

# Teen Adventure Camp 2010

## Parent Handbook

Welcome to the exciting adventure of the Rockwall County YMCA's Teen Adventure Camp. 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 teen camp will be held some days 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, ages 12 and entering 7<sup>th</sup> grade thru 16, will participate in activities including archery, B.B.'s, canoeing, crafts, outdoor education, field trips, overnight campouts, group and individual sports. All counselors are 18 years old or older, with a High School diploma. The staff are trained in first aid and CPR.

### 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 processing 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, a local doctor at the Lake Pointe Medical Center. ***Children must be clear of fever for 24 hours before returning to camp.***

**All staff is trained in first aid and CPR, AED, and Oxygen.**

### Absentees

Once you sign up for a session at Teen Adventure Camp, 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 rifles, archery and waterfront will be supervised by an activity specialist in addition to your teen's counselor. Campers are required to wear lifejackets during any boating activity. Counselors will also be required to wear lifejackets during any boating activity. The pool is supervised at all times by certified lifeguards in addition to the camp staff. A swim test is given each week for teens wanting to swim in the deep water. Complete training for all activities is given to your teen's counselor prior to camp. In addition, each teen will be instructed in proper safety techniques for each activity.

### Security

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

### A Typical Day at Camp

Monday & Fridays will be days that the campers remain at the YMCA, with the exception of a few Fridays. Please refer to the field trip list on what days these might be.

### Spiritual Emphasis

The emphasis at Teen Adventure Camp is on character. We will teach the values of respect, responsibility, caring, fairness, trustworthiness and citizenship. 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. Losses of privileges are used to deter unacceptable behavior. Parents are called when these methods fail or when the behavior is severe. Teens 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 teen camp friends.

## Rewards for Good Behavior

- *Smiles and praise from the staff*
- *Positive notes*
- *Being made a “good example” for the group*

## Consequences of Breaking Rules

1. Warning – a clear message
2. Teen Coordinator & Director take time to discuss behavior with teen (being teenagers, there is no room for “time out/renewal time in Teen Adventure Camp)
3. Parents are told the facts – which rules are broken
4. Program Director is called in for a conference
5. Parents are called in for a conference
6. For repeated offenses, child is sent home/suspended (no refunds)
7. 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.**

**Fighting 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.

## What to Bring to Camp (overnights will be different!)

- ✓ A nutritious lunch. **There will not be refrigeration provided for lunches!!** Water is provided at lunch for children who forget to bring a drink. **We do not let the teens use the vending machines during lunch.** Sack lunches are much more convenient for the sake of field trips and overnights, however **if you desire to bring a lunchbox please be aware that the teen is responsible for keeping up with it.**
- ✓ Swim suit, towel, and sunscreen – Please mark these items with teen’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.

### What Not to Bring to Camp

Toys, games, radios, guns, knives (not even pocket knives), tobacco or tobacco products, alcohol or drugs. Teens should not bring large amounts of money. **The pool vending machines may be used during swim time only!!**

### What to Wear to Camp

Our camp is a rustic outdoor environment, as well as the places we will be camping. It is recommended that your teen wear comfortable old clothes. The weather will be warm, so shorts and T-shirts are fine. Rubber sole, close toe shoes are a must. Again, apply sunscreen before camp, even on cloudy days!!

### Special Activities and Trips

Every Tuesday, Wednesday, Thursday & the occasional Friday 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.

**Care is not available for teens not going on trips.**

### Communications

If you have a question or concern about the program, please contact the Teen Director, Meredith Murphy 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 every Monday about how camp is running as well as the week's activities.

### Camp Fees / Refunds

**Camps fees are due by the Sunday before session begins.**

**Payment must be received to hold a spot in camp!**

<b>Family Member:</b>	<b>\$145 per week</b>
<b>Youth Members:</b>	<b>\$155 per week</b>
A one time \$25 registration fee is due at the 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

Teens may be dropped off at early as 6:30 am and picked up as late as 6:30 pm. Teens are asked to be at camp by 8:45 am as most days we will be leaving for field trips between 9 and 9:30am. Teens 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 teens 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 help out day camp, Camp Dakotah. **THANKS!!**

old wax candle	spoons	rice
marbles	leather straps	tissue paper
butter tubs w/tops	coffee cans w/lids	foil
dried flowers	pipe cleaners	felt
sandpaper	wrapping paper	glitter
cigar boxes	glue	toilet paper tubes
ribbon	styro-foam balls	puzzle pieces
golf balls	masking tape	buttons
baby food jars w/lids	washable inkpads	spools
paper towel tubes	wax paper	beads
pom pom balls	clear contact paper	paintbrushes
Balloons		

## 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 character 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.