



YMCA Camp Surf 2009

Summer Day Camp Parent's Guide

YMCA Camp Surf, 560 Silverstrand Blvd., Imperial Beach, CA 91932
619.423-5850 FAX 619.423-4141 email: campsurf@ymca.org

Welcome!

This parent's guide has been written to address questions you may have regarding your child's experience at YMCA Camp Surf. We are excited to offer age-appropriate scheduling and opportunities to provide variety for our campers. Please read this guide carefully and feel free to call our office for additional information.

Directions to Camp

Travel south on the 5 Freeway, past San Diego, National City and Chula Vista. Exit on Palm Ave/Rte 75. At the end of the ramp, turn right on Palm Avenue, go through 4 lights, and move to the left lane. After 9th Avenue, veer left toward Imperial Beach (you're still on Palm Ave). Stay on Palm Ave and turn right one street after the stop sign onto Silver Strand. The camp entrance will be on your left.

Enter the driveway and follow the signs to the day camp parking area on the right. Please drive 5MPH while on camp. For safety reasons all campers must be signed in and out of day camp each day by a designated adult (18 or older). Photo identification must be presented.



Hours of operation

YMCA Camp Surf's Day Camp program runs from 9am - 5pm from Monday to Friday. Extended care is available 7:30am - 9:00am and/or 5:00pm - 6:30pm. There is no additional charge for extended morning or evening care, but you must sign up in advance in order to participate. Please sign up in the office so we can staff accordingly.

Arrival Time

All campers are checked in at the day camp area. Upon entering camp, follow the signs to the right, park and walk on the trail to meet staff at the day camp area. Please bring your child(ren) to day camp between 8:45 and 9:15 am (Monday check-in starts at 8:15). If you have signed up for early bird you should also bring your child to the day camp area when you arrive in the morning. If you arrive past 9:30am you will need to sign in at the office and bring your child(ren) to their activity area. We take attendance each day, we would appreciate being notified if your child will be absent.

Departure Time

Our program concludes at 5pm each day. Please go to the day camp area to sign out and pick up your camper. There is a penalty fee of \$1/minute for campers picked up after 5pm. If you need to pick up your child(ren) early for any reason, please notify staff in the morning. They will let you know where to pick them up (and also make sure they are not in the water!) at the time you specify. Campers staying between 5-6:30 will also be signed out at the day camp area.

The Surf Carnival starts at 3:30 for day campers on Friday afternoon. Parents

are invited! Please do not arrive at camp before 3:00pm and be sure to leave pets at home since we cannot allow animals on the beach (& the parking lot gets hot!). This is a perfect opportunity to take pictures and share camp with your child. Parents are also welcome to join us for a BBQ which goes until 5:00.

What to Bring

In addition to the the recommended items on the equipemnt list, please remember the following items on check in day:

- * completed Camp Admission form
- * completed Health History Form
- * \$15-\$20 per week for the camp store
- * medications packed separately (submitted to health staff at check-in)

Camp Admission/Sign-out

We use the Camp Admission form as your authorization for parental custody. When you sign in on Monday morning, please note any persons that are authorized (or excluded) from picking your child up from camp. On departure each day, we check identification as campers are signed out. Please be sure to list any friends/family who may be authorized to pick up your son or daughter, and inform them that they will need photo identification in order for us to release your child(ren) to them.

Health History

This form, complete with parent's signature, is required. State Health Codes also require Immunization History to be completed. Bring this completed form with you on Monday morning. If a child has any severe health conditions, has recently stopped taking a behavioral medication or has recently

been in a doctor's care, a physician's authorization is also required for camp attendance. Otherwise, a doctor's physical is NOT required.

We encourage all parents to conduct a routine health screen on their children each day before arrival at camp. We are especially concerned about contagious conditions, including colds, flu, fever, head-lice, conjunctivitis (pink eye), or chicken pox. Camp staff also routinely screen campers for these conditions. If your child exhibits any of these symptoms, please do not bring them to camp until they have been treated by a doctor or are feeling better.

Health Care

Camp Surf operates a small health facility with staff trained in First Aid and CPR techniques. A doctor is on-call in nearby Imperial Beach and 911 ambulance service is readily available. Our nearest hospital is in Coronado.

In case of illness during camp we will contact you to pick up your child early. Campers that are not feeling well will stay in the Health Center (next to the main camp office) until someone arrives to pick them up. We will also call you to report any accidents more severe than a simple scratch, splinter, or bruise. In case of an accident or more severe illness, it is our practice to contact parents immediately. However, if you cannot be reached, we have your written authorization for emergency treatment on the health form. **Please be sure to provide us with complete emergency contact information.**

Medications

Do not pack any medications, including nonprescription, in your child's belongings. All medications are submitted to health care staff at check in (State Law). Prescription drugs must be in the original container with physician's instructions. It is helpful to place these original containers into a zip-loc bag labeled with campers name.

Please provide complete, written directions on dosage and frequency. All medication will be returned at check out on Friday.

Electronics at Camp

Camp provides children a chance to live without electronic devices. As such, we do not permit cell phones, video games, MP3 players, or similar devices. These items are expensive and there is no time during the day to use them. *Please do not send electronics to camp.* Electronics will be held at the Day Camp office and you can pick them up there. However, we are not responsible for any personal items that are damaged or lost.

It is also our policy not to allow campers to make phone calls. However, if your child needs to contact you for any reason let them know to talk to their counselor. The staff can contact you from the office to meet your child's needs. For incoming calls we monitor our phone lines until 11:00 pm, and have a night emergency phone @ 619.316.7637

Sun Protection!

There is little shade at Camp Surf. It is critical that your child understands the risks of overexposure to the sun. The best protection is regular (every 2-4 hours) applications of quality sun block. Please discuss these issues with your camper before s/he arrives. It is imperative to send waterproof sun block, lip screen, (SPF 30 or higher, be sure to check the expiration date) and a brimmed hat. We also require a rash guard (lightweight nylon shirt) for water activities. Rash guards are available at the Camp Store. Please apply sunscreen in the morning at home, before you leave for camp. Sunscreen should be applied 30 minutes before sun exposure. All campers will reapply sunscreen throughout the day, and both before and after water time.

Camp Store

Camp Surf operates a small store, the "Sugar Shack", for the purchase of T-shirts, souvenirs and a limited amount

of snacks (they may purchase one drink and one candy or snack item each day). Campers are not permitted to use cash at the store. Instead, parents deposit \$15-\$20 per week into a store account. Campers can charge against their balance. Unused store money will be refunded at camp's end. We welcome campers to donate any remaining balance to the Special Projects fund. Games, sports equipment, the basketball hoop, artificial grass in arts and crafts, and even part of the climbing tower (overs \$10,000!) was funded through donations from campers and parents of unused store money!

Behavior at camp

At camp, we foster an environment filled with friendship, respect and character development. Our staff will make every effort to provide positive, realistic expectations of your child. Campers that cannot live within the rules of camp, or who are adversely affecting the experience of other children, will be dismissed from camp without a refund.

Insurance

You, as parent or guardian, are responsible for any medical costs incurred as the result of injury or illness while at camp. Be sure to provide accurate information regarding your insurance carrier on the Health History Form. Camp Surf carries accident insurance with a \$2,500 limit per incident.

www.camp.ymca.org

Thinking about resident camp? Recommend Y-Camp to a friend? Need directions and maps to camp? Interested in bringing a school or youth group to our program? Check out our web site at <http://camp.ymca.org>! We have information for all of our programs, including our two mountain camps, YMCA Camp Marston and Raintree Ranch in Julian, Ca on our website.

Program Structure

Entering grades 1-4: Campers in this age group will rotate through all of our traditional activities during the week. We have extra time built in to get ready for activities, apply sunscreen, cover basic water safety, and to help campers build responsibility for behavior, personal belongings, and taking care of equipment.

Entering grades 5+: These campers will participate in traditional activities but we will include advanced water safety, additional water time, and some choices built into the program. This age group includes the optional Tuesday overnight.

Tuesday night

This is offered for campers entering 5th grade or higher only on Tuesday night. Parents should arrive on Tuesday morning with everything that their

children will need to stay overnight. Evening programming will include a traditional campfire and s'mores. Staff will sleep out with campers in the day camp area.

Please do not plan on having younger children stay over. We have restructured the program since many of our younger campers struggled with homesickness and were very tired on Wednesday after sleepout. We apologize for any inconvenience this change may cause.

Lunch

Campers will be served lunch as part of the day camp program. You will not need to pack a lunch for your child(ren). They may purchase a snack and drink at the camp store after lunch each day. We also have a BBQ Friday afternoon after the Surf carnival (parents are invited to join us!).

Extended Care

If you have registered for extended care *please make sure your child has eaten breakfast* before they arrive at camp and send a snack for late afternoon.

Early Bird - Campers will be in the day camp area from 7:30-9:00am.

Night Owl - Campers will be in the day camp area from 5:00 - 6:30pm.

Lost & Found

We will make every effort to help your child keep his or her belongings together. However, we are not responsible for lost or damaged items. Please help us and your child by making sure to put names on everything.

We have designated cubbies and baskets for each camper. We also have a dry line for wet items and a lost and found area. Please check each area for your child's belongings at the end of each day. Thank you!

Equipment List

Please send the following items to camp each day. **Important - Please mark camper's name on each item.** The YMCA is not responsible for lost or damaged personal articles.

Required Items:

- day pack or bag for belongings
- bathing suit
- sandals
- close-toed shoes
(needed for some activities)
- beach towel
- dry change of clothes
- 1 hat or cap with brim
- brush or comb
- Lip screen SPF 30+
- Sunscreen lotion, waterproof, SPF 30+
- Water bottle
- "Rash Guard" - nylon shirts that can be worn in the water. Surfers often develop a rash from rubbing against a surf- or body board. Rash guards protect from that irritation and provide good sun protection in the water. One can be purchased ahead of time or at camp for \$20-\$27.

Highly Recommended:

- wetsuit (short spring suit is fine)

Tuesday Overnight Items (entering grades 5+):

- Sleeping bag
- Pillow
- Pajamas/clean clothes to sleep in
- Toiletries - toothbrush/paste, soap
- Change of clothing for Wednesday
- Flashlight

Not Permitted:

Video games, MP3 player, radio, cell phone, food, candy, pocket-knife or hatchet, anything that could be considered a weapon, fireworks, aerosol spray, makeup, skim board, skate board, pets, offensive magazines/clothing, alcohol, drugs, or tobacco.

Suggestions

Pack old stuff. Camp is a sandy, salty environment. Sending nice new clothes/shoes is ok, but they'll need a good washing when you get home!

Surf/Body Board Rule:

Due to safety concerns and the general skill level of the majority of our campers, we do not permit fiberglass/hard surfboards. Skim boards are also not permitted. Our long and short foam boards provide for a safe and effective skill building environment, and are always available. Advanced surfers that can consistently ride "green" waves, go "out back", can navigate a rip current on their own, can duck dive effectively, and do not "bail" off their board during set waves may contact the Summer Coordinator, Nat Corral, for special permission to bring their own equipment: Ph#619-423-5850 x- 106 or email ncorral@ymca.org