

Camp Dakotah 2010

Parent Handbook

Welcome to the exciting adventure of the Rockwall County YMCA's Camp Dakotah. We thank you for becoming part of the YMCA program. We look forward to the time we will spend together. If you have any questions after reading this information, please call the YMCA office at 972-772-9622.

The Camp, The Camper and The Counselor

Our day camp will be held on site at the Rockwall County YMCA. We have 22-acres of land with creeks, trees, sports fields and a swimming pool. In addition, we back up a 25-acre lake that we use for non-motorized boats. Our campers, through 6th grade, will participate in daily activities including archery, BB's, boating, crafts, outdoor education, field trips, hiking, group and individual sports. All counselors are 18 years or older, with a high-school diploma. All staff are trained in first aid, CPR and behavior management.

Medical Information

On the registration form you will find a medical history questionnaire that **MUST** be completed prior to signing up for camp. **Along with this form, we must have a current copy of the child's shot records.** No physical examination is required of the campers, although we do recommend that each child have an examination by a licensed physician within a year period proceeding camp. Anytime a camper must bring medicine to camp, a medication form must be on file from the parent authorizing distribution of the medicine. The medication must be in the original container and we must follow the instructions on the bottle. To give over-the-counter medication, we must have a note from the doctor. All medications will be collected and stored in the office. If a child becomes ill or is injured at camp, an attempt will be made to notify the parents. If no parent can be reached, the staff will use their judgment as to the seriousness of the condition. For those injuries and illnesses requiring medical attention, your child will be taken to a local doctor at the Lake Pointe Medical Center. ***Children must be clear of fever for 24 hours before returning to camp.***

Absentees

Once you sign up for a session at Camp Dakotah, we are accountable for the whereabouts of your child. If your child is sick and/or will not attend camp for any reason, you **MUST notify the YMCA, 972-772-9622 ext.158.** Leave your name and the child's name.

Safety

The safety of our campers is of the utmost importance to our camp staff. Hazardous activities such as rifle's, archery and waterfront will be supervised by an activity specialist in addition to your child's counselor. Campers are required to wear lifejackets during any boating activity. Counselors will also be required to wear lifejackets during any boating activity. Children will also be required to wear lifejackets at the water park unless they have passed the weekly swim test at the Rockwall YMCA.

The pool is supervised at all times by certified lifeguards in addition to the camp staff. A swim test is given each week for children wishing to swim in the deep water.

Complete training for all activities is given to your child's counselor prior to camp. In addition, each camper will be instructed in proper safety techniques for each activity.

Security

Only people with drivers license numbers listed on the child's authorized pick-up list will be allowed to pick up the child. Driver's licenses must be shown when signing a child out of YMCA care.

The First Day

During the first few hours at camp, each camper is assigned to a counselor and becomes a member of a group of boys and/or girls near the same age. Roll will be taken and camp will officially begin. The children will meet the entire staff and go over camp rules.

A Typical Day at Camp

6:30-9:00 Early care in the gym – campers arrive
9:00-9:15 Huddle time
9:15-11:30 Morning activities rotating every 45 minutes
11:30-12:30 Lunch
12:30-2:45 Afternoon activities rotating every 45 minutes
3:30-5:00 Clean-up, change, and swim time
5:10-6:00 Playground area
6:00-6:30 Extended care – Lobby

Campers need to arrive at camp no later than 8:45

Spiritual Emphasis

We seek to provide a Christian atmosphere to foster the total development of the child. The emphasis at Camp Dakotah is on character. We will teach the values of respect, responsibility, caring, fairness, trustworthiness and citizenship. Brief daily chapel services are held with themes typically including appreciation of nature, friendship, giving, respect of others, etc. Counselors are encouraged to take some time each day for group discussions focused on group experiences, problems and other subjects of the group's interest. We expect campers who attend camp to be willing to participate in the total life of camp: to participate freely in activities and to sincerely work to get along with others.

Discipline

The staff is trained and uses positive reinforcement. Time-out and/or loss of privileges are used to deter unacceptable behavior. Parents are called when these methods fail or when the behavior is severe.

Campers who feel they cannot abide by the rules or whose behavior or discipline problem becomes so serious or disruptive as to affect the success of camp, will be required to return home without refund.

General Rules

1. Hands, feet and objects are kept to yourself
2. **ALWAYS** ask permission to go anywhere
3. Respect counselors and follow rules set by them
4. Be kind and considerate to our day camp friends

Rewards for Good Behavior

- *Smiles and praise from the staff*
- *Positive notes*
- *Special surprises and rewards*
- *Super camper awards*
- *Being made a “good example” for the group*

Consequences of Breaking Rules

1. Warning – a clear message
2. 1 minute per age of child of “renewal time”
3. Repeat “renewal time” and loss of privileges
4. Camp director takes time to discuss behavior with child
5. Parents are told the facts – which rules are broken
6. Program Director is called in for a conference
7. Parents are called in for a conference
8. For repeated offenses, child is sent home/suspended (no refunds)
9. Dismissal from program

****Severity Clause** – harm to self or others and destruction of property will be dealt with as needed. We reserve the right to immediately dismiss a child who is a danger to themselves or others.

****Fighting will not be tolerated and will lead to dismissal****

Parental support and encouragement of these rules can make a difference in a child’s behavior. We thank you for being a part of the team. “Children are the world’s most valuable resource and its best hope for the future!”

What to Bring to Camp

- ✓ A nutritious lunch with the child’s name on it. **There will not be refrigeration provided for lunches!!** If you desire, a personal cooler with ice packs may be brought on non-field trip days. Water is provided at lunch for children who forget to bring a drink. **We do not let campers use the vending machines during lunch. Lunches must be in disposable bags on field trip days!**
- ✓ Swim suit, towel, and sunscreen – Please mark these items with child’s name and have them in a bag. **(Sunscreen should be applied before camp and during the day!)** We also recommend hats to protect faces.
- ✓ A change of clothes is sometimes needed by the younger campers.

What Not to Bring to Camp

Toys; videogames; radios; guns; knives (not even pocket knives); tobacco or tobacco products; alcohol or drugs. Children should not bring large amounts of money.

What to Wear to Camp

Our camp is a rustic outdoor environment. It is recommended that your child wear comfortable old clothes. The weather will be warm, so shorts and T-shirts are fine. **Rubber sole, close toe shoes are a**

must! Camp Dakota T-shirts must be worn on field trips. Extra T-shirts are available in the office for purchase. Again, apply sunscreen before camp, even on cloudy days!!

Special Activities and Trips

Every week there will be a special trip or activity. The activity list is available now, but is subject to change depending on reservation availability. These special trips or guests at camp are included in the camp fee. **On trips, everything must be disposable, as we will not transport lunch boxes and coolers back to the YMCA.**

Care is not available for children not going on trips.

Communications

If you have any questions or concerns about the program, please contact the Camp Director, Lauren Atkins or the Program Director, Laura Beddow at 972-772-9622. Feel free to call anytime for information or help. However, we can only call your child to the phone in an emergency. We will be handing out correspondence from time to time about how camp is running as well as upcoming activities.

Camp Fees / Refunds

Payment must be received to hold a spot in camp!

Family Member	\$115 per week
Youth Member	\$125 per week
A one time registration fee of \$25 is due at time of enrollment.	

Fees are non-refundable and non-transferable after the first day of the session!!

Camp fees are due by the Sunday before the week attending.

- There is a \$10 late fee after 5:00 pm on Sunday.
- There is a \$10 transfer fee per week
- Parents must keep receipts for tax purposes

Before and After Camp Care

Campers may be dropped off at early as 6:30 am and picked up as late as 6:30 pm. **Campers are asked to be at camp by 8:45 am.** Campers can be picked up in the drive thru from 5:00-6:00 pm. The drive thru is located in the north parking lot by the pool. Parents can pick up kids in the lobby after 6 pm until 6:30 pm. There is a late charge of \$1 for every minute after 6:30 pm.

Your Trash is Our Treasure

Anytime during the year that you have any of the following, please donate it to camp for our crafts supplies.

THANKS!!

old wax candle
marbles
butter tubs w/tops
dried flowers
sandpaper
cigar boxes
ribbon
golf balls
baby food jars w/lids
paper towel tubes
pom pom balls
balloons

spoons
leather straps
coffee cans w/lids
pipe cleaners
wrapping paper
glue
styro-foam balls
masking tape
washable inkpads
wax paper
clear contact paper

rice
tissue paper
foil
felt
glitter
toilet paper tubes
puzzle pieces
buttons
spools
beads
paintbrushes

Mission Statement and Goals

“To put Christian values into practice through programs that promote a healthy spirit, mind, and body for all.”

- The Rockwall YMCA strives to provide opportunities that will help individuals.
- Nurture their belief system and reinforce their established values through characters development curriculum. Our character development curriculum focuses on Respect, Responsibility, Trustworthiness, Caring, Fairness, and Citizenship.
- Grow as responsible members of their families and as citizens of their communities.
- Appreciate that health of mind and body is a sacred gift and that physical fitness and mental well-being are conditions to be achieved and maintained.
- Recognize the worth of all persons and work for interracial and inter-group understanding.
- Develop a sense of world-mindedness and work for worldwide understanding.
- Develop their capacity for leadership and use them responsibly in their own group and community life.

YMCA of Metropolitan Dallas

The YMCA’s position on the Nation-wide problem of Child Abuse

We make an active effort to prevent child abuse. Including but not limited to:

A background check, including but not limited to, references from past employers, personal acquaintances, military, educational institutions, volunteer organizations, civic groups, character verification, health, and personal activities and involvements.

Allegations or accusations of child abuse are taken seriously and are sent to the police and state agencies for investigation.

Programs are structured and observed so that staff and volunteers are never the only adult present with children with the possible exception of emergency conditions.

Periodic interviews/evaluations are conducted with children and parents regarding day to day experiences, encouraging reports of any event out of the ordinary.

Staff is not to fraternize with children outside the programs, especially babysitting or inviting children home.

The YMCA goals for childcare are:

- To support and strengthen the family unit
- To help children develop their fullest potential
- To deliver programs in a positive YMCA environment of safety, support, and care.