



**Camp du Nord
YMCA of Greater Twin Cities**

Administrative Offices
651 Nicollet Mall, Suite 500
Minneapolis, MN 55402
Phone: 612-822-2267

Ely Office
3606 North Arm Road
Ely, MN 55731
Phone: 218-365-0365

www.dunord.org



Keep close to Nature's heart... and break clear away, once in a while, and climb a mountain or spend a week in the woods. Wash your spirit clean.

- John Muir

Camp du Nord Mission Statement

The mission of Camp du Nord is to strengthen families by providing opportunities for individual and family growth, supporting spiritual development and enhancing environmental awareness in a wilderness setting.

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Dear Camp du Nord Families,

Welcome to family camp and thank you for placing your trust in our team, who are dedicated to providing you with a safe and healthy home away from home!

First and foremost, please know that Camp du Nord is focused more than ever on the health and safety of our camper families and our staff team – your wellbeing is our top priority. Hygiene and cleanliness have never been more important to us – we believe that the old phrase of “camp clean” just won’t cut it anymore. It is with your health and wellbeing in mind that we launched the “Camp Care” program. This program includes heightened safety and cleanliness standards. We have highlighted a number of these standards here in the letter, but please refer to our Camper Social Contract for all the ways you can help us keep camp a safe and healthy place to play and relax.

Our “**Camp Care**” program includes heightened safety and cleanliness standards.

We have put in place enhanced safety practices at check-in and in any communal area. Your family will be asked a series of health questions during the check-in process. During your session, we ask that everyone in camp **practice physical distancing** by ensuring a safe distance for interactions between cabin/family groups. Many activities, spaces and camp equipment can be shared closely within a cabin/family group only, but we ask that you allow for adequate distance (at least 6 ft) between your family group and others. We regularly disinfect anything you or others will touch – from door knobs, to PFDs to boats. Every piece of program equipment is disinfected with appropriate cleaning agents after each use. We have removed items that in the past would have been shared by campers (such as newspapers, puzzles and board games) and we have established strictly enforced cleaning schedules for bathrooms and shared spaces. We have hand sanitizing and hand washing stations throughout camp.

It is imperative that you monitor your health and the health of your cabin group. Please make the decision to isolate yourself or a family member if COVID-like symptoms are experienced and inform a team member right away. As testing in the Ely area is somewhat limited, isolation and going home in order to protect others will be important.

Knowing that much of the magic of family camp is created by our amazing program staff team, it is critical that we also focus on the wellbeing of our team members – ensuring they are healthy. They are instructed to not come to work if they are not well. We have frequent safety training and we stress the importance of wellness and strict adherence to our safety protocols. Importantly, we value their health as well as yours – you can take comfort in knowing that our caring team recognize the importance of their health before they interact with you.

We know that most of your time with us this summer will be spent in the beautiful outdoors and in your own cabin or tent site. Prior to your stay, your cabin will be fully disinfected using CDC approved disinfectant that is also EPA certified. Each cabin’s high touch points will be cleaned with chemicals aimed at killing the COVID-19 virus – door handles, light switches, thermostats, all dishes and cooking utensils, coffee makers, and all bathroom fixture handles and touch points. Where you touch – it will have been cleaned with a focus on your safety. Our team members will wear gloves and masks while cleaning to ensure your safety as well as theirs. Also note, the cabin/site you stay

in will likely have not been used for a period of 30 or more hours from the prior family—a form of social distancing related to the life expectancy of the COVID-19 virus.

We recognize the importance of providing you with options for snacks, coffee drinks, and gift shop items when at camp, and we have implemented a window and table service program to limit the need for campers to gather in indoor spaces. Items that will be available for purchase at our Trading Post include packaged ice cream treats, snacks, toiletries, camp apparel, coffee drinks and gift shop items. We encourage our camper families to limit stops on the way to camp, buying groceries near home whenever possible.

Unfortunately, we are not able to have many of our indoor gathering spaces available this summer, but we have enhanced our outdoor spaces for your family to thoroughly enjoy camp. All biffies and public restrooms/showers, will be cleaned on closely-monitored schedules using disinfecting chemicals. **We will require that all campers and staff wear face coverings/masks when in any indoor space, except for personal cabins/sleeping quarters.** Single-use masks will be available in case a mask is forgotten by a camper or team member. While in either indoor or outdoor spaces, we ask that families/households keep at least a 6 ft distance from other families/households. Our “Social Contract” provided in this packet explains our hopes for community safety during your stay. We still want you to say hello to others and to enjoy this beautiful space together, while also being respectful of physical distancing requirements and wellbeing standards. We are thrilled to have program offerings that provide safe and fun camp experiences this summer, even with these modifications needed to keep everyone as healthy as possible during this global pandemic.

Please read through our materials to understand our policies and procedures, and to familiarize yourself with all the amazing ways to enjoy camp this summer!

From our team at YMCA Camp du Nord, we want you to know that we truly care about you, your family and your health – we are a community that cares about one another. We stand ready to provide you a safe, clean home away from home as “Camp Care” is the new standard.

Thank you for the privilege of sharing this space with you and your family.

Stay healthy. Have fun. Get outside.

Becca Fink
Executive Director
Camp du Nord

CAMP DU NORD PHILOSOPHY

The remote location of YMCA Camp du Nord has been calling families to the north woods for more than fifty-five years. The beauty of the setting, with the vast sky at night and the towering pines on the shores of Burntside Lake, provides an atmosphere ideal for a connection to family and nature, as well as personal reflection and spiritual growth.

In the du Nord logo, the intertwining circles represent the intra-family and inter-family relationships. Within the circles, the tree represents all of nature. The campfire symbolizes the fellowship of people gathering together and the canoe portrays the family reaching into the world in a quiet fashion. It is significant that the canoe is used in the emblem, for it symbolizes du Nord's efforts to actively preserve the wilderness character of the area and maintain a program consistent to that end.

Guided by this philosophy, achievement of the following objectives is sought:

1. To enrich family life and inter-family relationships.
2. To develop new insights and understanding between family members.
3. To cultivate awareness of the natural world and strengthen appreciation for the wilderness.
4. To encourage spiritual growth and experience in a wilderness setting.

YMCA Camp du Nord seeks to promote an atmosphere where all persons feel welcome, included, and respected. At du Nord, 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.

Personal Pricing Plan and Financial Assistance

The YMCA annually raises funds to help make camp more affordable for all. Our scholarships are supported in part by contributions from our Annual Giving Program and provides scholarships and subsidies for qualifying applicants within our available resources. Please let us know if we may serve you or your family in this way. If a scholarship could help a family visit Camp du Nord, please have them request an application by calling our customer service center at 612-822-2267 or download a form from our website at:

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

This year in particular, we are so grateful for the contributions and support we continue to receive from our camp community. We would not be able to safely open our doors during this global pandemic without the expertise and guidance provided by our volunteer community or without the financial contributions to support our increased expenses related to COVID-19. If you are able and interested, any and all donations will significantly help our beloved camp get through this challenging time!

https://www.ymcamn.org/give/give_online/camp_du_nord

Summer 2020 Social Contract

As a way to keep your family and the family camp community healthy this summer we ask that you agree to the following social contract:

- Please follow physical distancing guidelines and keep a 6ft distance between your cabin/site family and others in camp.
- When indoors, other than your own cabin or bungalow, every family member must wear a mask.
- Please adhere to all of the capacities posted for buildings, patios, and community spaces, as well as signage for distancing while in lines.
- Perform daily health checks- please monitor the health of yourself and the others in your cabin family. If there is a change, please inform a staff member immediately.
- Please respect group gathering guidelines and do not exceed more than 10 people from different cabin families.
- Wash hands often and help us clean and disinfect high-touch spaces and program equipment when possible.
- Please read cabin cleaning instructions and assist us at the end of your stay in getting ready for the families to come after you.
- Have fun, be silly, breathe the fresh air, relax, play and enjoy camp!

Even though we are asking that everyone at camp practice physical distancing and increased safety protocols, this does not mean we are discouraging socializing! Say hello to each other and BE KIND. These are stressful times and we all want camp to be a safe place to relax and play

WHAT TO BRING

Careful planning will make your stay at camp more enjoyable. We suggest the following:

Food. If you are not on the meal plan, pack a sufficient amount of food for your week at camp. *Note: Breakfast is not provided by the dining hall at this time, so all campers should bring their own.* Platform cabins, platform tents, and tent sites have an outdoor fire ring for cooking, a bear box and a food storage unit

Unfortunately, the all-camp picnic on Fridays will not take place this summer due to health concerns around COVID-19 and large group gatherings, so please plan on your own food for that meal as well, unless you are on the meal plan.

Dishes. All cabins are equipped with a full kitchen and cooking utensils. Dishes will be sanitized by camp staff in between family stays. *Due to the cleaning requirements cause by COVID-19, all tent site, platform cabin, and platform tent are required to bring their own dishes and cooking equipment.* If this is a hardship, or you do not have all the supplies needed, you can request dishes and cookware. [Tent Site/Platform Cabin Dishes & Cookware Request Form](#)

Towels. Make sure to bring hand, bath, beach, and dish towels. Camp du Nord does not provide towels.

Bedding. Campers are responsible for their own bedding and pillows. Sleeping bags are convenient, especially for those planning overnight camping. You may also want to bring a fitted sheet for the mattresses. We have both queen and long twin beds at camp. Remember to include blankets, as nights up north can be chilly. The bed arrangement for each cabin can be found [here](#).

Clothing. Be sure to include rain gear and hiking boots or sturdy shoes for all family members. Bring shorts, hats and beachwear for sunny days, and jeans, warm jackets and sweaters for inclement weather. There are no public laundry facilities at camp. Having sufficient clothing for varying weather conditions can be the difference in your comfort at camp!

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 our current health crisis.

- Thermometer
- Face masks for each family member: these will be required inside all of our buildings this summer, with the exception of your personal cabin/site.
- 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.

Miscellaneous. Other items you may want to consider include: Auction item, camera, electric fan, flashlight, battery-operated lantern, sunscreen, bug spray, binoculars, compass, pocket knife, lawn chairs, musical instruments, fishing gear, Minnesota Fishing License (if 16 years of age and older), water bottles, portable BBQ grill, bug net (if camping), games, puzzles or other activities that your family enjoys. These are just a few ideas!

Bikes. You are welcome to bring bikes, although biking is limited to the North Arm Road. We ask family campers not to ride bikes within camp boundaries. No skateboards or skates are allowed.

du Green Tip: Please do your best to bring items that are re-usable and eco-friendly. Ideas include refillable water bottles, cloth napkins and rags, food with minimal packaging and bio-degradable soaps/shampoos.

TEMPORARY MODIFICATIONS DUE TO COVID-19

Equipment Use. The following items will NOT be available for use at camp this summer. Please consider bringing the following for your family:

- Board games
- Puzzles
- Cards
- Pack n plays

We are encouraging families to bring their own life jackets if possible. You will have the opportunity to check out a lifejacket for the duration of their visit to camp. All lifejackets will be cleaned in between sessions.

Program Areas. We are excited to offer a number of fantastic programs and activities this summer! Thank you for understanding that some things will need modifications and others we will not be able to offer this summer due to health concerns around COVID-19 and MN Department of Health regulations. Please note: all families and staff will be required to wear a mask in any indoor program space. Camp will have a limited supply of single-use masks for those that need them.

Due to physical distancing concerns, most of the indoor program areas around camp will be unavailable to campers.

Open with modifications:

- Dining Hall – Take Out meal plans for lunch and dinner only
- Trading Post – window service only
- Outdoor Activity Center – window service only

- Playscape/playground – limited number of people to allow for physical distancing
- Du Ga and Volleyball – balls available for families to check out
- Beaches – limited number of people to allow for physical distancing
- The Camp Office should only be entered if campers have an urgent need to contact staff, a medical need or need to use the phone or a computer for a short period of time.

Closed: at this time, the following locations will be closed. We will continue to monitor health regulations and will consider re-opening these if it is safe to do so:

- Saunas at du Nord, Pine Pointe, and Northland Villages
- The Den and the Nest
- Morning Glory
- Family Art Center

Campsite dishes: Dishes and cooking equipment will NOT be provided at the platform tents, auto tent, platform cabin, and camp sites. If this is a hardship, or you do not have all the supplies needed, you can [Request Dishes and Cookware](#).

Unfortunately, the all-camp picnic will not take place this summer due to health concerns around COVID-19 and large group gatherings.

PLANNING FOR THE WEEK

Communication at Camp

Mail may be addressed to you at:

Your Name (and Cabin/Tentsite)
 YMCA Camp du Nord
 3606 North Arm Road
 Ely, MN 55731

Phones

If you need to supply a phone number for folks staying back home, the Camp du Nord office number is 218-365-0365. Messages are checked frequently. If they are unable to reach anyone and it is an emergency, they can try the staff residences at 218-365-3631, 218-365-7686.

Cell Phones

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 du Nord such a special place for families is the absence of these things. Out of respect for others, please keep your cell phones and screens in your cabins. Thank you!

WiFi and Computers

WiFi is not readily available on site at Camp du Nord. We do understand that for some, it wouldn't be possible to come to camp if you were not able to check-in. Please talk to the office staff at camp about arranging access to a camp computer.

Find Camp du Nord on Facebook and Instagram

Want to stay in touch with du Nord throughout the year? Find us at Facebook.com/campdunord or on Instagram @campdunord. You can see and share photos and videos from your week 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!

Emergency Equipment

Emergency equipment can be found in the Camp Office (located in the lower level of the dining hall), Morning Glory (in the kitchen area) and The Nest (in the basement, middle door, of Thor's Lodge cabin) Information on how to reach staff can be found there. Here you can also find:

- Automatic Defibrillator (AED unit)
- First Aid kit
- Access to the camp radio and phones for emergencies
- Oxygen Tank (Camp Office only)

Meal Service

While inside dining options will be closed at Camp du Nord, will be providing Take Out meals for lunch and dinner. You must sign up for meal service at least three weeks prior to arriving at camp. Our dining hall does have a limited capacity, and reservations are taken on a first-come, first-served basis, so please register early.

Schedule your Overnight or Cookout Now

Overnight and cookout information can be found on our website [HERE](#). Please fill out the form and email to info@dunord.org at least one week prior to your arrival. **Due to physical distancing concerns, camp staff will NOT be available to accompany families on cookouts or overnights this summer.**

A SUMMER WEEK AT CAMP DU NORD

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.

Sunday Arrival

Campers should arrive any time between 3:00 p.m. and 6:00 p.m. on **Sunday**. Please do not arrive early. Campers will be greeted by staff at Gateway House at the entrance of Pine Pointe Village. Physical Distancing of at least 6 feet will be adhered to and staff will be wearing masks. All Campers will be asked a series of questions related to their health and exposure prior to heading to their cabins/campsites.

If your family arrives after 6:00 p.m., a map of camp can be found outside of Gateway House. A radio is also located there if you need to get in touch with staff to find your cabin or site. Information on how to locate staff at other times and other important information for the week will be available at your cabin or campsite.

Health Checks

Staff will ask a series of health-related questions upon arrival at camp. Campers will be asked to monitor their health throughout their stay and immediately report any symptom of illness to a team member.

Questions asked at check-in:

- Have you or anyone in your house traveled out the country in the past 14 days?
- If yes, did you go to any of the following countries – Brazil, Iran, Europe, China, United Kingdom or Ireland?
- Anywhere else – did you follow recommended guidelines of wearing masks, washing hands and social distancing
- Have you been in contact with someone under investigation for, or with a confirmed current case of coronavirus in the last week?
- Have you or a family member been instructed to self-quarantine in the last week?
- Are you currently experiencing any symptoms of illness consistent with COVID-19
- Do you agree to follow the new safety protocols around safety, cleaning, sanitation and physical distancing?

Weekly Schedule at a Glance

This is offered as general information only. Please refer to the schedule provided in your cabin for times and locations of activities during your week at camp.

Camp du Nord Sample Summer Schedule 2020

** This is a sample of some the awesome programs and activities we have in store for you at family camp this summer!

** Activities will operate in a way that is conducive to physical distancing (Small groups, activities in waves, and staggered times).

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning	Sing camp songs and tell stories on your way up to camp.	Wake Up, Stretch and greet the day! Morning Trail Running Club					
Breakfast		Polar Bear Plunge (track your plunges and earn the privilege to purchase the coveted Polar Bear shirt if you plunge every day!)					
Morning	Sing camp songs and tell stories on your way up to camp.	Breakfast is on your own – the dining hall is not serving breakfast					
Lunch Time		Opening Parade	Choose your Own Adventures! Some activities will be led by staff and resource families in small groups and we will have plenty for your family to do on your own.				Please clean your cabin or site and check out at Gateway by 11:00 a.m.
Afternoon	Equipment and Activity Demos	Nature scavenger hunts, outdoor cooking, art, boating, hiking, camp skill demos					
Dinner time	3:00 – 6:00 Check in at Gateway House	du Nord's Dining Hall is serving up all kinds of tasty lunches for Take Out. Register online at least three weeks before your arrival.					
Evening	Welcome Visits From Resource Families & Staff	Hegman Paddles, Individually timed Family Triathlon, Beach time!, sandcastle building, paddling, inkle weaving, fire building demos, guided paddles, art crawls, and more					
		du Nord's Dining Hall is serving up all kinds of tasty dinners for Take Out. Register online at least three weeks before your arrival.				Closing Parade and celebration	

Trading Post

The Trading Post is located in the lower level of the Dining Hall. The indoor space will be closed to campers, but purchases can be made through window service. Hours will be listed in the schedule you receive at your cabin or tent site. Costs for items range from a few dollars for snacks to \$50-\$60 for sweatshirts and jackets.

Sample Items Available

- Espresso drinks, hot chocolate, local root beer
- Ice cream (packaged only)
- Camp du Nord items: T-shirts, jackets, sweatshirts, stuffed animals, hats, postcards, stickers, coffee mugs, travel mugs, water bottles and more!
- Snacks
- Postage stamps
- Insect repellent & sunscreen

The Trading Post operates with an open account for all campers, which allows you to purchase items all week on credit. A link will be sent to open a store account prior to your arrival at camp. This form can also be found on our website. This allows campers to shop at the Trading Post without the need to carry cash during the week and allows for contactless purchasing.

At the end of the week your Trading Post bill will be charged to your credit card. A receipt of your store bill will be sent to you upon request.

The Outdoor Activity Center (OAC)

The Outdoor Activity Center is located in the lower level of the Dining Hall. Hours will be posted. The indoor space will be closed to campers, but staff and equipment will be available at a pick up window from the patio.

The OAC provides fun activities to draw attention to the natural beauty around us at du Nord. So get ready for an adventure! Through the OAC, you can learn matchless fire starting, orienteering, and trail cooking. The staff offers help and guidance in planning your own family hike, paddle or cookout. Maps of the immediate area, camping gear, canoe pads and other equipment are available.

Cookouts and Overnights

If you would like more outdoor adventure for your family, consider an overnight or cookout. The OAC can help you! Paddle or hike to one of many beautiful nearby locations with your family and enjoy a genuine trail experience.

The overnight and cookout form can be found [HERE](#). This should be turned in at least one week prior to your arrival. It is very difficult to schedule cookouts and overnights after arriving at camp. All equipment, except for personal gear (i.e., rain gear, toiletries, etc.), is available in the OAC. Our staff will be available to help in planning your cookout or overnight and help you choose the location and assist you in packing out your equipment and food for your special family get-away. Groups are limited to nine members. ***At this time, staff will not be available to accompany your family.*** Participants are charged \$5/person for a cookout and \$8/person for an overnight.

Auction

Although we will not gather together for the Auction this summer, we are excited to offer an online Auction a few times throughout the summer (silly staff skits included!) We welcome you to bring along a fun auction item to be included (please, no baked goods).

2020 DU NORD YEAR ROUND STAFF

Becca Fink –Executive Director
Nick Weber – Summer Program Director
Emily Weise – Fall Winter Spring Program Director
Scott Olson – Resident Property Manager
Jake Cahill – Maintenance Staff
Andy Gibbons – Maintenance Staff
Paul Berowski – Maintenance Staff
Kelsey Wood – Food Service Manager
Jen Fogel – Administrative Coordinator

2020 SUMMER STAFF

Aidan Bremner
Ryan Carr
Dominic DiVita
Ryn Haaversen
Emma Hamilton
Alex Horgan
Hannah Henriksen
Karina Hererra
Henry Holcomb

Andreas Kendrick
Maggie Kerwin
Anna Klein
Grace Klein
Anna Jones
Rose Letofsky
Natalie Mackey
Alexis Malon-Rufi
Svea McNally

Aiden Opatz
Liam Schatzlein
Leaf Pearson
Hannah Scott
Henry Scott
Bjorn Rosten
Jason Weitalla
Gracie Zimmer

CAMP POLICIES

Our North Woods Environment

Camp du Nord 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 campers' 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 hundreds of hours of volunteer efforts and donated woodcutting equipment. We ask that you use firewood conservatively for campfires and in the fireplaces.

Recycling, Trash and Compost

All trash, recycling, and compost should be delivered to the appropriate area before 4 p.m. each day. In keeping with our philosophy, Camp du Nord insists upon recycling glass, plastic, paper and metal. Recyclables must be separated from burnables and placed in the appropriate containers. Continuing this summer is the option to compost in your cabins. If you

would like to participate, we will have all materials and information in your cabin/at your site.

Wildlife

Camp du Nord shares the North Woods with many 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.

Alcohol & Tobacco

The use of alcoholic beverages at camp is limited to the campers' immediate living area. The legal drinking age is 21 and must be adhered to at all times. Use of illegal drugs is prohibited. Tobacco use inside any structure or near camper cabins or sites is not allowed.

Lost and Found

Please keep track of all personal items brought to camp. If you lose an item, please connect with the Program Director. All unclaimed lost and found items will be donated to the camp garage sales. Camp du Nord is not responsible for personal items that are lost, left behind, or misused by other campers. Lost and Found items will be kept in Sisu Lodge and the Family Art Barn.

Accessibility

If a family member has a disability requiring an accommodation or a special need 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 or more information.

CAMP DU NORD POLICIES

1. ANY change(s) made to a summer reservation are subject to a \$25 service charge per change.
2. If a summer reservation is cancelled for ANY reason, the \$150 registration fee is forfeited. Cancellations made within one month of the reservation are non-refundable. Cabins not in use because of registration cancellations may be used by the camp staff for other functions.
3. If a fall, winter, or spring reservation is cancelled more than one month in advance, \$50 is non-refundable. Cancellations made within one month of the reservation are non-refundable.
4. If your cancellation is due to a camper's illness, medical reason, or other uncontrollable circumstance, your camp fees will be refunded minus the deposit when cancellation is accompanied by a doctor or other official statement.
5. All persons attending Camp du Nord must sign a YMCA waiver prior to or upon arrival. By submitting a 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.
6. 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.
7. To respect possible allergy issues of other campers, domestic animals belonging to campers and/or volunteers are not permitted at any of the villages at Camp du Nord at any time.
8. 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.
9. Tobacco use inside any structure or on the grounds away from camper cabins or sites is not allowed. Nearby smoking area is available.
10. Use of illegal drugs is prohibited.
11. The YMCA of Greater Twin Cities bans guns and weapons of any kind on the premises of Camp du Nord. All firearms are prohibited on camp property.
12. 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 departures.
13. Rowboats, kayaks and canoes are available for use as a part of the camp fee. A 10 hp. motor may be used ONLY by people with physical disabilities and the motor must be removed from the boat after each use. If you wish to bring a fishing boat its length is limited to 10 hp.. A nearby boat landing must be used for launching the boat. Larger fishing boats and/or motors cannot be brought to Camp du Nord.
14. Cross country ski and snowshoe equipment rental is available during the winter season for an additional fee.

15. If you choose to bring any personal recreation equipment, please keep it in your cabin or site when not in use. Camp du Nord will not be responsible for any damages or misuse of personal equipment by other campers.
16. For rental groups using waterfront areas, we recommend at least two adults be present, one with a lifeguard certification from a nationally recognized certifying body and an adult with experience and skill in paddling instruction.
17. Camper families or groups are responsible for their own emergency care and emergency transportation. Camp will supply an emergency card for health contact information.
18. Camp du Nord advises group leaders to carry participant health information including name and address, emergency contact information, allergies or health conditions, and signed permission to treat or religious waiver for any minors.
19. 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.
20. Day permits are required to enter the BWCAW for day hiking, skiing, or paddling. Permits may be obtained at the trailhead at the North Arm Parking lot or at portages that enter the BWCAW.
21. Any recreational activity carries with it normal levels of physical risk. Any injuries to campers while participating in activities at Camp du Nord are the responsibility of that camper or responsible adult. Camp du Nord does not carry accident insurance for campers.
22. Camp du Nord advises all youth groups, with youth 18 years and younger, should have a chaperone ratio as follows:

Age # of Adults	# of 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 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 at least 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.

Emergency Procedures

First aid kits are located in the office in the basement of the Dining Hall, the basement of Thor's Lodge, and Morning Glory Program Center, the dining hall kitchen, the Family Art Center and the Northland Village shower house. An AED is also located in each village (Office, Thors basement, Morning Glory).

If there is an emergency (i.e., lost camper, fire, etc.), one long air horn blast will sound. Staff members will gather at Thor's Lodge, the OAC, or the Morning Glory Program Center at Pine Pointe. Available adults should also report to these locations if they are willing to assist. Weather emergencies often happen very suddenly and it is the responsibility of all campers to take appropriate cover. Storm shelters are located in the basement of the dining hall, the basement of Thor's Lodge and the basements of Greenstone and Northern Lights cabins. Inclement weather procedures will be covered at the All Camp Orientation on Sunday afternoon.

If there is an emergency that requires evacuation due to an armed intruder, five short air horn blasts will sound. In this instance your first option should be to flee the area (the best option may be to go into the woods), your second option is to hide, and your last resort is to fight back.

Procedures for Using Camp Equipment

You can use Camp du Nord equipment only after you attend an Orientation/Equipment Demonstration. Staff will explain in detail program options and camp operational procedures.

Orientation/Equipment Demonstrations will be scheduled on the first night and first morning of your session. Attendance of at least one adult per family is required at one of the sessions.

Waterfront

- Swimming is allowed only 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 beach, or from any dock near swimming areas.
- Canoes, kayaks and rowboats are available for use after waterfront orientation and equipment demonstrations.
- Watercrafts are to be used only during daylight hours.
- All du Nord watercraft must be properly put away after each use.

- Lifejackets must be worn correctly at all times on a boat or paddleboard.
- Children 12 and under must be accompanied by an adult at ALL times.

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 keel 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
- Duffer sits on floor between thwarts and yoke (not on thwart)
- Parts of the Canoe: gunwales, thwarts, yokes, deck plates, bow, stern
- Weather policy; No boating in rough water or when there is thunder or lightning
- Always paddle on opposite sides to avoid swamping
- Life jackets are required at all times. Must be appropriate size and buckled at all times.
- If you swamp never leave the canoe. Lock your arms over the belly and don't worry about any of the gear.
- If you swamp point the canoe toward shore and get in and paddle if possible
- Children 12 and under must be accompanied by an adult at ALL times.

Kayak Standards and Procedures

Exploring Burntside Lake by kayak is a wonderful alternative to more traditional canoes. Kayaks offer a means of exploring the waters surrounding du Nord 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:

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

2. Kayakers must be in the company of other paddlers (canoeists or kayakers) at all times--no paddling alone.
3. Campers who want to take a kayak on an outing must be at least 12 years old and demonstrate their ability to perform a "wet exit" with a du Nord staff member to ensure that they can handle the possibility of capsizing.

Paddleboard Standards

1. Paddleboarders must wear securely fastened, properly sized PFD at all times.
2. Paddleboarders must stay within view of the Northland boathouse. Paddleboarder may not go behind Northland/Blueberry Island, or past Peace Pointe near the shore.
3. Campers under the age of 12 must have parent nearby on another paddleboard, canoe, or kayak.

Program Options

When you arrive in camp, you will be informed about the program possibilities for both family and individual participation. Other than our Equipment Demonstration participation is completely 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 to all programmed activities. Parents/guardians assume responsibility for the supervision, care and safety of their children at Camp du Nord 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 facilities and grounds 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.
- I understand that I may be asked to isolate myself or my family and may be asked to leave camp early if I display symptom of illness such as COVID-19.

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 membership or program privileges.

Cars at Camp

After unloading your vehicle, we ask that cars be parked in the parking lots. For safety reasons, we do not allow cars to be driven through camp during the week. The only exception is that cars may be kept in the auto tent sites and near Bear and Wolf platform tents (these cars must not be moved during the week). Parking lots are located at the North Arm Trailhead

directly across the road from Northland Village, and at the top of the hill at Pine Pointe Village.

Bicycles at Camp

Bikes are welcome on the North Arm Road, but one must be aware of the motor traffic on this road. We do not allow bikes on camp paths. Ride with care and wear a helmet!

Island Policy

Because of safety concerns, we do not allow swimming to or at Northland/Blueberry Island. We are very lucky that du Nord/Loon Island is a loon nesting spot and we get to see the little ones grow throughout the summer. Because of this, we ask that campers do not get out of their boats and walk on the island.

Quiet Hours

10:00 p.m. – 7:30 a.m.

For safety reasons, please wear shoes at all times!

CABINS

All cabins (with the exception of our platform cabins) have electricity and kitchens with running water, appliances, cooking and eating utensils.

Du Nord Village cabins have at least one double or queen bed; larger units have two. Pine Pointe Village cabins have at least one queen-size bed; larger units have two. Pine Pointe cabins also have a combination of regular size twin beds and extra-long twin beds. Northland Village cabins have a combination of queen size and single-size beds. **Bedding and pillows are not provided. Campers must provide their own bedding.** Sleeping bags are convenient for use in camp or on trail.

Both du Nord Village and Northland Village have a centrally located shower house with modern bathroom conveniences. Outdoor biffies are situated throughout the three villages.

Care of the Cabins, Tent Sites and Grounds

Care of the cabins and grounds is the responsibility of all campers. Every du Nord 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. Summer staff has limited time between sessions and

will not be deep cleaning cabins or tent sites after you leave. To allow enough time to transition for the next week, please plan on leaving camp by 11 a.m. on Saturday. Thank you ahead of time for helping us keep camp in good condition.

TENT SITES, PLATFORM CABINS/TENTS – Additional Info

2020 ADJUSTMENTS:

One of our goals this summer is to create an environment in which campers experience the magic of Camp du Nord, while at the same time reducing the amount of shared spaces and equipment, and ensuring campers are able to practice physical distancing. We've made some adjustments for our tent sites, platform cabin and platform tents.

- Dishes and Cookware: Due to needed changes in cleaning protocols, we are not able to provide dishes and cookware for our tent sites, platform tents and platform cabins. We ask that you bring your own dishes and cooking equipment this summer. If this is a hardship, or you do not have all the supplies needed, you can request dishes and cookware (a form will be included in a welcome email next week).
- Food Caches and Refrigerators: Additional fridges are being brought in so each site will have its' own. Some will be mini fridges, so we do encourage you all to bring along a cooler to keep a few items in. Ice will be available at camp for you to keep things cold. Mini fridges will be in the back of the Family Art Center for Baldy and Sentinels. Dry food should be stored in the bear box at your site, or in your vehicle, which can be kept close to your site.
- Biffies: We are making every attempt we can to make our campers as comfortable as possible this summer. Our cabins without bathrooms, Tent Sites, and Platform Cabins/Tents will each have a biffy OR porta-pottie assigned for their use only during the week. (we are bringing in additional porta-potties this summer).
- Handwashing Stations: We are bringing in handwashing stations which will be located near biffies.
- Bathhouses: Bathhouses will be open for campers to use, and will be disinfected numerous times each day.
- Indoor Spaces: Indoor spaces (Morning Glory, Family Art Center, Dining Hall, Trading Post, etc), are not open to campers this summer. We encourage you to bring rain tarps and screen tents (which many of you already do). We will

make exceptions and assign some indoor spaces for families on weeks in which we have lots of rain.

- Storm Shelters: Storm Shelters will be open as usual. Each site will be assigned a space, and we will require mask use if shared with another family.

Outdoor biffies are situated nearby all camping site areas at du Nord Village and nearby the platform cabins and the platform tent in Pine Pointe Village. Pine Pointe platform tent campers can shower at the Morning Glory Program Center and du Nord tent campers can use the bathhouse.

Each camping site and platform cabin has a picnic table and fire pit with a grate for cooking. The grates swing aside to allow for campfires. Fire pits should be cleaned out before your family leaves camp. Fires are only allowed in designated areas. 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.

There are no water or electric hookups at any of the camping sites. A centrally located water spigot is provided at each camping area. All water in camp is safe for drinking unless noted otherwise. To prevent animals from disrupting your food supplies, food must be stored in your vehicle or the food storage shelter (in a mouse-proof container).

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

du Nord Village

Rustic and Auto Tent Sites sleep 8 per site, picnic table, nearby refrigeration and food storage available.

Du Nord Village camping sites are available in two areas. The Rustic Lakeside Sites near the Family Art Center are for tents only.

Auto Tent Sites are located in the center of camp and can accommodate one tent or one pop-up camper.

Pine Pointe Village

Pine Pointe Village is home to three Platform Cabins and one platform tent. Each platform cabin has one main room with 2 bunkbeds (a queen bed on

the bottom and long twin on top of each bunk, a screened porch and outside cooking area. Nearby water spigot, biffies, showers at Morning Glory, solar showers, and refrigeration are available. Platform Cabins have cooking and eating utensils, and dish washing supplies in a dish pan, located in the bear box outside the cabin.

The Pine Pointe sites are located near the lakeshore below the cabin area. To access the sites, proceed into Pine Pointe on the gravel road straight past the Morning Glory Program Center, and down the hill past the Bald Eagle cabin. At the bottom of the hill, turn right and follow the road past the Wintergreen cabin. As you slowly follow this road, you will come to the Yurt. Temporarily park your car here and unload into one of the wheel handcarts provided. Using the cart, follow the gravel path. The path will curve to the left and very soon, you will see the platform sites. Enjoy the week in one of the more secluded, and quiet campsites in all of Camp du Nord.

Please note: Exceeding cabin or tent site capacity by one person only, of any age, is permissible at a fee of \$135.



YMCA Camp du Nord – Camping for all Seasons

Every season at camp is the best season! The North Arm Trails are perfect for hiking in the fall and skiing in the winter. Camp du Nord, 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. Call the Camp du Nord Administrative Office at 651-645-6605 soon as reservations for current openings are being accepted now.

2020-2021 Fall, Winter and Spring reservations are open!