

WELCOME TO YMCA SUMMER DAY CAMP

Dear Parent/Guardian,

Thank you for choosing YMCA Summer Day Camp! Our goal is to provide every day 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 Summer Day Camp, 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 day camper's week with us.

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



Creating A Healthy Camp

Our Summer Day 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 before they enter the camp facility, including a temperature check and verbal confirmation that they are symptom-free.

During Summer Day 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 10 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

Successful Day Camp 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 Summer Day Camp.

To enjoy the camp experience, day 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 Day Camp.

Due to the COVID-19 pandemic, day 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 new 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 outdoor day 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.
- 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.

ymcacw.org/programs/camps/summer

YMCA CAMP COLLINS

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

- Bus transportation is not being provided to and from YMCA Camp Collins. Parents and guardians are responsible for dropping off and picking up at YMCA Camp Collins.
- Please send a lunch to camp with your child. It has been recommended that this is best practice to reduce the risk of disease transmission. You are also welcome to pack some snacks for the day. Please make sure your child has breakfast so they are ready to start the day.
- Campers will be together in stable groups of 10 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 several times per day and thoroughly at the end of the day. 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.

Beyond the Fun

YMCA Camp Collins is looking forward to welcoming your child to our Day Camp program this summer. Your child has been through a lot in the past year as they have navigated online learning and less opportunity to be with friends and family. In addition to a great week of fun activities in the outdoors, we also hope to provide the following for your child:

Mental, Emotional, and Social Support

In an effort to support the mental, emotional, and social health of your child, camp staff will role model active listening skills, how to make friends, what to do when your feelings become overwhelming, and who and how to reach out to for support.

Safety Around Water

This program teaches children of all ages and from all backgrounds that water should be fun, not feared, as long as you know how to stay safe in and around water. In Safety Around Water, kids learn what to do if they find themselves in the water unexpectedly.

Getting to Camp Collins

All drop off and pick up this summer will be at YMCA Camp Collins. Bus transportation is not available. YMCA Camp Collins is located at 3001 SE Oxbow Parkway, Gresham, OR 97080.

Dropping Off

Please plan to drop off your child between 8:00–8:30 AM.

- Designate one parent or guardian to transport your child to YMCA Camp Collins.
- This will be a “curbside” process, where your child is checked into camp while remaining in the vehicle. Our parking lot will be set up differently to handle this modified check-in/check-out process. Please follow the signage and staff directions.
- Each day 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 day, including use of an inhaler or Epi-pen.
- Once the health screening has been cleared, your child will be directed where to meet up with their pod for the week of day camp.

Picking Up

Please plan to pick up your child between 4:30–5:00 PM.

- Designate one parent or guardian to pick up your child from YMCA Camp Collins.
- We will reverse the process for picking up. Campers will be waiting at their gathering spot 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.

What to Bring

Most of our Day Camp activities are spent outside. Please dress your day camper in comfortable play clothes and closed-toe shoes. YMCA Camp Collins is located by the Sandy River in a Douglas tree forest and can be a bit chillier than most of our drop off sites especially in the morning.

Packing List

- Face Mask
- Lunch and Snacks
- A Water Bottle
- Non-Aerosol Sunscreen
- A Swimsuit, towel, & water shoes
- Closed-toed shoes are required at Camp Collins
- Long pants for “horse day” (preferably jeans)

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.

CAMP POLICIES

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

Camp Schedule

Day camp will primarily be an "Outdoor Camp" where being inside is only for inclement weather. We will provide great instruction on frequent hand washing and use of hand sanitizer. Games, crafts, and singing camp songs will be modified to maintain 6 feet of physical separation whenever possible. Archery, climbing tower, horseback rides and high ropes will be limited to just a few groups each day. The swimming pool will be available very day for each camper.

Sample Day

8:00—8:30 AM | Campers Arrive at YMCA Camp Collins

8:30 AM | Check-in Circle with your Pod

9:00 AM | Flag—focused on one of our five core values of love respect, honesty, responsibility and service

9:30 AM | Activity 1

10:45 AM | Snack

11:00 AM | Activity 2

12:15 PM | Lunch

1 PM | Activity 3

2:15 PM | Snack

2:30 PM | Activity 4

3:45 PM | Embers Circle with your Pod

4:30—5:00 PM | Pick up at YMCA Camp Collins

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

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.

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.