



YMCA Camp Parker at Peggy Lake Parent Packet (Info for you to keep)

YMCA MISSION

**To put Christian principles into practice through programs that build
healthy spirit, mind and body for all.**

**YMCA of Alaska
5353 Lake Otis Parkway
Anchorage, AK 99507
907-563-3211
E-Mail: dave@ymcaalaska.org**

YMCA RESIDENT CAMP PARKER AT PEGGY LAKE

PAYMENT INFORMATION

July 15th	Week 1	7/20 – 7/24	Non-Member \$600.00	Member \$550.00
-----------	--------	-------------	------------------------	--------------------

YMCA RESIDENT CAMP PARKER at PEGGY LAKE PHILOSOPHY

General Camp Description

YMCA Camp Parker at Peggy Lake is surrounded by 320 acres of rustic wilderness located about 100 miles north of Anchorage on the Parks Highway. The camp is a wonderful setting for campers to enjoy water activities, hiking trails, forests, marshlands and the beauty of Alaska's magnificent environment. Campers engage in activities designed to develop the four YMCA Character Values of CARING, HONESTY, RESPONSIBILITY, AND RESPECT. It is also our goal to help the campers develop self-esteem, a strong sense of community and an appreciation for our natural environment.

YMCA Camp Parker at Peggy Lake Philosophy Statement

YMCA Camp Parker at Peggy Lake is far more than cabins, tents and activity areas. Activities and facilities are merely tools we use to teach basic values. Learning activity skills is secondary to developing interpersonal ones. YMCA Camp Parker at Peggy Lake was created and continues to be fun for the benefit and the growth of the camper. We, as staff, are here for them. We believe that campers should have the opportunity to grow physically, socially, mentally and spiritually at camp in a warm, positive environment. We believe that the atmosphere necessary for growth requires a safe environment, a variety of experiences, and as much camper involvement as possible.

Campers learn by doing. We will encourage the spirit of exploration and high adventure. It is our hope that at YMCA Camp Parker at Peggy Lake, everybody wins. Individual decision-making helps campers take responsibility for themselves and learn that any decision often affects others. We believe that setting limits on behavior as they relate to health, safety or the group good is reasonable, but the reasons behind limits should be explained.

We believe that the physical environment of YMCA Camp Parker at Peggy Lake is a limited resource that should be highly valued. We will strive to encourage conservation and respect for our environment. Diversity in ethnic and socioeconomic backgrounds provides fertile ground for learning tolerance and cooperation. Campers and staff are equal citizens with differing responsibilities.

REGISTRATION POLICIES

Registration Requirements

The following items are required prior to your child attending camp:

- *YMCA Camp Parker at Peggy Lake Registration Form
- *Parent Authorization Sheet
- *Authorization to Administer Sunscreen and/or Insect Repellent Form
- *Health History Form
- *Parents Letter to Camper's Counselor
- *Letter to My Camp Counselor
- *Current Physical & Shot Records or copy of Legal Exemption

Cancellation Policy

Once a session begins, there will be no refunds/credits or makeup days for days missed during their session.

If your child is asked to leave camp due to a violation of a camp policy, your program fees will not be refunded. NO EXCEPTIONS.

YMCA RESIDENT CAMP Parker at PEGGY LAKE SCHEDULES and PROCEDURES

All parents, through the Parent Authorization Sheet have agreed to abide by the following policies. Please read and understand all components and ask questions about sections that are unclear to you.

General Transportation Policies

1. The YMCA provides transportation to and from YMCA Camp Peggy Lake from our main YMCA location.
2. The YMCA uses an insured leased school bus or public transportation.
3. The bus driver has a current CDL license, is at least 21 years of age, and evidence of the driver's good driving record is on file.
4. Each bus will be maintained in good repair, safe and free of hazards.
5. Children will never be left alone on a bus.
6. Parents are notified in advance of all field trips and specific permission will be obtained for all activities of moderate risk.
7. At no time does staff transport campers in a non-YMCA vehicle.
8. The YMCA will contact 911 in case of medical emergencies and transport children in a YMCA vehicle when directed by 911 medical personnel.

DEPARTURE TO YMCA CAMP PARKER at PEGGY LAKE SCHEDULE

The camp bus will depart from the parking lot on the North side of the Lake Otis YMCA by 9:00 AM on the scheduled Monday.

Departure Preparations

Prior to departing to YMCA Camp Parker at Peggy Lake all steps must be completed by staff, parents, and campers:

1. Check-in: Ensure that all paperwork has been submitted and camper is officially signed in. You are to provide a healthy lunch for the ride up to camp. If your camper does not bring lunch, we will charge five dollars, to provide one.
2. Medication Check-in: All medication (including inhalers) must be turned over to the YMCA Camp Parker at Peggy Lake Staff in its original container with the camper's name, proper dosage, and instructions clearly labeled on the bottle. It is necessary for the parent(s)/guardian to complete the Medication Information section of the Authorization & Emergency Information Form.
3. Pre-Camp Health Screening: All campers must meet individually with the YMCA Camp Parker at Peggy Lake Staff to ensure the child is in proper health to attend camp. This includes a visual check of arms and legs for bruises and a head check for lice. This is also a good time for you or your camper to talk with staff about any allergies they may have.
4. Campers say their goodbyes and get on the bus.
5. Bus Etiquette: Prior to pulling out, YMCA Camp Staff will go over bus rules and emergency procedures.
 - a. Bus rules
 - Campers will go to the bathroom before getting on the bus.
 - We will make a pit stop at Fred Meyer in Wasilla for bathroom breaks only, purchases will not be allowed

- No eating or drinking on the bus. If there are exceptions, you need to pick up trash.
- Always keep your hands and feet to yourself.
- Please keep hands and arms inside the bus, do not stick them out of the windows.
- Please use indoor voices unless you're singing songs.
- Remember that the bus driver is the CAPTAIN and has the final say while you are on the bus.

6. Bus Departure and Arrival at YMCA Camp Peggy Lake

- On Monday the bus will depart from the Lake Otis YMCA at 9:00am and arrive at YMCA Camp Parker at Peggy Lake at 12:30pm.

RETURNING FROM YMCA RESIDENT CAMP Parker at PEGGY LAKE

The camp bus will depart from YMCA Camp Parker at Peggy Lake at 1:00pm on Friday and arrive back at the Lake Otis YMCA parking lot by 4:30pm. Parents must be there to pick up their camper! YMCA Camp Parker at Peggy Lake Campers cannot be with the Day Camp Campers. If we are running late, we will call the YMCA with our estimated time of arrival. In the event of an emergency, the YMCA will be notified and parents will be called.

Sign-out Procedures

1. All campers are required to be signed out by someone listed on the emergency records form. A person needs to be older than 16 years of age to sign a camper out of the program.
2. Do NOT be offended if you or someone you have allowed to sign your child out is asked to present a picture I.D. This is for the safety of your child; it will take the staff a while to get used to faces.
3. We need written and signed permission by the parent/guardian to release a camper to someone not listed on the emergency card.

YMCA RESIDENT CAMP PARKER at PEGGY LAKE POLICIES

All parents, through the Parent Authorization Sheet, have agreed to abide by the following policies. Please read and understand all components and ask questions about sections that are unclear to you.

Care Package

As all children enjoy receiving care packages, we encourage parents to send a little something for them. I will pass something out to your campers each day. Attach a list of which items you would like passed out each day at "Mail time" A shoebox is a great size for putting your items in. Here are some suggestions for putting your child's care package together: To keep cabins bear proof we do not allow food to be sent in the care packages. Instead, think of things like stuffed toys, pictures of family members, letters/cards from home to open each day, and paper and pencils for writing about their experiences are all great ideas. REMEMBER NO WEAPONS (TOY OR REAL).

Discipline

Keeping all campers busy, busy, busy and having fun, fun, fun, combined with clear rules and expectations will be our first and foremost way to limit discipline problems. Any discipline problems will be handled on a camper-by-camper basis with common sense and creativity. Positive behavior will be rewarded (extra swim time, extended

bedtime etc.) while negative behavior will result in reduced privileges. In the unlikely event that a camper's behavior is dangerous, inappropriate or interfering with the safety and enjoyment of other campers, dismissal may be the result. In the event of a camper's dismissal, it will be the parent(s)/guardian(s) responsibility to come and pick their child up.

At no time will spanking be allowed in any YMCA program. Any employee found to be physically abusing any child is subject to immediate dismissal.

Campers, who are dismissed from camp for disciplinary reasons, will NOT receive a refund for that week of camp.

Emergencies

In the case of emergencies, the staff will make every effort to obtain necessary treatment instructions from the parent/guardian. If parent/guardian or emergency contact cannot be contacted, emergency treatment will be administered and parent/guardian notified as soon as possible. It is important to know that there is an emergency medical center a few miles from camp.

Illness

YMCA Camp Parker at Peggy Lake does not carry Accident or Sickness Insurance on summer youth campers. It is the policy of YMCA Camp Parker at Peggy Lake not to keep sick campers for more than 12 hours after parent/guardian is notified.

Cell Phones

Campers will NOT be allowed to use cell phones while at camp. Please do not allow your camper to bring one to camp. YMCA Camp Parker at Peggy Lake will not be held responsible for lost or stolen phones.

Swimming Program

All campers are required to take a swim test each Monday of camp. Non-swimmers and children who are not strong swimmers will be required to wear a life vest while down at the waterfront. While boating, ALL children and counselors are required to wear a life vest. Every effort is made to ensure your child's safety around the waterfront and boating areas. The waterfront is only open when there is a certified Lifeguard on duty! In addition, all camp staff are trained in CPR and First Aid.

Camper Records

All records will be kept confidential; however, we will make them available to authorized regulatory agencies when required.

Meals (Snacks)

On the bus ride up to YMCA Camp Parker at Peggy Lake, we stop in Wasilla and have lunch. Your camper needs to pack a sack lunch to bring with them on the ride to Camp Parker. Once at Camp all meals and snacks will be provided. If your child has dietary restrictions, please note on the Authorization & Emergency Information Form and speak with the Camp Director.

Releasing Campers

A camper will be released only to his/her parent(s) or guardian(s) or to those that are designated on the camper's emergency record.

Phone Calls

Campers will not have access to phones unless it is an emergency. If you have questions or concerns about your camper, please call the YMCA of Alaska at (907) 563-3211. The camp will have cell phones for emergency use and can be contacted only by the YMCA.

Smoking

1. Smoking is not permitted in any YMCA facilities, parking lot, or at YMCA Resident Camp Parker at Peggy Lake.
2. Campers are not allowed to smoke. Any camper caught smoking will be suspended from the program.
3. Staff are not allowed to smoke at work and may not smoke in front of the campers or on YMCA Resident Camp Parker at Peggy Lake property during their breaks.

Sunscreen

Parent(s)/Guardian(s) must supply a sunscreen product for application to the children. The counselors will supervise the application and remind the campers to apply it throughout the day. There should be an initial application in the morning, and re-application throughout the day after swimming, sweating, or later in the day when the initial application naturally wears off. If your camper refuses to re-apply sunscreen, you will be required to pick up your camper from camp in 3 hours. Campers should wear a minimum of a SPF 30 product, but this may be higher if the child has the characteristics for a greater chance of burning (red hair, fair skin, etc.). The guidelines on the product should be followed.

Resident Camp Peggy Lake Packing List

Clothing

- ___ 5-6 tee Shirts
- ___ 1-2 pairs of shorts
- ___ 5-6 pairs of underwear
- ___ 5-6 pairs of socks
- ___ 1 pair of sneakers
- ___ 1 pair of hiking boots or heavy-duty shoes
- ___ 1 pair flip flops/sandals (shower/waterfront)
- ___ 1 light jacket/raincoat
- ___ 1 warm coat (for cold days)
- ___ 1-2 sweaters or sweatshirts
- ___ 2 swimsuits
- ___ 2 sets of pajamas
- ___ 2-3 pairs of durable long pants (jeans, cargo pants, hiking pants etc)

Please do not bring:

- Cell phones (there's no reception anyway)
- Valuables (jewelry etc.)
- Knives, guns, weapons, bear spray

*Personal radio/CD players/mp3 players will be allowed for use at bedtime. If their use becomes an issue, they will be confiscated until the end of the week.

*YMCA staff is not responsible for any lost or stolen property so please label ALL items your child brings to camp

Dress code: No Halter tops, tube tops, spaghetti strap tops, or string bikinis will be allowed. All sleeveless shirts must have a shoulder strap at least 1 inch in width. The camp staff reserve the right to ask a camper to change any clothing deemed inappropriate.

Bedding

- ___ Sleeping bag
- ___ Pillow and pillowcase
- ___ Comfort item—Stuffed animal, baby blanket etc. (optional)

Other Items

- ___ Shower caddy for shower items
- ___ Soap or shower gel
- ___ Shampoo
- ___ Washcloth
- ___ Toothbrush and Toothpaste Dental Floss
- ___ Writing materials/Journal
- ___ Laundry bag
- ___ 2-3 bath towels (showering everyday AND swimming)
- ___ Sunscreen (spray is a good choice in case a child needs help applying)
- ___ Bug Repellent (more than 30% deet is preferred)
- ___ Canteen or water bottle — Very Important — A MUST



Optional items

- ___ Handkerchiefs
- ___ Books/Bible
- ___ Sunglasses
- ___ Camera and film
- ___ Hat
- ___ Flashlight/Headlamp

Parents!

- Don't forget to send a care package with your child's counselor.
- Some ideas:
Stuffed animals, photos, cards, letters from family and pets etc. Do not send food or candy*