

# CAMP YOMEGA



Raritan Valley YMCA



# **PARENT HANDBOOK**



# 2024

# CAMP YOMECA.



## Summer Day Camp at the Raritan Valley YMCA



Welcome to Camp Yomeca! This handbook has been created to help you and your child better prepare for camp. Many of the policies and procedures have been abbreviated to convey the necessary information in a concise format.

### Program Philosophy

Our camps are designed to make children feel safe and accepted while developing these skills:

Developing YMCA character values of: **Respect, Honesty, Caring and Responsibility**

Making new friends

Gaining independence

Learning new skills

Building self esteems

Appreciating successes

Learning from mistakes

Engaging in sportsman like conduct

Camp will be a home away from home where they may grow and develop to their fullest potential. Most of all Camp is a place where child can be a child, free from the worries of peer pressure, bullying and the search to be accepted. At Camp every child will feel welcome and part of something bigger than themselves. They will be a part of community where their individuality is welcomed and supported.



Our ACA-Accredited Camp has 50 years of parent trust behind them. Accreditation identifies those programs which offers a solid foundation of health, safety and program quality; assurance that we comply with up to 300 health, safety and program quality standards, and solid proof of our accountability, credibility, and commitment. It demonstrates that we gone to great lengths, have been evaluated and have passed the tests!

### Raritan Valley YMCA Mission

The Raritan Valley YMCA is committed to building strong kids, strong families, and strong communities throughout our area. It is charitable; not for profit organization that welcomes all people regardless of age, race, religion, or economic status and strives to enrich each and every life through a unique, dynamic combination of programs that strengthen spirit, mind and body.

### Character Development

The YMCA has four core values that we strive to model and teach to our campers daily. They are caring, honesty, respect and responsibility and are incorporated into our programs, discipline techniques, and projects.



### Camp Dates

Camp runs for a series of one-week sessions with several options to choose from. For a full list of each session including sports clinic please see the camp registration packet.

**PLEASE NOTE:** Parent Orientation Nights are scheduled for **Wednesday June 12th** and **Thursday June 13th 2024** at the Raritan Valley YMCA from 6pm to 7:30pm. It is expected that parents of new and returning campers will attend one of these two nights. We cover a lot of material including new and changed information so all should plan on attending. Children are always welcome to attend.



The YMCA Annual Campaign supported through community donations, foundations and events which ensures that all families eligible have the financial assistance needed to participate in quality programming. Camp scholarships are available through an application process. We will make every effort to provide funding to all those that qualify. We are happy to guide you in a right direction and to assist you in application process.

### **Trip to Brookside Swim Club Procedures**

Campers will be going to Brookside Swim Club every day by 9am to ensure timely arrival for swim lessons. Campers are required to arrive at Camp and be signed in no later than 9:00 am to ensure timely transition to their camper group and transportation to aquatic site.

These trips are included in day camp fees.

Campers are oriented about the trip, behavior expectations, and bus rules at opening ceremony, further requiring campers to arrive on time by 9:00 am. Once at the trip location, campers will receive another briefing detailing the boundaries, bathroom locations, safety issues, and rules.

We transport children in YMCA and charter buses equipped with seat belts and driven by experienced, state licensed bus drivers. We notify parents in advance of the location, date and times of the trip, and whether we will require parent volunteers.

If time permits, children may have the opportunity to play games or buy snacks on these trips, pending ratio and time availability. Please consider sending your child a few dollars in a ziploc bag with his/her name, group, and amount on it and give it to your child's counselor.

A pre-trip itinerary and bus rosters will be at the Welcome Center, including all contact numbers. Attendance will be taken on the bus before leaving for the trip.



### **Supervision and Staffing**

All staff are carefully screened and selected for their character and love of children. They undergo a criminal background check, fingerprinting and comprehensive training. Education, practical experiences, outstanding references, as well as an understanding of children's developmental stages are looked at very closely.

Junior Counselors are 15 years or older and are never left alone in direct supervision of the children. All Senior Counselors are over 18 years and are selected based upon their experience with children, their personal character, responsibility and enthusiasm. CITs are not counted in the supervision ratios. Volunteer staff may be counted in the supervision ratio but only when supported by a senior counselor or administrative staff member.

For swimming, additional swim instructors and lifeguards are added to increase supervision. For trips administrative staff members and volunteers are used to supplement supervision within camper groups. Volunteers are never left alone unsupervised with campers. For specialty programs such as archery and outdoor living skills a program specialist is added both to direct the activity safely and to supplement the supervision ratio.

The Camp's Director is on site daily. Any camper needs should be brought to their attention and will be addressed in a timely manner. Counselors are trained in Basic First Aid, child abuse prevention, emergency procedures, water safety, and how to conduct camp activities including songs and games that incorporate values and education.

Our low staff to child ratios meets NJ State and American Camp Association requirements. Small groups mean more individual attention for each child. Counselors and Directors alike will foster a mentoring relationship with each child and work to create open and honest communication; working with parents to develop effective techniques for bringing out the best in every child.

#### **Staff Ratios:**

**1:6 3-5 years old 1:8 6-8 years old**  
**1:10 9-14 years old 1:12 15 years old**  
**1:25 Lifeguards 1:10 Lookouts**

### **Transportation**

Parents are responsible for bringing their child to and from the YMCA daily.

Transportation is provided by the YMCA to and from the swim location for swimming and on field trip days to and from the trip venue. Parents will be required to sign in their campers at the Y location and then drop them off at trip/ swim location if they are arriving late (After the scheduled time) on trip/ swim days. YMCA staff members may not transport any child enrolled in our programs, for any reasons, in their own vehicles, in accordance with their signed code of conduct.

### Age Groups

Campers are assigned to groups according to their grade in the upcoming school year. We offer flexible grade ranges to accommodate maturity factors that you can choose. Camper friends may be requested but BOTH campers must request each other AND be enrolled in the same group. We cannot guarantee that campers will be placed with particular counselors. We will make every reasonable effort to honor requests.

### Hours of Operation

The YMCA Day Camp program operates **Monday through Friday from 7:00am-6pm.** The traditional camp day schedule begins at 9am and runs through 4pm with extended care available at **NO EXTRA COST.** The YMCA is open for registration M,Wed,Fri from 7am-7pm, Tues and Thurs from 7am-8pm Saturday from 9am-1pm and Sunday 9am-12pm.



### Registration and Enrollment

Registration is done on first come, first serve basis. When a program is filled, a waiting list is developed. There are no fees to be placed on the waiting list. Every effort will be made to place your child in camp as quickly as possible while maintaining proper staff to child ratios.

For your child's welfare, all registration forms are due at time of enrollment. Registration for each week is due no later than Wednesday prior to the week, pending availability. There will be no exceptions, as we need to process the paperwork for the health and wellness of your child. No child will be admitted to the program without the following forms:

- Registration Form
- Parental Agreement
- Universal Child Health Record signed by a physician
- Authorization for the Administration of Medicine by Center Personnel (if needed)

### Payment Policy

A current YMCA program membership is required for participation in all YMCA programs. Each session requires a deposit due at time of registration. The balance of each session is due in three instalments for different weeks registered. Failure to do so will result in cancellation and loss of deposits. Cash, personal checks, MasterCard, Visa, American Express, Discover, and ATM cards are accepted. Please make all checks payable to **Raritan Valley YMCA.**

### Refund Policy

**Deposits and memberships are non-refundable, as is the camp balance after the session has started.** Changes in registration can be requested by completing a Camp Change Request Form available at the Welcome Center. Changes are not guaranteed due to enrollment and deposits are not transferrable to new sessions.



## Parent Drop Off/ Pick Up Procedures

Campers are required to arrive and be signed in no later than 9:00am to ensure timely transition to their camper group and transportation to aquatic site. To ensure all campers' safety, please go down Alvin Court and you will see signs where to sign your child in daily. After your child has been sign in/out, a staff member will collect your child and belongings from the car and escort them to their homebase or escort your child to your car at the end of the day. To facilitate arrivals and departures, we ask that all parents remain in their cars. Only the names of those listed on the registration form are permitted to remove your child from our care. In an emergency, you may email authorization for someone who is not on file to pick up your child to [psrivastava@raritanvalleymca.org](mailto:psrivastava@raritanvalleymca.org). No child will be released from camp to an unauthorized person or without a Walk Home Waiver on file. Walk Home Waivers may be obtained from a Camp Director. Additional persons may be added to your original registration paperwork as someone authorized to pick-up your child(ren). In case of emergency, parents will be notified through email about the changes in Pick up/Drop off procedure.



### Absences

If your child will not be attending camp for any reason on a particular day please notify Camp no later than 8:00 am at (732) 257-4114. Tuition credits cannot be given for illness, vacation, and inclement weather or holidays.

### Failure to Pick Up

In the event that a child is left at Camp past the 6:00 pm pick up time, Every effort will be made to contact one of the child's authorized contacts to pick them up. The two staff members will remain at Camp with the child.

Parents will be informed that their child has been released to an emergency contact. Late charges will apply to any child left past the 6:00 pm closing time.



### Late Policy

The YMCA Day Camp program ends promptly at 6:00pm. Parents should arrange to have their child picked up by this time. A late fee will be charged to any parent arriving after 6:00 pm. The fee will be \$15.00/child/15 minute interval or part thereof. Please call the Camp if you anticipate being late on any given day. Calling does not waive the late fees but does allow the YMCA to make arrangements for supervision of the child until the parent arrives.





## Communication with Parents

Daily communication with the Camp Directors will be available, so parents can discuss their child's progress at Camp. Parents should allow a few minutes at the end of the day to discuss their child's experience. Conferences can be scheduled, as the parent or camp deems necessary. The Camp Director is available for phone conferences if preferred. Emails will be sent as updates are made to camp trips as well as posted on our website.

## Visitor Policy

To ensure the safety of all our campers and staff members we enforce a strict visitor policy. All visitors must enter the YMCA through the front entrance and check in with the front desk staff. Members must present their id tags to be granted access to the facilities. Nonmember or visitor s must provide identification and be escorted around the facility. Children are not allowed to be unsupervised within the YMCA and are denied access to the locker rooms.

## Day Camp Rules and Discipline Policy

Staff members are encouraged to model positive and appropriate behavior and handle discipline in a sensitive and reasonable manner. The camp structure is centered on the YMCA's four core values of Caring, Honesty, Respect, and Responsibility. We expect that all campers and staff members adopt these values as the cornerstones of exemplary behavior. All staff members are expected to exhibit the characteristics of, enthusiasm, adventure, creativity, reflection, balance, compassion, confidence, humor, common sense, appreciation, and resilience, applying these traits to all daily interactions with campers. A priority is placed on the recognition and positive reinforcement of good behavior.

It is important that everyone understands the rules (see Camper Code of Conduct) and the consequences of their behavior. We will encourage your child to make choices and help them understand the consequences for their choices. We ask that parents work with us as part of a home-camp partnership to help children be successful. Please read and discuss the Camp's rules with your child.

A child will not be deprived of food, isolated, or subjected to corporal punishment or abusive physical exercise as a means of punishment either by staff or by another child. A child shall not be disciplined for failing to eat, sleep or for soiling himself/ herself. A child, whose behavioral issues require more than a reasonable amount of the counselor's time and attention, will be brought to the attention of the child's parents and the Camp Director. A plan for helping the child adjust will be established and communicated to the parent and child by the Camp Director.

Anyone (parent, staff, children, etc.) may be asked to leave Camp for any of, but not limited to the following reasons: Consistently disruptive behavior; dangerous or threatening behavior posing a risk to the physical or emotional safety of another individual; bullying; possession of a weapon of any kind; vandalism or destruction of property; sexual misconduct; possession or use of tobacco, alcohol or controlled substances. The YMCA reserves the right to suspend or expel any camper who poses serious or continual discipline problems, whether all of the steps in the progressive discipline plan have been completed.



## Birthdays

Birthdays are an important milestone in a young child's life, and we like to celebrate them. Parents are welcome to bring in a special snack for their child and their group, and to participate in this special event. Please speak to your child's counselor ahead of time for any necessary planning and restrictions.

Due to health issues and limited space, lost and found will be cleared out and donated to those in need weekly. Please check the lost and found everyday for any belongings your child/children may have misplaced.

The YMCA assumes no responsibility for the loss of personal property.

Lost and found will be displayed every Friday for parent to look for lost items.



### **Emergencies**

Campers can be reached by parents/guardians by calling our main office at **(732) 257-4114**. The Camp Director and Assistant Camp Director will have camp cell phones that may be contacted by the office if your camper is off site swimming or on a field trip. Parents will be the first contacted should an emergency involve their child.

**Children are not allowed to bring their cell phones at camp!!!!**

## **Child Abuse Prevention and Reporting**

Gentle touching, hugging and holding can be important and memorable aspects of all YMCA youth program experiences. However, YMCA staff and volunteers need to be sensitive to each person's individuality. The Raritan Valley YMCA prohibits inappropriate touch and verbal and physical abuse. If it happens, the following prompt action will occur:

At the first report or accusation that child abuse has occurred, the employed staff person to whom an inappropriate action between staff and child has been reported, will notify the Executive Director. Refer all media inquiries to the Executive Director. A report in accordance with the New Jersey State Law will be made by the Executive Director through the child abuse prevention hot line (24 hrs/day 1-800-792-8610) or local district office.

In the event the reported incident or incidents involve a program volunteer or employed staff person, the Executive Director may suspend the volunteer or staff person from the YMCA pending an investigation. Any incident in a Y-sponsored program, regardless of location, will be considered job-related. Reinstatement of the volunteer or staff person will occur only after all allegations have been cleared to the satisfaction of the Executive Director. Child abuse incidents not involving a staff person or volunteers should be reported by staff to their immediate supervisor and the Executive Director. The Executive Director receiving the report will advise on what additional steps need to be taken depending on the circumstances.

Corporal punishment and neglect of children by staff are serious concerns, which will be treated as child abuse issues and reported. The parents or legal guardians of the child or children involved in the alleged incident will be notified by the Executive Director. All YMCA staff and volunteers must be sensitive to the need for confidentiality in the handling of this information and therefore should only discuss the incident with their direct supervisor, and the investigating authorities within and outside the YMCA. Please note that all YMCA staff are mandated reporters and are required to report suspicions of child abuse to the appropriate authorities.

## Health Policy

The Raritan Valley YMCA's Day Camp is licensed and equipped to care for children in good health. Parents and staff, working together, promote the child's total well-being. Each child enrolled in the Raritan Valley YMCA's Day Camp must have up to date documented health records. This includes the **Universal Child Health Record**, which includes a physical examination and an immunization record. These forms must be filled out by your child's doctor, signed, stamped, and returned prior to camp.

The YMCA reserves the right to deny any child's admittance to the program on any given day for reasons of obvious illness. The YMCA may request early departure should symptoms become obvious during the day. Tuition will not be adjusted due to absence.

If a child contracts/exhibits any contagious illness, please report it to us immediately. The child may return with a physician's note stating that the child presents no risk to himself/herself or others or 24 hours after the symptoms cease. When a child does develop symptoms while at camp, he will be moved to an isolation area in the YMCA. A staff member will always be in close visual proximity. The parents will be called to the center immediately to pick up the child.

When the child's parents cannot be reached, one of the emergency contacts will be called to come and retrieve the child. Please notify the center when the emergency or pediatrician's phone number changes. It is of the utmost importance in case of emergency.



### Administration of Medication

In order for medication to be given to a child at the YMCA, a signed **Administration of Medication Form** must be on file at camp for that specific medication, with dosage administration times clearly marked. **This Form must be signed by the child's parent or legal guardian.** The medication must be delivered in and dispensed from the original pharmacy container clearly labeled with your child's name and doctor's instructions. Medications will be disbursed by the Camp Director or Medical officer only and will be documented. We ask parents to keep staff informed daily about the continuing medical needs of their child and any changes in medical information. The form applies to all over the counter and prescription medication brought to camp. A separate signed form is required for each new medication. Children should not carry medication at camp. Exceptions will be made for epi-pens and inhalers when a doctor's authorization is on file at the YMCA.

### Insurance

The YMCA does not carry or provide accident or medical insurance for the children participating in Summer Day Camp programs. Your health insurance is the primary coverage for your child.

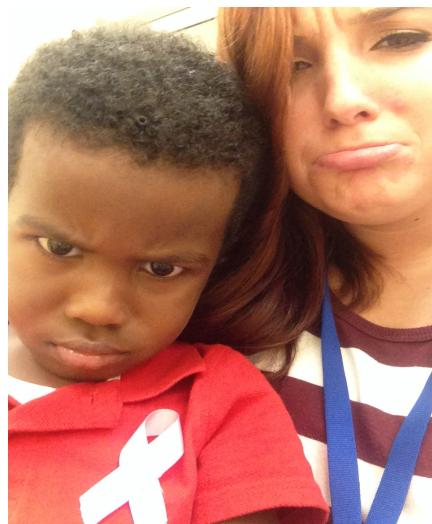
### Accidents/Injuries

Parents will be notified by camp personnel if their child becomes ill or gets injured while at camp. All injuries or illnesses will be communicated to the parent once proper first aid has taken place and the child made comfortable.

In both cases children will be brought inside and allowed time to rest before returning to activities or being picked up by a parent if necessary. In severe injuries needing higher medical attention, the parent or guardian will be contacted immediately, and arrangements made for further medical attention.

If we cannot contact the parent or physician, we will call 911 for an ambulance to transport the child (and child's file) to a hospital where a staff member will wait with the child until the parent or emergency contact arrives. An incident report will be completed and on file at the YMCA.

If your child has a pre-existing injury or condition, please notify the camp directors to that we can plan to accommodate any special needs or restrictions. Please do not send you child to camp if they are suffering from an illness that may be contagious. Once the symptoms dissipate the child may return to camp.





## Applying Sunscreen

Please put sunscreen on your child before coming to camp each day. Staff will remind children throughout the day to reapply sunscreen. Camp staff may only assist campers in applying sunscreen. To ensure that your child gets the proper coverage please send spray or mist sunscreen not lotion. Staff may not directly apply the sunscreen to the child's body.



### Emergency Drills

To ensure a safe program Camp holds a number of safety drills throughout each session and throughout the summer. These drills include:

- Bus Evacuation (Every Monday)
- Fire Drills (Once a Month)
- Missing Swimmer Drill (Bi Weekly)
- Lost Camper Drill (Bi Weekly)
- Swim Buddy Checks (Every 10 Minutes)

Emergency drills allow staff and campers to become familiar with emergency procedures in the event of a real crisis. Drill procedures are reviewed regularly with the camp staff to keep them up to date.

As a partner with the Horizon Foundation and the NJ Partnership for Healthy Kids, healthy eating and physical activity are a main focus of YMCA youth work. We are always happy to help parents and make suggestions as to healthier lunch and snack options.

New Jersey  
Partnership



### Meals and Snacks

The children will need to bring a lunch to camp each day. A lunch box with an ice pack and clearly labeled with your child's name is recommended.

**Please do not send food that needs to be refrigerated or reheated for School age campers.**

We suggest healthy balanced meals that provide children with the nutrition they need to run and play. Please also provide your child with a few healthy snacks for breaks throughout the day.

**Utensils and Water bottles should be sent daily.** Several water stations are available throughout camp to refill as needed. NO glass bottles please!



Please inform us of all dietary restrictions or food allergies on registration form and verbally with all staff. Nut-free tables are provided for children with allergies in School-age camp. The Early Childhood Center is Nut-free environment due to severity of allergies and volume of undiagnosed children.

## Activities

Campers participate in a daily schedule of age-appropriate activities geared toward individual growth, physical/social development, and fun. Below is a general listing of the activities that the children will participate in. Schedules will be available and posted every Monday. Activities may vary from day to day including, but not limited to:

**Basketball, Soccer, Hockey, GaGa, Kickball, Wiffle Ball, Volleyball, Newcomb, Ultimate Frisbee, Archery, Fitness, Dance, Drama, Cooking, Outdoor Living Skills, Arts and Crafts, Nature, Field Games, Songs, Swimming, Tumbling, Flag Football, Tennis, Team Handball, Playground, Four Square, Character Development, Reading, Drawing, and Science.**

There is no such thing as a typical day in day camp. We start off every day at 9:00 am with an opening activity and end every day at 4:00 pm, the rest of the day is spent in various large and small group activities. Most of the day your child will be doing these activities with his/her assigned group.

By signing the camp waiver form you give permission for your child to participate in all camp activities. Please notify the camp director if your child is restricted from an activity and needs to opt out.



## Swimming

Swimming is part of our regular camp schedule, and it helps us in our promotion of fitness and fun activities. Campers participate in YMCA swim lessons and recreational swim daily. Please encourage your child to swim every day.

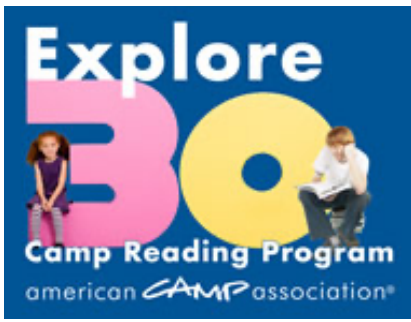
Swimming is a lifetime skill and learning to swim properly depends on the child. Each child progresses differently, and repetition of skills is needed to develop true swim strokes and build confidence in the water. Camp Yomeca follows National YMCA Swim Instruction Guidelines.

Campers will be swimming regularly so a bathing suit, towel, sunscreen and change of clothes are required. If suits are worn to camp please do not forget to pack under garments to allow for a dry, comfortable rest of the day. Goggles will be allowed during swim time. Swimming will take place at Brookside Swim Club in Milltown for **all age groups**.

**YMCA CERTIFIED INSTRUCTORS AND LIFEGUARDS ARE ON DUTY FOR ALL SWIM SESSIONS.**







**HELP REDUCE SUMMER LEARNING LOSS...**

Camp Yomeca is part of the Explore 30 summer reading program through the American Camp Association. The goal of this program is to have children read for 30 minutes each day. While the camp schedule may not allow for campers to read everyday at camp (i.e. Trip Days) we do encourage campers to read daily during Morning and Evening Care as well as have counselors read to younger campers. Campers are encouraged to bring reading material from home.

**Sports Clinic**

YMCA Sports Programs help children become not only better players, but better people as well. The sports clinics will develop the skills of young players while building character and sportsmanship. Participants can be of all skill levels and abilities. Each athlete will enjoy the mix of games, activities, and competitions! The goal is to teach young athletes proper techniques and fundamentals while providing a fun environment to learn in!



**Camp Yomeca is an affiliate of the CATCH Kids Club Program. The CATCH Kids Club is a summer and after school enrichment program designed to:**

1. Provide children with 40-60 minutes of physical activity daily, and be involved in moderate to vigorous activity 40% of the time.
2. Increase nutrition knowledge and help children make healthier food choices.
3. Provide all children with the opportunities to participate and practice skills
4. Encourage children to participate in physical activities at home with family and friends
5. Have fun.

In order to make your child's day at camp a smooth and happy one; we ask that parents send the following items to camp with their child. **Please clearly label everything you send with your child's name to ensure safe return.**

Backpack	Flip Flops	Insect Repellent (optional)
Towel	Socks	Bagged Lunch w/ ice pack
Water Bottle	Plastic Bag	Extra Change of Clothes
Swimsuit	Sunscreen	Nose and Ear Plugs (optional)
Swim Goggles	Hat/Bandana	Camp Shirt (Trip Days Only)

Campers should wear comfortable, cool clothing. Closed toed shoes must be worn. Campers may not have bare feet, sandals, open-toed shoes, or flip-flops on YMCA grounds. Flip-flops may be worn at the pool. This is the only exception.

Appropriate clothing is a must. Parents, please monitor your child's clothing to ensure it is appropriate for a YMCA summer camp. (This includes swimming suits, strapless shirts, spaghetti strap shirts, halter tops, or midriff shirts.) Excessively short skirts or shorts are not acceptable attire. Wearing or displaying items of clothing, jewelry or accessories representative of/or encouraging the use of alcoholic beverages, drugs or tobacco is prohibited. Camp shirts will be available for sale if inappropriate dress is worn.



It is recommended that your child wear a bathing suit under their clothes (this is a **must** for 5- and 6-year-olds). Their clothes **will get dirty...** its camp. You may want to send along an extra change of clothes, just in case. To minimize the chance of misplaced clothing, **PLEASE LABEL ALL CLOTHING PROPERLY. WE ARE NOT RESPONSIBLE FOR LOST OR MISSING ITEMS.**

### **DO NOT SEND**

**Cell Phones**, Toys (Lego figures, bey blades, Pokémon cards etc...), IPads and electronic devices, handheld games (DS, PSP etc.), weapons, alcohol, tobacco, and other personal items. These items are not allowed at camp.

These instruments are NOT to be used during the camp day by either campers or staff. If necessary, cell phones and other devices will be confiscated by staff and returned to the parent/guardian at the end of the camp day.

**The YMCA is not responsible for lost, stolen or damaged items.**



### **GARDENING PROJECT**

Through generous grants and donations, we have been able to develop a camp community garden. Campers will have the opportunity to plant, tend, and harvest flowers, herbs, and vegetables. Working in the garden helps children connect to the earth; better understand where their food comes from, and the energy required to produce food; and reinforces healthy eating and positive nutrition.

### **Bullying at Camp**

At the Raritan Valley YMCA, bullying is inexcusable, and we have a firm policy against all types of bullying. To ensure that we maintain a relationally safe environment and each member is free to experience our programs to its fullest, our leadership will address all incidents of bullying seriously and will train the staff to recognize and deal effectively with such behavior. We work together as a team to ensure that children/members gain self-confidence, make new friends, and go home with great memories.

#### **WHAT IS BULLYING?**

Bullying is the severe or repeated use of any action or combination of actions directed at another person that reasonably has the effect of causing physical or emotional harm to the other person or damage to the other person's property.

- i. Placing the other member in reasonable fear of harm to himself/herself or of damage to his/her property.
- ii. Creating a hostile environment
- iii. Infringing on the rights of another; or
- iv. Materially and substantially disrupting YMCA program activities.

Bullying may occur via speech, writing, electronic or technological expression, image, sound, data or information, a physical act or gesture, or any combination thereof.

At Raritan Valley YMCA, bullying is not tolerated. We stress that children and parents should communicate concerns immediately to the YMCA Directors so that issues are addressed.

**Any behavior deemed by the Director to be inappropriate and/or unmanageable may result in suspension/termination from any or all our programs.**

**Bullying Prevention and Cyber Bullying resources to assist parents are available through the Directors.**

# CAMP YOMECA



## Goals, Objectives, and Action Steps

### Camp Goal

Through a partnership with parents and staff we will provide a safe and fun summer day camp experience enhancing the child's individual qualities while cultivating their abilities to succeed within a group setting.

### Objectives and Action Steps

***Campers will learn and demonstrate the skills necessary in building lasting friendships and positive relationships.***

1. Implement YMCA friendship building program template.
2. Run team building activities at the start of each session.
3. Implement bullying prevention education program.
4. Train counselors in asset building and role modeling positive behavior
5. Have campers and parents read and sign the Camper Code of Conduct
6. Educate parents and campers on Internet safety and social networking policy
7. Review YMCA Staff Code of Conduct with parents as part of orientation

***Campers will identify and implement the components important to cultivating a healthy lifestyle.***

1. Schedule fitness-based classes (Yoga, Zumba, Be Fit Kids, etc...)
2. Nutrition education and healthy snacks (campers and parents)
3. Daily health and welfare checks (educational reminders to campers/parents)
4. No TV, video games, internet, etc... while at camp (Limit screen time)
5. Implement nature-based programming (No Child Left Inside)
6. Send home updates and information to parents.
7. Regular water breaks, reapplication of sunscreen, etc...

***Campers will increase their personal physical fitness and activity levels through a daily schedule of age appropriate camp activities.***

1. Sports instruction as part of camp program
2. CATCH/Fitness Coordinator working with each group in specialized fitness program
3. Active game based special events, trips and theme days
4. Color War
5. Progressive daily schedule of activities appropriate to each age group
6. Swim instruction and recreational swim daily
7. Sports, Dance and Fitness as part of daily activities.

***Campers will build self confidence and self esteem by heightening physical and mental abilities; experiencing success and failure; and increasing physical coordination and mental discipline.***

1. Camper recognition awards – Star of the Day
2. Positive Reinforcement and encouragement
3. Appropriate expectations and measurable objectives for programs
4. Progressive program levels for campers to measure personal growth.
5. Repeated activities for children to gain competence and improve.
6. Daily communication with parents to gain consistent reinforcement/dialogue.
7. Chances for all campers to demonstrate their skills and abilities (Show Off)
8. Diversity and tolerance training for staff and campers to accept all.

***Campers will build strong character & learn positive values through positive reinforcement, regular acknowledgement, consistent role modeling of behaviors by staff; and effective discipline.***

1. Stars of the Day program
2. YMCA Character Development Training
3. YMCA Positive Discipline Training
4. Being a Role Model Training
5. Staff Screening and Hiring Model
6. CIT Program/Older campers volunteering to aide younger campers
7. Service-learning projects

***Campers will develop relevant social skills and developmental assets through working within a social group structure.***

1. Team building activities weekly.
2. Emphasis on good manners
3. YMCA Core Values
4. Time set aside for social interaction and friendship making.
5. Developmental Asset Training for staff
6. Age-appropriate groupings with effective ratios for positive supervision
7. Campers scheduled for lunch as a group not with larger camp unit.
8. Time at the end of the day to share their experiences and acknowledge others.

***Campers will become more independent and self reliant through daily individual and group responsibilities, regular counselor support and instruction; and positive reinforcement.***

1. Daily group chores
2. Responsible for personal belongings
3. Teach, Coach, Support philosophy (tying shoes, clean up after lunch, etc...)
4. Provide opportunities for campers to take on leadership roles.
5. Camper choice activities away from main camp grouping
6. Enforcement of individual accountability and owning one's behavior

***Campers will improve academic performance through increased self-discipline, increased focus and improved time management learned through following a regimented camp schedule and participating in instructional activities.***

1. Incorporate environmental and nature-based programming (Sciences)
2. Communicate daily and weekly events to campers.
3. Reading comprehension through weekly theme events and activities
4. Measurement, math skills and reading through cooking exercises.

***Campers will establish a sense of belonging and connection measured through camper retention, parent feedback and camper evaluations.***

1. Family Night as part of color war carnival
2. Camper email blasts, newsletter, and parent communications
3. Family events throughout the year.
4. Staff training on relationship building and working with parents.
5. Group recognition, cheers, and association
6. Groups assigned home base locations (sense of place)

***Campers will learn to inspire the imagination and cultivate their creativity through participation in YArts based programs and supervised free play.***

1. Specialty camps for Performing Arts and Creative Arts
2. Implement Arts Program.
3. All groups scheduled for Dance, Drama, Cooking, and Arts & Crafts
4. Song and Skits as a part of opening and closing ceremony.
5. Younger groups scheduled for supervised playground and sand box time.
6. Older groups scheduled to fort building and choice time.

***Campers will have fun through participation in age appropriate, camper friendly activities and events, measured through camper retention; increased enrollment; and camper and parent evaluations.***

1. Distribute weekly camper (in camp) and parent (return) evaluations.
2. Complete weekly trip and special events schedule
3. Complete daily group activity rotations
4. Hire and train program staff and specialists.
5. Review the program schedule and amend as feedback dictates.
6. Develop group rosters fostering cohesiveness and minimizing conflicts.



## **Expulsion Policy**

Unfortunately, there are sometimes reasons we must expel a camper from our program. We want you to know we will do everything possible to work with the family of the camper in order to prevent this policy from being enforced.

The following are reasons we may have to expel or suspend a camper from this center:

### **IMMEDIATE CAUSES FOR EXPULSION:**

- The camper is at risk of causing serious injury to other campers or himself/herself.
- Parent threatens physical or intimidating actions toward staff members.
- Parent exhibits verbal abuse to staff in front of enrolled campers.

### **PARENTAL ACTIONS FOR CAMPER'S EXPULSION:**

- Failure to pay/habitual lateness in payments.
- Failure to complete required forms including the child's immunization records.
- Habitual tardiness when picking up your camper.
- Verbal abuse to staff.

### **CAMPER'S ACTIONS FOR EXPULSION:**

- Failure of camper to adjust after a reasonable amount of time.
- Uncontrollable tantrums/ angry outbursts.
- Ongoing physical or verbal abuse to staff or other campers.
- Excessive biting.

### **SCHEDULE OF EXPULSION:**

If after the remedial actions above have not worked, the camper's parent/guardian will be advised verbally and in writing about the camper's or parent's behavior warranting an expulsion. The parent/guardian will be given a specific expulsion date that allows the parent sufficient time to seek alternate camp (approximately one week's notice depending on risk to other camper's welfare or safety).

### **A CAMPER WILL NOT BE EXPELLED IF A PARENT/GUARDIAN:**

- Made a complaint to the Office of Licensing regarding a center's alleged violations of the licensing requirements.
- Reported abuse or neglect occurring at the center.
- Questioned the center regarding policies and procedures.
- Without giving the parent sufficient time to make other childcare arrangements.