

YMCA Camp St. Croix

Summer Overnight Camp

Family Handbook

2022

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COVID-19 Safety

Keep an eye on our Website and pre-camp emails for information regarding updated protocol for keeping our campers and staff safe this summer!

Contact Information

YMCA Customer Service Center. 612-822-2267. Call them about registration, payments, financial assistance, cancellations, etc.

Camp St. Croix Office. 715-386-4380. Call here for general info about programs, logistics, transportation, etc.

Gretchen Hoff Program Director. 651-435-6730 . Call if you have specific questions about programs, concerns about a camper, etc.

Michel Tigan, Executive Director. 612-230-3478. Call if you have specific questions about programs, concerns about a camper, etc.

This Document

This document undergoes occasional changes. You can always find the most up to date version at https://www.ymcnorth.org/camps/camp_st_croix/parents

New Camper Orientation

Join us for new camper orientation at Camp St. Croix (532 Cty. Rd. F, Hudson, WI) on Saturday April 30th from 9:30am -12 Noon. Information presentation will begin at 9:45am. We'll meet to learn more about what to expect during your camp session, meet the Croix director, and have your questions about camp answered. It is free and there is no need to register.

Y of the North Mission

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

About YMCA Overnight Camps

YMCA Overnight Camps are wonderful places for your child to experience fun, outdoor adventures in the summer! New and returning campers thrive during a session packed full of exciting, structured camp activities. Campers live in small, age-appropriate communities where they build self-esteem and learn new skills. Our experiences are built on the Y's Core Values of Caring, Honesty, Equity, Respect and Responsibility.

Our goal is to give all kids the opportunity to discover who they are and what they can achieve.



Registration and Forms

Registration

Registration can be completed online at campstcroix.org, by calling the YMCA Customer Service Center at 612-230-9622, or by downloading a registration form from campstcroix.org.

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

The balance for your session is due May 1, 2022 unless you have a pre-approved payment plan established with the Customer Service Center.

Changes and Cancellations

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

We charge \$25 for any change of session.

Cancellations made one month or less before your camp session start date are non-refundable.

Cancellations made more than one month prior to your session's first day will result in a loss of your deposit, but you'll receive the remainder of your payment.

Occasional exceptions can be made for certain medical issues with a doctor's note.

If your camper has a significant discipline problem during a session we reserve the right to dismiss them, without refund, for the remainder of the 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 location, are transferable, and never expire.

Gift Certificates can be used toward camp store merchandise during your child's stay at Overnight Camp. Any remaining balance at the end of the session can be used toward future YMCA camps or programs.

Forms

HEALTH EXAM FORM:

A completed *Health Exam Form* is required each year to attend camp and can be found in our CampDoc information. Forms are available at campstcroix.org, under the 'Forms and Publications' tab or in your CampDoc account. A new physical exam is required each year before attending camp.

Please upload your camper's completed *Health Exam Form* to your CampDoc account.

COVID-19 Safety Protocol

Please keep an eye out for communicated information about our Summer 2022 Protocol surrounding COVID-19 safety, available in our pre-camp emails and on our website. Be sure to review any information being sent to you about pre-camp requirements and precautions as this will be important in keeping our campers and staff team safe this summer!



First and Last Day

Transportation

Overnight Camp St. Croix does not provide transportation to and from camp. You are responsible for getting your camper to and from camp on the first and last days of camp. **Drop-off and Pick-up specified time slots will be communicated prior to your camper's session by the camp director.**

Directions

From the West

Travel east on I-94 from St. Paul. After crossing the St. Croix River, take Exit 2, Carmichael Road & County Rd F. Turn right (south) on Carmichael Road and follow for 1.5 miles. Camp St. Croix is on the right side shortly after Coulee Road, across from RiverCrest Elementary.

From the East

Travel west on I-94 to Exit 2, County Rd F & Carmichael Road. Turn left on Carmichael Road and follow for 1.5 miles. Camp St. Croix is on the right side shortly after Coulee Road, across from RiverCrest Elementary.

Drop-Off

Please arrive at camp during the designated drop-off time. This will be communicated by the Camp Director prior to your session and will fall between 1:00pm-4pm. Please call us if you will be arriving late.

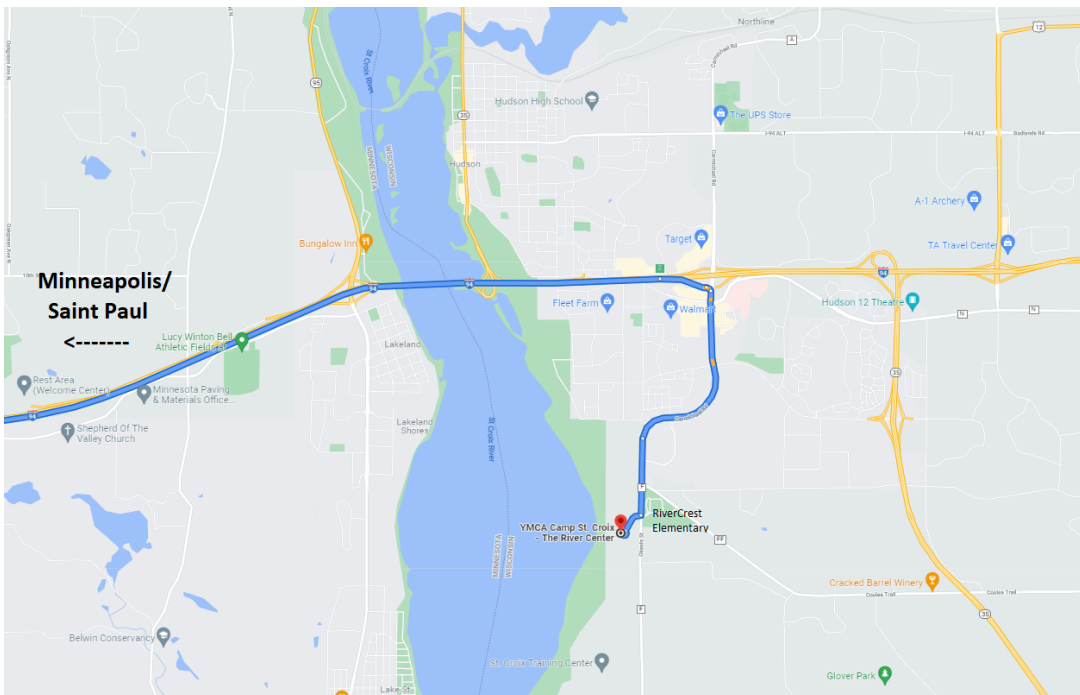
Pick-up

Please pick up your camper during the designated pick-up time during their session. This will be communicated by the Camp Director prior to your session and will fall between 1:00pm-3:30pm.

Campers can only be picked up by someone listed on their Camper Personal History and carrying their photo ID. Please email info@campstcroix.org if you need to update your approved pickup list.

Camper Family Pro Tip

*Be prepared for drop-off and pick-up with your **Photo I.D.***



Life at Camp

Cabins.

Campers spend their session with exceptional counselors and a group of other campers in a cabin group. Our counselors are well trained and exemplify our Y Core Values.

Campers are assigned to their cabin based on age and gender.

Friends/Buddy Requests.

Families can complete a buddy request within their registration form for their camper to bunk with 1 or 2 friends, within a 2 year age range. Questions on buddy requests? Please reach out to the Program Director at gretchen.hoff@ymcamn.org.

Communication.

Please send mail directly to Camp St. Croix. Feel free to send mail to camp within a week prior to your camper's arrival. Address to;

Your Camper's Name
Session Dates & Program Title (i.e. June 4-10, Voyageurs)
YMCA Camp St. Croix
532 County Road F
Hudson, WI 54016

Although we prefer letters, you may send an email as well. Please be sure to have your child's name, camp session, AND cabin in the subject line. Any emails received after 10:00am will get to them the next day. We **cannot** promise that you will receive a response (hand written by them, typed by our staff) email from your camper, but we will give them the option to do so! Camp email: info@campstcroix.org

Phoning Home.

Campers **may not** have cell phones or smart watches at camp. Except for very limited emergency situations, phone and e-mail by campers are off limits as it distracts from the camp experience. We want kids to get off screens, get outside, make new friends and play! If you have questions, a Camp St. Croix staff member will be available to speak with you over the phone.

Visiting Camp.

Due to COVID-19, there will be no available visitor times during camp sessions.

Stay in the Loop! View photos of your camper while they're at camp! We post photos on our Facebook and Instagram site often.

Facebook: facebook.com/ymcacampstcroix

Instagram: @ymcacampstcroix

Food.

Croix campers eat very well; our kitchen takes great pride in providing a tasty, well-balanced diet, including free organic produce raised right here, at Croix's Grow and Gather Farm. **If your camper has dietary restrictions or allergies please note them on their Camper Personal History AND on their CampDoc account.** If you are interested in checking out our menu's, you can do so on our NutriSlice link. This will also provide dietary alternatives and calorie information. You can find our kitchen information in the Food section under our Parents & Guardians area on the website.

Health and Safety.

Croix campers are well looked after. Our first aid, CPR, and lifesaving certified counselors are supported by our health professional (an RN), and student nurses.

We will treat bumps, bruises, and scrapes. In the case of illness or advance injury, parents or emergency contacts are called to make arrangements for treatment or pick-up. Camp St. Croix uses the Hudson Physician's Clinic located at the Hudson Hospital, in Hudson, WI.

Medications.

Medication will be **turned into** the Health Office Coordinator and our certified Health Professional **upon arrival.**

Medication **must be in the original container** and include dosage, frequency and camper's name. We suggest placing the original container into a plastic Ziploc bag where all info can be written.

Please do not send over-the-counter medications, these are well stocked and provided by our Health Service Center.

A Medication(s) Release Form will need to be completed during registration, or upon arrival. The form can be found at campstcroix.org under Forms & Publications.



Life at Camp

Camp Activities.

Campers will experience a variety of activities during their camp session, with their Cabin Activity and Camper's Choice time. Our camp staff aim to encourage campers' creativity, skill development, and understanding of the world around them. Often times, 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—fun! 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.

Overnights.

Our Trailblazer groups will "pack-out" one afternoon during the week and head out to a campsite in our woods or on our beach area for an overnight with their cabin group.

Campers learn basic camping skills in addition to having an opportunity to do something new and challenging.

We thoroughly watch the weather reports and make sure that weather conditions are safe for overnights to occur. Your camper will still go on their overnight if it is simply raining! This is one of the most important times for campers to have their rain gear, as listed on the Packing List.

Risks at Camp

Camp St. Croix is a member of the American Camp Association (ACA), 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 much 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 campstcroix.org/forms_publications/ if you would like to review our indemnification policies.

Camp Store. Campers will visit the Camp Store **once** during their session. As noted previously, please purchase a Y Certificate to allot money for your camper at the Camp Store. We do not allow campers to spend over the amount on the certificate purchased for their account. Depending on your child's needs and interests, \$25-\$50 per week is suggested.

Items/Prices Examples:

Water bottle: \$15 (large) \$10 (small)

T-Shirt: \$15-25

Sweatshirt: \$35-45

Stuffed Animal: \$10-20

Hat: \$10-20

Drawstring backpack: \$5-15

Waterfront.

Each camper's swimming ability will be tested prior to their first activity. Personal Flotation Devices and shoes are worn by campers and staff at all times during waterfront activities and boating. Please send a pair of water shoes with your camper, as they will be needed.

Homesickness.

For many campers, a week away at Croix will be the longest time they've ever been away from home. The challenge can be significant for both kids and their parents. Croix counselors and staff are very experienced in coaching campers through their time away and we believe 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. If your child is having a significantly hard time, we will let you know, and ask for positive support and guidance on how best to comfort your camper.



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 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, concealing or using devices or objects as weapons;
- Using or possessing illegal chemicals, alcohol or tobacco including nicotine gum, vapes or e-cigarettes;
- Engaging in intentionally risky behavior that endangers the wellbeing of self or others.

Behavior Expectations

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 reserves 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.

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, we make sure that all really does mean *all*; we gladly welcome campers of all backgrounds, walks of life, and genders. We cherish diversity and want to make sure all feel enthusiastically at home at camp. Please contact us if you have perspective on your camper that may help us support your camper better while they are at camp.



Packing: 1-Week Traditional Camps

The following is a suggested list, these items are not required. You may modify it to your camper's needs and session type. Please do not send your child'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 child's last name.** This will assist us with claiming lost and found. Camp St. Croix 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

- Face masks/coverings (1 mask/day is recommended)
- A sleeping bag and a twin sheet
- A pillow
- 2-3 pajamas
- Tennis shoes that can get dirty
- A pair of back-strap sandals
- 2-4 pairs of shorts
- 1-2 pairs of long pants
- 1-2 long-sleeved shirts
- 3-5 T-shirts
- 5-6 pairs of underwear
- 5 pairs of socks
- 1-2 sweatshirts
- 1-2 swimming suits
- Rain jacket or poncho (!)
- 2 towels
- Personal toiletries
- A flashlight (headlamps are great)
- Water bottle
- Insect repellent and sunscreen
- A T Shirt, Pillowcase, or Socks for Tie Dye

*Flip-flop sandals are to be used for showers only, not activities

Consider Bringing

- A camera (disposables are a good idea)
- 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
- Music players or video games
- Food or drinks (if special foods are required for your camper, please connect with the Program Director Gretchen)
- Fireworks, knives or weapons
- Personal Sports Equipment / large games
- Animals

Lost and Found

We display our lost and found on Facebook the week following each session. If you return home and realize you have left something give us a call and we'll try to find it to tell you it's there. Unfortunately we can't send items home for individuals. However, we will hold them at the River Center for pick up to 2 weeks post your session. Please call or email us at info@campstcroix.org to let us know you'll be stopping by.

Please assist us with Lost & Found by labeling everything with your camper's last name. Valuables and meaningful items should be kept home for safe keeping. Please take special care to not send your camper with any valuables, or the items listed under Do Not Bring. Camp St. Croix is not responsible for any lost, stolen, or damaged items.



Packing: Specialty and Leadership Camps

In general, what one would pack for a specialty camp or teen leadership experience isn't too different from what you'll want if you'll be hitting the trail on your camp session. You'll want to think about the length of your campers' session, 1, 2 or 3 weeks, as they will not have access to do laundry. Detailed/specific packing lists for different programs can be found under the Parents & Guardians section as well as Forms & Publications on our website.

Canoe and Sailing Groups Important Items

- Rain gear—jacket and pants
- Sleeping bag (compress-able is best)
- Sturdy back strap sandals such as Chacos, Tevas, or Keanes (and/or Water Shoes)
- Quick Dry / Athletic style shorts and t-shirts are best, as campers will be in and out of the water
- Quick Dry Towel for trail
- Dry Bag / Dry Sack (compress-able is best)
- Sturdy water bottle such as Nalgene, Camelbak, etc.
- Cap/Hat with brim to shade the sun
- Sunglasses
- Extra layers, preferably not cotton
- Wool socks are best

Rock Climbing Groups Important Items

- Rain Jacket
- Sleeping bag (compress-able is best)
- Sturdy tennis shoes that can get dirty
- Clothing comfortable to wear under a climbing harness (note the summer temperatures)
- Bandana for under their climbing helmet

Horse Groups Important Items

- Rain Jacket
- Sturdy riding boots/shoes (must be closed-toe)
- Durable riding pants (jeans are great)

Camper Family Pro Tip

When campers arrive to Croix, they will need to carry all of their items to their cabin, we suggest roll-able or easy to carry luggage, as able!

