



YMCA Day Camp

Manitou 2024 Parent Handbook

About YMCA Day Camps

YMCA Day Camps are wonderful places for your child to experience fun, outdoor adventures in the summer! New and returning campers thrive during a week packed full of exciting, structured traditional and specialty activities. Campers participate in small, age-appropriate groups where they build self-esteem and learn new skills. Our experiences are built on the Y's Core values of caring, honesty, respect and responsibility.

Our goal is to give all kids the opportunity to discover who they are and what they can achieve. Day Camp is an enrichment program and the next step in youth development.

YMCA DAY CAMP MANITOU ⁽¹⁾

WE ARE HOSTING A FAMILY OPEN HOUSE JUNE 6TH, 2024 at 5pm.

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This Document

This document undergoes occasional changes. You can always find the most up to date version at https://www.ymcamn.org/camps/day_camp_manitou/forms_publications

Letter from the Summer Camp Director Contact Information

YMCA Customer Service Center.
612-230-9622 or visit online at www.ymcamn.org/contact_us. Contact them about registration, payments, financial assistance etc. Changes and/or cancellations must be completed in writing using the link above.

Demetrius Neal, Camp Coordinator
651-259-6170

Demetrius.neal@ymcamn.org

Call or email if you have specific questions about programs, concerns about a camper, etc

YMCA Day Camp Manitou

Phone: 612-806-1267

Email: campmanitou@ymcamn.org

Website: daycampmanitou.org

Facebook: YMCA Day Camp Manitou

Address: 9910 Briarwood Ave. NE
Monticello, MN 55362

Summer Office Hours: 8:00 a.m.—4:30 p.m.
M-F



YMCA Day Camp Manitou is excited to present an outstanding program this summer with new camps and activities. Meeting new friends, discovering the wonders of nature, and learning new skills all add up to amazing camp memories. Our staff is caring, nurturing and well trained to provide a safe and fun environment for our campers. Please call us with any questions or concerns you may have. We are looking forward to another wonderful summer!

-Demetrius Neal

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refundable; the remaining session fees will be refunded.

Registration and Forms

Registration

Registration can be completed online or by downloading a registration form from daycampmanitou.org

You will receive confirmation by email immediately if you register online or within 24 hours of your paper registration being processed.

The balance for your session is due one week prior to your child attending camp, unless you have a pre-approved payment plan established with the Customer Service Center.

Changes and Cancellations

Changes or cancellations must be made, in writing, by Monday, two weeks prior to your camper attending camp. Visit www.ymcamn.org/contact_us to write to customer service with your request.

Change Requests

Changes must be received in writing no later than Monday, two full weeks before the start of the session. A \$10 Change fee is assessed for all changes made to the original registration, including transportation.

Cancellations

Cancellations must be made by Monday, two full weeks before the start of the session. A \$50 deposit per session paid at registration is non-

Session fees for cancellations received after the deadline are non-refundable.

Please note that camp does not offer refunds for injury, illness, weather or outdoor related ailments. We occasionally make exceptions for medical issues with a doctor's note, please contact us if that is the case.

Diversity & Inclusion

It is the YMCA of the Greater Twin Cities' vision to serve relentlessly with out community until all can thrive in each stage of life. At camp, we gladly welcome campers regardless of race, ability, creed, national origin and gender.

Please contact us if you have perspective on you camper that may help us better support your camper while they are at camp or complete our [Camper Individual Care Plan](#), found on our website.

Forms

All forms are available at daycampmanitou.org under the 'forms and publications' tab.

The [Medication Release Form](#) must be submitted if you are sending medications, prescription or non prescription, with your camper to camp.

The [Teen Release Waiver](#) is for campers in our teen programs, that are allowed to check themselves out from the bus.

The [Camper Individual Care Plan](#) is if you think there is anything important or specific your child's counselor should know about working with him/her. This includes, detailed allergy information, camper's fears/reservations, behavior concerns and tips etc.

Day Camp Member Discount

To receive the \$25 member discount, day campers must be part of an active family or dual membership at the time of registration and during their participation at Day Camp. Day campers that are not members when they participate at camp will be charged the nonmember rate. Youth and summer only memberships are excluded from the member discount.

Scholarships

Scholarships are a needs-based fund that we are able to provide via annual donations and fundraising events. To

apply for scholarship, go to <https://www.ymcanorth.org/adventure/scholarships>

Follow the online process to submit your request.

Customer Service will notify you of the percentage and amount within about 5 business days.

Scholarships

We believe every child should experience camp, regardless of family income. Learn more about our scholarship opportunities!



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About Day Camp

Manitou Transportation

Day Camp Manitou provides free, supervised transportation to and from camp; you are responsible for signing your child in and out of the bus each day, with the bus captain.

You may also drop your child off at camp between 9:00-9:15am daily.

Pro Parent Tip

Bus schedules are subject to change weekly, due to enrollment. Usually time differs by only 5-10 minutes.

Please be sure to check the website one week prior to know exact bus times.

Directions

FROM THE TWIN CITIES I-94 W

Take exit 193 for MN-25 toward Buffalo/ Monticello Turn left at MN-25 N Turn right onto Chelsea Road Turn left onto Co Rd 39 NE Turn left at Briarwood Ave NE Day Camp Manitou is on the left – Look for Bertram Chain of Lakes Regional Park

FROM ELK RIVER US-10 W

Turn left at MN-25 S/Lake St S Continue to follow MN-25 S Turn right at Broadway St W Turn left at Elm St Turn right at Golf Course Rd Continue onto Co Rd 39 NE Turn left at Briarwood Ave NE Day Camp Manitou is on the left - Look for Bertram Chain of Lakes Regional Park

FROM ST. CLOUD I-94 E

Take exit 193 for MN-25 toward Buffalo/ Monticello Turn right at MN-25 N Turn right onto Chelsea Road Turn left onto Co Rd 39 NE Turn left at Briarwood Ave NE Day Camp Manitou is on the left - Look for Bertram Chain of Lakes Regional Park

Pick-up

Safety of your child is our number one priority.

Bus security procedures are in place for the safety of your family. It is not our intention to offend anyone when we question the person's right to pick up a child.

Campers can only be picked up by someone listed on their authorized to pick up list (emergency contacts) and carrying their photo ID.

If you need to add an authorized pick up or change a pick up location, camp needs that in

writing. Please give a hand written note to the bus captain at the beginning of the week or email camp this addition.

Campers in our Teen Programs are allowed to walk home from a bus stop, with your permission. You must fill out, sign and return the [Teen Release Waiver](#), found on our website.

In order to stay on schedule, buses cannot wait past their scheduled time. If you are late for pick up please call camp. If we do not hear from you, we will attempt to reach you by phone. If you are not reached, we will call persons listed as

emergency contacts. Your camper will be transported to the closest Before/After care site. After 1 hour, the authorities will be called to ensure the safety of your child.

Pro Parent Tip

Many bus stops are at public locations. Allow yourself a few extra minutes to locate the pick

up location on Monday Mornings.



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Eagle bus	New Hope YMCA & *B/A care here	7601 N 42nd Ave, New Hope
Fish bus	Emma b Howe YMCA	8950 Springbrook Drive NW, Coon Rapids
	Champlin park academy	6100 109th Ave N, Champlin
Bear bus	Meadowbrook Elementary	5430 Glenwood Ave, Golden Valley
	Fernbrook Elementary	9661 Fernbrook Lane N, Maple Grove
Deer bus	St. Michael Elementary	101 Central Ave W, St. Michael
	Rogers Middle School	20855 141st Ave, Rogers

	Elk River YMCA & *B/A care here	133337 Business Center Dr. NW, Elk River
Wolf bus	Andover YMCA & *B/A care here	15200 Hanson Blvd NW, Andover

Life at Camp

Our Camp Community

YMCA Programs are about learning skills, developing character and making friends. But few environments are as special as camp, where kids become a community as they learn both how to be more independent and how to contribute to a group as they engage in camp activities. **Camp Groups.** Campers are assigned to camp groups based on age and program choice (i.e. Specialty/Traditional Camp). Counselors will lead the camp group of 12 campers through a rotation of scheduled camp activities.

In addition to the group rotations, camp often gives campers the opportunity to interact with some of the other groups through large group, all camp, or camper's choice activities.

Pro Parent Tip

Check your camper's backpack for information handouts and schedules on Monday on what your camper's week will look like.

Camper Buddies. Campers will have an option to be placed in a group with friends, if they are close in age, in the same program and the request is made in advance. If the request was not made on the registration form, there is no guarantee that your camper will be placed with a buddy. Children make many new friends at camp in addition to enjoying their old ones. We limit the number of friends in the same group to support strong group dynamics.

Camp Staff. Each staff member goes through an extensive hiring process including criminal history background & national sex offender

check, reference checks, and interview.

They receive over 40 hours of training in camp program areas, relating to children, health and safety skills, and are First Aid and CPR certified. Camp staff members are committed to being positive role models for campers.

Lost and Found

In response to the COVID-19 pandemic, our day camp is limiting items held in lost and found after each camp session ends. We want to be mindful of safe storage space and how to prevent exposure of staff and campers from items, week to week. As such, camp will only hold the following specific list of items:

1. Jackets / Sweatshirts
3. Prescription glasses, durable medical equipment, prescription medication
4. Personal equipment
5. Shoes (not water shoes or sandals)
6. Backpacks

Camp will keep to these items for no longer than two weeks from the end of the session. After this time, these items will be donated or thrown away. Please note that these items will be held at the discretion of camp staff. Items that are soiled, damaged, or otherwise deemed not able to be safely stored will be disposed of. The list of items camp will not hold on to includes but is not limited to: socks and underwear, all toiletries and toiletry bags, all swim gear including swim suits and goggles, hats, t-shirts, pants, shorts, towels, water shoes including sandals, water bottles, sunglasses, toys, cameras, arts and crafts projects including tie dye. We highly encourage parents to label all items with their camper's name to help our staff identify items during the camp session. Many items look similar and it can be confusing for both

staff and campers. As a reminder, please do not send your camper with anything that is irreplaceable. Things like jewelry or favorite stuffed animals can be easily lost or damaged. Electronics, including phones, are not permitted at camp. Phones may not be used at camp and will be confiscated and returned to families at the end of the day. Camp is not responsible for any lost, damaged, or stolen items—including confiscated phones

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Life at Camp

Camp Activities

Campers will experience a variety of activities during their camp experience. Our camp staff aim to encourage campers' creativity, skill development, and understanding of the world around them. Oftentimes, during these creative learning experiences in a camp setting, campers are exposed to the natural elements of camp. They will experience dirt, mud, bugs, plants, and various types of weather—but camp will go on. Our staff are trained to recognize and avoid unsafe situations. However, if your child has a specific reaction (allergies, fears, etc) to any camp elements; be sure to indicate this in their health information. Also if necessary, to help us work with your camper, please fill out the Camper Individual Care Plan, found on our website.

Pro Parent Tip

If your child is especially prone to mosquito bites, be sure to send long layers (long sleeve shirts/ pants) to help prevent future discomfort.

Campers registered for Specialty Camps will spend a portion of each day in their specialty area—weather permitting. If weather makes it unsafe to run a specialty activity, camp staff will lead alternative programming. In addition, they will do their best to make up activity time lost later in the week if the schedule allows.

Water Activities

All swimming and watercraft activities are supervised by Certified Lifeguards.

Personal Flotation Devices are worn by campers and staff at all times during boating/watercraft activities, and are provided by camp.

Each camper's swim ability will be tested on their first day of swimming. Campers may be required

Communication

While your camper is at camp, all communication should be directed to the Day Camp office. We encourage campers to learn independence while at camp; speaking directly to your child is strongly discouraged. If you have an emergency please call 612-806-1267.

to wear life jackets depending on their swimming abilities. Wee Bees always wear life jackets during swim time.

Policy

At the Y we believe that every family and child should have access to camp. We aspire to create a camp community that is safe, inclusive, welcoming, and exemplifies the Y's core values of Caring, Honesty, Respect, Responsibility, and Equity. We recognize that campers come to us with a range of backgrounds, experiences, and history, and that this may be reflected in their mental or behavioral health while at camp. While working with children at camp our goal is to collaborate with families. To help in this effort, we utilize an Individual Camper Care Plan to help us inform and prepare our staff. We ask for families to fill out this form only if there are special concerns or situations that you feel we need to know. The more detailed information and helpful "tips" you can give, the better prepared we are to work with your child. The individual Camper Care Plan can be found here: <https://www.ymcanorth.org/sites/default/files/day-camp-individual-care-plan.pdf?openyts=1648491066079>

It is our goal that Day Camp staff make every effort to ensure all campers have a safe and positive camp experience. We believe our success at camp stems from a safety-first mentality. Day Camp is designed to be a fun and amazing outdoor experience for kids, but we recognize that the small and large group activities may not always be the best fit for all campers.

In order to best support the safety and enjoyment of camp, we approach Social Emotional Learning as strategy for systemic improvement for all as it

supports adults to strengthen practices that promote equity. Social Emotional Learning is the process through which all young people and adults acquire and apply knowledge, skills, and attitudes to develop healthy identities, manage emotions, achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. We believe that our campers have the opportunity for growth and support within the five pillars of Social Emotional Learning and development- self-awareness, self-management, responsible decision making, relationship skills, and social awareness.

While working toward our goals of providing a safe and positive camp experience we may implement Action Plans. Action Plans are tailored to children and their specific needs. We work in partnership with campers, families, and camp staff to determine appropriate action plans for a camper. When determining action plans we strive to partner with families and meet campers where they are at in their development, all while keeping safety at the forefront.

We train and empower our camp counselors to support campers' individual needs with the implementation of action plans. These action plans are designed to work with campers on a personal basis to reach success while ensuring we are meeting each camper where they are at.

When a situation becomes harmful to an individual, the group, or when it cannot be resolved, then we will bring in additional support from the Camp Leadership team. Examples of this could be a camper running away from their group or not staying within sight and hearing range of their staff members, bullying toward another camper or staff. Our Day Camp Leadership teams include a small team of Blue Card® holders trained in CPI Nonviolent Crisis Intervention®. This

team is trained in crisis intervention, de-escalation, non-restrictive and restrictive intervention. If camper behavior escalates to physical violence, endangering the health and safety of themselves, other children, or staff, purposefully hurting themselves, another child or staff, restrictive intervention will only be deployed as a last possible resort due to extreme danger or intent to harm. Our Y Camping teams hold a range of compassion and expertise, but we are not mental health professionals, social workers, or 1:1 camper to staff support.

We will support your child the best we can to make camp as successful as possible. If change has not been made after a thorough action plan, should a camper need support that goes beyond what we can safely provide, or, should a situation escalate to a level where we can no longer safely find a resolution for the camper an action plan may determine the need for a child to be removed from a program for any amount of time, including the remainder of the summer season.

The above serves as an overview of how our camps help to ensure the success and safety of all our campers. If you have questions regarding further details of our procedures, or if you have concerns regarding your camper's needs, please contact the Camp Director.



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What to Bring

Traditional Camp/Wee Bees
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Pro Parent Tip

Dress your child for a day of outdoor fun. Please do not send your child's best clothing/shoes, as camp activities are outside

and rugged. All items should be clearly labeled with your child's full name. This will assist us with claiming lost and found. Camp Manitou is not responsible for lost, stolen or damaged items. Valuables and meaningful items should be left at home.

Bring (every day)

- Lunch and 2 snacks (AM & PM)
- Layers appropriate for the weather of the day
- Swimsuit & towel
- Refillable water bottle
- Insect repellent and sunscreen*
- Backpack/Bag (labeled)—to tote all items
- Extra clothes

Pro Parent Tip

Please apply sunscreen and bug spray before your child comes to camp.

*Send spray sunscreen if your child will need help re-applying throughout the day.

Do Not Bring

- Electronic Equipment, cell phones, iPods/mp3 players, cards/games, personal sports equipment except when requested for specialty camp
 - Firearms, pocket knives or weapons • Alcohol or drugs
 - Unregistered friends/family
- Don't feel the need to go buy lots of new things if you already have gear that will do. With very few exceptions, high-end gear doesn't improve your camp experience.

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Health & Safety

Incident Weather. Camp is held rain or shine. Please make sure your camper dresses for the weather, with appropriate rain gear. On rainy days, many fun filled activities are held inside our rain shelters. Your child may return home wet and muddy!

In extreme heat situations, certain activities may be canceled to keep campers safe. Campers will be encouraged to drink more water, will play more water games and enjoy activities in the shade.

Specialty Camps

Please bring the items on the Traditional Camp packing list. The following are additional items specific to the specialty program. If a program is not listed, please refer to the items on the general list of items to bring.

Water Adventure/Paddleboard

Camps • Extra pair of shorts or pants

- Swimsuit and towel each day

Fishing Camp

- Poles, bait and life jackets provided by camp • Campers may bring a personal fishing pole and tackle box to be left at camp until Friday. Please remove all hooks for the bus ride.

Climbing Camps

- Closed toe shoes required
- Bermuda length shorts suggested

Digital Photography Camp

- Small digital camera with SD memory card • Camp has a small supply if one is not available from home

Wee Bee Water Safety

- Come dressed in swimsuit each morning • A change of clothes for after swimming



In the case of severe weather, campers will be taken directly to the Tornado Shelter. The camp director will notify the YMCA as soon as possible about camper safety and any bussing delays. Updates will also be posted on our Facebook page and by email and text, when available.

Air Quality In times of Air Quality Alerts, we carefully follow the guidance from the Minnesota/Wisconsin Pollution Control Agency, National Weather Service, CDC, and Minnesota/Wisconsin Department of Health.

- We monitor and adjust programming to ensure children can safely participate in our outdoor programs.
- Adjustments include slowing down physical activity, emphasizing hydration, and spending more time in our indoor spaces (when available – not all Day Camp locations have indoor space).
- For campers with specific health concerns, sensitivity to air quality, or other concerns, we encourage guardians to send an N95 mask and speak with a camp leader for accommodations.
- Your child's safety and welfare are our top priorities.
- As always, you know your camper best. If you believe your camper would not thrive on a day with lower air quality and would prefer to keep your camper home, please just notify your camp. Refunds will not be offered due to air quality. You can also refer to your camp's early pickup information if you determine an early pickup would be appropriate, as air quality often increases throughout the day.

Severe Heat

To keep participants safe during extremely hot days, we will occasionally cancel certain activities.

We always encourage participants to drink lots of water, play more water games, and stay in the shade.

As always, you know your camper best. If you believe your camper will not thrive on a day with severe heat and would prefer to keep your camper home, please just notify your camp. Refunds will not be offered due to air quality. You can also refer to your camp's early pickup information if you determine an early pickup would be appropriate, as air quality often increases throughout the day.

Illness Procedures & Guidelines. For the health & safety of all campers, please do not send your

child to camp if they are ill. If your child is ill and must miss camp, please notify camp by phone or email. Camps only provide a refund for sick days, with a doctor's note.

If your camper contracts a communicable disease, parents must notify the Camp Director as soon as possible. The camp director will inform other participants in writing about the communicable disease. Please follow the below guidelines before sending your camper back to camp:

- Fever over 100F: please keep your camper home until he/ she is fever free without fever reducing medication for 24 hours
- Influenza like illness: Keep your camper home until fever free for 24 hours, without medication.
- Vomiting or Diarrhea: please keep camper home for 24 hours after the last episode of vomiting or diarrhea.
- Bacterial Pink-Eye/Conjunctivitis: please keep camper home until he/she has been on antibiotics for 24 hours or until doctor has determined they are no longer contagious. This includes no more mattering or drainage from the eyes.
- Strep Throat: please keep the camper home until he/she has been on antibiotics for 24 hours and is feeling well.
- Possible Impetigo/Other Rash: keep camper home until doctor determines whether or not rash is contagious. If treatment is started, students should be on medication 24 hours before returning.
- Head Lice: Keep camper home until first completed treatment and no lice and/or nits are visible.

Pro Parent Tip

Don't be alarmed if you get a call from camp. We like to get parent input on even minor health, homesickness, and behavioral issues.

Injury & Illness at Camp. Campers are well looked after. All camp staff are First Aid & CPR certified.

We will treat bumps, bruises, and scrapes. For an injury that requires more attention than our staff are trained to do, Y Staff will:

- Call 911, perform immediate first aid and contact you or emergency contacts, if you cannot be reached.
- If emergency transport is required, a staff member will accompany the child to the hospital and remain until the parent/guardian arrives.

In the case of illness, parents or emergency

contacts are called to make arrangements for treatment or pick-up. If your child is ill and must miss camp, please notify camp by phone or email.

Medications. Medication will be turned into the director upon arrival. Medication must be in the original container and marked clearly with dosage, frequency and camper's name. This includes over-the-counter drugs. Please only send medication that will be needed for your child's week at camp. Additionally, a [Medication Release Form](#) will need to be completed upon arrival and turned in with medications. The form can be found on our website.

Child Protection Policy. Your child's safety is our top priority. If you witness or feel that your child is in danger of any type of verbal, physical, sexual or emotional abuse, please report it to our Human Resource Department at 612-465-0551. Parents may observe the program at any time.

Risks at Camp. YMCA Day Camps are members of the American Camp Association, meaning we are rigorously held accountable on over 300 standards regarding health & wellness, transportation safety, aquatic and program safety and more. These standards guide us to use the best practices regarding camper safety & behavior, staff training and much more.

Nonetheless, like all other experiences, camp is not risk-free. Please refer to our waiver on our website

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