



YMCA CAMP ICAGHOWAN FAMILY HANDBOOK SUMMER 2023



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New Camper Orientation

Join us for a new and prospective parent/camper orientation. We will have two times available. The first on April 18th, at 6 PM. The second April 27th at 7 PM. Both will be held at 2525 Wabash Ave. St. Paul, MN 55414.

Open House

Join us for our open house at camp on May 20th from 1-4 PM. Tours will leave from our welcome center periodically. More information can be found on our website and Facebook page.

YMCA of the North Mission

The Y's mission is to put Christian principles into practice through programs that build a healthy body, mind and spirit for all.

Camp Icaghowan Mission

Camp Icaghowan is committed to helping participants achieve their fullest potential in personal development, social growth and physical wellbeing, with an understanding of their natural environment. Programs and activities at Camp Icaghowan seek to instill the five core values of the YMCA: Caring, Honesty, Equity, Respect and Responsibility.

Contact Information

YMCA Customer Service Center 612-230-9622.
Call them about registration, payments, financial assistance, cancellations, etc.

Fall/Winter/Spring

612-822-2267. Call here for general info about programs, logistics, transportation, etc.

Camp Icaghowan Office (Summer)

612-459-7278. Call here for questions, concerns or needs during the summer months while camp is in session.

Maya Harris (Program Director)

(P) 925-858-5404

(E) maya.harris@ymcamn.org

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

Georgia Wagner (Executive Director)

(P) 612-810-2935

(E) georgia.wagner@ymcamn.org

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

This Document

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

Registration and Forms

Registration

Registration can be completed online at Campicaghowan.org, by calling the YMCA Customer Service Center, or by downloading a registration form on our website.

Camp will send you confirmation within three weeks of receiving your registration and deposit.

The balance for your session is due May 15, 2023 unless you have a pre-approved payment plan established with the Customer Service Center.

Changes and Cancellations

Call the Customer Service Center if you need to change or cancel your registration to camp and they can walk you through the process.

Camp change requests received one week or earlier prior to the session start date will be made and assessed a \$25 change fee.

Cancellations received on or before May 15 will be refunded, however your deposit is non-refundable. All cancellations made after May 15 are non-refundable and non-transferable.

If cancellation is due to a camper's illness or medical reasons, or other uncontrollable circumstance, your camp fees may be refunded when cancellation is accompanied by a doctor's record/official statement.

If a camper has a significant discipline problem during a session, we reserve the right to dismiss them without refund for the remainder of their session.

Camp Store

If you would like your camper to shop in the camp store, please purchase a gift certificate **prior** to their arrival. These are purchased in your online Y account.

Gift certificates can be used toward any YMCA program, membership, or camp experience. Certificates can be redeemed at any YMCA of the North locations, are transferrable, and never expire.

Gift certificates can be used toward camp store merchandise during your camper's stay at camp. Any remaining balance will remain in your account.

Forms

Health Exam Form

Our camp utilizes the platform CampDoc. Prior to your camper's arrival you will receive information on how to login and complete your camper's health profile.

A completed Health Exam profile is required each year to attend camp.

If you have trouble getting into your CampDoc account, please contact our Program Director.



First and Last Day

Transportation

YMCA Camp Icaghowan offers transportation to and from camp. The bus will arrive and depart from the YMCA in Shoreview. The bus to camp will depart at 12 pm on Sunday. It will arrive from camp by 3:30 pm on Friday afternoon. You must register for your transportation choice (bus or parent) at least 5 days ahead of time to ensure adequate space for participants.

Bus: Arrive between 11:30 am and 12 pm. be sure to bring any forms that have not been submitted, and medications that your child will need for camp.

Bus Rules:

- Campers sit facing forward while the bus is moving
- No screaming or yelling
- Inappropriate touching, pushing, or poking is not allowed.
- No eating or drinking while on the bus.

Drop-Off

On Sunday, please arrive at camp during the designated drop-off time. This will be communicated by the Program Director prior to your session and will fall between 1:00pm and 3:00pm. Please call us if you are running late and will arrive after 3:00pm.

Pick-up

On Friday, please pick up your camper during the designated pick up time. This will be communicated by the Program Director prior to your session and will fall between 1:00pm and 3:00pm.

Campers can only be picked up by someone listed on their Camper Personal History and carrying their photo ID.

If there is any reason your camper needs to be dropped off late or picked up early please contact us.

Pro Camper Family Tip

We will open check-in at 1:00PM. We are unable to accept early arrivals.

Remember your ID on pick-up day.

Summer Samplers

Summer Samplers sessions are slightly unique. Tuesday Summer Sampler pick-up is from 1:00pm to 2:00pm. Wednesday Summer Sampler drop off is from 1:00pm to 2:00pm. **There is no bussing offered for Summer Samplers midweek**, but they are welcome to take the bus to camp on Sunday or back to Shoreview on Friday if they are a mid-week Sampler.



Life at Camp

Cabins

Campers spend their session with two counselors and a group of other campers in a cabin. Our counselors are well-trained and love their jobs.

Our cabins are split into two units. Venture Unit and Wilderness Unit. Campers are assigned to their cabin based on age and gender preference.

Friend/Buddy Request

We try our best to honor at least one friend request. Families can complete a buddy request within their registration to be in a cabin with 1 or 2 friends, within a 2-year age range. We cannot guarantee friend requests beyond 2 friends.

Units

Units at Camp Icaghowan have a long and rich history. There are special nights where each unit participates in games, campfires, and generations old traditions to honor the past and empower the current campers.

Food

Icaghowan campers eat very well; our kitchen takes great pride in providing a tasty, well-balanced diet. If your camper has dietary restrictions or allergies, please note them in their CampDoc profile. If needed, we will follow up with additional questions.

Homesickness

For many campers, a week away at Icaghowan will be the longest time they've ever been away from home. The challenge can be significant for both campers and families. Icaghowan counselors and staff are trained in coaching campers through their experience, and we believe that overcoming the challenge of homesickness can be an opportunity to build resilience and confidence. We encourage camper families to share positive encouragement and acknowledgement about the length of time away from home, before your camper comes to camp. Tip: send along some stationary so your camper can write letters home.

Health and Safety

Icaghowan campers are well looked after. Our First Aid and CPR certified counselors are supported by our health professional (an RN) and supervised by our consulting physician. We are 15 minutes from the Amery Regional Medical Center for emergency care.

We will treat bumps, bruises, and scrapes and will be in touch with you if anything else comes up. We always call home if an injury or illness impedes a camper's enjoyment of camp.

Medication

All medications must be turned into Health Services upon arrival.

Medication must be in the original container and include dosage, frequency and camper's name. Please place the original container in a Ziploc bag.

Please do not send any over-the-counter medications unless your camper needs something very specific. We have them well stocked, and can provide them as your camper may need.

Risks at Camp

Camp Icaghowan is a member of the American Camp Association, meaning we are rigorously held to account on over 300 pages of standards regarding health and wellness, transportation safety, aquatic safety, and more. These standards guide us to use the best practices regarding ticks and other insects, sun exposure, hygiene, bullying prevention, staff medical training, and many more.

Nonetheless, like all other experiences in life camp is not risk-free. We simply cannot guarantee that no harm will befall a camper. Please refer to our waiver at campicaghowan.org/forms_publications/ if you would like to review our indemnification policies.



Life at Camp

Camp Activities

Campers will experience a variety of activities during their camp session during cabin activity time and progressive and activity time. Progressives are an activity that campers get to do every morning. Each camper gets to pick their progressive on the first day. Throughout the week they will gain skills and knowledge in that activity. There are two afternoon activities that change every day. Campers also get to choose their activities for each day. In addition to progressives and activities cabins will have two cabin activity times a day. This is time they get to spend with their cabin groups and will decide as a group what they want to do together.

Overnights

Every cabin (except our teen programs) will head out on an overnight with their cabin during the week to one of the campsites on our property.

Campers learn basic camping skills like how to set up a tent, make food over the fire, and find fun in the forest, in addition to having an opportunity to do something new and challenging.

Waterfront

Each camper's swimming ability will be tested prior to their first activity. Personal flotation devices are worn at all times by campers and staff during boating. Water shoes can be nice at our waterfront due to rocks and seaweed.

Stay in the loop!

View photos of your camper while they're at camp!

Facebook: [facebook.com/campicaghowan](https://www.facebook.com/campicaghowan)

Instagram: @campicaghowan

Communication

Campers may not have cell phones; the ability to contact home tends to feed feelings of homesickness and inhibits cabin integration. If you would like to be in contact with your camper you may send a care package (please limit food as it can bring unwanted furry guests to the cabins).

Mail your care package to:

Camper Name and Session Start Date
c/o YMCA Camp Icaghowan
899A 115th St. Amery, WI 54001.

Pro Camper Family Tip

Bring your mail to camp or the bus stop when you drop your camper off. We will deliver it to them during the week and you'll save on shipping!



Notices

CODE OF COMMUNITY

Y of the North Overnight Camps strive to develop young people's respect for self, others, and the environment by providing opportunities to experience nature and community building in a safe and positive space.

We expect that all members of the camp community will behave, maturely, responsibly, inclusively, and respect the rights and dignity of others. All actions at camp should reflect the YMCA Core Values: Caring, Honesty, Equity, Respect, and Responsibility.

In order to have a positive experience, you agree to NOT engage in the following behavior while at camp:

- Use of abusive, discriminatory, or vulgar language, name-calling or shouting at others in anger
- Physical contact with another person in an angry or threatening way
- Sexual innuendo or sexual behavior that intimidates or offends others
- Exclusivity towards others
- Harassment or intimidation by words, gestures, body language or any other menacing behavior
- Theft or behavior which results in destruction of property or the natural environment
- Carrying or concealing or using devices or objects as weapons
- Using or possessing illegal chemicals, alcohol or tobacco including nicotine gum, vapes and e-cigarettes on YMCA property and throughout the experience
- Engaging in intentionally risky behavior that endangers the wellbeing of self or others

Behavior Expectations and Accountability

Our staff will work with all campers who demonstrate behavioral challenges while at camp. However, if these challenges cannot find solution, the Y of the North Camps reserve the right to dismiss any camper who does not follow respectful behavior expectations as outlined above. In the event that a camper is asked to leave, there will be **no** refund of session fees and the parent or guardian of the camper will be held responsible for the camper's early transportation home from camp.

Bullying Policy

At Y of the North Camps, bullying is inexcusable, and we have a firm policy against all types of bullying. Each camper is expected to treat all other campers with respect, and to help each other achieve the best possible experience. Failure to meet Y Camp's standards of respectful behavior may result in communication with parents/guardians for assistance and potentially the dismissal of the camper. Our leadership addresses all incidents of bullying seriously. We train all camp staff to identify bullying and to promote honest communication between themselves and campers. Our goal is to work together as a team to ensure that campers gain self-confidence, make new friends and go home with fond memories of their camp experience. Campers are strongly encouraged to report bullying to their counselors, unit leaders, or any camp staff, including the camp directors. Our staff are trained to be diligent to mitigate bullying, but we don't see everything. Reporting is key to the prevention and correction of bullying behavior.

Diversity and Inclusion

It is the YMCA of the North's vision to serve relentlessly with our community until all can thrive in each stage of life. At Camp Icaghowan we make sure that all really does mean all; we gladly welcome campers of all backgrounds, walks of life, identities and genders. We cherish diversity and want to make sure all feel enthusiastically at home at Camp Icaghowan.

Please contact us if you have perspective on your camper that may help us support your camper better while they are at camp.

Packing: Traditional Camps

The following is a suggested packing list for a week of traditional camp; decrease for shorter stays and increase for longer ones. Please do not send your camper's best clothing, as camp activities are outside and rugged. Pack items and clothing that can get wet and dirty. **All items should be clearly labeled with your camper's first and last name.** Camp Icaghowan is not responsible for lost, stolen, or damaged items.

*A more detailed list can be found under the Parents & Guardians section on our website!

Bring

- Sleeping bag and a twin sheet
- Pillow
- Set of pajamas
- Tennis shoes that can get dirty
- Sandals with a back strap
- 2-4 pairs of shorts
- 1-2 pairs of long pants
- One or two long-sleeved shirts
- 3-5 T-shirts
- Five pairs of underwear
- Five pairs of socks
- A sweatshirt
- Swimming suit
- Rain jacket or poncho
- Two towels
- Hat
- Personal toiletries
- Flashlight (headlamps are great)
- Water bottle
- Insect repellent and sunscreen

Consider Bringing

- A camera (disposables are a good idea)
- Personal hand sanitizer
- Journal and pen
- Paper, envelopes and stamps for letters (pre-addressed post cards work well)
- Books and small games

Do Not Bring

- Cell phones, smart watches, electronics
- Money
- Music players, video games
- Food or drinks
- Fireworks
- Knives (this includes camping and pocket knives) or weapons
- Drugs and Alcohol
- Personal Sports equipment
- Animals
- Personal Vehicles

Lost and Found

We display our lost and found as we accumulate it for campers to see and parents to peruse on pick-up day. If you return home and realize you have left something, email us and we'll work to find it.



Packing: Adventure Camps, WLC, and CIT

In general, what one would pack for Icaghowan's Traditional Camps isn't too different from what you'll want if you'll be hitting the trail on your camp session. Here are a few notes and a few additional suggested items

- On trail, you'll want a compact, efficient sleeping bag, consider a mummy-style bag.
- Rain jackets matter a lot; bring one that is durable and breathable so you can comfortably be active in it.
- Down is lightweight and wool and synthetics are warm when wet; tend toward those fabrics and fills instead of cotton for clothing and sleeping bags.
- Good long underwear and wool hats are great for keeping you warm without much bulk.

Pro Parent Tip

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. In fact, most Icaghowan staff pride themselves on taking good care of old gear and using it until it's worn out. Can't find it? Just ask! We have some gear that you can borrow!

You can look online for additional items for specialty camps. ymcamn.org/camps/camp_icaghowan/parents/packing_lists

Kayaking Camps

- Gloves (optional, neoprene or waterproof are great)
- Wind shirt (optional)
- An additional packing list will be on our website and sent out to campers

Horse Camps

- Sturdy riding boots
- Durable riding pants. Campers are not allowed to wear shorts while riding.

Canoeing Camps

- Sturdy portaging boots that can get wet
- Two or three pairs of wool socks
- An additional packing list will be on our website and sent out to campers

