

YMCA Camp Northern Lights

Family Handbook

YMCA of the North

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Babbitt, MN 55706
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campnorthernlights.org



Camp Northern Lights

Mission Statement

The mission of YMCA Camp Northern Lights is to nurture our need for belonging and connection, to each other and to the outdoors.

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CAMP NORTHERN LIGHTS PHILOSOPHY

The beautiful north woods location of YMCA Camp Northern Lights beckons families to explore and enjoy the outdoors. The beauty of the setting, with the vast sky at night and the towering pines on the shores of Bear Island Lake, provides an atmosphere ideal for a connection to family and nature, as well as personal reflection and spiritual growth.

We seek to:

- Enrich family life and develop new insights and understanding between family members;
- Develop a sense of belonging with the larger camp community and encourage inter-family relationships;
- Enhance outdoor skills and strengthen appreciation for wilderness;
- Encourage a deeper connection to nature and a desire to advocate for wild places.

All Belong!

YMCA Camp Northern Lights seeks to promote an atmosphere where all persons feel welcome, included, and respected. At Northern Lights, we pride ourselves in appreciating the value of diverse populations and welcome all! Our programs are designed to enhance the relationships of any and all those that you consider a part of your family.

Scholarship/Financial Assistance

The YMCA annually raises funds to help make camp more accessible and affordable for all. We all deserve a family camp experience, and our Financial Assistance is supported by contributions from our Annual Fund and provides scholarships and subsidies for families in need of financial support to attend camp. Please let us know if we may serve you or your family in this way. If the Financial Assistance could help a family visit Camp Northern Lights, please have them apply online on our website at:

https://www.ymcamn.org/camps/camp_northern_lights/about/scholarships

Camp Community Contract

In order to keep your family and the family camp community healthy, safe and supported this summer we ask that you agree to the following social contract:

- When inside community buildings, (Family Art Barn, Sisu Lodge, Bathhouse) please respect the space of comfort level of other people in regard to physical distancing and masking.
- Perform health checks - please monitor the health of yourself and the others in your cabin/site family. If there is a change, please inform a staff member immediately.
- Wash hands often and practice good "hand hygiene".
- Please read cabin cleaning instructions and assist us at the end of your stay in getting ready for the families to come after you.
- Please model our five core values of HONESTY, EQUITY, CARING, RESPECT AND RESPONSIBILITY. Our goal is to make camp a safe place for EVERYONE and we will welcome and support ALL.
- Relax and Recharge – find time to slow down, breath in the fresh air, be silly and enjoy the little things.
- Greet your neighbor – community is everything to us here at Northern Lights and a gesture of kindness goes a long way.
- Have Fun!

WHAT TO BRING

Careful planning will make your stay at camp more enjoyable. We suggest taking a look at our updated packing list on our Forms and Publications tab - https://www.ymcamn.org/camps/camp_northern_lights/forms_publications. We have highlighted a few important things to consider when packing.

We encourage you to limit your stops on the way to camp and purchase your groceries close to home this summer.

Food. At this time, Camp Northern Lights offers a limited meal service plan for families who are tent camping. All other families can supplement your meal planning with the help of [Anna Marie's takeout dinner](#), as well as carrying a number of common grocery items in our camp stores.

Additionally:

- Many essential grocery items are available at our camp stores, find the whole list [here](#).

Towels. Bring hand, bath, beach, and dish towels. Camp Northern Lights does not provide towels. Each cabin has the following contents included, outside of standard kitchenware:

- Coffee Filters
- Matches
- Salt & Pepper
- Paper Towels
- Green Scrubby
- Bars of hand soap
- Dish Soap
- Toilet Paper

Bedding. The following items will be provided sealed inside a plastic bag: fitted sheet and top sheet. Please bring your own blankets and pillows/pillowcases.

Toiletries and Additional Health Related Items. Be sure to include all of your common toiletries for a normal family vacation while also considering the additional items related to our current health crisis.

- Hand sanitizer/disinfecting wipes- we will provide hand and dish soap in your cabins, as well as handwashing stations throughout camp. We also suggest you bring a personal stock of wipes and hand sanitizer to carry with you if possible.
- **Remember - please see our website for the full Summer 2022 recommended packing list here -**
<https://www.ymcanorth.org//sites/default/files/Camp-Northern-Lights-Packing-List.pdf?openyts=1651164428496>

Program Areas

- Sisu Lodge Store
- Sport Activity Areas: Gaga Pit, Shuffleboard, Volleyball, Sisu Village Game Field Area.
- Family Art Barn
- Community Art Tent
- Beaches & Boating Area: Sisu & Buena Vista
- Water trampoline and swimming platform
- The C.O.V.E. (Located at Anna Marie's staff available outside or at the window)
- Anna Marie's Store (Patio seating with window service)
- Nursery
- Trail Center: Hiking & Biking Trails

PLANNING FOR YOUR SESSION

Communication at Camp

Mail may be addressed to you at:

Your Name (and Cabin/Tent site)
YMCA Camp Northern Lights
9089 Highway 21 N
Babbitt, MN 55706

Phone

If you need to supply a phone number for folks staying back home, the Camp Northern Lights office does have a phone. Should an emergency arise at home, the caller should contact the Camp Northern Lights Office at 218-208-3209.

Cell Phones & Laptop Use

It is our intention to create a place where families can unplug and be removed from the technology elements of our daily lives, allowing for a simple, peaceful and quiet family vacation in the woods. A huge part of what makes Camp Northern Lights such a special place for families is the absence of these things. Out of respect for others, please keep your screens in your cabins. Thank you!

We do understand the need to check-in with work, family and friends. Wi-Fi is available at Sisu Lodge and tables are provided outside for your use.

Camp Office (Sisu Lodge)

Information and key staff may be located here. Here you can also find:

- Automatic Defibrillator (AED unit)
- First Aid Kit
- Access to the camp radio and phones – for emergencies

Camp Office (Anna Marie's - Beach Store)

Information and key staff may be located here. Here you can also find:

- Automatic Defibrillator (AED unit)
- First Aid Kit
- Oxygen Tank
- Access to the camp radio and phones – for emergencies

*See hours of operation on entrance doors, Sisu Lodge is unlocked at all times for access to emergency radio use.

Find Camp Northern Lights on Facebook and Instagram

Want to stay in touch with Camp Northern Lights throughout the year? Find us on Facebook by searching for YMCA Camp Northern Lights in your Facebook search bar. You can see and share photos and videos from your time at camp, stay connected with the people you meet, and get the latest information on what's happening during all four seasons at the best place in the world! Also, take a peek before and after you come to camp to stay updated on any changes and modifications to our programs.

You can also follow us on Instagram @ymca_camp_northern_lights. If you have photos to share of your stay at camp add it to our Google photo album <https://photos.app.goo.gl/QPxy3xHkxdH4DaRy8>

A SUMMER SESSION AT NORTHERN LIGHTS

The following is a general outline of activities. A specific schedule with times and locations will be at your cabin or campsite when you arrive, and are posted in public areas.

Arrival

Campers may arrive between 3:00 – 6:00pm on the first day of camp. Please do not arrive early, as our staff needs ample time to get the facility ready for the next session of campers. Staff will check in your family at the entrance, other staff will be spread around camp to help you find your cabin. If your family arrives after 6 p.m., you may go directly to your cabin/site. A map of camp can be found on the check-in table located at the camp entrance. Information on how to locate staff at other times and other important information for the week will be available at your cabin or campsite.

Full-Week Sample Schedule (6 day)

Sunday

3:00-6:00 p.m.	Campers arrive and move into cabins/sites
7:00	Opening Celebration & Activity Sign Ups

Monday - Friday

7:30-8:00 a.m.	Big and Little Dippers
8:15-8:45 a.m.	Yoga
9:00-9:15 a.m.	Northern Nature

9:15-9:30 a.m.	Morning Moment
9:30-12:00 p.m.	Age Group activities
2:00-4:30 p.m.	Afternoon activities
7:00 p.m.	Evening activities

Saturday

We ask that all families are out of their cabin by 10:00 a.m. to allow for ample time for staff to clean for the next group of campers.

Half-Week Sample Schedule (3 day)

Day 1

3:00-6:00 p.m.	Campers arrive and move into cabins/sites
6:00-7:00 p.m.	Opening Celebration & Activity Sign Ups

Day 2 and 3

7:30-8:00 a.m.	Big and Little Dippers
8:15-8:45 a.m.	Yoga
9:00-9:15 a.m.	Northern Nature
9:15-9:30 a.m.	Morning Moment
9:30-12:00 p.m.	Age Group activities
2:00-4:30 p.m.	Afternoon activities
7:00 p.m.	Evening activities

Departure Day

We ask that all families are out of their cabin by 10:00am to allow for ample time for staff to clean for the next group of campers

Departure Days

A cleaning checklist will be provided in your cabin.

On your way out, coffee and muffins will be available at the check in/out tent from 8-10 a.m.

An online evaluation of the week will be emailed to you after your stay. Please take the time to offer feedback. It is essential in helping us improve each year!

Camp Store

Camp Northern Lights has two camp store locations: Sisu Lodge is located in Sisu Village, and Anna Marie's is located at the beachfront patio in Buena Vista Village. Store hours will be posted at both locations and listed in the schedule you receive at your cabin/site.

Sample of items available at each location

Sisu Lodge

- Espresso drinks, cold brew, hot chocolate, local root beer
- Camp Northern Lights merchandise: T-shirts, sweatshirts, stuffed animals, hats, postcards, stickers, coffee mugs, insulated travel mugs, water bottles and more!

Anna Marie's

- Ice cream
- [Essential Grocery Items List](#)
- Snacks
- Fishing bait (availability based on local supply)
- Insect repellent, sunscreen and other essential toiletries
- 3.2 beer and seltzer will be sold from 4 - 8pm this year. Please provide a valid ID the first time you purchase beer.

To make things easy for your family and our team, please bring a credit/debit card to either camp store location the first time.

Camp Northern Lights does not accept cash at our camp stores.

Your camp store bill will be charged to your credit/debit card at the end of your session - this debit should be processed within 7 days of your departure. A receipt of your store bill will be sent to you upon request.

The Center for Outdoor Ventures and Exploration (COVE)

The COVE provides fun activities to draw attention to the natural beauty around us at Northern Lights. So get ready for an adventure! Nature scavenger hunts, orienteering, fishing equipment, boat and pontoon rentals, hikes, paddles, and more!

The COVE is located at Anna Marie's near the Buena Vista Waterfront. Hours will be posted in your schedule. The COVE provides a variety of activities, classes, and games throughout the week. The staff will offer help and guidance in planning your own family hike, paddle, overnight or cookout. Maps of the immediate area, camping and fishing gear, canoe vehicle straps and other equipment are available.

Fishing on Bear Island Lake

With more than 20 islands and over 20 miles of shoreline, Bear Island Lake has plenty of opportunities for a fishing experience.

Pontoons and boats are available to rent for an added fee. You can sign up for all these [online](#) or when you arrive at camp. Fishing poles and equipment are available for check-out and bait will be available for purchase at Anna Marie's.

We also have sunset cruises available! A staff will guide you on a tour around the lake, bring along chilled Dorothy's root beer and some assorted snacks for you to enjoy!

[Sign Up Activity Form](#)

Fishing Boat Rental
\$50 for half day
\$100 for full day

Pontoon Rental
\$150 for half day

Staff Guided Sunset Pontoon Cruise
\$45

Cookouts and Overnights

Explore Bear Island Lake on a cookout or overnight! All equipment, with the exception of sleeping bags and personal gear (i.e., rain gear, toiletries, etc.), is available in the COVE. Our staff will help in planning your lunch/dinner cookout or overnight and assist you in packing out your equipment and food for your special family get-away. Groups are limited to a max of nine members from the same cabin/site only, including one staff if you choose to have one accompany your family.

Cookout
\$7/person

Overnight
\$10/person

Children ages 0 – 3 are free.

The overnight and cookout registration form can be found on our website under the forms and publications section – it is listed as the [Activity Sign Up Form](#). You may also sign up for these experiences once you arrive to camp.

ACTIVITY HIGHLIGHTS FOR SUMMER 2022

Look for these programs at Northern Lights this summer! When you arrive at camp, you will find a Welcome Packet in your cabin or tent site that will include a schedule of events for your session. Please review it carefully and let us know if you have any questions.

Morning Activities

Big and Little Dippers Big and Little Dippers swimmers take the early morning plunge into icy Bear Island Lake in order to officially end camp's quiet hours.

Age-Groups are held on all full program days (non-departure and arrival days) from 9:30-noon. Children are divided by age into groups and the wonderful camp staff lead them in recreational and educational activities – crafts, hikes, outdoor skills, games, etc. There are age-groups for all ages- infants through adults!

Camper Supervision Ratios during age groups:

0-3 years 1 staff/3 campers

3-5 years 1 staff/6 campers

6-8 years 1 staff/8 campers

9-14 years 1 staff/10 campers

15-18 years 1 staff/12 campers

Adult Age-Groups Kids aren't the only ones who get to have fun! Meet your neighbors, explore the outdoors, and learn something new. There will be at least two adult age-group programs per day.

Examples include: River Paddle, Bike Ride, Art Project, Service Project, Hikes, etc...

Announcements At 12 p.m. each day, announcements will be read by staff at Bear Island Stage and then posted outside both camp store locations. This is a way for our staff to let campers know of any program changes or highlights for the day. This is the best way to keep in touch with all that is going on throughout camp.

Afternoon Activities

The Family Art Barn (FAB) is the center for art activities in camp. The FAB is located in Buena Vista Village. Campers under 12 must be accompanied by an adult at all times.

Specific art classes are offered at the FAB and Community Art Tent some mornings and most afternoons from 2:00 – 4:30 p.m. depending on the day – see your schedule for more specific detail. A sign-up may be required for some classes. All those who have signed up for a class are asked to come on time and plan on staying for the length of the class, as these classes are more technical in nature and require the entire period.

*There may be an additional fee for some arts projects.

The FAB will also host "Open Art" during specific times in the afternoon - see your schedule for more specific detail. Families can drop in at any time during open art for a wide variety of art projects to work on as a family.

Evening Activities

Activities tentatively scheduled for this summer include:

Opening Celebration & Orientation takes place on the first night of each session. This is a chance to get to know other families and hear about all that is happening during your session at camp.

Naturalist Presentations This is one of many opportunities for your family to learn about the beautiful north woods, topics vary each summer.

Good Neighbor Night Come one, come all to a night filled with camp cheer during Good Neighbor Night! From games for the kids, to trivia and a silent auction at Anna Marie's patio - and did we mention SKITS? Donations to the silent auction of handmade items such as games and art/crafts or camping items and snacks are appreciated - creativity is encouraged!

Sunset Paddles Join our staff for a group led paddle during the twilight hours of summer. Canoe and kayaks will be available. Routes include a short paddle down Bear Island River or a quiet paddle around Hot Dog Island.

Saunas We are happy to announce that saunas are back! We will have programmed sauna times for specific groups that you can sign up for. We have two sauna's at Camp Northern Lights. Our recently completed wood burning sauna is located near Revontulet. Our electric sauna, down from Sisu Lodge, will be available for family use at any time. You can talk to staff about how to turn it on.

Closing Celebration is the perfect ending to your time at camp. Closing celebration will include songs, and special recognition of campers that have braved Big and Little Dippers and other camp challenges.

2022 NORTHERN LIGHTS FULL TIME STAFF

Daniel O'Brien – Executive Director
Isaac Patterson – Summer Program Director
Anna Heil – Fall/Winter/Spring Program Director
Kaarin Mantz – Administrative Coordinator
Samuel Kujawa – Property Manager
Noah Roseen – Maintenance Staff
Rebecca Spengler – Food Service Manager

CAMP POLICIES

We ask that you are familiar with our camp policies and procedures.

Our North Woods Environment

Camp Northern Lights summer programs often take our beautiful north woods environment into account. We aim to create a greater appreciation for, and understanding of, the outdoors. Program activities are continually being developed with emphasis on increasing camper awareness of the north woods environment and on family participation in activities that promote a connection with wilderness.

Firewood & Campfires

Although surrounded by woodland, our supply of wood is not unlimited. Our wood supply, for your use at no charge, is dependent upon volunteer efforts and donated woodcutting equipment. We ask that you use firewood conservatively for campfires and in the fireplaces.

Fires are only allowed in designated areas. Each cabin/site has an outdoor fire ring that is either private or shared by a community. It is possible that dry conditions will create a fire hazard. If this occurs, camp stoves for tent campers are necessary. Please plan for the possibility of this condition by bringing a camp stove; if you don't have one camp has a few available for use.

Recycling and Trash

If you are taking out trash or recycling it should be delivered to the appropriate area before 4 p.m. each day. In keeping with our philosophy, Camp Northern Lights is proud to recycle glass, plastic, paper and metal. Recyclables must be separated from other waste and placed in the appropriate containers. Please refer to your camp map for the closest location recycling & trash location.

Wildlife

Camp Northern Lights shares the north woods with many awesome creatures. Bears do visit camp from time to time, looking for unattended food. Please help us prevent visits from bears by making sure that any food and garbage is properly put away at all times. If you are staying in a tent site, you can store food in the nearby food cache, in the bear boxes provided, or in your vehicle. While black bears are not usually dangerous to humans, remember that they are unpredictable wild animals and to keep a safe distance.

Dogs

Dogs are not allowed during the summer months. Please talk to our Fall/Winter/Spring Program Director if you want to learn about this policy change in the non-summer months.

Alcohol

The use of alcoholic beverages at camp is limited to the campers' immediate living area or during our 4-8pm sales of 3.2 beer at Anna Marie's patio. The legal drinking age is 21 and must be adhered to at all times. Use of illegal drugs is prohibited.

Tobacco

Tobacco use inside any structure or near camper cabins or sites is not allowed. There are two designated smoking areas in camp –the Sisu Village parking lot and the Buena Vista Village parking lot.

Lost and Found

Please keep track of all personal items brought to camp. If you lose an item, please connect with a staff member. Camp Northern Lights is not responsible for personal items that are lost, left behind, or misused by other campers. Lost and Found items will be kept the Family Art Barn.

Accessibility

If a family member has accessibility needs requiring an accommodation you would like us to be aware of, please let us know as soon as possible. This information enables us to better meet the needs of your family within available resources. Please contact the YMCA Customer Service Center at 612-230-9622 for more information.

CAMP NORTHERN LIGHTS POLICIES

1. Every attempt is made to encourage preservation of this unique wilderness setting. All campers are expected to respect the trees, land, buildings, equipment, and each other. Individuals, families or groups registered will be held responsible for any damage to the grounds, property, buildings and/or equipment.
2. If you choose to bring any personal recreation equipment, please keep it in your cabin or site when not in use. Camp Northern Lights will not be responsible for any damages or misuse of personal equipment by other campers.
3. To respect possible allergy issues of other campers, dogs belonging to campers and/or volunteers are only permitted in Cygnus, Callisto, Lyra, Polaris, Karhu and Virta.
4. Use of alcoholic beverages at camp is limited to campers' immediate living area. The legal drinking age limit is 21 years and is adhered to at all times. Please be safe and responsible!
5. Tobacco use inside any structure or on the grounds away from camper cabins or sites is not allowed. Nearby smoking area is available.
6. Use of illegal drugs is prohibited.
7. The YMCA of the North bans guns and weapons of any kind on the premises of Camp Northern Lights. All firearms are prohibited on camp property.
8. Campers should park cars in established parking lots during their stay at camp. We ask that personal vehicles are only driven through camp for loading and unloading during arrival and departure.
9. Camp Northern Lights requires all youth groups, with youth 18 years and younger, should have chaperone ratios as follows:

Age	# Adults	# campers
5 and under	1	5
6-8 years	1	6
9-14 years	1	8
15-18 years	1	10

That adult should be 21 years of age or older and at least five years older than the oldest participant in the group. Young adult groups, ages 19 and 20 years old, shall have one responsible adult chaperone to 15 campers. That adult should be 22 years of age or older and at least three years older than the oldest participant in the group. The responsible adult chaperone is the person signing the reservation agreement and is legally responsible for the group. Adult chaperones should have the health history, emergency contact information, and transportation permission for each participant. There should be two adults present, one with age-appropriate first aid,

- CPR, and AED certification and current lifeguard certification from a nationally recognized certifying body for waterfront activities.
10. For rental groups using the waterfront areas, we recommend at least two adults be present, one with lifeguard certification from a nationally recognized certifying body and an adult with experience and skill in paddling instruction.
 11. Camper families or groups are responsible for their own emergency care and emergency transportation.
 12. Camp Northern Lights advises group leaders to carry participant health information including name and address, emergency contact information, allergies or health conditions, and a signed permission to treat or religious waiver for any minors.
 13. All campers should hike, ski, boat or canoe with a partner and communicate their route and estimated time of return to another responsible adult. All search and rescue effort expenses will be charged to the lost campers.
 14. Any recreational activity carries with it normal levels of physical risk. Any injuries to campers while participating in activities at Camp Northern Lights are the responsibility of that camper or responsible adult. Camp Northern Lights does not carry accident insurance for campers.
 15. All persons attending Camp Northern Lights must sign a YMCA waiver prior to or upon arrival. By submitting a waiver form, campers automatically grant permission to use photographs of individuals, families and/or groups in YMCA promotional materials.
 16. ANY change(s) made to a summer reservation are subject to a \$25 service charge per change.
 17. If a summer reservation is cancelled for ANY reason and not rescheduled, 50% of the total reservation fee is forfeited if the cabin or site is not reserved by another family not yet registered. The 10% registration fee is not refundable. Cabins not in use because of registration cancellations may be used by the camp staff for other functions.
 18. If a fall, winter, or spring reservation is cancelled more than 4 weeks in advance, \$50 is nonrefundable. Cancellations made within 30 days of the reservation are non-refundable.
 19. If your cancellation is due to a camper's illness, medical reasons, or other uncontrollable circumstance, your camp fees will be refunded minus the deposit when cancellation is accompanied by a doctor or other official statement.
 20. A \$20 service fee will be charged for all returned checks and credit card payment

Emergency Procedures

First aid kits are located in the camp office in Sisu Lodge, Anna Marie's, Orion, the Bath House and the Family Art Barn. AED's are also located in Sisu Lodge, Anna Marie's, and Orion. Additionally, EpiPens (child & adult) are located in Sisu Lodge and Anna Maries.

If there is an emergency (i.e., lost camper, fire, etc.), an air horn or siren will sound. Specific training and emergency procedures will be shared with you during orientation and will be posted in your cabin/site.

Weather emergencies often happen very suddenly, and it is the responsibility of all campers to make good decisions and to take appropriate cover when necessary. Inclement weather procedures will be covered at orientation.

Procedures for Using Camp Equipment

You and your family members can use Camp Northern Lights equipment only after you attend an Equipment Demonstration. Staff will explain in detail, program options and camp operational procedures.

Chalk Talk will take place during camper orientation on the first night of your session. All are welcome but attendance of at least one adult per family is required. Staff explain equipment guidelines and offer age-appropriate demonstrations that you can share with all members of your family.

For safety reasons, please wear shoes at all times!

Waterfront

- Swimming is only allowed in designated beach areas.
- Inflatable beach toys and glass items are not allowed at any beach area.
- Fishing is not allowed at, or near any swimming beach, or from any dock near swimming areas. You may fish off the community docks near cabin areas.
- Canoes, kayaks and rowboats are available for use after waterfront orientation and equipment demonstrations.
- All watercraft are to be used only during daylight hours.
- All Northern Lights watercraft must be properly put away after each use.
- A PFD (personal floatation device) must be worn correctly at all times on watercraft.
- Children 12 and under must be accompanied by an adult at ALL times.
- Staff will inform you how to disinfect waterfront equipment after use.

- Our waterfront areas are not programmed or monitored by a lifeguard. Please use our waterfront areas at your own risk and be vigilant about watching the children in your family/cabin group.

Canoe Standards

- Always transport canoe from rack to water with two people.
- When entering a canoe, keep one foot in the water, and place other foot in center of canoe.
- Wet boot policy - the policy of only allowing bottom of canoe to touch water - is intended for the safety of paddlers and preservation of the equipment.
- There should be no more than four people in a canoe.
- People who aren't paddling need to sit on the bottom of the canoe, not the wooden bars (thwarts). They break easily and would ruin the integrity of the canoe.
- Weather policy: no boating in rough water or when there is thunder or lightning.
- Always paddle on opposite sides to avoid swamping.
- PFD's are required at all times. Must be appropriate size and buckled at all times.
- If you swamp/flip a canoe in open water, do not swim away. Lock your arms over the belly and don't worry about any of the gear.
- If you swamp/flip, point the canoe toward shore, get in, and paddle if possible.

Kayak Standards and Procedures

Exploring Bear Island Lake by kayak is a wonderful alternative to more traditional canoes. Kayaks offer a means of exploring the waters surrounding Northern Lights unlike any other craft. Kayaks are stable, draw little water, and are easy to learn to paddle. They're great for families, where children can experience the independence and fun of piloting their own boats (though not alone, of course).

Managing Risk:

While the lower center of gravity given to a paddler by the kayak's seat position makes the boat more stable, kayaking has the additional risk of a paddler becoming trapped if the kayak capsizes. Also, being a solo boat, a kayak offers a greater temptation for paddlers to venture off alone. The following standards have been developed to manage these risks:

- Kayakers must wear a securely-fastened, properly-sized PFD at all times.

- We encourage kayakers to practice a wet exit before going out on the lake. This means that you should be able to exit and swim out & away from your kayak if you were to flip in the water.
- Kayakers must be in the company of other paddlers (canoeists or kayakers) at all times - no paddling alone.
- Campers who want to take a kayak on an outing without an adult must be at least 12 years old.

Paddleboard Standards

- Paddle-boarders must wear securely fastened, properly-sized PFD at all times.
- Paddle-boarders must take the board a few feet into the water before boarding to avoid damage to the fins.
- Paddle-boarders must stay within eyesight of either beach area in Sisu or Buena Vista Village.
- Campers under the age of 12 must have an adult nearby on another paddleboard, canoe, or kayak.

Water Trampoline & Swim Platform

- Due to health and safety guidelines around COVID-19, we ask that you enjoy these activity spaces with your immediate family.
- These program areas are not programmed or monitored by a lifeguard.
- Do not dock or paddle any watercraft near these areas.
- You must wear a securely-fastened, properly-sized PFD at all times.
- You must have at least one buddy with you, you cannot swim solo.
- Ages 12 and under must have at least one adult swimming with them.
- Swimmers must be able to swim out under their own power.
- No diving, or flipping off either platform.
- Please limit group size to 6 individuals from the same cabin/family group.

Program Options

When you arrive in camp, you will be informed about the program possibilities for both family and individual participation. Other than our Chalk Talk and the Camp Orientation, participation is voluntary. It's your vacation, so don't over-program yourself!

Supervision Responsibility of Children

Camp is an incredibly safe environment, and as a community, we all agree to keep an eye on the children at camp. However, we do ask that you have awareness of where your kids are during your stay, and any **child under the age of 12 must be accompanied by an adult at all times.**

Child Protection Policy

We would like to make you aware of our YMCA's child protection policy. The intent of this policy is to protect your family, our staff, and the YMCA. It states (in part) that staff members and volunteers may not have contact with children who are YMCA program participants in non-YMCA activities (such as babysitting or weekend trips) without the knowledge of the Executive Director and the written consent of the family.

Some children wish to communicate with their counselors or other camp staff after their camp experience or during the school year. We ask that families send this communication directly to our Executive Director at our Camping Offices in Minneapolis, who will ensure that the letter gets to the staff person. We do not allow our staff to give out personal addresses, phone numbers, email addresses, or social media information to children. Thank you for your understanding.

YMCA Member, Participant, and Guest Code of Conduct

We expect persons using YMCA programs and facilities to behave in a mature and responsible way, and to respect the rights and dignity of others. Our Code of Conduct does not permit language or any action that can hurt or frighten another person, or that falls below a generally accepted standard of conduct.

The following activities are prohibited in all YMCA facilities and programs

- Inappropriate attire. Appropriate attire must be worn at all times.
- Angry or vulgar language, including swearing, name-calling or shouting.
- Physical contact with another person in any angry or threatening way.
- Any demonstration of sexual activity or sexual contact with another person.
- Harassment or intimidation by words, gestures, body language or any menacing behavior.
- Theft or behavior that results in the destruction of property.
- Carrying or concealing any weapons or devices or objects that may be used as weapons.
- Using or possessing illegal chemicals on YMCA property, in YMCA vehicles, or at YMCA sponsored programs.
- Any other conduct of an inappropriate, threatening or offensive nature.
- Loitering is not permitted in or outside YMCA facilities or programs
- Smoking is not permitted in or outside YMCA facilities or programs, or on YMCA property or program sites. YMCA program areas are a smoke-free environment.
- Members, participants, and guests are encouraged to be responsible for their personal comfort and safety, and to ask any person whose behavior threatens their comfort to refrain. If a member, participant or guest feels uncomfortable in confronting the person directly, they should report the behavior to a YMCA staff person.

A member, participant, or guest who is in violation of the Code of Conduct could be subject to consequences including removal from a program and/or termination of program privileges.

Cars at Camp

After unloading upon your arrival, we ask that cars be parked in the parking lots. For safety reasons, we do not allow cars to be driven through camp during camp sessions. The only exception is that cars may be kept in the auto tent sites. Parking lots are located behind the pole barn in Buena Vista Village and behind the lodge in Sisu Village. Please let a staff member know if someone in your cabin family has limited mobility. We are happy to make appropriate accommodations.

Island Policy

Bear Island and many others islands are public lands available for your exploration. We encourage you to enjoy the island via paddles, hikes, swimming, picnics, and overnights.

Please note the island located right off camp's shoreline is a private island. You may not access this island.

Quiet Hours

10:00 p.m. – 7:30 a.m.

On-Call Staff

If you have an emergency and need to reach a staff member at camp immediately, please use our emergency contact list in your cabin to reach a staff person by phone, or use one of our camp radios located in Sisu Lodge or outside Anna Marie's.

CABINS

Please remember, care of sites and grounds is the responsibility of all campers. When you depart, please make sure the site is cleaned and ready for use by the next family. Leave it better than you found it!

Full-facility cabins are located in both Sisu Village and Buena Vista Village.

All cabins have electricity, bathrooms, and kitchens with running water, appliances, cooking and eating utensils. In addition, all cabins have an outside fire ring and charcoal grill. Please see our website for a full list of [cabin contents](#).

BUNGALOWS

Bungalows are located in Back of Beyond Village and have a refrigerator, microwave, dual hot plate, and toaster and are fully stocked with silverware, kitchen knives, plates, bowls, cups, and a charcoal grill. Each bungalow has its own outdoor water spigot, picnic table, charcoal grill and outdoor fire ring. All water in camp is safe for drinking unless noted otherwise. These cabins are located near a bathhouse with individual toilets and showers. Please see our website for a full list of [bungalow contents](#).

CAMP SITES

Tent and RV camp sites are located in Back of Beyond Village. Each site has a picnic table and fire pit with a grate for cooking. There are electric hookups at all camp sites. A centrally located water spigot is provided at each camping area. All water in camp is safe for drinking unless noted otherwise. There is a food cache centrally located with refrigerators and freezers. There are shelves in the food cache for dry food storage. To prevent animals from disrupting your food supplies, food must be stored in the food cache, your vehicle or the bear box at your site (in a mouse-proof container). Please see our website for a full list of [tent site contents](#).

Outdoor biffies are situated nearby all camp site areas. Tent and RV campers can shower at the bath house.

Care of the Cabins, Tent Sites and Grounds

Care of the cabins and grounds is the responsibility of all campers. Every Northern Lights camper is asked to clean their cabin or tent site before leaving. Final cleanup should include cleaning the appliances, sweeping and/or vacuuming floors, recycling glass, aluminum, plastic and tin, disposing of non-recyclable trash and compost.

Due to increase cleaning and disinfecting plans, and to allow enough time to transition for the next session, please plan on leaving camp by 10 a.m. on your departure day. A cleaning checklist is located in your cabin binder paperwork. Each cabin and bungalow has a cleaning caddy. If there is any cleaning equipment you're missing, let staff know and they will replace it. Thank you ahead of time for helping us keep camp in good condition.



YMCA Camp Northern Lights – Camping for all Seasons

Every season at camp is the best season! The trails are perfect for hiking in the fall and skiing in the winter. Camp Northern Lights, an exceptional site for a family outing, retreat or fellowship with a group of friends, is open weekdays and weekends, for short- or long-term visits during these seasons. Talk to our Fall/Winter/Spring Program Director, Anna Heil or call the Camp Northern Lights Administrative Office at 612-822-2267 Reservations for current openings are being accepted now.

2022-2023 Fall, Winter and Spring reservations are open!