

DRESS

Campers are to wear sneakers. No sandals or open toe shoes are allowed during camp activities. No jewelry. Please dress your child in play clothes-children do enjoy messy activities and outdoor play. Please label all your child's items with both first and last names. Sunscreen is also recommended. Children are encouraged not to bring personal belongings, toys or expensive items to the program. The YMCA is not responsible for lost or stolen items.

LUNCH & SNACK

Please provide a snack for your child as there will be snack time daily.

Summer Y Kids: Please provide your child with a bagged lunch each day. Although vending machines are available at the YMCA, we strongly suggest bringing a healthy snack from home or allowing your child no more than \$1 per day.

Y Sports Club: Please provide snack and water bottle daily.

SWIMMING

We suggest selecting one towel for your child to use during camp. If your child is familiar with his/her towel then they will be able to easily identify it when they get out of the pool. Children who wear ear plugs must have this marked on their medical form and must be in a labeled container. Please pack water shoes or sandals to wear in the locker rooms and pool deck. State bathing codes state that any child who has had diarrhea may not swim for 7 days.

Junior Y Kids: Counselors swim with the children and act as an aide to the aquatic staff. This aide will be there to help instruct, calm any fears and make transitions to the water easier. Please bring water wings if needed for your child. We also have PFD (Personal Flotation Devices) available.

Summer Y Kids: On the first day of each session, the children are evaluated and grouped according to ability. Counselors also swim with the children, helping to maintain a safe environment at all times. Children take part in swim lessons Mon/Tues/Wed and enjoy free swim on Fridays.

POTTY TRAINING

Children *MUST* be potty trained without pull-ups to attend camp.

CONCERNS

You can always feel comfortable addressing concerns to your head counselor. However, if you feel that it is a more serious matter, please address Samantha Walter, Program Director, with any concerns or questions you may have.

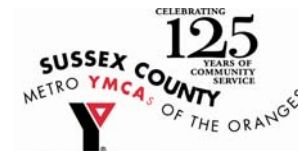
LOST ITEMS

We do our best to make sure that all belongings are kept together. Reminder: please make sure to label all your child's items with your child's name. There is a lost and found bin located at the Welcome Center.

Junior Y, Summer Y and Y Sports Clubs



Parent Handbook 2010



We build strong kids, strong families, strong communities.

Sussex County YMCA
15 Wits End Rd
Hardyston NJ, 07419
(973)209-9622

www.sussexcountnymca.org

YMCA MISSION STATEMENT

The Metro YMCAs of the Oranges enriches the lives of the children, families and communities we serve, through programs that build spirit, mind and body, welcoming all people, in an environment nurturing positive values.

YMCA STAFF

Our diverse staff is comprised of teachers, students, volunteers, all with the love for working with children. We strive to maintain a staff that shares our philosophy of developing the total person: spirit, mind and body.

We have selected our head counselors for their caring and patient attitudes, as well as their experience, education, creativity and enthusiasm. Assistant counselors and volunteers have been chosen for their creativity, love of children and experience. All of our staff participated in staff orientation, are certified in First Aid and CPR, and attend ongoing training workshops.

GENERAL INFORMATION

Junior Y Kids will run for 10 one week sessions, starting June 21st—August 27th. Hours are Monday through Friday from 1:00pm—3:30pm. The program takes place in the Club House (Child Watch Room).

Summer Y Kids will run for 10 one week sessions, starting June 21st—August 27th. Hours are Monday through Friday from 9:00am—1:00pm. We will have most of our trips on Thursdays. This program begins in Room 2.

Y Sports Club will run for 10 one week sessions, starting June 21st—August 27th. Hours are Monday through Friday from 1:00 pm—4:30pm.

YMCA "HOUSE RULES"

The YMCA of the USA has developed the following set of guidelines for use in group activities. We will employ them and ask that you go over them with your child prior to the arrival to the program:

1. NO PUTDOWNS... Who needs them anyway!
2. SPEAK FOR YOURSELF... Use only "I" statements.
3. LISTEN TO OTHERS... And they will listen to you.
4. SHOW RESPECT FOR OTHERS... The Golden Rule applies!
5. TAKE RESPONSIBILITY FOR YOURSELF... For your behavior, your actions, and what you get out of being at camp.
6. EXPECT UNFINISHED BUSINESS... We may not get to everything or everyone, but we will sure try!

BEHAVIOR

The YMCA core values of CARING, RESPECT, RESPONSIBILITY and HONESTY are the standards which staff model for campers and are used on guiding behaviors. Should a child become disruptive to another camper's experience the staff will be instructed to redirect the child's interest. If the behavior persists, the child will sit for a few minutes so they can gather themselves and rejoin the program. Parents will be notified of these instances so they can work with their child at home. It is agreed that the camper will cooperate and accept camp guidance in standards of behavior. Failure in this area, such as physically harming another child or counselor, may result in suspension or dismissal without a refund.

CAMP T-SHIRT

Camp t-shirts will be given to every child and MUST be worn during our off-site trips. We do our very best to order enough for everyone in the correct sizes. The t-shirts will be given out at the first day your child attends camp.

ARRIVAL / PICK-UP

Junior Y Kid participants are to be dropped off at the Child Watch room.

Summer Y Kid and Y Sports Club participants are to be dropped off in room 2.

*Both Drop-off sites subject to change.

Please be prompt in dropping and picking up your children. If someone other than you will be picking up your child, they will need to be listed on your child's medical form as an emergency authorization pick-up person. If they are not listed, you will need to send a note in the morning. Arriving with a note that afternoon will not be accepted. That person will be asked for some form of identification. This is designed for your child's protection. If someone comes to pick up your child who is not listed on their form and we don't have a note, we will not be able to release them. We cannot accept verbal phone permission.

MEDICAL FORM

A medical form signed by the parent must arrive at the YMCA prior to your child starting the program. Please be sure that ALL allergies (food, insects, medications, etc.) are marked on the form as we do have cooking projects, which some children may not be able to eat. All children who wear earplugs during swimming must have this marked clearly on their form and must be in a labeled container.

ALLERGIES / MEDICAL

Some children may have certain allergies or medical situations that staff must be made aware of. Please contact the director prior to the start of camp to discuss your child's situation. We want to make sure these matters are given the appropriate attention and the first day of camp during drop-off is not the proper time. Additional information or documentation may be needed for the counselors so we may properly communicate your child's health issue to the staff. In this case, we will hand you forms to fill out that will provide us with an action plan as a means to know how to handle your child's allergy accurately.

ILLNESS

The staff is responsible for observing each child daily for signs and symptoms of illness. If your child develops any symptoms, you will be called by a staff member to take him/her home. You must pick your child up within one hour for the safety of other children and staff and for the comfort of your own child. Your child must remain symptom free for 24 hours or be on an antibiotic for 24 hours before they may return to camp. If a child contracts a communicable disease, please report to us immediately. The Director may request a doctor's note stating that the child presents no risk to himself/herself or others before returning to camp.

INJURY

In the case of an accident or injury, we will place a note in your child's backpack with an update and explanation of the situation.