



YMCA Day Camp DayCroix 2020 Parent Handbook

About YMCA Day Camps

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

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

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This Document

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

YMCA Customer Service Center.

612-230-9622 or visit online at [www.ymcamn.org/contact us](http://www.ymcamn.org/contact-us). Contact them about registration, payments, financial assistance etc. Changes and/or cancellations must be completed in writing using the link above.

Courtney Danis Camp Director.

612-465-0562. Call her if you have specific questions about programs, concerns about a camper, etc

Camp St. Croix main office

715-386-4380. Call for general questions about camp.

Address: 532 County Road F
Hudson, WI 54016

DayCroix

Summer On-site Phone: 651-592-3241

Email: daycroix@ymcamn.org

Website: www.daycroix.org

Facebook: YMCA Camp St. Croix

Address: 345 Riverview Dr. Hudson, WI
NORTH Entrance

Contact Information



Letter from the Summer Camp Director

Welcome to DayCroix! My name is Courtney Danis and I am the Camp Director at dear ol' DayCroix. Here at DayCroix, we encourage young people to build their character and test their independence through activities that strengthen body, mind and spirit. I love the energy of camp and the opportunities we have to build relationships with all our campers, parents and staff. DayCroix really is a special place and we want to invite you to be a part of our family! I look forward to seeing you all

Registration and Forms

Registration

Registration can be completed online at daycroix.org or by downloading a registration form from https://www.ymcamn.org/camps/day_camp_daycroix/forms_publications

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

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

Diversity & Inclusion

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

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

Forms

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

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

The [Immunization Form and Health History Form](#) must be submitted for all campers ages 4-6 during the time of their session. This is a Wisconsin State Licensing requirement. A print out from the clinic of your campers immunizations may be submitted in place of the immunization form.

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

The [Individual Camper Care Plan](#) is if you think there is anything important or specific your child's counselor should know about working with him/her.

This includes, detailed allergy information, camper's fears/reservations, behavior concerns and tips etc.

Day Camp Member Discount

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

Personal Pricing Plan

The Personal Pricing Plan is a needs-based scholarship fund. Day Camp scholarships can be applied toward a maximum of two weeks per child. To apply for personal pricing, download an application at: ymcamn.org/summer. Enter the key words: Personal Pricing in the top right corner and follow instructions. Please submit application with, registration form to the Customer Service Center.



About Day Camp DayCroix

Transportation

We will be providing limited transportation to and from camp; you are responsible for signing your child in and out of the bus each day, with the bus captain.

You may also drop your child off at camp between 9:00-9:30am daily. Pick up is at 4-4:30pm.

Pro Parent Tip

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

Please be sure to check the website on a regular basis to know exact bus times.

Pro Parent Tip

Many bus stops are at public locations. Allow yourself a few extra minutes to locate the pick up location on Monday Mornings. Check in on Monday morning may take extra time. Please plan accordingly and be patient with the staff.

more than 5 minutes past their scheduled time. If you are late for pick up please call camp. If we do not hear from you, we will attempt to reach you by phone. If you are not reached, we will call persons listed as emergency contacts. Your camper will be transported to the last bus stop on the route. After 1 hour, the authorities will be called to ensure the safety of your child.

Pick-up

Safety of your child is our number one priority.

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

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

If you need to add an authorized pick up or change a pick up location, camp needs that in writing. Please give a hand written note to the bus captain at the beginning of the week or email camp this addition.

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

In order to stay on schedule, busses cannot wait

Our Camp Community

YMCA Programs are about learning skills, developing character and making friends. But few environments are as special as camp, where kids become a community as they learn both how to be more independent and how to contribute to a group as they engage in camp activities.

Camp Groups. Campers are assigned to camp groups based on age and program choice (i.e. Specialty/Traditional Camp). Counselors will lead the camp group through a rotation of scheduled camp activities.

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

Camp Staff. Each staff member goes through an

Pro Parent Tip

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

extensive hiring process including criminal history background check, reference checks, and interview.

They receive many hours of training in camp program areas, relating to children, health and safety skills, and are First Aid and CPR certified.

Camp staff members are committed to being positive role models for campers.

Camp Store

Store order forms may be filled out and turned in with payment to your camper’s counselor. Make any checks payable to: **YMCA.**

LOST & FOUND POLICY

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

hold the following specific list of items:

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

Camp will keep to these items for no longer than two weeks from the end of the session. After this time, these items will be donated or thrown away. Please note that these items will be held at the discretion of camp staff. Items that are soiled, damaged, or otherwise deemed not able to be safely stored will be disposed of. The list of items camp will not hold on to includes but is not limited to: socks and underwear, all toiletries and toiletry bags, all swim gear including swim suits and goggles, hats, t-shirts, pants, shorts, towels, water shoes including sandals, water bottles, sunglasses, toys, cameras, arts and crafts projects including tie dye. We highly encourage parents to label all items with their camper’s name to help our staff identify items during the camp session. Many items look similar and it can be confusing for both staff and campers. As a reminder, please do not send your camper with anything that is irreplaceable. Things like jewelry or favorite stuffed animals can be easily lost or damaged. Electronics, including phones, are not permitted at camp. Phones may not be used at camp and will be confiscated and returned to families at the end of the day. Camp is not responsible for any lost, damaged, or stolen items—including confiscated phones.

Communication

While your camper is at camp, all communication should be directed to the Day Camp office. We encourage campers to learn independence while at camp; communicating with your camper through the office staff is strongly encouraged. If you have an emergency please call 651-248-5645 or email daycroix@ymcamn.org and a lead staff member will address your situation as necessary

Life at Camp

Camp Activities

Campers will experience a variety of activities during their camp experience. Our camp staff aim to encourage campers' creativity, skill development, 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—but camp will go on. Our staff are trained to recognize and avoid unsafe situations. However, if your child has a specific reaction (*allergies, fears, etc*) to any camp elements; be sure to indicate this in their health information. Also if necessary, to help us work with your camper, please fill out the Camper Individual Care Plan, found on our website.

Pro Parent Tip

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

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

Water Activities

All swimming and boating activities are supervised by Certified Lifeguards.

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

Each camper's swim ability will be tested on their first day of swimming. Campers may be required to wear life jacket depending on their swimming abilities. Wee Bees always wear life jackets during swim time. Campers are not required to swim.

Camper Behavior

Caring, honesty, respect and responsibility are the YMCA's core values and the foundation of our behavior guidelines.

Camp's general behavior rules:

- Campers take **responsibility** for their actions
- Campers **respect** themselves, one another, the environment and camp equipment
- Campers should be **honest** with one another and their counselors
- Campers should **care** for themselves and one another.

Camp Staff are trained to encourage positive behavior and redirect misbehavior. We make every attempt to work with children to teach appropriate behavior. Parents will be notified if consistent behavior problems occur.

Unacceptable Camper Behaviors

- Fighting & Bullying
- Refusing to follow behavior guidelines & rules
- Use of profanity, vulgarity or obscenity
- Stealing or damaging personal or camp property
- Refusal to participate in activities or cooperate with staff
- Leaving the program area, without permission

We reserve the right to send a camper home, without a refund, if consistent misbehavior affects the experience of other campers and/or camp programming.



What to Bring

Traditional Camp/Wee Bees

Dress your child for a day of outdoor fun. Please do not send your child's best clothing/shoes, as camp activities are outside and rugged. **All items should be clearly labeled with your child's full name.** This will assist us with claiming lost and found. Camp DayCroix is not responsible for lost, stolen or damaged items. Valuables and meaningful items should be left at home.

Bring

- Lunch and a snack
- Rain Jacket (we will be outside if it is raining)
- Layers appropriate for the weather of the day
- Swimsuit & towel
- Re-fillable water bottle
- Insect repellent and sunscreen*

Pro Parent Tip

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

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

- Backpack/Bag (labeled)—to tote all items

Do Not Bring

- Electronic Equipment, cell phones, iPods/mp3 players, Pokémon cards/other games, personal sports equipment *except when requested for specialty camp*
- Firearms, pocket knives or weapons
- Alcohol or drugs
- Unregistered friends/family and pets

Specialty Camps

Please bring the items on the Traditional Camp packing list. The following are additional items specific to the specialty program.

Pro Parent Tip

Don't feel the need to go buy lots of new things if you already have gear that will do. With very few exceptions, high-end gear doesn't improve your camp experience.

Horse Camps

- Sturdy closed-toe riding shoes (boots with a heel are recommended)
- Loose fitting long pants—avoid capri pants, *no shorts for riding.*
- Bring shorts for time spent at camp if weather is appropriate
- Gloves (can be gardening style)
- **Note: Safety helmet—HAS-approved helmets are provided by camp**

Water Camps

(Water Adventure, Canoe/Kayak, Learn to Swim, Log Rolling)

- Bring swimsuit and towel each day
- Extra shorts/pants if boating

Fishing Camp

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

Climbing Camp

- Closed toe shoes



Health & Safety

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

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

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

Illness Procedures & Guidelines. For the health & safety of all campers, please do not send your child to camp if they are ill. If your child is ill and must miss camp, please notify camp by phone or email. Camps only provide a refund for sick days, with a doctor's note.

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

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

Pro Parent Tip

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

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

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

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

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

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

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

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

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

Helpful Ideas for Healthful Snacking

FRUITS!

- Canned fruits in light syrup
- Applesauce/Apples
- Grapes & Berries
- Bananas
- Cherries
- Pears & Plums
- Tangerines/Clementines
- Oranges/Mandarin Oranges
- Apricots
- Pineapple
- Mangoes (try them frozen!)
- Avocados
- Melon Chunks (all kinds!)
- Dried Apple rings, aprcots, raisins, berries,
(no added sugar)

Avoid: fruit snacks, fruit leather, roll-us, fruit chews, or other artificial “fruit”

GRAINS!

- Dry Cereal (whole grain, high fiber)
- Whole-wheat crackers
- Whole-wheat graham crackers
- Oatmeal
- Whole-wheat couscous or quinoa
- Soba noodles or whole-wheat pasta
- Granola or trail mix (keep portions small)
- Oat bran mini muffins
- 100% whole-wheat English muffins
- 100% whole wheat tortillas
- Popcorn
- Whole grain pita chips
- Whole grain toaster waffles

Avoid trans fats: anything with “partially hydrogenated oil” in the ingredient list

For more on building a healthy home, visit www.ymca.net/healthy-family-home

VEGGIES!

- Raw broccoli or cauliflower
- Cucumber Slices
- Carrot coins or sticks
- Sugar snap peas
- Green peas
- Corn
- Green or yellow string beans
- Lettuce leaf wraps
- Jicama sticks
- Sweet potatoes
- Okra
- Zucchini & Yellow squash spears

Avoid French fries and fried vegetables

PROTEIN!

- Cheese
- Hard boiled eggs
- Yogurt
- Canned tuna
- Canned Chicken
- Hummus
- Cottage Cheese
- Beans (black, kidney, garbanzo)
- Soymilk
- Peanut butter and other nut butters
- Nuts: almonds, walnuts, cashews, peanuts (keep portions small)
- Seeds: sunflower, pumpkin