Family Camp Information Packet

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CAMP COLLINS

3001 SE Oxbow Parkway

Gresham, Oregon 97080

P 503.663.5813

Welcome Families to YMCA Camp Collins

The mission of the YMCA of Columbia Willamette is "to put the Christian principles of love, respect, honesty, responsibility and service into practice through programs that build a healthy spirit, mind and body for all." Join us in our mission as we create an intentional community that truly practices this mission, while being welcoming and inclusive of all families. Let's hold ourselves and our community members accountable to our mission, so that we can all have the best Family Camp Weekend EVER!

On the following pages you will find information about your family's upcoming experience at YMCA Camp Collins. If you have any questions, please contact us at 503.663.5813 or e-mail us at campcollins@ymcacw.org. We look forward to seeing you all soon!

Sincerely,

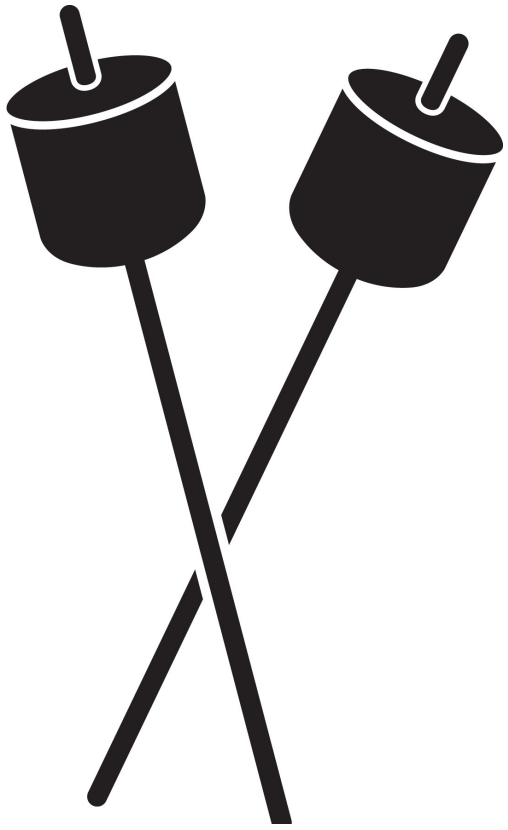
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Frequently Asked Questions

When does camp begin & end?

Check-in will begin on Saturday morning @ 10:30am and our first scheduled activity will be a buffet lunch at 12:15pm. Check-out time on Monday afternoon is unspecified so that your family can enjoy the camp setting as long as they want, but our last scheduled activity will be lunch at 12:15 pm.

When do I pay the balance of camp fees?

The balance of Labor Day camp fees are due August 1st, and Memorial Day camp fees are due by May 1st. We are unable to guarantee a place for your family if the balance is unpaid by this date. If your deposit was paid by credit card the balance of your fees will be charged to the same card on either May **1st** or August 1st depending on the program you have selected. If you have questions about your balance or would like to change your payment method, please call the camp office.

How are cabins assigned?

Camp Collins is dedicated to building healthy relationships and communities. One way we build community is by sharing living spaces; pairing families together in cabins. Most cabins sleep 14 people. We assign 2-4 families per cabin, depending on family size. You are welcome to request to be paired with another family, or in a particular village, and we will do our best to meet your request. Because of the large number of families we serve, we cannot meet all requests. We hope you will meet your new cabin mates with an open mind and welcoming spirit!
Specific cabin requests (such as the Health House, or single family cabins) will be considered in the order in which they are received. We will do our best to work with you to meet your needs, however please keep in mind that all requests cannot be met due to the number of families we serve.

What about phone usage at camp?

Camp does not receive cell phone reception from most carriers. Staff can orient you to a land line phone by request. Contact information to give family and friends in the event they need to reach you at camp is:

Non-urgent messages - 503.405.9315
Emergency only pager - 503.441.2980

How do I get to YMCACamp Collins?

Our address is: 3001 SE Oxbow PKWY
Gresham, OR 97080
Use this to search for directions to YMCA Camp Collins

What type of health/medical care is available?

YMCA Camp Collins staff are CPR and First Aid certified in accordance with American Camp Association (ACA) standards, however, families are responsible for their own health/medical care while at Family Camp. Families are to supply their own first aid supplies, over the counter and prescription medications as well as transportation to a medical care facility in the event of an accident or sudden illness. If you are bringing a camper under the age of 18 for whom you are not the legal guardian, please collect a completed Health History Form for that camper. Keep this form readily accessible in the event medical care needs to be administered.

What about lost and found articles?

YMCA Camp Collins is not responsible for lost or stolen items. We do, however, make every effort to keep losses to a minimum by having a lost and found rack located near the Dining Hall. Please put your name on all items. After one month, unclaimed items are donated to a local charity.

Who do I speak to about a problem at camp?

We encourage all families to make their suggestions and concerns immediately known to the Program Director. We also encourage families to complete evaluations at the end of the weekend. Your feedback is very important to us.

IMPORTANT CAMP POLICIES

Child Supervision:
Please remember that your children are your responsibility. Our staff are at family camp to guide the building of an inclusive community and positive relationships, to encourage the practice of our Christian principles of love, respect, honesty, responsibility and service, and to facilitate safe and fun programming for all family campers. We will leave the child behavior management to you. Know where your children are at all times and help them to understand the expectations of camp and the rules about the activities they participate in.

Pets:
Pets are not allowed at YMCA Camp Collins. Service animals are allowed, however please identify that you will be bringing them when you register and that they are Identified by the National Service Animal Registry as a service animal.

Cabin Care:
Please help us in maintaining our facilities. Turn off lights and leave doors and windows closed when heaters are in use. When able, turn heaters down when cabins are not in use.

Alcohol & Smoking:
As a YMCA Camp, our policy prohibits the use of alcoholic beverages or illegal drugs on camp property. Due to our vast forest acreage, smoking is only permitted in one designated area located behind the Dining Hall. A cleaning/sanitation charge will be applied to responsible parties due to smoking inside cabins.

Water Safety:
Whenever you enter the water, whether it is in our pool or on the waterfront, we require staff supervision, which includes lifeguards based on ratio of participants, as well as appropriate equipment per participant. Do not enter the river without lifeguards on duty, and without an appropriately fitting PFD.

Packing List

Clothes

- Underwear
- Socks
- Shorts
- Pants
- Sweatshirt
- T-shirts
- Warm jacket
- Sandals
- Tennis shoes
- Rain jacket
- Swimsuit

Hygiene

- Toothbrush / toothpaste
- Hairbrush / comb
- Towel
- Sunscreen
- Deodorant
- Lip balm
- Medicine
- Soap, shampoo, conditioner
- Moisturizing lotion
- Bug Spray
- Any other personal toiletries

Equipment

- Small alarm clock
- Cheap watch
- Sunglasses
- Items to tie-dye
- Book
- Water bottle
- Backpack
- Flashlight
- Bedding
- Laundry bag
- Basic 1st Aid supplies

Suggestions from Experienced Family Campers

- Hat
- Coffee Mug
- Daypack for hiking
- Books for quiet times
- Beach toys
- Hiking boots
- High chair or booster chair
- More clothes than you think for the kids
- Nightlight
- Games & coloring books for kids
- Bike gear for smaller kids, camp has Large Mountain Bikes.
- Ear plugs
- Baby wipes for in the cabins
- More than one extra pair of shoes
- Water shoes that are not flip flops.
- Folding chairs for outside the cabins
- Shower shoes.

Camp will be a few degrees cooler than Portland. Please bring warm layers and prepare for Oregon rain and unpredictable weather.

Please Do Not Bring

Televisions
Loud radios
Other electronic equipment
Camp is a natural setting and our program areas focus on building relationships. items in the cabins or in other areas of camp.

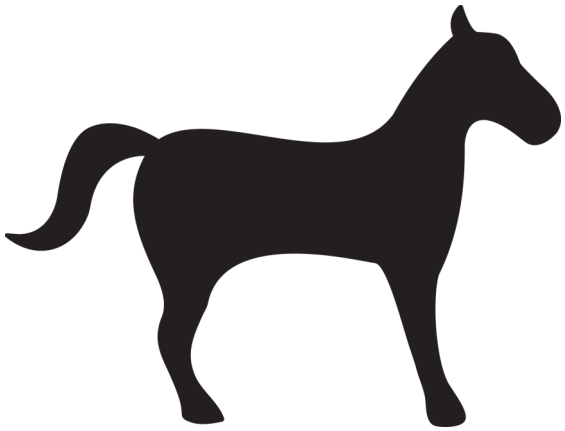
PROGRAMMING AND ACTIVITIES:
WHO & WHAT?

High Ropes Course and Climbing Wall:
Do you like climbing trees and walls? Do you like stepping out of your comfort zone and into your learning zone? Try out our high ropes course and climbing wall! We facilitate a variety our high elements in order to offer a wide array of experiences. Come ready to climb, jump, balance and swing in the trees!

All participants are required to:
- Wear closed toed shoes.
- Appropriately fit into the provided harness and helmet (participants cannot bring and use their own climbing equipment).
- Demonstrate understanding of the element and equipment and have the ability to make informed decisions about their level of participation.

The climbing tower is open to all ages and sizes, Challenge course elements (the giant swing, zip line, catwalk) all have an age requirement of at least 7 years old. The challenge course elements and climbing tower require proper fitting of a harness and helmet per participant. (**Note: The zip line has a weight restriction of more than 60lbs and less than 250lbs).** Staff should be informed of medical conditions that may affect a person's experience (such as diabetes, epilepsy, etc.) pre-participation. The challenge course staff will ultimately decide whether a person can or cannot participate. Inclement weather and environmental conditions (such as high winds or thunder and lightning) can effect whether or not an element will be run. Unfortunately, if you are pregnant, you cannot participate.

Low Ropes Course:
Our low ropes course provides the opportunity for team/community building, self-reflection, and learning, among many other things. Please check the schedule for low-element facilitation times, or ask a staff if you have interest in a specific element before using or climbing on one.



Horse Back Riding:
We offer western horse-back riding for different skill levels and ages. Our corral rides are an open activity, so show up whenever to ride. Trail rides are by sign-up only. Inclement weather (such as rain, lightning, and thunder) and environmental conditions can result in schedule changes or cancelled rides.

All participants are required to:
- Wear closed toed shoes.
- Wear long pants.
- Appropriately fit into the provided helmet.

Corral Rides:
All ages, all ability levels. Open activity.
Trail Rides: 9 years old and older, no experience needed. SIGN UP ONLY.

Experienced Trail Rides:
12 years or older, experience riding is required. SIGN UP ONLY.

Archery:
Come down to Archery to practice and test your arching skills. We provide small bows, recurve bows, arrows, and the range. You provide closed toed shoes and the belief that you can do it! Archery is available during scheduled open activity times under the supervision of trained camp staff.

Organized Water Activities
Offered during Labor Day Family Camp

Due to the Oregon weather, water activities are schedule for Labor Day Family Camp. River activities will be based on the water level.

Follow our facebook page to stay up-to-date on what is happening at camp. https://www.facebook.com/CampCollins/

Rafting:
Enjoy fresh water and the sweet style of a good ole' PFD? Come on a rafting trip with our lifeguards on the Sandy River! We offer raft trips that drop at a ramp upriver at the end of Oxbow Parkway, and pull out at Camp Collins main beach. The rafting trip route is approximately 2.65 miles in length. Participants should come prepared to paddle, get wet and have fun! Inclement weather (such as thunder and lightning) and environmental conditions can result in schedule changes or cancelled trips. Rafting trips are SIGN UP ONLY.

All participants are required to:
- Wear water shoes: a pair of tennis shoes you won't mind getting wet or sandals with a back strap (no flip-flops).
- Appropriately fit into the provided Personal Flotation Device (PFD). Plan to bring your own PFD for participants 50lbs or less.
- Be accompanied by an adult if 12 or younger.

Swimming Pool:
During open swim times, anyone is welcome to head over to the pool for some water play. The pool offers kick boards, water polo nets and assorted balls and water toys to enjoy while swimming. Lifeguards will be on duty during swim time. Anyone under 18 who would like to swim in the deep end is required to take a swim test, assessed by the lifeguards. The swim test consists of swimming one length of the pool (without touching the bottom), pulling themselves out of the pool along the wall, jumping back into the deep end, treading water for 60 seconds, and then swimming the length of the pool one more time from the deep end.

Stay Connected

Follow our facebook page to stay up-to-date on what is happening at camp.

https://www.facebook.com/CampCollins/



What the Y offers

Stay connected with the YMCA year-round. Since 1868 the YMCA of Columbia-Willamette has offered a diverse range of quality, affordable programs that help children thrive and grow, inspire young people to lead, bring families closer together and encourage individual health and wellness. The Y is a volunteer-driven charitable nonprofit.

We invite you to see how you and your family can enhance your life, connect with your community and become healthier in the process through the Y at www.ymcacw.org.

Memorial Day Family Camp Sample Schedule

	Saturday	Sunday	Monday
7:00 am		Rise & Shine	Rise & Shine
8:00 am		Breakfast	Breakfast
9:00 am		Chapel	Chapel
9:30 am		AM Activities	AM Activities
12:00 pm	Finish Check-in	Clean up for lunch	Clean up for lunch
12:15 pm	Lunch	Lunch	Lunch
1:15 pm	Orientation	Siesta/ Store Open	
2:00 pm	PM Activities	PM Activities	
5:30 pm	Clean up for dinner	Clean up for dinner	
5:45 pm	Dinner	Dinner	
7:00 pm	Evening Activity	Evening Activity	
8:00 pm	Family Square Dance	Campfire	
9:15 pm	Fellowship & Snacks	Fellowship & Snacks	
10:00 pm	Quiet Hours Begin	Quiet Hours Begin	

Labor Day Family Camp Sample Schedule

	Saturday	Sunday	Monday
7:00 am		Rise & Shine	Rise & Shine
8:00 am		Breakfast	Breakfast
9:00 am		Chapel	Chapel
9:30 am		AM Activities	AM Activities
12:00 pm	Finish Check-in	Clean up for lunch	Clean up for lunch
12:15 pm	Lunch	Lunch	Lunch
1:15 pm	Orientation	Siesta/ Store Open	
2:00 pm	PM Activities	PM Activities	
5:30 pm	Clean up for dinner	Clean up for dinner	
5:45 pm	Dinner	Dinner	
7:00 pm	Evening Activity	Evening Activity	
8:00 pm	Campfire	Campfire	
9:15 pm	Fellowship & Snacks	Fellowship & Snacks	
10:00 pm	Quiet Hours Begin	Quiet Hours Begin	