



# Overnight Camp Parent Handbook

Dear Parent/Guardian,

Thank you for choosing YMCA Camp Collins! Our goal is to provide every camper with a fantastic camp experience. We strive to create opportunities for personal growth and new friendships while always keeping physical and emotional safety a priority. At YMCA Camp Collins, we build relationships through camp activities while teaching and practicing the YMCA Christian Principles of love, respect, honesty, responsibility and service. On the following pages you will find information about your camper's week with us.

Thank you for your attention to these important details. We look forward to seeing you and your camper this summer!



## Creating A Healthy Camp

Our Overnight Camp programs are implementing guidelines established by the Oregon Health Authority for creating a healthy space for all.

### Before Coming to Camp

An important first step happens before campers and staff arrive at camp. Please follow the guidance included in this welcome letter.

### Arriving at Camp

All campers and staff will receive a Health Screening upon arrival and each day of camp, including a temperature check and verbal confirmation that they are symptom-free.

### During Camp

- 1) Face masks will be worn by campers and staff. Mask breaks will be implemented when campers are a minimum of 6 feet apart.
- 2) Physical distancing will be practiced by modifying activities. Campers will be in stable groups of no more than 12 campers for the duration of the camp week.
- 3) Personal hygiene will be emphasized frequently with hand washing and use of hand sanitizer. Staff and campers will be reminded frequently of the importance of respiratory etiquette.
- 4) High touch surfaces will be sanitized frequently and restrooms will be cleaned and sanitized regularly.

## Helping Campers Succeed

A successful camp experience starts with you! When our camper's parents/guardians have conversations with their campers about why they want to come to camp and set goals for the week, campers get the most out of their time at YMCA Camp Collins.

To enjoy the camp experience, campers should be emotionally stable and independent; able to care for themselves at an age-appropriate level, have appropriate interactions with peers and staff and be physically safe with themselves and others. We expect campers to uphold the YMCA values: love, respect, honesty, responsibility, and service while at Camp Collins.

Due to the COVID-19 pandemic, overnight camp will be modified to maintain the mask requirements, physical distancing, and personal hygiene guidelines issued by the State of Oregon. In order to decrease the risk of spreading the disease, our motto is "healthy camp experiences start at home before camp starts". Here is what we would ask you to do as you prepare for camp:

- Masks will be worn by campers and staff while at camp. Activities will be modified to maintain 6 feet of physical distancing. When physical distancing is maintained, campers may take a "mask break" under instructions from their group leader.
- Campers will sleep in cabins with other campers and will not wear masks while they sleep.
- Check in with your pediatrician to make sure camp is the right fit for your child. Children with certain pre-existing conditions may be at higher risk of being exposed.
- Will your child be able to follow the safety practices that are set in place? Can they effectively wash their hands, use hand sanitizer, stay physically distant when asked, and stay with their activity group all day?
- Monitor your child and other household members for 14 days prior to coming to camp, including temperature checks and monitoring symptoms. We ask that you do all you can to limit exposure before coming to the day camp environment.
- Talk with your child about telling their counselor about problems or things that are troublesome to them at camp. Encourage your child to tell a leader when they are not feeling well.
- If your child has been ill, or other household members have been ill, within the last 14 days, we would ask that you not come to camp until the time period has passed. Campers who arrive at camp with COVID-19 symptoms will not be allowed to enter the facility.
- If your child develops symptoms consistent with COVID-19, they will be placed in a designated space for isolation. The parent/guardian will be contacted to arrange for transport.

# YMCA CAMP COLLINS – Overnight Camp

## Camper Commitment

"I want to become a camper at YMCA Camp Collins. I understand I may not possess or use tobacco products, alcoholic beverages, or non-prescription drugs while at camp. I will do my best to follow instructions, remain in designated areas, and keep others and myself safe. I will do my best to make this a good experience for my fellow campers and myself. I understand that failure to live up to this promise might result in my dismissal from camp without a refund."

Now that your camper is prepared for coming to camp, we have modified our program to lower the risk of infection. Here are some of the things campers will see that are different:

- Overnight campers will sleep in our cabins at half of normal capacity, about 5 campers per cabin. Masks will not be worn while sleeping. Each cabin will have the recommended amount of ventilation and air movement.
- Campers will primarily eat outside at picnic tables. The food will either be delivered or the campers will receive their food at a cafeteria style serving line.
- Campers will be together in stable groups of 10-12 for the week with the same counselor. These "pods" of campers will not mix with other "pods" in order to practice physical distancing.
- Hand washing with soap and use of hand sanitizer will be utilized frequently throughout the day.
- Each pod of campers will have a designated restroom they will use for the week. Spaces will be cleaned regularly. Only EPA-approved cleaners and disinfecting wipes shall be utilized.
- Campers are requested to bring their own face mask to camp. Face masks are required for all campers and staff. Please make sure the face mask has multiple layers of fabric. YMCA Camp Collins will provide face masks if a camper does not have one.

To help your camper have a wonderful experience, please let YMCA Camp Collins know about specific behavioral, health-related, emotional, or other issues that affect your camper before camp begins. Include information on the registration form prior to arrival or call camp to discuss strategies to aid your camper's success at 503.663.5813.

For the summer of 2021, we will not be following the typical Pioneer, Explorer, and Questor cabin placement. Registration is open for all grades and campers will be placed in a cabin according to the number of similar aged campers. It is possible that a 5th grade camper may be in Adventure Village and a 7th grade camper may be in Rotary Village.

## Required Forms

There are several important forms you need to complete prior to check-in. All three of these forms are required to enter Camp.

### PHOTO IDENTIFICATION FORM

Authorizes specific individuals to pick-up your camper at Camp. Only the adults listed on the form are permitted to pick-up your camper at checkout. Please list all parent/guardian names and phone numbers.

### LETTER TO MY COUNSELOR

Provides you and your camper the opportunity to communicate with the Cabin Counselor. In this letter, counselors gain valuable insights about your camper to help facilitate a positive camp experience.

### HEALTH HISTORY FORM

Each camper is required to have a completed health history form submitted to YMCA Camp Collins. This will be completed online using your camp registration account. We will send you a separate email when the Health History is ready to go. Please complete this at least one week before your camp week.

To help your camper have a wonderful experience, please let YMCA Camp Collins know about specific behavioral, health-related, emotional, or other issues that affect your camper before Camp begins. Include information on the registration form, and call the Summer Program Director at 503.405.1435 prior to arrival, to discuss strategies to aid your camper's success.

## Camp Store Orders

Items from the Camp Store will be available to choose from before the start of camp. You and your camper can select a variety of t-shirts, sweatshirts, hats, plush animals, water bottles, and more.

- A Camp Store order form will be sent via email the week before your scheduled session.
- Please bring the completed form along with your payment information to check-in on Sunday. Payment can be with a credit card, check, or cash.
- Items purchased from the Camp Store for your camper will be delivered to them by the middle of the week.

## Cabin Mates

We do our best to honor "cabin mate requests" but there is no guarantee. From experience we learned that placing three or more requested campers together tends to affect cabin dynamics. Therefore, campers may mutually request only one person—within one year of the camper's age—on their registration forms. Sleeping arrangements are typically assigned the Thursday before the session.

# YMCA CAMP COLLINS – Overnight Camp

## Getting to Camp Collins

All drop off and pick up this summer will be at YMCA Camp Collins. YMCA Camp Collins is located at 3001 SE Oxbow Parkway, Gresham, OR 97080.

## Dropping Off

Please plan to drop off your child between 2:00-3:30 PM on Sunday.

- This will be a “curbside” process, where your child is checked into camp while the parent remains at the parking lot. Parents will not be allowed to enter the camp facility. Please follow the signage and staff directions.
- The camp staff will direct you on how to unload your luggage and will assist the camper to their cabin.
- Each camper will receive a temperature check and the parent/guardian will confirm their child does not have any COVID-19 symptoms.
- Camp staff will review with the parent or guardian any medical needs for the week, including use of an inhaler or Epi-pen. Medications will be checked in and verified at this time.
- Once the health screening has been cleared, your child will be assisted by a staff person to their cabin and will connect them with their pod for the week of camp.

Check in Time	Last Name
2 PM	A-H
2:30 PM	I-R
3:00 PM	S-Z
3:30 PM	Check in Ends

## Picking Up

Please plan to pick up your child between 6:00-7:30 PM on Friday.

- We will reverse the process for picking up. Campers will be waiting near the parking lot. When you pull up in the vehicle, a staff person will greet you.
- Give the staff person your child’s name and they will call to the group on the radio to send the child forward.
- A staff person will assist in bringing your child’s luggage to the parking lot.

Check Out Time	Last Name
6 PM	S-Z
6:30 PM	A-H
7:00 PM	I-R
7:30 PM	Check out Ends



## Mail & Packages

We know transition to camp can be hard, so we recommend writing to your camper. Short declarations of love-like “we’re so proud of you,” or “we love you,” or “see you soon,” tend to work well to avoid missing home. You are welcome to bring camper mail to check-in and we can arrange delivery during the week of camp.

If your preferred writing method is email, you can send a message to [campermail@ymcacw.org](mailto:campermail@ymcacw.org). Please do not send images or attachments. All emails sent after 11am will be delivered the next day.

If you wish to send a care package; inexpensive non-food items such as books, toys and puzzles are a great addition the whole cabin can enjoy with the whole cabin. Please do not send any food, candy or snacks. These packages invite ants or rodents to come into the cabins. Please allow time for shipping.

If you receive a letter from your camper that concerns you, please contact us at 503.663.5813. We will investigate the situation through conversations with both the camper and the counselor and get back to you right away.

Child’s Name, Cabin Name (if known)

YMCA Camp Collins  
3001 SE Oxbow Parkway  
Gresham, OR 97080

## Counselors In Training

Our Counselors In Training or CITs are our future leaders of camp. CITs must be very mature and have a growth mindset to be successful in the Counselor In Training Program. The CIT sessions are broken up into two week long sessions. The two week program is designed as the following: week one is about group bounding and development. CITs are learning how to work as a group. Modeled off of our staff training, CITs will learn about connecting with campers, conflict resolution, camp policy and procedures, and will learn a variety of leadership skills. Week two is their shadow week. CITs are placed a pod of campers and are given opportunities to lead the group and learn from one of our Counselors. Evening activities will be similar to that of our High School Overnight program this summer.

# YMCA CAMP COLLINS – Overnight Camp

## Packing for Camp

Please make sure that your clothes provide adequate coverage for their sunny and active time at camp. Thin-strapped tank tops, pants that reveal undergarments, shirts that do not cover the midriff are examples of clothing that is not appropriate in a summer camp setting. Clothing with inappropriate or disrespectful logos/topics should also be left at home.

## What to Bring

- Socks (6-7 pairs)
- Underwear
- Sweatshirt
- Shorts (2-3 pair)
- Pajamas
- Shirts (4-5)
- Swimsuit
- Long pants (2-3, required for riding horses)
- Jacket
- Closed-toed shoes are required at Camp Collins
  
- Sleeping Bag (optional twin fitted sheet)
- Pillow
- 2 towels and a wash cloth
- Comb or brush
- Toothbrush and toothpaste
- Deodorant
- Lip Balm
- Non-aerosol Sunscreen
- Non-aerosol Insect Repellent
- Soap & Shampoo
- Feminine Products
  
- Face Mask (5-6, one for each day if possible)
- Water bottle
- Playing cards
- Plastic garbage bag for dirty clothes

## What not to bring

Camp does not allow personal electronic devices—these can distract campers and create conflict. Please leave cell phones, iPads, Apple Watches and other screen devices at home. Also items like curling irons and hair dryers can be a safety hazard and should be left at home as well.

## Camp Meals

YMCA Camp Collins offers several meal options for your camper. Each day we will offer a hot meal. We provide Gluten Free and Vegetarian options to campers that have indicated as such on their Health Form. During check-in, please let us know of any food allergies or other food restrictions. If your overnight camper has a severe food allergy or restriction, please call the Food Services Director in advance at 503.663.7879 so that we can do our best to accommodate their needs.

## Sample Schedule

Weekly highlights at YMCA Camp Collins include theme meals, an overnight camp-out, Friday night closing camp-fire and much more!

Activities may include: swimming pool, horseback ride, archery, climbing tower, games, crafts, river tubing, nature hike, leadership development, and more.

A typical day at camp looks like this:

7 AM—Good Morning!

8 AM—Breakfast

- Cabin Clean up
- Chapel—focused on one our five Christian Principles: love, respect, honesty, responsibility and service
- 2 Cabin Activities

12:20 PM—Lunch

- Rest Time
- 2 Cabin Activities
- Snack
- Swimming in the Pool\*\*

5:45 PM— Dinner

- Twilight Activity (with other cabins in their Unit)
- All-Camp Evening Activity

9:30 PM— Embers (A time to reflect on the day)

10 PM— Lights Out

\*\*Afternoon swimming pool times vary by day.

## Themes

Each week of camp is assigned a different theme. The staff create theme related campfires and activities the week prior to the session making it difficult to provide complete details in advance. We encourage campers to use their imagination and bring anything appropriate to fit into their session's theme, including costumes. No matter the week's theme, YMCA Camp Collins encourages you to be who you want to be!

**Session 1:** RAINBOW RUMBLE

**Session 2:** ALL-I-DAYS

**Session 3:** MUSIC AROUND THE WORLD

**Session 4:** FAIRYTALE FANTASY

**Session 5:** OLYMPICS

**Session 6:** WIZARDING WORLD OF CAMP COLLINS

**Session 7:** GAME ON

**Session 8:** WILD-ish WEST

**Session 9:** STAR WARS

## Camper Showers

A day at camp is busy and full, thus finding time to shower each day can become challenging. Overnight campers will get multiple opportunities to shower throughout their session.

# YMCA CAMP COLLINS – Camp Policies

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## Camp Behavior Policy

From the very beginning, your camper is invited to be a part of the camp community. This includes sharing their name, their likes and dislikes, and what they are looking forward to about being at camp. A group covenant is created with input from the campers and staff about the desired expectations for the week. This covenant forms the basis of future conversations for our camp counselors to redirect behavior. During team building activities, check-in circles, and following activities, the camp counselor reinforces desired behaviors and shares how the core values are being expressed by the campers.

When an undesirable behavior creates conflict with another camper or even a staff person, this is an opportunity for us to come together as a group and address the behavior. A staff person will invite the individuals involved in the conflict to join a circle. Within this circle, the campers will have an opportunity to share what exactly happened, what feelings or emotions they are experiencing, asking each camper what they need, and what new agreements can we make to move forward with our time at camp. We are creating an opportunity for the camper to see how their actions are affecting the larger camp community and how they can make adjustments.

Often times a conflict may be small and the camp counselor can facilitate. If conflicts become larger or affect a larger part of the camp community, the Camp Director may be asked to facilitate the conflict circle. Even after conflict circles, conversations, and deep listening, the camper's behavior may still be affecting the camp community negatively. For example, the camper's continued behavior is taking away from the experience of others in their group. If this happens, the Camp Director will call the camper's home, explain what has happened, let a parent/guardian know the approaches that we have tried and ask for advice with the situation. A behavior contract will be created based off the conversation and will be sent home during pick up for the camper and parent/guardian to sign.

Unfortunately, in some cases, we remove campers from Day Camp and parent/guardians will pick up their camper without a refund. This, of course, is not our preference, but for the well-being and safety of the whole group, or as a logical consequence for breaking their behavior contract, the Day Camp Director may dismiss campers.

## Prohibited Behaviors

These behaviors at camp may result in immediate dismissal:

- Physical violence
- Possessing alcohol
- Tobacco, vapes or drugs
- Possessing weapons of any kind with intent to harm
- Damage or theft of property
- Sexual misconduct
- Bullying

## Missing Home

Prepare your camper for missing home by developing realistic expectations about Camp. Going away to Camp will be fun and worthwhile, but it is important to make sure your child understands it may not be fun every minute. Below are a few things parents can do to keep missing home at bay:

- Visit the camp website to see pictures of camp and watch a video. A virtual visit is the best option for this summer.
- Make a pact with your child that they'll stick it out. Knowing they're in it for the session goes a long way towards making the most out of camp. Giving campers an out only makes it harder for their counselor to keep them engaged.
- Send them with pictures of home and family to look at when they're feeling lonely.
- Sign them up for the same session as a friend or sibling. Having a familiar face at Camp can help the first time go more smoothly.
- Send plenty of letters. However, try to refrain from detail such as the amazing trip you took while they're gone or how their dog is missing them.
- Have a chat. At YMCA Camp Collins if a camper voices their missing home more than once, their Unit Director will initiate a phone call with their parent/guardian. We want to include you to come up with a plan that best supports your camper during their time at Camp.

## Lost & Found

We make every effort to return lost and found items while your child is at camp. Please label items with your camper's name to help staff identify the owner of lost items. Unclaimed items will be brought to the entrance of camp during checkout. Please look to see if your camper is missing any items.

After 3 weeks, any unclaimed items will be donated to a local charity. YMCA Camp Collins is not responsible for lost, stolen, or damaged articles.

## What The Y Offers

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 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 [ymcacw.org](http://ymcacw.org).

## Stay Connected

Follow YMCA Camp Collins on Facebook and Instagram to see new photos, events and Camp activities all year long.

If you have any questions or concerns about your camper's session at camp, contact us at 503.663.5813 or email at [campcollins@ymcacw.org](mailto:campcollins@ymcacw.org).