



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHERMAN LAKE YMCA

Overnight Camp Parent Packet

Greetings from Sherman Lake YMCA Camp,

Welcome to the Sherman Lake YMCA Camp Family! We are honored you have chosen to spend part of your summer here with us. Sherman Lake is a place where campers build relationships with others from both near and far, find endless opportunities to feel a sense of achievement as they explore new things and dive deep into the activities they love and truly find a sense of belonging within the Sherman Laker family. This will truly be a summer you and your child will never forget.

We are excited to share with you some of the upgrades for Summer 2018 as we have been working hard to make it the best summer yet! Campers will find a greater variety of activity options from which they can choose. Within each of the activities there will be greater levels of knowledge and skill where they can learn, explore and grow in both competence and confidence. We will continue to have some of our favorite specialty camps for those interested in horses, robotics and Gilmore piano camp. Your child is about to embark on a week that will introduce them to new friends and activities, challenges and rewards, and the experience of living in a community built on a foundation of Honesty, Caring, Respect, and Responsibility.

Upon arrival to camp, you will meet the leadership staff, discover cabin and counselor assignments, go through our streamlined check-in process and head back to your camper's cabin to sign in and move in. To give campers more than just a mental memory of camp, each and every Overnight camper will receive their special Sherman Lake YMCA Camp name tag to decorate, a journal to record all of their experiences and a camper t-shirt to wear as a proud Sherman Laker. Campers will have the option of leaving their camp shirt blank or have friends and staff sign as a piece of memorabilia. These are intentional traditions which promote a sense of belonging and achievement through the camper's summer camp experience.

Please remember that all of the *Forms and Documents* as well as *balance due for the session* are all **due one month prior** to your child's camp session. Please be advised, your child's camp **admission is not guaranteed until we receive your completed and signed health form.**

Thank you for choosing Sherman Lake YMCA Camp for your child's camping experience. If you have any questions, please call or email anytime. It is truly a privilege to have your child attend camp at Sherman Lake YMCA Camp!

Sincerely,



Karen Christopherson
Summer Camp Director
Karenc@ymcasl.org
269-731-3041



Heather Sticka
Assistant Summer Camp Director
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Parent Pre-Camp Checklist

- ☐ Final **payment** of fees due at least one month prior (30 days) to your child's camp session.
- ☐ **Complete and return all camp forms and documents.** These can be found on your [CampInTouch](https://goo.gl/BC4bB6) account: <https://goo.gl/BC4bB6>
 - ☐ **Health History to be completed online.** Needs to be completed and signed electronically, at least one month prior to your child's camp session. Your child's camp admission is not guaranteed until the form arrives.
 - ☐ **Camper Questions.** Please complete these questions to help us to better get to know your camper, at least 2 weeks prior to their arrival.
 - ☐ **Authorized Grown-Ups.** Please provide contact information for those that can pick up your child at the close of the program. **Picture ID's will be required at check-out.**
 - ☐ **Camper Photo.** This is an optional item, but we would love to see a photo of your camper so that our staff can be ready to meet them upon their arrival.
- ☐ **Medications.** If your child is bringing medications to camp you will be asked to complete the 'Permission to Administer Medications' form during check in. **Please note that ALL medications must be in their original container.**
- ☐ **Pack** clothes and equipment according to enclosed **packing list**.
- ☐ **Label** all clothing, equipment, and baggage (including dirty clothes plastic bag, with your child's name).

****Tips for uploading Forms & Documents:** For uploading forms to your [CampInTouch](#) account, they must be in PDF format. When a scanner is not available, we have found success with using [smallpdf.com](#), or a similar website to convert your jpegs into PDFs on your computer. If using your phone or tablet, we have found PDF photos or a similar app to work well with the conversion.

- ☐ **Talk** with your camper about the exciting week they will be spending at Sherman Lake YMCA Camp! Worried about homesickness - visit camp ahead of time to meet the directors and give your child a look at their surroundings for the week. More information about homesickness is available in the Medical section of this parent packet. Call to arrange for a private tour if this would be more comfortable. The camp phone is 269-731-3030.

Check-in Procedures & Information

Your family is invited to a 'Meet the Directors Social' prior to Sunday's official Check-in time. **Join us at 1:00pm** for some camp activities, meet the staff and get your questions answered prior to heading back to your camper's cabin at 2:00pm.

Check-in begins at 2:00pm and concludes at 3:00pm for ALL Overnight Campers each Sunday. Begin at Kellogg Hall to drop off medications with the Camp Nurse and confirm that you have completed all of the necessary paperwork for your camper and deposited your camper's Camp Store money. Check-in is complete after parents walk their campers to their cabin and sign them in with the cabin counselor.

ALL campers must be signed in at their cabin by their parent or guardian.

Taste of Campers - Wednesday session check-in is at 2pm on Wednesday.

In order to ensure the smoothest possible check-in process for everyone and a successful camp experience for your child, please be certain to complete and upload the **Camper Health History, ONE MONTH PRIOR** to your camper's session. Please be advised your child's **camp admission is not guaranteed until we have the completed and signed health form.** If your child needs to have medication administered while at camp, including over the counter medications or vitamins, you will need to stop and see the camp nurse before you complete the check-in process.

Please have your camper say goodbye to your family pet at home. **Pets are not allowed at camp!**

*** If you are going to be delayed in dropping off or picking up your camper, please notify us. If you are calling over the weekend, please call (269) 731-3030 – if you reach the voicemail, please leave a message.**

Closing Presentation and Check-out Procedures

Closing Presentation will begin at 6:00pm and check-out will follow. Please allow 30 minutes for the closing process.

Check-out for our Sunday-Tuesday Taste of Campers will be at 6pm on Tuesday.

Following the presentation, **please sign out your camper with their counselor.** Counselors will have medication or empty medication bottles, luggage, as well as a check-out memory packet for your camper. This is a great time for you to find out any particulars about your child's week from the cabin counselor!

All campers will need to be **signed out** by their parent or guardian with a **proper picture ID.** If your child is to be **picked up by someone other than their parent,** we require them to be listed on your 'Authorized Grown-up' form that can be found in your [CampInTouch](#) 'Forms and Documents' area. We thank you for your patience and understanding as we work to assure the safety of all campers.

If you need to pick up your camper early on Friday, you must do so before 4pm.

There is no early check-out between 4-6:00pm on Friday, so please notify us in advance for early pickup.

If your camper is in a Horse or Gilmore Piano specialty camp, check the list on the next page to see if they will be having a showcase on Friday.

Please wait until you get home to reunite with the family pet.

Pets are not allowed at camp!

*** If you are going to be delayed in dropping off or picking up your camper, please notify us. If you are calling over the weekend, please call (269) 731-3030 – if you reach the voicemail, please leave a message.**

Specialty Camp Shows - Friday afternoon

Some of our Specialty Camps will have a Friday showcase before check-out for parents, family members, and friends. There will be staff and signage to direct you to the location of each show.

Horse Camps: 5:00pm Horse Show to see what your camper learned!

Gilmore Piano Camp: Please enjoy the culmination of the Gilmore piano camp. Recital times will be announced at Gilmore Piano Camp check-in by the Gilmore staff.

Taste of Camp - Check-in and Check-out

Please read check-in and check-out procedures on previous page and follow accordingly.

A Taste of Camp: **Session 4a & 6a:**

- July 14 - 16 (Sunday-Tuesday)
- July 28 - 30 (Sunday-Tuesday)

A Taste of Camp: **Session 4b & 6b:**

- July 17 - 19 (Wednesday-Friday)
- July 31 - 2 (Wednesday-Friday)

Check-in: Sunday or Wednesday at 2:00pm

Check-out: Tuesday or Friday at 6:00pm

Directions to Camp

Please use the address: 6225 N. 39th Street, Augusta, MI 49012 for GPS or Google directions.

From Kalamazoo:

Go east on M-43 (Gull Road) to G Avenue. Turn right onto G Avenue. Continue on G until 39th Street. Turn left (north) onto 39th Street. The camp entrance is located on 39th Street.

From Richland:

Go east on M-89 to Richland. At stoplight, continue straight through the light on M-89 to 38th Street. Turn right (south) on 38th Street. 38th Street becomes 39th Street. The camp entrance is about one mile south of M-89 on 39th Street.

From Battle Creek:

Go west on M-89 to 38th Street. Turn left (south) on 38th Street. 38th Street becomes 39th Street. The camp entrance is about one mile south of M-89 on 39th Street.

From Portage:

Go east on Highway I-94. Take Exit #85 (35th Street). Turn left (north) on 35th Street. Continue on 35th Street until G Avenue. Turn right (east) on "G" Avenue. Turn left on 39th Street. The camp entrance is located on 39th Street.

Overnight Camp Daily Schedule

8:00 am	Breakfast Get ready!! WOW Time (Words of Wisdom) Area Choice <i>(Variety of activities where campers can free flow between activities either on land or at the waterfront & LEGENDS)</i> SAGAS Activity I <i>(13 different activity options that campers will choose, upon arrival. With guidance, camper will choose 3 different activities, 1 per SAGA period, to participate in. Your camper can choose to sign up for multiple sessions of the same SAGA activity or choose a variety of activities.)</i>
12:00 pm	Lunch SAGA Activity II SAGA Activity III Area Choice
6:00 pm	Dinner Evening Programs Showers and Quiet Time
9:35 pm	Lights Out Rangers
10:35 p.m.	Lights Out Voyagers

SAGA Choices

- Archery
- Arts & Crafts
- Climbing & High Adventure
- Environmental Discovery
- Fishing
- Land Sports
- LARP (Live Action Role Play)
- Media & Communication
- Outdoor Living Skills
- Paddling
- Performing Arts
- Sailing
- Water Exploration

Packing Lists & Information

What to Bring:

Campers at Sherman Lake YMCA Camp sleep in cabins with six double-deck bunk beds and mattresses. Campers must provide their own pillow and sleeping bag (or other linens). Sturdy, comfortable clothes are encouraged. Laundry service is not provided except in emergencies. Please label everything with your child's name. One of the most important items you can pack is a WATER BOTTLE. A suggested packing list is provided on the next page for your convenience. Please be sure, if your child is attending a specialty camp, to check the Specialty Camp Packing List as well, as there may be items specific to those camps you should know about. Be sure dirty clothes bags are labeled with your child's name, so dirty clothes also return home.

What NOT to Bring:

Please do not bring any weapons – (knives, guns), fireworks, alcohol, tobacco products or illegal drugs. ***Being in possession of any of these items can result in the immediate removal of your child from camp.*** If it comes to the attention of the staff that a camper is in possession of any of these items, the camper may be asked to unpack their bags in front of a director.

While we do understand a parent's concern about the safety and well-being of their children, please ***do not allow your child to bring their cell phone to camp.*** Rest assured, if your child needs to talk to you during the week, we will get them to a phone and they will call you. Any cell phones brought to camp will be held by the Camp Director for the week and returned to the camper on Friday at check-out.

Please do not allow your child to bring any electronics, including but not limited to: iPods, iPads, video games, radios, computers, curling irons or blow-dryers. These items, along with cell phones, will be held by the Camp Director for the week and returned to the camper on Friday at check-out. Thank you for your understanding! Please do not bring any personal camping or sports equipment to camp unless that equipment appears below under Specialty Camps and meets the requirements for the equipment. Such equipment will be checked by the camp director upon arrival at camp.

Please do not bring pets or animals to camp. If your child is old enough to drive to camp by themselves, please do not allow them to bring a vehicle to camp.

Packing List **REMEMBER TO LABEL EVERYTHING

- ☐ WATER BOTTLE
- ☐ A small daypack or backpack
- ☐ Sunscreen (when outside all day, the sun is harsh on all skin types)
- ☐ Insect Repellant
- ☐ Sleeping bag or sheets and blanket
- ☐ Pillow
- ☐ Pajamas
- ☐ Towels and wash cloths
- ☐ Socks (a pair for each day)
- ☐ Underwear (a pair for each day)

- ☐ TWO pairs of (preferably older) shoes. **At least one pair must be closed-toe athletic shoes; which will be required at a majority of our land program activities. No flip-flops! Sandals with solid soles and straps on the top and back are acceptable for activities not requiring closed toed shoes.**
- ☐ Shorts
- ☐ Jeans or long pants (required for horseback trail riding)
- ☐ T-shirts
- ☐ A white t-shirt (or something else white) to Tie-Dye. **SL white shirts are also on sale at the camp store.**
- ☐ Long-sleeve t-shirts
- ☐ Swim suit and towel
- ☐ A sweatshirt, jacket, or sweater (for those cool summer nights)
- ☐ Hat
- ☐ Rain jacket or poncho
- ☐ Flashlight
- ☐ Toiletries (toothpaste, toothbrush, soap, shampoo and other hair products, comb, brush, deodorant, etc...)
- ☐ Laundry bag or plastic garbage bag for dirty and wet laundry (be sure to label with name)
- ☐ Pen & Paper (optional)
- ☐ Camera (optional)
- ☐ Sunglasses (optional)
- ☐ Stamps/envelopes (optional)
- ☐ BEAD NECKLACE
 - ☐ Return Campers - We invite you to bring your BEAD NECKLACE from previous years so you can continue to personalize it for years to come.
 - ☐ 1st time Sherman Lakers will get their bead necklace during closing ceremonies at camp and can begin their Sherman Laker journey!
- ☐ Dress Up Days - Tuesdays are 'T Day', so bring your tie dyes, tall socks, ties, tank tops, tennis shoes, and everything that begins with the letter 'T'! Wednesday is Pajama Breakfast day, so bring your fun pajamas!
- ☐ Positive Mental Attitude!

Please **do not send** cell phones, ipods, MP3 players, radios, video games, computers, specialized sports equipment, curling irons or blow dryers to camp.

Specialty Camp Packing Lists

Some specialty camps require equipment in addition to the above suggested packing list.

All Horse Master Camps: Hard-soled boots or leather closed-toe shoes – no sandals or Crocs. Long pants or jeans are required for horseback riding. You may not ride in shorts. Helmets are provided; campers may bring their own if it is ASTM or SEI approved.

Gilmore Piano Camp: Please check with the Gilmore office (269-342-1166) prior to coming to camp about any special equipment or requirements. An audition is required to enroll in this camp.

Behavior Response Policy

Upon arrival, each Camper is placed in a cabin group and will be given the task of helping develop their living community. Our YMCA Camp works hard to create an environment for everyone to succeed within the boundaries of safety and our four principles of Honesty, Caring, Respect and Responsibility. When that set boundary is broken, it is essential to provide some form of understanding and consequence. Our counselors follow these procedures:

1. Planning and Preventative

- Counselor establishes clear boundaries and works with campers to establish behavior expectations through the community commitment.
- Campers agree to boundaries and are aware of positive behavior expectations.
- Counselors and staff continually communicate and encourage camper behavior within boundaries. The focus will be on positive behavior of the group.

2. When issues arrive: *questioning and refocus* (What is the campers reality?).

- Counselor looks at his/her behavior first, or behavior of those involved.
 - Were the boundaries clear? How did the actions relate to HCRR? Did my actions escalate or encourage negative response?
- Camper looks at his/her behavior.
 - Can the campers identify boundaries in their own words? Can they understand how others were affected by their actions?

3. Action: *Undesired behaviors*.

- If there is an issue that cannot be resolved by the camper or the counselor, appropriate action is taken. Safety of all campers and staff is central to the HCRR philosophy. Sherman Lake YMCA will work within a restorative practices framework when resolving conflicts. The actions involved will include:
 - Verbal warning and positive redirection
 - Parents will be notified by the camp director and the camper will be given last warning
 - If the issue is so serious that it cannot be resolved to ensure the safety of the campers and staff, the camper will be removed from camp (*Parent/Guardian is responsible for picking the camper up. There will be no refund for a camper who leaves camp due to a behavior issue.*)

Bullying Policy:

When a camper chooses to threaten, intimidate, ostracize, or ridicule another camper, they will be warned one time and a camp director will talk with the parents, the camper will also talk to the parents. If bullying behavior continues the camper may be removed from camp.

Any act of violence or aggression that jeopardizes the safety of the camp or any participants or staff may result in immediate dismissal.

Any questions or concerns about your child's behavior at camp should be directed to: Karen Christopherson, Summer Camp Director.

Birthdays at Camp

Many of our campers will celebrate their birthdays while at Camp. On a camper's birthday we will celebrate with them! They will be recognized at either lunch or dinner with a Sherman Laker Birthday song and a sundae to share with their cabin group. A birthday reminder to staff on opening day, is greatly appreciated.

Cabin Assignments & Villages

The great majority of our campers come here eager to make new friends. In some circumstances, we accommodate requests to group campers together in the same cabin. Please indicate any cabin mate requests on the Group Requests form that can be found in your [CampInTouch](#) 'Forms and Documents' area. *We will do our best to honor mutual group requests.*

Please also note that Overnight Campers are divided into two age groups, Rangers (grades 3-5) and Voyagers (grades 6-10). In the case of a Ranger-aged camper and a Voyager-aged camper wanting to be in the same cabin, they will both be placed in a Ranger cabin. We cannot put a younger Ranger camper in a cabin of older Voyager campers.

Camp Store

All campers will have opportunities throughout the week to visit the camp store, where they may purchase snacks, drinks, and souvenirs. We suggest a minimum of \$10 and a maximum \$60 per week for your camper's store account. We recommend that you add money to your camper's camp store account **prior to your arrival to camp**. Log onto your [CampInTouch](#) account, Choose 'View Camp Store' and you may choose 'Fund' to put money in your camper's account. Additionally, throughout your camper's session, you may view the purchases and add money as you see appropriate.

When completing your 'Camper Questions' form, you will let us know how you would like your camper's remaining balance (at the end of the summer season) to be allocated. You can choose to either donate to Sherman Lake YMCA's Scholarship fund or return to your credit card on file at the end of the summer season.

Camper & Staff Communication Policy

We strive for effective, positive, and open communication with our campers and parents. As such, we have policies that protect your child and our counselor's safety. While the internet is an amazing and convenient communication tool, we recognize the inherent dangers involved with children and the internet. We have instructed our counselors not to share their email address with campers. If your camper would like to email their counselor, we ask that this be done in an open forum – through our logistics@ymcasl.org address. Campers or parents are welcome to contact a counselor by sending an email to this address. We will forward the message on to the counselor, who will respond from that same email address.

The best way to reach a counselor after camp has ended is still the old-fashioned way: The US Postal Service! Send letters to the Sherman Lake YMCA Camp mailing address (see above) c/o your counselor. The Director of Camping will forward the letter to the counselor and ask the counselor to forward any communication back to the camper through our office. This is to ensure the safety and privacy of our campers and staff.

Our staff is trained that we have a "no-outside contact" policy for staff and campers. This is to ensure the safety of the campers away from Sherman Lake YMCA programs, as well as keep a safe environment for the staff. If you are aware of a violation of this no-outside contact policy, please notify the Summer Camp Director, Karen Chrisotpherson, karenc@ymcasl.org.

Facebook: We have instructed our counselors not to be Instagram, Facebook or any social network "friends" with either campers or parents of campers. In the spirit of healthy and open communication, we thank you for your understanding and cooperation. We do however invite you to **become a Fan of [Sherman Lake YMCA Outdoor Center's Facebook Page](#) and [Instagram!](#)**

Contacting Camp

Camp office hours are Monday-Friday, 8:30am-5:00pm. The main camp office phone is (269) 731-3030. If you have an emergency and need to reach a camp staff person outside of these hours please call (269) 967-5087; you may have to leave a message and call back number. If you are not successful, please dial the Summer Camp Director at (269) 731-3041 and obtain further instructions. On Sundays for Overnight Camp check-in, you may leave a message at (269) 731-3030 and someone will get back with you. This phone will be checked for messages after 12:00pm on Sunday.

Emergency Procedures

In the event of a severe storm that produces damage rendering our facilities unusable, or other natural disaster or extreme emergency, you will be contacted immediately. Staff will first issue a mass email to parents regarding the emergency. Telephone calls to parents, or those listed on the registration form as emergency contacts, will be placed. We will also post information on local television (WWMT, WOOD, WOTV) and radio stations. Thunderstorms are a normal occurrence at camp during the summer. Rest assured that we watch the weather radar and monitor warning systems very closely and move the children to storm shelter locations to ensure their safety. In the event of a short-term power outage camp does have emergency generators that keep our food cold and our wells running. We will only notify you if we need to close camp. If you try to call camp during a weather emergency and receive a recording, please leave a message and a staff person will get back to you as soon as possible. Our first concern during an emergency is the safety of our campers and staff. We may not be available to answer the telephone. Thanks for your help in keeping everyone safe.

Homesickness

Anxiety about coming to camp is normal, and common. The best thing you can do to set your child up for success at camp is to talk with them about the experience beforehand. Our staff is trained to support homesick campers, and rest assured that a Director will call you if we need your assistance or input as a parent. The American Camp Association website (<https://www.acacamps.org/campers-families/planning-camp/preparing-camp/coping-homesickness>), is a wonderful free resource for information on helping your child prepare for camp. Following is an excerpt of one of the articles:

"Phillips Exeter Academy psychologist Dr. Christopher Thurber studied homesickness in 329 boys between the ages of 8 and 16 at Overnight camp. According to his results, homesickness is the norm rather than the exception. A whopping 83 percent of the campers studied reported homesickness on at least one day of camp. "Dr. Thurber and the American Camp Association (ACA) suggest the following tips for parents to help their child deal with homesickness at camp:

- Encourage your child's independence throughout the year. Practice separations, such as sleepovers at a friend's house, can simulate the camp environment.
- Involve your child in the process of choosing a camp.
- Discuss what camp will be like before your child leaves.
- Reach an agreement ahead of time on calling each other. If your child's camp has a no-phone-calls policy, honor it.
- Send a note or care package ahead of time to arrive the first day of camp. Acknowledge, in a positive way, that you will miss your child. For example, you can say "I am going to miss you, but I know that you will have a good time at camp."

- Don't bribe. Linking a successful stay at camp to a material object sends the wrong message. The reward should be your child's new-found confidence and independence.
- Pack a personal item from home, such as a stuffed animal.
- When a "rescue call" comes from the child, offer calm reassurance and put the time frame into perspective. Avoid the temptation to take the child home early.
- Talk candidly with the camp director to obtain his/her perspective on your child's adjustment.
- Don't feel guilty about encouraging your child to stay at camp. For many children, camp is a first step toward independence and plays an important role in their growth and development.
- Trust your instincts. While most incidents of homesickness will pass in a day or two, Dr. Thurber's research shows that approximately seven percent of the cases are severe. If your child is not eating or sleeping because of anxiety or depression, it is time to go home. However, don't make your child feel like a failure if their stay at camp is cut short. Focus on the positive and encourage your child to try camp again next year.

Incoming Camper Mail

Camp Address & Correspondence to:

Sherman Lake YMCA Outdoor Center

(c/o Camper Name, Cabin Number, Session Number) ←for sending mail to your camper

6225 N. 39th Street

Augusta, MI 49012

Mail from home is very important to campers. You can send mail to the above address. When writing your child, please do not mention the things they are missing back home. If you do not receive mail from your camper during the week, don't worry! It means your camper is active and happy! But, you can pack pre-addressed and stamped envelopes to encourage letters home. Please send all mail by Tuesday to ensure it arrives at camp before your child leaves on Friday. Many parents will send a week's worth of mail at the beginning of the week, marking each envelope or package with a day of the week. This is a great idea, and we will pass that mail along to your camper according to the day marked on the envelope. If sending packages that include food to camp, please do not send anything that contains peanuts, as we may have a person with a peanut allergy in the cabin. If sending food, please send enough for the cabin to share.

Emailing Your Camper While at Camp

Your child looks forward to hearing from you and we have made it easy to do this. We provide a free service for a one-way email. Just visit <https://www.shermanlakeymca.org/email-an-overnight-camper> and complete the camper email form. The email will be printed out and delivered to your camper during their regular mail call each day after lunch. Remember, this is a one-way service, they will not email you back. Please do not send any emails later than 7pm on Thursday. This will ensure the timely arrival to be distributed on Friday morning.

Photo Gallery

We try our best to post photos of campers in a timely manner, but our first priority is for the campers to have a safe and fun time at camp. We will post pictures as often as we can. You can access our Photo Gallery by visiting <https://shermanlakeymca.smugmug.com/2019-Summer-Camp> and clicking on the session in which your camper is enrolled.

Lost & Found

Regardless of how careful we are, it is inevitable that some items will be misplaced throughout the week. Properly labeled or marked items are always easier to get back to their owners, so be sure to put your camper's name on everything you possibly can, including plastic bags for laundry! Lost & Found will be displayed at Friday check-out; unclaimed items will be kept by the camp for two weeks and then donated to local charities. Sherman Lake YMCA is not responsible for the loss of articles; campers are encouraged not to bring valuables to camp.

Medical - Health & Medication **General Health Information**

Staff is trained in First Aid and CPR. All campers have a routine health check on opening day, including a baseline temperature reading, overall wellness and head lice screening. Campers with temperatures of 100 degrees or above, or with head lice, will be sent home. Throughout the campers' stay, counselors and other staff watch for signs of fatigue, dehydration, improper eating, etc. that may indicate illness. If a counselor or camper expresses a health concern, they are seen by a camp Health Officer. The Health staff and Directors will contact parents or emergency services when necessary. Parents will be notified immediately if a child has a fever in excess of 100 degrees, has been vomiting, or has evidence of lice. The parent will be asked to pick up the child immediately in any of these instances. Should a child have a communicable disease, they will be taken to the health center and isolated from other campers until the parent picks up the child. In the case of a camper having a communicable disease, parents of all campers from that cabin group will be notified. Please notify us if a communicable disease occurs shortly after returning home from camp. In the event of an injury that requires medical attention, the parent will be notified immediately. Arrangements will be made to meet the parent at the hospital, or for the parent to pick up the child, depending upon the severity. Please be assured that we will always contact parents when there is concern about a person's health and/or when a situation is not progressing as expected.

If your child is not feeling well on the first day of camp, please keep them home an extra day and bring them to camp when they no longer exhibit signs of illness. Campers should be fever free without the aid of medication for at least 24 hours and should not have vomited within 24 hours of arriving at camp. For any questions, please call the Director of Camping to institute a plan to safeguard the health of all campers and staff.

Medical - Camper Health Forms

Campers will not be allowed to participate in any camp program unless a completed and signed Health Form is on file. This is to ensure the safety and well-being of your child at camp. The American Camping Association (ACA) recommends that all health forms be updated on a yearly basis.

- When registering through your [CampInTouch](#) account, it is necessary to complete the online **Camper Health History** and camper immunization form at least one month prior to your child's camp session.
- If the health form is not received before check-in, you will have to complete the form at check-in. Please check your [CampInTouch](#) Forms page prior to coming to camp to complete any missing forms.
- We must have the date of the campers last tetanus shot.
- It is imperative to provide at least 2 emergency telephone numbers. If you are out of town during the camp week, be sure to notify us of this at check-in. Be sure to sign the authorization for emergency treatment.

- Sherman Lake YMCA Camp does not carry insurance on campers, you must accept responsibility for medical/surgical treatment charges which may be incurred on your child's behalf and provide us with your insurance information.

Medication

- You do not need to bring over-the-counter medications such as acetaminophen and ibuprofen; camp has a supply of these. If you indicate on the health form and give permission to administer over-the-counter medication for aches and pains, our Camp Health Officers can do so if needed.
- Any medications, including vitamins, inhalers, melatonin and non-prescription medications must be checked in with the Camp Nurse at Sunday check-in and need to be in their original containers please.
- If you are sending any medications including vitamins, supplements, non-prescription medications at all with your camper, you must complete the **Permission to Administer Medication** form and bring it with you to check-in. These medications will be kept with the Health Officers.
- All medications must be in their original pharmacy containers. Containers will be returned at check-out.
- Please label medications with child's name, name of medication, dosage, and time to dispense (breakfast, lunch, dinner, bedtime, or as needed).
- The American Academy of Pediatrics recommends that "Elective interruption of medications (drug holiday) should be avoided by campers on long-term psychotropic therapy or those on maintenance therapy required for a chronic medical condition" (*Pediatrics. 2011; 127(4): 795*)

Mosquito Shield - Partner



Camp is taking an aggressive approach this summer towards the eradication and control of mosquitoes and ticks on our camp grounds. Beginning long before the summer camp season begins we will be spraying and partnering with Mosquito Shield. The spraying is a safe and effective means of controlling the mosquito and tick population. Mosquito Shield uses a blend of natural oils so the product is environmentally responsible as well as kid friendly. We will spray at times when children are not present at the areas being treated. Once the technician is done spraying the area it can be used immediately.

Payments and Refund Policy

At the time of registration, a \$100.00 nonrefundable deposit must be made to hold your camper's spot. This \$100 is then applied to the balance of the camp payment. The camp must be paid in full 30 days prior to the start of your camp session. Note: A change this year, all campers in your family will be listed on a family financial statement. If you have multiple campers attending different sessions, be sure you are paying the balance due for each camp 30 days prior to that start date. You may pay your balance online through your [CampInTouch](#) account, or mail a check to: Sherman Lake YMCA Camp, 6225 N. 39th St, Augusta, MI 49012. Note: Balances not paid prior to the start of the camp session may result in the loss of your spot in that camp.

Refund requests must be made in writing and received no later than 2 weeks before the start of a camp session. This will ensure that you will receive a refund on your camp fees, minus the \$100.00 non-refundable deposit. All cancellations made less than two weeks prior to the start of a camp session are non-refundable. **There is no camper fee refund for any child who leaves camp because of illness, homesickness, or disciplinary reasons.**

Waterfront & Swim Quest

Every camper's swimming ability will be tested and their ability level marked with a bracelet on the opening day of camp. Campers will be assigned to the appropriate swimming area to ensure their safety. If they feel they can do better on the swim test, they may ask to be retested on a subsequent day by talking with their counselor.

Swim Quest Level Based on the Following:

- Jump in the water and submerge face, submerge head
- Swim, Float, Swim - 2 widths of swim area, swim, roll to back and float 10 seconds, roll to front.
- Jump, Push, Turn, Grab (jump into chest deep water, push off bottom, return & grab dock)
- Treading water for 1 - 2 minutes.

All campers will:

- Use personal flotation devices (PFD'S) at all times when in boats, or on the deep-water play equipment.
- Use the buddy board when engaged in any waterfront activity.
- Have a buddy while swimming.
- Obey all rules for swimming and boating areas

WOW Time

Words of Wisdom is a time set aside each morning to begin the day as a camp family learning from stories and songs that are centered around character lessons. Lively discussions about living together and supporting each other in a healthy community round out the activity, starting out each day on a positive note.

Mission, Goals & Philosophy

Sherman Lake YMCA puts Honesty, Caring, Respect and Responsibility into programs that build a healthy spirit, mind and body for all.

Overnight Camp Goals & Outcomes

The tradition of camping is at the heart of our summer camping program. It is a summer of growth and an experience that lasts a lifetime! Each camper is offered individual opportunities to challenge themselves. Something new and different every year they return. Become a Sherman Lake Legend, return for 5 years and have your name emblazoned on the Camper Legend Wall of Fame!

Program Philosophy

At Sherman Lake YMCA Camps, campers experience the power of living HCRR (Hick-er). The Y's four core values – Honesty, Caring, Respect, Responsibility – are emphasized in each camp program. Additional focus is on social emotional learning skills such as building healthy relationships, empathy, emotion management, responsibility and personal development. Through discovery of the great outdoors, skill development and guidance in the importance of building healthy relationships, campers leave with a renewed sense of achievement, belonging, confidence and courage to try new things.

Safety

Safety is our #1 priority. Camp staff is carefully screened during a character-based hiring process and are selected for their skills and concern for the well-being of children. Professional program staff work directly with counselors to provide guidance and support. All staff are certified in first aid and CPR and have been screened through the highest standards of child safety practices, including background checks. The Sherman Lake YMCA is accredited by the American Camp Association.

We hire Counselors who:

- demonstrate honesty, caring, respect and responsibility in their words and actions.
- help your child develop new friendships.
- help your child learn a new skill.
- help your child interact with kids who are different than themselves.
- help your child build their self-esteem and confidence.
- help your child build independence.
- give your child an opportunity to practice their decision making skills

The Sherman Lake YMCA Outdoor Center is an inclusive organization that welcomes all persons regardless of race, color, national origin, sex, religion or disability.



Questions

We welcome any questions or concerns you have before, during, or after your child's camp session. We are here to partner with parents to provide the best possible experience for your child. Please do not hesitate to call us.

Overnight Camp:

Karen Christopherson, Summer Camp Director - karenc@ymcasl.org (269) 731-3041

Heather Sticka, Assistant Summer Camp Director - heathers@ymcasl.org (269)-731-3037

Katie 'KB' Judson, Seasonal Overnight Camp Director - 269-731-3030

For Registration inquiries - Registrar Registrar@ymcasl.org (269) 731-3000

For General questions - Camp Administrative Assistant logistics@ymcasl.org (269) 731-3030

After hours emergencies only = (269) 967-5087