

Dear Parents and Guardians,

The decision to send your child to resident camp is a great act of faith. Thank you for placing your trust in YMCA Camp Hough! We take this responsibility very seriously, and seek to provide a nurturing environment that focuses on relationship building and personal growth.

Our staff are committed to developing programs that encourage campers to think outside the box, challenge their imaginations, and develop skills they never thought they could. I look forward to seeing your child at YMCA Camp Hough to share in the summer of a lifetime!

Yours in Camping,



Laura Pasternak
Camp Director, 585.813.2649



YMCA CAMP HOUGH

Parent Handbook

4163 West Lake Road
Silver Springs, NY 41550

Summer Office
585.237.5160
camphough.org



Join us for our all new
Family Camp!
Fun for every generation of campers.
August 13th-16th
Ask us for more information

Do you know someone not quite sure about attending Camp Hough?
Or maybe a young son or daughter that needs to see camp before
they start packing their bags?

June 4th, 1pm-3pm is our Open House

You will meet the Camp Director, tour the property, and even have
an opportunity to try out a couple activities!

If you are not able to attend the Open House, contact the Camp
Director at 585.813.2649 to schedule a private tour.



BEFORE CAMP BEGINS

- Your camper must have a **completed registration form** on file with a parent/guardian signature
- A deposit of \$60, per camp week, must accompany each registration
- These items must be submitted **two (2) weeks prior** to your camper attending camp:
 - Payment in Full
 - Health Form with Doctor's Signatures
 - Copy of Insurance Card, *front & back*
 - Copy of immunization records
 - Camper Profile & Behavioral Agreement



ARRIVAL & DEPARTURE

Check-in is always on **Sunday, from 3pm to 4pm**. Staff will be cleaning and preparing for camper arrival prior to that time, so please do not arrive before 3pm.

For the safety of all the campers, **visits will not be allowed** at camp during our campers' stay.

Check-out for First Experience, that do not desire to extend their stay, is **Wednesday, at 1pm**.

For **all others**, check-out begins **at 10am on Saturday**. At 10:30am, the Camp Director will address the families of the campers, sharing a little bit about the week and the winners of the Battle for the Paddle.

Early Pick-Up: If your camper must be picked up prior to their check-out time, please inform Camp Staff as soon as you are able so that proper arrangements can be made with as little disruption to the camp schedule as possible.

PLEASE NOTE: Comfortable shoes are recommended for all visitors.

PETS ARE NOT PERMITTED ON THE CAMP GROUND. Unless you have an assisted living animal, please leave them at home.

Camp Hough is **tobacco-free**. Please do not smoke/chew tobacco while visiting camp.

PACKING LIST

Make your camper a part of the packing process as much as possible. If you have to go shopping, bring your child along to allow them to pick out what they want. As the day draws near, use the list below to coach your camper in packing their own gear. This way, they will know where everything is!

Cabin Essentials:

Pajamas
Sleeping Bag/Blanket
Sheets & Pillow
Laundry Bag

Toiletries:

Shampoo & Soap
Deodorant
Comb or Brush
Shower Shoes
Toothbrush & Toothpaste
Bath Towel & Washcloth
Personal Sanitary Supplies

Additional Suggestions:

Spare pair of shoes
Disposable camera
Journal, Book, or Non-Electronic
Travel Games
Addressed envelopes/stationary
Personal Item

Daily Supplies:

(recommended you pack extras)

Underwear & Socks
T-shirts & Shorts
Long Pants
Rain Coat or Poncho
Hat
Water Bottle
Flashlight & Batteries
Day Pack
Warm Jacket/Sweatshirt/
Long-Sleeve
Swimming Suit & Beach Towel
Non-Aerosol Sunscreen and Bug
Spray

Prescribed Medications in Original
Container

PLEASE LEAVE THESE AT HOME:

Candy, Pop or Food (Bottled Water
is allowed)
Cellular Phones
Electronic Games, Music Players and
Devices
Cash
Pocketknives, weapons, hazardous
materials
Matches or Fireworks

DISCIPLINE POLICY

YMCA Camp Hough is committed to providing a safe nurturing environment that focuses on relationship building and personal growth. We believe discipline is not merely expectations and punishments, but rather an approach to teaching skills in self-control, responsible choice making, and community participation.

We follow a three level disciplinary strategy. Here are a few examples of what may cause a camper to have a level issued to them:

- Disruptive outbursts or Inappropriate language
- Bullying
- Disobeying camp rules
- Disrespect for staff/others/environment
- Throwing objects
- Inappropriate touch or conversation



Level I: The camper's behavior warrants a documented warning. The camper will meet with a staff member to insure understanding of what behavior was unacceptable.

Level II: The camper will be removed from the activity they are participating in. They will sit down with a leadership staff to develop a plan to improve the camper's behavior. The camp staff will notify a parent/guardian as soon as possible.

Level III: The camper's behavior results in his/her removal from YMCA Camp Hough.

Terms of Immediate Removal:

For the safety of all participants and staff, certain behaviors warrant instant removal from Camp at the time of offense.

NOTE: If this occurs, the parent/guardian will be responsible for transportation. Camper must be picked up within 12 hours from when you are contacted.

Striking or threatening to strike anyone, possession of tobacco, alcohol, illegal substances, and or weapons, vandalizing or tampering with camp property, and inappropriate behavior towards campers or staff are just a few examples of warranted removal.

Fees are non-refundable in the case of homesickness and disciplinary removal of campers. Any other refund requests must be made at least three weeks prior to week enrolled.

PREPARING YOUR CHILD FOR CAMP

Camp should be something that a child looks forward to. Talk openly about attending camp with your child well before they go to camp. They will be more invested in the experience if they feel a part of the decision to attend.

It is better to focus on what they are looking forward to doing, instead of what they may be leaving behind at home. Initial homesickness is not unusual. Below is a list of some dos and don'ts to help make your child's transition to camp an easier one. Of course, you know your child best, so if you anticipate any problems please share your concerns with the cabin leader.

Dos

Emphasize your child "gets to go" to camp
Statements such as "I am so excited for you!" and "What a great experience you will have!"

Discuss what they should do if they have a problem at camp; ie talk to counselor, nurse, or camp director

Focus on what they are looking forward to

Don'ts

Telling your child he/she is "being sent" to camp
Lines like "I am going to miss you so much" or "I can't wait until you get back."

Say "If you don't like camp, you can come home" or "you can call home"

Using the word "homesick"

SENDING YOUR CAMPER MAIL

There are a few options for keeping in touch with your camper while they are at Camp.

- Send mail the old fashioned way, to the address on this handbook. To insure the mail arrives on time, send a week before!
- Drop letters off at check-in, just label the day you wish is delivered
- Sign up on Bunk1 for a small fee send emails instantly. Emails are printed at 11am each day. If sent after, it will be delivered the following day.
- With all mail, please provide your camper's **Full Name** and the **Week Attending**

HOMESICKNESS

In most cases, when campers experience homesickness, allowing them to call home will escalate these emotions. Because of this, it is our practice at Camp Hough not to permit phone calls during their stay. **Please be assured, if any issues arise during your child's stay at camp, you will be kept informed every step of the way!**

Here are some ways you can help your camper prepare for success:

- Set them up to write letters by sending pre-stamped and addressed envelopes, paper, and pen.
- Provide a journal & camera so they can share their camp experiences when they return home.
- Pack a few familiar items; pictures, notes, stuffed animals can help to make camp feel more like home.
- Write notes for you camper ahead of time. Drop them off at check-in to save on postage!
- If your child has not slept away from home before, arrange for a couple sleepovers to get them used to sleeping somewhere besides their own bed.
- Come to camp for our Open House

HEALTH CARE

Camp Hough has a certified healthcare provider residing on Camp whenever we have campers staying overnight. The Infirmary is equipped with first-aid and over the counter medications if need arises.

In case of emergency, Wyoming County Community Hospital is only 10 miles away. As indicated on the Program Participant Profile, you've authorized the YMCA to secure emergency medical treatment. It is the responsibility of the parent/guardian to provide for the camper's own accident and health coverage while participating in activities with the GLOW YMCA. Parent/guardians are responsible for any medical costs incurred as the result of injury, illness, or medical treatment while at Camp. Should any serious accident or illness occur at camp, immediate, prudent attempts will be made to contact the parent/guardians. We reserve the right to send a child home if our Camp Nurse or Camp Director so advises.

CAMPER MEDICATION

- Upon arrival at camp, **all medications**, both prescription and non-prescription, must be handed in to the Camp Nurse. The Nurse will administer all medications; prescription medications can only be administered according to the directions on the label unless it is accompanied with new orders from the prescribing physician.
- NYS Department of Health requires that all medications be in their ***original*** bottle, labeled clearly with: child's name, directions for administration, name of medication and name and phone number of physician.
- Please send only medications that your child takes on a regular basis. We have basic non-prescription medication available as needed.
- ***Medication must be listed on the Participant Health Form under Administration of Medication with the drug name, dose, schedule, and healthcare provider order.***
- If your child requires an asthma inhaler or an Epi-Pen, they must still be brought to the Nurse at check-in. After logging the item with the Nurse, it may be determined that the item be kept with them or their counselor. It is *highly* recommended that you send a second or even third one that can be kept at the Infirmary.

CAMPER DIET

Please consult with our Camp Director in advance if your child has special dietary needs. We will work with the individual, within reason, to ensure their proper dietary needs are met. Additionally, for the overall health, safety and welfare of our campers, we ask that campers **refrain from bringing food and snacks from home** unless necessary due to dietary concerns. With the increasing number of food-related allergies among youth, it is important that the YMCA regulates all food storage and consumption.

Campers are encouraged to bring a water bottle to fill or bottled water in order to promote hydration due to our active, long days. Thanks for your cooperation and for helping promote healthy living.