not wish their child to read. Parents are advised to review the information in this handbook before allowing their child to read it. Thank you very much!

Please remember the following forms, or we cannot allow your child to attend camp:

- 1. Camper History Form**
- 2. Parent Release Form**
- 3. Physical Exam (if not already turned in)**
- 4. Immunization Records (if not already turned in.)**

If you wish to have another adult pick you child up from camp please be sure to turn in a Pick-Up Authorization Form.

Thank you!!

Discipline

Because of their age and motivation to participate in our leadership programs, LITs and CITs are given more opportunities for independence and self-reliance than our traditional campers. They are, of course, still subject to all the camp rules and will be expected to MODEL those rules for the younger campers! Their inclination to be role models is vital to success in the programs. Naturally, even in a place as wonderful as camp, and even for our oldest campers, there must be discipline. The camp staff spends a significant portion of their training learning about "Positive Reinforcement", but at times we do encounter behavioral problems—even in LIT and CIT. A camper who exhibits consistent behavioral problems will spend some time away chatting with the Program and/or Camp Director. A phone call will also be made to the parent/guardian, so that we can work together to solve the problem. If the problems persist, the child will be suspended from camp for a day or longer (determined by the Camp Director). We encourage parents to keep open communication with the camp staff. Our staff is here to work with you and your child to provide a great camp experience. Should the problems persist, the child may be sent home from camp and not allowed to return for the rest of the session or possibly summer. The Camp Director reserves the right to make that call at any moment he feels necessary.

***Because of the intimate social and educational nature of our leadership programs, LIT and CIT campers who consistently exhibit behaviors that are disruptive to the learning of the other campers may be removed from the program or from camp altogether, even if their behaviors would be tolerated in traditional camp programs. Furthermore, because our teen leadership programs are co-ed, maintaining camp-appropriate social relationships is paramount for success in the program and is taken extremely seriously by camp staff. There is no refund if a camper is expelled from the program.**

Mission Statement

Camp Y-Owasco will put Christian principles into practice through the use of its programs, facilities, and natural surroundings to strengthen family life, provide for positive value development, foster health and personal growth in an outdoor setting, promote friendship and intercultural understanding, and explore principles of environmental stewardship and conservation.

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Our Website:

<http://www.y-owasco.org>

For information, forms, and more!

A Letter from the Camp Director:

Greetings from the Camp Y-Owasco Family!

The staff and I are excited that you have chosen to include Camp Y-Owasco in your summer plans for your camper. You have dozens of choices where to send your child for the summer, and we feel that Camp Y-Owasco's decades of programming and Finger Lakes setting makes us a fantastic choice. Every summer, we strive for excellence in all of our programs and never settle for anything less than amazing.

Here at Camp Y-Owasco, we employ an excellent staff that are phenomenal role models that teach our four core values and life skills that promote and maintain a healthy spirit, mind, and body. These staff members know that the five most important things at camp are the kids, the kids, the kids, the kids, the kids. We strive to build healthy, lifelong relationships not only camper-to-camper, but also camper-to-staff.

Camp is a magical place where kids get to just be kids. At Camp Y-Owasco we pride ourselves on creating a fun and safe environment for your campers to learn and grow. At camp, kids get a chance to unplug from the modern day world for a little while and interact with one another and have fun.

When you send your child to camp, not only do they become a part of our family, but you do as well! And at Camp Y-Owasco, we love all of our family! Please don't hesitate to call or email me if you have any questions or concerns--there's nothing too small for us to handle. I'm excited for your camper to join in our summer of adventure!

In the spirit of camp,

Melissa "Kanga" Cartner
Family and Camp Director
315-253-5304—Auburn YMCA-WEIU
315-784-5481—Camp Y-Owasco (June-August)
Email: Melissa@auburnymca.net

Evaluations of Campers

LIT and CIT are both progressive learning programs. That means that we expect them to come out of the programs better than when they came in! To measure their progress, the Leadership Director(s) will be giving our teen leaders mid-session and final evaluations. The mid-session evaluations will point out the things they are doing well and some things they can continue to work on while giving them an opportunity to gauge their own success and inform the counselor how he/she could best help them. The final evaluations will be a complete diagnostic of their progress in the program and how well they met their goals set at the beginning of the program. They will be given a copy of the final evaluation form at the start of the session so they know ahead of time what to shoot for. Finally, for LIT, they can be recommended for CIT next year. For CIT, they can be recommended for hire next year. The camp administration takes the final recommendation for hire seriously when considering applications from former CITs and LITs. CITs will also get interview practice and can be considered for a volunteer position for the remainder of the summer and *potentially* can be hired when they are 17—one year sooner than applicants who do not take CIT.

Cellphones

LIT/CIT cellular phones are not allowed. Please do not send a cell phone with your child. The camp environment features many of the cell phone's natural enemies (water, heat, dirt, and children). In addition, the LIT/CIT experience is about independence and learning to thrive in new environments while leading by example. We want your child to feel comfortable coming to camp staff to address any wants or needs he/she may have while in our care. Should a camper NEED to call home we will arrange for that to happen using the camp phone. Should a camper WANT to call home due to homesickness we will work with that camper and be in touch with you on the best way to proceed in making sure your child's experience at camp is a successful one.

What is a Counselor-In-Training (C.I.T.)?

A Counselor-In-Training (CIT) is not the same thing as an LIT, and is also more than just a participant in our CIT program. A CIT is still a CAMPER, but they are a camper who is transitioning to being staff. **A CIT should very much want to be a Camp Y-Owasco Counselor.** In fact, CIT can also stand for “Camper-In-Transition.” There arguably is a point in the 3-week CIT experience at which our CITs switch from Campers-In-Transition to Counselors-In-Training. A CIT is a role model—whether they want to be or not—for the rest of the camp—including some staff! They desire an intense learning and social experience in which they build friendships, childcare and camp skills, and confidence. Most importantly, they want to give back to camp in the form of program design and management (with guidance) and creativity. Finally, they look forward to the day when they can give a child the golden camp experience that they received when they were younger, and camp will provide that opportunity during their three weeks here along with incredible memories, friendships, and skills that can be carried beyond summer and into the “outside world.”

NOTE: CIT consists of 3 weeks of camp. Week 1 is a resident camp session. Week 2 is a day camp session (bus transportation provided.) Week 3 is a resident camp session.

Be sure to understand both day and resident camp policies and procedures outlined in this handbook

ALL CAMP INFORMATION

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Staff

Prior to camp, all Camp Y-Owasco staff spend a few days updating their certifications and child abuse prevention training. One week is spent in "Prep Time" polishing their skills and preparing their program areas. All waterfront staff receive required aquatic and waterfront training, certifications, as well as participate in ongoing summer training. Program staff receive training specific to their program area and certifications where applicable. Our staff training curriculum includes topics such as teaching, childcare, camp policies, group dynamics, conflict prevention and mediation, leadership skills, friendship facilitation, YMCA values, and child abuse prevention, just to name a few subjects. A criminal background check and sex offender registry check are conducted on all staff. We take child abuse prevention and safety very seriously here at Camp Y-Owasco.

Camp Tuition & Cancellations

A non-refundable \$50 deposit per camp, per session is due at time of registration. The balance of the camp fee is due 3 weeks prior to your camp session start date. A registration made less than 2 weeks prior to the beginning of your requested camp session must be paid in full at the time of registration. Payment arrangements can be made with the Camp Director.

Should you cancel before a session begins, the **\$50 deposit fee is non-refundable. No refund will be made for cancellations within a week of the start of a session the camper is scheduled to attend or after the session has begun, regardless of whether the camper attended the session.** Homesickness is not a condition for refund. Should behavior, discipline problems or homesickness affect our work with other campers, or the enjoyment of and safety at Camp Y-Owasco, we reserve the right to dismiss, without refund, those campers responsible.

What is a Leader-In-Training (L.I.T.)?

A Leader-In-Training (LIT) is more than just a participant in the LIT program. An LIT is a camper who desires more than the traditional camp experience. She/he yearns to learn leadership and group work skills in a supportive, fun, outdoor environment conducive to self-discovery. She/he is excited by more than just experiencing the adventure of camp and wants to be a part of creating that adventure for others while still experiencing it themselves. She/he wants something unique and is willing to work a little to get it. She/he is inclined to make new friends and try new things while learning new skills to facilitate a new adventure. While learning about leading others, perhaps they wish to learn a little more about leading themselves and becoming the person they desire to be. Most importantly, though, LITs are ready and willing to give back to camp. They will participate in a service project and design and lead some camp activities. In return, camp will provide an unforgettable experience, including a multi-day/night canoe trip off-site and indispensable leadership skills and experience that will continue to benefit them for years to come.

NOTE: LIT consists of 1 week of day camp (bus transportation provided) for the first week, and then 1 week of Resident Camp.

Be sure to understand both day and resident camp policies and procedures outlined in this handbook

L.I.T. & C.I.T. PROGRAM

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Forms

It is important for the safety of your camper that all forms are filled out accurately and completely. The forms are a valuable tool for our staff and they are required by the New York State Department of Health. **All forms are required at the time of registration, with no exceptions!**

When you receive this handbook, you will also receive a Camp History Form. This form, as well as the others you receive with it, are due BEFORE the child arrives at camp.

If you arrive at Resident Camp and all mandatory forms are not turned in (or with you when you arrive), your child will not be allowed to stay at camp until all necessary paperwork is in the camp's possession.

Camp License

Camp Y-Owasco is licensed by the New York State Department of Health as a children's camp and is inspected a minimum of twice a summer. Inspection reports are kept on file at the Cayuga County Department of Health, located in the County Office Building on Genesee Street in Auburn, New York. For more information about the requirements for children's camps in New York State, contact the Auburn YMCA or the Cayuga County Health Department.

Medical Policy

All medical information on the medical form is required by NYS Law, prior to attendance at camp. All campers are required to have a complete physical within 24 months of the time your child attends camp. Campers will not be allowed to attend camp if their immunization records are missing or incomplete.

IF your camper has been exposed to infectious or communicable diseases (i.e. chicken pox, scabies, etc.) in the two weeks prior to attendance, please don't send your child to camp. Call the camp office and we will be happy to work something out.

A well-stocked infirmary is maintained at camp. A written record is kept of all incidents requiring first aid. The Camp Medical Director will contact parents if there is evidence of serious injury or illness.

If a camper sustains an injury or comes down with an illness that is untreatable at camp, requires follow up with a doctor, or has lasting effects after the camp session, the Camp Medical Director will call the parent or guardian and inform them of the situation.

Examples of injuries and illnesses we will inform you of:

2nd degree burns and higher, severe bleeding, sprained/twisted ankle, fractures, fever, vomiting, etc.

Examples of things we will not inform you of:

Minor scrapes, cuts, and bruises, minor stomach aches (unless they continue for a long period of time), minor burns (unless it is in a sensitive area such as the face), minor headaches, etc.

Homesickness

Homesickness is very common—even at day camp—and occurs in some form in people of all ages at camp—even the staff! Rest assured that our caring staff is trained in reliable, comforting homesickness-curing methods.

Water bottles

EVERY CHILD IS GIVEN A WATERBOTTLE ON THE FIRST DAY AND SHOULD HAVE IT WITH THEM EVERYWHERE THEY GO EVERYDAY!

Your child is going to be very active at camp—probably more active than usual—and, being summer, it can get pretty hot out here sometimes. There is no air conditioning at Camp Y-Owasco, so it is VITAL that your child's natural cooling system stay in top condition. (That means they have to be able to sweat to stay healthy!) Even on rainy days, we need them to stay hydrated and healthy. Camp will always provide clean, drinkable water. Please help us help your child stay happy and healthy. Especially for the sleepover!

What to Bring for the Day

Sunscreen & hat

Outdoor footwear

Extra Socks

An extra waterbottle or canteen

Water shoes or old sneakers

Jacket or heavy sweater

Changes of shirt, shorts & underwear

Swimsuit & towel

Lost & Found

It's truly amazing the amount of items that are "lost" and "found" on a daily basis. After each session, all items remaining in camp are shipped to the Auburn YMCA on the following Monday. They can be found in the maintenance office located in the basement. You can ask the front desk to point you in the right direction.

Absences

The camp policy is to take attendance of all campers and staff daily. If a camper will be absent, please call the camp office by 8:45 am. If we don't hear from you, the Medical Director will contact the parent/guardian to determine the reason for the absence.

Camp Office Phone: 315-784-5481

Lunches

During Day Camp, campers bring their lunch every day, clearly marked with their name on it, and water is available every day for lunch. There is a refrigerator on site for camper use. On sleepover night, please send 2 lunches with your camper.

Snacks & Drinks

Please do not send extra food or drinks, except water, to camp with your child. If there are any questions or concerns, please feel free to contact the Camp Director anytime.

Medications

If your child is taking medication or has a medical situation that must be dealt with, it is imperative that the Medical Director be informed. The policy for campers receiving medications at camp is as follows:

No medication will be given without a Doctor's order. This order must include the camper's name, name of medication, dosage, time and dates. The medicine bottle label is not sufficient.

Along with the Doctor's order, a **written request from the parent** for the Medical Director to administer each medicine must be provided.

Medication must be in the original prescription container. The Medication must be given to the Medical Director or Camp Director at check-in.

All medications—including over-the-counter medication will be kept in the Infirmary.

Insurance & Injuries

The YMCA carries accident insurance on its camp program participants. However this is an "excess" policy. The policy carried by the parent is the primary policy, and its benefits are to be exhausted first in the event of camper injury.

Should a serious injury occur, the Camp Medical Director will take whatever steps are necessary to obtain proper care. These steps include:

Attempt to contact the parent/guardian.

Attempt to call the emergency contacts chosen by the parent/guardian.

Call the ambulance or the paramedic.

If an ambulance isn't necessary but the camper needs medical care beyond the capabilities of our Medical Director and Infirmary, camp staff may transport your child in an approved vehicle to the nearest urgent care center or the emergency room at Auburn Memorial Hospital.

Help keep Bed Bugs Out of Camp Y-

Owasco – As a human issue, bed bugs can be brought into camp at any time by any guest. Since DDT (a pesticide) use was banned in the US, which is great because it caused endangered populations to rebound – including the Bald Eagle – bed bugs have become somewhat of a new normal. Our staff are well trained on detection and response and we have procedures in place in case these pests are brought into camp. To help us out, here are a few tips:

- Wash and dry (on high heat) all items you are sending to Camp Y-Owasco prior to packing your camper's bag.
- If you are concerned that you may have an infestation, contact Camp Y-Owasco to work through how to best prepare your gear and how we can help to make sure the pests don't come with your camper.
- When your camper returns home, leave their bags (wrapped in black trash bags works great to generate more heat) outside until everything in them can be washed and dried on high heat.
- For more information on Bed Bugs visit:

<http://www.acacamps.org/knowledge/health/diseases/bedbugs>

<http://www.bedbugcentral.com/>

Typical Day Camp Day (Schedule)

9:00	Campers Arrive and make their way down Hamburger Hill
9:10	Flagpole, attendance, songs, thought for the day, announcements
9:15	1 st Activity Period
10:15	2 nd Activity Period
11:30	Lunch
12:15	Cabin Activity Time
1:15	All Camp Event
2:15	Smorgasbord & Free Swim
3:30	Camp & Cabin Cleanup
3:45	Flagpole and Honor Cabin
3:55	Climb Hamburger Hill and Board Bus
4:00	Depart

Awards Ceremony

A specialty of Camp Y-Owasco is the closing ceremony of every Camp session where each camper receives an official Camp award for their unique contribution to camp. Parents are welcome to come and share in this accomplishment. The ceremony begins at 2:45 p.m. on the last Friday of each day camp session. Information is sent home with your camper during the last week of each session.

Sleep Over

Sleepovers are available for each day camp session on Thursdays.

Make sure to Pack 2 lunches and have a signed permission slip.

Cell Phones, Calls, & Visits

With over 90 years of experience behind us, we have found that visits and phone calls by families and friends can be disruptive to a child's camping experience.

If there is an emergency, or if you want to check on your camper's progress, call the Camp Director or Medical Director. We would be happy to pass along a message, fill you in on your camper's progress, or allow your child to speak on the phone if an emergency arises.

Cell phones are NOT allowed at camp. PLEASE, PLEASE, PLEASE do not send your child to camp with a cell phone—even for the sleep-over! Camp is a place to unplug from electronics and reconnect with nature and friends.

Personal Equipment & Electronics

Fishing poles and archery bows may be brought to camp and must be checked in with the Program Director or the Camp Director upon arrival at camp. Equipment brought will be used under regular camp supervision and must be stored in the Program Office. Remember to label all equipment. Camp Y-Owasco is **NOT** responsible for lost, broken, or stolen goods. Please leave archery arrows at home.

Personal electronics (personal gaming devices, cell phones, mp3 players, etc) will NOT be allowed at camp. We are not responsible for stolen or broken property.

Please, NO knives, axes or firearms. (Please see the "What Not to Bring List" for other forbidden items.)

Visitor Policy

Camp Y-Owasco strongly recommends NOT dropping in to visit your child while he or she is at day camp. All parents, guardians, and visitors coming to camp must first go the Medical Director's office at the Infirmary and sign in. All staff will question those who are unfamiliar and send you to the Infirmary if you do not have a visitor's pass. Please be aware the Medical Director and Camp Director may ask you for a picture ID. We do this for the safety and protection of all campers. Generally, people who are not parents or guardians of campers or staff are not permitted at Camp Y-Owasco while programs are in session.

Swim Tests & Bands

All campers must take a swim test during which our certified waterfront staff assess their swimming abilities. Campers are placed into 3 categories—red, yellow, and blue—and are given a wristband that corresponds to that color. Please allow your camper to wear the swim band for the entire session as they must have it on every day at camp. (They are fastened loose enough to allow for plenty of wiggle room and circulation while not slipping over their hands.) Campers with red bands (non-swimmers) will be placed into Swimming as one of their program areas so they may learn to swim better. If you do not wish your camper to take Swimming clinic, even if he/she is a non-swimmer, a signed note from the parent needs to be turned into the Camp Director.

Campers are placed into swim levels for safety at the discretion of our trained lifeguards please respect their assessment even if you do not agree with it, we take dark water swim protocols very seriously for the protection and safety of your camper. Thank you for your understanding.

Discipline

Even in a place as wonderful as camp, there must be discipline. The camp staff spends a significant portion of their training learning about "Positive Reinforcement", but at times we do encounter behavioral problems. A camper who exhibits consistent behavioral problems will spend some time away chatting with the Program and/or Camp Director. A phone call will also be made to the parent/guardian, so that we can work together to solve the problem. If the problems persist, the child will be suspended from camp for a day or longer (determined by the Camp Director). We encourage parents to keep open communication with the camp staff. Our staff is here to work with you and your child to provide a great camp experience. Should the problems persist, the child may be sent home from camp and not allowed to return for the rest of the session or possibly summer. The Camp Director reserves the right to make that call at any moment she feels necessary.

Evaluations

Campers will complete an evaluation while at camp, and parents will be given one at check-out. Please take the time to complete them and return them at your convenience. We take your comments and suggestions seriously, and your input greatly improves our services for the children we serve. Completed evaluations are entered into a drawing and participants may win a free session of camp for next summer.

Scholarships

A limited amount of scholarship money is available for Camp Y-Owasco and there are always many deserving kids who would benefit from a camp session. If you are interested in sending a deserving child to camp, please call the Camp Director. Scholarships are made available through tax-deductible donations.

BUS SAFETY RULES:

- 1.) Remain seated while bus is in motion.
- 2.) Keep arms and belongings inside the bus at all times.
- 3.) Please follow the four core values.
- 4.) The throwing of any items is prohibited.
- 5.) Please give any medications, fishing poles, or archery equipment to the bus counselor.
- 5.) Obey the bus counselors and driver at all times.

BUS STOP SAFETY GUIDELINES:

- 1.) Please stay out of the street!
- 2.) Parents should remain with their camper until the bus arrives.
- 3.) Stay off private property.

Parents who wish to bring their child to camp may do so, but please call the camp to let us know if your camper usually rides the bus. We ask that you arrive at camp before the buses arrive at 9:00am and leave after the buses leave. You may also arrive just after the buses leave at 9:10am.

In the event of an emergency or bus schedule change, Camp Y-Owasco and the Auburn YMCA will make every effort to contact you by phone. Camp will also change the message on our voice-mail. Please feel free to call camp at 784-5481 if you are concerned about the bus being severely off schedule and haven't heard from us.

Camper Placement

Campers are placed in co-ed groups, called tribes, during their stay at camp. Each tribe consists of 12 - 14 campers of the same age, and each tribe is supervised by at least 2 counselors. These groups allow for positive relationships to develop between campers and staff.

For placement in program areas, campers ages 9 and up participate in a process called "Arena" during which they choose their own program areas and when they'd like to take them. Campers ages 6-8 rotate through a wide variety of program areas throughout the session so they experience as much of camp as possible!

Almost every day, all campers get to choose something different that is offered during Smorgasbord, which can literally be almost anything, providing more time to try new things and meet new people, or hang out with old friends while doing something they know they enjoy.

Please do not request specific tribe or program assignments.

Transportation

Camp Y-Owasco charts 2 buses to and from camp during Day Camp. A bus counselor will be available each day to check campers on and off the bus and ensure safety. The times on the brochure represent the time the bus will leave that stop. Should your camper miss the bus, you can go to the last stop on the list (Auburn High School or Seward Elementary School) or call the YMCA for directions to camp.

No camper will be dropped off at a stop other than the one specified on the registration form unless written permission from a parent is received by the Camp Director stating a bus stop change. We will also not let a child off the bus if his/her parent or guardian is not at the stop to pick up the child. To remain on time for the other stops, we must keep the bus moving. If your child is kept on the bus for any reason, you may pick your child up after 5 pm at the Auburn or Skaneateles YMCA. Attempts will be made to notify the parent/guardian of the situation first, then the person(s) designated on the Medical Form. If the bus is more than 10 minutes late, please call camp or the Auburn YMCA.

Activities

Our staff doesn't just teach craft or sport programs. We are eager to infuse character education into all our programs, enhance a camper's confidence, promote life skills, and develop friendships and memories that last a lifetime. Throughout the morning and afternoon, specialized programs are offered for campers to participate in. In the afternoon, campers enjoy "Smorgasbord," in which they choose from a variety of activities and can do something different everyday. We also have programmed activities that include the entire camp or just campers within a relative age range.

Camp Attire & Dress Code

Please label all belongings to increase the likelihood of their return. The Camp is not responsible for lost clothing and equipment. **A clothing list is enclosed** for your assistance. We strongly recommend you double check upon departure to be sure your camper goes home with everything they came with.

Keeping Clothing Camp Appropriate: One of our goals at Camp Y-Owasco is to develop character and respect for oneself and others. To help foster this objective, we have the following rules of dress to keep clothing camp appropriate.

*** Female Dress Code:** Shirts, pants/shorts, and shoes must be worn at all times. The only places campers and staff are allowed to be shoeless are at the waterfront, *inside* the bathhouse, and *inside* the cabin. Low-cut shirts are prohibited. Shirts that show any part of a person's midsection are prohibited—shirts must meet the pants/shorts. Shorts must have at least a 3 inch inseam. Please no very short shorts. Female campers are not allowed to wear string bikinis as swimwear. Please pack and dress accordingly.

Camp Attire & Dress Code, Continued

*** Male Dress Code:** Shirts, pants/shorts, and shoes must be worn at all times. The only places a male camper or staff is allowed to be shirtless or shoeless is on the waterfront, *inside* the bathhouse, or *inside* the cabin (unless it is a special event approved by the camp director). Shirts must come low enough to meet or exceed the pants/shorts. Shorts, pants, and swimwear should be worn high enough so that they are secure and do not fall off or show an excessive amount of underwear and/or anatomy. Shorts and swimwear must have at least a 3 inch inseam. Please pack and dress accordingly.

References to Drugs, Sex, or Alcohol: Clothing with references to drugs, sex, or alcohol is prohibited at camp. Please do not allow your child to include it in his or her luggage or allow them to wear it to day camp.

If a camper fails to meet dress code, he or she will be asked to change clothing immediately or he/she may be given something more appropriate to wear instead.

Cosmetic Make-up: The use of cosmetic make-up is allowed, but our staff will discourage the use of make-up as a part of our character education and self-esteem development efforts.

Day Camp

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What NOT to Bring List

Below is a list of items we do NOT allow at camp. PLEASE do not pack or allow your camper to bring these items! Some of these items may sound ridiculous, but we wouldn't have them on this list if we haven't seen them brought before!

- Firearms
- Ammunition (even if already used!)
- Knives of ANY sort (including pocket knives)
- Swords
- Razor blades
- CELLPHONES
- PIDs (Personal Isolation Devices) This includes IPods, Personal Gaming Devices, Headsets, Etc.
- Axes, hatchets, etc.
- Condoms
- Drugs
- Alcohol
- Inappropriate clothing (see "Camp Attire" section)
- Archery arrows
- Food or Beverage, except water
- Personal Sports Equipment

The following items may be brought to camp but must be checked-in upon arrival:

- Money (must be deposited into a Camp Store account at check-in)
- Medication
(must be checked into with the Medical Director at check-in)

Campers found in possession with any of the above items will be subject to discipline. Campers in possession of certain items may be sent home immediately at the Camp Director's discretion without a refund.

Please Remember To:

- Turn in all forms, including:
 - Parent Release Form
 - Camper History Form
 - Pick-Up Authorization Form (If applicable)
- Review the Packing List (included in the rest of the Parent Packet)

The **Parent Release Form** denotes your agreement to not hold the Auburn YMCA-WEIU liable for injury to your child and assures us that you have read this handbook and understand our policies. We need it on file to accept your child at camp.

The **Camper History Form** gives our staff vital information to help us get to know your child better and help him/her adjust better and more quickly to camp life.

The **Pick-Up Authorization Form** tells us whether you, the Parent or Guardian, approve of any one else picking up your child from camp. We will NOT release your child to anyone else other than you if this form is not in our possession. Thank you!

If you have any questions or concerns, please feel free to contact the Camp Director!

We look forward to seeing you and your child at camp!

Parents and campers are required to check-in together. Please report to the Lodge for check-in. Staff will be available at stations inside to check your camper on the roster, confirm that all forms are in, check-in medication with the Medical Director, and perform a head lice check on your camper. Head lice checks are required for the safety of all campers and staff. We appreciate your understanding and cooperation.

Check-out time is between 10:00a.m. and 11:30 a.m. on Wednesday morning. All parents/guardians must sign their child out with their child's cabin counselor at the cabin and pick up any medication at the Infirmary.

Should a camper be arriving late or departing early, please notify the Camp Director in writing what time your camper will be arriving or departing.

Should something occur that would force us to change the times above, either Camp Y-Owasco or the Auburn YMCA will make every effort to contact you to inform you of the change in plans.

Typical Mini Camp Day (Schedule)

7:30	Wake Up Call - Bathroom and prep time.
8:15	Flagpole, songs, thought for the day
8:30	Breakfast
9:00	Camp & Cabin Cleanup
9:15	1st Rotation
10:15	2nd Rotation
11:15	Cabin Activity
12:30	Lunch
1:15	Siesta
2:00	3rd Rotation
5:30	Dinner
6:15	Evening All-Camp Activity
7:30	Showers and Evening Embers
8:30	Lights out

ALL OTHER POLICIES COINCIDE WITH NORMAL RESIDENT CAMP

Camper Placement

Campers are placed in cabin groups, called tribes, during their stay at camp. Each tribe has an increased staff-to-camper ratio, which will help make your child's first summer camp experience a safe one while easing them into time away from home. Boys occupy one side of camp, and girls occupy the other side of camp. These groups allow for positive relationships to develop between campers and staff.

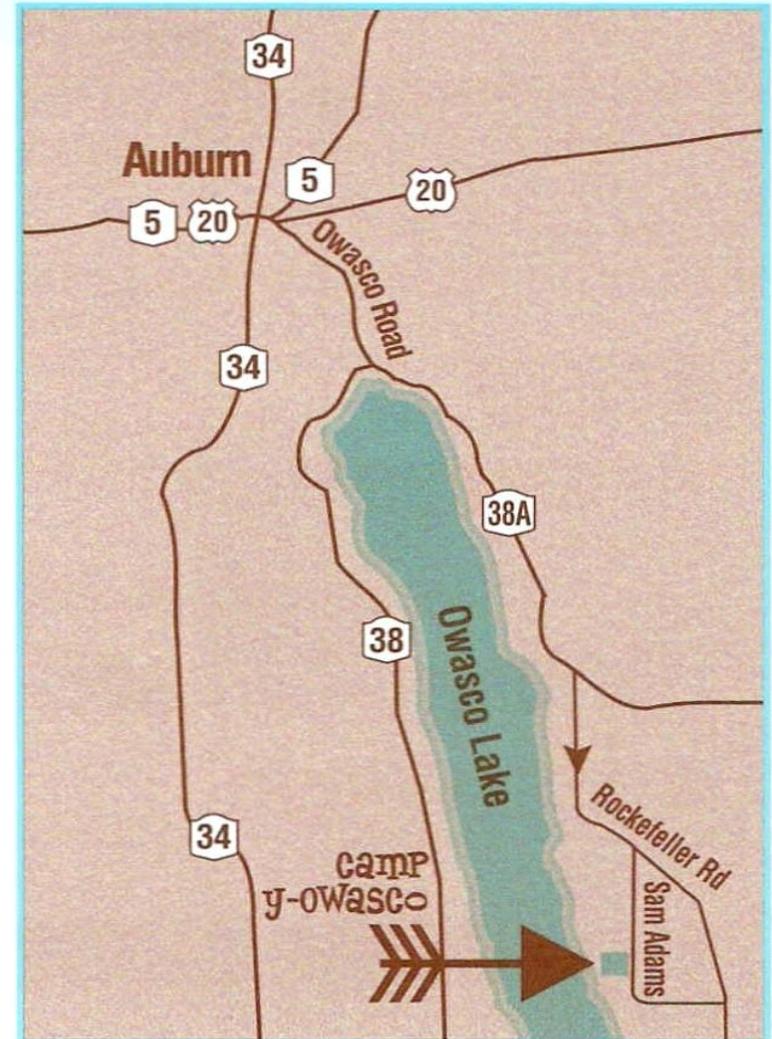
At Mini Camp, the daily schedule has been modified so that mini-campers can sample a wide range of camp activities during the day and still get to bed early enough to recharge their energy at night.

Please do not request specific tribe or program assignments. We place campers according to grade in school, then by age. First-year campers may request cabin mates on their registration form, and we do our best to honor them—for first-year campers only.

Check-In & Check-Out

Check-in time is between 2:00 p.m. & 4:00 p.m. on Sunday evening. Prior to 2:00 you will find staff prepping for the Mini Camp session. At 2:00 pm, we will have staff monitoring traffic flow up and down the hill, so please be patient upon arrival. *Safety first!*

Map



Physical Address & Directions

Turn-by-turn directions from your home are available at www.y-owasco.org/contact.html.

If you plan on using a GPS device to find your way to Camp Y-Owasco, enter our physical address below. However, please do NOT send mail to this address—it will only delay the delivery as all mail for Camp Y-Owasco is sent to the Auburn YMCA,

Our physical address (for navigational purposes only)

4187 Sam Adams Lane
Auburn, NY 13021

Just look for our directional sign with the YMCA logo at Fire Lane 19!

Directions from points north & west (Auburn, Geneva, etc):

- From Auburn, head south on 38A/Owasco Road/East Lake Road (via Routes 5 & 20 from Geneva or via NY-34 B & 34 & Sand Beach Road from Union Springs)
- Turn right on Rockefeller Road
- Turn right on Sam Adams Lane
- Turn right on Fire Lane 19.

Directions from points east (Syracuse, Skaneateles, etc):

- From Syracuse, head west on I-690.
- Exit to NY-695 south toward Auburn.
- Turn right on NY-5 (west) toward Auburn
- Turn left on NY-321.
- Turn right (west) on US-20 (In Skaneateles)
- Turn left on NY-41A/West Lake Road/Kane Ave
- Turn right on Benson Road
- Turn right on NY-38A
- Turn LEFT on Rockefeller Road
- Turn right on Sam Adams Lane
- Turn right on Fire Lane 19.

Directions from points south (Cortland, Moravia, etc):

- Take NY-38 into Moravia (via NY-90 & NY-54 from Cortland)
- Go straight through the 4-way stop sign in Moravia to follow Rockefeller Road.
- Turn left onto Sam Adams Lane

MINI CAMP

In This Section

- 28– Camper Placement
 - Check in Check Out
- 29– Schedule

Camp Store

At some point in time during the week, each cabin will have an opportunity to visit the camp store. Camp mementos (t-shirts, hats, etc.) will be for sale and possibly food items. The recommended amount for camp store purchases is \$30 maximum for the week. Parents/guardians may deposit money into the camp store account on Sunday at check-in, and **campers are not allowed to keep money in their bags or on their person throughout the week.**

Any money left in a camper's account that is \$5 or less will not be refunded. Anything over \$5 can be refunded at the end of the summer OR donated to the end-of-summer Camp Staff Appreciation fund.

Mailings & Care Packages

All children enjoy receiving letters in the mail, and camp is no exception, so we encourage parents and family members to write often! All letters and care packages can be dropped off at the Auburn YMCA service desk. At 7:00 am each morning, all mail will be brought out to camp and distributed at a meal time. There is time set aside each day for campers to write home and read mail. If you want to send something with the "authentic mail touch," our mailing address is:

Camper's Name
Camp Y-Owasco
C/O Auburn YMCA
27 William Street
Auburn, NY 13021

RESIDENT CAMP

In This Section

- 20- Check in and Check out
- 21- Camper Placement
 - Cell Phones, Calls, and Visits
- 22- Visitor Policy
 - Personal Equipment
 - Lost and Found
- 23- Schedule
- 24- Meals
 - Snacks and Drinks
 - Homesickness
- 25- Water bottles
 - Packing
- 26- Camp Store
 - Mailing and Care Packages

Check-In & Check-Out

Check-in time is between 2:00 p.m. & 4:00 p.m. on Sunday afternoon. Prior to 2:00 you will find the entrance gate locked and the staff prepping for the week. At 2:00 pm, we will have staff monitoring traffic flow up and down the hill, so please be patient upon arrival. *Safety first!*

ASSIGNED CHECK-IN TIMES:

In order to help us facilitate an efficient check-in process, we are implementing **assigned check-in times**. **Please arrive at Camp Y-Owasco between the designated times below. We very much appreciate your cooperation in helping us make check-in faster and easier for all parents and campers!**

2:00—2:40	Camper Last Names A-E
2:40—3:20	Camper Last Names F-O
3:20—4:00	Camper Last Names P-Z

*If you are checking-in two or more children with different last names that are assigned different times, you may check-in during the earlier time slot.

Parents and campers are required to check-in together. Please report to the Lodge for check-in. Staff will be available at stations inside to check your camper on the roster, confirm that all forms are in and your balance is paid, check-in medication with the Medical Director, set up a camp store account, and perform a head lice check on your camper. Head lice checks are required for the safety of all campers and staff. We appreciate your understanding and cooperation.

Check-out time is between 9:30 a.m. and 11:00 a.m. on Saturday morning. All parents/guardians must sign their child out with their child's cabin counselor at the cabin and pick up any medication at the Infirmary.

Should a camper be arriving late or departing early, please notify the Camp Director **in writing** what time your camper will be arriving or departing.

Should something occur that would force us to change the times above, either Camp Y-Owasco or the Auburn YMCA will make every effort to contact you to inform you of the change in plans.

Waterbottles

EVERY CHILD IS GIVEN A WATERBOTTLE AT CHECK-IN AND SHOULD HAVE IT WITH THEM EVERYWHERE THEY GO! Your child is going to be very active at camp—probably more active than usual—and, being summer, it can get pretty hot out here some-times. There is no air conditioning at Camp Y-Owasco, so it is VITAL that your child's natural cooling system stay in top condition. (That means they have to be able to sweat to stay healthy!) Even on rainy days, we need them to stay hydrated and healthy. Camp will always provide clean, drinkable water. Please help us help your child stay happy and healthy.

Packing

Sleeping Bag/ 3 Blankets

Pillow

Pajamas

Toothbrush/toothpaste

Washcloth/towels, Toiletry articles, Soap

Outdoor footwear

Shower Shoes (flip-flops, sandals etc.)

Changes of underwear

Shorts & shirts

Poncho or raingear

Jacket or heavy sweater

Water shoes or old sneakers

Swimsuit

Socks

Jeans or long pants

Flashlight & batteries

Pre-stamped envelopes and Paper for Letters Home

An extra waterbottle or canteen

Book for recreational reading

Medications

Meals

Three, well-balanced, hearty and nutritious meals are served daily. A cook is on hand to prepare, cook, clean and serve meals family style in the lodge. Meatless options are available for every meal and dessert is available for dinner. We can do our best to accommodate special dietary needs, please contact the camp director for any concerns prior to your camp session.

Snacks & Drinks

There will be no food and drinks, except water, allowed in with the camper at check-in. This will be strictly enforced. If you must send a snack and/or drink in your camper's care package, **please** send enough to share with your child's whole cabin group and to be consumed in one day. Food typically attracts bug and/or mice which in turn attracts other less than desirable critters. **Please keep in mind the possible food allergies or diet limitations of other campers. Please, do not send items that contain or were processed in a facility with nuts!!!** This policy is in place because, at camp, we learn to live with a group of other people, some of whom may have severe food allergies, and we learn to live with nature at (or sometimes inside) our doorstep, which means the ants and skunks aren't far off. We very much appreciate your cooperation. If there are any questions or concerns, please feel free to call the Camp Director.

Homesickness

Homesickness is very common and occurs in some form in people of all ages at camp—even the staff! Rest assured that our caring staff is trained in reliable, comforting homesickness-curing methods. To help us facilitate our efforts to keep homesickness at a minimum, we ask that you refrain from writing about certain topics in your letters to your campers. Topics to stay away from include:

- Death of pets
- Family gatherings
- Vacations while the child is away at camp
- Relationship separations
- Serious illness of family, friends, or pets.

Camper Placement

Campers are placed in cabin groups during their stay at camp. Each cabin group consists of 6 - 12 campers of the same gender, and supervision ratios are kept to a minimum of 8 campers to one staff and at night two staff living in the cabins with the campers. Boys occupy one side of camp, and girls occupy the other side of camp. These groups allow for positive relationships to develop between campers and staff.

For placement in program areas, campers participate in a process called "Arena" during which they choose their own program areas and when they'd like to take them.

Almost every day, all campers get to choose something different that is offered during Smorgasbord, which can literally be almost anything, providing more time to try new things and meet new people, or hang out with old friends while doing something they know they enjoy.

Please do not request specific cabin or program assignments.

Cell Phones, Calls, & Visits

With over 90 years of experience behind us, we have found that visits and phone calls by families and friends can be disruptive to a child's camping experience.

If there is an emergency, or if you want to check on your camper's progress, call the Camp Director or Medical Director. We would be happy to pass along a message, fill you in on your camper's progress, or allow your child to speak on the phone if an emergency arises.

Cell phones are NOT allowed at camp. Cabins are not equipped with electrical outlets suitable for charging, and most cell phones do not receive a signal.

PLEASE, PLEASE, PLEASE do not send your child to camp with a cell phone—even if they are at camp the whole week! Camp is a time to unplug from electronics and reconnect with nature and friends.

Visitor Policy

Camp Y-Owasco strongly recommends NOT dropping in to visit your child while he or she is at resident camp. All parents, guardians, and visitors coming to camp must first go the Medical Director's office at the Infirmary and sign in. All staff will question those who are unfamiliar and send you to the Infirmary if you do not have a visitor's pass. Please be aware the Medical Director and Camp Director may ask you for a picture ID. We do this for the safety and protection of all campers. Generally, people who are not parents or guardians of campers or staff are not permitted at Camp Y-Owasco while programs are in session.

Personal Equipment & Electronics

Fishing poles and archery bows may be brought to camp and must be checked in with the Program Director or the Camp Director upon arrival at camp. Equipment brought will be used under regular camp supervision and must be stored in the Program Office. Remember to label all equipment. Camp Y-Owasco is **NOT** responsible for lost, broken, or stolen goods. Please leave archery arrows at home.

Personal electronics (personal gaming devices, cell phones, mp3 players, etc) will NOT be allowed at camp. We are not responsible for stolen or broken property.

Please, NO knives, axes or firearms. (Please see the "What Not to Bring List" for other forbidden items.)

Lost & Found

It's truly amazing the amount of items that are "lost" and "found" on a daily basis. After each session, all items remaining in camp are shipped to the Auburn YMCA on the following Monday. They can be found in the maintenance office located in the basement. You can ask the front desk to point you in the right direction.

Typical Resident Camp Day (Schedule)

- 6:30 Early Morning Electives (Optional)
- 7:30 Wake Up Call - Bathroom and personal prep time.
- 8:15 Flag pole, attendance, songs, thought for the day, announcements
- 8:30 Breakfast
- 9:00 Camp & Cabin Clean-up
- 9:15 1st Activity Period
- 10:15 2nd Activity Period
- 11:15 Cabin Activity
- 12:30 Lunch
- 1:15 Siesta
- 2:15 Smorgasbord and Free Swim
- 3:30 3rd Activity Period
- 4:30 4th Activity Period
- 5:30 Flagpole
- 5:45 Dinner
- 7:15 Unit Activity or All-Camp Event
- 8:30 Ages 8-12 Showers
- 9:00 Ages 13-15 Showers, Ages 8-12 Evening Embers
- 9:45 Ages 8-12 Lights Out, Ages 13-15 Evening Embers
- 10:00 Ages 13-15 Lights Out