



YMCA of
Regina

YMCA Summer Day Camp

Parent Information Package

Summer 2019

Building healthy
communities

Dear Parents,

Welcome to the YMCA Summer Day Camp Programs! The YMCA of Regina is committed to providing the best possible camp experience for your children. I hope that this booklet will help to familiarize you with some of the important systems and procedures used at the YMCA. The YMCA believes that summer programs can be greatly enhanced through communication and preparation before and after the program. Please take a few minutes to review the information contained in this booklet.

Talking to your son/daughter about their upcoming camp adventure is a very important first step in preparing for their time at the YMCA. Life at YMCA Summer Day Camp may be different from the routines and patterns of home and school. Setting a positive tone and clarifying expectations can greatly help your child make a successful transition into camp. The YMCA Summer Day Camps aim to support and encourage children in demonstrating values-based behaviour within the camp community. Your child will be encouraged to demonstrate respect for the YMCA, their fellow campers, counselors, and the environment. They will be encouraged to share in all experiences and to work and play positively with others. They will be encouraged to share in the responsibility of keeping YMCA property and their own personal belongings in order. They will be encouraged to foster an environment of caring and acceptance, and to behave with integrity and honesty. As parents, you can help reinforce the value of these duties and the importance of taking a willing and cheerful attitude towards them.

We hope that this booklet will serve to answer many of your questions. If you are unsure about any aspect related to camp, please feel free to contact us.

We are all looking forward to having your son or daughter join us this summer! Thank you for entrusting us with their care.

Sincerely,

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About Us

Mission

The YMCA of Regina is a charitable association open to all, dedicated to developing leadership and to enriching our community and people at every stage of life.

Values

The YMCA of Regina is dedicated to actively demonstrating the core values of Respect, Responsibility, Honesty, Caring, and Inclusiveness in all aspects of our organization.

Financial Aid

The YMCA of Regina believes in equal opportunity for all members of the community - regardless of age, race, religion, ability or economic circumstances. Financial assistance is available through the YMCA Strong Kids Fund for a camp experience for families whose budget cannot reasonably accommodate camp fees. Please contact the YMCA of Regina for more information.

YMCA Summer Day Camp Overview

Camps for 3 to 5 year olds – Half days

The Preschool Summer Day Camp Program is a half-day program designed for preschoolers where the focus is fun, friendship, and social development. Creative games, songs, crafts, recreational swimming, and out trips will fill Campers' half-day.

Camps for 6 to 12 year olds – Full days

YMCA Summer Day Camp Programs are so much more than just fun in the sun. Our camps have a structure and routine of active living and recreation. Campers will enjoy outdoor activities, sports, swimming, and outings into the community, in addition to explorations into the creative arts, science, and key concepts of healthy living (physical activity and nutrition).

Inclusive Summer Day Camps

YMCA Regina is proud to provide campers of all abilities with an inclusive summer experience based on support and equality. Both the Downtown and Northwest camps have registration spaces reserved for campers who would benefit from a higher degree of support in order to

achieve a positive camp experience. All campers participate together in every aspect of day camp life, gaining new skills, challenging personal limits, and having fun.

Inclusive Summer Day Camp program participants are fully integrated in day camp activities, learning new skills and having fun. Not only will this program challenge your child through swimming, outdoor and cultural activities, sports, leadership development skills, and social skills, it will allow children to experience an inclusive environment based on support and equality. The staff to camper ratio for Inclusive Summer Day Camp is 1:3, which allows for excellent care and quality programming for your child. Counsellors will be attending specialized training that will help to promote inclusion for all camp participants throughout the summer.

All Inclusive Summer Day Camp participants will be contacted for an Intake Interview in order to help us make every child's camp experience positive. For more information on Inclusive Summer Day Camp programs, or to request an intake interview, please contact a Summer Camp Director.

Registering for Camp

A Camper Registration Form must be completed in full for each camper, signed by a parent or legal guardian, and returned to a YMCA Member Services Desk before the Camper's first day. Camper Registration Forms can be obtained from the Member Services Desk at each YMCA of Regina or from the website regina.ymca.ca. There will be no daily drop-ins. Pre-registration is required. Registration is due at 4:30 pm the Friday prior to the week attending camp.

Fees

All fees are due at the time of registration. Cancellations received prior to the 7 days before your child attends camp will be given a full refund, excluding a processing fee. No refunds will be issued after the cancellation deadline.

Pre & Post Care

Early morning and after camp supervision is available. Pre and Post Care is a registered program. Registration is also due at 4:30 pm the Friday prior to the week attending camp.

Pre and Post Care Hours

7:30 - 9:00 am

4:30 - 5:30 pm

Pre and Post Care is not available for 3 to 5 year old camps or Inclusive Summer Camps.

What to Expect During Camp

YMCA Summer Day Camps have structure and routine of active living and recreation. Some camp activities will be done within the YMCA facility. These activities include swimming, gym games, educationally based experiences, artistic and scientific endeavours, drama activities and fun friendship builders. Other activities will be done outside of the YMCA as we try to spend as much time as possible interacting with nature and engaging with the community.

YMCA Summer Day Camp activities are planned with certain objectives in mind. These objectives include:

- To enhance campers' potential and provide positive opportunities during the summer season
- To develop lifelong routines of active living and healthy nutritional choices
- To develop future community leaders
- To reinforce the YMCA of Regina's core values of respect, responsibility, caring, honesty, and inclusiveness.

Staff and Volunteer Information

YMCA Summer Day Camps are developed, administered and supervised by full-time YMCA staff. Staff are recruited from educational and health studies fields and are selected for their maturity, experience, and skills with children. Our staff have First Aid and CPR certification and receive a comprehensive multi-day training session that includes YMCA leadership, YMCA Child Protection, Inclusion, crisis prevention, policies and programming guidelines, and emergency procedures. Volunteers are screened, and the selection of volunteers is based on their commitment to and experience within the YMCA.

Clothing and Equipment Checklist

The following is a list of items that each camper will need to bring to camp every day:

- ☐ Packed Lunch (for full day campers) -- *Must be ready to eat and healthy as campers will not have access to a microwave*
- ☐ Snacks X 2 -- *Healthy snacks are best to ensure kids have enough energy to last the day*
- ☐ Water bottle -- *2, 4, 6, 8! Everybody hydrate!*
- ☐ Backpack
- ☐ Running Shoes or Athletic-style sandals (no flip flops)
- ☐ Bathing Suit
- ☐ Swim Towel
- ☐ Hat -- *All children must wear a hat when outdoors.*
- ☐ Sunscreen -- *SPF 15 or higher is best*
- ☐ Insect Repellent

- ☐ Rain Gear -- *Camp happens rain or shine*
- ☐ A book to read or other quiet time activity

Please do not send valuable items to camp, as the YMCA of Regina will not assume responsibility for any lost articles. This includes toys and electronics.

Label Everything

Everything your camper brings to camp should be labeled. We recommend iron-on or sew-on labels or laundry markers for clothing and permanent marker for other items. It is easier to return lost-and-found articles that are clearly labeled with both first and last names. We will hold lost-and-found items for three (3) weeks following each camp week. The Lost and Found for the Summer Day Camp is located at the camp sign-in table. Just ask a Camp staff for assistance in finding what has been lost.

The YMCA is a NUT-FREE ZONE

Due to the potential of serious allergies in children attending YMCA programs, the YMCA of Regina adheres to a strict no nut policy. We ask that parents and guardians do not send nut products with your child(ren). Please read food labels carefully to ensure that your child(ren)'s lunch and snack items are NUT FREE.

Arrival and Departure Procedures

The following procedures are in place during our summer programs. We believe this system ensures safe drop off and pick up of your child(ren) each day. We ask for your assistance and cooperation in helping make our programs safe for your child(ren).

Sign In

Upon arrival at camp, it is important that the staff on duty are aware that your child(ren) has arrived. Please sign your child(ren) in at the sign-in table.

Sign Out

At the end of the day it is very important that you personally pick-up your child(ren) and that the staff on duty are aware that your child(ren) is leaving.

Authorized Individuals

On the registration form parents can indicate who is authorized to pick-up your child(ren) and who is not. This information will be communicated to all Camp Staff to ensure your child(ren)'s safety. The authorized individual(s) is the only person(s) that staff will send your child(ren) home with. If, after the registration process is complete, the authorized individual(s) information needs to be altered, please notify the Camp Director. Last minute changes to the authorized individual(s) information can be submitted to the staff on duty via a handwritten,

signed note. Upon pick-up, photo I.D. will need to be presented to the staff on duty by the individual there to pick-up your child(ren).

Late Departures

When parents are late in picking up their child(ren), the YMCA of Regina is required to pay staff for the extra time worked. Staff members will be required to stay until all children have been picked up. Any parent picking up their child(ren) after 5:30 p.m. must pay a Late Pickup fee of \$15.00 per ½ hour or any portion thereof.

YMCA Child Protection Policy

As an added security measure, the Member Services Desk will be supplied with a list of the names of all Campers attending each week. Any adult who wishes to have access to Day Camp facilities will need to state their intentions before being allowed access to the facility. These procedures are in place for all parents and guardians, as well as authorized individuals. Furthermore, at the site of drop-off and pickup, Camp staff will require parents, guardians and authorized individuals to produce valid Government issued photo ID to verify identity.

Outdoor Activities Weather Watch

Since many of our programs are scheduled to occur outdoors, a weather watch is in effect for all Day Camp Programs this July and August. Please make sure your child(ren) has the appropriate clothing they need for rain or shine!

Here are a few points to consider when dressing your child(ren) for their day at camp:

- On all outings, everyone must wear a hat to protect them from the sun and be well covered with sunscreen. If your child is unable to wear sunscreen please ensure they wear appropriate clothing that covers their skin and is made out of a breathable material.
- For days when less-than-sunny weather is forecast, outdoor camp activities will proceed as planned until Camp Staff judge otherwise. And in Saskatchewan, cool, wet weather means campers need to be provided with insect repellent.
- In the event of severe weather or the sudden onset of severe weather, outdoor camp activities will be a NO GO, and programming will stay indoors or move indoors quickly.

Transportation

Once a week, the whole camp will go on one large “out trip”. This provides Campers the opportunity to socialize with Campers from other YMCA programs and to learn from the leaders within our greater community. Campers will be transported in a school bus for the large “out trips”. Throughout the week, individual groups will also go on small “out trips”. These smaller trips are done via walking or the City of Regina Transit system. If you have any

questions regarding transportation, please speak to the Camp Director of the YMCA facility your child will be attending.

Sample YMCA Summer Day Camp Weekly Activity Schedule

Weekly camp plans will be made available to all parents and guardians by email or printed copy. If you are interested in receiving the weekly schedule for your child's week(s) at camp, please ensure to provide an email address on the Camper Registration Form and initial the back of the form where indicated.

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Drop off @ YMCA	Drop off @ YMCA	Drop off @ YMCA	Drop off @ YMCA	Drop off @ YMCA
9:10	Introductions & Wake up Activity	Wake up Activity	Wake up Activity	Wake up Activity	Wake up Activity
9:20	Group 1 Small Out trip @ Royal Saskatchewan Museum Group 2 Henna Hands Group 3 Multicultural Games @ Lakewood Park	Group 1 Henna Hands Group 2 Multicultural Games @ Lakewood Park Group 3 Small Out trip @ Royal Saskatchewan Museum	Group 1 Multicultural Games @ Lakewood Park Group 2 Small Out trip @ Royal Saskatchewan Museum Group 3 Henna Hands	Out-Trip: Dragon Boats @ Wascana Park	Counselors Choice Activity
12:00	Lunch	Lunch	Lunch		Lunch
12:45	Silent/Group Reading	Silent/Group Reading	Silent/Group Reading		Silent/Group Reading
1:00	Swimming @ YMCA	Swimming @ YMCA	Swimming @ YMCA		Swimming @ YMCA
3:00	Snack & Bead Ceremony	Snack & Bead Ceremony	Snack & Bead Ceremony		Snack & Bead Ceremony
3:30	Group 1 Magic Carpets Group 2 Hawaiian Leis Group 3 African Art	Group 1 Hawaiian Leis Group 2 African Art Group 3 Magic Carpets	Group 1 African Art Group 2 Magic Carpets Group 3 Hawaiian Leis		Wrap Up Slideshow Counselors Choice Activity
4:30	Pick up from YMCA	Pick up from YMCA	Pick up from YMCA	Pick up from YMCA	Pick up from YMCA

Medications

If medications are being sent to camp, please make sure that they are clearly labeled with the camper's name, Doctor's name, and instructions for use. A Medication Form must be completed, which authorizes Day Camp Staff to administer medication to your child and informs Staff of the medication administration procedures. All medications must be given to a day camp staff member at the time of arrival and will be locked in a secure location only to be administered by your child's camp counsellor.

In the Event of Illness or Injury

Our staff has current First Aid and CPR training. If a trip to a doctor or the hospital is necessary, a staff member will accompany your child, and one of our staff will contact you after the results or implications of the visit have been established. If any prescription drugs are necessary as a result of consultation with a doctor, you will be billed for the amount after your child returns home. In the event of a serious injury or illness, you will be contacted as soon as possible. If your son or daughter requires any medication or treatment not covered by your medical plan, the YMCA of Regina will pay the hospital or clinic and then bill you later for the same amount.

Photographs

Any photographs taken of your child while at camp by an employee or representative of the YMCA of Regina, will become the property of YMCA of Regina, and may be used for various promotional purposes. If you or your family wish otherwise, please inform the Camp Director of the YMCA Facility your child(ren) will be attending.

Behavioural Guidance Policy

The following is a list of general camp behaviour guidelines that each camper should strive to adhere to while within program:

- Participation in all aspects of daily camp programming including activities of play, value sharing, and community engagement
- Comply with safety instructions while remaining in activity areas designated by camp staff
- Refrain from behaviours that are harmful to oneself or others
- Behave in ways consistent with a values based camp culture that aid in the development of positive relationships between fellow campers and camp staff

Before camp, parents and caregivers should discuss behavioural expectations for camp. If behavioural problems arise, ideally a resolution will occur quickly between the camper and a counsellor. Some behaviours are unacceptable, for which a camper will be sent home without receiving a warning, some examples include possession of alcohol or non-prescription drugs,

smoking, possession of a weapon, or acts of self-harm. Fees associated with a camper being sent home for behavioural reasons will not be refunded.

We understand that behavioural issues can arise during camp. Our staff are trained in positive discipline and will work with your child to help make their camp experience the best that it can be. They will be patient in dealing with your child and will do their best to ensure any problems are dealt with efficiently and remind campers of camp rules. We, just as you do, want your child to participate and remain at camp. However, there may be circumstances where having your child at camp may not be in their best interest, or the interest of other campers around them. We prefer not to send anyone home as we feel ALL children should have equal opportunity to enjoy ALL programs at the YMCA of Regina. However, if you have been called to pick up your child, it is because we have exhausted all of our resources and we feel that camp is no longer an appropriate place for your child that day. At that time we will discuss better options for when your child returns to camp. We appreciate your understanding and cooperation in this matter.

YMCA Value Bead Program

Focusing on the core values allows us to better define the YMCA Summer Day Camp culture and promotes healthy interactions and behaviour. The YMCA Value Bead Program allows the core values to be put into action through the use of beads as a symbol of character and personal achievement. They are an important form of recognition at camp that promote positive behaviour, and are worn as a reminder of what we value as a YMCA camp community. Beads are awarded to individuals (campers and staff) for demonstrating YMCA Core Values and success in specific program areas. As Campers and staff acquire beads all are given the opportunity to develop a sense of excellence, friendship, leadership, and personal mastery in a values-based, supportive environment.

Camp Facility and Contact Information

DOWNTOWN YMCA OF REGINA
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regina.ymca.ca/summer-day-camps
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